

Complete Guide To

Saladmaster®

Oil Free Recipes

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Discovering the Techniques of Oil Free Cooking

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Introduction

Your Saladmaster Solutions is the only cooking system that uses 316L surgical stainless steel on its interior cooking surface. The exclusive "all-around" metal construction of the cookware allows for a low heat cooking method which enhances health by eliminating oils from nearly all recipes, including many of the ones that include oil, butter or cooking spray in your current cookbook.

With Saladmaster Solutions, you have options: - you can use the delicious and easy to prepare lower fat recipes that you'll find throughout this cookbook, or for those of you who want to take it to the next level and cook oil free- this section is for you and will help you remove all of the heated fats. Cooking oil free requires just a bit of practice, and we know that you will love the benefits for your health and waistline. These recipes are selected as examples, so that you may learn the technique required to eliminate heated fats in most every case.

Success in oil free frying & baking is mostly just a matter of finding the correct heat setting on your stove. Once you have found the true medium setting on your range, you will find that your cookware does an efficient job of eliminating all the harmful fats normally included in most recipes.

Techniques for Eliminating Oil

Frying:

Frying without oil simply requires finding your correct medium setting. Use the "Bead and Roll" test mentioned below to ensure the pan is hot enough. If the food burns, reduce it one notch at a time until you find the correct setting. Once you find the correct medium setting on each burner, make a note so that you can easily select the proper temperature in the future.

Now, place the meat onto the hot pan. The meat will stick at first until the pores in the meat seal up. Once meat releases, simply turn over with a fork to fry the other side. For lean meats, you may wish to cover the pan after turning the meat then reducing the heat to low when the vapo valve clicks steadily. This will help retain moisture and provide a juicy interior, with a crispy exterior.

Bead and Roll Test

On the stovetop, always preheat pan to medium when frying meats without oil. Test temperature by placing a drop or two of water onto the preheated pan. The bead should form a ball and roll around, not evaporate. This test tells you that your temperature is hot enough.

** If meat burns, the heat is too high. Simply reduce next time, until desired results are achieved. Once you find the correct setting, it will always be the same on that burner. (You will find that your burners will likely all vary in temperature)

** For frying meat in the Oil Core skillet, follow the guide on page 8 of the electric skillet Use and Care book for temperature settings.

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. Time the still fry to the cooking time of the longest vegetable in the stir fry.

Sauteeing or Frying for Soups, Chillis, Curries, Stews:

Preheat pan to medium, add vegetables and stir until tender. If it burns, your heat is too high.

Remove Fats Using the 3 Quart Insert

Use your 3 quart with the 3 quart perforated insert to remove grease and oils from ground meats and sausages. Saladmaster Solutions unique construction and vapo valve help create a vacuum (low pressure) inside the pan. This vacuum can be used to "suck" grease from meat at the same time as enhancing flavors and preventing drying.

Simply place 1" water in the bottom of your 3 quart saucepan and turn to medium. In your 3 quart perforated insert add ground meats (frozen is Ok) making sure to not completely plug the holes. Place insert onto the 3 quart, cover and wait until the vapo valve is standing straight up. Reduce heat to low to create a vacuum. Remove lid midway through cooking, and break meat apart with a wooden spoon to release more fat. Cover and activate vapo valve on medium heat again, reducing to low when vapo valve activates. All the grease will be in the bottom of the pan! Cooking time will vary according to volume of food in the basket.

Note: When degreasing sausages, poke holes in the sausages before cooking. Sausages can be fried up after degreasing on a preheated skillet on medium heat.

Oil Free Cakes and Muffins

Another great feature of vacuum cooking includes eliminating fats and oils in baking. In conventional ovens, oil is added to cakes and muffins so that when moisture evaporates from the product, the oil will remain which makes the cake or muffin moist.

Thanks to the Saladmaster method of stove top baking, more moisture is retained. Removing the oils reduces the total calories and fat greatly and still produces delicious

results. Not only that you will save over 70% of the energy compared to the oven and not heat up the kitchen!

The technique requires only one thing, in most cases- Simply, do not add the oil, butter, or lard in the recipes. If you find the remaining ingredients too dry after mixing well, try adding some shredded fruit using the #2 cone on your Saladmaster food processor to add moisture.

Use parchment paper that is cut in a circle and place in the bottom of the pan to ease removal of the cake/muffins. You can use this technique to bake fat free for life!

- Note: When making muffins, you will bake it as though it's a cake then cut to size when done.
- Use a slightly lower than normal medium setting when stovetop baking. Check doneness of your cakes and muffins after 15 minutes for a 9" cake, using a toothpick in the center of the cake. If it comes out clean, it is done.

Diabetic and Other Health Tips for Baking

- Use Stevia in place of sugar
- Use Spelt flour or whole wheat in place of wheat flour
- Use egg whites(1 extra) only, instead of whole eggs
- Use 60-70% dark chocolate or organic cocoa powder for great antioxidants
- Use Cacao nibs for a nice crunch
- After removing a hot cake from the pan, remove the parchment paper and place a 60-70% dark chocolate bar on top of hot cake. When it melts, spread around as a healthier icing. Also, garnish with natural almonds or walnuts for some healthy unheated fats.

