

SALADMASTER®

# 12 in. (30 cm) Grill Pan

No need to fire up the outdoor grill—bring the grilling experience indoors!



EARN ONE TODAY!!!

1<sup>ST</sup> – 31<sup>ST</sup> OCTOBER





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## GRILLED CHICKEN

Items Used: 12inch Stove Top Grill Pan



### INGREDIENTS:

- 1kg Chicken thigh filleted
- Natural spices (such as garlic powder, paprika, cumin, salt, and pepper)
- Optional: Chili powder (for added heat)
- Sauce of your choice (e.g., cilantro sauce)

### INSTRUCTIONS:

1. Fillet the chicken breasts and gently pound them to an even thickness.
2. Season the chicken with your preferred natural spices. If you like some heat, add a dash of chili powder.
3. Preheat your cookware over medium heat for 2-3 minutes. To check if it's ready, sprinkle a few drops of water in the pan—if they sizzle, it's hot enough.
4. Once the pan is heated, place the chicken fillets, flesh side down, and cook for 7 minutes. Flip and cook the other side for another 7 minutes, or until the chicken is fully cooked and golden brown.
5. Serve hot with cilantro sauce or your favorite dipping sauce.

### Worth Noting:

- Adjust the seasoning and sauce to your preference.





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## CILANTRO SAUCE

Items Used: Saladmaster Food processor, Blender



### INGREDIENTS:

100g cilantro  
500g Greek Yoghurt  
1 Bulb Garlic  
4 Jalapeno / Chilli pepper  
1 Lemon  
Salt (optional)

### INSTRUCTIONS:

1. Add the Greek yogurt, cilantro, garlic, lemon juice, and peppers into a blender. Blend until smooth and well combined.
2. Taste and adjust the seasoning with salt or more peppers for heat, according to your preference.

### WORTH NOTING:

- Adjust the spiciness and salt to suit your taste. Add more lemon juice if you prefer a tangier flavor.



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## CHEEZY SCALLOPED POTATOES

Items: Items: Church Pan, Saladmaster Food Processor



### INGREDIENTS:

- 3 Irish Potatoes
- 100g Cheddar Cheese (block, not pre-shredded)
- 1 medium sized Onions
- Fresh Rosemary
- 1 cup water



### INSTRUCTIONS:

1. Add 1 cup of water to a 3-quart saucepan and heat over medium heat.
2. While the water is heating, with the cone 5 of your, slice the potatoes.
3. Place the sliced potatoes into a culinary basket and wash thoroughly to remove excess starch.
4. Process the onion using cone 2 and spread the sliced onions over the top of the potatoes. Cover the pan and cook for 7 minutes.
5. After 7 minutes, create a small well in the centre of the potatoes. Using your food processor with cone 1, shred the cheddar cheese and place it into the well to melt and remove excess fat.
6. Cover the saucepan and cook for an additional 3 minutes, or until the cheese is melted and the potatoes are tender.
7. Garnish with fresh rosemary and serve hot.

### WORTH NOTING:

- You can use different cones on your food processor to adjust the size of your potato slices, depending on your preference.





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## ROASTED PLANTAIN (KOFI BROKEMAN)

Items: Items: 12inch Stove Top Grill Pan



### INGREDIENTS:

3 fingers semi - ripped Plantain

### INSTRUCTIONS

1. Peel the plantains and slice them vertically into halves.
2. Place the plantain halves into a preheated grill pan. Cover with the top of your skillet.
3. Turn on the heat to medium and allow the plantains to roast for 5 minutes.
4. Flip the plantains using tongs or a turner, and roast the other side for an additional 5 minutes.
5. Serve hot with roasted groundnuts.

### Worth Noting:

- You can also use an electric skillet for this process. Set the temperature probe to 230°C and roast the plantains for 5 minutes on each side.





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## ROASTED GROUNDNUTS

Items: Items: 12inch Electric Oil Core Skillet



### INGREDIENTS:

- 2 cups fresh groundnuts (peanuts)
- Salt (optional)

### INSTRUCTIONS

1. Pour the groundnuts into a skillet and set the temperature probe to 180°C. Set the timer for 20 minutes.
2. Stir or shake the skillet intermittently to ensure even roasting.
3. Once the timer goes off, while the groundnuts are still hot, sprinkle salt if desired. Serve immediately or allow to cool.

### Worth Noting:

- Store the roasted groundnuts in an airtight container to maintain their crunch.



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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:

**Low .....85 degrees Celsius**

**Medium-Low..... 150 degrees Celsius**

**Medium.....180 degrees Celsius**

**Medium-High .....230 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 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 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



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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 activate 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.

**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.

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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
- 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:**

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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!

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