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## **CHRISTMAS DINNER Theme COOKING CLASS December 17<sup>th</sup>-2007**

Welcome to our Kamloops cooking school! We thank you very much for your continued support and we hope you have fun this evening while learning some new exciting ways to maximize the benefits of your Saladmaster health cookware.

Our aim in putting on this school with you is to educate you further on the function of your cooking system. It is not just about recipes- What you should be watching for is the basic techniques and operating principles behind the recipes. Mastery of just 3 or 4 simple techniques will teach you how to apply those to any recipe. Equipment operation is the idea!

We will be having a few door prize draws this evening and **one grand prize draw 600\$ value** for people participating in an incredible, first time ever promotion we're having for January 2008!

We will be serving samples of some of the foods cooked tonight. **Please be considerate, and try just a small sample of each food, allowing samples also for people at the back of the line. Also, please move along the samples table as rapidly as possible so that the food is warm still for others.**

## **Menu Tonight**

- Stovetop Turkey
- Waterless Mashed Potatoes
- MP5 Baked Ham with Maple Dijon Sauce
- MP5 Honey Orange Garlic Ginger Chicken
- MP5 Fat Free Spiced Yams
- Holiday Nut Mix
- Fat Free Eggnog Cake
- Fresh Cranberry Sauce
- Maple Glazed Salmon
- Brussels Sprouts, Broccoli
- DEMOS: INDUCTION RANGE – Fat free frying : pancakes, eggs, grilled cheese sandwich
- Crazy Holiday Coleslaw
- No Butter, Butter Chicken

### **The Christmas Turkey**

Thanks to the unique 7 ply construction of your Saladmaster cookware, you can cook a turkey on the stove top! For this, you will need either our 16 quart roaster with lid or a 10 quart roaster using a 7 quart roaster as a lid to create extra volume. The benefit of this method is moisture retention, which ensures a beautiful juicy turkey. If presentation and crispy skin are desired, you may decide to use the Versa Tec cookware as a roasting pan in the oven for a more conventional result.

#### **Saladmaster Stove Top Method:**

Place seasoned turkey into appropriately sized vessel. Cover and turn heat to medium. When the vapo valve clicks very steadily and the lid is hot to the touch reduce to medium low setting (just low enough to barely stop the valve). If cooking with a dome cover wait until the cover ‘dances’ or spits a bit of moisture from the edge. Reduce to low. Allow 15 minutes of cooking time from this point per pound of turkey. Stuffing is not recommended for stove top cooking due to the abundance of moisture.

Here’s a fun one: (not on tonight’s menu)

#### **Hawaiian Turkey in the Wok**

10-12 lb turkey    1tbsp salt            3 tsp oregano  
6 cloves garlic    1tbsp ginger        1 cup vinegar  
1 cup brandy       8oz can crushed pineapple w/juice

8oz can maraschino cherries, drained            1 fresh orange,  
sliced  
2 cups dried prunes            1 cup brown sugar, packed  
1 tsp cloves            cornstarch  
Mix salt, oregano, garlic, ginger, vinegar. With your hand  
spread mixture under skin of turkey. Allow to marinate in  
refrigerator for 1 day. Preheat Wok to medium- high. Brown  
turkey on all sides, then position turkey with breast side down.  
Mix remaining ingredients, then spread over turkey and cover.  
When valve clicks steadily for several minutes, reduce heat to  
just above low and cook for 2 hours. Remove turkey from  
wok, and thicken juices with cornstarch. Note: sugar may be  
replaced with 2 cups honey.

### **Waterless Non Fat Mashed Potatoes**

We strongly recommend preparing potatoes with skins on for  
vitamin and mineral retention. An important point for any  
vacuum cooking of fruits or vegetables is to select the correct  
sized vessel for the job. In other words, the vessel that you  
select should be at least 2/3 full.