What's the Difference Between Good Fats and Bad Fats?

According to Janet Potts, RD, LD, eating too much fat or too much of the wrong kind of fat can contribute to obesity and increased risk of cardiovascular disease (heart disease and stroke). The latest Dietary Guidelines for Americans recommend that we keep our total fat intake to 20 to 35% of calories, with most of our fat coming from monounsaturated fats and polyunsaturated fats. Saturated fats should be kept to less than 10% of calories.

- Monounsaturated fats help lower our blood cholesterol by lowering the LDL (bad) portion, while perhaps raising the HDL (good) portion.
- Some polyunsaturated fats contain the essential fatty acids linoleic and alpha-linolenic acid. They're called essential fatty acids because we cannot manufacture them within our bodies and must obtain them from an outside source. Essential fatty acids are important for cell structure and making hormones. When replacing saturated fats in the diet, polyunsaturated fats lower cholesterol by lowering the LDL portion.

- Saturated fats are usually solid at room temperature, and are found mainly in animal sources such as meat, poultry, whole or reduced-fat milk and butter. There are a few vegetable sources, such as coconut, palm kernel, and palm oils. Saturated fats raise cholesterol levels, especially the LDL cholesterol, which is a risk factor for heart disease and stroke.
- Trans fats are made when vegetable oils are processed to make them more solid at room temperature, such as in the case of margarine and shortening. These fats are particularly undesirable, as they tend to raise LDL cholesterol and lower the HDL cholesterol. Watch for the words “partially hydrogenated” or “hydrogenated vegetable oil” or “vegetable shortening” on food labels. Trans fats are frequently found in snack foods and baked goods. Although there is a trend towards the manufacturing of “trans fat free” products, consumers should watch food labels carefully. Often manufacturers are replacing trans fats with saturated fats such as palm oil.

Healthy Fat and Oil Choices

Janet Potts, RD, LD, and a Director of Food and Nutrition Services at St. John Medical Center in Tulsa, Oklahoma, tells us that many health conscious families today are concerned not only about eliminating harmful fats, but are also looking to add essential fats to their families diet. Good fats are essential to good health and life. When heated for frying, most fats undergo changes which make them less healthy. You can limit saturated and trans fats and increase your intake of good fats by doing the following:

- Monosaturated fats are found chiefly in vegetable oils such as canola, olive, and peanut oils. They are liquid at room temperature.
- Polyunsaturated fats are found in vegetable oils such as safflower, sunflower, corn, flaxseed, and canola oils. These oils are also liquid at room temperature.
- When you purchase a cooking oil, choose a monounsaturated oil. Purchase only a small container. If you are using it in moderation, this should last for months.
- Consume Omega 3 fish (mackerel, sardins, salmon, and tuna).
- If you use margarine, choose one that is very soft at room temperature, and use only small amounts.
- When reading food labels, look for foods that contain 3 grams of total fat or less per 100 calories, and 1 gram of saturated fat or less per 100 calories. These foods contain less than 30% of their calories from fat, and less than 10% of their calories from saturated fat.
- Watch labels and eliminate foods that contain hydrogenated oils or shortening.
- Remember that with Saladmaster cookware, very little (if any) oil is needed to cook even the leanest of foods.

Reducing Fats at Breakfast

Oil Free Fried Egg:

Utensil: Skillet

Yield: 1 serving

Ingredients:

1 egg

Directions:

Preheat skillet to medium until water beads and rolls. 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 sealed, you will be able to lift or flip the egg using a thin bladed metal spatula.

Note: For oil free frying, try to use a very thin bladed steel spatula. Plastic and thick edged spatulas do not lift the food effectively.

Oil Free Scrambled Eggs:

Preheat pan to medium. Add beaten eggs to pan. Stir until cooked. If eggs stick, try a lower setting next time.

Easy Poached Eggs with Saladmaster

Preheat 1" of water to boiling in your 3 quart saucepan with 2 quart steamer inset. Crack eggs onto the basket, then cover. When vapo valve clicks steadily, reduce heat to low. Remove with thin bladed metal spatula.

Soft cooked- 3 minutes Medium- 4 minutes Hard- . 5 minutes and up

Oil Free Hash Browns:

Utensil: Skillet or Square Griddle

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

Ingredients:

Potatoes

Onions (optional)

Directions:

Frozen: Preheat to medium until a bead of water rolls. Place hash browns on pan, then flip when golden brown.

Fresh: Grate potatoes on #2 cone. Rinse with warm water and drain well to remove excess water. Press potatoes between 2 towels to remove excess moisture- this will help prevent sticking. Place potatoes on pre-heated griddle or skillet. Brown 6 minutes, turn and cook 6 minutes.

*Tip: Frying with some onion will help hash browns to release more easily.

