



# BOOK A FREE AFTER CARE SERVICE

THIS NOVEMBER & DECEMBER





# SALADMASTER®

## BURGERS – NO OIL

Items Used: 11inch Square Griddle, Saladmaster Food Processor



### INGREDIENTS: (16 Servings)

- 2kg Ground Beef
- Burger Buns
- ½ cup Bread Crumbs
- 2 Eggs
- 2 tsp Black Pepper
- 2tsp Garlic Powder
- 100g Block Cheese
- Lettuce
- Tomato slices
- Red onion slices
- Ketchup, Mustard, Mayonnaise (Mix for burger sauce)
- Salt & Chilli Pepper (Optional)

### INSTRUCTIONS:

1. In a bowl, season ground beef with black pepper, garlic powder and salt.
2. Add Bread crumbs, eggs and mix together perfectly.
3. Divide the ground beef into 16 equal parts and shape each into a patty.



### On the Square Griddle:

4. Preheat to medium-high heat for 2 – 3mins. (Do water to ensure griddle is ready).
5. Fry each patty for about 3–4 minutes per side.
6. While patties are frying, grate your cheese with cone one of your food processor. In the last minute, Add grated cheese on each patty as desired.
7. While patty is frying, toast buns on the same griddle.

### Frying in the Electric Skillet:

8. Preheat skillet at 230 degrees for about 2 -3mins (Do water test to ensure skillet is ready to fry).
9. Fry each patty for about 3–4 minutes per side.
10. While patties are frying, grate your cheese with cone one of your food processor. In the last minute, Add grated cheese on each patty as desired.
11. While patty is frying, toast buns in the same skillet.
12. Place each patty on the bottom half of a bun, and layer on the toppings and condiments as you like. Add the top bun.



### Worth Noting:

- Make bread crumbs by toasting bread till they are brown and grate with cone one of your Saladmaster food process.



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## WERE WERE SOUP (Melon Soup)

Items Used: 10 qt. Roaster, Electric Skillet



### INGREDIENTS:

- 1 cup melon seeds (were were)
- Protein of choice (e.g., goat, chicken, or fish)
- 3 medium onions
- 4 tomatoes
- ¼ beetroot
- 1 bulb garlic
- 1 thumb-sized piece of ginger
- 7 habanero peppers (adjust to taste)
- Turkey berries
- Garden eggs (optional)
- Eggplant (optional)
- Okra (Optional)
- Natural spice of choice

### INSTRUCTIONS:

#### 1. Roast the Melon Seeds:

- In your skillet, roast the melon seeds at 230°F for 7 minutes, stirring occasionally to prevent burning.

#### 2. Prepare the Protein:

- While the seeds are roasting, steam your protein with a blend of onions, ginger, garlic, and pepper in your 10qt roaster. Add your natural spices and cover to cook until the protein is tender.

#### 3. Blend the Melon Seeds:

- Once roasted, blend the melon seeds with water until smooth. Strain the mixture and add the liquid to the pot with the cooked protein. Cover and let it simmer.

#### 4. Prepare and Add the Vegetables:

- In a blender, combine the tomatoes, remaining onion, beetroot, and turkey berries with a little water. Blend until smooth, then add this mixture to the soup.

#### 5. Add Optional Vegetables:

- If using, add chopped okra, garden eggs, and eggplant. Cover and let the soup cook over medium heat for 10 minutes, allowing all the flavours to blend.

#### 6. Serve:

- Serve hot with banku, fufu, or your preferred side.

### WORTH NOTING:

- Saladmaster cookware is designed to retain moisture, so add water carefully, based on your preferred soup thickness.



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## OMOTUO (RICE BALLS)

Items: Items: MP5 (Bad Girl)



### INGREDIENTS:

- 3 cups short grain rice or broken jasmine rice.
- 6 cups water
- Salt (Optional)



### INSTRUCTIONS:

1. Rinse the rice under cold water to remove excess starch.
2. In your MP5, add the rice and 4 cups of water. Set your probe to rice cooker settings 2 and allow it to cook.
3. Once it is done cooking, the probe will go back to 65 degrees. Use a wooden spoon or ladle to mash and stir the rice in the pot, breaking down the grains to make it sticky enough to form balls.
4. Once the rice is soft and sticky, remove it from heat and let it cool slightly. Wrap your rice balls with green waakye leaves.
5. Serve the rice balls with hot groundnut soup, palm nut soup, or any soup of your choice.

