

nuwave®
— LIVE WELL FOR LESS —



NuWave® PIC Platinum



Owner's Manual



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Welcome to NuWave®

Precision Induction Cooking

Congratulations on purchasing your NuWave Precision Induction Cooktop (PIC) Platinum. This book contains detailed instructions and images to help you get started using your cooktop. It is also filled with great recipes and time-saving tips to help you prepare delicious gourmet meals in a fraction of the time it would take when using a regular stovetop. Cooking is fast and easy with the Precision Induction Cooktop Platinum from NuWave, LLC. This versatile countertop appliance uses induction technology to save time, energy, and money. The NuWave Precision Induction Cooktop is efficient, safe, fast, and easy to clean. Also, because you can program times and temperatures from warm to sear, you can make almost any kind of food without the risk of under or overcooking.

What is Induction Cooking?

The NuWave PIC Platinum is comprised of a series of induction coils (based on magnetic principles). These coils generate magnetic fields that produce a warming reaction in steel and iron-based pots and pans. In this way, heat is generated in the cookware and not on the cooktop surface, which is much more energy-efficient than traditional gas or electric ranges.

Induction cooking is the most eco-friendly way to prepare meals because the method releases no toxins into the environment. Induction cooking emits no flame, so less residual heat is produced in your kitchen. The NuWave Precision Induction Cooktop Platinum remains cool to the touch where the magnetic surface is not activated.

- **Energy Conservation:** The magnetic field, generated by the copper coils, causes invisible molecules in the cookware to begin vibrating rapidly, creating heat, so the cookware itself heats the food.

The NuWave PIC Platinum is one of the most energy-efficient cooktops available today, which means that cooking with the PIC Platinum can translate into savings on your monthly utility bills.

- **Safety:** The NuWave PIC Platinum's design uses no red hot coils or open flames, essentially eliminating the risk of fire. Automatic shut-off features enhance the cooktop's safety. Simply Touch and Go! Users can also take the ice cube challenge! Induction technology warms the pan, but the surface remains cool to the touch.
- **Fast Cooking:** Heating is immediate and temperature is precise with the NuWave PIC Platinum. Features 6 different temperature settings that are adjustable in 5-degree increments. There's no guessing!
- **Lightweight & Portable:** Because it weighs only 5.7 pounds, you can take the NuWave PIC Platinum anywhere you go! Use it indoors or out - anywhere with a standard U.S. electrical outlet.
- **Easy to Clean:** Spills won't burn and stick to the cooktop surface. Just wipe and go!

NuWave® Precision Induction Cooktop Platinum Products and Accessories

NuWave Precision Induction Cooktop:

(30401~30432) NuWave PIC Platinum
(BM 30400) Complete Cookbook/Manual
(BF 30400) Fact Sheet

(BQ 30400) Quick Start Guide
(31111) Carrying Case PIC
(32462) Remote Control

NuWave Ultimate Cookware Set:

(32003) 3.5-quart Stainless Steel Pot
(32004) 3.5-quart Pot Lid
(32005) Stainless Steel Steamer

(32007) Stainless Steel Fondue Insert
(32008) Set of 8 Fondue Forks
(BM 31120) Ultimate Cookware Set Manual

NuWave Cast Iron:

(32023) Cast Iron Grill
(32022) Oil Drip Tray
(BM 31104) Cast Iron Grill Manual

(31113) Cast Iron Griddle
(BM 31113) Cast Iron Griddle Manual

NuWave Duralon Ceramic Non-Stick Cookware:

(BM 32100) NuWave Duralon® Ceramic Non-Stick Cookware Manual

Hard-Anodized Aluminum Pans:

9-inch.....(32109).....
10.5-inch.....(32110).....
12-inch.....(32114).....

Lid (Optional):

Copper Pro Pan:

8-inch.....(32701).....
9.5-inch.....(32702).....
11-inch.....(32703).....

Lid (Optional):

Stainless Steel Plus Pans:

9-inch.....(32015).....
10.5-inch.....(32016).....
12-inch.....(32017).....

Lid (Optional):

Stainless Steel Chef Series Pans:

9-inch.....(32009).....
10.5-inch.....(32010).....
12-inch.....(32011).....

Lid (Optional):

Stainless Steel Stock Pots & Saucepans:

1.5-quart.....(32031).....
2.0-quart.....(32032).....
3.0-quart.....(32033).....
5.5-quart.....(32039).....
9.0-quart.....(32034).....
10-piece Set.....(31250).....

Lid (Optional):

Everyday Pan:

10.5-inch, 3.5-quart.....(32020).....
12-inch, 5.0-quart.....(32018).....

Lid (Optional):

Stainless Steel Grill Pan:

11-inch, 3.0-quart.....(32024).....

Lid (Optional):

8.0-quart Steamer Pot Set:

8.0-quart Stock Pot.....(32400).....
7.0-quart Steamer Insert.....(32401).....
Steamer Rack.....(32402).....

Lid (Optional):

NuWave Precision Pressure Cooker:

(31201) Pressure Cooker
(BM 31200) Pressure Cooker Manual

To order parts and accessories, contact customer service at:

1-877-689-2838 or help@nuwavenow.com

You may also order online at: www.NuWaveNow.com.

Please provide the correct item name and number to ensure that your order is processed accurately.

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

READ ALL INSTRUCTIONS BEFORE USING

DANGER – To reduce the risk of electrocution:

1. Read all instructions, safeguards and warnings before using the appliance.
2. Do not place appliance where it can fall or be pulled into water or other liquids.
3. Do not reach for an appliance that has fallen into water. Unplug immediately.
4. Do not immerse cord, plug, or any portion of appliance in water or other liquids

WARNING – For individuals with pacemakers:

1. This appliance emits an electromagnetic field that is strongest within two feet of the cooking surface.
2. Scientific tests have proven inconclusive as to whether the electromagnetic field will disrupt the function of a pacemaker. Please consult your doctor or medical professional for guidance before use.

WARNING – To reduce the risk of burns, electrocution, fire, or injury:


1. This appliance is not meant for continuous use.
2. This appliance includes a heating function. Surfaces may develop high temperatures. Do not touch hot surfaces. Cooktop may retain residual heat after cookware has been removed. The use of pot holders or alternative safety measures is highly recommended.
3. This appliance should not be used by children. Close supervision is necessary when this product is used near children.
4. Do not place on any gas or electric burner or in a heated oven.
5. Do not place metallic objects such as knives, forks, spoons, or lids on the cooktop as they may become hot.
6. This appliance is not intended for commercial use.
7. Use this appliance for its intended purpose as described in this manual. Do not use any other accessories or attachments not recommended by the manufacturer. They may result in fire, electrical shock, or personal injury.
8. Never operate this appliance if it has a damaged cord or plug, is not working properly, has been dropped or damaged, or dropped in water. Contact customer service for inspection, repair, or adjustment.
9. Do not operate broken cooktop. If cooktop should break, cleaning solutions and spills may penetrate the appliance and create a risk of electric shock.
10. Keep cord away from heated surfaces. Do not let the cord hang over the edge of the table or counter. Never force the plug into an outlet. Always unplug power cord by pulling on the plug. Turn the unit off before removing the plug from the wall.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. Use proper judgment and caution while using cooktop in outdoor environments and public areas. This appliance should never be set up around unattended children or those unaware of its presence. The appliance should be situated on flat, stable surfaces, away from water sources such as pools, spas, sprinklers, hoses, etc.
13. Do not move the appliance while hot.

14. This appliance is for household use only; it is designed to process normal household quantities. It is not suitable for continuous or commercial operation.
15. Do not disassemble the product. There are no user serviceable parts.
16. Do not leave the appliance unattended while in use.
17. This appliance is not intended for operation by means of an external timer.
18. Clean cooktop with caution. Cleaning a hot surface with wet applications can cause steam and some cleaners can produce dangerous fumes. Unplug from outlet before cleaning.
19. Use caution when disposing of hot grease.
20. Keep this manual handy for future reference.

SAVE THESE INSTRUCTIONS

Electrical Information


- The cord length of this appliance was selected to reduce Safety Hazards that may occur with a long cord. Extension cords are available and may be used if care is exercised in their use. If an extension cord is used: (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it does not drape over the counter or table top where it could be accidentally pulled off the counter or table or tripped over.
- Certain models of the appliance may have a polarized plug (one blade is wider than the other). This plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit properly, contact a qualified electrician. Do not attempt to modify the plug in any way.

	! WARNING
	<p>Electric shock hazard. Use with adequate electrical system. Do not use if cord or plug is damaged.</p> <p>WARNING: All items on the cooktop can get very hot during cooking. Please be careful when removing these items from the unit. Always wear oven mitts or use pot holders. Cooktop may retain residual heat after cookware has been removed. Allow everything to cool completely before cleaning.</p>

IMPORTANT – FCC Information:

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: The device complies with part 18 of the FCC Rules.

	<h3>Correct Disposal of This Product</h3> <p>This marking indicates that this product should not be disposed of with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use return and collection systems or contact the retailer where the product was purchased. They can handle environmentally safe recycling.</p>
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NuWave® Precision Induction Cooking



- ❶ **Ventilation:** Air vents are located on the back of the product to allow any heat generated by the heating element to escape. This design feature prevents heat transfer to the cooking surface and ensures efficient performance of the NuWave PIC Platinum.
- ❷ **Surface:** The NuWave PIC Platinum's heat-resistant glass surface stays cool to the touch and cleans easily with the simple wipe of a damp cloth.
- ❸ **Control Panel with LED Display:** Clearly lit, easy-to-read control panel.
- ❹ **Heat Source:** Electromagnetic coils located below the glass surface transfer generated heat directly to induction-ready cookware.
- ❺ **On/Off Switch:** The NuWave PIC Platinum has an on/off switch located on the right side of the PIC.

	⚠ CAUTION
	<p>While the NuWave PIC Platinum is in operation, do not touch the appliance's surface as it may become very hot, leading to the risk of burns. Cooktop may retain residual heat after cookware has been removed.</p> <p>Do not remove pots and pans during cooking process. Push "Pause/Clear" button to turn off power before removal.</p>

Induction Cooktop-Compatible Cookware

As induction technology is based on magnetic principles, compatible cookware must have a ferrous (iron-based, magnetic) bottom. Some types of cookware are made of naturally magnetic metals (such as pure iron), while others are rendered magnetic by “sandwiching” a thin layer of a ferrous metal within the base. This layer will be acted upon by the magnetic field of the induction cooktop to distribute heat. Tri-ply, high-quality stainless steel and cast iron cookware will work with induction cooktops. Copper, glass, and aluminum cookware will not work unless they have a sandwiched magnetic base. Pots that function optimally with the NuWave PIC Platinum tend to be medium to heavy gauge.

ATTENTION:

The heating coils are located inside the thicker gold ring. The minimum diameter of acceptable cookware is 3 inches. Always place cookware in the center of the unit. You may use pans measuring up to the total width of the NuWave PIC Platinum, which measures 12 inches, however in these situations, heat will transfer more slowly to the outer edges. Not recommended for pans larger than 12 inches.

Examples of compatible cookware:

- All NuWave Cookware
- NuWave Duralon® Ceramic Non-Stick Cookware
- Cast iron
- Stainless steel with magnetic base
- Enameled iron and steel

Non-induction-compatible cookware:

- Copper
- Aluminum
- Glass
- Pottery type vessels

How do I check my cookware for induction compatibility?

Three simple ways to check if your existing pots and pans, or future cookware purchases, are compatible with the NuWave PIC Platinum:

1. A magnet is typically a great indicator. If it sticks to the bottom of a piece of cookware, this typically means the pot or pan is induction-ready. However be cautioned that there are instances when a cooking vessel's magnetic properties may not be strong enough for the pot to work efficiently with the NuWave PIC Platinum.
2. Place a small amount of water in a particular pot or pan. If induction compatible, water will begin to boil.
3. An induction-ready symbol may be printed on the bottom of the cookware.

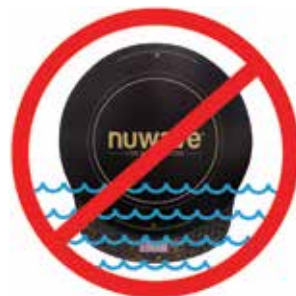


Cleaning & Care for Your NuWave® PIC Platinum

BEFORE USE:

Wipe surface with a cloth soaked in warm, soapy water.

IMPORTANT - Do not immerse unit in water or attempt to cycle through dishwasher. The outer surface may be cleaned by wiping carefully with a damp dishcloth or sponge. Make sure unit has cooled completely prior to cleaning.



General Cleaning Instructions:

- Clean after each use.
- Make sure unit has cooled completely prior to cleaning.
- The outer surface may be cleaned by wiping carefully with a damp dishcloth or sponge.
- Remove the power plug prior to cleaning the NuWave Platinum. Do not use caustic cleaning agents and water should not penetrate the interior of the induction cooktop.
- Never immerse the NuWave PIC Platinum, its cables or plug in water or other liquids.
- Wipe the glass surface with a damp cloth or use a mild, non-abrasive soap solution. Make sure the unit has cooled completely before cleaning.
- Wipe casing and operating panel with a soft cloth dampened with water or a mild detergent.
- Do not use oil-based cleansing products as their use may damage plastic parts or the casing/operating panel.
- Do not use flammable, acidic or alkaline materials or substances near the NuWave PIC Platinum, as this may reduce the service life of the induction cooktop or pose a fire risk when the induction cooktop is in use.
- In order to keep your NuWave PIC Platinum looking like new, take measures to ensure that the bottom of cookware does not scrape the unit's glass surface, although a scratched surface will not impair the use of the induction cooktop.
- Make sure to properly clean the unit before storing it in a cool, dry place.

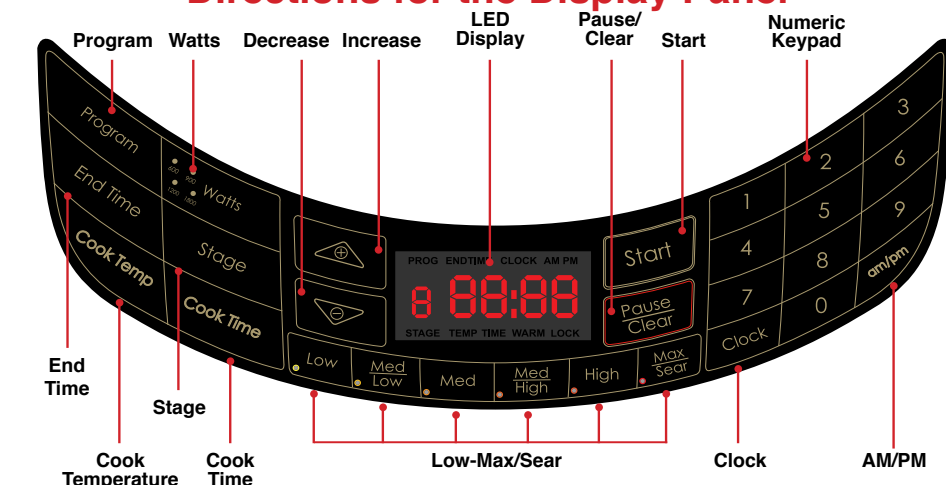
IMPORTANT TIPS:

1. Check power outlets to ensure proper operation. Do not use in an outlet where other major appliances are engaged. Check settings if the unit is cooking too slowly.
2. The electrical plug must be properly plugged into the outlet.
3. Always turn off and unplug the unit before wiping.

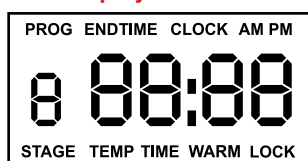
General Operating Instructions:

- Place the cooktop on a stable, level, non-metallic surface.
- Never use the cooktop on a flammable surface (e.g. table cloth, carpet, etc.).
- Do not block the ventilation slots of the induction cooktop. This may cause the unit to overheat. Maintain a minimum distance of 3-5 inches from walls and other objects, appliances, etc.
- Do not place devices or objects that are sensitive to magnetic fields on top of or next to the NuWave PIC Platinum. (e.g. credit cards, cell phones, radios, TVs, video recorders, etc.).
- Do not use the induction cooktop in the proximity of open fires, heaters or other heat sources.
- Do not place on stove top.
- Ensure that the power cable is not damaged or compressed beneath the induction cooktop.
- The power cable must not come into contact with sharp edges and/or hot surfaces.
- Prior to connecting the NuWave PIC Platinum, confirm that the voltage needs indicated in this manual correspond to the voltage supply in your home. A wrong connection may lead to the unit's damage and possible injury to persons.
- The cooktop's surface is designed from temperature-resistant glass. In the event that damage to the unit is observed, even a small crack on the glass surface, immediately disconnect the NuWave PIC Platinum from the power supply.

Directions for the Display Panel



LED Display



Control Panel:

LED Display should read "0" when program is clear or power is on.

Easy Start:

NOTE: Ensure that your NuWave PIC Platinum is turned on by flipping the on/off switch on the right hand side of the PIC.

The NuWave PIC Platinum is defaulted to cook on Med/High (375°F) for 1 hour. To begin cooking, press the "Start" button, after placing an induction-ready pot on the surface. To cook at a different temperature setting, press one of the 6 main temperature buttons, or press the "+" or "-" arrows to decrease or increase the temperature in 5°F increments. See Setting Temperature for more details.

Setting Clock Time And AM/PM Button:

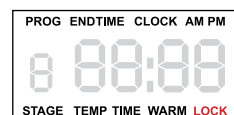
1. Press the "Clock" button. "CLOCK" indicator will flash on LED display and "00:00" will be displayed.
2. Enter digits to match the current time.
 - For example, 1:25 would be entered by pressing "1,2,5".
3. Once entered, the time will be set as AM as a default.
4. To change to PM, press the "am/pm" button.
5. Press the "Clock" button again to set.
 - **"End Time" feature will not work unless the time is set and "0" is shown in the display.**
 - **If the NuWave PIC Platinum is cut from a power supply or turned off, the clock must be reprogrammed.**

Fahrenheit to Celsius Conversion:

1. The NuWave PIC Platinum's LED display is defaulted to display cooking temperature in Fahrenheit (F) and the "F" will appear on display panel.
2. To switch the display to Celsius (C), press the "Cook Temp" and "Cook Time" buttons simultaneously.
3. To close out of the F/C conversion option, press the "Pause/Clear" button until "0" or the current time appears on the unit's screen.

Lock And Unlock Function:

The PIC can be locked by pressing "Low" and "Sear/Max" simultaneously until "LOCK" is displayed on the LED display. To unlock, press "Low" and "Sear/Max" simultaneously until "LOCK" is no longer displayed on the LED display.



Wattage Function:

The default wattage is 1800 watts.

1. Press "Watts" button if you desire to cook using 600 watts.
2. Press "Watts" button two times if you desire to cook using 900 watts.
3. Press "Watts" button three times if you desire to cook using 1200 watts.
4. Press "Watts" button four times if you desire to cook using 1800 watts.

To Start Cooking:

There are several ways to begin cooking with your NuWave PIC Platinum:

- Press "Start". It will be defaulted to cook at 375°F for 1 hour.
- Set temperature and press "Start". Default is 1 hour cooking.
- Set cooking time and press "Start". Default temperature is 375°F.
- Set temperature and time, then press "Start".

The NuWave PIC Platinum will automatically stop cooking once time has expired and a "beep" sound will alert users. The display will always show the current temperature during the cooking cycle. To display time lapse, press "Time".

NOTE: After 3 seconds, the display will revert to the cook temperature.

Pause/Clear Function:

NOTE: See page 13 for LED Display.

1. To interrupt cooking time, press the "Pause/Clear" button once.
This will pause the NuWave PIC Platinum at the current stage.
2. The temperature will remain listed in the display panel, but the "F" will be blinking.
3. To resume, press "Start."
4. To clear the cooking mode or display while the NuWave PIC Platinum is in operation, press the "Pause/Clear" button twice. The screen will be fully cleared and a "0" or the current time will appear and the unit will turn off.

Setting Temperature:

The NuWave PIC Platinum is defaulted to cook on Med/High (375°F).

1. To start, press temperature key "Low" - "Max/Sear," the "TEMP" indicator will flash, then press "Start." The temperature range will appear on the display panel.
2. To start, press the "Cook Temp" button. The "TEMP" indicator will flash and "375F" will be displayed.
 - To raise or lower the temperature in 5°F increments, press the "+" and "-" buttons until desired temperature is displayed.

Refer to chart below for setting temperature and preset temperatures.

The minimum temperature is 100°F while the maximum temperature reaches 575°F.

Press Button	Range Temperature	Panel Display	Examples
Low	100°F - 38°C	100F - 38C	Warm
Med/Low	175°F - 79°C	175F - 79C	Simmer
Med	275°F - 135°C	275F - 135C	Steam
Med/High	375°F - 191°C	375F - 191C	Stir/Deep Fry
High	425°F - 218°C	425F - 218C	Boil/Saute
Max/Sear	575°F - 302°C	SEAr	Sear

Setting Temperature Continued:

The desired cooking temperature can be set by pressing the numeric keypad. See right for examples.

1. Press "Cook Temp" button.
2. Press a desired cooking temperature by using the numeric keypad. If a number not ending in "5" or "0" is entered, the PIC Platinum will automatically set itself to the nearest temperature ending in a "5" or "0". For example, when you press "2,2,2" for cooking at 222°F, the LED display will read "220F".

Desired Temp	Display
220°F	220F
221°F	220F
222°F	220F
223°F	225F
224°F	225F
225°F	225F

press three times, then press "Start" → **22.0F**

NOTE: Display temperature represents temperature of 1.5L of oil in the NuWave 3.5-quart Stainless Steel Pot. Thermometer location for test at the origin (middle) of the NuWave 3.5-quart Stainless Steel Pot and an equidistant length between the pot base and top of the oil.

Setting Cooking Time:

1. Press the "Cook Time" button. The "TIME" indicator will flash.
2. Enter the time in hours and minutes by pressing the corresponding numbers.
 - For example, 1 hour and 30 minutes would be entered by pressing "1,3,0". The display panel will show "1:30".
 - The time can be adjusted in 1 minute increments by pressing the "-" or "+" arrows.
 - To check the time during the cooking process, press the "Cook Time" button, the PIC will automatically revert to the temperature in 3 seconds.
3. If the required time is in minutes, you only need to enter 1 or 2 numbers.
 - For example, for 5 minutes just enter "5"; for 46 minutes, enter "4,6".
4. If the number needs to be corrected, clear the entry by pressing "0" button until you see "00:00" on the LED display.
 - **The blinking TIME indicates that the time can be adjusted.**
 - **The maximum amount of programmable time is 99 hours and 60 minutes.**
 - **The display shows hours and minutes, but not seconds.**



Warm Function:

After the initial cooking is complete, the cooktop can be used to keep the food warm (100°F - 200°F). The default setting is programmed at 120°F for 2 hours.

1. Press the "Low" and "Med/Low" buttons simultaneously until the display flashes "WARM". The "WARM" indicator will blink.
2. "120F" will be displayed, then press "Start".
3. To change the time, enter the desired time and proceed. The PIC can be programmed to keep foods warm for up to 100 hours.
4. Once the initial cooking cycle is finished, the PIC will "beep" twice before switching to the WARM function. Warm will always be the last stage in the program.
 - The temperature of the WARM function can be increased or decreased by pressing "+" or "-" buttons or using the numeric keypad.
 - To change the cooking temperature press "Cook Temp" button. You can increase/decrease the cooking temperature by pressing the "+" or "-" buttons or using the numeric keypad.



Stage Cook Function:

This function is used when storing, programing or cooking for more than one time and temperature setting.

1. Press the "Stage" button. "STAGE" will begin flashing on the display. All the stages have a default temperature of 375°F.
2. To change the temperature press the "Cook Temp" button. You can increase/decrease the cooking temperature by pressing the "+" or "-" buttons or using the numeric keypad.
3. Press the "Cook Time" button. "TIME" will flash on the display.
4. Input the desired cooking time. You can also start with the "Cook Time", followed by the "Cook Temp".
5. Press the "Stage" button to move onto programming stage "2".
6. Repeat the process until all desired stages are programmed.



- **There is a maximum number of 10 programmable stages. Stage 10 will be displayed as "0."**
- **If would like to edit an already programmed stage at any time, press the "Stage" button until desired stage is displayed. At that point, you may change the COOK TEMP, COOK TIME or both.**

End Time Function:

IMPORTANT: the correct CLOCK time must be set before END TIME function can be used (see "Setting Clock Time" on page 13). This feature is designed to allow cooking to end at a specific time. It is possible to delay the end of a program for up to 24 hours.

1. Press the "End Time" button, "END TIME" indicator will flash on LED display with "AM" and "00:00" being displayed.
2. Use the numeric keypad to input the desired end time.
 - For example, 5:00 would be entered by pressing "5,0,0".
 - Press "am/pm" button to change from "AM" default if appropriate.
3. After programming the cooking temperature and time, press "Start".



NOTE: COOK TIME cannot overlap with the END TIME.

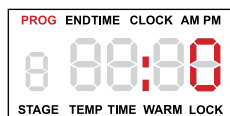
Programming Function:

NOTE: Numbers 1-50 are pre-programmed recipes. Numbers 51-200 are your own programmed recipes. See Programmable Recipe Example. Programs 1-50 – wattage is automatically set for 1800 watts, if you are using programs 1-50 and you press the wattage button it will display "Err" and default back to cook temperature.

Programs 51-200 – after you program your appropriate wattage, you are not able to change the wattage unless you override the programmed recipes. If you press the wattage button while cooking it will display "Err" and default back to cooking temperature. The "Program" button represents a variety of functions available to users of the NuWave PIC Platinum, including Memory Entry (the storage of frequently used stage cooking programs), Memory Recall (retrieval of stage cooking sequences), and Stage Cooking Mode.

Using Pre-Programmed Recipes:

1. Press the "Program" button. "PROG" indicator will flash and "0" will appear on the display screen.
2. Enter the number associated with the pre-programmed recipe using the numeric keypad. **Exp:** "3,1" is 31.
3. Then press "Start".



Programming Your Own Recipes:

1. Enter your stages with temperatures and times, then press "Program". Enter the number you wish to save it as. **Exp:** "1,3,7" is 137.
2. Press "Program" to confirm the number you selected.
 - Up to 10 cooking functions can be stored with each Memory Entry.
 - If you are unsure of the remaining cooking time at the current stage while the NuWave PIC Platinum is cooking, press "Cook Time" to display the remaining time. The display will automatically revert to the cooking temperature after several seconds.



Total Cooking Time:

Before starting a programmed recipe, you can view the total number of cooking stages and total cooking time.

1. Press the "Program" button, then enter the appropriate recipe number on the numeric keypad.
2. Then press the "Program" button again.
 - The total number of cooking stages will be displayed above "STAGE" and the total cooking time will be displayed on the LED display.

NOTE: Individual stages may also be edited and saved when displaying the total cooking time.

1. Press the "Stage" button to select which stage to edit.
2. To change the temperature press the "Cook Temp" button and enter the desired temperature using the numeric keypad or the "+" and "-" buttons. To change the time, press the "Cook Time" button and enter the desired time using the numeric keypad or the "+" and "-" buttons.
3. Press the "Start" button to begin your edited recipe.

NOTE: You can also save your edited recipe.

1. Press the "Program" button, and "PROG" will flash and a "0" will show on the screen.

2. Enter the desired number for your program using the numeric keypad or the “+” and “-” buttons.
3. Press the “Program” button again to save your new program.

Save Function:

You can adjust and save the cooking time or temperature of an existing programmed recipe at any point during the cooking process. Once cooking is done, “SAVE” will be displayed on the LED display. At this point, you may choose to save your new recipe onto the NuWave PIC Platinum by pressing the “Program” button and entering your desired recipe number.