Oil Free Pancakes and Crepes, Basic Method:

Utensil: 11" Square Griddle

Yield: 2 servings

Ingredients:

Pancake or Crepe batter

* any oil or butter suggested in the recipe can be omitted

Directions:

Preheat 11" Square Griddle to medium until water beads and rolls. Pour pancake batter onto the pre-heated pan, and then flip when the top has bubbles evenly across it. 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.

Oil Free Potato Pancakes

Same heat settings are used for all pancakes and crepes, fried eggs, tortillas, flat breads, grilled cheese(no butter).

Begin by grating two medium potatoes using the #1 cone on the Saladmaster food processor. Place the grated potato into a colander and rinse very well. Now, lay out the potato onto a towel and pat dry with another towel. Transfer to a bowl, then add (#2 cone) one medium onion, two egg whites, ¼ cup of flour, 1 tsp baking powder, salt and pepper to taste. Mix into a batter, adjusting liquid or dry ingredients as needed to form a pourable batter. Follow the basic method for pancakes. Nice served with applesauce and sour cream!

No Flour, No Sugar Fat Free Pancakes

This recipe is ideal for diabetic or people with allergies.

Utensil: 11" square griddle

Yield: 4 pancakes

Ingredients:

1 cup slow cooked oats

6 egg whites

1 cup low or non fat cottage cheese

¼ tsp each of cinnamon and vanilla

2 packets of Splenda or similar sweetener

Directions:

In a blender process all ingredients until smooth. Preheat 11" square griddle to medium heat. If water beads and rolls when sprinkled on the pan, it's hot enough to begin(It may still be too hot). Pour batter on griddle, then flip when top of the pancakes has bubbles across. Serve with sugar free syrup.

Oil Free Apple Pancakes:

Utensil: 11" Square Griddle or Electric Skillet

Yield: 2 servings

Ingredients:

Pancake batter

1 sweet apple

Cinnamon

Directions:

Substitute the water or milk in the recipe with grated sweet apple on the #2 cone. Add a little cinnamon! Follow the basic method for pancakes.

Oil Free Omelet:

Utensil: Small Skillet with cover and Saladmaster machine

Yield: 1 serving

Ingredients:

½ each red & yellow pepper

mushrooms

one medium onion

finely chopped ham or sausage (optional)

cheese (optional) grated on the #2 cone

3 eggs or egg whites

Directions:

Preheat skillet to medium heat. Add onion (#2 cone), peppers (#3 cone), mushrooms (#4 cone) and meat. Stirfry until onion becomes translucent. Add egg mixture and cheese (optional), then immediately reduce the heat to medium/low temperature. Cover and allow to cook for 5 minutes. Then fold and serve.

The Really Big Banana Blueberry Muffin

Utensil: Small skillet or 2 Quart Saucepan

Yield: 4 servings

Ingredients:

¾ cup mashed banana (about 1&1/2 bananas)

¾ cup vegetable oil (**do not add, shown for comparison only**)

½ cup granulated sugar or equivalent

1 egg

1 tsp vanilla

1 cup all purpose flour

1 tsp baking powder

1 tsp baking soda

¼ cup 2% plain yogurt or light sour cream

½ cup blueberries

½ cup crushed walnuts(optional)

Directions:

In a large bowl, beat together bananas, sugar, egg and vanilla until well mixed. Combine flour, baking powder and baking soda: stir into bowl with wet ingredients. Stir in yogurt: fold in blueberries. Cut a circle of parchment paper to fit bottom of small skillet or 2 quart saucepan. Place into bottom then pour batter on top. Cover, and turn burner to a low medium setting (about 3 on a scale of 1-10). Check with a toothpick after 20 minutes. The time will depend on the heat of your burner. To serve, run a butter knife around the edge to release, then turn onto a rack or plate. If the bottom is too brown, reduce heat next time.

Note: Nuts and fruit may be used in place of parchment paper.

Reducing Fats at Dinner or Lunch

Skillet Meat Loaf

Utensils: Electric skillet and Saladmaster Machine

Yield: 8 servings

Ingredients:

2 ounces reduced fat or fat free cheddar cheese

1 small onion

1 medium potato

1 (8-ounce) can tomato sauce, divided

2 pounds lean ground beef or ground turkey

2 eggs or ½ cup egg substitute, slightly beaten

1 tsp salt

Pepper and Garlic Salt (to taste)

Directions:

Process cheese and potato using #1 cone, onion using #2 cone. Measure 1/3 cup tomato sauce; set aside. In a large bowl mix onion, potato, beef, remaining tomato sauce, eggs, salt, pepper, and garlic salt to taste. Mix well; shape into loaf, place in skillet; top with reserved tomato sauce. Cover; cook at 275 F until vapo-valve clicks, reduce heat to 225 F and cook 40-45 minutes. Sprinkle cheese over meat loaf. Cover; cook 3-4 minutes until cheese melts.