### Worth Noting

- Wrapping omotuo in green waakye or plantain leaves adds a unique, earthy aroma and enhances presentation.
- Adjust the water quantity based on your preferred rice texture.



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## ROASTED VEGGIES

Items: Items: 12inch Electric Oil Core Skillet



### INGREDIENTS:

- 1 large bell pepper (any color), cut into 1-inch pieces
- 1 zucchini, sliced into rounds or half-moons
- 1 red onion, cut into wedges
- 3 Potatoes cut in wedges
- 1 cup carrots, cut into rounds
- ¼ pumpkin cut in wedges
- 2 tbsp olive oil (or any preferred oil)
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp garlic powder (or 2 cloves fresh garlic, minced)
- 1 tsp dried herbs (thyme, rosemary, or Italian seasoning)

### INSTRUCTIONS:

1. Place the chopped vegetables in a large bowl. Add the olive oil, salt, pepper, garlic powder, and dried herbs. Toss everything together until the vegetables are evenly coated.
2. Pour into your skillet and set probe to 150 degrees for 12mins and cover to cook.
3. Serve warm as a side dish, or use as a topping for salads or pasta.





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## GINGER ALE

Items: Items: 3Qt saucepan, Food Processor (4litres)



### INGREDIENTS

- 2 cups fresh ginger
- 4 cups water (for making ginger syrup)
- 2 cups sugar (adjust to taste)
- 2 cups fresh lemon juice (about 10–12 lemons)
- 3 litres sparkling water or club soda
- Ice cubes (optional, for serving)

Optional: Fresh mint leaves or lemon slices for garnish

### INSTRUCTIONS

- Using the cone of your food processor, grate your washed unpeeled ginger.
- In your 3Qt sauce pan, combine the chopped ginger, 4 cups of water, and sugar. Bring to a boil over medium heat for 7mins.
- Remove from heat and strain the syrup through a fine mesh sieve to remove the ginger pieces. Allow the syrup to cool completely.
- In a large pitcher or serving container, combine the cooled ginger syrup and fresh lemon juice.
- Add the 3 litres of sparkling water or club soda. Stir gently to mix.
- Pour over ice in individual glasses and garnish with mint leaves or lemon slices, if desired.

### Worth Noting:

- Adjust taste of sugar to your preference.
- Honey can be used in place of sugar.



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## HEALTHY CUSTARD CAKE

Items: Items: 3Qt saucepan, 9inch skillet, Food Processor



### INGREDIENTS

- 500g cake mix
- 3 eggs
- 1 medium cucumber
- 1 apple
- 1 carrot
- 1 lemon (for zest)
- ½ cup prepared custard
- 2 cups water
- Hazelnut chocolate (optional, for garnish)

### INSTRUCTIONS

- In a mixing bowl, combine the cake mix and eggs. Mix well.
- Using the #1 cone on your food processor, shred the cucumber, apple, carrot, and zest the lemon. Add the shredded ingredients to the cake batter and mix thoroughly until smooth.
- Pour the cake batter into a 3-quart saucepan. Place it on the stove over low heat and bake for 10 minutes, or until the cake is cooked through. Check for doneness by inserting a toothpick into the centre; if it comes out clean, the cake is ready.
- While the cake is baking, prepare your custard according to package instructions and set aside.
- Once the cake has finished baking, allow it to cool slightly. Carefully remove it from the saucepan and place it on a cake stand.
- Pour the custard over the cooled cake.
- Using the #2 cone on your food processor, grate the hazelnut chocolate and sprinkle it on top of the custard for a “black forest” look.
- Slice and serve. Enjoy!

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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.**

**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.**



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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 dishwasher, 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!**

*Website: [www.gbhealthsolutionsltd.com](http://www.gbhealthsolutionsltd.com)*

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