• **If you choose to save the adjusted recipe in a slot that is already taken by another programmed recipe, the new recipe will override the old recipe. THIS OPTION IS ONLY AVAILABLE FOR RECIPE SLOTS 51-200.**



Programmable Recipe Example

Golden Beets (Using the 6.5-qt NuWave Pressure Cooker)

Serves: 6-8

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 1 minute

Stage 2: 375°F → 20 minutes

Ingredients:

- 4 large golden or red beets, washed and trimmed
- 1 quart water
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper

Prep Directions:

1. Add beets and water to Pressure Cooker.

Programming:

Stage1: Max/Sear → 1 minute

1. Press “Stage” button. “Stage” and “1” will flash on the display panel.
2. Press “Cook Temp” button and press “5, 7, 5” buttons or “Max/Sear” button. “SEAR” will be displayed.
3. Press “Cook Time” button and press “1” to cook for 1 minute.

Stage 2: 375°F → 20 minutes

1. Press “Stage” button again, “Stage”

and “2” will flash on the display panel.

2. Press “Cook Temp” button and press “3, 7, 5” buttons or “Med/High” button. “375°F” will be displayed.
3. Press “Cook Time” button and press “2,0” to cook for 20 minutes.

To save the recipe:

1. After entering all your stages, press “Program”.
2. Enter any number between 51-200 using the numeric keypad.
Exp: “1, 3, 7” is program 137.
3. Press Program again to set it.

Cooking Directions:

To cook immediately

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press “Start”.



Troubleshooting

Error Message	Solution
E1	<p>An E1 reading typically means that your NuWave PIC Platinum does not detect cookware on its surface. This can occur for one of two reasons.</p> <ol style="list-style-type: none"> 1. The induction coils contained within the NuWave PIC Platinum will only work when they are in direct contact with a piece of cookware. To maintain your appliance's effectiveness, always ensure that it rests on a flat surface and that contact is consistent with your cookware. 2. An E1 message may also occur if your chosen cookware is not induction-ready.
E2	The unit is malfunctioning. Contact customer service.
E3	The unit's voltage is too low. Minimum = 85 volts
E4	The unit's voltage is too high. Maximum = 144 volts
E5	The unit is malfunctioning. Contact customer service.
E6	The unit is malfunctioning. Contact customer service.
E7	Overheating, or air ventilation is obstructed. If internal temperature exceeds 230°F, operation will cease and a "beep" noise will be produced. Press "Pause/Clear" twice. Wait for the unit to cool.
E8	Overheating, if unit exceeds a temperature 20°F higher than sear, the appliance will turn off. Contact customer service.
E9	The unit is malfunctioning. Contact customer service.
FULL	In programming mode, when the total entered time reaches the appliance's limit of 99:60, no additional stages can be inputted.

- When any of the above error messages display on the LED, the unit will "beep" at least once.
- The fan will run up to a maximum of 60 seconds after pressing the "Pause/Clear" button once. Continue cooking by pressing the "Start" button within 45 minutes.
- The unit will turn off after 45 minutes if no buttons (such as "Start") are pressed. When the unit shuts off, it will clear all previous cooking history.
- After pressing the "Pause/Clear" button twice or cooking has stopped, the fan will run up to a maximum of 60 seconds until the unit cools. At that point the NuWave PIC Platinum will turn off.

After removing cookware	Beep sound	Display	Reference
Initial	Single beep	"F" or "C" or "Sear" Flashing	After returning the pot, Nuwave PIC Platinum will automatically resume cooking.
<10 seconds	None	"F" or "C" or "Sear" Flashing	
11-70 seconds	Yes	E1	Resume cooking by pressing "Start" button.
After 70 seconds	None	0	Cooking stops.

THE MANUFACTURER WARRANTIES: The induction cooktop and all electrical components to be free from defects and workmanship under normal household use, when operated in accordance with the Manufacturer's written instructions provided with each unit for one (1) year from date of purchase. The Manufacturer will provide the necessary parts and labor to repair any part of the induction cooking system at NuWave, LLC Service Department. After the expiration of the warranty, the cost of the labor and parts will be the responsibility of the owner.

THE WARRANTY DOES NOT COVER: Any coating (if applicable) on any part of the cooking system. The Limited Warranty is voided if repairs are made by an unauthorized dealer or the serial number data plate is removed or defaced. Normal deterioration of finish due to use or exposure is not covered by this Warranty. This Limited Warranty does not cover shipping costs, failure, damages or inadequate performance due to accident, acts of God (such as lightning), fluctuations in electric power, alterations, abuse, misuse, misapplications, corrosive type atmospheres, improper installation, failure to operate in accordance with the Manufacturer's written instructions, abnormal use or commercial use.

TO OBTAIN SERVICE: The owner shall have the obligation and responsibility to: pay for all services and parts not covered by the warranty; prepay the freight to and from Service Department for any part or system returned under this warranty; carefully package the product using adequate padding material to prevent damage in transit. The original container is ideal for this purpose. Include in the package: owner's name, address, daytime telephone number, a detailed description of the problem, and your **RETURN GOODS AUTHORIZATION NUMBER (RGA number):**

Call **1-877-689-2838** or e-mail help@nuwavenow.com to obtain the RGA number. Provide the cooking system **model & serial number and proof of date of purchase (a copy of the receipt)** when making claims under this warranty.

MANUFACTURER'S OBLIGATION:

The Manufacturer's obligation under this Limited Warranty is limited to repairing or replacing any part of the induction cooktop expressly covered by this Limited Warranty which upon examination is found to be defective under normal use. The Limited Warranty is applicable only within the continental United States and only to the original purchaser of manufacturer's authorized channels of distribution. The Limited Warranty may not be altered, varied or extended except by written instrument executed by the manufacturer. The remedy of repair or replacement as provided under this limited warranty is exclusive. In no event shall the manufacturer be liable for any consequential or incidental damages to any person, whether or not occasioned by negligence of the manufacturer, including without limitation, damages for loss of use, costs of substitution, property damage, or other money loss. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation exclusions may not apply. This Limited Warranty gives specific legal rights, and there may also be other rights which vary from state to state. Except as otherwise expressly provided above, the manufacturer makes no warranties expressed or implied arising by law or otherwise, including without limitation, the implied warranties of merchantability and fitness for a particular purpose to any other person.

READ YOUR OWNER'S MANUAL: If you still have any questions about operation or warranty of the product, please contact NuWave, LLC at **1-877-689-2838** or e-mail help@nuwavenow.com.

Cooking Tips

This recipe book contains valuable information designed to assist in the incorporation of the NuWave PIC Platinum into daily life. We've provided easy-to-prepare recipes along with helpful tips at the beginning of each section for perfect results every time.

Here are a few general suggestions to help you start cooking:

- Place a garbage bowl next to your cutting board for discarding food scraps.
- Flexible cutting boards are very convenient. Just chop and lift - no mess, no spills.
- Glass measuring cups are optimal for liquids while plastic measuring cups work well for dried ingredients.
- After you have juiced lemons, put them in the garbage disposal to freshen the surrounding air.
- Pay close attention to butter as it's melting. Butter melts when its internal temperature reaches a range between 82.4°F and 96.8°F. This means it melts fast, so be prepared to remove it from the PIC quickly.
- Some of the enclosed recipes suggest prepping and/or cooking items in the NuWave Oven. Contact customer service for more information or to place an order.

Delicious Details!

1 square of baker's chocolate = 1 ounce
4 pecks = 1 bushel
8 tablespoons = 1/2 cup
1 pound of chopped nuts = 2 cups
1/2 cup of butter = 1 stick
2 cups granulated sugar = 1 pound
2 cups butter = 1 pound
16 fluid ounce = 1 pint
1 cup = 1/2 pint



Breakfast



When storing your eggs, keep refrigerated, as they can lose more freshness in one day at room temperature than they can in one week in the fridge. Eggs should be kept in their original cartons in order to keep their moisture and avoid getting odors from other foods. Keep them on the fridge shelf, not in the door to avoid frequent temperature fluctuations.

Tips for Eggs

- Add a teaspoon of water for each egg and whip for fluffier results. Heat pan on high for 1 minute to ensure fast cooking.
- Cool down boiled eggs by placing them in a bowl of ice cubes while running eggs under water. This will help peel eggs with ease.
- If, while cracking, a small egg shell fragment gets into the mix, take a larger piece of the shell and place it into the egg mixture. The larger shell will serve as a magnet, drawing the small fragment towards it.
- To prevent cheese from adhering to grater, spray utensil with non-stick cooking spray.
- Spilled egg on PIC surface? Wipe clean, in seconds with hot soapy water.

Scrambled Eggs

Serves: 2

4 eggs
1/3 cup milk
1/2 teaspoon of salt
1/4 teaspoon black pepper
1 tablespoon butter or
non-stick cooking spray

Directions:

1. In medium bowl, combine eggs, milk, salt and black pepper.
2. Beat eggs with rotary or electric beater.
3. Pour egg mixture into large sauté pan.
4. Cook eggs on Medium (275°F), without stirring, until mixture begins to set on bottom and around edges.
5. Using spatula or wooden spoon, lift and fold partially cooked egg mixture so that uncooked portion flows underneath.
6. Cook for 2-3 additional minutes until eggs are cooked through and still glossy.

Omelette

Serves: 1-2

2-3 eggs
1 tablespoon cold water
Salt and pepper to taste
1 tablespoon butter

Directions:

1. Whisk eggs in bowl with salt, pepper and cold water.
2. Heat small sauté pan on High (425°F). Add butter and cook until butter starts to melt.
3. Reduce heat to Medium (275°F) and add egg mixture all at once.
4. Swirl with rubber spatula and cook eggs until almost set.
5. Occasionally tilt pan and lift and fold partially cooked egg mixture so that uncooked portion flows underneath.
6. Using spatula fold the omelette in half or thirds.
7. Flip over onto plate to serve.

Tip: Sprinkle the omelette with shredded cheese, ham, bacon and vegetables.
• Make sure vegetables are small for even cooking.



Homemade Yogurt

Yield: 1 quart or 8 Yogurt Jars

1 quart whole milk
1 packet (5 grams) yogurt starter
(powdered culture)

Directions:

1. Pour milk into medium sauce pot.
2. Press High (425°F) to bring milk up to 180°F (or until milk starts to boil) then let milk cool down to 108-112°F.
3. Dissolve powdered culture into milk, mix well.
4. Pour mixture into yogurt jars.
5. Place yogurt jars in pot then fill pot with water to ensure water covers at least ¼ of the jars throughout cooking process.
6. Press Low (100°F) and then press “+” until display shows 130°F to heat water (this allows milk to maintain 110°F inside yogurt jars).
7. Continue heating for 4-4½ hours or until yogurt has reached desired firmness.
8. Refrigerate to stop incubation.
9. Fruit and nuts can be added to yogurt before serving.

Tip: For the best results, use Jump-Start yogurt starter.

Breakfast Potatoes

Serves: 4

2 cups coarsely chopped tiny new potatoes or round red potatoes
½ cup chopped onion
½ cup chopped green or red bell pepper
2 tablespoons olive oil
½ teaspoons salt
½ teaspoon pepper
½ cup shredded cheddar cheese (optional)

Directions:

1. In medium sauce pot, add potatoes and enough water to cover.
2. Season with salt to taste and heat on Medium-High (375°F) until water boils.
3. Once water boils, cook potatoes for an additional 4-5 minutes.
4. Drain potatoes to remove any excess water.
5. In large sauté pan, heat olive oil over Medium (275°F).
6. Add potatoes, onions, and bell peppers to skillet.
7. Cook for 15-20 minutes until tender, stirring occasionally.
8. Season with salt and pepper and sprinkle with cheese before serving.



Fried Eggs

Serves: 2

2 teaspoons olive oil, butter
non-stick spray
4 eggs
1-2 teaspoons water

Directions:

1. In large sauté pan, melt oil or butter on Medium (275°F).
2. Break eggs into skillet.
3. When whites are set, add water.
4. Cover skillet and cook eggs for 3-4 minutes or until yolks begin to thicken.

Homemade Pancakes

Serves: 4

1½ cups self-rising flour
1 teaspoon baking powder
2 tablespoons white sugar
2 eggs, lightly beaten
1 cup milk
2 ounces butter
Pinch salt
Maple syrup
Butter

Directions:

1. Sift flour, baking powder, and salt into bowl.
2. Make a well in center of bowl.
3. Mix eggs, milk, and melted butter in small bowl.
4. Pour egg mixture into well all at once, whisking to form smooth batter.
5. Cover the bowl and let sit for 10 minutes.
6. Lightly brush sauté pan or griddle with canola oil and heat on Medium-High (375°F).
7. Pour ¼ cup batter into pan. Swirl gently to form pancake.
8. Cook until bubbles form or bottom gets golden brown and ends begin to dry.
9. Flip pancake and cook other side for 30 seconds.
10. Transfer to plate and repeat with remaining batter.
11. Serve with butter and maple syrup.

Tip: Use buttermilk in place of regular milk for buttermilk pancakes.

- Add ½ cup shredded potatoes for potato pancakes.



Crepes

Serves: 4

2 large eggs
¾ cup milk
½ cup water
1 cup flour
3 tablespoons melted butter
Butter to coat the pan

Directions:

1. Combine eggs, milk, water, flour and melted butter in blender and pulse for 10 seconds.
2. Refrigerate batter for 1 hour.
3. Coat small non-stick pan with butter and heat on Medium (275°F).
4. Pour 1 ounce batter into center of pan and swirl to spread evenly.
5. Cook for 30 seconds and flip.
6. Cook for additional 10 seconds and transfer crepe to cutting board to cool.
7. Repeat steps 4-6 with remaining batter.
8. Once cool, you can store crepes in refrigerator for several days or in freezer for up to 2 months.

Tip: For savory crepes, add ¼ teaspoon salt and ¼ cup chopped herbs to batter.

Tip: For sweet crepes, add 2½ tablespoons sugar, 1 teaspoon vanilla extract and 2 tablespoons liqueur to batter.

Garden Vegetable Frittata

Serves: 6

2 tablespoons olive oil
6 small red potatoes, sliced
2 cups torn fresh spinach
1 bunch green onions, sliced
1 cup grape tomatoes, sliced
1 cup asparagus, diced
1 teaspoon crushed garlic
Salt and pepper to taste
6 eggs
½ cup milk
1 cup shredded Asiago cheese

Directions:

1. Heat olive oil in medium sauté pan on Medium (275°F).
2. Add potatoes to pan, cover and cook for 6-8 minutes.
3. Uncover pan and mix in spinach, green onions, tomatoes, asparagus and garlic.
4. Season vegetables with salt and pepper and cook for 1-2 minutes, until spinach is wilted.
5. In separate bowl, beat eggs and milk together and pour into sauté pan.
6. Sprinkle eggs with cheese and reduce PIC to Low (100°F).
7. Cover pan and cook for 5-7 minutes.

Poached Eggs Benedict

Serves: 4

Water, enough to fill fry pan
2 tablespoons white vinegar
1 tablespoon salt
8 slices Canadian bacon
8 large eggs
3 large egg yolks
1 tablespoon fresh lemon juice
1 stick unsalted butter,
melted and divided
2 teaspoons hot water,
plus extra as needed
½ teaspoon cayenne pepper
Salt and pepper to taste
4 English muffins, split in half
and toasted
3 tablespoons chopped chives

Directions:

1. Cook bacon in large sauté pan on Medium (275°F) until well-browned on each side.
2. Transfer bacon to paper towel-lined plate and cover with foil to keep warm; set aside.
3. Fill large fry pan to brim with water.
4. Add vinegar and salt and bring to gentle simmer on Medium (275°F).
5. Crack egg into cup and carefully slide into simmering liquid. Quickly repeat with remaining eggs.
6. Using slotted spoon, carefully corral eggs whites around yolks.
7. Poach eggs for 3-5 minutes, turning them occasionally with slotted spoon, until whites are firm.
8. Using slotted spoon, remove eggs and transfer to kitchen towel.
9. Lightly dab eggs with towel to remove excess water.
10. Arrange English muffins on individual plates and top with bacon and eggs; keep warm and set aside until sauce is ready.
11. Blend egg yolks and lemon juice together in blender until smooth and frothy.
12. Add half melted butter and continue to blend for about 1½ minutes, until mixture thickens.
13. Blend in hot water and remaining butter for about 1 minute.
14. Blend additional water, 1 teaspoon at a time, as needed until sauce coats back of a spoon.
15. Stir in cayenne pepper and season with salt and pepper.
16. Top each muffin with sauce and garnish with chives.

French Toast

Serves: 4

1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
2 tablespoons sugar
4 tablespoons butter
4 eggs
¼ cup milk
½ teaspoon vanilla extract
8 slices challah, brioche, or white bread
½ cup maple syrup, warmed

Directions:

1. In small bowl, combine cinnamon, nutmeg, and sugar and set aside.
2. Melt butter in large sauté pan on Medium (275°F).
3. Whisk together cinnamon mixture, eggs, milk and vanilla and pour into shallow dish.
4. Dip bread in egg mixture, coating both sides.
5. Cook slices on skillet for 3-4 minutes per side, until golden brown.
6. Serve with warm syrup.

Tips for Vegetables

- To avoid losing the vibrant colors of vegetables, those that grow above ground should not be covered during the cooking process.
- Store purchased vegetables in the same manner in which you bought them from the grocery. For example, potatoes should never be stored in the refrigerator.
- Do not cook with or eat potatoes that have roots growing from them. This usually means they are past their prime and could be detrimental to your health.
- Save vegetable scraps such as carrot peels, celery stalks and onions as ingredients for soup and stew stock. Freeze until needed.
- Steaming vegetables is a great way to retain their nutrients. It helps preserves color and ensures the intake of maximum vitamins. To steam, place water in a pot and bring it to boil. Insert steam basket in pot, situated above water line. Place vegetables in basket and cook until they reach al dente (firm to the bite) consistency.



Vegetables

Perfectly Cooked Vegetables in the Induction Steam Basket

Guidelines below are for al dente (firm to the bite). Place water in 8-quart stock pot. Bring 2 cups water to boil while covered on Max/Sear. Cut temperature to medium-high (375°F) once rolling boil has developed.

Uncover and add Stainless Steel Steamer Basket. Place vegetables in basket. Cook vegetables for listed time, or add 2-4 minutes for softer vegetables.

Vegetables	Time	Special Preparations
Asparagus	3-5 minutes	
Broccoli	4-5 minutes for florets	
	6 minutes for stalks	
Cauliflower	4-5 minutes	
Zucchini	3 minutes	Cut into ½ inch pieces
Red, Yellow & Green Peppers	3 minutes	Cut into ½ inch strips
Carrots	5-6 minutes	Cut in ½ inch slices
Cabbage	10-12 minutes	Cut into 6 wedges
Parsnips	5-6 minutes	Cut into ½ inch pieces
Collard Greens & Spinach	2-3 minutes	Chopped
Kohlrabi	6-7 minutes	Peel & cut into ½ inch slices
Sugar Snap Peas	3-4 minutes	
Pea	2-3 minutes	
Leeks	3-4 minutes	Cut into ½ inch slices
Turnips	8-9 minutes	Peel & cut into ½ inch slices
Summer Squash	15 minutes	Cut in half & remove seeds

Green Beans Almondine

Serves: 4

8 ounces green beans
2 tablespoons slivered almonds
2 tablespoons butter
1 tablespoon lemon juice
Ice water bath

Directions:

1. Wash and trim green beans to desired length.
2. Blanch green beans in boiling salted water for 3-4 minutes or until still crisp, but not raw.
3. Drain beans and place in ice water bath to stop cooking process; set aside.
4. In large sauté pan, cook and stir almonds in melted butter on Medium (275°F) until almonds turn golden, while not letting butter brown.
5. Remove blanched beans from ice bath and add to almonds.
6. Continue to cook until green beans reach desired temperature.
7. Remove from heat and add lemon juice.

Grilled Japanese Eggplant with Feta & Sun-dried Tomatoes

Serves: 4

- 4 Japanese eggplants, stemmed and halved lengthwise
- 1 tablespoon salt
- ¼ cup oil-packed sun-dried tomatoes, chopped and drained
- 3 tablespoons fresh lemon juice
- 3 tablespoons olive oil, divided
- 2 tablespoons olive oil for grilling
- 1 clove minced garlic
- 1 tablespoon fresh-chopped Italian parsley
- ½ cup crumbled Feta cheese

Directions:

1. Place eggplant halves in large colander and toss with salt.
2. Let eggplant stand for 30 minutes then pat dry.
3. Meanwhile, stir tomatoes, lemon juice, 1 tablespoon oil, garlic and parsley in medium bowl.
4. Stir in Feta cheese and season with fresh ground pepper.
5. Prepare grill pan or sauté pan by placing on PIC and warm on Max/Sear for 3-5 minutes.
6. Turn PIC down to Medium-High (375°F).
7. Brush eggplant with oil and place on grill pan or sauté pan.
8. Grill eggplant for 3 minutes per side, until tender.
9. Place eggplant on platter and serve with prepared Feta topping.

Tip: Use a mandolin to cut the eggplant evenly into 1-inch strips

Stir-Fried Tofu & Vegetables

Serves: 4

- ½ cup natural peanut butter
- ¾ cup hot water
- ¼ cup cider vinegar
- 4 tablespoons soy sauce
- 2 tablespoons molasses
- ½ teaspoon crushed red pepper flakes
- 4 teaspoons canola oil
- 1 pound firm tofu, cut into small pieces
- 2 tablespoons garlic, minced
- 2 teaspoons gingerroot, divided
- 1-1½ pounds broccoli
- 1 cup red onion
- 1 red pepper, cut in strips
- 1 yellow pepper, cut in strips
- 1 cup peanuts, unsalted

Directions:

1. In bowl, mix peanut butter, hot water, vinegar, soy sauce, molasses and red pepper flakes until smooth; set aside.
2. Add 2 tablespoons oil to wok or large sauté pan and heat on High (425°F).
3. Add tofu and stir on High (425°F) for 5 minutes or until edges start to brown.
4. Transfer tofu to bowl using slotted spoon; set aside.
5. If wok or large sauté pan is dry, add 2 teaspoons oil.
6. Stir-fry garlic and ginger for 30 seconds, stirring constantly.
7. Add broccoli and stir-fry for 2 minutes.
8. Add peppers, peanuts and sauce.
9. Cook for 3-5 minutes on High (425°F).
10. Serve over rice.

Broccoli & Carrot Stir-Fry

Serves: 4

- ¼ cup vegetable broth or chicken stock
- 1 tablespoon balsamic vinegar
- 1 teaspoon cornstarch
- 1 tablespoon cooking oil
- 1 teaspoon grated fresh ginger
- 1½ cups carrots, thinly sliced
- 2 cups broccoli florets
- 1 teaspoon grated fresh garlic

Directions:

1. To make sauce, stir together broth, vinegar, and cornstarch in small bowl; set aside.
2. Pour oil into wok or large sauté pan and heat on Max/Sear.
3. Add ginger to pan and stir-fry for 15 seconds while constantly moving pan.
4. Add carrots and stir-fry for 1 minute.
5. Add broccoli and garlic and stir-fry for 3-4 minutes.
6. Add prepared sauce and cook until thick and bubbly, stirring constantly.
7. Serve with your favorite meat or over rice.

Artichokes with Butter Sauce

Serves: 2

- 2 (10-ounce) artichokes
- 1 full lemon plus 1 tablespoon, juiced and separated
- ¼ cup butter
- 1 teaspoon herbs (dill, tarragon, or regano)

Directions:

1. Wash artichokes, trim stems and remove loose outer leaves.
2. Cut off 1 inch from top and snip off sharp leaf tips.
3. Brush cut leaves with lemon juice.
4. In large stock pot, bring large amount of water, enough to cover artichokes, to boil on Max/Sear.
5. Add salt and artichokes to boiling water.
6. Reduce heat to Medium (275°F).
7. Simmer covered artichokes for 20-25 minutes or until leaves pull out easily.
8. Drain artichokes upside down on paper towels.
9. Melt butter on Medium-Low (175°F) and stir in herbs and 1 tablespoon lemon juice.
10. Transfer butter sauce to bowl and dip artichokes leaves in butter.



Marinated Zucchini and Summer Squash

Serves: 4-6

2 tablespoons white wine vinegar
2 tablespoons fresh lemon juice
1 tablespoon minced garlic
2 teaspoons chopped, fresh thyme
Salt and freshly ground black pepper to taste
¼ cup extra-virgin olive oil
1½ pound zucchini, trimmed and sliced diagonally into ¼-inch slices
1 pound yellow crookneck squash, trimmed and sliced diagonally into ¼-inch slices

Directions:

1. Whisk vinegar, lemon juice, garlic, and thyme in large bowl and season with salt and pepper.
2. Gradually whisk oil into vinegar mixture.
3. Spoon 3 tablespoons marinade into small bowl and set aside.
4. Add zucchini and squash to remaining marinade and toss to coat.
5. Transfer vegetables to large baking dish.
6. Cover dish and let vegetables marinate at room temperature for 3 hours, or refrigerate for up to 1 day.
7. Heat large sauté pan on Medium-High (375°F).
8. Sauté vegetables for about 8 minutes, turning occasionally.
9. Transfer vegetables to serving platter and drizzle with reserved marinade.

Ratatouille Stew

Serves: 4-6

2 tablespoons extra-virgin olive oil
3 cloves garlic, minced
1 yellow onion, diced
1 small eggplant, diced
1 small yellow squash, diced
1 small zucchini, diced
Kosher salt and cracked black pepper to taste
½ cup fresh basil leaves, chopped, plus extra for garnish
1 (15-ounce) can diced tomatoes
1 cup chicken broth

Directions:

1. Heat oil in medium stock pot on Medium-High (375°F).
2. Add garlic and onions to pot and cook for 3-5 minutes, stirring constantly.
3. Add eggplant, squash and zucchini and season with salt and pepper.
4. Cook for 5 minutes, stirring frequently.
5. Stir in basil and cook for 1 additional minute.
6. Stir in tomatoes and chicken broth and bring to boil on Max/Sear.
7. Reduce PIC to 220°F and simmer for 10 minutes.
8. Remove pot from PIC and let cool slightly.
9. Garnish with chopped basil and serve with side of bread.

Sugar Snap Peas and Spinach with Ginger

Serves: 2

Kosher salt

Ice

Water

1 pound sugar snap peas stem end and strings removed

Extra-virgin olive oil

1 (1-inch) piece of ginger, finely chopped

2 cloves garlic, smashed

1 scallion, thinly sliced

½ pound baby spinach, washed but not dried, and stems removed

Directions:

1. Bring a medium stock pot of well-salted water to a boil on Max/Sear.
2. Set up bowl of well-salted ice water.
3. Blanch the snap peas in boiling water until they are cooked, but still crunchy and then immediately plunge them into the salted ice water.
4. Remove snap peas from ice water and reserve.
5. Coat large sauté pan with oil.
6. Add ginger, garlic, and scallions to pan and cook at 350°F until the scallions are soft and translucent.
7. Add snap peas to pan and toss to coat.
8. Add spinach and toss with the peas until the spinach starts to wilt.
9. Remove pan from the PIC and season vegetables with salt.
10. Toss or stir the spinach to finish wilting and transfer to a serving bowl.

Tip: Serve with Asian-Marinated Pork Chops

Grilled Vegetable Medley

Serves: 4-6

1 green bell pepper, sliced

1 red bell pepper, sliced

1 yellow bell pepper, sliced

10 small tomatoes, sliced

1 red onion, sliced

1 crookneck squash, sliced

1 zucchini, sliced

½ cup fresh basil leaves, chopped

¼ cup olive oil

Salt and black pepper to taste

Directions:

1. Add peppers, tomatoes, onion, squash, zucchini and basil to bowl and toss with olive oil.
2. Season vegetables with salt and pepper to taste.
3. Let vegetables sit for 10 minutes.
4. While vegetables marinate, heat grill pan or sauté pan on Medium-High (375°F).
5. Transfer vegetables to pan and cook for 8 minutes, or until tender, stirring occasionally.
6. Serve vegetables immediately.

