

SALADMASTER®

Holiday Cooking Class Recipe Book

Saturday, December 3rd



**Make Your
Holidays
More Personal
This Year!**





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World's Easiest Ham

Items: 7 Qt. Roaster and, if needed, use inverted 5 Qt. Roaster as a high dome cover

instead of lid **INGREDIENTS:**

- 1 Ham, bone-in
- 1 bottle of Sprite or 7-Up (about 225 mL)
- Pineapple slices
- Maraschino cherries

INSTRUCTIONS:

Place ham in a cold pan, secure pineapple, and cherries to the ham with toothpicks and pour the Sprite or 7-Up over the ham. Put the lid on tight and turn your stove to medium, when the Vapo Valve clicks, turn the stove down to low. If you are using the 7 Qt. with High Dome Cover, you will know when you have reached medium when the lid spins freely and easily around about 5-10 times and moisture bubbles around the edges. After this, once you turn it down to low, the high dome cover will tighten up and be hard to turn. Cook about 15 minutes per pound of meat.





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Herbed Roasted Turkey

Items: 16 Qt. Roaster

INGREDIENTS:

- 1 large turkey (14-22 lbs.), cleaned and giblets removed
- 2 navel oranges, zested #1 cone & quartered
- 3 large onions, quartered
- 4-5 stalks celery, cut into 1" pieces
- 4 large carrots, #4 cone
- 2 tbsp fresh rosemary, finely chopped
- 2 tbsp fresh sage, finely chopped
- 2 tbsp fresh thyme, finely chopped
- 2 tbsp fresh Italian parsley, finely chopped
- 3 tbsp minced garlic
- ½ cup butter, softened
- Salt and pepper

INSTRUCTIONS:

Combine zest, herbs, garlic, and butter together in a medium bowl. Liberally sprinkle turkey with salt and pepper, seasoning the cavity as well. Rub turkey down with herb butter (cavity as well) and then stuff with carrots, celery, navel oranges and 1 onion. Place remaining ingredients on bottom of Roaster and place turkey in, breast side up. Cover and cook on medium until Vapo-Valve clicks, then reduce heat to low. Cook for about 2 ½ - 3 hours or until internal temperature reaches 165 degrees when checked in the thickest part of the thigh.



Note: We do not recommend using stuffing for a stove top cooked whole turkey due to the abundance of moisture.



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Vegan Green Bean Casserole

Items: 3 Qt. Sauce Pan & Perforated Basket, and 11" Skillet & Cover

INGREDIENTS:

- 2 1/2 lbs. fresh or frozen green beans
- 8-10 oz mushrooms (cremini or button), sliced on #4 cone
- 5 cloves garlic, minced
- 1 cup vegetable broth
- 1/4 cup all-purpose flour
- 1- 15 oz can full fat coconut milk
- 1/2 tsp salt
- 6 oz french-fried onions



INSTRUCTIONS:

If using fresh green beans, trim the ends and cook in 3 Qt. with perforated basket for 7 minutes, or until bright green and firm. Set aside. If using frozen, skip this step and proceed with the next step. Place mushrooms and garlic in a large deep skillet, cover and set to medium. Cook for 3 minutes until mushrooms release their water and then sauté for 3-5 minutes until mushrooms are soft. Add the vegetable broth and flour and stir until the mixture thickens. Add the can of coconut milk and simmer, stirring frequently for about 5 minutes until thick and creamy. Add salt to taste. Remove from heat. Add in green beans and 1/3 cup of the French-fried onions, stirring well to combine. Cover and cook on medium until Vapo-Valve clicks, then drop heat to low for 15 minutes. Top with the rest of the french-fried onions and cook for 5 more minutes.

Notes: For a gluten free green bean casserole, you can substitute brown rice flour for the all-purpose flour and try Gluten Free French-Fried Onions. Another kind of non-dairy milk may be substituted for full fat coconut milk, such as almond, cashew or soy milk, but it won't be nearly as creamy.





