



cook's essentials®

Stainless Steel Electric Skillet

Instructions for USE
& Recipe Guide

**FOR YOUR SAFETY AND CONTINUED ENJOYMENT OF THIS
PRODUCT, ALWAYS READ THE INSTRUCTION BOOK
CAREFULLY BEFORE USING**

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS

- To protect against electrical shock, do not immerse cord or plugs in water or any other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use and before cleaning. Allow unit to cool before putting on or taking off parts, and before cleaning the appliance.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner.
- The use of accessory attachments not recommended by the appliance manufacturer may cause injury.
- Do not use outdoors.
- Do not let cord hang over edge of table, counter, or touch hot surfaces.
- Do not place on or near a hot gas or electrical burner, or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other liquid.
- Always attach plug to appliance first, then plug cord in the wall outlet. To disconnect, turn the dial to "OFF" then remove plug from wall outlet.
- Do not use appliance for other than intended use.

**SAVE THESE INSTRUCTIONS
FOR HOUSEHOLD USE ONLY**

FEATURES OF YOUR ELECTRIC SKILLET

- Stainless steel body.
- 1,700 Watts of cooking power.
- Heavy cast stainless steel handles, positively secured by professional stainless steel riveting.
- Before clean up the pan, cord had been removed.
- Removable temperature probe, with adjustable heat settings and ready light.
- Heating element mounted in 4.0 mm thick encapsulated aluminum base, for even heat distribution and cooking.
- Tempered glass lid.
- Directions and recipes included.
- One year warranty.

HOW TO USE YOUR ELECTRIC SKILLET

- Insert temperature control probe into pan receptacle.
- Plug cord into standard 120V AC outlet.
- Turn temperature control to desired setting, the light will go ON.
- Appliance will pre-heat for 5 to 10 minutes, depending upon your temperature setting. Keep the lid on for fastest heat up. When the light goes OFF, you are ready to cook
- Place the food in the pan right away. As in stovetop cooking, do not leave pan on high temperature without any food inside as this can damage the pan.
- Cook food to desired doneness.
- After use, turn temperature control to OFF and unplug unit from wall outlet.

NOTE: The temperature control has a variable control dial. Adjust the cooking temperature slightly up or down to achieve the cooking results you prefer. Exact cooking times will vary with the specific cooking temperatures you select, the degree of doneness you prefer and other variables such as the size of your food portion, and the starting temperature of food.

CARE AND CLEANING OF YOUR ELECTRIC SKILLET

CAUTION: To prevent personal injury or electric shock, always remove temperature control before immersing skillet in water. Do not immerse temperature control, its cord, or plug in water or other liquid.

- Turn temperature control setting to OFF. Unplug unit from wall outlet.
- **IMPORTANT:** To dispose of grease from skillet, let cool completely. Use spoon or syringe to collect grease from skillet and wipe out remaining grease with paper towel. Do not pour grease from skillet.
- Once unit has cooled, remove temperature control.
- After use, clean out skillet. Make sure skillet has cooled down before washing.
- Immersing a hot skillet into water can cause skillet damage or warping. Warm or hot water should be used when cleaning.
- Temperature control is not immersible. Do not place into water. Simply wipe it down with a damp cloth.
- Do not use steel wool, abrasive cleaners or metal scouring pads on cooking surface, as they will damage the coating.
- Do not put in the dishwasher. Hand wash only.

TIPS AND HINTS

- Remember, food, steam and skillet surface become hot. Use caution and hot pad holders.
- Sticking can occur if the heat is too high or if the meat is added to the pan before the pan has reached temperature. The ideal way to sear meats is to add about 2 Tablespoons of oil, heat to a medium high/high heat until oil is shimmering and you see the first wisp of smoke, and then add your meat. It is important that you should dry your meat with a paper towel before adding it to the pan. If you don't, the water will cause the oil to pop and you could be burned by the splashing oil.
- Waiting for the pan to reach temperature will prevent oily food. A delicious crust will form on the meat, and the water hissing out at the surface of the product will keep the oil out of whatever you are cooking.
- This unit is not designed to deep fry. To pan-fry, do not use more than 1 cup of oil or cooking. Select a vegetable oil, corn oil, or peanut oil for pan-frying. Butter or olive oil may only be used to sauté foods if a lower temperature is used.
- To stir, use a side flat motion.

DEGLAZING

One of the joys of cooking with stainless steel is the production of fond (little crunchy bits) on the bottom of the pan. These little brown bits are the base of most every gravy/pan sauce and cannot be obtained when you cook with non-stick pans.