Grilled Vegetables with Balsamic-Garlic Sauce

Serves: 6-8

1 cup extra-virgin olive oil
¼ cup balsamic vinegar
3 tablespoons minced fresh Italian herbs
1 tablespoon minced garlic
1½ teaspoons salt
¾ teaspoon freshly ground black pepper
1 pound yellow squash or zucchini, ends trimmed and sliced lengthwise into ¼-inch slices
2 large red onions, sliced crosswise into ⅓-inch slices and secured with toothpicks
1 large eggplant, ends trimmed and sliced lengthwise into ⅓-inch slices
1-2 fennel bulbs, sliced lengthwise into ¼-inch wedges
Sea salt (optional)
⅓ cup finely grated Parmesan cheese (optional)

Directions:

1. Heat grill pan or large sauté pan on Medium-High (375°F).
2. Add olive oil, balsamic vinegar, herbs, garlic, salt and pepper to mixing bowl and whisk to combine.
3. Lightly brush zucchini slices on both sides with marinade.
4. Place zucchini on hot grill and cook for 3-4 minutes per side.
5. Transfer zucchini to serving platter and sprinkle with sea salt.
6. Repeat steps 3-5 with remaining vegetables, fitting as many onto grill as possible.
7. Garnish with Parmesan cheese and serve.

Tip: We recommend using oregano, basil, marjoram or parsley for your herbs.

Tips for Beef

- **Internal meat temperature* according to taste preferences:**
Rare: 135°F-140°F
Medium-rare: 140°F-150°F
Medium: 150°F-160°F
Well-done: 160°F-170°F
- Meat should be thawed in the refrigerator.
- Cut meat across the grain. If you're not sure how to do this, consult your butcher.
- Inexpensive cuts of meat may be marinated to promote tenderness.
- When it comes to searing meat, the cut is not ready to be flipped if it is sticking to pan.
- Let all meats (chicken, beef, lamb, pork, etc.) sit for 3-5 minutes after cooking time is complete, but before cutting.
- 1 pound of raw ground beef equals 2 cups of cooked meat.
- * A meat thermometer is essential for checking internal temperature.



Beef

Bistro Beef & Mushrooms

Serves: 4

- 4 beef sirloin steaks, cut ½-inch thick
- 1 tablespoon Dijon mustard or coarse grain brown mustard
- ¼ cup dry red wine or sherry
- 1 tablespoon Worcestershire sauce
- ½ cup beef broth
- 2 tablespoons butter
- 2 tablespoon all-purpose flour
- 2 (4-ounce) packages sliced button, Shiitake or Portobello mushrooms
- 2 teaspoons fresh thyme
- ½ teaspoons salt
- ½ teaspoon pepper

Directions:

1. Trim fat from steaks. Spread mustard evenly over both sides.
2. In large sauté pan or grill pan, sear steak on both sides for 3-4 minutes on Max/Sear for medium-rare.
3. In medium saucepan, heat red wine and Worcestershire on Medium (275°F) heat for 3 minutes or until au sec.
4. Add broth and butter to sauce.
5. Once butter has melted, in small increments, pour in flour and stir with silicone spatula until sauce thickens.
6. Cook for 1 minute or until flour taste has been removed.
7. Add mushrooms, thyme, salt and pepper and cook for 2 minutes to incorporate flavors.
8. Slice beef in ½-inch slices on bias and add to mushroom sauce
9. Simmer for 5 minutes.
10. Serve with egg noodles or rice.

Tip: Au sec is a French culinary term meaning nearly dry. The liquid has been reduced until nearly gone. You may cut temperature down to Medium-Low (175°F) heat to slow down the speed of the liquid reducing.

Hometown Chili

Serves: 6-8

- 2 pounds ground beef
- 1 cup chopped yellow onion
- 1 cup chopped celery
- 2 tablespoons chopped garlic
- 2 cans light red kidney beans
- 4 (15-ounce) whole tomatoes
- 3 tablespoons chili seasoning
- 2 cups cold water
- 3 tablespoons fresh parsley, minced
- ½ teaspoon black pepper
- ½ teaspoon salt
- 1 cup grated cheese (optional)
- ½ cup chopped green onions (optional)
- 1 cup crackers (optional)

Directions:

1. In large stock pot, cook ground beef and 1 tablespoon chili seasoning on Medium High (375°F).
2. Drain any fat and add the meat back to large stock pot
3. Add onions, celery, and garlic. Sauté with ground beef for about 2 minutes until onions are translucent, stirring every 30 seconds.
4. Add kidney beans, tomatoes, remaining chili seasoning, water, parsley, salt and pepper.
5. Turn PIC to High (425°F) and bring to boil.
6. Turn PIC down to Medium-Low (175°F) and let simmer for 45 minutes.
7. Serve with cheese, chopped onions, and crackers.

Tip: If you don't have fresh parsley, substitute 1 tablespoon dry parsley.

Steak au Poivre

Yield: 4

½ cup black peppercorns
4 (6-ounce) tenderloin steaks
2 teaspoons sunflower oil
½ cup French brandy or cognac
1 cup heavy cream
1 tablespoon unsalted butter
Salt to taste

Directions:

1. Coarsely grind peppercorns and spread onto a plate.
2. Press meat into peppercorns, covering both sides completely.
3. Heat oil in large sauté pan on Medium-High (375°F).
4. Add steaks to pan and cook for 2-4 minutes per side.
5. Remove pan from PIC and add brandy.
6. Return pan to PIC and cook on Medium-High (375°F) for 1-2 minutes, until liquid has reduced by half.
7. Remove steaks from pan and set aside.
8. Add cream and butter to pan and cook until cream reduces to thick sauce.
9. Return steaks to pan and let sit until warm.
10. Serve steaks and cover in sauce.

Grilled Sirloin with Mushrooms & Red Peppers

Serves: 4

4 (6 – 7-ounce) sirloin steaks
1 tablespoon olive oil
1 medium red bell pepper, cut into strips
6 ounces sliced button mushrooms
1 small onion, thinly sliced
½ teaspoon salt
½ teaspoon pepper

Directions:

1. Add olive oil to grill pan or large sauté pan and heat on Max/Sear for 20 seconds or until it smokes.
2. Brush vegetables with olive oil and place on grill.
3. Grill vegetables for 2-3 minutes,
4. Season steak with black pepper and add to grill.
5. Sear on each side for 4-5 minutes for medium-rare, 6-7 minutes for medium or 8-10 minutes for well-done.
6. Serve steaks over grilled vegetables.

Tip: Create crosshatch marks by rotating steaks 90° halfway through cooking process on each side.

Korean Beef

Serves: 4-6

½ cup soy sauce
¼ cup rice vinegar
3 scallions, finely chopped, plus additional chopped scallions for garnish
2 tablespoons firmly packed brown sugar
1 (2-inch) piece fresh ginger, finely chopped
1½ tablespoons toasted sesame oil
2 teaspoons red pepper flakes
2 (¾ pound) skirt steaks
1½ pounds skirt steak, in two pieces
Vegetable oil
1½ ounces cellophane noodles
Kosher salt and freshly ground black pepper to taste

Directions:

1. Combine soy sauce, vinegar, scallions, sugar, ginger, sesame oil and pepper flakes in bowl, whisking well to blend.
2. Set aside ¼ cup marinade and pour rest into re-sealable plastic bag.
3. Add skirt steak to bag and seal.
4. Place bag in refrigerator and let steak marinate for at least 4 hours, or overnight, turning bag often.

5. Fill large, deep sauce pot with enough vegetable oil until it's 2 inches deep.
6. Heat medium stock pot Medium-High (375°F) until oil reaches 375°F.
7. Pull apart noodle clusters, forming clumps of about 10 strands.
8. Working in batches, fry noodles in oil for about 5 seconds per side, until they puff up and turn white.
9. Using slotted spoon, transfer cooked noodles to paper towels to drain.
10. Remove skirt steak from marinade and pat dry with paper towels.
11. In large sauté pan, heat 1½ tablespoons oil on High (425°F).
12. Season meat with salt and pepper and add to skillet.
13. Reduce PIC to Medium-High (375°F) for 2-3 minutes per side.
14. Transfer steak to platter and cover loosely with foil. Let steak rest for 5 minutes.
15. Repeat steps 11-14 with remaining oil and skirt steak.
16. Cut steak into thin slices, cutting against the grain.
17. Toss beef with reserved marinade until well coated.
18. Crumble fried noodles and divide equally onto plates and top with sliced beef.
19. Garnish with chopped scallions.

Spiced Beef with Dumplings

Serves: 4-6

- 1 (3-pound) boneless chuck roast
- 2 tablespoons olive oil
- 1 (16-ounce) can tomatoes
- 1¾ cup water, divided
- ¼ cup red wine
- 2 tablespoons beef bouillon
- Salt to taste
- 2 cloves garlic, minced
- 1 (8-count) package refrigerated biscuits
- 1 tablespoon minced parsley
- 2 tablespoons cornstarch

Directions:

1. Trim excess fat from roast.
2. Heat oil in large stock pot on Medium (275°F).
3. Brown roast on all sides.
4. Add tomatoes, 1½ cups water, red wine, bouillon, salt and garlic to large stock pot.
5. Cook on Medium-Low (175°F) for 2-2½ hours or until tender.
6. Place biscuits on roast and sprinkle with parsley.
7. Cover and steam dumplings for on Medium-Low (175°F) 15 minutes, shaking pot occasionally.
8. Remove meat and dumplings and place on platter.
9. Bring cooking liquid and remaining water up to boil on Medium-High (375°F).
10. Gradually add cornstarch by continually stirring it into cooking liquid.
11. Continue to stir until gravy is thick.

Beef Stroganoff over Buttered Noodles

Serves: 4-6

13 cups beef stock
1 carrot, chopped
6 sprigs fresh thyme, divided
1 bay leaf
2 pounds chuck roast, cut into 2-inch cubes
Kosher salt and freshly ground black pepper
6 tablespoons extra-virgin olive oil, divided
1 medium onion, chopped
2 tablespoons cognac
5 tablespoons unsalted butter, divided
1 pound mushrooms, sliced
3 cloves garlic, chopped
2 tablespoons sour cream, plus more for garnish
1 tablespoon Dijon mustard
2 tablespoons chopped fresh parsley leaves, plus more for garnish
1 (1-pound) package wide egg noodles

Directions:

1. Heat beef stock in a large stock pot on High (425°F) heat with the carrot, 3 thyme sprigs, and bay leaf.
2. Pat the beef dry and season it with salt and pepper.
3. Coat large stock pot in 3 tablespoons olive oil and heat on High (425°F).
4. Cook meat in batches in pan until browned on all sides. Do not overcrowd the meat.
5. Lower temperature to Medium (275°F) and return all meat to stock pot.
6. Add onions and cook for about 5 minutes, until they soften.
7. Add cognac and continue cooking for about 5 minutes, until alcohol has burned off.
8. Add beef stock to pan, discarding carrot, thyme and bay leaf.
9. Partially cover stock pot and cook at 220°F for 1½-2 hours.
10. In separate large sauté pan, melt 3 tablespoons butter at 350°F and add remaining olive oil.
11. Add mushrooms, garlic and remaining thyme sprigs and cook until mushrooms are browned. Remove pan from heat and set aside.
12. Once meat is finished cooking, remove from heat and fold in cooked mushrooms, sour cream, mustard and parsley.
13. Taste beef mixture and add salt and pepper as needed.
14. Bring large stock pot of salted water to boil on Max/Sear and add noodles.
15. Cook noodles until tender, then drain and toss with remaining butter and season with salt and pepper.
16. Serve stroganoff over noodles and garnish with sour cream and parsley.

Cajun Rib Eye

Serves: 1

3 tablespoons paprika
2 tablespoons granulated garlic
2 tablespoons kosher salt
1 tablespoon cayenne pepper
1 tablespoon onion powder
1 tablespoon dried oregano
1 tablespoon black pepper
1 tablespoon dried thyme
1 (24-ounce) bone-in rib eye steak
1 yellow onion, cut into thick slices
10 cloves garlic
Vegetable oil, for marinating

Directions:

1. Combine paprika, granulated garlic, salt, cayenne pepper, onion powder, oregano, black pepper and thyme in medium bowl and mix well.
2. Place steak on a cutting board and make several punctures on both sides using a fork.
3. Coat steak with prepared spice blend and puncture steak again with fork, making as many holes as possible.
4. Combine remaining spice blend, onion, garlic and oil in deep container.
5. Add steak to container, ensuring it's fully immersed in marinade.
6. Cover container with plastic wrap and refrigerate for at least 24 hours.
7. Heat large sauté pan on High (425°F).
8. Remove steak from marinade, letting excess oil drip off, and place on hot grill pan.
9. Cook steak for 4 minutes per side for medium-rare.

Tip: Make sure you add enough oil to the marinade so that the steak can be completely submerged.

Bacon, Onion and Cheese Stuffed Burgers

Serves:8

1½ pounds ground beef
1 clove garlic, minced
1 teaspoon cayenne pepper sauce
Salt and freshly ground black pepper to taste
4 strips bacon, diced
½ onion, chopped
1 cup grated sharp cheddar cheese
4 burger buns
Lettuce, tomato, pickles for toppings

Directions:

1. Combine beef, garlic, hot sauce, salt and pepper in bowl and mix well.
2. Form beef mixture into 8 even, ½-inch patties and set aside.
3. Heat large sauté pan on Medium (275°F) and fry bacon until crispy.
4. Transfer bacon to paper towel-lined plate to drain and cool; set aside.
5. Sauté onions on same skillet on Medium (275°F) for about 5 minutes, until tender.
6. Transfer onions, bacon and cheese to bowl and mix well.
7. Form cheese mixture into even balls and place in center of 4 beef patties.
8. Top each cheese-covered patty with additional beef patty and crimp edges together until sealed.
9. Cook burgers on Medium-High (375°F) for 4 minutes per side.
10. Serve in buns with your favorite toppings.

Tips for Pork & Chicken

- Poultry is ready to serve once the internal temperature* reaches 170-180°F, or when juices run clear.
 - Pork is ready to eat when the internal temperature* approaches 160-170°F, or once juices run clear.
 - To cut raw meat more easily, it may help to thoroughly chill it first.
 - 1 pound of raw chicken equals 2 cups of cooked meat.
 - When it comes to searing meat, the cut is not ready to be flipped if it is sticking to pan.
 - When adding raw meat to hot oil, wear a hot pad or glove and/or use tongs to prevent burns.
 - Let all meats (chicken, beef, lamb, pork, etc.) sit for 3-5 minutes after cooking time is complete before cutting.
 - Meat should be thawed in the refrigerator.
- * A meat thermometer is essential for checking internal temperature.



Pork & Chicken

Pan-fried Pork Chops

Serves: 4

- 4 bone-in or center cut pork chops, about ¾-inch thick
- 1 cup all-purpose flour
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon cayenne (optional)
- 3 slices bacon, chopped
- ½ cup vegetable oil or olive oil

Directions:

1. In medium sauté pan, cook bacon on Medium-High (375°F) for 6 minutes or until fat renders and bacon is crisp.
2. While bacon cooks, mix all spices with flour.
3. Pat pork chops dry with paper towel.
4. Cut 2 slits at the ends to keep the chop from curling when cooked.
5. Season both sides with flour and spice mixture and shake off any excess.
6. Using slotted spoon, transfer bacon to paper towel and reserve for later use.
7. Add olive oil to bacon render and heat on Medium-High (375°F) for 2 minutes.
8. Cook chops for 5-7 minutes per side until well browned and the internal temperature has reached 160°F.

Tip: Boneless chicken cutlets or breasts can be used in place of pork chops.

Pork Marsala

Serves: 4

- 1 pound pork tenderloin, well trimmed
- 1 teaspoon olive oil
- 1 tablespoon minced garlic
- 1 teaspoon tomato paste
- ½ cup dry Marsala
- ½ cup red wine
- 12 ounces button mushrooms
- Salt and Pepper to taste
- 1 tablespoon chopped fresh parsley

Directions:

1. Cut pork diagonally into cutlets ¼-inch thick or pound cutlets to thickness of ¼-inch.
2. Heat large sauté pan on High (425°F) for about 1 minute and add cutlets.
3. Sear on sides, sealing in juices and brown for about 1 minute and 30 seconds per side.
4. Remove cutlets from pan.
5. Heat oil on Medium (275°F) heat and add the garlic and sauté for 1 minute.
6. In separate container, combine tomato paste Marsala and red wine. Add mixture to pan.
7. Add mushrooms. Turn down to Medium-Low (175°F) heat and simmer for 3-5 minutes.
8. Return reserved cutlets to pan, and heat them through on Medium-Low (175°F) heat.
9. Before serving, sprinkle with parsley.

Sweet & Sour Pork with Pineapple

Serves: 4

6 tablespoon unsalted butter, divided
2 pounds celery root, peeled and cut into 1-inch cubes
2 cups water
1 tablespoon salt, divided
¼ cup milk
2 teaspoons garlic, minced
1 pound baby bok choy, trimmed and sliced crosswise
1½ pounds boneless pork loin, trimmed and cut into cubes
1 (10-ounce) can fresh pineapple chunks
1/3 cup honey
2 tablespoons sherry vinegar
White pepper to taste

Directions:

1. Melt 2 tablespoons butter in large sauté pan on Medium-High (375°F).
2. Add celery root and cook for 5 minutes, stirring to coat with butter.
3. Add water and ½ teaspoon salt. Bring to boil.
4. Reduce heat to a simmer on Medium-Low (175°F), let simmer for 30 minutes or until tender.
5. Strain, reserving ¼ cup cooking liquid.
6. Puree in food processor with reserved cooking liquid, milk and 1 tablespoon butter.
7. Return to pan to keep warm.
8. In large sauté pan heat 3 tablespoons butter on High (425°F).
9. Sauté garlic for 1 minute until tender, stirring constantly.
10. Add bok choy and ½ teaspoon salt and cook on Medium-High (375°F) for 4-5 minutes, stirring until just tender. Set aside and keep warm.
11. In same fry pan, add 1 tablespoon butter.
12. Cook pork on Medium-High (375°F) heat until brown and cooked through.
13. Remove pork with slotted spoon and add to bok choy.

14. In same fry pan, add pineapple with juice, honey, vinegar and remaining salt and cook on Medium-High (375°F).
15. Bring to a rolling boil.
16. Add pork and bok choy into sauce.
17. Serve with celery root puree along side.

Black-Eyed Peas with Andouille

Serves: 6

½ pound Andouille sausage, cut into ¼-inch thick slices
½ cup onion, diced
½ green bell pepper, diced
½ red bell pepper, diced
3 cups black-eyed peas, cooked
1 cup chicken stock or water
½ teaspoon kosher salt
½ teaspoon black pepper

Directions:

1. Heat large sauté pan on Medium-High (375°F).
2. Add sausage and cook for 5 minutes, or until browned on both sides.
3. Transfer sausage to bowl and set aside.
4. In same skillet, add onion and bell peppers and cook for 5 minutes, or until wilted.
5. Add peas, chicken stock, sausage, salt and pepper and cook for 5 minutes.
6. When completely cooked, serve with a bowl of rice.

Sautéed Pork Medallions with Lemon-Garlic Sauce

Serves: 4

1 (1-pound) pork tenderloin, trimmed
¼ teaspoon salt, divided
⅜ teaspoon black pepper, divided
2 teaspoons olive oil, divided
2 cloves garlic, minced
½ cup dry white wine
½ cup chicken broth, low-sodium
Grated zest from 1 lemon
1 tablespoon lemon juice
1 tablespoon fresh parsley, chopped

Directions:

1. Cut pork into 12 (1-inch) slices.
2. Season both sides of pork with ¼ teaspoon salt and ¼ teaspoon pepper.
3. Heat 1 teaspoon oil in large sauté pan on Medium-High (375°F).
4. Add pork and cook for 1½ minutes per side, until internal temperature reaches 145°F.
5. Transfer pork to serving platter and cover to keep warm.
6. Heat remaining oil in pan on Medium-High (375°F).
7. Add garlic and cook for about 30 seconds, stirring constantly.
8. Add wine and broth to pan.
9. Increase temperature to High (425°F) and cook for about 5 minutes, stirring with wooden spoon until liquid reduces by ⅔.
10. Turn off PIC and stir in lemon zest, lemon juice, parsley and remaining salt and pepper.
11. Drizzle sauce onto pork medallions and serve.

Tip: You can substitute 1½ teaspoons dried parsley if you don't have fresh available.

Tip: For a different flavor, use sage or rosemary instead of parsley.

Pork Tenderloin with Sautéed Apples

Serves: 4

¼ teaspoon ground coriander
¼ teaspoon freshly ground black pepper
⅛ teaspoon ground cinnamon
⅛ teaspoon ground nutmeg
½ teaspoon salt, divided
1 pound pork tenderloin, trimmed and cut crosswise into 12 pieces
Non-stick cooking spray
2 tablespoons butter
2 cups thinly sliced, unpeeled apples
⅓ cup thinly sliced shallots
¼ cup apple cider
1 teaspoon fresh thyme leaves

Directions:

1. Combine first 4 ingredients in a bowl along with ⅜ teaspoon salt and sprinkle evenly over pork.
2. Coat large sauté pan in non-stick cooking spray and heat on Medium-High (375°F).
3. Add pork to pan and cook for 3 minutes per side.
4. Remove pork from pan and keep warm.
5. Reduce temperature to Medium (275°F).
6. Melt butter in pan and add apple slices, shallots and ⅛ teaspoon salt and sauté for 4 minutes.
7. Add apple cider to pan and cook for 2 minutes.
8. Stir in thyme.
9. Serve pork with apples.

Pork Chops with Red Onion Confit

Serves: 2

1 red onion, thinly sliced
1-2 tablespoons butter
Salt and pepper to taste
Splash balsamic or red wine vinegar
2 pork chops
Pinch sugar

Directions:

1. Melt butter in medium sauté pan at 150°F.
2. Add onions and season with salt and pepper.
3. Cook onions for about 15 minutes, stirring occasionally.
4. Add vinegar and cook for about 1 minute until liquid evaporates.
5. Remove pan from PIC and set sauce aside
6. Sprinkle pork chops with salt, pepper and sugar.
7. Cook chops in medium sauté pan on Medium (275°F) for about 5 minutes per side.
8. Serve chops and top with red onion confit.

Tip: If your pork chops do not have much fat, you may need to add some oil or butter to the pan when cooking.

Pork Chops alla Pizzaiola

Serves: 4

2 tablespoons olive oil
2 (12-ounce) bone-in pork chops
Salt and freshly ground black pepper to taste
1 small onion, thinly sliced
1 (15-ounce) can diced tomatoes
1 teaspoon Herbes de Provence
¼ teaspoon dried red pepper flakes
1 tablespoon chopped parsley

Directions:

1. Heat oil in large sauté pan on Medium (275°F).
2. Season pork chops with salt and pepper and add to fry pan.
3. Cook chops for about 3 minutes per side.
4. Transfer chops to plate and cover with foil to keep warm.
5. Add onion to same pan and sauté on Medium (275°F) for about 4 minutes.
6. Add tomatoes, with juices, Herbes de Provence and red pepper flakes.
7. Cover pan and simmer for about 15 minutes
8. If desired, season sauce with salt and more red pepper flakes and return chops to pan.
9. Coat chops with sauce and serve.
10. Pour sauce onto chops and season with parsley.

Tip: Cook pork until internal temperature reads 160°F.

Asian-Marinated Pork Chops

Serves: 2

¼ cup soy sauce
2 tablespoons rice wine vinegar
1 teaspoon Asian chili paste
2 teaspoons finely chopped ginger
1 clove garlic, minced fine
2 scallions, thin sliced
Zest from 1 orange
2 (¾-inch) boneless pork chops
Canola oil

Directions:

1. In large bowl, combine soy sauce, rice wine vinegar, chili paste, ginger, garlic, scallions, and orange zest.
2. Add pork chops to bowl and toss to coat.
3. Let the chops sit in the marinade for a few minutes.
4. Coat large sauté pan with oil and heat on High (425°F).
5. Remove the chops from the marinade, shaking off any excess and reserve the marinade.
6. Add chops to pan and sear on Max/Sear for 4-5 minutes per side.
7. Transfer pork chops to plate and drain any excess oil from pan.
8. Add remaining marinade to sauté pan and heat on Max/Sear until boiling.
9. Turn off PIC and spoon marinade onto pork chops.

Tip: Serve with Sugar Snap Peas and Spinach with Ginger.

Chicken & Mushrooms

Serves: 6

6 (6-ounce) boneless, skinless chicken breasts
½ cup flour
½ teaspoon salt
½ teaspoon black pepper
1 tablespoon olive oil
3-4 cloves garlic, peeled and roughly chopped
1 pound mushrooms, cut into slices
¼ cup balsamic vinegar
1 cup chicken broth/stock
¼ teaspoon thyme

Directions:

1. In large sauté pan, heat the oil on Medium-High (375°F).
2. Dredge chicken pieces in flour, mixed with salt and pepper, shaking off excess flour.
3. Add chicken to large sauté pan and cook for 3 minutes on each side or until brown.
4. Add garlic, turn chicken pieces over and scatter mushrooms over chicken.
5. Cook ingredients for about 3 minutes, shaking skillet to distribute mushrooms.
6. Add vinegar, broth, and thyme.
7. Cover large sauté pan and cook chicken on Medium-Low (175°F) for 10-12 minutes, turning chicken once as it cooks, until the center is fully cooked.
8. Remove chicken and place on platter; keep warm.
9. Cook mushrooms for additional 4-5 minutes on Medium-High (375°F) to thicken sauce.
10. Pour sauce over chicken and serve with rice.

Herb Chicken

Serves: 4

- 4 (6-ounce) boneless, skinless chicken breasts
- ¼ cup flour
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon fresh thyme
- 1 tablespoon fresh chopped rosemary
- 1 tablespoon fresh chopped oregano
- 2-3 cloves garlic, peeled and finely chopped
- ½ cup white wine
- ¾ cup chicken stock or broth
- ¼ cup fresh chopped Italian parsley or chervil

Directions:

1. Heat large sauté pan on Medium-High (375°F).
2. Dredge chicken in flour, which has been seasoned with salt and pepper; shake off the excess flour.
3. Add chicken to fry pan and brown on both sides for color; set aside.
4. Add herbs, garlic and wine to large sauté pan.
5. Bring cooking liquid to simmer on Medium-High (375°F).
6. When cooking liquid is brought back up to temperature, add chicken to fry pan.
7. Add chicken stock and bring back to simmer on Medium-Low (175°F).
8. Cover and cook chicken for about 10-12 minutes or until internal temperature reaches 170°F.
9. Before serving dish, sprinkle with fresh parsley or chervil.

Tip: If you don't have fresh thyme, rosemary or oregano, you can substitute with 1 teaspoon dried thyme, rosemary or oregano.

Teriyaki Chicken

Serves: 2-3

- ¾ cup low-sodium soy sauce
- ¼ cup honey
- 1 ¼ teaspoons peeled, grated fresh ginger
- 1 pound boneless, skinless chicken breasts or thighs
- Freshly ground black pepper to taste
- 4 teaspoons vegetable oil
- 2 medium scallions, thinly sliced

Directions:

1. Add soy sauce and honey to small saucepan and simmer on Medium (275°F) for about 5 minutes, stirring often.
2. Add ginger and stir to combine.
3. Remove pan from PIC and set aside.
4. Heat vegetable oil in large sauté pan on High (425°F) until simmering.
5. Season chicken with pepper and add to pan.
6. Fry chicken for about 3 minutes per side, until both sides are browned.
7. Reduce PIC to Medium (275°F).
8. Slowly pour reserved sauce into pan, flipping chicken occasionally to coat, and cook for about 3 minutes.
9. Transfer chicken to cutting board, letting excess sauce drip back into pan.
10. Continue to cook sauce on Medium (275°F) for about 3 minutes, until sauce thickens.
11. Slice chicken crosswise into ½-inch pieces.
12. Transfer chicken to serving dish and pour sauce onto chicken.
13. Garnish with scallions and serve.