Butter Chicken

This should show you how to modify a curry or stew to fat free from a conventional recipe.

Utensils: Large Skillet

Yield: 10 servings

Ingredients:

2" stick of ginger, finely minced

One onion, sliced

Garlic cloves, finely chopped (4 or more to taste)

Small tin of tomato paste

2 – 750 ml tins of tomato sauce

1/3 cup butter (do not add, shown for comparison only)

½ liter heavy cream (switch for non fat yogurt)

20 – 30 boneless skinless chicken thighs cut into ¼'s

2 tsp ground coriander

2 tsp garam masala

1 tsp curry powder

1 tsp chili powder

½ tsp cayenne powder (more for extra heat)

2 tbsp fenugreek leaves

Salt & pepper to taste

Directions:

Preheat to medium setting, sauté onions with butter until translucent. Add garlic, ginger, and chicken and allow to brown slightly while stirring. Add all spices and tomato pastes next, allow to fry for a few minutes. Add tomato sauce, and non fat yogurt next. Stir well, and then simmer for 45 minutes. Best if used next day! Serve with rice.

No Butter Grilled Cheese Sandwich:

Preheat small skillet to medium heat. Place sandwich onto pan, the cover with lid. Check occasionally for desired doneness. Flip and repeat.

Maple Glazed Salmon:

Utensils: Large skillet

Yield: 2 servings

Ingredients:

1 Salmon filet

1 Lemon

2" Ginger Root grated

2-3 tbsp of Maple Syrup

2 heaping tablespoons of brown sugar

Directions:

Add maple syrup, brown sugar, and ginger to bottom of large skillet, then lay salmon on top. Squeeze lemon juice over the salmon, add salt & pepper to taste. Turn to medium, and when vapo valve clicks steadily reduce heat to low. Allow 5 minutes for every 1" of thickness. Serve with rice.

Saladmaster Spicy Skillet Pork Chops:

Utensils: Large skillet

Yield: 4 Servings

Ingredients:

1 1/2 cups frozen whole kernel corn (loosely packed)

10 oz. diced tomatoes & geen chilies

1/2 tsp ground cumin

1/4 tsp hot pepper sauce

2 cloves minced garlic

4 boneless pork loin chops (4 - 6 oz each)

1/2 tsp chili powder

1 medium onion (cut into wedges)

1 tbsp fresh cilantro (snipped)

Directions:

In a medium bowl combine corn, undrained tomatoes, cumin, pepper sauce and garlic. Set aside. Trim fat from chops if necessary. Sprinkle both sides of each chop with chili powder. Heat large skillet to medium-high (400F) heat. Cook chops about 4 minutes each side or until browned. Remove chops from skillet. Reduce heat to low (300F). Add onions and 1 tablespoon water. Cover and cook for 3 minutes. Stir in corn mixture. Place chops on corn/onion mixture. Cook on medium until vapo-valve clicks then reduce to low. Cook on low for 10-12 minutes or until pork is cooked through to 170F. To serve, remove chops from skillet and stir snipped cilantro into corn mixture. Serve corn mixture with chops, on bed of rice or with accompanying bread.

NOTE: Use more or less hot pepper sauce, to taste. If desired, use in place of water to "fry" the onions.

Hawaiian Turkey:

Utensil: Wok

Yield: 10-12 servings

Ingredients:

10-12 lb turkey

1tbsp salt

3 teaspoon oregano

6 cloves garlic

1tbsp ginger

1 cup vinegar

1 cup brandy

8oz can crushed pineapple with juice

8oz can maraschino cherries, drained

1 fresh orange, sliced

2 cups dried prunes

1 cup brown sugar, packed

1 tsp cloves

cornstarch

Directions:

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.

Ginger Chicken Stirfry:

This technique applies to frying any vegetables without oil, stir fries, and/or omelettes.

Utensil: 5qt. Gourmet Wok and Saladmachine

Yield: 2 servings

Ingredients:

3 tbsp fresh lemon juice

3 tbsp light soy sauce

1 tbsp fresh grated ginger

2 finely chopped garlic cloves

1 chicken breast, cut into ½" thick slices

2 tsp cornstarch

1/3 cup chicken stock

1 cup sliced mushrooms

1 1/2 cups asparagus or green beans cut into 1 1/2" pieces

3 or 4 green onions sliced diagonally

toasted sesame seeds

Directions:

Preheat 5 quart Gourmet Wok to a medium or medium-high heat. When a drop of water beads and rolls, you're ready to cook. In a bowl, combine lemon juice, soy sauce, ginger

(#1 cone) and garlic (#1 cone). Sprinkle 3 tbsp of the mixture over chicken and toss to coat. Add cornstarch to stock and stir. Now, add chicken and mushrooms to the wok (WITHOUT OIL!) and stir until chicken loses pink color. Add asparagus and onions- stir until crisp tender. Add broth mixture and lemon/ soy sauce mixture and stir until thickened. Sprinkle with toasted sesame seeds before serving with rice or pasta. Alternate method: In a preheated wok, add chicken mushrooms and all other ingredients immediately. Cover, and allow vapo valve to click steadily then reduce heat. Serve after 5 minutes of vacuum time. This is called STILL FRY.