**Yield:** Prepare ½ to ¾ potato per person (average size)

#### **Method:**

Scrub and prepare all potatoes thoroughly. Process the  
potatoes into appropriately sized roaster using the #3 or #5  
cones on the Saladmaster Food Processor. Once potatoes are  
cut, rinse them well with plenty of water in the pan, then  
drain- removing all but a little water. Cover the roaster and  
turn burner to medium. When valve clicks steadily and the lid  
is hot to the touch reduce heat to low setting and cook for an  
additional 20 – 30 minutes, depending on volume. You may  
leave the potatoes in the vacuum as long as you like- this sets  
you free to prepare your potatoes well in advance! Mash and  
season to taste before serving.

Variation: Non Fat Garlic Mashed Potatoes:

Prepare potatoes as above. Add finely chopped or mashed  
roasted garlic, stock, salt & pepper, herbs to taste. To achieve  
a little creamier texture, add some non fat sour cream.

## **Honey Orange Garlic Ginger Chicken-**

Cookware: MP5

Ingredients:

One fryer chicken

10+ cloves of garlic, peeled and smashed

Jar of garlic - puree

2" piece of ginger sliced

1 Orange

1/2 cup ( 100 ml) honey

1. Remove all chicken skin
2. Inside cavity 10+ smashed garlic cloves, 2" sliced gingerroot, 1/2 orange
3. Place chicken in a cold or preheated pan, A preheated pan sears and browns more like an oven roast. A cold pan can be used with a fresh or frozen/semi-frozen bird.
4. Sear chicken, squeeze other half of orange over chicken, smear chicken with more garlic, drizzle honey over, replace lid, let it click for good 5-10 minutes on 375, turn down to 200(or if cooking long throughout the day 160)

## **MP5 "Baked" Ham with Maple Mustard Sauce**

**Ingredients:**

- ham
- cloves
- 1/3 cup brown sugar
- 1 cup whole grain Dijon mustard
- 2 tbsp. real maple syrup

Score top of ham and place a clove in the center of each cross. In a bowl whisk together mustard and maple syrup, then pour over ham. Place Ham in MP5, cover and turn to medium(375F) until vapo valve clicks steadily. Reduce to low (200F)and cook 15 minutes for each pound of meat(or turn to 160F for long cooking throughout the day). Allow ham to rest before carving. Serve with leftover marinade on the side.

and dishes will sparkle too. Plus it will make your dish soap last longer. Vinegar acts like bleach to steel. For really bad burnt on food or just 'cooked on' stuff, take the handles off and spray inside and outside of the pan with any oven cleaner. Wipe the very edge clean of the spray and leave the rest. Place in a paper bag to control any fumes and them wash like normal.

## **NOTES**

condensed soups, pasta sauce, chicken broth) and then top with the veggies and even stir them in if you like. IF you are using whole or larger chunks of veggies and no pasta, you can add everything together with the frozen meat. So yes, you place the frozen meat in first and then add the veggies and sauce and cover. Medium-click-low. Remember for faster meals and more well done veggies turn to just above low or to where the valve is still talking to you slowly.

**Try this dish!! CHICKEN SHEPHERDS PIE:** Frozen Chicken, medium-click open lid, add enough grated potatoes and onion on top to totally cover pan. Cover with 1 or 2 cans of Cream of Mushroom soup (1 with small skillet, 2 with large or electric). Top with frozen corn then peas. Top with cheese. Re-place lid and when it clicks consistently, turn to low. Add spices if you wish but you sure won't need salt!

**MARINATED MEATS:** These are fabulous. With Saladmaster you won't have to marinate your meats very long at all as the vacuum cooking pulls the flavor through the meat very quickly. Preheat the pan (on medium until a drop of water forms a ball and rolls around. ). Place the meat in pan and let sear. If the marinade contains sugar you might have to turn it down a bit but even if it looks like it is burning it won't taste burnt. **IF you have seared the meat** before adding the sauce you will have to turn the pan down to a little below medium at least, or you will burn your marinade.