Tip: If you're using chicken breasts, pound the chicken until they're ½ inch thick.

Parmesan Chicken

Serves: 4-6

4-6 boneless, skinless chicken breasts
1 cup all-purpose flour
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
2 extra-large eggs
1 tablespoon water
1¼ cups seasoned dry bread crumbs
½ cup freshly grated parmesan, plus
extra for garnish
1 tablespoon unsalted butter
1 tablespoon olive oil
Salad greens, washed and spun dry

Directions:

1. Using mallet or rolling pin, pound chicken breasts until they are ¼-inch thick and set aside.
2. Combine flour, salt, and pepper on dinner plate.
3. Beat eggs with water and transfer to second dinner plate.
4. Combine bread crumbs with parmesan on third plate.
5. Coat chicken breasts with flour mixture, then dredge in egg mixture, then coat in bread crumb mixture.
6. Heat butter and olive oil in large sauté pan on Medium-Low (175°F).
7. Add 2-3 chicken breasts and cook for 2-3 minutes per side.
8. Repeat step 7 with remaining chicken breasts, adding more butter and oil if necessary.
9. Top each chicken breast with parmesan cheese and serve with salad greens.

Tip: Toss the salad greens in ¼ cup freshly squeezed lemon juice, ½ cup olive oil, ½ teaspoon kosher salt and ¼ teaspoon black pepper.

Fried Chicken PIC Style

Serves: 1-2

1½ pounds bone-in chicken pieces
(breasts, thighs, and drumsticks)
¾ cup all-purpose flour
3 teaspoons poultry seasoning or paprika
3 teaspoons dried basil or marjoram
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon salt
1 teaspoon black or white pepper
7 cups canola or vegetable oil

Directions:

1. Combine flour and all spices in 4-quart plastic container. Shake to evenly mix ingredients.
2. Add canola or vegetable oil to medium stock pot.
3. Heat over Medium-High (375°F) for 12-15 minutes, until oil reaches 350°F.
4. Add chicken pieces to seasoned flour, shaking plastic container each time to coat.
5. Cook chicken 10-12 minutes per side.
6. Cook chicken until internal temperature reaches 165-170°F.

Tip: Be careful not to overcrowd pan. If necessary, cook in two or three batches.

- This recipe can be altered to fry 4 pounds of chicken. To do so, Platinum the dry seasoning and increase flour to 3 cups.
- Ideal oil temperature for chicken is 350°F and should be checked with a digital thermometer.

Chicken Burgers

Serves: 4-5

1 pound boneless, skinless chicken breasts or tenders
2 cups fresh bread crumbs, divided
½ cup low-fat milk
3 tablespoons grated sweet onion
¼ teaspoon cayenne pepper
¾ teaspoon kosher salt
Freshly ground black pepper
1 teaspoon olive oil

Directions:

1. Remove all excess fat and cartilage from chicken.
2. Cut chicken into 1-inch cubes and chop until coarsely ground and transfer to mixing bowl.
3. Using a rubber spatula, fold in milk, ½ cup bread crumbs, onion, cayenne, salt and pepper.
4. Place remaining bread crumbs on dinner plate or cookie sheet.
5. Divide chicken mixture into 4 or 5 even portions and shape into patties.
6. Coat each patty with bread crumbs and set aside.
7. Heat olive oil in large sauté pan on Medium-High (375°F).
8. Add patties to hot large sauté pan and cook for about 5 minutes per side, until golden brown.
9. Serve immediately.

Tip: You can use pulse the chicken using a blender to properly ground.

Chicken Fajitas

Serves: 6

4 tablespoons canola oil, divided
2 tablespoons lemon juice
1½ teaspoons seasoned salt
1½ teaspoons dried oregano
1½ teaspoons ground cumin
1 teaspoon garlic powder
½ teaspoon chili powder
½ teaspoon paprika
½ teaspoon crushed red pepper flakes (optional)
1½ pounds boneless skinless chicken breasts, cut into thin strips
½ medium red pepper, julienned
½ medium green pepper, julienned
4 green onions, thinly sliced
½ cup chopped onion
6 (8-inch) flour tortillas
Shredded cheddar cheese
Salsa
Guacamole
Sour cream

Directions:

1. Combine 2 tablespoons oil, lemon juice and spices in large, re-sealable plastic bag.
2. Add chicken to bag, ensuring all sides of chicken are coated in marinade, and seal.
3. Add oil to large sauté pan and sauté peppers and onions on Medium (275°F) until tender.
4. Remove vegetables and keep warm.
5. In same skillet, cook chicken on Medium (275°F) for 5-6 minutes.
6. Return vegetables to pan and continue cooking until heated through.
7. Add fajitas to tortillas and serve with cheese, salsa, guacamole and sour cream.

Chicken Fried Steak

Serves: 4

- 1½ cups, plus 2 tablespoons
all-purpose flour
- ½ teaspoon freshly ground black
pepper, divided
- 8 (4-ounce) tenderized beef round
steaks (have butcher run them
through cubing machine)
- 1 teaspoon house seasoning (¼ cup
black pepper mixed with 1 cup salt)
- 1 teaspoon seasoned salt
- ¾ cup vegetable oil, divided
- 1½ teaspoons salt
- 4 cups hot water
- 1 bunch green onions or 1 medium
yellow onion, sliced

Directions:

1. Combine 1½ cups flour and ¼
teaspoon pepper in a small bowl.
2. Sprinkle 1 side of the steaks with
house seasoning and the other side
with seasoned salt.
3. Dredge seasoned steaks through
flour mixture and set aside.
4. Heat ½ cup oil in large sauté pan on
Medium-High (375°F).
5. Add 2 steaks to pan and fry for 5-6
minutes per side until browned.
6. Transfer each cooked steak to paper
towel-lined plate to drain.
7. Add remaining oil to skillet and repeat
steps 5-6 with remaining steaks.
8. Cover steaks to keep warm and
set aside.
9. Add remaining flour to oil in skillet,
scraping bottom with a wooden spoon.
10. Stir in remaining black pepper and salt.
11. Reduce PIC to Medium (275°F)
and cook, stirring frequently, for
about 5-6 minutes until flour is
medium brown.
12. Slowly add water, stirring constantly.
13. Return steaks to skillet and bring to
boil on Medium-High (375°F).
14. Once boiling, reduce PIC to Low
(100°F) and place onions atop steaks.
15. Cover pan and let steaks simmer
for 30 minutes.

Chicken Breasts with Oregano Garlic Butter

Serves: 4

- 1 garlic clove, minced
- ¼ teaspoon salt
- 5 tablespoons unsalted butter, softened
- 1 tablespoon chopped fresh oregano
- ¼ teaspoon dried hot red pepper flakes
- 4 bone-in chicken breasts
- 1 tablespoon olive oil

Directions:

1. Mash garlic and salt into a paste
in a bowl using a large, heavy knife.
2. Mash together garlic paste, butter,
oregano, and red pepper flakes with
a fork until well blended; set aside.
3. Pat chicken dry.
4. Cut 2-inch pocket horizontally in side
of each chicken breast and fill each
pocket with 2 teaspoons oregano
garlic butter.
5. Season chicken with salt and pepper.
6. Heat oil in large sauté pan on
Medium (275°F) until hot, but not
smoking.
7. Add chicken to sauté pan, skin side
down, and cook for 8-10 minutes.
8. Flip chicken and cover sauté pan.
Cook for about 10 more minutes.
9. Spread remaining oregano garlic
butter onto chicken skin and serve.



Seafood

Tips for Seafood

- Always smell seafood prior to purchase to ensure freshness.
- When buying whole fish, make sure eyes are clear. Cloudy eyes typically signify older fish.
- Rinse seafood prior to cooking.
- Thaw in refrigerator on lowest shelf. If there is a spill, other foods won't be contaminated.
- Peeling shrimp? Use fresh lemon juice to remove lingering smell from hands.
- The perfect temperature for melting butter is 100°F (Low).

Cooked Seafood Guidelines

Whole Fish

Flesh should be opaque and ready to flake.

Shrimp


Flesh is opaque and shell turns from red to pink.

Scallops

Flesh turns opaque

Lobster Tails

Flesh turns opaque and outside shell turns red.



Seafood Paella

Serves: 6-8

- 2 teaspoons butter
- 1 cup onion, diced
- Salt and black pepper to taste
- 1 cup long-grain rice
- 1 small green pepper, seeded and finely chopped
- 1 small red pepper, seeded and finely chopped
- 1 tablespoon garlic, minced
- ½ teaspoon saffron threads, crumbled
- 2 ½ cups fish stock or base
- 1 (6 – 8-ounce) lobster tail, removed from shell and chopped into large pieces
- ½ pound king crab legs, shelled, chopped into large pieces
- 12 ounces Tilapia fillets, cut into large pieces
- 4 ounces sea scallops, raw
- 4 ounces large shrimp, raw, peeled and deveined
- 4 ounces mussels, pre-cooked
- 4 ounces clams, pre-cooked
- 4 ounces squid, pre-cooked and pre-chopped
- 4 ounces octopus, pre-cooked and pre-chopped

Directions:

1. In medium stock pot, melt butter on Medium (275°F) for about 30 seconds.
2. Sauté onion in butter on Medium (275°F) for 2 minutes or until onion has softened.
3. Season with salt and pepper to taste.
4. Add rice and cook by stirring occasionally for 30 seconds.
5. Add bell peppers, garlic, saffron and 2 cups broth.
6. Bring mixture to boil on Medium-High (375°F) covered.
7. Once boiling, lower heat to Medium (275°F) and let simmer for 10-15 minutes.
8. Add seafood mix.
9. Cook for 15-20 more minutes uncovered, or until most liquid has been absorbed and rice is tender.

Tip: Do not brown rice.

Tip: You can use any type of bell pepper.

Ginger Shrimp

Serves: 4

- 1½ pounds shrimp, peeled and deveined
- 1 tablespoon olive oil, divided
- 2 tablespoons grated fresh ginger
- 1 cup chopped green onions
- 1½ cups chicken stock
- 2 tablespoons cold water
- 1 tablespoon cornstarch

Directions

1. Heat 1½ teaspoons oil in large sauté pan on High (375°F).
2. Sauté shrimp on High (375°F) for 4 minutes or until they turn pink.
3. Remove shrimp and set aside.
4. Heat remaining oil on Medium-Low (175°F).
5. Add ginger and onions, and sauté until the onions are tender.
6. Add chicken stock and bring to a boil on Max/Sear.
7. Mix together cold water and cornstarch and stir mixture into sauté pan.
8. Return shrimp to skillet and bring everything to temperature on Medium-High (375°F).
9. Serve over rice.

Steamed Mussels in Tomato & Wine

Serves: 4

2 pounds mussels
2 cups white wine
1 (14½-ounce) can Italian-style chopped tomatoes
½ stick butter, cut into quarters
4 cloves garlic, roughly chopped
¼ cup fresh basil leaves, loosely packed and roughly chopped
2 shallots, roughly chopped

Directions:

1. Rinse and scrub mussels in cold water.
2. Fill large stock pot 1-inch deep with water and add mussels.
3. Bring covered pot to boil on High (425°F) for 5-7 minutes, or until shells open.
4. Drain half cooking liquid and reserve remaining liquid in pot with mussels.
5. Discard any mussels that did not open.
6. Add remaining ingredients and cook on Medium-Low (175°F) for 15 minutes.
7. Serve mussels in large bowl with hot crusty bread and salad.

Tip: It is not necessary to remove the entire beard of the mussel, as they add flavor to the cooking stock.

Tip: You can sporadically shake the pot back and forth to help the mussels cook.

Jumbo Louisiana Shrimp with Andouille & Grits

Serves: 6

30 jumbo raw shrimp, peeled and deveined
2 tablespoons extra virgin olive oil
1 tablespoon Creole spice
½ teaspoon salt
6 tablespoons Andouille sausage, small diced
1 tablespoon shallot, minced
1 tablespoon garlic, minced
2 tablespoons paquillo peppers, small diced
1 tablespoon chopped thyme
4 cups shrimp stock or vegetable stock
2 tablespoons butter
1 teaspoon fresh lemon juice
2 cups tomatoes, diced
1 cup uncooked grits

Directions:

1. Cook grits according to package directions.
2. Add olive oil to large sauté pan and heat on Medium (275°F).
3. Season shrimp with Creole spice and salt.
4. Sauté shrimp in pan until they turn pink.
5. Remove shrimp and set aside.
6. Add Andouille, shallot, garlic, paquillo peppers and thyme to pan.
7. Sauté for 2 minutes, or until shallots become soft.
8. Add stock to pan and bring to simmer.
9. Add butter, shrimp, lemon juice and tomatoes and cook for additional 2-4 minutes.
10. Serve over grits.

Pan-Seared Tuna with Avocado

Serves: 1

2 big handfuls fresh cilantro leaves, finely chopped
½ jalapeño, sliced
1 teaspoon grated fresh ginger
1 garlic clove, grated
2 limes, juiced
2 tablespoons soy sauce
Pinch sugar
Sea salt and freshly ground black pepper to taste
¼ cup extra-virgin olive oil, divided
1 (6-ounce) block sushi-quality tuna
1 ripe avocado, halved, peeled, pitted and sliced

Directions:

1. Combine cilantro, jalapeño, ginger, garlic, lime juice, soy sauce, sugar, salt, pepper and 2 tablespoons olive oil in mixing bowl; set aside.
2. Heat remaining oil in medium sauté pan on Medium-High (375°F).
3. Season tuna generously with salt and pepper and transfer to hot pan.
4. Add half of the prepared sauce and cook tuna for 1 minute per side.
5. Serve seared tuna with sliced avocado and remaining sauce. (375°F) covered.

Pan-Seared Red Snapper

Serves: 1

1 orange, peeled and cut into segments
1 pink grapefruit, peeled and cut into segments
1 celery stalk, peeled and thinly sliced
1 tablespoon fresh mint, finely sliced
2 teaspoons chives, chopped
Coarse salt and ground white pepper to taste
2 teaspoons canola oil
2 (¾-pound) red snapper filets with skin

Directions:

1. Remove fish from refrigerator 15 minutes before cooking.
2. Pat each filet dry on both sides with paper towel and score skin with sharp knife. Do not pierce the flesh.
3. Cut orange and grapefruit segments into thirds.
4. Add fruit and celery to bowl and toss with mint and herbs; set aside.
5. Heat large sauté pan on High (375°F).
6. Season flesh side of fish with salt and pepper.
7. Drizzle oil onto fish and transfer to pan, skin side down and cook for 2 minutes.
8. Season skin with salt and pepper and flip fish over.
9. Cook for additional 2 minutes and transfer fish to plates.
10. Top each filet with prepared citrus relish and garnish with fresh mint.

Orange Roughy with Citrus Sauce

Serves: 1

4 orange roughy filets
½ cup milk
¼ teaspoon salt
⅓ cup all-purpose flour
1½ tablespoons olive oil
1 tablespoon minced garlic
3 tablespoons fresh lime juice
2 tablespoons lemon juice
1 tablespoon orange juice
1 tablespoon chopped parsley
2 tablespoons thinly sliced green onion
1 tablespoon butter

Directions:

1. Pour milk into bowl and soak fish in milk for 10 minutes.
2. Remove fish from milk and sprinkle with salt.
3. Dredge fish in flour and set aside.
4. Heat 2 tablespoons oil in large sauté pan on Medium-High (375°F).
5. Once hot, add fish to pan and cook for about 3 minutes, until golden.
6. Flip fish and cook for 3-4 more minutes, until cooked through.
7. Remove fish from pan and transfer to serving platter.
8. Wipe fry pan clean and reduce PIC to Low (100°F).
9. Add remaining oil and garlic to pan and cook for 30 seconds.
10. Add lime juice, lemon juice, orange juice, parsley and green onions to pan.
11. Add butter and mix until creamy.
12. Pour sauce over fish and serve.

Fish Tacos

Serves: 6-8

1 pound white flaky fish, such as haddock or cod
¼ cup canola oil
1 lime, juiced
1 tablespoons ancho chili powder
1 jalapeño, coarsely chopped
¼ cup chopped fresh cilantro leaves
8 flour tortillas

Directions:

1. Place fish in medium dish.
2. Whisk together oil, lime juice, chili powder, jalapeño and cilantro and pour over fish.
3. Let fish marinate for 15-20 minutes.
4. While fish marinates, heat medium sauté pan on Medium-High (375°F).
5. Remove fish from marinade and place on hot grill, flesh side down.
6. Grill fish for 4 minutes, then flip and grill for additional 30 seconds.
7. Remove fish from grill and let rest for 5 minutes.
8. While fish rests, place tortillas on pan and grill for 20 seconds.
9. Divide fish among tortillas and garnish with your favorite toppings.

Tip: Top your tacos with tomato salsa, shredded cabbage, hot sauce, sour cream, and/or chopped cilantro.

Battered Fried Shrimp

Serves: 4-6

2 pounds uncooked shrimp, peeled and deveined, tails left on
1 cup all-purpose flour
½ teaspoon sugar
½ teaspoon salt
1 cup ice water
1 egg
1 large bottle vegetable oil, portioned into 6 cups and 2 tablespoons

Directions:

1. Heat oil in a large stock pot on Medium (350°F).
2. In large bowl, mix flour, sugar and salt.
3. Add ice water, egg and 2 tablespoons oil to flour mixture to make batter.
4. Dry shrimp thoroughly.
5. Holding shrimp by tails with tongs, dip them into batter one at a time.
6. Carefully place shrimp in pot and fry for about 2 minutes or until golden brown.
7. Transfer to paper towel to drain, keeping shrimp in a warm location.
8. Continue to cook remaining shrimp.
9. Serve immediately.

Tip: Test you oil by using a toothpick. Drop the toothpick in the oil; if it fries, then the oil is hot enough.

Fried Catfish

Serves: 4

8 (4-ounce) catfish filets
½ cup buttermilk
1/3 cup all-purpose flour
1/3 cup cornmeal
1 teaspoon black pepper
1 teaspoon salt
3 cups canola oil or olive oil

Directions:

1. Place catfish in medium, shallow bowl.
2. Pour buttermilk over fish and let sit for 15-20 minutes.
3. Meanwhile, in another medium bowl, add all dry ingredients and stir together.
4. Dip fish into cornmeal mixture to coat completely; place in single layer on plate, ensuring that they do not overlap.
5. Heat oil in medium stock pot on 350°F.
6. Place catfish in oil, being careful not to overcrowd, and cook for 5-6 minutes or until catfish turns golden brown.
7. Transfer to paper towel to drain and continue to cook remaining catfish.

Tip: If you don't have buttermilk, mix together regular milk and 1 tablespoon vinegar.
• Fry only 2-3 pieces at a time, so as to not overcrowd the pot.



Pan-Seared Halibut

Serves: 4

2 tablespoons grapeseed oil
4 (6-ounce) halibut filets
1 tablespoon salt
1 tablespoon cracked black pepper
2 sprigs fresh thyme
Juice from 1 lemon, divided
1 tablespoon olive oil
1½ cups halved heirloom tomatoes
1 teaspoon chopped garlic
2 tablespoons chopped parsley

5. Transfer fish to serving platter to rest.
6. Add olive oil to same pan used to cook fish and stir in tomatoes, garlic and remaining lemon juice.
7. Cook sauce for 2 minutes.
8. Stir in parsley and pour sauce onto fish.

Tip: This procedure will work great with any type of white fish.

Directions:

1. Heat grapeseed oil in large sauté pan on Medium-High (375°F).
2. Season fish with salt and pepper and place in hot pan.
3. Cook fish for 3-4 minutes per side.
4. Combine thyme with ½ lemon juice in small bowl and baste fish with sauce.



Tips for Pasta, Grains & Rice

- Under dry conditions, rice can be stored for up to 1 year at room temperature.
- Rinsing rice gives it a lighter consistency
- If you forget to presoak beans, place them in 3 cups water for every 1 cup of beans, then bring to a boil on Max/ Sear for 2 minutes. Remove from heat, cover and soak beans for 1 hour.
- Fresh pasta cooks more quickly than dry pasta.
- Some pasta, such as lasagna, manicotti and cannelloni, can be used without being precooked. These are called no-bake pasta.
- Not sure which type of pasta will complement the dish? As a rule of thumb, small pastas, such as orzo, are ideal for clear or hearty soups. Curved, twisted or tube-shaped pastas, such as penne, are perfect for tomato sauces. Ridged pastas, such as rigatoni, are best used with meat sauces. Smooth pastas, such as fettuccine, complement cream sauces.

A close-up photograph of a blue ceramic plate filled with a creamy pasta dish, likely fettuccine or tagliatelle. The pasta is coated in a light-colored sauce and topped with shaved pieces of hard cheese, possibly Parmesan, and fresh green herbs. A wooden-handled knife is placed diagonally across the plate. The background is a rustic wooden surface with some fresh herbs and a lemon half visible.

**Pasta, Grains
& Rice**

How to Cook Pasta

Fill large saucepan or stock pot, with 3 quarts of water for every 4-8 ounces of pasta. Bring to a boil on "Sear." You may add 1 teaspoon salt and 1 tablespoon olive or cooking oil to prevent pasta from sticking (optional). Add pasta a little at a time so water continues boiling.

Reduce heat to Medium-High (375°F) and continue boiling uncovered, stirring occasionally according to the specifications below, or until pasta is al dente (firm).

Drain in colander. When cooking dry pasta, check package directions because they tend to vary by brand. When preparing pasta salad, cool noodles with cold water then add a small amount of oil to prevent from sticking.

To store noodles, spread on wire cooling rack; let noodles dry overnight or until completely dry. Place in an airtight container and refrigerate for up to 3 days or freeze up to 2 months. The time needed to dry pasta will vary, depending on size and shape of pasta.

Cooking Times for Homemade Pasta	
• Bow Tie	2 - 3 minutes
• Fettuccine	1½ - 2 minutes
• Lasagna	2 - 3 minutes
• Linguine	1½ - 2 minutes
• Spaghetti	1½ - 2 minutes
• Ravioli	6 - 8 minutes
• Tortellini	8 - 10 minutes

Basic Pasta Dough

Yield: 1 pound

2 cup all-purpose flour, divided
½ teaspoon salt
2 egg yolks, beaten
1 egg, beaten
1/3 cup water
1 teaspoon olive oil

Directions:

1. In large bowl, stir together 1¾ cups of flour and salt.
2. Make well in center of flour mixture.
3. In separate bowl, beat egg yolks, egg, water and oil.
4. Pour egg mixture into bowl with flour, stirring to incorporate.
5. On clean surface, sprinkle remaining flour and remove dough from bowl.
6. Knead dough for 8-10 minutes, until smooth and elastic.
7. Cover and let dough rest for 30 minutes.
8. Flour working surface and divide dough into 4 equal portions.
9. Roll each portion into round shape and cut into your favorite pasta shape.
10. Let stand uncovered for 20 minutes.
11. Boil water on Max/Sear and cook according to guide, "How to Cook Pasta".

Tip: 1 pound of uncooked pasta serves 6-8 people.

Roasted Red Pepper Sauce over Tortellini

Serves: 6

- 2 (9-ounce) packages cheese or meat tortellini
- 4 red peppers, roasted
- 2 tablespoons butter
- 1 cup onion, small diced
- 4 cloves garlic, minced
- 1 tablespoon fresh thyme
- 1 tablespoon fresh oregano
- 2 teaspoons sugar

Directions:

1. In medium stock pot, cook tortellini according to package directions.
2. Meanwhile, using food processor, process red peppers until smooth; set aside.
3. In medium saucepan, heat butter until melted.
4. Sauté onion and garlic until fragrant and tender.
5. Add pureed pepper, thyme, oregano, and sugar.
6. Cook and stir until heated through.
7. Pour sauce over tortellini; toss and coat.

Tip: If you don't have freshly roasted red peppers, substitute with 2 jars of roasted red peppers.

- If you don't have fresh thyme, substitute with 1 teaspoon dried. If you don't have fresh oregano, substitute with ½ teaspoon dried.

Mushroom Stroganoff

Serves: 4

- 8 ounces wide egg noodles
- 2 tablespoons butter
- 2 medium onions, cut into ¼-inch slices
- 4½ cups mushrooms, sliced
- 1 clove garlic, minced
- 2 tablespoons all-purpose flour
- 1 vegetable bouillon cube, crumbled
- ¾ cup water
- 1 (8-ounce) carton sour cream
- Salt & pepper to taste
- 1 tablespoon fresh chives (optional)

Directions:

1. In large stock pot, heat water for pasta.
2. Meanwhile, in large sauté pan, melt butter on Medium-High (375°F).
3. Sauté onion for 3-4 minutes until tender, stirring occasionally.
4. Stir in mushrooms and garlic.
5. Cook for 5 minutes, or until vegetables are tender, stirring occasionally.
6. Add flour to mushrooms; continue to cook to remove raw taste.
7. Deglaze with bouillon and water
8. Bring to simmer and lower temperature to Medium-Low (175°F); cook for 10 minutes.
9. Cook egg noodles according to package directions.
10. Add sour cream and season with salt and pepper.
11. Continue cooking for 2-3 minutes to incorporate flavors.
12. Pour sauce over pasta and sprinkle with chives.

Fettuccine Alfredo

Serves: 4

12 ounces dried fettuccine
¾ cup heavy whipping cream
½ cup butter
¾ cup grated Parmesan cheese
Salt & pepper to taste
Pinch nutmeg

Directions:

1. Cook fettuccine according to package directions.
2. Meanwhile, in separate saucepan, bring butter and cream to simmer on Medium (275°F) for 3 minutes, stirring sporadically.
3. Drain and return fettuccine to saucepan.
4. Remove sauce from heat.
5. Add warm sauce, cheese, salt, pepper and nutmeg to fettuccine; coat well.
6. Serve immediately.



Beans with Pesto Bulgur

Serves: 6

¾ cup dry cranberry beans, lima beans or pinto beans
2 tablespoons olive oil
6 cups water, divided
1 cup vegetable stock
¾ cup bulgur wheat
¾ cup red pepper, chopped
¼ cup green onion, thinly sliced
1/3 cup refrigerated pesto sauce

Directions:

1. Pour beans onto clean counter to sort. Remove any stones, debris and old beans.
2. Rinse beans.
3. Soak beans in 3 cups water and let soak for 6-8 hours or overnight.
4. In large stock pot, combine soaked beans, oil and 3 cups water.
5. Bring to boil on Max/Sear.
6. Reduce heat to Medium- Low (175°F) and let simmer.
7. Drain and rinse beans; set aside and keep warm.
8. In same large stock pot, bring stock to boil on Max/Sear.
9. Incorporate bulgur wheat into cooking liquid by stirring.
10. Cover and cook on Medium-low (175°F) for 15 minutes.
11. Add red pepper, green onions and pesto and cook for 5 minutes.
12. Pour out any excess water.
13. Add beans and bring back to temperature on Medium (275°F) until majority of water has been absorbed and heated through.

Tip: Cook beans for 1-1½ hours.

- If you are short on time, use 1 (15-ounce) can pinto beans, rinsed and drained instead of dry beans.

Fresh Tomato, Sausage and Pecorino Pasta

Serves: 3-4

8 ounces uncooked penne pasta
8 ounces sweet Italian sausage, casings removed
2 teaspoons olive oil
1 cup sliced onion
2 teaspoons minced garlic
1 ¼ pounds tomatoes, chopped
6 tablespoons grated Pecorino Romano cheese, divided
¼ teaspoon salt
⅛ teaspoon black pepper
¼ cup fresh basil

Directions:

1. Prepare pasta according to package directions, drain and set aside.
2. Heat large sauté pan on Medium-High (375°F).
3. Add sausage and olive oil to pan and cook for 4 minutes, stirring to crumble sausage.
4. Add garlic to pan and cook for 2 minutes.
5. Stir in tomatoes and cook for 2 minutes.
6. Remove pan from PIC.
7. Stir in prepared pasta, 2 tablespoons cheese, salt and pepper.
8. Top pasta with remaining cheese and garnish with basil.