“Baked” Ham with Maple Mustard Sauce:

Same technique also does: Roasts of any description, whole chickens, turkeys, pasta, casseroles, vegetables, fruits

Utensil: 7qt.

Yield: 4-6 servings

Ingredients:

1 ham

cloves

1/3 cup brown sugar

1 cup whole grain Dijon mustard

2 tbsp real maple syrup

Directions:

Make sure ham closely fits 7qt. pan. 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 7qt and cover and turn to medium until vapo valve clicks steadily. Reduce to low and cook 15 minutes for each pound of meat. If crispy top is desired, transfer to broiler for a few minutes. Allow ham to rest before carving. Serve with leftover marinade on the side.

Honey Orange Garlic Ginger Chicken:

Same technique also does: Roasts of any description, whole chickens, turkeys, pasta, casseroles, vegetables, and fruits.

Utensil: 5qt. Gourmet Wok

Yield: 4 servings

Ingredients:

one 4 pound chicken

10+ cloves of garlic, peeled and smashed

Jar of garlic - puree

2” piece of ginger sliced

1 Orange

1/2 cup honey

Directions:

Remove all chicken skin. Inside cavity add 10+ smashed garlic cloves, 2” sliced ginger root, and 1/2 of an orange. 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.) Sear chicken, squeeze other half of orange over chicken, smear chicken with more garlic, drizzle honey over, replace lid, let it click for at least 10

minutes, turn to just above low where the valve is slowly clicking. Turn chicken after 20 minutes to let the other side soak up the juices. Total cooking time is about 45 minutes.

Honey Garlic Lemon Chicken:

Utensil: 4qt. Roaster

Yield: 4 servings

Ingredients:

15 garlic cloves

one 4 pound chicken

1 lemon

4 tbsp of honey

salt & pepper to taste

Directions:

Place peeled whole garlic cloves on bottom of 4qt. Take whole lemon and poke holes in it with a fork. Place lemon inside of skinned chicken. Put chicken onto garlic in pan. Pour honey on top of chicken. Turn to medium and cover. Once vapo-valve clicks, turn to low for 30 minutes. It is approximately 35 minutes minimum cooking time for an average chicken, however, the flavor improves with more time. Serve broth and garlic with rice or noodles.

Chicken & Pasta:

Same technique applies to other layered cooking applications: Steak and potatoes, fish with asparagus, etc.,

Utensil: Electric Skillet

Yield: 4-6 servings

Ingredients:

4 large chicken breasts, boneless & skinless (frozen ok)

2/3 bag pasta (rotini or rigatoni)

Mozzarella or parmesan cheese to taste

2 jars of tomato sauce of your choice

1/3 zucchini

herbs

5 mushrooms

1/2 onion

Salt & pepper to taste

Directions:

Arrange chicken onto bottom of the Saladmaster electric skillet. In a large bowl, add pasta (dry) and 2 jars of tomato sauce. Process the zucchini and onion (cut on the #2 cone) and add to mixture. Add sliced mushrooms (using the #4 cone) and herbs to mixture as well. Mix well so that all the pasta is incorporated into the sauce and veggies. Place mixture on top of chicken, then grate cheese to top. Set the Electric Skillet to 275F for 40 minutes. Walk away, dinner's taken care of!!

Coq au Vin (chicken with wine)

Utensil: 7qt

Yield: 4 servings

Ingredients:

4 chicken breasts, boneless and skinless
4 chicken legs or thighs, boneless and skinless
½ cup flour, seasoned
1 cup pearl onions
20 mushrooms, small or quartered
6 slices bacon, degreased
3 cloves garlic
1 tbsp thyme
2 cups dry red wine
1 cup chicken stock
2-3 tbsp tomato paste
2 large bay leaves
salt & pepper to taste
2 tbsp fresh parsley

Directions:

Preheat 7 quart to medium heat. Chop and add the degreased bacon and fry until crisp. Dredge the chicken pieces in seasoned flour, then place into pan with bacon juices to brown. When chicken has brown color, remove and set aside. Add mushrooms and onions to pan and sautee until golden brown. Then add all remaining ingredients, and the chicken. Cover and allow to cook on medium until vapo valve clicks steadily, then reduce to a low setting. Lid may be removed to allow some evaporation if sauce is not thick enough. Allow to cook until chicken is tender, or as long as desired. Serve with noodles or mashed potatoes.

BBQ Chicken Pizza

Utensil: Electric Skillet and Saladmaster machine

Yield: 4 servings

Ingredients:

12" Pizza crust
1/2 cup BBQ sauce
1/2 cup tomato sauce
1 tbsp chili powder
1 can Green chilis
1 Cooked chicken breast
1 red onion
2 garlic cloves
cilantro
yellow pepper
black olives
1/2 cup Monterey Jack cheese
1/2 cup Mozzarella cheese
Italian Seasoning of your choice

Directions:

Press pizza crust into electric skillet. Spread a layer of BBQ sauce then add all remaining ingredients, finishing with the cheese. Use #2 cone for onion, #4 for peppers and #2 for the cheese. Bake at 225F for 30 minutes.

