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RECIPE
HANDBOOK



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ACHEKE (Cassava Couscous)

Items Used: Food Processor, Church Pan, Blender, Cheese cloth



INGREDIENTS:

- Cassava
- 1 Onion (diced)
- 1 Green Bell Pepper (diced)
- 1 Carrot (cone 2)



INSTRUCTIONS:

1. Wash peeled cassava and grate with cone one of your saladmaster food processor.
2. Blend grated cassava until smooth.
3. Drain the juice from the blended cassava using a cheesecloth to remove excess water.
4. Once drained, set the cassava aside for 2-3 days to ferment.
5. After fermenting, separate the flakes of acheke and spread them on a tray to dry further.
6. Boil water in the 3Qt. saucepan. Once the water is hot, place the acheke in the church pan and allow it to cook for about 10 minutes.
7. Add vegetables to the acheke and allow them to cook for an additional 5 minutes.
8. Serve the acheke with grilled tilapia or your preferred protein, sautéed vegetables, and pepper sauce on the side.





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FRIED TILAPIA

Items: 12-inch Electric Oil Core Skillet.



INGREDIENTS:

- 2 medium-sized Tilapia (scaled and clean)
- 4 Tbsp coconut oil
- 2 Tbsp caribbean Spice
- 2 Tbsp mixed spice
- Salt to taste (optional)

INSTRUCTIONS:

1. Preheat the electric skillet to 230 degrees celsius for 2-3 minutes.
2. Season the tilapia fish with your desired spices. Rub 2 tablespoons of oil evenly over the surface of the fish to coat it.
3. Baste the preheated electric skillet with an additional 2 tablespoons of oil to prevent sticking and ensure even cooking.
4. Place the seasoned and oiled tilapia in the skillet. Fry the tilapia at 180 degrees celsius and set timer for 17 minutes, ensuring that the fish is cooked through and golden brown on one side.
5. When the timer goes off, cover the skillet with a lid and continue cooking for an additional 2 minutes to help steam and cook the fish through.
6. Carefully flip your tilapia and allow other side to fry for 10mins.
7. Serve with your preferred side.





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SAUTEED VEGGIES

Items: 12-inch Electric Oil Core Skillet, Food Processor



INGREDIENTS:

Assorted Veggies of choice (bell peppers, zucchini, mushrooms, carrots, broccoli, and onions, etc, washed and chopped with food processor)

Salt and pepper to taste (Optional)

Herbs or spices of choice (Optional)

Lemon juice (optional for added flavour)

INSTRUCTIONS:

1. In the same skillet used to fry the tilapia, pour the chopped vegetables. You can use a variety of vegetables according to your preference.
2. Season the vegetables with salt and pepper to taste.
3. Cover the electric skillet and cook the vegetables at 160 degrees Celsius (approximately 320 degrees Fahrenheit) for about 5 minutes.
4. After 5 minutes of cooking, turn off the skillet.
5. Add a squeeze of fresh lemon juice over the sautéed vegetables for extra flavor.
6. Sprinkle the sautéed vegetables with your choice of herbs for additional aroma and taste. Common options include thyme, rosemary, basil, or any herbs of your preference.
7. Serve the sautéed vegetables hot as a side dish or as a topping for your main course, such as the fried tilapia.

Worth Noting: Using same skillet used to fry for extra favour from juices of tilapia.
Cooking time may vary depending on the thickness and type of vegetables used.
The vegetables should be tender but still crisp.





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GREEN CHILLI PEPPER

Items: 1 Qt. Sauce pan



INGREDIENTS:

10-15 fresh green chili peppers
1 small onion, (Cone 2)
1 thumb ginger
1 bulb garlic, peeled
1 green bell peppers
Spring onions
Natural spice of choice
Coconut oil (Optional)
Salt to taste.

INSTRUCTIONS:

1. Pre heat cookware on medium heat for 2 – 3mins.
2. In a blender, combine the chili peppers, garlic cloves, chopped onion, ginger, spring onions, and green bell peppers. Blend until you achieve a smooth paste-like consistency.
3. Pour blended mixture into the preheated cookware and cover. Allow to cook for 5mins.
4. After 5 minutes, add your desired spices and salt to the mixture. Cover and continue cooking for an additional 5 minutes to let the flavors mix together.
5. Remove the cookware from the heat and stir in the coconut oil. Allow the sauce to cool and set.
6. Once cooled, transfer the chili pepper sauce to a clean glass jar or container. It can be kept refrigerated for later use.
7. Use the chili pepper sauce as a condiment or flavoring agent for your favorite meals. It pairs well with a variety of dishes including meats, seafood, vegetables, rice, and more.

Worth Noting: Adjust quantity of ingredients based on desired heat level.

Blend vegetables with coconut milk to give it extra flavor and to avoid using oils.

This same recipe can be used for the red chilli sauce.





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NO OIL ZONGO STEW

Items: 11inch Skillet



INGREDIENTS:

- 1kg beef, lamb, or goat meat, cut into bite-sized pieces
- 3 large onions
- Spring onions
- 5-7 large tomatoes
- ¼ beetroot
- 4 hot chili peppers (adjust according to your spice preference)
- 1 bulb of garlic,
- 1 thumb of ginger
- 1 tbsp cayenne pepper
- 1 tbsp cumin
- 1 tbsp paprika
- 1 tsp corianda
- 1tbsp bicarbonate of sodat
- Salt to taste
- Herbs for garnish

INSTRUCTIONS:

1. Steam your meat season with a blended mix of onion, ginger, garlic and pepper.
2. Preheat cookware at medium heat for 2-3mins.
3. Fry the seasoned meat in the preheated cookware for about 7 minutes until it's browned on all sides.
4. While frying the meat, prepare the stew base. In a blender, blend onions, tomatoes, beetroot, spring onions, and hot peppers until smooth.
5. Pour the blended mixture over the fried meat in the cookware and cover it. Allow it to cook for 7-10 minutes to allow the flavors to mix together.
6. Stir the stew and add spices and bicarbonate of soda to help darken the stew. Cook for an additional 5 minutes.
7. Turn off the heat and garnish the stew with boiled eggs, fresh habanero, and chopped herbs.
8. Serve the Ghanaian Hausa or Zongo stew hot with rice or waakye.

WORTH NOTING: Adjust spiciness and seasoning according to your taste preferences.

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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:

Low85 degrees Celsius

Medium-Low 150 degrees Celsius

Medium.....180 degrees Celsius

Medium-High230 degrees Celsius

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.

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Another tip is that many stoves nowadays designate one burner to be the 'boiler burner', 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

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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 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 and then release as the meat browns.

To fry in the Electric Skillet, turn it to 215-230 degrees. Leave the lid ajar for an 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 it 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.

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Oil-Free Pancakes: Preheat the 11" square griddle to medium on the 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.

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.

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- 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

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!

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