Deglazing is using a small amount of liquid (usually enough to cover the bottom of the pan by no more than an inch to loosen the bits of caramelized food at the bottom of a pan after it has been cooked or partially cooked. The liquid is added to the pan directly after the item being sautéed is removed from the pan. If the liquid being added is high alcohol, care should be used when pouring the liquid into the pan. A spatula or wooden spoon is used to scrape up the little attached bits. The heat should be on high, to reduce the amount of liquid and further intensify the flavors.

The particles are highly flavorful, since they are concentrated juices from the cooked item. As they absorb the liquid, usually stock, wine, broth, or water, they mix with the flavors in the liquid, making a perfect compliment for the cooked item, since they have the same source.

The liquid used to deglaze should either augment the flavor or contrast it. Usually with a mildly flavored food, like chicken or fish, the deglazing liquid is a similarly flavored stock or broth. If the food has a stronger flavor or is high in fat, such as duck or sausage the liquid added will be tart or acidic, like wine or citrus juice, which will cut the fatty flavors. Either flavor will be the base of the sauce used for the dish. If your food is “resting” in a dish or aluminum foil any juices that pool in the bottom of the dish should be added back into the pan and reduced with the other juices.

After the fond has been scraped up, additional seasonings such as salt and pepper or a handful of chopped herbs or spices can be added. The sauce, once reduced by at least half can then be finished with bits of cubed cold butter stirred in to help thicken and enrich the sauce.

RECIPES

FRENCH TOAST WITH ORANGE-RUM BANANAS

Don't try and cook your French toast too quickly over high heat, the middle won't cook through without the outside getting dry and overdone. When your heat's low and you cook slow, you'll get fluffy, moist and perfectly done French toast every time.

4 large eggs

$\frac{1}{2}$ Cup milk

1 Tablespoon sugar

$\frac{1}{2}$ Teaspoon vanilla extract

2 Pinches ground cinnamon

4 ($\frac{1}{2}$ " to $\frac{3}{4}$ " thick) slices brioche, challah, cinnamon raisin bread or any moist and fluffy bread you like

2 Tablespoons butter

Beat the eggs, milk, sugar, vanilla, and cinnamon together in a mixing bowl until well blended. Pour the egg mixture into a baking pan large enough to give you room to turn and soak the bread.

Lay the bread slices in the egg mixture and let them soak, turning them several times, until the bread has soaked up all the egg. Turn them gently so they don't break apart on you.

Heat the butter in your skillet over medium-low heat. When it starts to bubble, lay the soaked bread in the pan. Cook, turning once, until the bread is nicely browned and the egg in the center of each slice is cooked through, about 12 minutes.

ORANGE-RUM BANANAS

2 Tablespoons rum or rum extract

2 Tablespoons sugar

2 Tablespoons butter

2 Tablespoons orange juice

2 large bananas, sliced thinly on an angle.

Heat rum, sugar, butter and orange juice in a large skillet until the butter is melted. Add the bananas. Bring to a boil over medium heat, then lower the heat so the sauce is bubbling gently. Cook until the bananas are softened, about 4 minutes.

SWISS STEAK

1¹/₄ Pounds cube steaks, pounded thin and cut into bite-sized pieces
1¹/₂ Tablespoons all-purpose flour
1 medium onion, chopped
1 Ounces mushrooms, sliced
Salt and pepper to taste
1 (1.2 Ounce) package brown gravy mix
1¹/₃ (14.5 Ounce) cans stewed tomatoes
8 Ounces egg noodles

Heat oil in medium heat. Dredge steak strips in flour. Working in batches, place strips in hot oil, fry until browned on both sides. Remove to a warm platter. When all meat is browned, return meat to skillet and stir in onions, mushrooms, salt, pepper, gravy mix and stewed tomatoes. Bring to a boil then simmer about 45 minutes.

Serve over the egg noodles.

POTATO PANCAKES

1 Cup all-purpose flour
2 Teaspoons salt
1¹/₈ Teaspoon white pepper
2 eggs, unbeaten
1 Cup milk
4 Tablespoons melted butter or margarine
2 Tablespoons grated onion
3 Cups raw white potatoes, finely grated

Grate potatoes right before using to prevent discoloration. Combine the rest of the ingredients, beat until blended. Preheat your skillet to 375° F and grease with a small amount of oil. Drop mixture by tablespoons, spreading out thin. Fry until crisp and brown on one side, turn and brown the other side. Serve with applesauce or sour cream. Makes about 20 pancakes.