Bucatini with Mushrooms

Serves: 4

½ cup dried porcini mushrooms
⅔ cup boiling water
8 ounces uncooked bucatini pasta, rinsed
3¼ teaspoons salt, divided
1 tablespoon canola oil
¼ cup finley chopped shallots
2 (4-ounce) packages exotic mushroom blend, coarsely chopped
2 garlic cloves, minced
2 tablespoons dry sherry
2 ounces parmesan cheese, divided
¼ cup heavy whipping cream
1 teaspoon finely chopped fresh sage
½ teaspoon cracked black pepper
1 teaspoon truffle oil

Directions:

1. Combine porcini mushrooms and boiling water in medium bowl. Cover and let stand for 30 minutes.
2. Drain mushrooms using a strainer, reserving ¼ cup of liquied.
3. Chop mushrooms and set aside.
4. Bring medium stock pot of water to boil on Max/Sear and add pasta, along with 1 tablespoon salt, and cook for 10 minutes.
5. Drain pasta and reserve ¼ cup cooking liquid.
6. Add oil to large sauté pan and heat on Medium-High (375°F).
7. Add shallots, muchroom blend and garlic and ssauté for 5 minutes.
8. Add porcini mushrooms, sherry and ¼ teaspoon salt and cook for 1 minute, until liquid evaporates.
9. Stir in pasta, reserved porcini liquid, reserved cooking liquid, ¼ cup grated cheese, cream, sage and pepper.
10. Drizzle pasta with oil and toss.
11. Portion pasta evenly on each plate and top with remaining parmesan and garnish with sage sprigs.

Mediterranean Orzo Salad with Feta Vinaigrette

Serves: 4

- 1 cup uncooked orzo
- 2 cups baby spinach, chopped
- ½ cup sun-dried tomatoes, drained and chopped
- 3 tablespoons chopped red onion
- 3 tablespoons chopped, pitted Kalamata olives
- ¼ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 (6-ounce) jar marinated artichoke hearts
- ¾ cup feta cheese, crumbled and divided

Directions:

1. Bring water to boil on Max/Sear in a medium sauté pan and cook orzo according to package directions.
2. Drain orzo and rinse with cold water.
3. Combine orzo, spinach, sun-dried tomatoes, red onion, olives, salt and pepper in large bowl and set aside.
4. Drain and coarsely chop artichokes, reserving liquid from can.
5. Add artichokes, artichoke liquid and ½ cup feta cheese to orzo mixture, tossing gently.
6. Serve orzo and garnish with remaining feta cheese.

Sausage and Rice

Serves: 4-6

- 1 (16-ounce) package smoked sausage
- 1 medium green bell pepper, chopped
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 cup chicken broth
- 2 (3½-ounce) bags quick-cooking brown rice
- ½ teaspoon salt
- ¼ teaspoon pepper
- Chopped parsley for garnish

Direction:

1. Cut sausage into ½-inch slices.
2. Sauté sausage in large sauté pan on Medium-High (375°F) for 8-10 minutes, until lightly browned.
3. Remove sausage and drain on paper towels, reserving 1 tablespoon drippings in pan. Set sausage aside.
4. Add bell pepper, onion and garlic to pan and sauté on Medium-High (375°F) for 4 minutes, until tender.
5. Add chicken broth to pan and bring to boil on Max/Sear.
6. Add rice, sausage, salt and pepper to pan and reduce PIC to Medium-Low (175°F).
7. Cover pan and cook for 5 minutes, until rice is tender.
8. Garnish with parsley and serve.

Quinoa Tabbouleh

Serves: 4

- 2 cups water
- 1 cup quinoa
- 1 pinch salt
- ¼ cup olive oil
- ½ teaspoon sea salt
- ¼ cup lemon juice
- 3 tomatoes, diced
- 1 cucumber, diced
- 2 bunches green onions, diced
- 2 carrots, grated
- 1 cup fresh parsley, chopped

Directions:

1. Bring water to boil in a medium sauce pot on Max/Sear.
2. Add quinoa and pinch of salt to water.
3. Reduce temperature to Low (100°F), cover pan and simmer for 15 minutes.
4. Remove pan from PIC and allow quinoa to come to room temperature.
5. While quinoa cools, combine remaining ingredients in large bowl and mix well.
6. Stir in cooled quinoa.

Mexican Green Quinoa

Serves: 4

- 1 cup quinoa
- 2 cups baby spinach
- ½ cup loosely packed fresh cilantro leaves
- Juice of 1 lime
- ½ small jalapeño, seeded
- 1 tablespoon extra-virgin olive oil
- 1 clove garlic
- ¾ teaspoon kosher salt
- 2 tablespoons parmesan or Cotija cheese, divided

Directions:

1. Fill medium saucepan ¾ full with water and bring to boil on Max/Sear.
2. Place quinoa in fine mesh strainer and rinse.
3. Add quinoa to boiling water and lower temperature to Medium (275°F) and simmer for about 12 minutes.

4. Strain quinoa and rinse under cold water.
5. Drain quinoa and set aside to dry.
6. Combine spinach, cilantro, lime juice, jalapeño, oil and garlic in food processor and pulse until finely chopped.
7. Combine quinoa, spinach mixture and salt in medium sauce pot and cook on Medium-Low (175°F) for about 3 minutes, stirring frequently.
8. Stir in 1 tablespoon cheese.
9. Transfer quinoa to serving dish and top with remaining cheese.

Mediterranean Bulgur Wheat

Serves: 2

- 1 cup bulgur wheat
- 2½ cups boiling water
- Olive oil to taste
- Chopped, dried apricots
- Olives
- Salt and pepper to taste

Directions:

1. Toast 1 cup bulgur in medium dry sauté pan on Medium (275°F) for about 5 minutes, until fragrant.
2. Transfer bulgur to heat-safe bowl.
3. Pour boiling water over bulgur wheat and cover bowl tightly with plastic wrap.
4. Let bulgur wheat stand for 15 minutes, then uncover and toss with olive oil, apricots, olives, salt and pepper.

Barley with Bacon, Peas and Dill

Serves: 4

¾ cup whole hulled barley, rinsed
3½ cups water
1¼ teaspoon kosher salt, divided
4 slices bacon, sliced into ½-inch strips
1 tablespoon unsalted butter
1 large yellow onion, quartered
and thinly sliced
1½ cups frozen peas, thawed
1 tablespoon finely chopped fresh dill
2 teaspoons fresh lemon juice
½ teaspoon freshly ground
black pepper

Directions:

1. Bring barley, water and ½ teaspoon salt to a boil in medium saucepan on High (425°F).
2. Once boiling, reduce heat to Medium-Low (175°F), cover and simmer for about 50 minutes, until barley is chewy but tender.
3. Add bacon in a single layer to large non-stick sauté pan on Medium (275°F) and cook for about 6 minutes, stirring occasionally, until golden brown and crisp.
4. Remove the skillet from the PIC and transfer the bacon with a slotted spoon to paper towels to drain; reserve the bacon drippings in the skillet.
5. Heat skillet on Medium (275°F) and melt butter in bacon drippings.
6. Add onion and ¼ teaspoon salt to pan and cook for about 25 minutes, stirring occasionally.
7. Add peas to skillet and stir for about 1 minute, until heated through.
8. Drain cooked barley and stir into pea mixture.
9. Stir in dill, lemon juice, ½ teaspoon each of salt and pepper.
10. Transfer to serving bowl and top with bacon.

Vegetable Fried Rice

Serves: 4

1 teaspoon toasted sesame oil
or cooking oil
1 egg, beaten
1 tablespoon vegetable oil
½ pound fresh asparagus spears,
cut into 1-inch pieces
¼ cup fresh mushrooms, sliced
¼ cup celery, cut on bias
2 tablespoons green onion, thinly
sliced
2 cloves garlic, minced
3 tablespoons reduced-sodium
soy sauce
2 tablespoons white wine or water
2 cups precooked brown rice, chilled
Dash red pepper

Directions:

1. In large sauté pan or wok, heat 1 teaspoon sesame oil on Medium (275°F).
2. Add egg and cook for 1 minute or until egg is set.
3. Remove and transfer egg to bowl; keep warm.
4. In same wok, heat vegetable oil on High (425°F).
5. Stir-fry asparagus, mushrooms, celery and garlic for about 3 minutes, stirring constantly.
6. Stir in soy sauce, wine and red pepper.
7. Add cooked rice and cook for about 2 minutes, stirring constantly.
8. Stir in eggs.
9. Portion fried rice evenly into each bowl.

Rice Pilaf

Serves: 4

- 1 tablespoon olive oil
- ½ cup onion, finely chopped
- ½ cup fresh mushrooms, thinly sliced
- ¼ cup celery, finely diced
- 1 garlic clove, minced
- ¾ cup long grain rice, un-cooked and parboiled
- 1 ½ teaspoons instant chicken or vegetable bouillon
- ¼ teaspoon black pepper
- 1½ cups water

Directions:

1. In a medium saucepan, heat olive oil on High (425°F) for 45 seconds or until warm.
2. Sauté onion, mushrooms, celery and garlic for 2-3 minutes.
3. Carefully stir in rice, bouillon, pepper and water.
4. Bring rice to boil and reduce heat to Medium (275°F).
5. Cover and simmer for 12-14 minutes or until rice is tender and liquid is absorbed.
6. Portion pilaf evenly into each bowl.

Tip: Use the Stainless Steel Steamer Basket to steam your favorite vegetables while preparing rice, saving you time!

Spanish Rice

Serves: 6-8

- ¾ cup long-grain rice, uncooked
- 1 tablespoon olive oil
- ½ cup onion, finely chopped
- ½ cup green pepper, chopped
- 1 clove garlic, minced
- 1 teaspoon chili powder
- 1 (28-ounce) can diced tomatoes, un-drained
- 1 (4 ounce) can diced green chili peppers, drained
- 1 cup water
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon bottled hot pepper sauce (optional)
- ½ cup shredded Cheddar cheese (optional)

Directions:

1. In large sauté pan with lid, heat oil on Medium-High (375°F).
2. Sauté onion, green pepper and garlic for 2-3 minutes.
3. Add chili powder and cook for 1 minute.
4. Stir in tomatoes, rice, chili peppers, water, salt, black pepper and hot sauce.
5. Bring to boil.
6. Reduce heat to Medium-Low (175°F) and let simmer, covered, for 20 minutes or until the rice is tender and most liquid has been absorbed.

Popcorn Rice with Pecans

Serves: 6

1 tablespoon unsalted butter
1 teaspoon garlic, minced
1 cup popcorn rice
2½ cups water
½ teaspoon salt
1 cup pecans, chopped

Directions:

1. In medium saucepan, melt butter on Medium-Low (175°F).
2. Add garlic and cook for 1 minute, stirring occasionally.
3. Add rice and cook for 1 minute, stirring constantly.
- 4.⁸ Add water and salt; bring to boil on High (425°F).
5. Reduce heat to Medium-Low (175°F) and cook, covered, for 18 minutes until tender.
6. Let stand for 5 minutes and stir in pecans.
7. Portion rice evenly into each bowl.

Tip: You can buy popcorn rice at specialty stores. If you can't find popcorn rice, you can use basmati as a substitute.

Basic Fresh Herb Risotto

Serves: 4

1 tablespoon extra-virgin olive oil
1 medium onion, chopped (½ cup)
1½ cups Arborio rice
Freshly ground black pepper
½ cup water
4 cups chicken broth, kept warm in a saucepan
1 tablespoon butter, softened
1 cup finely shredded parmesan cheese
½ cup fresh parsley, basil, dill or mint, chopped

Directions:

1. Heat oil in medium stock pot on Medium (275°F).
2. Once hot, add onions for about 3 minutes, stirring occasionally.
3. Add rice and cook for 2 minutes while stirring.
4. Add black pepper and water to pot and continue to cook, while stirring, until liquid has almost completely boiled away.
5. Ladle ½ cup of broth into pot and continue to cook, stirring frequently, until just about evaporated.
6. Repeat step 5 with remaining broth. This should take about 20 minutes.
7. Stir in butter, cheese and herbs.
8. Serve immediately.

Tip: If the broth isn't evaporating, turn the PIC up to Medium-High (375°F).

Risotto with Peas and Parmesan

Serves: 4

1 tablespoon olive oil
1 tablespoon olive oil
1 small onion, finely chopped
2 cloves garlic, finely chopped
1 cup uncooked Arborio rice
2 cups chicken broth or stock
1 cup low fat evaporated milk
½ cup frozen peas, thawed
¼-½ teaspoon lemon zest (optional)
Salt and ground black pepper to taste
¼ cup finely shredded
parmesan cheese

Directions:

1. Heat oil in medium sauce pot on Medium-High (375°F).
2. Add onion and cook for about 3 minutes, stirring occasionally.
3. Stir in garlic and cook until aromatic.
4. Add rice and cook for 1 minute, stirring frequently.
5. Add broth and evaporated milk and reduce temperature to Medium (275°F).
6. Cook rice for 20-25 minutes, stirring frequently.
7. Remove pan from PIC and stir in peas and lemon zest.
8. Season with salt and pepper and top with parmesan.

Saffron Rice

Serves: 4

1 cup basmati rice
2 cups chicken stock
1 tablespoon butter (optional)
1 tablespoon dried onion flakes
½ teaspoon salt
1 pinch saffron, crumbled

Directions:

1. Rinse rice well and drain.
2. Add all ingredients to medium saucepan and bring to boil on Max/Sear.
3. Once boiling, reduce temperature to Medium (275°F) and simmer for 15-20 minutes.
4. In a medium sauce pot, add the rinsed rice and remaining ingredients.
5. Bring to a boil on Max/sear and reduce heat to simmer on (275°F) heat.
6. Simmer for 15 to 20 minutes or until stock is absorbed and rice is tender.
7. Fluff with fork and serve.

Tip: You can substitute long grain rice for basmati rice and minced onion for onion flakes.

Adjust the temperature as needed to ensure stock comes to simmer.

Coconut Rice

Serves: 4

- 3 tablespoons clarified butter or coconut oil
- 1 cup finely chopped onion
- 1 clove garlic, minced
- 1¼ teaspoons kosher salt
- ⅛ teaspoon cayenne
- 2 cups basmati long grain rice
- ½ cup grated, unsweetened coconut
- 2 cups unsweetened coconut water
- 1¾ cups water
- 3 cardamom pods
- 5 whole cloves
- 1 stick cinnamon

Directions:

1. Melt clarified butter or coconut oil in medium sauté pan on Medium-Low (175°F).
2. Add onion to pan and cook for 8-10 minutes, until golden.
3. Add garlic, cayenne and salt and cook for 1 minute.
4. Stir in rice and cook for 3 minutes, stirring occasionally.
5. Add grated coconut to rice and stir in coconut water and water.
6. Stir in cardamom pods, cloves and cinnamon and increase temperature to Medium (275°F) and bring to simmer.
7. Cover pan and lower temperature to Low (100°F) and simmer for 15 minutes.
8. Remove pan from PIC and let rice steam in residual heat, still covered, for 10 more minutes.
9. Uncover pan and remove cardamom pods, cloves and cinnamon stick from pan.
10. Fluff rice with fork and serve.


Wheat Berry Salad

Serves: 4

- 1½ cups hard wheat berries
- ¾ cup chopped walnuts
- 2 stalks celery, finely chopped
- ½ cup tart dried cherries, chopped
- 1 scallion, chopped
- ½ cup finely chopped parsley leaves
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- Salt and freshly ground black pepper to taste

Directions:

1. Add wheat berries to a medium sauce pot with enough water to cover wheat berries by 2 inches.
2. Bring water to boil on Max/Sear and cook wheat berries for 1 hour.
3. Drain wheat berries and let cool.
4. Add walnuts to dry medium sauté pan and toast on Medium-High (375°F) for 2-3 minutes.
5. In large bowl, combine wheat berries, walnuts, celery, dried cherries, scallions, parsley, olive oil and lemon juice.
6. Season salad with salt and pepper and toss to combine.



Tips for Stocks, Soups & Sauces

- When preparing stocks, make Platinum batches and freeze for later use.
- Freeze small amounts of prepared stock in ice cube trays for quick and easy seasonings.
- Over salted stocks, soups or sauces? Add 1 teaspoon sugar for every 2 liters of liquid. You may also peel a white potato and cut into chunks before adding to liquid. Allow potato to cook for 10 minutes.
- Stocks should be brought to a boil only once.
- Cloudy chicken stock? Add a froth of three egg whites to hot soup and let it form a raft. Skim raft for clear soup.
- To remove fat, place soup or stock in refrigerator. Fat will rise to the top for easy extraction.
- Save vegetable scraps such as carrot peels, celery stalks and onions as ingredients for soup and stew stock. Freeze until needed.

Stocks, Soups & Sauces

Vegetable Stock

Yield: 7 cups

- 4 medium yellow onions, unpeeled
- 4 medium carrots
- 3 medium potatoes
- 2 medium parsnips, turnips or rutabagas, cut
- 1 small head cabbage
- 8 cups water
- ½ teaspoon whole peppercorns
- 4 stems fresh parsley
- 4 bay leaves
- ½ teaspoon basil,
- ½ teaspoon marjoram
- ½ teaspoon rosemary
- 2 pieces cheesecloth
- 1 piece twine

Directions:

1. Wash all the vegetables and cut off root and stem ends.
2. Cut all vegetables in one large, rough chop.
3. Place vegetables in a large stock pot and add water.
4. Place peppercorns and herbs in cheesecloth and tie into bundle to make bouquet garni.
5. Tie bouquet garni to stock pot handle for easy removal.
6. Bring to boil on Max/Sear.
7. Turn down to Medium- Low (175°F) and let simmer for 1 hour.
8. Strain through colander, lined with cheesecloth.
9. Store in refrigerator for 3 days or freezer for up to 6 months.

Tip: Bouquet garni is a French cooking term, meaning a bunch of herbs tied together in a bundle for flavoring a dish as it cooks.

- Freeze stock in ice cube trays. Once frozen, place in a heavy freezer bag to store.

Chicken Stock

Yield: 3¼ quarts

- 1 (3½-pound) whole chicken, rinsed and giblets discarded
- 2 carrots, cut into large chunks
- 3 celery stalks, cut into large chunks
- 2 large white onions, quartered
- 1 head of garlic, halved
- 1 turnip, halved
- 2 teaspoons fresh thyme
- 2 bay leaves
- 1 teaspoon whole black peppercorns
- 3 quarts cold water, or just enough to cover chicken in large stock pot

Directions:

1. Place chicken and vegetables in large stock pot and heat on Medium (275°F).
2. Add enough water to pot to cover chicken.
3. Add thyme, bay leaves and peppercorns to pot and slowly cook until boiling.
4. Lower temperature to Medium-Low (175°F) and simmer for 1-1½ hours, partially covered, until chicken is cooked.
5. Carefully remove chicken and transfer to cutting board to cool.
6. Discard skin and bones and hand-shred meat and store in storage container.
7. Carefully strain stock through a fine sieve into a separate pot.
8. Use stock immediately, or cover and refrigerate stock for up to 1 week.

Tip: Skim any impurities that rise to the surface of the pot as it simmers.

Add more water as necessary to the pot to keep chicken completely covered while simmering.

Use the shredded chicken to make the Chicken Noodle Soup recipe.

Beef Stock

Yield: 1 gallon

- 4 pounds meaty beef bones
- 1 cup tomato paste
- 3 carrots, washed and cut into large pieces
- 2 stalks celery with leaves, washed and cut into large pieces
- 1 large onion, washed and cut into large pieces
- 1 gallon and 1½ cups cold water, divided
- 10 whole peppercorns
- 8 sprigs fresh parsley
- 4 bay leaves
- 2 pieces cheesecloth
- 1 piece twine

Directions:

1. Place bones in large shallow roasting pan.
2. Bake bones at 450°F for 30 minutes, or until well browned and charred, turning once.
3. Cover bone with tomato paste and cook for additional 15 minutes, or until paste chars.
4. Transfer bones to a large stock pot.
5. Add vegetables to roasting pan and cook at 450°F for 15 minutes.
6. Transfer vegetables to stock pot.
7. Add ½ cup water to roasting pan and scrape all brown bits off.
8. Pour liquid into the stock pot and add remaining water.
9. In cheesecloth, place peppercorns and herbs and tie with twine.
10. Tie cheesecloth to handle of stock pot and let bouquet garni cook with bones and vegetables.
11. Bring stock to boil on Max/Sear.
12. Turn PIC down to Medium-Low (175°F) and let stock simmer for 3½ hours covered.
13. Strain stock through strainer that has been covered with cheesecloth.
14. Cool in refrigerator. Once it solidifies, remove any remaining fat from top.

Vegetable Beef Soup

Serves: 8

- 1½ pounds boneless beef chuck roast, cubed
- 1 tablespoon olive oil
- 4 cups water
- 3 (10 ounce) can beef broth stock
- 1 teaspoon dried oregano, crushed
- ½ teaspoon dried marjoram, crushed
- ¼ teaspoon black pepper
- 2 bay leaves
- 2 cups tomatoes, chopped and peeled
- 1 (10-ounce) package frozen whole kernel corn
- 1½ cups medium potatoes, peeled and medium diced
- 1 cup frozen green beans
- 1 cup sliced carrots
- 1 cup sliced celery
- ½ cup onion, medium diced

Directions:

1. In large stock pot, heat oil on High (425°F).
2. In batches, brown meat on all sides, making sure not to overcrowd pot. Once browned, set aside and keep warm.
3. Return meat to pot and stir in water, beef stock, oregano, marjoram, pepper and bay leaves.
4. Bring to boil on High (425°F).
5. Reduce heat to Medium-Low (175°F) and let simmer for 1 hour, covered.
6. Discard bay leaves and skim fat if necessary.
7. Stir in tomatoes, corn, potatoes, green beans, carrots, celery, and onion.
8. Return to boil on High (425°F).
9. Reduce heat to Medium (275°F) and let simmer for 20 minutes, or until vegetables are tender.

Creamy Cheddar Soup

Serves: 4

1 small onion, chopped
2 large pimientos, chopped
3 tablespoons butter
3 tablespoons all-purpose flour
1½ cups chicken stock
1½ cups half-and-half
¾ cup grated sharp Cheddar cheese
Salt and pepper to taste
Dash cayenne pepper (optional)

Directions:

1. In medium sauté pan, melt butter on Medium-High (375°F).
2. Sauté onion and pimientos for 5-7 minutes.
3. Turn PIC down to Medium (275°F) and add stock and half and half.
4. Once heated, gradually add flour and cook for 2 minutes, or until raw flour taste has been removed.
5. Bring temperature down to Medium-Low (175°F).
6. Add cheese and stir until melted.
7. Add salt, black pepper and cayenne pepper to taste.

French Onion Soup

Serves: 4

2 tablespoons butter or margarine
2 cups yellow onion, thinly sliced
2 tablespoons flour
4 cups beef stock or broth
¼ cup dry sherry
1 teaspoon Worcestershire sauce
½ teaspoon black pepper
6 slices French bread, toasted
1 cup shredded Swiss, Gruyere, or Jarlsberg cheese

Directions:

1. In medium stock pot, melt butter on Medium (275°F).
2. Add onions and cook, covered, for 20 minutes or until onions are tender and caramelized, stirring sparsely.
3. Dust onions with flour and stir.
4. Bring temperature down to Medium-Low (175°F) and heat for 6 minutes to remove raw flour taste.
5. Stir in broth, sherry, Worcestershire sauce and pepper and bring to boil.
6. Increase heat to Medium (275°F) and let simmer for 10 minutes, uncovered.
7. Meanwhile add cheese to bread and broil for 1-2 minutes, or until the cheese melts.
8. Serve onion soup with bread round on top.

Tip: Instead of using a broiler, you can toast bread using the NuWave Oven. Cook on the 4-inch rack on Power Level HI for 4 minutes per side.



Shrimp & Tofu Soup

Serves: 4

8 ounces raw shrimp, cleaned,
peeled and deveined
3½ cups shrimp or chicken stock
6 ounces mushrooms
¼ cup rice vinegar or white vinegar
½ tablespoon soy sauce
1 teaspoon sugar
1 teaspoon fresh ginger
½ teaspoon black pepper
8 ounces firm tofu, drained and cut
into bite-size pieces
1 tablespoon cornstarch
1 tablespoon cold water
½ cup frozen peas
½ cup shredded carrot
2 tablespoons green onion, thinly sliced

Directions:

1. Thaw shrimp if frozen; set aside.
2. In large sauté pan, combine chicken broth, mushrooms, vinegar, soy sauce, sugar, ginger, and pepper.
3. Bring to boil on High (425°F).
4. Once boil starts, reduce heat to Medium-Low (175°F) and simmer for 2 minutes, covered.
5. Stir in shrimp and tofu.
6. Return mixture to boil on High (425°F).
7. Once boil starts, reduce heat to Medium-Low (175°F) and let simmer for 3 minutes, or until shrimp turns pink.
8. In separate small container, stir together cornstarch and cold water to make slurry.
9. Stir slurry into soup and cook until slightly thick.
10. Stir in peas, carrots and green onions and cook for 2 minutes, or until heat thoroughly.

Tip: Slurry is a cold liquid mixed with cornstarch until smooth and glossy.

Chunky White Bean-Tomato Soup

Serves: 4

4 slices bacon, cut into 1-inch pieces
1 medium onion, chopped
3 cups reduced-sodium chicken broth
2 (15-ounce) cans navy or Great Northern beans, drained and rinsed
1 (15-ounce) can diced tomatoes
½ teaspoon dried thyme
½ teaspoon cumin
1 teaspoon salt
½ teaspoon black pepper

Directions:

1. Heat medium stock pot on Medium-High (375°F) until hot.
2. Add bacon and cook for 5 minutes or until it begins to brown, stirring frequently.
3. Add onion and cook for 5 minutes or until tender, stirring occasionally.
4. Remove any excess pan drippings.
5. Stir in remaining ingredients.
6. Turn PIC up to High (425°F) and bring to boil.
7. Reduce to Medium-Low (175°F) and simmer for 5-10 minutes to blend flavors.
8. With potato masher, mash beans about 15 times to slightly thicken soup.



Thai Coconut Chicken Soup

Yield: 2 quarts

- 4 cups chicken stock
- 3 kaffir lime leaves, fresh or dried, hand torn
- 2 small Thai chilies, halved lengthwise
- 2 cloves garlic, crushed
- 1 (3-inch) piece fresh ginger, peeled and cut into 4 chunks
- 1 stalk lemongrass, white part only, cracked open
- 1½ cups shredded cooked chicken
- 1 (13-ounce) can unsweetened coconut milk
- 1 (8-ounce) can straw mushrooms, rinsed
- 2 tablespoons Thai fish sauce
- 1½ teaspoons sugar
- Juice of 4 limes
- Kosher salt and freshly ground black pepper to taste
- ¼ cup chopped fresh cilantro leaves

Directions:

1. Add chicken stock to a medium stock pot and bring to boil on Medium (275°F).
2. Add lime leaves, chilies, garlic, ginger and lemongrass to pot and cover.
3. Lower temperature to Medium-Low (175°F) and simmer for 10 minutes.
4. Uncover pot and stir in chicken, coconut milk, mushrooms, fish sauce, sugar and lime juice.
5. Simmer soup for about 5 minutes, until chicken is heated through.
6. Season soup with salt and pepper.
7. Pour soup into bowls and garnish with cilantro.