**WHAT 'PRE-HEAT' MEANS:** A pre-heated pan is when water 'beads', not when it just fizzes away. Start pan at medium until a few drops of water bead (run around like little marbles). If the water drop fizzle away then **the pan is not hot enough** and you will find that "everything is sticking" Yes, even with eggs and pancakes.

**THE MAGICAL SALADMASTER 'GLO':** The glo is a natural product and removes the cooked on minerals that look whitish when the surface dries. Even when you boil water in Saladmaster you will see white spots in the pot. These are minerals from the water that have cooked onto the surface. The glo removes all of these minerals and actually gets your cookware absolutely clean. This will also help to keep some foods from 'sticking' as they are hanging onto the cooked on minerals from before. Normal soap and water will get your Saladmaster exceptionally clean but shiny steel does show minerals. After washing the pan like normal, **SPRINKLE** some glo in the pan and use a dry paper towel and rub in a circular motion (this is just easier on your wrist too

**ADD VINEGAR TO YOUR DISH SOAP** and not only will your Saladmaster Cookware sparkle, but all of your glasses

## MP5 Non Fat Candied Yams

### Yield- Serves 8

### Ingredients:

- 4 lbs Yams, scrubbed
- 2/3 cup brown sugar
- 1tsp cinnamon
- ¼ tsp nutmeg
- pinch ground ginger

### Method:

Process yams on #2 cone into 4 quart roaster. Turn to medium, allow valve to click steadily then reduce to low for 15 minutes. Add all remaining ingredients and mix well (or whip)

Garnish with crushed pecans.

## Health benefits of Yams

*Consider adding these to your regular diet- why wait for the holidays?*

*Sweet potatoes are relatively low in calories and have no fat. They are rich in beta-carotene, having five times the recommended daily allowance of Vitamin A in one sweet potato, as well as loaded with potassium. These nutrients help to protect against heart attack and stroke. The potassium helps maintain fluid and electrolyte balance in the body cells, as well as normal heart function and blood pressure.*

## Spicy Holiday Nut Mix

### Ingredients:

- real maple syrup
- chili flakes or cayenne powder
- salt ( or Spike seasoning)
- apple juice

- mixed nuts

### **Method:**

Preheat large skillet to medium or electric skillet to 350F. Once preheated, add all ingredients and stir until the apple juice has evaporated. Turn mixture out onto parchment paper to cool. May also at this point be shaped into a “nut log” This makes an excellent addition to a dish of ice cream or as a creative topping on a green salad.

### **Fresh Cranberry Sauce with Mint**

#### **Yield: Serves 8**

#### **Cranberry Sauce**

1 Lb fresh cranberries (frozen berries will work as well)  
#1 Cone - Zest of 1 lemon (Outside of lemon without the white pith)  
Juice from the lemon  
1/3 cup of fresh mint  
1 cup of brown sugar or 1/2 maple syrup

Put all ingredients into cold sauce pan.  
Cover the sauce pan and place on medium heat. When Vapo-Valve begins to dance, turn to low and cook for 10 minutes. Cranberries should be nicely cracked.  
It is your choice to leave as is or to whip the mixture and break it up slightly.

#### **Cranberry Health**

##### **Cardiovascular Health**

Preliminary research shows that cranberries have the ability to decrease total cholesterol and LDL, or bad cholesterol, and increase blood flow. **Anti-Cancer:** Cranberries are rich in flavonoids. These phytonutrients have been shown to inhibit certain types of cancer. **Ulcers:** New research suggests compounds found in Cranberries may inhibit ulcer-causing bacteria from sticking to the stomach wall. **Anti-Aging:** Polyphenolic compounds found in Cranberry may help to

**BURNING DINNER?** Remember if you are browning or burning your food then you are starting the pan out too hot. Start at a lower temperature.