ITALIAN SAUSAGE WITH PEPPERS AND ONIONS

- 2 Cups onions, sliced
- 3 Tablespoons butter or margarine
- 3 Tablespoons olive oil
- 2 Bell peppers (any color but green), seeded and sliced into strips
- Salt and pepper to taste
- 1 Pound fresh link Italian sausage (sweet or hot)

Place onions and butter in skillet at 300°F, cover the skillet and cook undisturbed for five minutes, until the onions are almost sticking to the skillet. Remove the cover and add the oil and stir. Add peppers, salt and pepper. Cook and stir frequently for about 10 minutes, until vegetables are tender. Remove from skillet and keep warm. Cook the sausage in the same pan at the same temperature, prick the sausage a few times with a fork to allow excess fat to escape and turn the sausages often. Cook until brown all over. Cut into the middle of a sausage to check for doneness. When no trace of pink remains, they are cooked. Drain sausages on a paper towel and serve with peppers and onions.

SKILLET CHICKEN CORDON BLEU

- 1 Tablespoon butter
- 4 whole boneless, skinless chicken breast, cubed
- $\frac{1}{4}$ Cup white wine
- 1 (10.75 ounce) can condensed cream of chicken soup
- $\frac{1}{2}$ Cup Swiss cheese, shredded
- $\frac{1}{2}$ Cup ham, diced

Over medium high heat, cook the chicken breasts in the butter for 10 minutes or until browned. Remove chicken and set aside.

In the same skillet, add the wine and stir to deglaze the pan. Add the soup, cheese and ham. Heat to boiling, stirring often.

Return chicken to skillet. Reduce your heat to low, cover and cook for 7 minutes or until chicken is completely cooked, stirring occasionally. Serve over cooked egg noodles if desired.

PORK CHOPS DELUXE

4 boneless pork chops, trimmed

1 Tablespoon oil

1 Tablespoon plus 1 Teaspoon water

$\frac{2}{3}$ (14.5 ounce) can diced tomatoes, undrained

$\frac{2}{3}$ (10.75 ounce) can condensed golden mushroom soup, undiluted

1 small onion, sliced

$1\frac{1}{4}$ Teaspoons Dijon mustard

11 Ounces fresh mushrooms, sliced

$\frac{1}{8}$ Teaspoon salt

2 Cups hot cooked rice

2 Tablespoons fresh parsley, minced

Coat skillet with oil and brown pork chops on both sides. Remove and set aside. Add water to deglaze the pan. Drain the tomatoes, reserving juice; set tomatoes aside. Add juice, soup, onion, mustard, mushrooms and salt (if desired) to skillet; mix well. Return chops to skillet. Cover and simmer for 30 minutes or until pork is tender. Stir in tomatoes and heat through. Combine rice and parsley, serve the chops and sauce over the rice.

SYNERGY LIMITED WARRANTY

This Synergy limited one (1) year warranty is subject to the following terms:

What Is Covered

Your product is warranted against original defects in material and workmanship for a period of one (1) year from the date of purchase, when used for household purposes in accordance with the owner's manual, with a valid proof of purchase. A valid proof-of-purchase is a receipt specifying item, date purchased, and cost of item. A gift receipt with date of purchase and item is also an acceptable proof of-purchase. This warranty provides, at no extra cost to you, all labor and parts to repair or replace, at our discretion, any part which proves defective during the warranty period. Shipping and handling charges may apply.

What Is Not Covered

Synergy shall not be liable for costs incurred as a result of:

- Use of parts not in accordance with the owner's manual.
- Careless operation or handling, misuse, abuse and/or lack of maintenance or use not in accordance with the owner's manual.
- Repairs or alterations carried out by unauthorized parties or agents.
- Use of the product other than for normal domestic purposes within the United States, e.g., for commercial or rental purposes.

Warranty Service

- Service under this warranty will not extend the period of this warranty.
- To obtain service under the terms of this warranty, please call Synergy Toll Free at 877-328-6277 or via email at cooksessentials@synergyrecommerce.com

Warranty Limitations and Exclusions

- Any implied warranties relating to your product, including but not limited to warranty of merchantability or warranty of fitness for a particular purpose, are limited to the duration of this warranty. This limitation is not allowed by some states and so this limitation may not apply to you.
- Your remedy for breach of this warranty is limited to the warranty service described above. Synergy will not be liable for any consequential damages or incidental damages you may incur in connection with a breach of this warranty or any implied warranty on this product. This limitation is not allowed by some states and so this limitation may not apply to you.
- The retailer is not a co-warrantor of this warranty.
- This warranty gives you specific legal rights. You may also have other rights which vary by state.
- This warranty extends only to the original consumer purchaser and is not transferable.

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