Low Fat Alfredo Cream Sauce

Utensil: Blender and Small Skillet

Yield: 4 servings

In a blender add:

2 cups Canelli, Great Northern or White beans- fully cooked or canned

2 cups soy or skim milk

$\frac{3}{4}$ tsp garlic powder OR fresh garlic cloves to taste

$\frac{3}{4}$ tsp salt

Pinch nutmeg

$\frac{1}{4}$ cup grated romano or parmesan cheese

Directions:

Blend very thoroughly in blender, then heat in small skillet with cover on medium heat. When vapo valve clicks, reduce to low. Serve with your choice of noodles!

Savory Pork with Applesauce

Utensils: A skillet proportional to amount of meat

Yield: 4-6 servings

Ingredients:

2-3 pounds pork chops, or tenderloin sliced $\frac{3}{4}$ " thick (chicken thighs may be substituted)

5 cups chopped apples

1 tsp sage

$\frac{1}{4}$ tsp ground cinnamon

$\frac{1}{8}$ tsp ground nutmeg

4 garlic cloves

$\frac{1}{2}$ tsp salt

$\frac{1}{4}$ tsp ground black pepper

chopped parsley

Directions:

Preheat skillet to medium. Sear pork until meat releases easily then flip over. Add all seasonings and garlic grated on #1 cone. Process apples (#3 cone). Add to skillet then cover. Allow vapo valve to click steadily then reduce to low for 35-45 minutes.

Wards Wonderful Wings

Utensil: Electric Skillet and paper towels

Yield: 4-6 servings

Ingredients:

2.5 lbs. chicken wings

$\frac{1}{2}$ cup ketchup

¼ cup lemon juice
½ cup water
1 tbsp brown sugar
1tbsp Dijon mustard
1 tsp salt
1tbsp Worcestershire sauce
2 tsp Louisiana hot sauce(or to taste)
¼ tsp cumin
½ tsp chili powder
1 tsp black pepper
2 minced garlic cloves

Directions:

Whisk together all ingredients (except wings) and heat in the electric skillet at 350 degrees F. Bring to a boil, then reduce to 250 and simmer uncovered for 15 minutes. Remove and keep warm. Clean skillet, then preheat to 375F. Fry wings until cooked through, appox 10-15 minutes. Place on absorbent towel. When all wings are cooked, mix with sauce stir to coat and serve.

For Teriyaki wings: use soy sauce, garlic, ginger, brown sugar for your sauce mixture. Thinning tip: Use Saladmaster Kitchen Shears to trim excess fat from wings for fewer calories.

Oil Free Vegetables

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.

Here's a non fat variation rather than the classical butter & cream!

Utensil: Saladmachine and 3 or 4qt. Sauce Pan

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

Directions:

Scrub and prepare all potatoes thoroughly. Process the potatoes into appropriately sized sauce pan using the #3 or #5 cones on the Saladmachine. Once potatoes are cut, rinse them well with plenty of water, then drain. Cover the sauce pan 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.

Garlic Mashed Potatoes

Utensil: Saladmachine and 3qt. w/ steamer insert pan

Yield: 4 servings

Ingredients:

5 potatoes

1 bulb elephant garlic

onion

Directions:

Place 2 inches of water in 3qt. Shred potatoes on #2 cone into 3qt. steamer insert. Shred onion into potatoes on #2 cone. Make a hole in the middle of the potatoes. Cut garlic on #1 cone into hole in the middle. Place the insert pan on top of 3qt. Turn to medium. Once vapo-valve clicks, turn to low. Cook for 30 minutes.

Mexican Cabbage

Utensils: Large Skillet or Electric Skillet and Saladmaster machine

Yield: 2- 4 servings

Ingredients:

2 large potatoes, scrubbed

1 large onion

1 small can of diced tomatoes, drained

2 cloves crushed garlic

1 small can green chilies

½ head cabbage

1 cup chicken or vegetable stock

Directions:

Process onion on #4 cone and potatoes using #3 cone into large skillet or electric skillet. Grate garlic on #1 cone, cabbage on #4 cone into pan. Add remaining ingredients. Set

to medium (300F on Electric Skillet probe) and when vapo valve clicks steadily reduce to low. Cook for 20 minutes.

Vegetarian Pasta (in 20 minutes)

Utensils: 12.5" Gourmet skillet with cover, 3 quart with degreaser and cover, Saladmaster machine

Yield: 4 servings

Ingredients:

3 garlic cloves chopped on the #4 cone

6 green onions finely chopped

½ red pepper finely chopped

½ yellow pepper finely chopped

5 chopped roma tomatoes chopped in small pieces

1 medium zucchini chopped int small pieces

1 medium portobello mushroom finely chopped (optional)

2 cups of broccoli florets cut in bite size pieces

Sea salt

Garnish with chopped fresh basil leaves

Cooked spaghetti or your favorite cooked pasta (Orzo, Spaghetti, Penne, Fettuccine, etc.)