**‘SPEED COOKING’:** and tender vegetables (like whole potatoes) can be accomplished by turning to a little above your ‘low’ setting where the valve is clicking ssssslowly and occasionally. This is a good technique for roasts, chickens and hearty veggies like whole potatoes. (rinse and drain first)

**BAKING:** Trying to bake and only burning?? Medium-low is all that you need. If you are still unsure, add a little butter to the pan to check. If the butter sizzles nicely then that is the perfect temperature. If it burns- yup, too hot!

**TO MAKE ALL COOKING EASIER** and especially if you do not wish to fill the pan to at least half or more full, drop a teaspoon or so of water on the lid after it is on. This will create the ‘seal’ that the cookware usually creates from the natural moisture from the food inside. Also your veggies could be a little dehydrated from the trip home to your place from where they grew up. Give them a rinse in the pan and drain off the water. The moisture that remains clinging to the food should be all that you need. Now remember, a little below medium is better if the food is dryer than it should be or if your pot isn’t at least half full.

**RE-HEATING:** To re-heat left over meals, put the pot on medium-low and a teaspoon of water on the lid.

**‘LEFT-OVERS’:** If you want to add to the leftovers, go ahead. Add more frozen or fresh veggies as you wish. Now start the heat at medium. You have ‘added uncooked’ veggies as opposed to ‘already cooked’ ones.

**MEALS FROM FROZEN MEATS:** It is faster to have the meat pieces individually frozen or at least not in one big clump. Place in a Saladmaster pan and turn to medium heat. Wait until the valve really goes crazy and then open and turn the meat if you want it to brown on both sides but it will cook right through without turning. Now you can add your veggies. If you cut them up evenly they will cook faster (which is where your Saladmaster Food Processor really comes to the rescue). Close the lid and turn to low or even off if the veggie pieces aren’t too large (1 cm slices). Otherwise turn to low or until the valve stops clicking. In 10 minutes you will have a delicious roasted meat and vegetable dinner.

**FROM FROZEN WITH A SAUCE AND PASTA:** The same as above but at the same time as when you would add the veggies, add the sauce and pasta first. Stir so that the pasta is coated with whatever sauce you have chosen (curries, salsa,

Place the apples into a large turkey roaster or the 7 quart wok.

Pour the oat cake over the top and bake in the oven at 350°F or on the stove top at medium and turn down to low and cook until done...about 50 minutes.

Great for Christmas day and left overs for boxing day.  
Can be made ahead of time and served hot or cold, with or without cream.  
Serves 25+ people

### **Mama MacLeods Warm Gingerbread**

**This recipe in its conventional form has 1 cup of shortening – 1392 calories, and 159 grams of fat have been omitted from this recipe!! You can apply this technique to most any cake or muffin recipe. The extra calories can be used for “holiday cheer”**

3 1/2 cups flour  
3 tsp baking powder  
1 1/2 tsp salt  
3 tsp cinnamon  
3 tsp ginger –  
1/2 tsp ground cloves  
1 cup brown sugar (packed)  
4 eggs  
1 1/2 cup molasses (she says use Crosby's)  
1 1/2 cup boiling water

**Blend all dry ingredients in a bowl.**

**In a separate bowl, mix molasses, sugar, and eggs thoroughly. Add dry ingredients to molasses mixture, then add boiling water. Mix well**

**Preheat your electric skillet to 315°F. Cut a circle of parchment paper to fit the bottom. Pour cake mix on top of parchment paper, then cover skillet. Allow 40 minutes then check the center with a toothpick. Run a butter knife around the edge to release the cake then turn out onto a platter.**

**Serve: Warm with whipped cream and fruit or as desired.**

**Yield: One 12.5 inch round cake.**

**TIPS & common asked questions:**

protect against neurodegenerative diseases, and the memory and coordination losses often associated with aging. **Urinary Tract Infection:** The Proanthocyanidins found in Cranberries can prevent urinary tract infections by inhibiting E. coli bacteria from attaching to the urinary tract wall. The National Kidney Foundation recommends drinking at least one large glass of cranberry juice a day to help maintain urinary tract health.