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Gingered Candied Carrots

Items: 4 Qt. Roaster with Cover & 1 Qt. Saucepan

INGREDIENTS:

- 2 lbs. carrots, #5 cone, sliced
- 1 tbsp butter (or vegan butter)
- 2 tbsp brown sugar
- 1 1/2 tsp ground ginger
- 2 tsp all-purpose flour
- 1 cup of orange juice



INSTRUCTIONS:

Fill the 4 Qt. Roaster with sliced carrots ensuring the pan is at least 3/4 full (if not, select a smaller pan). Cook medium 'click' low for about 15-20 minutes or until carrots are tender. While carrots are cooking, melt butter in small saucepan. Mix in flour, brown sugar, and ginger. Stir in orange juice; cook until it boils and thickens slightly. Pour over cooked carrots. Stir to coat.





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Quiche

Items: 12 in. Electric Oil Core Skillet with Cover

INGREDIENTS:

- 12 eggs
- 1 red bell pepper, seeded & diced
- 1 green bell pepper, seeded & diced
- 1 white onion, #2 cone
- Fresh spinach
- Tomato, sliced
- Cheddar cheese, #2 cone
- ½ cup pancake mix
- Butter



INSTRUCTIONS:

Whisk 12 eggs, then add diced peppers, onion and pancake mix to bowl and mix. Coat bottom and sides of Electric Skillet with butter. Then pour mixture in Electric Skillet and turn to 350 degrees. Place spinach leaves and tomatoes on top. Wait for the Vapo-Valve to click, then turn heat to low for 10 – 15 minutes. Add cheese; cover & cook for 3-5 minutes until cheese is melted. Use the Saladmaster Turner and gently slice “pie wedges” and serve.





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Fall Brussels Sprouts Salad (Vegan)

Items: Saladmaster Food Processor

INGREDIENTS:

- 12 oz brussels sprouts, tough outer leaves pulled away, #4 cone
- 1/4 cup dried cranberries
- 1/4 cup chopped pecans or #3 cone for whole pecans
- 1/4 cup gorgonzola cheese crumbles, optional
- 1 pear, #2 cone
- 1 large shallot, #4 cone

For the Maple-Balsamic Vinaigrette:

- 2 tbsp extra virgin olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp maple syrup
- 1 tsp Dijon mustard
- Salt and pepper



INSTRUCTIONS:

In a large bowl, combine Brussel sprouts with dried cranberries, pecans, shallots, and chopped pears. Add ingredients for Maple-Balsamic Vinaigrette together in a jar, then shake to combine. Pour over salad, then toss to coat and serve!





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Fruit Salad

Items: 6.5 Qt. Double Walled Bowl & Saladmaster Food Processor

INGREDIENTS:

- Cantaloupe, seed & cut into wedges; #3 cone, chopped
- Honeydew, seed & cut into wedges; #3 cone, chopped
- Granny Smith apples, #3 cone, chopped
- Strawberries, #5 cone, sliced
- Bananas, #5 cone, sliced
- 2 lemons, zest on #1 cone
- Blueberries
- Almond slivers

INSTRUCTIONS:

Add cantaloupe, honeydew, bananas, strawberries, Granny Smith apples, and blueberries to the 6.5 Qt. bowl and mix. Then add the lemon zest and juice of 2 lemons, and mix. Finish off the salad with almond slivers and serve.



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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	190 degrees
Medium-Low	300 degrees
Medium	350 degrees
Medium-High	450 degrees

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.

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.

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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.

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Cooking Method & Tips

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.

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 then release as the meat browns. To fry in the Electric Skillet, turn it to 425-450 F. Leave the lid ajar for 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 fully to activate the vapo valve then reducing to low. This vacuum method will lock in the moisture.

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Cooking Method & Tips

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 11" square griddle to medium on large element or preheat the Electric skillet to 375F. 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.

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Cooking Method & Tips

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.
- 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.

"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!