Half and half cream (optional)

Romano cheese (optional)

Directions:

Preheat 12" gourmet skillet on medium heat for 3 minutes, add sliced fresh garlic, red and yellow peppers, and green onions. Sauté for 5 minutes until translucent. Add tomatoes, zucchini, and sea salt. Portobello mushroom (optional) continue to cook for 5 more minutes. Add broccoli florets and let it simmer for 5 minutes.

****Note:** For a creamy texture add ½ of cup half and half cream and ¼ of grated Romano cheese before adding the cooked pasta. Add cooked pasta garnish with fresh basil leaves and serve.

To Cook pasta:

Fill the 3 quart sauce pan to ¾ full of water bring to boil, add 1 tbs olive oil and salt to taste. Add 1 package (16 oz) spaghetti cook al dente. Drain in the 3 quart insert rinse with cold water. Immediately add to sauce and serve.

Asian Barbecued Tofu and Vegetables

Utensil: Large Skillet or Square Griddle

Yield: 4 servings

Ingredients:

1 package (about 1 lb.) extra-firm, regular tofu

Vegetables:

2-3 stalks of broccoli cut into bite size pieces

2 medium zucchini, cut with cone #3

1/2 large red or green bell pepper, cut into 1-inch slices

1 8-ounce can sliced water chestnuts

Sauce:

1 small onion, cut with cone #2

3 cloves garlic, minced

2 teaspoons fresh ginger root, grated with cone #1

8 ounces tomato sauce

1/4 cup hoisin sauce (found in Asian section of grocery store)

2 tablespoons seasoned rice wine vinegar

1/4 teaspoon vegan Worcestershire sauce

1 tablespoon low sodium soy sauce or Tamari

1 tablespoon spicy brown mustard

1/4 teaspoon crushed red pepper

2 teaspoons molasses

1/4 teaspoon five spice powder

1/8 teaspoon ground black pepper

sea salt (optional)

2 tablespoons water

Directions:

Slice the tofu into 1/2-inch thick slices. Place them on a few paper towels and cover them with 2 or 3 more. Press lightly to remove some of the moisture from the tofu. Cut the slices into triangles or other shapes.

Pre heat skillet or square griddle on medium temperature for 2 minutes (test to see if ready by adding water to see if it beads), place the tofu slices on heated skillet. Brown well on both sides. If it is sticking to the skillet place the lid on to release.

When they are done, place them in pre heated 5 quart wok, or 11 inch skillet. Add 3-5 tbsp of water for sautéing. Add the onions, garlic, and ginger sauté until the onion softens, about 3 minutes. Add the remaining ingredients, vegetables, and chestnuts and place the lid on and let cook for 5-8 min. on medium temp-down to low. Pour the sauce over the tofu and vegetables and stir well to combine. Serve over brown rice.

Vegetable Couscous

Utensil: Large Skillet or Gourmet Skillet

Yield: 3-4 servings

Ingredients:

2 Tbs. water

2 Garlic cloves, minced

1 medium Onion, cut with cone #2

2 tsp. Ground Cumin

½ tsp. Turmeric

1 tsp. Paprika

1/8 tsp Cayenne pepper

2 medium Zucchini, cut with cone #3

1 15-oz. can Chick-peas, rinsed and drained

1 16-oz can Tomatoes, finely chopped, with their juice

½ cup Raisins or currants

1 ½ cups Vegetable stock (or water, with broth powder added after it simmers)

½ tsp sea Salt

1 cup Couscous

Directions:

Heat the 2 tbsp. water in large or gourmet skillet over medium heat. Add the garlic and onion and sauté 2 minutes. Sprinkle in the cumin, turmeric, paprika, and cayenne and cook 2 minutes more, stirring often.

Stir in the zucchini, chick-peas, tomatoes, and raisins. Cover the pan and lower the heat to medium- low. Cook, stirring occasionally, until the zucchini is tender.

About 8 minutes. Add sea salt to taste.

While the vegetables are cooking, prepare the couscous. Bring the vegetable stock or water to a high simmer and stir in the salt and the couscous. Cover, remove from heat, and let sit 5 minutes, or for up to 20 minutes. Fluff with a fork before serving.

Serve the couscous with the vegetable mixture.

If couscous is not available, this easy dish can be served over whole grains, such as millet, quinoa, or brown rice.