### **MAPLE GLAZED SALMON**

#### **Ingredients:**

1 filet Salmon (2 servings)  
1 Lemon  
2” Ginger Root grated  
2-3 Tablespoons of Maple Syrup  
2 heaping Tablespoons of Brown Sugar

Select pan which will match the size of your filet most closely. Add maple syrup, brown sugar, and ginger to bottom of pan then lay salmon on top. Squeeze lemon juice over the salmon, add salt & pepper to taste. Turn to medium, and when vapor valve clicks steadily reduce heat to low. Allow 5 minutes for every 1” of thickness. Serve with rice.

### **Eggnog Bread**

**This recipe originally called for 1/4 cup of butter. By omitting it, you save 404 calories, and 44 grams of fat!**

1 cup granulated sugar	1tbsp baking powder
1 large egg	1 tsp salt
1 1/2 cups eggnog	1/2 tsp each cinnamon & nutmeg
3 cups all purpose flour	2/3 cup chopped walnuts
1 cup cut glazed fruit	

Beat sugar and egg in mixing bowl. Add egg nog. Mix well. Preheat electric skillet to 310°F

Sift flour, baking powder, salt, cinnamon and nutmeg over egg nog mixture. Stir until moistened. Mix in nuts and fruit.

Cut a circle of parchment paper to fit bottom of electric skillet. Place parchment into the bottom of the skillet, then spoon batter onto the parchment paper. Spread out evenly, cover and allow 35-45 minutes baking time or until top is firm and a toothpick comes out clean. Run a butter knife around the edge and turn cake out on to a rack or tray to cool.



## The Christmas Veggies

### 1) Brussels Sprouts & Broccoli:

Brussels sprouts: Clean off the outer leaves, ensuring sprouts are clean. Add Brussels sprouts to 2 quart 'degreaser' inset and place onto 3 quart roaster, being sure to add ½ to ¾ inch of water to the 3 quart before doing so. Turn to medium heat until vapo valve clicks steadily then reduce to low for 10 minutes.

Broccoli: Same as above for on 5-7 minutes cooking time once turned to low. Alternately, broccoli may be cooked by rinsing well and placing directly into a saucepan. Medium heat until valve clicks, then to low for 5-7 minutes. ***Broccoli and most other green vegetables still benefit by being timed as longer cooking times can cause the vegetables to become too soft for some tastes.***

**These next 2 are from the kitchen of one of our most enthusiastic Saladmaster customers- Marion Coltman**

## YUMMY YAM-ONION CASSEROLE

3-4 large yams or sweet potatoes  
4-5 onions  
1 large can of coconut milk  
salt to taste (optional)

Peel and shred (using cone ff3)the yams  
Put into the electric skillet so that it is right full...no oiling the surface is necessary. Pack down.  
(Using cone sl4) slice enough onions to cover the top of the yams about one inch deep after they have been fried. Braise in the large skillet until golden and beginning to soften. Add to the top of the yams.  
Pour one large can of coconut milk over the top of the onions and yams.  
Cover and cook on medium until the valve clicks and turn down to low.  
Cook about 40 minutes.  
Serves 10-15 people  
This tastes good the next day served cold on bread as a sandwich spread.

## APPLE-OAT BREAKFAST

2 1/2 cups quick oats  
1 cup white sugar  
1 cup brown sugar  
3 3/4 cups all purpose flour  
1 teaspoon baking powder  
2 tablespoons cinnamon  
1/2 teaspoon nutmeg  
1 cup of raw cashew nuts blended until smooth in 3/4 cup of water  
2 1/2 cups skim milk  
5 eggs  
2 1/2 teaspoons vanilla

Mix all the dry ingredients together and add the wet ingredients all at once and mix on medium speed with the hand mixer for two minutes.

Core 12 to 15 apples and slice them fine with the ff4 cone  
Sprinkle with 1 cup sugar to take away the tartness.