



SALADMASTER®



RECIPE
HANDBOOK



SALADMASTER®

GRILLED CATFISH

Items Used: 12-inch Electric Oil Core Skillet



INGREDIENTS:

- 1 onion
- 1 bulb garlic
- 1 thumb ginger
- Scotch bonnet pepper
- Green and red bell peppers
- Carrots
- Spring onions
- Cayenne pepper
- Natural spice of your choice.
- Soy sauce
- Salt of taste

INSTRUCTIONS:

1. Preheat skillet to 230 degrees Celsius for 2-3mins
2. Put all ingredients (onion, garlic, ginger, Scotch bonnet peppers, bell peppers, cayenne pepper, natural spice, soy sauce, and salt) in a blender and blend till smooth.
3. Make incisions in the Catfish and pat it dry with a tissue or cloth.
4. Smear the blended mixture evenly on both sides of the catfish fillets, ensuring the marinade is evenly distributed.
5. Place the marinated fish in the skillet at 200 degrees Celsius (392 degrees Fahrenheit) and Set a timer for 15 minutes.
6. After 15 minutes, add chopped veggies to the skillet and cover. Cook for an additional 5 minutes or until the fish is cooked through and the vegetables are tender.
7. Serve catfish with any side of choice.



Worth Noting:

- Clean fish thoroughly with lemon juice to remove fish smell.
- Marinade must be spicy with loads of pepper.



SALADMASTER®

MILLET BANKU

Items: 7QRT Roaster with Cover



INGREDIENTS:

4 cups of millet dough
8 cups Water
Salt to taste (Optional)



INSTRUCTIONS:

1. In a large mixing bowl, add the fermented millet dough.
2. Mix dough and water to get the desired consistency.
3. Cover the mix and put on fire to cook at medium heat for 7 minutes.
4. Stir intermittently to remove lumps.
5. Millet banku should be ready for the fourth stir.

Worth Noting:

- Adjusting the consistency of your banku mixture is key to getting it just right for your taste. Adding water gradually allows you to control the softness, ensuring it's not too firm or too soft. Find the perfect balance for your preferred texture or desired consistency.



SALADMASTER®

NO OIL SHITO

Items: 11-inch Skillet, Saladmaster food processor.



INGREDIENTS:

3 medium onions
1 bulb garlic
Ginger
Spring onions
Turkey berries (Bedru)
¼ cup habanero
1 cup fish powder
1 cup shrimp powder
1 cup cayenne pepper
¼ cup coconut oil
Salt to taste



INSTRUCTIONS:

1. Preheat cookware at medium heat for 2 to 3 minutes.
2. Process onions with cone 3 of your Saladmaster food processor.
3. In a blender, combine processed onions, pepper, ginger, garlic, spring onions, and turkey berries. Blend till smooth.
4. Pour the blended ingredients from the blender into the preheated pan. Also, add the dry ingredients (you can add your preferred spices or seasoning blend).
5. Stir the mixture to ensure everything is well combined.
6. Cover the pan and let the mixture cook over medium heat for about 10 minutes. Keep an eye on it and adjust as needed.
7. Once the mixture is cooked and fragrant, turn off the heat.
8. Add coconut oil to the cooked mixture and stir until everything mixes well.

Worth Noting:

- Adjust the hotness of the shito to your desired state.
- Adding coconut oil to shito is completely optional.
- The best way to preserve shito is to store in the freezer.





SALADMASTER[®]

SALADMASTER®

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.

SALADMASTER®

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 the 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 the 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

SALADMASTER®

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 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.

SALADMASTER®

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 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 the 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 the same method as pancakes

No Butter Grilled Cheese Sandwich: Preheat skillet to medium. Place the sandwich onto the pan, then cover it 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 the 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 a water test. Place hash browns on the pan, then flip when golden brown.

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

Fruits & Vegetables:

- Start in a cold pan

SALADMASTER®

• 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 the 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

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 the 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

Instagram: [gbhealth_solutions](https://www.instagram.com/gbhealth_solutions)

Facebook: [Saladmaster - GB Health Solutions](https://www.facebook.com/Saladmaster-GB-Health-Solutions)

Tiktok: [gbhealthsolutions](https://www.tiktok.com/@gbhealthsolutions)

)

®