Red Lentil Dal with Spinach

Utensil: 5qt. Dutch Oven and Small Skillet or 8.5" Gourmet Skillet

Yield: 4 servings

Ingredients:

8 ounces red lentils, rinsed and drained

4 cups water

1/4 teaspoon ground turmeric

1 teaspoon finely grated fresh ginger root with cone #1

3 1/2 ounces baby spinach leaves, chopped

Large handful of fresh cilantro leaves, chopped

5 garlic cloves, finely minced

2 teaspoons cumin seeds

2 teaspoons mustard seeds

1 tablespoon ground cumin
1 teaspoon ground coriander
1 red chile, finely chopped
Sea salt

Directions:

Place the lentils in 5 quart pan with the water, turmeric, and ginger. Bring to a simmer. Skim off any foam that forms on the surface.

Lower the heat and cook gently for 15 minutes, stirring occasionally. Add the spinach and chopped cilantro, stir, and cook for 5 minutes.

Heat small skillet or 8 inch gourmet skillet on medium temp; add 2 tbsp water, garlic, cumin and mustard seeds, ground cumin, ground coriander, and red chile. Sauté over medium heat for 2 to 3 minutes, then pour this mixture into the lentils. Stir to mix well, season, and serve immediately with rice or naan bread.

Desserts

Non Fat Apple Crumble Dessert:

Utensils: Large skillet

Yield: 12 servings

Ingredients:

1 cup oats

½ brown sugar

2 tsp of cinnamon

4 or 5 sweet apples

Directions:

Combine one cup oats with ½ cup brown sugar, 2 tsp cinnamon in a bowl. Mix well. Process 4 or 5 sweet apples using #2 cone into large skillet. Crumble mixture over top. Cover, turn to medium until vapo valve clicks then reduce to low for 10 minutes. Very nice served with vanilla ice cream!

Grandma's Carrot Cake

Use this same technique to omit oils from muffins, cakes etc.

This is a family favorite. The original recipe called for 1.5 cups of oil!! That is over 250 grams of fat, and can be completely omitted by using the vacuum method of baking!

Utensils: Electric Skillet and Saladmaster machine

Yield: 12 servings

Ingredients:

1.5 cups oil (**omitted**)

1.5 cups white sugar

5 medium eggs

1.5 cups flour

2 tsp baking soda

1 tsp salt

2 tsp baking powder

2 tsp cinnamon

3 cups shredded carrots #1 cone

1.5 cups walnuts or pecan pieces

Directions:

Beat together sugar and eggs one at a time with a mixer. Fold all dry ingredients into egg & sugar mixture. Do not mix too much, add nuts, carrots and fold in.

Cut a circle of parchment paper to fit the bottom of your electric skillet. Spoon cake batter onto parchment. Cover and turn skillet to 305F for 50-55 minutes. Check with a toothpick. Turn cake out onto cooling rack

Icing:

2/3 package cream cheese (light may be used, of course)

2 tbs butter

2 cups icing sugar

* Note: A fat free topping can be made by blending lemon juice with icing sugar. Drizzle over cake like a glaze.

Pumpkin Cake

Utensils: Electric Skillet

Yield: 12 servings

Ingredients:

3 cups flour

1tsp baking soda

1 tsp salt

3 tsp cinnamon

2 cups pumpkin, cooked or canned

2 cups white sugar(or 48 packets stevia or 24 teaspoons)

4eggs

Directions:

Mix dry ingredients well in a bowl. Add pumpkin and eggs. Blend well and add to electric skillet on top of parchment paper. Use your timer and bake for 50 minutes at 305F.

Peach Cobbler

Utensils: Electric Skillet

Yield: 12 servings

Ingredients:

6 medium fresh peaches

1 Box White or Yellow Cake Mix

1 cup of sugar

cinnamon

1 12 ounce can of club soda,

1 small container of blueberries (optional)

Directions:

Spray electric skillet with a non stick spray. Place sliced peaches and blueberries on bottom, put one cup sugar on top and sprinkle cinnamon on top. Pour dry cake mix on top of this. Pour ½ can of soda on top of this. Put lid on. Turn to 250F until valve clicks. Check to see if done. Leave longer if needed. Serve warm or cold. Very nice served warm with vanilla ice cream!

Chocolate Zucchini Cake

Utensils: This recipe calls for a 9x13 pan, which equivalent to the volume of the Electric Skillet.

Yield: 12 servings

Ingredients:

1& 3/4 cups sugar

2 eggs

1 tsp vanilla

½ cup buttermilk

2&1/2 cups flour

¼ cup cocoa powder

½ tsp baking powder
1 tsp baking soda
½ tsp cinnamon
½ tsp cloves
2 cups grated zucchini
¼ cup chocolate chips

Directions:

Blend sugar, eggs, vanilla and buttermilk. Sift dry ingredients and add to mixture. Mix in zucchini and chocolate chips. If using electric skillet, preheat to 305F and cut a circle of parchment paper to fit the round bottom of the pan. Spoon mixture on top of parchment, cover and “bake” for 45 minutes. If cutting the recipe by half, use your 9” skillet or 2 quart saucepan with parchment paper again on a setting of medium. Will take approx 15-20 minutes. Check in the center with a toothpick.

** If the cake burns, the setting was too high. Just adjust for next time.