Chicken Tortilla Soup

Serves: 4-6

- 2 tablespoons vegetable oil
- 1 small onion, diced
- 2 tablespoons minced garlic
- 2 jalapeños, finely diced
- 6 cups low-sodium chicken broth
- 1 (14.5-ounce) can fire roasted diced tomatoes
- 1 (14.5-ounce) can black beans, rinsed and drained
- 3 boneless, skinless chicken breasts
- 2 limes, juiced, plus wedges for garnish
- Salt and freshly ground black pepper to taste
- 1 cup roughly chopped fresh cilantro leaves
- 1 (8-inch) flour tortilla, grilled and cut into thin strips
- 1 avocado, pitted and sliced
- 1 cup shredded Monterey cheese

Directions:

1. Heat vegetable oil in large saucepan or pot on Medium (275°F).
2. Add onions to pan and cook for 2 minutes.
3. Add garlic and jalapeños and cook for 1 minute.
4. Add chicken broth, tomatoes and beans to large saucepan or pot and bring to boil on Max/Sear.
5. Once broth is boiling, lower temperature to Medium-Low (175°F) and add chicken.
6. Cook for 20-25 minutes and remove chicken from pot to cool.
7. Add lime juice and cilantro to pot and keep warm.
8. Shred chicken and portion into serving bowls.
9. Ladle soup into each bowl and garnish with lime wedge, tortilla strips, avocado and cheese.

Chicken Noodle Soup

Serves: 4

2 tablespoons extra-virgin olive oil
1 medium onion, chopped
3 garlic cloves, minced
2 medium carrots, cut diagonally into ½-inch slices
2 celery ribs, halved lengthwise and cut into ½-inch slices
4 fresh thyme sprigs
1 bay leaf
2 quarts chicken stock
8 ounces dried wide egg noodles
1½ cups shredded, cooked chicken
Kosher salt and freshly ground black pepper
1 handful fresh flat-leaf parsley, finely chopped

Directions:

1. Coat large stock pot with oil and heat on Medium (275°F).
2. Add onion, garlic, carrots, celery, thyme and bay leaf to pot and cook for about 6 minutes, stirring constantly.
3. Add chicken stock to pot and bring to a boil on Max/Sear.
4. Add noodles and reduce temperature to Medium-Low (175°F) to simmer for 5 minutes.
5. Fold in chicken and continue to simmer to about 2 minutes.
6. Season with salt and pepper and sprinkle with chopped parsley.

Butter Sauce

Yield: ¾ cup

¼ cup white wine vinegar
¼ cup dry white wine
2 purple shallots, peeled and finely chopped
4 whole black peppercorns
12 tablespoons unsalted butter, chilled and cubed
2 tablespoons fresh lemon juice
Salt and freshly ground white pepper to taste

Directions:

1. Combine vinegar, wine, shallots and peppercorns in small saucepan and bring to a boil on Medium (275°F), stirring occasionally.
2. Cook for about 3 minutes, or until liquid reduces to about 2 tablespoons.
3. Strain vinegar mixture into small sauté pan, discarding shallots and peppercorns.
4. Heat sauté pan on Low (100°F).
5. Add butter, 1 cube at a time, to pan, whisking constantly.
6. Once butter has melted, add another cube and repeat until all butter is incorporated.
7. Remove pan from PIC and whisk in lemon juice, salt and pepper.

Tip: It's important to chill the butter before adding it to the vinegar reduction. If the butter is warm it may melt too quickly, making it harder to incorporate into the liquid and causing the mixture to split

Tip: Do not use salted butter.

Hollandaise Sauce

Yield: 1 cup

4 egg yolks
½ cup butter
½ teaspoons salt
½ teaspoon hot sauce
1 tablespoon lemon juice

Directions:

1. In small or medium saucepan, melt butter on Medium (275°F); set aside.
2. Blend egg yolks in small saucepan on Low (100°F).
3. Increase temperature to Medium-Low (175°F)
4. Pour hot butter into egg mixture in steady stream, whisking until sauce thickens.
5. Remove sauce from heat and add remaining ingredients.
6. Stir well until sauce cools a bit.

Tip: If the sauce curdles, beat in a little heavy cream.

Roux

Yield: 3-4 tablespoons

3 tablespoons unsalted butter
3 tablespoons flour

Directions:

1. In a small or medium sauté pan, melt butter on Medium (275°F).
2. Add flour in stages and mix with wooden spoon.
3. Continue stirring until it forms a slurry or clumps.
4. Cook roux for about 5 minutes to remove starch and nutty aroma.

Tip: If you want a medium colored roux, cook for 7-8 minutes. For a dark roux, cook for 10-12 minutes.

- To make a sauce, add 1 cup of warm milk or stock and whisk until smooth. If too thick, add small amounts of liquid.
- To make a cheese sauce, add 1 cup of grated cheese and 1 cup of warm milk or stock. Stir until smooth.



Marinara Sauce

Yield: 3 quarts

- 4 tablespoons olive oil
- 1 medium onion, diced
- 1 green pepper, diced
- 2 tablespoons garlic, minced
- 3 tablespoons fresh basil
- 1 tablespoon dried thyme
- 1 tablespoon dried oregano
- ½ cup red wine
- 2 (28-ounce) cans diced tomatoes
- 2 (29-ounce) cans tomato sauce
- 2 tablespoons sugar
- 1 teaspoon salt
- ½ teaspoon pepper

Directions:

1. Heat oil in large stock pot on Medium (275°F).
2. Add onions, bell pepper and garlic and cook until onion is translucent, stirring occasionally.
3. Add herbs and continue to stir for 30 seconds, allowing oils to release.
4. Add wine and cook for 1 minute until alcohol has evaporated.
5. Add diced tomatoes, tomato sauce, sugar, salt and pepper.
5. Turn PIC up to Medium-High (375°F) and bring to boil.
6. Reduce PIC to Medium-Low (175°F) and let simmer for 30 minutes, stirring occasionally.

Tip: You can brown Italian sausage or ground beef and add to sauce for a great meat sauce.

Cheese Sauce

Yield: 1 ½ cups

- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup milk
- ½ teaspoon white pepper (optional)
- ½ teaspoon dry mustard (optional)
- 1 cup shredded cheese

Directions:

1. Melt butter in medium saucepan on Low (100°F).
2. Add flour and stir with spatula to make roux.
3. Change temperature to Medium-Low (175°F) and cook flour for about 5 minutes, or until starchy taste is gone.
4. Stir in liquid until mixture thickens.
5. Add white pepper and mustard; blend well.
6. Remove from heat and add cheese, stirring until melted.

Tip: Exchange the milk for a cup of chicken stock. It will pair better with chicken dishes.



Quick Brown Sauce

Yield: 1½ cups

3 tablespoon butter
3 tablespoons flour
1½ cups beef stock or beef bouillon
½ teaspoon thyme
1 teaspoon fresh parsley
Salt and pepper to taste

Directions:

1. Melt butter in a small sauce pot on Medium-Low (175°F).
2. Increase temperature to Medium (275°F) and gradually add flour to incorporate.
3. Reduce heat to Medium-Low (175°F) and simmer for several minutes to remove raw flour taste.
4. In separate saucepan, heat beef stock.
5. Gradually add beef stock to roux, continuing to stir until sauce thickens.
6. Add herbs, and simmer for 2-3 minutes.
7. Check sauce for seasoning and add salt and pepper if needed.

Basic White Sauce

Yield: 1 cup

3 tablespoons butter
3 tablespoons all-purpose flour
1 cup milk
¼ teaspoon salt
¼ teaspoon white pepper

Directions:

1. Melt butter in medium sauce pot on Medium-Low (175°F).
2. Stir in flour to make roux.
3. Cook on Medium-Low (175°F) for 5 minutes, stirring constantly. Do not allow roux to brown.
4. In separate 2-quart saucepan, heat milk to boiling point on Medium-High (375°F).
5. Stir milk into roux gradually, beating briskly until sauce is thick and smooth.
6. Simmer for 4 minutes, stirring occasionally.
7. Season with salt and pepper.

Tip: Keep sauce warm before serving by holding PIC on Low (100°F).



Mushroom Duxelle

Serves: 4

8 ounces sliced mushrooms
1 tablespoon olive oil
1 medium onion, sliced
2 cloves garlic, minced
¼ cup chopped Italian parsley
1 cup dry red wine
Salt and pepper to taste

Directions:

1. In medium sauté pan, heat the olive oil on Medium-High (375°F).
2. Add the onions and sauté for 2 minutes.
3. Add mushrooms, garlic and parsley; stir for 2 minutes, or until mushrooms soften.
4. Add wine and cook until wine is au sec or cooked into vegetables.
5. Season with salt and pepper.

Tip: This dish pairs perfectly with steak, chicken and rice.

Mustard Marinade

Serves: 6-8

¼ cup olive oil
¼ cup white wine vinegar
1-2 garlic cloves, grated
1 teaspoon dried oregano,
sage or parsley
2 tablespoons Dijon mustard

Directions:

1. Combine all ingredients in medium saucepan.
2. Bring pan to slow boil on Medium-High (375°F).
3. Turn PIC down to Medium-Low (175°F) and let simmer for 10 minutes, stirring occasionally.
4. Let marinade cool completely.
5. Pour over meat and refrigerate for 2 hours or over night.



Tips for Fondues

- By setting the cooktop to “Low,” you can keep prepared fondue warm without the risk of scorching or burning.
- Prepare all fondue food dippers before melting fondue sauce.
- Remove cheese from refrigerator and let it warm to room temperature before melting on the PIC. This also lessens the amount of time the cheese will be exposed to heat.
- Cheese is optimally melted on Medium/Low (175°F), but can differ depending on the type of cheese.
- The temperature at which chocolate melts ranges between 110°F -120°F. Once chocolate has melted, reduce heat to 110°F to hold at the perfect temperature for fondue dipping.
- If chocolate should become separated, add warm heavy whipping cream or 1 teaspoon melted butter per 4 ounces of chocolate, then stir to reintegrate.
- Water or any cold liquid should never come into contact with chocolate. It may harden and become grainy.
- When using a Platinum boiler, make sure no steam or condensation seeps into chocolate.
- Get creative when coming up with ideas for dipping. Fruit, cakes, fresh coconut, mini cream puffs, mini donuts, and vanilla wafers are all delicious, and there are many more possibilities out there!



Fondues

Chocolate Fondue

Serves: 4-6

12 ounces milk, semi-sweet
or sweet cooking chocolate
½ cup half-and-half
¼ teaspoon cinnamon
4 cups of assorted dippers

Directions:

1. Heat chocolate and half-and-half in medium sauce pot/pan on Medium-Low (175°F), stirring constantly, until chocolate is melted and smooth.
2. Set PIC to low (100°F) and push “+” arrow twice.
3. Hold fondue at 120°F and add cinnamon.
4. If the chocolate becomes too thick, add more half and half to thin it out.

Cheddar Cheese Fondue

Yield: 2 cups

¾ cup chicken broth (or ¾ cup water)
2 tablespoons Dijon mustard
1 tablespoon cornstarch
2 cups shredded Cheddar cheese

Directions:

1. In medium sauce pot/pan, bring broth to boil on High (425°F).
2. Once broth is boiling, reduce heat to Medium (275°F).
3. In separate small bowl, mix mustard and cornstarch thoroughly.
4. Add mustard, cornstarch and cheese to hot broth; stir with wire whisk until well blended.
5. Cook for 10 minutes, or until cheese is completely melted and mixture is well blended, stirring constantly.
6. Pour cheese into fondue pot and place on Low (100°F).
7. Serve with bell peppers, cauliflower florets, apple chunks, pretzels and broccoli.

S'Mores Fondue

Yield: 4 cups

1½ cups milk
1 (12-ounce) bag semisweet
chocolate chips
1½ cups marshmallow crème
1 cup graham cracker crumbs
3 red apples, sliced
3 green apples, sliced

Directions:

1. Heat milk in medium sauce pot/pan on Medium-Low (175°F) until just simmering.
2. Remove milk from heat.
3. Add chocolate chips and let stand for 1 minute; stir until melted.
4. Whisk in marshmallow crème.
5. Pour mixture into fondue pot and return to PIC on Low (100°F) to keep warm.
6. Place graham cracker crumbs in serving bowl.
7. Dip apple slices into warm chocolate mixture then dip apples in graham cracker crumbs.

Cheddar Chipotle Fondue

Yield: 2-3 cups

2 cups shredded sharp Cheddar cheese
½ cup dry white wine
½ cup whipping cream
2 tablespoons Dijon mustard
1 tablespoon chipotle peppers in
adobo sauce, pureed

Directions:

1. Mix all ingredients in medium sauce pot/pan.
2. Cook on Medium-Low (175°F), stirring constantly.
3. Serve in fondue pot over Low (100°F) heat.
4. Serve with bread, meat or vegetables.

Brie & Sun-Dried Tomato Fondue

Serves: 4

- 3 tablespoons dry packed sun-dried tomatoes
- 8 ounces Brie cheese, trimmed of rind and cubed
- 1 tablespoon cornstarch
- 1 tablespoon butter
- 1 shallot, minced
- ½ cup dry white wine
- 1 tablespoon granulated sugar

Directions:

1. Soak sun-dried tomatoes in boiling water and cover for 10 minutes.
2. Drain tomatoes and pat dry.
3. Chop tomatoes into small pieces; set aside.
4. In bowl, toss cubed Brie with cornstarch until well coated; set aside.
5. In large saucepan, melt butter over Medium (275°F).
6. Add shallots and sauté until softened.
7. Add wine and heat until just simmering.
8. Reduce heat to Medium-Low (175°F).
9. Add Brie mixture by handfuls to saucepan, stirring constantly until cheese is melted.
10. Stir in sun-dried tomatoes and sugar; mix well.
11. Transfer to fondue pot and serve immediately.

Shabu-Shabu

Serves: 4-6

- 6 cups vegetable stock
- 5 green onions, thinly sliced
- 1 tablespoon grated ginger
- 2 cloves garlic, crushed
- 1 whole red chili pepper, seeded and thinly sliced
- 4 tablespoons soy sauce
- 6 cups assorted vegetables, cleaned and cut
- Salt and pepper to taste

Directions:

1. In large sauce pot/pan, warm the vegetable stock over Medium (275°F) heat.
2. Add chopped green onions, ginger, garlic, and chili pepper, and bring to boil on High (425°F).
3. Reduce heat to Medium-Low (175°F) and let simmer for 30 minutes.
4. Arrange vegetables on plate and keep refrigerated until fondue stock is ready.
5. Strain and transfer stock to sauce pot/pan and keep on Medium-Low (175°F) heat.
6. Dip vegetables using fork or skewer.
7. Serve with your favorite dip.

Tip: Shiitake mushrooms, green onions, firm tofu, tomato wedges, leafy dark green lettuce are ideal vegetables to dip.

Tip: Change up the recipe by adding beef, chicken, pork, lamb and seafood.

Chicken Fondue

Serves: 8

- ¼ cup Italian dressing
- 1 medium onion, small diced
- 2 cans chicken broth
- ½ cup apple juice
- 2 tablespoons corn starch
- 2 pounds boneless skinless chicken breasts, cut into thin strips
- 3 cups assorted vegetables
- 1 cup mayonnaise
- 1 small garlic clove, finely chopped
- 1 tablespoon lemon juice
- 1 tablespoon Italian dressing mix

Directions:

1. Heat ¼ cup Italian dressing in medium sauce pot/pan over Medium-High (375°F) heat.
2. Add onions and cook until crisp and tender, stirring occasionally.
3. Add broth, apple juice, and cornstarch; stir until well blended.
4. Bring mixture to boil over High (425°F).
5. Turn heat down to Medium-High (375°F).
6. Using long-handled fork or skewer, dip chicken and vegetables, in batches, into boiling broth mixture.
7. Cook chicken for 3 minutes and cook vegetables for 1-2 minutes.
8. Mix mayonnaise, garlic, lemon juice and Italian dressing mix to make sauce.
9. Remove chicken and vegetables from pot and dip in sauce.

Beef Fondue

Serves: 6-8

- 3 pounds boneless beef sirloin or tenderloin
- Cooking oil (canola, olive oil, or vegetable)
- ½ pint low fat sour cream
- ½ cup low fat mayonnaise
- ¼ cup prepared mustard
- 1 tablespoon fresh horseradish
- 1 tablespoon finely chopped onion

Directions:

1. Trim any fat from meat and cut into bite-size cubes.
2. Keep beef refrigerated until 20 minutes before cooking.
3. Fill medium sauce pot/pan halfway with cooking oil.
4. Heat oil to 375°F over Medium-High heat.
5. While oil is heating, mix sour cream, mayonnaise, mustard, horseradish and onion in a small bowl to make sauce.
6. Place meat on spears or skewers and place in hot oil for 1-3 minutes, depending on desired doneness.
7. Dip beef into prepared sauce.

Three Cheese Fondue

Serves: 4-6

- 1 cup white wine
- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- 7 ounces Gruyere cheese, cubed
- 7 ounces sharp Cheddar cheese, cubed
- 7 ounces Swiss cheese, cubed

Directions:

1. Bring wine to boil in small saucepan on Max/Sear.
2. In medium sauté pan, melt butter on Medium-Low (175°F).
3. Whisk in flour and cook for about 5 minutes, stirring constantly.
4. Whisk wine into flour mixture, and stir slowly until smooth.
5. Slowly add cheese cubes, stirring until cheese is completely melted.
6. Lower temperature to 120°F.

Creamy Vegetable Fondue

Serves: 4-6

- ¼ cup milk
- ¼ cup white wine
- 1 (8-ounce) package shredded Cheddar cheese
- 1 (8-ounce) package shredded Monterey Jack cheese
- 1 (8-ounce) package shredded cream cheese, softened
- ¼ cup chopped green onions
- ¼ cup frozen spinach, thawed and drained
- 1 teaspoon ground dry mustard
- 1 teaspoon ground cayenne pepper
- 1 teaspoon garlic powder
- 1 teaspoon coarsely ground black pepper

Directions:

1. Combine milk, white wine, and cheese in medium saucepan on Medium (275°F).
2. Cook cheese mixture for about 10 minutes, stirring frequently, until melted.
3. Stir in green onions, spinach, mustard, cayenne, garlic powder and black pepper.
4. Continue cooking for about 10 minutes, until all ingredients are well blended.
5. Reduce temperature to 120°F to keep warm.



Desserts

Tips for Desserts

- Water should never come into contact with chocolate. It may harden and become grainy.
- Need buttermilk? Add 1 tablespoon of white vinegar to 8 ounces of milk and stir.
- 1 square of baker's chocolate = 1 ounce.

Simple Fudge

Yield: 2 pounds

1½ cups sugar
1 (5-ounce) can evaporated milk
½ cup butter
2 cups small marshmallows
1 cup semi-sweet chocolate pieces
½ cup walnuts (optional)
½ teaspoon vanilla

Directions:

1. Line 8x8x2-inch baking pan with foil, extending foil over edges.
2. Butter foil; set pan aside.
3. Butter sides of medium saucepan.
4. In saucepan, combine sugar, evaporated milk, and butter.
5. Cook and stir on Medium-High (375°F) for 10 minutes until mixture boils.
6. Reduce heat to Medium (275°F) and cook for additional 6 minutes, stirring constantly.
7. Remove saucepan from heat.
8. Add marshmallows and chocolate; melt until mixture is combined.
9. Beat by hand for 1 minute.
10. Spread fudge evenly in prepared pan.
11. Cover and chill for 2-3 hours or until firm.
12. When fudge is firm, use foil to lift fudge from pan.
13. Cut into squares.
14. Store tightly covered in refrigerator for up to 1 month.

Classic Cherries Jubilee

Serves: 6

½ cup white sugar
2 tablespoons cornstarch
¼ cup water
¼ cup orange juice
1 pound Bing or other dark, sweet cherries, rinsed and pitted (you may substitute frozen, pitted cherries)
½ teaspoon finely grated orange zest
½ teaspoon vanilla extract
¼ cup brandy
3 cups vanilla ice cream

Directions:

1. Whisk sugar and cornstarch in a medium sauce pot.
2. Stir in water and orange juice, bringing to boil on Medium (275°F), whisking until thickened.
3. Stir in cherries and orange zest, returning to boil before reducing heat.
4. Simmer for 10 minutes.
5. While cherries are cooking, spoon ice cream into serving bowls.
6. Remove cherries from heat and stir in cherry extract.
7. Pour in brandy and ignite with a long lighter.
8. Gently shake pan until blue flame has extinguished itself.
9. Spoon cherries atop ice cream.

Peanut Brittle

Yield: 2 pounds

2 cups raw peanuts
1 ½ cups sugar
2/3 cup Karo syrup, light
2 teaspoons baking soda
1 teaspoon vanilla
candy thermometer

Directions:

1. Place NuWave Silicone Pizza Liner on baking sheet pan or use buttered 9x13-inch baking dish; set aside.
2. In medium sauté pan, cook peanuts, syrup, and sugar on Medium (275°F) until candy thermometer reaches 296°F (147°C).
3. Remove from heat.
4. Stir in baking soda and vanilla.
5. Spread evenly in prepared pan to cool.
6. Once cool, break into desired pieces.

Tip: Peanuts will start to pop when ready.

Bananas Foster

Serves: 6

6 firm, ripe bananas, peeled and sliced in half lengthwise
6 scoops vanilla ice cream
1 stick butter
¾ cup brown sugar
¾ cup rum
Dash cinnamon

Directions:

1. In large sauté pan, melt brown sugar and butter on Medium (275°F).
2. Add bananas and roll in brown sugar and butter mixture.
3. Sprinkle bananas with cinnamon and sauté for about 2 minutes or until tender.
4. Add rum, wait a few seconds, then flambé.
5. Baste bananas until flame dies.
6. Remove from heat.
7. Place two slices over ice cream and spoon sauce on top.
8. Serve immediately.

Chocolate Caramel Turtles

Yield: 35 turtles

1 (16-ounce) package caramels
2 tablespoons water
¾ pound pecan halves
1 (6-ounce) package semi-sweet chocolate chips

Directions:

1. Melt caramels and water in medium sauce pot on Medium-Low (275°F), stirring until melted.
2. Arrange pecans in 36 groups 2 inches apart on greased cookie sheet or parchment paper.
3. Drop melted caramel by teaspoon onto nuts and let cool.
4. Melt chocolate chips and drizzle enough over nuts to coat caramel.
5. Let cool for 30 minutes.
6. Transfer to air-tight container and store in refrigerator for up to 1 month.



Pears in White Wine Caramel Sauce

Serves: 4

2 pounds ripe pears
2 cups dry white wine
1 cup white sugar

Directions:

1. Peel pears and cut them lengthwise into 8 wedges.
2. Using small knife, remove pear seeds.
3. Place pears in large shallow serving dish and pour wine over pears.
4. Let marinate for 30 minutes at room temperature.
5. Place sugar in medium stock pot on Medium (275°F), stirring often.
6. Cook for 15 minutes until sugar melts completely into caramel sauce.
7. Pour caramel sauce over pears to cover completely.
8. Cover and refrigerate for at least 3 hours.
9. Using slotted spoon, place pears onto platter. Reserve liquid.
10. Place marinating liquid in small saucepan and reduce same sauce on Medium-High (375°F) to ¾ cup.
11. Drizzle warm sauce over pears and serve.

Lollipops

Yield: 18 lollipops

18 lollipop sticks
¼ stick butter
½ ounce light corn syrup
¾ ounce sugar
Few drops food coloring
Candy Decoration (optional)

Directions:

1. Lightly butter baking sheet and arrange lollipop sticks on baking sheet.
2. Combine butter, corn syrup, and sugar in small sauce pot.
3. Bring to boil on Medium-High (375°F), stirring occasionally.
4. Reduce heat to Medium (275°F) and continue cooking, stirring frequently until mixture reaches 270°F internal temperature.
5. Stir in food coloring.
6. Drop mixture by tablespoonfuls over each lollipop stick at ends.
7. If desired, while lollipops are hot, press on candy decorations.
8. To decorate when cooled, crush candy decoration undersides with corn syrup and press onto lollipops.
9. Cool lollipops thoroughly before removing from baking sheet.



Panna Cotta with Amber Crystals

Serves: 4

1¾ cups heavy cream
7½ tablespoons sugar, divided
3 tablespoons cold water
1½ teaspoons powdered gelatin

Directions:

1. Place cream and 3½ tablespoons sugar in medium sauce pot.
2. Cook mixture on Medium-Low (175°F) for 3-4 minutes or until sugar is completely dissolved.
3. Place cold water in cup and sprinkle gelatin over water; let sit for 1 minute.
4. Add dissolved gelatin to warm cream mixture and beat well.
5. Cook on Medium-Low (175°F) for 2 minutes, stirring constantly.
6. Divide mixture evenly into 4 or 5-ounce ramekins.
7. Refrigerate for 2 hours.
8. To make crystals, place 4 tablespoons sugar in small non-stick sauté pan.
9. Cook on Medium-High (375°F) until sugar dissolves into smooth caramel-colored liquid. Stir with wooden spoon to prevent lumps.
10. Place 2 layers wax paper on flat surface.
11. Using long-handled spoon, drizzle hot caramel on wax paper in thin lines.
12. Once caramel hardens, place another wax paper piece on top and, using rolling pin, crush into crystals.
13. Sprinkle crystals over Panna Cotta.

Old Fashioned Hard Candy

Yield: 1½ pounds

2 cups white sugar
1 cup water
¾ cup light corn syrup
½ teaspoon peppermint extract
1 drop red food coloring (optional)
½ cup confectioners' sugar

Directions:

1. In medium stock pot, combine sugar, water and corn syrup.
2. Cook until sugar dissolves, stirring constantly.
3. Then, cook without stirring at 300°F for several minutes. If sugar crystals form on sides of pan, wipe them off with damp brush.
4. Remove from heat and add peppermint extract and enough food coloring to color; stir only to mix.
5. Pour into 2 well-buttered 9-inch pans.
6. Set one pan over saucepan containing hot water.
7. As soon as other pan is cool enough to handle, cut it with scissors into 1-inch strips, then snip strips into pieces.
8. Drop the pieces onto buttered baking sheet.
9. Toss in small amount of powdered sugar to keep from sticking together.
10. Repeat with the second pan of candy.

6.5-quart Pressure Cooker

Pre-Programmed Recipes

Pre-programmed recipes #1-30 are written and tested to be made with the 6.5-quart NuWave Pressure Cooker. (31201-K)

Capacity – 6.5 quarts

Induction, Gas or Electric Range Capability

Pressure HI (2) – 13.1 PSI

Pressure Low (1) – 7.3 PSI

Stainless Steel Pot

Monitor the pressure indicator button when cooking with the NuWave Pressure Cooker. If the button is raised too much and too much steam is escaping, lower the cooking temperature. If the pressure indicator button is lowered, and not enough steam has built, raise the temperature to raise the pressure.

There are two methods for releasing pressure when cooking with the NuWave Pressure Cooker.

Quick Release: To quickly release the pressure, simply turn the pressure regulator to the steam release position. This will rapidly release the steam, and when the pressure indicator is down, this allows you to safely open your NuWave Pressure Cooker. By releasing the steam this way, you can quickly open the NuWave Pressure Cooker without cooling off the pot and stopping the cooking process. This allows you to check the food.

Natural Release: To naturally release the pressure, simply shut off your cooktop and wait for the pressure indicator to go down, allowing the NuWave Pressure Cooker to naturally release steam as it slowly cools (approximately 10-15 minutes). This allows you to finish the cooking process as the NuWave Pressure Cooker gradually releases steam. The natural release method is not recommended to be used for delicate vegetables, fish, or any recipe with very short cooking times.

- Please read your owner's manual you received for the NuWave Pressure cooker for more detailed information. (BM 31201)
- When using a pre-programmed recipe, the Wattage has a default of 1800 watts only.
- If you choose to use a different type of cookware when preparing one of the pre-programmed recipes, you may need to adjust the programmed cooking temperatures or times.



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Prep Directions: Follow these directions prior to beginning the Pre-Programmed cooking process for your chosen recipe.

