



SALADMASTER®

A top-down view of various fresh ingredients on a rustic wooden surface. A red heart-shaped bowl contains salmon, a green apple, carrots, an avocado, blueberries, and yellow rice. Surrounding the bowl are walnuts, almonds, a wooden scoop of red lentils, a heart-shaped dish of chia seeds, a heart-shaped dish of oats, a pile of mixed nuts, and pieces of dark chocolate. A small glass bottle of oil is also visible.

**ARABIAN
COOK & TASTE
HANDBOOK**



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CHICKEN SHARWAMA

Items Used: Food Processor, Electric Skillet (6 – 8 Servings)



INGREDIENTS:

1 kg chicken thigh or breast, thinly sliced
1 cup plain yoghurt
Pita Bread
Lettuce, Tomatoes, Onions, Cucumbers
8 cloves garlic, minced
2 tbsp lemon juice (or vinegar)
1 tsp paprika, ½ tsp turmeric, 1 tsp cumin, 1 tsp coriander powder, ½ tsp cinnamon, ½ tsp black pepper, ¼ tsp chilli powder or cayenne (optional),
Salt to taste

INSTRUCTIONS:

Chicken

1. In a bowl, mix yoghurt, garlic, lemon juice, oil, and all spices. Add chicken and coat well.
2. Preheat skillet at 230 degrees for 3 to 5 mins. Perform water test, once it is hot, add marinated chicken and cover half way and allow to fry for 7 - 10 minutes.

Garlic Sauce

1. In a bowl, add ½ cup thick plain yoghurt, 2 cloves garlic (grated with cone 1 of your food processor), 1 tbsp lemon juice, Salt to taste.
2. Mix until smooth and creamy. Chill before serving.

Assemble

1. Lightly heat pita or flatbread.
2. Spread garlic sauce on the bread.
3. Add chicken, sliced tomatoes, onions, lettuce, and cucumbers.
Roll tightly and serve warm.

WORTH NOTING

- Use chicken thighs for flavor, but trim excess fat
- Oil is not needed as chicken releases its own juices)
- Add extra veggies for fiber and heart health.





BEEF SHARWAMA

Items Used: Food Processor, Electric Skillet (6 – 8 Servings)



INGREDIENTS:

1 kg Beef, thinly sliced
1 cup plain yoghurt
Pita Bread
Lettuce, Tomatoes, Onions, Cucumbers
8 cloves garlic, minced
2 tbsp lemon juice (or vinegar)
1 tsp paprika, ½ tsp turmeric, 1 tsp cumin, 1 tsp coriander powder, ½ tsp cinnamon, ½ tsp black pepper, ¼ tsp chilli powder or cayenne (optional), Salt to taste

INSTRUCTIONS:

Chicken

3. In a bowl, mix yoghurt, garlic, lemon juice, oil, and all spices. Add chicken and coat well.
4. Preheat skillet at 230 degrees for 3 to 5 mins. Perform water test, once it is hot, add marinated chicken and cover half way and allow to fry for 7 - 10 minutes.

Garlic Sauce

3. In a bowl, add ½ cup thick plain yoghurt, 2 cloves garlic (grated with cone 1 of your food processor), 1 tbsp lemon juice, Salt to taste.
4. Mix until smooth and creamy. Chill before serving.

Assemble

4. Lightly heat pita or flatbread.
5. Spread garlic sauce on the bread.
6. Add chicken, sliced tomatoes, onions, lettuce, and cucumbers.
Roll tightly and serve warm.

WORTH NOTING

- Oil is not needed as beef releases its own juices)
- Add extra veggies for fiber and heart health.





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TABBOULEH

Items Used: Food Processor, Double Walled Bowl (Serves 4–6)



INGREDIENTS:

- 2 cups fresh parsley, very finely chopped (the star ingredient)
- ¼ cup fresh mint, finely chopped
- 2 medium tomatoes, finely diced
- 3 spring onions or ½ small red onion (Cone 2)
- 3 tbsp fine bulgur wheat
- 3–4 tbsp fresh lemon juice
- 2 tbsp olive oil (Optional)
- salt (to taste)
- Optional: pinch of black pepper



INSTRUCTIONS:

1. Rinse bulgur quickly and soak in a small amount of warm water (or lemon juice) for 10 minutes. Drain and squeeze out excess water.
2. Finely chop parsley and mint. Tabbouleh should look mostly green, not grain-heavy.
3. In a bowl, mix parsley, mint, tomatoes, onions, and softened bulgur.
4. Add lemon juice, olive oil, salt, and optional pepper. Mix gently and adjust to taste (tabbouleh should taste fresh and lemony).
5. Let it sit for 5–10 minutes before serving to allow flavours to blend.

WORTH NOTING

- Use more herbs than grain — authentic tabbouleh is herb-based.
- For gluten-free: replace bulgur with ¼ cup cooked quinoa.
- For low-carb: use finely chopped cucumber or cauliflower rice.
- Serve chilled or with crisp lettuce leaves.



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FATTOUSH

Items Used: Food Processor, Double Walled Bowl (Serves 4–6)



INGREDIENTS:

2 cups lettuce (Cone 3 or 4)
1 cup tomatoes, chopped
1 cucumber (Cone 3 or 4)
½ red onion, (Cone 2)
½ cup radishes, (Cone 4)
½ cup fresh parsley, chopped
Optional: fresh mint leaves
1–2 pieces Arabic pita bread, toasted or baked until crisp and broken into bite-size pieces
3 tbsp fresh lemon juice
2 tbsp olive oil (optional)
1 clove garlic, (Cone 1)
1 tsp sumac (adds authentic tangy flavour)
Salt to taste
Optional: pinch of black pepper or ½ tsp



INSTRUCTIONS:

1. Toast in your electric skillet the pita bread until golden and crunchy. Break into bite-sized pieces.
In a large bowl, mix lettuce, tomatoes, cucumber, onion, radishes, parsley, and mint.
2. Make the dressing:
Whisk lemon juice, olive oil, garlic, sumac, salt, and optional ingredients.
3. Toss and serve:
Add dressing and toss gently. Add pita pieces just before serving to keep them crunchy.

WORTH NOTING

- Bake pita without oil for a lighter, heart-friendly salad
- Increase veggies and reduce bread for more fibre
- Add red cabbage or bell peppers for extra colour and nutrients



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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'

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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.

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 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!

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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 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.

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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 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

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- 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**

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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