Cooking Directions: Follow these directions to begin the Pre-Programmed cooking process for your chosen recipe. Make sure you read the full set of directions; some recipes have additional steps to complete the recipe after the Pre-Programmed cooking process has finished.

Pre-Programmed Stages: Once you enter the number for your chosen Pre-Programmed Recipe, the NuWave PIC will automatically cook at the given Temperature(s) and Time(s) listed in this section. Don't worry, the PIC will do all of the cooking for you!

#1 Texas Style Chili

Serves: 6

Pre-Programmed:

Stage 1: Sear → 2 minutes

Stage 2: 275°F → 30 minutes

Ingredients:

- 1(1½-pound) eye of round, cut into 1-inch cubes
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 ribs celery, chopped
- 1 green bell pepper, seeded and chopped
- 3 cloves garlic, minced
- ¼ cup tomato paste
- 1 cup beef stock
- 1 bay leaf
- 3 tablespoons ground chili powder
- 1 tablespoon paprika
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander
- 1 teaspoon dry oregano leaves
- 1 (15½-ounce) can diced tomatoes with juice
- 1 (10½-ounce) can cannellini beans
- 3 tablespoons fresh parsley, chopped
- Salt and pepper to taste

Prep Directions:

1. Pat meat dry, set aside.
2. In NuWave Pressure Cooker, heat oil on Medium-High (375°F).
3. Add meat and brown for 2-3 minutes per side.
4. Add celery, bell peppers, onions, and garlic; cook for 5 minutes, or until soft.
5. Add tomato paste and beef stock; stir to incorporate.
6. Add bay leaf, remaining dry spices and tomatoes; stir to incorporate.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.

3. Press Program.
4. Enter 1 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Season with salt and pepper to taste. Discard bay leaf. Add parsley and beans.
9. Mix well and serve.

#2 Short Ribs

Serves: 4

Pre-Programmed:

Stage 1: Max/Sear → 3 minutes

Stage 2: 375°F → 45 minutes

Ingredients:

- 4 beef short ribs
- ½ cup flour
- Salt and pepper
- ½ cup carrots, chopped
- ½ cup celery, chopped
- ½ cup onion, diced
- ½ cup tomatoes, quartered
- 2 Poblano peppers, stems removed
- 1 tablespoon ginger, minced
- ¼ cup olive oil
- 2 cups beef stock
- 1 cup red wine

Prep Directions:

1. Season ribs with salt and pepper and toss in flour.
2. Heat oil in Pressure Cooker on Max/Sear for 2 minutes.
3. Add 2 short ribs at a time to Pressure Cooker, browning all sides.
4. Remove browned short ribs and set aside, repeating steps 3-4 with remaining ribs.

5. Reduce temperature to Medium-High (375°F) and add all remaining ingredients, except beef stock and wine to Pressure Cooker and sauté for 5 minutes.
6. Add wine to deglaze bottom of Pressure Cooker.
7. Add ribs back to Pressure Cooker and add beef stock.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 2 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Serve.

Tip: To lower spiciness, remove membrane and seeds from the Poblano peppers.

#3 Corn on the Cob with Herb and Garlic Butter

Serves: 4

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 3 minutes

Stage 2: 375°F → 10 minutes

Ingredients:

- ¾ stick butter, softened
- 2 cloves garlic, crushed
- 1 tablespoon grated lemon zest
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh thyme, chopped
- 1 tablespoon fresh chives, chopped
- 4 whole corn on the cob
- 2 cups water

Directions:

1. Mix butter with garlic, lemon zest, and herbs.
2. Tear off 8-inch square piece of wax paper and transfer compound butter mixture to paper.
3. Roll compound butter into cylinder shape in wax paper and refrigerate for 30 minutes.
4. Place corn and water in Pressure Cooker.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.

4. Enter 3 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Serve with chilled butter.

#4 Italian Chickpea and Barley Stew

Serves: 4-6

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 3 minutes

Stage 2: 375°F → 15 minutes

Ingredients:

- 1 cup dry chickpeas, soaked
- 1 cup pearl barley
- 1 clove garlic, minced
- 2 carrots, diced
- 2 stalks celery, diced
- 1 onion, diced
- 4 cups water
- 2 tablespoons olive oil, divided
- salt and pepper to taste

Prep Directions:

1. Add chickpeas, barley, garlic, carrots, celery, onion, water, and 1 tablespoon olive oil to Pressure Cooker.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 4 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Season with salt and pepper.
9. Stir well and serve.

#5 Italian Sausage with Peppers and Onions

Serves: 6-8

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 3 minutes

Stage 2: 425°F → 5 minutes

Ingredients:

2 tablespoons olive oil
3 pounds Italian sausage (hot or sweet)
2 onions, julienne
2 cloves garlic, crushed
½ green bell pepper, seeded and julienne
½ red bell pepper, seeded and julienne
½ yellow bell pepper, seeded and julienne
1 (15-ounce) can whole plum tomatoes, crushed by hand
½ teaspoon sugar
1½ cups beef or chicken stock
Salt and pepper to taste

Prep Directions:

1. Heat olive oil in Pressure Cooker on Max/Sear.
2. Add sausage and brown for about 4 minutes per side.
3. Reserve sausage on platter.
4. Add onions to Pressure Cooker; sauté for 1-2 minutes, stirring occasionally.
5. Add garlic and peppers; sauté for 3-4 minutes, stirring occasionally. Add sugar.
6. Season with salt and pepper.
7. Return sausage to Pressure Cooker.
8. Add tomatoes and stock.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 5 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure cooker to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Serve.

#6 Creamy Mashed Potatoes

Serves: 6

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 4 minutes

Stage 2: 375°F → 18 minutes

Ingredients:

3 large russet potatoes, peeled and cut into 2-inch chunks
6 cups water
½ teaspoon salt
2 tablespoons butter
½ cup heavy whipping cream
Salt and pepper to taste

Prep Directions:

1. Add potatoes, water and salt to Pressure Cooker.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 6 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid and drain water out of the pressure cooker.
8. Add butter and cream to Pressure Cooker and whisk vigorously to incorporate.
9. Season potatoes with salt and pepper to taste and serve.

#7 Quick & Easy Risotto

Serves: 4-6

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 4 minutes

Stage 2: 375°F → 6 minutes

Ingredients:

4 cups chicken stock

¼ cup olive oil

1 onion, diced

Salt to taste

2 cups Arborio rice

½ cup white wine

2 tablespoons butter

1 cup parmesan cheese, grated

Fresh thyme or parsley (optional)

Prep Directions:

1. Add stock to Pressure Cooker and heat on Medium (275°F) for 12-15 minutes, until warm.
2. Once warm, transfer stock to bowl and cover to keep warm.
3. Add olive oil, onion, and salt to Pressure Cooker and sauté at 300°F for about 2-3 minutes, until onions are translucent.

4. Stir in rice and continue to cook for about 3 minutes, until rice is lightly toasted.

5. Return stock to Pressure Cooker and add wine. Stir well.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 7 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Add remaining ingredients.
9. Mix well and serve.

Tip: If you'd like mushrooms in your risotto, add 3 sliced, medium mushrooms to Pressure Cooker with olive oil, onion, and salt.





#8 Spiced Tomato Rice Soup

Serves: 4

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 4 minutes

Stage 2: 425°F → 14 minutes

Ingredients:

- 1 onion, chopped
- 2 tablespoons olive oil
- 1 teaspoon ground ginger
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- Salt to taste
- ¼ teaspoon cayenne pepper
- 2 pounds diced tomatoes or 2 (10.5-ounce) cans diced tomatoes
- ¼ cup tomato paste
- 4 cups vegetable stock
- ⅓ cup white rice
- 1 bay leaf
- Cilantro or parsley (optional)

Prep Directions:

1. Add oil to Pressure Cooker and heat on Medium (275°F).
2. Add onion and sauté for 2-3 minutes until golden brown.
3. Stir in ginger, coriander, paprika, salt, and cayenne pepper.

4. Cook for 45 seconds or until it becomes aromatic.
5. Add tomatoes, tomato paste, and vegetable stock. Mix well.
6. Add rice and bay leaf. Mix well.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 8 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Discard bay leaf.
9. Mix well and serve.

Tip: Add color by garnishing with a sprinkle of cilantro or parsley.

#9 Beer-Braised Cabbage

Serves: 6

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 3 minutes

Stage 2: 375°F → 5 minutes

Ingredients:

- 1 cabbage, halved and sliced in strips
- 1 tablespoon butter
- 1 onion, sliced
- ¾ cup light beer

Prep Directions:

1. Melt butter in Pressure Cooker on Medium-High (375°F).
2. Add onions and cook, stirring occasionally, for about 5 minutes.
3. Add cabbage and beer to Pressure Cooker.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 9 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Mix well and serve.

#10 Roasted Bell Pepper Soup

Serves: 6

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 4 minutes

Stage 2: 375°F → 6 minutes

Ingredients:

- 4 tablespoons olive oil, divided
- 3 red bell peppers, seeded and quartered
- 3 cloves garlic, crushed
- 1 onion, chopped
- 1 tomato, chopped
- 3 saffron strands
- 1 tablespoon fresh basil, chopped
- 4 cups vegetable or chicken stock
- Salt and pepper to taste

4 tablespoon light cream
Croutons for garnish (optional)

Prep Directions:

1. Add 2 tablespoons olive oil to Pressure Cooker and heat on Max/Sear
2. Add bell peppers and sauté for 8 minutes, or until skins have begun to char.
3. Remove peppers from Pressure Cooker with slotted spoon and let cool.
4. Wipe Pressure Cooker clean.
5. Add remaining olive oil, garlic and onion, and sauté on Medium-Low (275°F) for 3 minutes, or until soft.
6. Return chopped bell peppers to Pressure Cooker.
7. Add tomatoes, saffron, basil, and stock.
8. Add seasoning to taste and bring to boil on Max/Sear.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 10 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Transfer Pressure Cooker contents to blender, puree and strain.
9. Stir well, season to taste and stir in cream.
10. Garnish with fresh basil and croutons.

#11 Old Fashioned Potato Soup

Serves: 4

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 6 minutes

Stage 2: 375°F → 8 minutes

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 onion, diced
- 1 stalk celery, diced
- 4 medium potatoes, peeled and diced
- 6 cups vegetable stock
- 2 teaspoons salt
- ½ teaspoon pepper
- 1 cup whole plain yogurt
- ¼ cup fresh chives, chopped
- Salt and pepper to taste

Prep Directions:

1. Add olive oil to Pressure Cooker and heat on High (425°F).
2. Add onions, celery, and sauté for about 5 minutes.
3. Add potatoes and vegetable stock.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 11 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Transfer Pressure Cooker contents to blender and puree until smooth.
9. Mix in yogurt and season with salt and pepper.
10. Garnish with chives and serve.

#12 Farmhouse Chicken Noodle Soup

Serves: 4-6

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 8 minutes

Stage 2: 375°F → 20 minutes

Ingredients:

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 8 cups water
- 4 carrots, peeled and cut into ½-inch slices
- 2 stalks celery, ½ inch thick
- 2 tablespoons soy sauce
- 2 teaspoons fresh thyme, minced
- 1 whole chicken (up to 4 pounds)
- ¼ cup fresh parsley, minced
- Salt and pepper to taste
- 8 ounces dried wide egg noodles, precooked

Prep Directions:

1. Heat oil in Pressure Cooker on Medium (275°F).
2. Add onions and cook for about 5 minutes until soft.
3. Add garlic and stir for 30 seconds.
4. Stir in water, carrots, celery, soy sauce, and thyme while scraping up any bits from bottom of Pressure Cooker.
5. Add chicken.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 12 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Carefully transfer chicken to work surface and remove and discard any skin.
9. Shred chicken and discard bones.
10. Transfer shredded chicken to mixing bowl, and season with parsley, salt, and pepper.
11. Heat stock on High (425°F).
12. Stir in noodles and cook for 5 minutes.
13. Add shredded chicken to Pressure Cooker and continue to cook until hot.
14. Mix well and serve.

Tip: Skim excess fat from surface of soup if desired.

#13 Balsamic and Fig Pork Chops

Serves: 4

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 3 minutes

Stage 2: 375°F → 8 minutes

Ingredients:

- 4 bone-in pork loin chops
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon butter
- 1 teaspoon olive oil
- 2 onions, minced
- 4 cloves garlic, peeled and minced
- 1 teaspoon fresh thyme
- 3 tablespoons balsamic vinegar
- 2 tablespoons dry white wine
- ½ cup chicken stock
- 1½ cups dried figs

Prep Directions:

1. Sprinkle chops with salt and pepper.
2. Add butter and oil to Pressure Cooker and heat on Medium-Low (175°F).
3. Working in batches, brown pork chops in Pressure Cooker, turning with tongs as necessary.
4. Transfer chops to plate once cooked.
5. Add onions, garlic, and thyme to Pressure Cooker and sauté for about 5 minutes, or until soft.
6. Add balsamic vinegar, wine, and stock and stir to deglaze Pressure Cooker.
7. Return pork chops to Pressure Cooker and top with figs.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 13 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Serve.

#14 Wild Mushroom Sauce

Yield: 3.5 cups

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 3 minutes

Stage 2: 375°F → 5 minutes

Ingredients:

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 cup shiitake mushrooms, washed and chopped
- 1 pound button mushrooms, washed, and sliced
- 1 cup boiling chicken stock
- 1 (14.5-ounce) can tomatoes, drained and chopped
- 2 tablespoons tomato paste
- ¼ teaspoon dried rosemary
- ¼ teaspoon dried sage
- ¼ teaspoon black pepper
- Salt to taste
- 2 tablespoons fresh parsley, chopped

Prep Directions:

1. Heat oil in Pressure Cooker on Medium (275°F).
2. Add onion and garlic and cook for about 2 minutes, stirring often, until vegetables begin to soften.
3. Add mushrooms and cook for about 5 minutes, stirring often, until soft.
4. Stir in stock, tomatoes, tomato paste, rosemary, sage, salt, and pepper.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 14 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Stir in parsley and serve.

#15 Vegetarian Ragu

Yield: 6 cups

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 4 minutes

Stage 2: 375°F → 40 minutes

Ingredients:

2 tablespoons olive oil

1 onion, chopped

2 cloves garlic, minced

1 carrot, peeled and chopped

1 bell pepper, seeded and chopped

4 zucchinis, chopped

3 pounds ripe tomatoes, chopped

1 bay leaf

½ teaspoon dried marjoram

½ teaspoon fresh basil, chopped

Salt to taste

10 cups vegetable stock

Prep Directions:

1. Heat oil in Pressure Cooker on Medium-High (375°F).
2. Add onions, garlic, carrot, bell pepper, and zucchini and cook, stirring occasionally for about 10 minutes.
3. Stir in tomatoes, bay leaf, marjoram, basil, salt, and stock.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 15 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Mix well and serve.



#16 Coconut Flavored Haddock

Serves: 4

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 5 minutes

Ingredients:

4 haddock filets
1 teaspoon melted butter
Saffron strands
3 scallions, chopped
1 red chili pepper, seeded and chopped
Salt to taste
Paprika to taste
1¼ cups coconut milk
2 cups boiling water
2 cups rice
¾ cup corn
¾ cup dried apricots, chopped
2 tablespoons fresh cilantro, chopped

Prep Directions:

1. Melt butter in Pressure Cooker on Medium (275°F).
2. Add haddock to Pressure Cooker

- and brown for 3 minutes per side.
3. Sprinkle saffron, salt, paprika, and red pepper onto haddock and add coconut milk.
4. Scatter chopped scallions atop fish.
5. Pour boiling water into Pressure Cooker.
6. Add rice and top with corn and apricots.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 16 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Flake fish into bite-size pieces and stir into rice.
9. Add cilantro, stir lightly and serve.



#17 Ratatouille

Serves: 6

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear - 4 minutes

Ingredients:

3 tablespoons olive oil
1 (12-ounce) eggplant, chopped
1 onion, chopped
1 fennel bulb, sliced
2 acorn squash, peel, seed and chopped
½ dried chilies, crushed
4 cloves garlic, chopped
1 red bell pepper, seeded and chopped
1 yellow bell pepper, seeded and chopped
10 ounces ripe tomatoes, chopped
2 tablespoons tomato paste
⅔ cup red wine
⅔ cup tomato juice
Salt and black pepper to taste

2 tablespoons fresh basil, chopped
Parmesan cheese for garnish

Prep Directions:

1. Heat oil in Pressure Cooker on Medium-High (375°F).
2. Add eggplant, onion, fennel, squash, chilies, and garlic, and sauté for 3 minutes.
3. Add bell peppers and tomatoes and sauté for 1 minute.
4. Blend tomato paste with red wine then stir in tomato juice and pour over vegetables.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 17 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Salt and pepper to taste.
9. Garnish with Parmesan and basil.

#18 Vegetarian Black Bean Chili

Serves: 4-6

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 6 minutes

Stage 2: 200°F → 45 minutes

Stage 3: 175°F → 10 minutes

Ingredients:

3 tablespoons vegetable oil
9 cloves garlic, minced
1 onion, chopped
3 tablespoons chili powder
2 tablespoons ground cumin
1-3 teaspoons canned chipotle chili in adobo sauce, minced
2½ cups vegetable stock
2½ cups water
1 (28-ounce) can crushed tomatoes
2½ cups (1 pound) dried black beans, and rinsed
1 pound button mushrooms, quartered

2 bay leaves
2 red bell peppers, seeded, and diced
½ cup fresh cilantro, minced
Salt and pepper to taste
3 tablespoons tequila (optional)
1 tablespoon lime juice (optional)
1 tablespoon honey (optional)
Lime zest (optional)

Prep Directions:

1. Add oil to Pressure Cooker and heat on High (425°F).
2. Add onion and garlic and cook for 5 minutes, or until soft.
3. Stir in remaining ingredients, except cilantro and optional ingredients, and cook for 30 seconds, or until fragrant.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 18 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Add cilantro and season with salt and pepper to taste.
9. Stir in tequila, lime juice, honey, and lime zest, if desired.
10. Serve.

#19 Easy Beef Stew

Serves: 4-6

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 6 minutes

Stage 2: 425°F → 15 minutes

Ingredients:

2 cups roast beef, cooked and
cut into 1-inch chunks
1 onion, chopped
1 (28 ounce) can stewed tomatoes
¼ teaspoon onion powder
¼ teaspoon celery seeds
⅓ teaspoon paprika
2 tablespoons salt
1 teaspoon pepper
1 tablespoon Worcestershire sauce
2 cups beef stock
1 (24-ounce) bag frozen
mixed vegetables
2 pounds potatoes, diced

1 tablespoon all-purpose flour

Prep Directions:

1. Add all ingredients, except flour, to Pressure Cooker.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 19 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Immediately stir in flour to thicken.
9. Serve.



#20 Chicken Masala

Serves: 4

Pre-Programmed Cooking Stages:

Stage 1: 375°F → 3 minutes

Stage 2: Max/Sear → 6 minutes

Stage 3: 425°F → 5 minutes

Stage 4: 175°F → 5 minutes

Ingredients:

- 1 pound boneless, skinless chicken breasts, diced
- 1 tablespoon vegetable oil
- 1 onion, diced
- 1 stalk celery, diced
- 1 large carrot, grated
- 1½ tablespoons garam masala
- 1 clove garlic, peeled and minced
- ½ cup chicken broth
- 3 tomatoes, chopped
- 1 cup coconut milk
- 1 cup flour, divided
- 1 cup frozen peas
- Salt and pepper to taste

Prep Directions:

1. Dredge chicken breasts in ⅔ cup flour and set aside.
2. Heat olive oil in Pressure Cooker on Medium-High (375°F).
3. Working in batches, cook chicken for 3 minutes per side, setting cooked chicken aside.
4. Add masala, celery, carrots, onions, and garlic to Pressure Cooker and sauté for 1 minute.
5. Add chicken stock, coconut milk, and tomatoes, then stir to combine.
6. Return chicken to Pressure Cooker.
7. Bring to boil on Max/Sear.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 20 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.

8. Add remaining flour and peas to Pressure Cooker and stir to thicken.
9. Season with salt and pepper and serve.

#21 Refried Beans

Serves: 6

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 4 minutes

Stage 2: 375°F → 12 minutes

Ingredients:

- 1 pound dried pinto beans, presoaked for 4 hours
- ¼ cup bacon fat
- 2 onions, chopped
- 2 cloves garlic, crushed
- 1 jalapeno chile, seeded and minced
- ½ cup fresh cilantro, chopped
- 1 Poblano pepper, seeded and minced
- 1½ teaspoons ground cumin
- Salt and pepper to taste

Prep Directions:

1. Add bacon fat, onions and garlic to Pressure Cooker and sauté on Medium-High (375°F) for 2-3 minutes.
2. Drain and rinse presoaked beans then add to Pressure Cooker.
3. Add remaining ingredients.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 21 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Season with salt and pepper to taste and serve.

#22 Beer-Braised Chicken Thighs with Onions

Serves: 6

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 6 minutes

Stage 2: 375°F → 11 minutes

Ingredients:

- 6 large bone-in chicken thighs, skin removed
- 2 tablespoons olive oil
- 1 tablespoon butter
- 2 onions, sliced
- 1 tablespoon brown sugar
- 1 tablespoon all-purpose flour
- 1 bottle lager beer
- 2 tablespoons coarse-grain mustard
- 1 tablespoon tomato paste
- 1 bay leaf
- Salt and pepper to taste

Prep Directions:

1. Heat olive oil in Pressure Cooker on Medium-High (375°F).
2. Working in batches, cook chicken for about 3 minutes per side, setting aside cooked chicken.
3. Add butter to Pressure Cooker and melt on Medium-Low (175°F).
4. Add onions and sugar and cook for about 7 minutes, stirring occasionally.
5. Add chicken, and remaining ingredients to Pressure Cooker.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 22 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Remove bay leaf.
9. Season with salt and pepper and serve.

#23 Golden Beets

Serves: 6-8

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 1 minute

Stage 2: 375°F → 20 minutes

Ingredients:

- 4 large golden or red beets, washed and trimmed
- 1 quart water
- 1 teaspoon salt
- ½ teaspoon black pepper

Prep Directions:

1. Add beets and water to Pressure Cooker.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 23 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Season with salt and pepper to taste and serve.

#24 So So Simple Barbecue Beef Ribs

Serves: 4

Programmed:

Stage 1: Max/Sear → 4 minutes

Stage 2: 275°F → 30 minutes

Ingredients:

4 pounds beef ribs, trimmed
of visible fat

1 cup barbecue sauce

8 cups water

Salt and pepper to taste

Prep Directions:

1. Add ribs to Pressure Cooker
2. Cover with barbecue sauce and pour water over ribs.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 24 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Season with salt and pepper to taste and serve.



#25 Sloppy Joes

Serves: 6

Pre-Programmed Cooking Stages:

Stage 1: 425°F → 2 minutes

Stage 2: 375°F → 6 minutes

Ingredients:

- 1 tablespoon peanut oil
- 1 onion, diced
- 2 carrots, sliced
- 2 cloves garlic, minced
- 1½ pounds lean ground beef
- ½ cup beef stock
- ¼ cup tomato paste
- 1 teaspoon sugar
- 1 teaspoon salt
- ½ teaspoon pepper
- ⅛ teaspoon red pepper flakes
- 1 teaspoon mustard powder
- 1 tablespoon Worcestershire sauce
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- 6 hamburger buns

Prep Directions:

1. Add oil, onion, and carrots to Pressure Cooker and sauté on Medium-High (375°F) for 5 minutes, or until soft.
2. Add garlic and sauté for 1 minute.
3. Add remaining ingredients, except buns.
4. Press Max/Sear and bring to a boil.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 25 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Reduce heat to Medium-Low (175°F) and simmer until sauce thickens.
9. Serve on buns.

#26 Peppered Beef

Marsala

Serves: 4

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 7 minutes

Stage 2: 375°F → 15 minutes

Ingredients:

- 2 pounds round steak, thinly sliced
- 2 teaspoons coarsely ground black pepper
- ½ cup all-purpose flour
- ½ teaspoon salt
- 2 tablespoons butter
- 1 onion, chopped
- ½ pound button mushrooms, sliced
- 1 green bell pepper, seeded and sliced
- ½ cup marsala wine
- 2 tablespoons tomato paste
- 3 cups water

Prep Directions:

1. Combine flour and salt in shallow dish and set aside.
2. Rub and press the coarsely ground black pepper into beef.
3. Coat each piece of meat in seasoned flour and set aside.
4. Melt butter in Pressure Cooker on Medium-High (375°F).
5. Add meat and cook for about 3 minutes per side, until browned on all sides.
6. Remove beef and set aside.
7. Add onions, mushrooms, and peppers to Pressure Cooker and cook for 3 minutes, stirring constantly.
8. Add wine to deglaze bottom of Pressure Cooker.
9. Add tomato paste and water, stirring to blend.
10. Return meat to Pressure Cooker.
11. Press Max/Sear and bring to boil.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.

4. Enter 26 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Season beef with salt and pepper to taste and serve.

#27 Beef Stroganoff

Serves: 3-4

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 7 minutes

Stage 2: 375°F → 18 minutes

Ingredients:

- 1½ pounds beef bottom round, sliced into 1x½-inch strips
- 3 tablespoons canola oil, divided
- ½ cup shallots, chopped
- ½ pound mushrooms
- ¼ cup dry sherry
- 1½ cups low-sodium beef stock
- 2 tablespoons tomato paste
- ½ cup sour cream, room temperature
- 1 pound egg noodles, cooked
- Sweet paprika (optional)
- Salt and pepper to taste

Prep Directions:

1. Season beef strips lightly with salt.
2. Heat 2 tablespoons oil in Pressure Cooker on Medium-High (375°F).
3. Add seasoned beef to Pressure Cooker and brown until cooked.
4. Transfer cooked beef to plate, and add shallots and remaining oil to Pressure Cooker.
5. Cook shallots for about 2 minutes, stirring often.
6. Add mushrooms and cook for about 5 minutes, until soft.
7. Add sherry and cook for 1 minute.

8. Add stock and tomato paste and stir to combine.
9. Return beef to Pressure Cooker.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 27 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Whisk in sour cream.
9. Divide noodles between serving bowls.
10. Season with salt, pepper, and paprika to taste, and serve over noodles.

#28 Maple and Bourbon Beans

Serves: 8

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 6 minutes

Stage 2: 375°F → 3 minutes

Ingredients:

4 bacon strips, chopped
1 onion, chopped
2 cloves garlic, chopped
6 cups water
1 pound great northern beans,
soaked and drained
1 tablespoon vegetable oil
½ cup ketchup
½ cup maple flavored syrup
3 tablespoons light brown sugar
3 tablespoons bourbon
whiskey (optional)
Salt to taste

Prep Directions:

1. Add bacon to Pressure Cooker and cook on Medium (275°F) for about 6 minutes, stirring occasionally, until crispy and browned, about 6 minutes.
2. Carefully transfer bacon to paper towel, reserving any fat inside Pressure Cooker.

3. Add onions, and garlic to Pressure Cooker and sauté on Medium (275°F) for about 30 seconds, just until fragrant.
4. Add water, beans, and oil to Pressure Cooker.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 28 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Drain beans and return bacon to Pressure Cooker
9. Stir in ketchup, syrup, and brown sugar
10. Add bourbon and season with salt.
11. Stir until combined and serve.



#29 Barbecue-Style Brisket Sandwiches

Serves: 8

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 7 minutes

Stage 2: 375°F → 1 hour

Stage 3: 350°F → 30 minutes

Ingredients:

1 (3½ pound) flat cut beef brisket

Salt

½ cup ketchup

¼ cup brown sugar

¼ cup Worcestershire sauce

¼ apple cider vinegar

1 tablespoon chili powder

1½ teaspoons sweet paprika

4 cloves garlic, minced

Black pepper

1 onion, chopped

1 tablespoon canola oil

8 Soft hamburger buns

Sliced red onions for garnish

10 cups water

Pickles and pickled hot peppers

for garnish (optional)

Prep Directions:

1. Trim excess fat off meat and pat dry.
2. Season both sides with salt and cut meat in half, crosswise and set aside.
3. In bowl, whisk together ketchup, sugar, Worcestershire sauce, vinegar, chili powder, paprika, garlic, and black pepper to make sauce.
4. Brush the brisket pieces on all sides with sauce.
5. Add onion to Pressure Cooker and sauté on Medium-Low (175°F) for about 3 minutes, until soft.
6. Add water to Pressure Cooker.
7. Place 1 brisket piece atop onions and pour half of the remaining sauce over the meat.
8. Place remaining brisket piece in Pressure Cooker and top with remaining sauce.
9. Bring to boil on Max/Sear.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 29 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Using tongs, lift out the meat and transfer to carving board and let it rest for 5 minutes.
9. Skim sauce with large spoon, removing as much fat as possible.
10. Thinly slice meat across the grain and divide it evenly amongst buns.
11. Garnish sandwiches with garnish and serve with remaining sauce.

#30 Cioppino

Serves: 4-6

Pre-Programmed Cooking Stages:

Stage 1: 425°F → 6 minutes

Ingredients:

2 tablespoons olive oil
1 fennel, julienne
½ onion, julienne
1 (15½-ounce) can whole peeled plum tomatoes, chopped
½ cup white wine
½ cup vegetable juice
2 fresh bay leaves
2 sprigs fresh oregano, leaves only
2 sprigs fresh marjoram
2 sprigs fresh thyme
2 cloves garlic, smashed
3 clams, cleaned
15 mussels, cleaned
12 medium shrimp, peeled, cleaned and deveined
1 (4-ounce) fillet of cod
½ cup crab meat (optional)
Salt & pepper to taste

Prep Directions:

1. Add oil to Pressure Cooker and heat on High (425°F).
2. Add fennel and sauté for 2 minutes to start caramelization.
3. Add onion to fennel and continue to

cook for additional 5 minutes, or until vegetables completely caramelize.

4. Add pepper, salt, and garlic.
5. Add tomatoes, wine, vegetable juice, and fresh herbs.
6. Add clams, mussels, shrimp, cod, and crab meat to Pressure Cooker.

Cooking Directions:

1. Cover and lock in push plate.
2. Turn pressure regulator to 2 for high pressure.
3. Press Program.
4. Enter 30 on numeric keypad.
5. Press Start.
6. Once cooking has finished, turn pressure regulator to steam release position to quickly release pressure.
7. Unlock push plate and remove lid.
8. Remove bay leaf and serve.



5.5-quart Stock Pot

Pre-Programmed Recipes

Pre-programmed recipes #31-40 are written and tested to be made with the 5.5-quart Stock Pot. (31146-K)

Capacity – 5.5 quarts

Induction, Gas, Electric Range & Oven Safe

Stainless Steel With Duralon® Healthy Ceramic Non-Stick Coating & Tempered Vented Glass Lid.

- **Please read your owner's manual for detailed information.** (BM 31201)
- **When using a pre-programmed recipe, the Wattage has a default of 1800 watts only.**
- If you choose to use a different type of cookware when preparing one of the pre-programmed recipes, you may need to adjust the programmed cooking temperatures or times.

Prep Directions: Follow these directions prior to beginning the Pre-Programmed cooking process for your chosen recipe.

Cooking Directions: Follow these directions to begin the Pre-Programmed cooking process for your chosen recipe. Make sure you read the full set of directions; some recipes have additional steps to complete the recipe after the Pre-Programmed cooking process has finished.

Pre-Programmed Stages:

Once you enter the number for your chosen Pre-Programmed Recipe, the NuWave PIC will automatically cook at the given Temperature(s) and Time(s) listed in this section. Don't worry, the PIC will do all of the cooking for you!

Model# 31146-K



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#31 BBQ Beef Brisket

Serves: 8

Pre-Programmed Cooking Stages:

Stage 1: 200°F → 6 hours

Stage 2: 175°F → 1 hour

Ingredients:

4 onions, sliced and divided

1 (3-pound) beef brisket, trimmed of fat

2 cups barbecue sauce

4 cups water

Prep Directions:

1. Place half of the onions in lightly oiled 5.5-quart stock pot.
2. Add brisket to pot and top with remaining onions.
3. Mix barbecue sauce with water and pour into pot.
4. Cover pot with lid.
5. Press Program.
6. Enter 31 on numeric keypad.
7. Press Start.

Serving Directions:

1. Let brisket sit in pot for 15 minutes before slicing.
2. Skim fat from top of pot and reserve onion sauce.
3. Slice brisket and top with sauce.
4. Serve with beans.

#32 Chicken Corn Chowder

Serves: 4-6

Pre-Programmed Cooking Stages:

Stage 1: 220°F → 3 hours

Stage 2: 175°F → 2 hours

Stage 3: 160°F → 15 minutes

Ingredients:

1 pound boneless, skinless chicken breasts, cut into 1-inch chunks

1 large potato, cut into 1-inch chunks

2 cups corn

4 scallions, chopped

½ red bell pepper, chopped

¼ teaspoon black pepper

1 clove garlic, minced

1½ tablespoons chipotle seasoning

½ teaspoon chili powder (optional)

½ cup chicken stock

4 cups whole milk

⅓ cup dehydrated potato flakes

1 cup shredded sharp cheddar cheese

Prep Directions:

1. Add all ingredients, except potato flakes and cheese, to 5.5-quart stock pot.
2. Cover pot with lid.
3. Press Program.
4. Enter 32 on numeric keypad.
5. Press Start.
6. During stage 3, open lid and stir in potato flakes to thicken.

Serving Directions:

1. Top with shredded cheese and serve.



#33 Sausage and Cabbage

Serves: 4-6

Pre-Programmed Cooking Stages:

Stage 1: 200°F → 6 hours

Stage 2: 175°F → 2 hours

Ingredients:

- 1 head cabbage, shredded
- 1 onion, chopped
- 2 cups apple juice
- 4 cups water
- 1 tablespoon Dijon mustard
- 1 tablespoon cider vinegar
- 3 potatoes, diced
- 3 carrots, diced
- 2 pounds kielbasa sausage
- Salt and pepper to taste

Prep Directions:

1. Layer cabbage, onion, potatoes, carrots, and sausage in 5.5-quart stock pot.
2. Whisk together apple juice, water, mustard, vinegar, and pour into pot.
3. Cover pot with lid.
4. Press Program.
5. Enter 33 on numeric keypad.
6. Press Start.

Serving Directions:

1. Season with salt and pepper and serve.

#34 Lemon Chicken Thighs with Olives

Serves: 6

Pre-Programmed Cooking Stages:

Stage 1: 210°F → 2 hours

Stage 2: 175°F → 30 minutes

Ingredients:

- 8 boneless, skinless chicken thighs
- $\frac{3}{4}$ teaspoon salt
- $\frac{3}{4}$ teaspoon pepper, divided
- 2 tablespoons olive oil
- 1 lemon, sliced
- 6 cups chicken stock
- 2 tablespoons fresh lemon juice
- $\frac{1}{4}$ cup all-purpose flour
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{3}{4}$ cup pitted green olives

Prep Directions:

1. Sprinkle chicken thighs evenly with salt and $\frac{1}{2}$ teaspoon pepper; set aside.
2. Heat oil in 5.5-quart stock pot on Medium-High (375°F).
3. Working in batches, cook chicken for 3-5 minutes per side.
4. Return all cooked chicken to stock pot and add lemon slices.
5. In a small dish, whisk stock, lemon juice, flour, and cumin together and add to pot.
6. Top chicken with remaining $\frac{1}{4}$ teaspoon pepper.
7. Cover pot with lid.
8. Press Program.
9. Enter 34 on numeric keypad.
10. Press Start.
11. At Stage 2 add olives.

Serving Directions:

1. Season with salt and pepper and serve.

#35 One Pot Chicken Enchilada Soup

Serves: 8

Pre-Programmed Cooking Stages:

Stage 1: 200°F → 5 hours

Stage 2: 175°F → 1 hour

Ingredients:

1 yellow onion, diced
1 sweet bell pepper, diced
2 cloves garlic, minced
2 cups corn
1 (10-ounce) can diced tomatoes and green chilies
1 (10-ounce) can enchilada sauce
4 cups chicken stock
1 tablespoon chili powder
½ teaspoon cumin
½ teaspoon salt
½ teaspoon black pepper
1 pound boneless, skinless chicken breasts, diced
1 (15-ounce) can black beans, drained and rinsed
½ cup light sour cream
Shredded cheese
Tortilla chips

Prep Directions:

1. Add all ingredients, except sour cream, cheese, and chips to 5.5-quart stock pot.
2. Cover pot with lid.
3. Press Program.
4. Enter 35 on numeric keypad.
5. Press Start.

Serving Directions:

1. Top with sour cream, shredded cheese, and tortilla chips and serve.

#36 One Pot Sicilian Beef

Serves: 6

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 6 minutes

Stage 2: 200°F → 2 hours

Ingredients:

½ cup all-purpose flour
1 teaspoon salt, divided
¼ teaspoon black pepper
2½-pound stew beef, trimmed
4 tablespoons vegetable oil
1 pound fresh mushrooms, quartered
1 green bell pepper, chopped
1 onion, chopped
2 cloves garlic, minced
2¾ cups beef stock
1 (26-ounce) jar spaghetti sauce
1 (28-ounce) can diced tomatoes

Prep Directions:

1. In shallow dish, combine flour, ½ teaspoon salt, and black pepper.
2. Roll beef in flour mixture, coating completely.
3. Heat 3 tablespoons oil in a 5.5-quart stock pot on High (425°F) until hot.
4. Add beef to pot and brown on all sides for about 5 minutes.
5. Remove beef from pot and set aside.
6. Add mushrooms, bell pepper, onion, garlic, and remaining oil to pot and cook 5 minutes, stirring occasionally, until onions are tender.
7. Add remaining ingredients and return beef to pot.
8. Cover pot with lid.
9. Press Program.
10. Enter 36 on numeric keypad.
11. Press Start

Tip: Stir beef occasionally and check to see if it is fork tender.

#37 Slow Cooker

Pork Chops

Serves: 4

Pre-Programmed Cooking Stages:

Stage 1: 220°F → 30 minutes

Stage 2: 200°F → 4 hours

Ingredients:

4 thick cut pork chops

1 cup apple cider vinegar

8 red potatoes, diced and divided

3 (26-ounce) cans cream
of mushroom soup

1 cup milk

1 pound fresh mushrooms, diced

1 onion, diced

2 cloves garlic, minced

Fresh parsley, chopped

Salt and pepper to taste

Prep Directions:

1. Marinate pork in apple cider vinegar overnight, or up to 24 hours.
2. Place 4 diced potatoes in 5.5-quart stock pot.
3. Place pork chops atop potatoes.
4. Add onions and mushrooms.
5. Add remaining potatoes to pot, placing them beside pork chops.
6. Pour in cream of mushroom soup, milk, and mix to coat.
7. Cover pot with lid.
8. Press Program.
9. Enter 37 on numeric keypad.
10. Press Start.

Tip: Stir beef occasionally and check to see if it is fork tender.



#38 Peppers and Beef

Serves: 4

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 4 minutes

Stage 2: 175°F → 20 minutes

Ingredients:

- 1 pound extra lean ground beef
- ½ cup uncooked rice
- 1 (15-ounce) can petite diced tomatoes
- 1 (8-ounce) can tomato sauce
- 1 cup beef stock
- 2 sweet bell peppers, seeded and chopped
- 1 onion, chopped
- 2 tablespoons packed brown sugar
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 clove garlic, minced
- 1 cup shredded Italian cheese blend

Prep Directions:

1. Place beef in 5.5-quart stock pot and cook on Medium-High (375°F) for 8 minutes, breaking beef into small pieces with wooden spoon.
2. Drain excess fat and add rice to cooked beef.
3. Cook for 2-3 minutes, stirring occasionally, until rice is golden brown.
4. Add remaining ingredients, except cheese, and stir well.
5. Cover pot with lid.
6. Press Program.
7. Enter 38 on numeric keypad.
8. Press Start.

Serving Directions:

1. Add cheese and serve.

Tip: Stir at least twice until the liquid is absorbed and the rice is tender.

Tip: If cooking with brown rice, add 20 minutes during Stage 2 of cook time.

#39 Potato Soup with Onions and Cheddar

Serves: 4

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 6 minutes

Stage 2: 225°F → 30 minutes

Stage 3: 175°F → 5 minutes

Ingredients:

- 2 tablespoons unsalted butter or oil
- 1 clove garlic, minced
- 4 celery stalks, sliced
- 3 scallions, sliced
- 10 ounces pearl onions, peeled
- 2 pounds russet potatoes, cut into ¼-inch slices
- 6 cups vegetable stock
- ½ cup fresh parsley, minced
- ½ cup milk
- 1 cup sharp cheddar cheese, grated
- Salt and pepper to taste

Prep Directions:

1. Heat butter in 5.5-quart stock pot on Medium (275°F).
2. Add garlic, celery, and scallions and sauté for 1-2 minutes.
3. Stir in onions and potatoes, tossing to coat.
4. Add stock, milk, and parsley.
5. Cover pot with lid.
6. Press Program.
7. Enter 39 on numeric keypad.
8. Press Start.

Serving Directions:

1. Season with salt and pepper and serve.
2. Serve with cheese on top.

Tip: Put liquid into blender for a smoother soup.

#40 Easy Weeknight Chili

Serves: 4-6

Pre-Programmed Cooking Stages:

Stage 1: 175°F → 5 minutes

Stage 2: 350°F → 5 minutes

Stage 3: 220°F → 15 minutes

Stage 4: 175°F → 5 minutes

Ingredients:

2 tablespoons vegetable oil

1 onion, chopped

2 tablespoons chili powder

2 teaspoons ground cumin

4 cloves garlic, minced

Salt and pepper to taste

1 pound ground beef

1 (28-ounce) can crushed tomatoes

1 cup chicken stock

2 (15-ounce) cans kidney beans,
drained and rinsed

Shredded cheese (optional)

Prep Directions:

1. Heat oil in 5.5-quart stock pot on Medium-High (375°F) until simmering.
2. Press Program.
3. Enter 40 on numeric keypad.
4. Press Start.
5. Add onion and cook for 5 minutes. (Stage 1)
6. Stir in chili powder, cumin, garlic, salt, and pepper, cook until fragrant.
7. Add beef and cook, breaking up meat with wooden spoon, for 5 minutes. (Stage 2)
8. Stir in tomatoes, beans, and stock, stir and scrape up any browned bits stuck to bottom of pan.
9. Cover pot with lid.

Serving Directions:

1. Top with cheese and serve.

Tip: Use 85% lean ground beef for best results.



5-quart Everyday Pan

Pre-Programmed Recipes

Pre-programmed recipes #41-50 are written and tested to be made with the 5-quart Everyday Pan. (31188-K)

Capacity – 5 quarts

Induction, Gas, Electric Range & Oven Safe

Stainless Steel With Duralon® Healthy Ceramic Non-Stick Coating & Tempered Glass Lid.

- **Please read your owner's manual for detailed information.** (BM 31201)
- **When using a pre-programmed recipe, the Wattage has a default of 1800 watts only.**
- If you choose to use a different type of cookware when preparing one of the pre-programmed recipes, you may need to adjust the programmed cooking temperatures or times.

Prep Directions: Follow these directions prior to beginning the Pre-Programmed cooking process for your chosen recipe.

Cooking Directions: Follow these directions to begin the Pre-Programmed cooking process for your chosen recipe. Make sure you read the full set of directions; some recipes have additional steps to complete the recipe after the Pre-Programmed cooking process has finished.

Pre-Programmed Stages: Once you enter the number for your chosen Pre-Programmed Recipe, the NuWave PIC will automatically cook at the given Temperature(s) and Time(s) listed in this section. Don't worry, the PIC will do all of the cooking for you!

Model# 31188-K



#41 One Bowl Mung Bean Meal

Serves: 4

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 6 minutes

Stage 2: 100°F → 3 minutes

Ingredients:

- 1 cup mung beans, sprouted
- 3 cups vegetable stock
- 4 green onions, chopped
- 2 ribs celery, sliced
- 1 apple, cored and chopped
- 1 ripe avocado, halved, seeded, peeled and sliced
- 1/3 cup almonds, chopped
- 1/4 cup olive oil
- 3 tablespoons Italian parsley, loosely packed and chopped
- 2 tablespoons lemon juice
- Sea salt and freshly ground black pepper to taste

Prep Directions:

1. Pour stock into Everyday Pan and bring to boil on Max/Sear.
2. Add mung beans.
3. Cover pan with lid.
4. Press Program.
5. Enter 41 on numeric keypad.
6. Press Start.

Serving Directions:

1. Remove Everyday Pan from heat and let beans sit for 6-8 minutes and drain.
2. Mix mung beans with green onions, celery, apple, avocado, almonds, olive oil, parsley, lemon juice, salt, and pepper.
3. Toss well and serve.

#42 One Pan Mexican Quinoa

Serves: 4

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 3 minutes

Stage 2: 200°F → 20 minutes

Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 jalapeño, minced
- 1 cup quinoa
- 1 cup vegetable stock
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5-ounce) can fire-roasted diced tomatoes
- 1 cup corn kernels
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Salt and pepper to taste
- Avocado, halved, seeded, peeled and diced
- Juice of 1 lime for garnish
- 2 tablespoons fresh cilantro leaves, chopped

Prep Directions:

1. Heat olive oil in Everyday Pan on Medium-High (375°F).
2. Add garlic and jalapeño and cook, stirring frequently, for about 1 minute until fragrant.
3. Stir in quinoa, vegetable stock, beans, tomatoes, corn, chili powder, and cumin; season with salt and pepper to taste.
4. Cover pan with lid.
5. Press Program.
6. Enter 42 on numeric keypad.
7. Press Start.

Serving Directions:

1. Stir in garnish with avocado, cilantro, and lime juice
2. Serve immediately.

#43 One Pot Zesty Macaroni

Serves: 6

Pre-Programmed Cooking Stages:

Stage 1: 350°F → 5 minutes

Stage 2: Max/Sear → 4 minutes

Stage 3: 220°F → 13 minutes

Stage 4: 175°F → 2 minutes

Ingredients:

1 tablespoon vegetable oil

1 pound ground turkey

2 cups elbow pasta, uncooked

2 cups salsa

1½ cups chicken stock

1 (15-ounce) can tomato sauce

1 Roma tomato, diced

1 cup frozen corn

1 cup canned black beans, rinsed

½ cup shredded cheddar cheese

2 tablespoons fresh cilantro
leaves, chopped

1 avocado, halved, seeded,
peeled, and diced

Prep Directions:

1. Press Program.
2. Enter 43 on numeric keypad.
3. Press Start.
4. Add oil to Everyday Pan.
5. Add ground turkey and brown for 5 minutes (Stage 1).
6. Stir in pasta, salsa, stock, and tomato sauce and cook for 1 minute.
7. Cover pot with lid.

Serving Directions:

1. After final stage has finished, stir in tomatoes, corn, and black beans then gently toss to combine.
2. Stir in cheese until completely melted.
3. Garnish with avocado and cilantro and serve immediately.



#44 Chicken Lo Mein

Serves: 6

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 6 minutes

Stage 2: 175°F → 20 minutes

Ingredients:

- ½ pound boneless skinless chicken breast, cut into small chunks
- 1 (14-16-ounce) box of linguini or fettuccine pasta
- 4 carrots, peeled and sliced
- 1 red bell pepper, seeded and sliced
- 1 bunch green onions, sliced
- 4 cloves garlic, minced
- ¼ cup soy sauce
- 1 teaspoon garlic powder
- 1 teaspoon corn starch
- 1 tablespoon sugar
- ½ teaspoon red pepper flakes
- 4 cups chicken or vegetable stock
- 2 teaspoons extra-virgin olive oil

Prep Directions:

1. Add all ingredients to Everyday Pan and stir.
2. Cover Pan with lid.
3. Press Program.
4. Enter number 44 on numeric keypad.
5. Press Start.

Serving Directions:

1. Remove Everyday Pan from PIC.
2. Remove lid and cool for 5 minutes before serving.

Tip: Stir lo mein occasionally during cooking process.

#45 Southwest Pasta

Serves: 8

Pre-Programmed Cooking Stages:

Stage 1: Sear → 4 minutes

Stage 2: 175°F → 14 minutes

Stage 3: 150°F → 5 minutes

Ingredients:

- 1 (13.5-ounce) box of rotini pasta
- 2 cups corn kernels, frozen
- 1 green bell pepper, seeded and sliced
- ½ red onion, sliced
- 1 (15-ounce) can tomatoes with chilies
- ¼ cup taco seasoning
- 1 teaspoon salt
- 2 teaspoons of olive oil
- 4 cups chicken or vegetable stock
- 1 (15-ounce) can black beans, drained and rinsed
- ¼ cup Mexican cheese blend, plus more for topping (Optional)

Prep Directions:

1. Add all ingredients, except beans and cheese to Everyday Pan and stir.
2. Cover pan with lid.
3. Press Program.
4. Enter 45 on numeric keypad.
5. Press Start.

Serving Directions:

1. Remove pan from PIC.
2. Remove lid and stir in black beans and cheese.
3. Let pasta rest for 5 minutes to warm beans, melt the cheese, and absorb excess liquid before serving.

Tip: If you use a different type of pasta you will need to adjust your cooking time.

#46 Chicken Enchilada Bowls

Serves: 6

Pre-Programmed Cooking Stages:

Stage 1: Max/Sear → 6 minutes

Stage 2: 175°F → 20 minutes

Ingredients:

- 2 tablespoons olive oil
- 1 yellow onion, chopped
- 1 pound boneless, skinless chicken breasts, cut into chunks
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 cup rice, uncooked
- 2 cups chicken stock
- 1 (14.5-ounce) can diced tomatoes and chilies
- 1 (10-ounce) can enchilada sauce
- 1 cup corn, frozen
- 2 teaspoons cumin
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup Mexican blend cheese, shredded
- Lettuce, shredded (optional)
- Tomatoes, diced (optional)
- Green onions, diced (optional)
- Sour cream (optional)

Prep Directions:

1. Add oil to Everyday Pan and heat on Medium-High (375°F) for 1 minute.
2. Add onion, chicken, salt, and pepper to pan and cook for about 5 minutes, stirring occasionally, until onion softens and chicken is no longer pink.
3. Add rice to pan and cook for 3-4 minutes, stirring occasionally.
4. Add chicken broth, tomatoes, enchilada sauce, corn, and cumin.
5. Stir well.
6. Cover pan with lid.
7. Press Program.
8. Enter 46 on numeric keypad.
9. Press Start.

Serving Directions:

1. Remove Everyday Pan from PIC.
2. Add black beans and stir to combine.
3. Top with cheese.

4. Cover and let rest for 5 minutes.
5. Serve warm with optional toppings.

#47 Vegetarian Tagine

Serves: 6

Pre-Programmed Cooking Stages:

Stage 1: 225°F → 5 minutes

Stage 2: 200°F → 15 minutes

Stage 3: 175°F → 10 minutes

Ingredients:

- 1 tablespoon olive oil
- 1 onion, diced
- 1 clove garlic, minced
- 1 stalk celery, diced
- 1 carrot, diced
- 1 teaspoon paprika
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cumin
- ½ teaspoon fresh ginger, grated
- 2 teaspoons salt
- 1 (14.5-ounce) can diced tomatoes
- 1 small butternut squash, peeled and cut into chunks (2 cups)
- 2 cups cauliflower florets
- 2 cups vegetable stock
- 2 cups cooked chickpeas, rinsed and drained
- ¼ cup raisins
- 3 cups couscous, cooked

Prep Directions:

1. Heat oil in Everyday Pan on Medium (275°F).
2. Add onions and garlic and cook for 3 minutes.
3. Add celery, carrots, paprika, cinnamon, cumin, ginger, and salt.
4. Cook for additional 5 minutes, until veggies are soft and spices are fragrant.
5. Add tomatoes, butternut squash, cauliflower, and vegetable stock, and stir to combine.
6. Cover pan with lid.
7. Press Program.
8. Enter 47 on numeric keypad.
9. Press Start.
10. When Stage 3 begins, stir in chickpeas and raisins.

Serving Directions:

1. Remove lid and stir well.
2. Serve over couscous.

#48 Rustic Tomato Soup

Yield: 8 cups

Pre-Programmed Cooking Stages:

Stage 1: 425°F → 6 minutes

Stage 2: 145°F → 2 hours

Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic, smashed
- 1 onion, chopped
- 1 carrot, peeled and sliced
- 1 celery stalk, chopped
- 1 teaspoon salt, divided
- $\frac{3}{4}$ teaspoons pepper, divided
- 2 pounds plum tomatoes, chopped
- 2 teaspoons dried basil
- 1 teaspoon marjoram
- 6 sun-dried tomatoes
- $\frac{1}{4}$ teaspoon baking soda
- 4 cups vegetable stock

Prep Directions:

1. Add oil to Everyday Pan and heat at 350°F.
2. Once oil is hot, add garlic, onion, carrot, celery, pinch of salt, and pepper.
3. Sauté vegetables for 8-10 minutes, stirring occasionally, until soft and golden.
4. Add remaining ingredients and stir to combine.
5. Cover pan with lid.
6. Press Program.
7. Enter 48 on numeric keypad.
8. Press Start.

Serving Directions:

1. Transfer Everyday Pan contents to blender and blend, in batches, until smooth.
2. Adjust seasoning to taste and serve.



#49 Beef Stew

Serves: 6

Re-Programmed Cooking Stages:

Stage 1: 175°F → 2 hours

Stage 2: 145°F → 2 hours

Ingredients:

- 1 (1½-pound) beef chuck,
cut into 1-inch cubes
- 1 teaspoon salt
- ¼ teaspoons pepper
- 1 onion, chopped
- 1 carrot, peeled and sliced
- 1 celery stalk, sliced
- 4 red potatoes, quartered
- 4 cloves garlic, smashed
- 4 ounces shiitake mushrooms,
halved (or quartered)
- 1 teaspoon dried Herbes de Provence
- 1 bay leaf
- ½ cup dry red wine
- ¼ cup tomato paste
- 1½ cups beef stock
- 1½ tablespoons cornstarch
- 1 cup green peas
- 3 tablespoons fresh Italian
parsley, chopped

Prep Directions:

1. Place all ingredients, except cornstarch, peas, and parsley in Everyday Pan.
2. Cover pan with lid.
3. Press Program.
4. Enter 49 on numeric keypad.
5. Press Start.

Serving Directions:

1. Remove lid and stir in cornstarch, peas, and parsley.
2. Taste and adjust seasoning accordingly and serve.

#50 Pot Roast

Serves: 6

Re-Programmed Cooking Stages:

Stage 1: 250°F → 30 minutes

Stage 2: 145°F → 2 hours

Ingredients:

- 1 onion, sliced
- 1 leek, greens removed, sliced
- 1 carrot, peeled and sliced
- 1 celery stalk, sliced
- 1 turnip, cut into wedges
- 4 cup beef stock
- 1 tablespoon red wine vinegar
- 1 (2½-pound) chuck roast
- ½ teaspoon salt
- ¼ teaspoon pepper

Prep Directions:

1. Place onion, leek, carrot, celery, and turnip in Everyday Pan.
2. Add broth and vinegar.
3. Season beef with salt and pepper and place atop vegetables.
4. Cover pan with lid.
5. Press Program.
6. Enter 50 on numeric keypad.
7. Press Start.

Serving Directions:

1. Remove lid and transfer beef to serving platter.
2. Skim fat from top of cooking liquid, if necessary.
3. Slice beef and add back to Everyday Pan.
4. Let beef sit in liquid just long enough to heat through.



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