



Lifetime®

LifetimeCookware.NET

Thank You and Congratulations!

We would like to both thank and congratulate you for purchasing what we believe is the finest cookware money can buy—Lifetime®. A product by Regal Ware, Lifetime® cookware has stood the test of time—made with pride and backed by over 100 years of craftsmanship and manufacturing expertise. Our leading multi-layer construction and special features like our simple handle release system ensure you are getting a unique and high quality product that provides maximum cooking performance. Now you can prepare healthy, delicious meals quickly and easily . . . that's the Lifetime® difference!

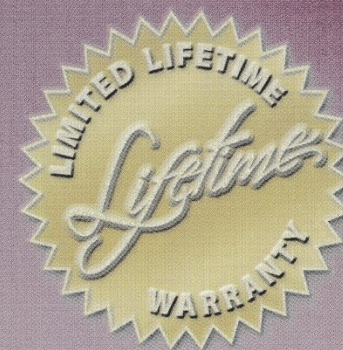
This guide was developed to help you get the most out of your investment. It provides information about the unique design of Lifetime® cookware, how to maximize the flavor and nutrition of the foods you prepare, and how to care for your cookware. All the instructions and recipes in this book are the result of considerable testing using Lifetime® cooking methods. We are confident you will experience the same pride in owning Lifetime® cookware as we have in manufacturing it.

If you need additional information regarding the use and care of your Lifetime® cookware, please contact your distributor or visit our website at www.lifetimecookware.com.

The Lifetime Cookware Team

LIFETIME®

by Regal Ware, Inc.
West Bend, WI USA



Lifetime® Quick Reference Guide: Cleaning & Care



Cleaning & Care – DO's

- **BEFORE USING THE FIRST TIME:** Wash your cookware thoroughly in hot soapy water and ¼ cup of vinegar to remove any manufacturing residue.
- **CLEAN AFTER EACH USE:** Always allow unit to cool completely. Food films left on the cooking surface will cause the pan to discolor when reheated.
- **HAND WASH:** Remove detachable long handles. Use warm soapy water with a sponge, dishcloth, nylon net or plastic pad. Rinse thoroughly with clear, warm water and dry immediately to avoid water spots.
- **DISHWASHER:** Removing the detachable long handles will allow extra room in the dishwasher. To prevent scratching of cookware, carefully place the cookware onto the dishwasher rack so it does not touch other objects/dishes. Use a chlorine-free detergent with a rinse agent to help prevent spotting. The dishwasher will not remove heat or food stains. Use a non-abrasive cleaner for stain removal. **The following cleansers are recommended:** Bar Keepers Friend®, Bon Ami®, or Steel Glo®.
- **FOR LASTING BEAUTY:** It is recommend that you use plastic, rubber, wooden, and smooth edge metal kitchen tools with your cookware.

Cleaning & Care – DON'T's

- **DO NOT** clean your cookware with a scouring pad or harsh scouring powder or cleaners that contain chlorine bleach. It will ruin the stainless steel finish.
- **DO NOT** clean your cookware in a self-cleaning oven.
- **DO NOT** cut or chop foods on the stainless steel surface with knives or other sharp-edged tools. While not affecting the performance of the cookware, any metal will scratch if gouged with a hard metal.
- **DO NOT** store foods or allow fats, salts, heavily seasoned or acidic foods to remain in the cookware for long periods of time. Although stainless steel is very durable, it is not indestructible.

Not following these instructions may result in pitting, which takes the form of small white spots. These spots will not affect the cooking performance.

Lifetime® Quick Reference Guide: Cooking

Cooking – DO's

- **DO** use your cookware on low or medium cooking temperatures.
- **MAKE SURE** the diameter of the electric range unit (burner) is about the same diameter as the cookware. On gas ranges, be sure to adjust the flame so it does not extend past the bottom of the cookware.
- **ALWAYS USE THE COVER THAT IS DESIGNED TO FIT THE SPECIFIC PIECE OF COOKWARE.** If the cover locks on to the cookware bottom (vapor lock), simply reheat the unit on low heat until the cover loosens.
- **IF PREHEATING WITH OIL,** always add the oil before heating and do not cover the pan.
- **WHEN COOKING IN THE OVEN,** remove the long detachable handle. Preheat the oven to the desired temperature. Place the oven rack on the lowest possible position to provide even heat circulation prior to placing cookware in the oven. The cookware is safe in the oven up to preheated temperatures of 350°F/177°C.

Cooking – DON'T's

- **DO NOT** preheat or cook on high heat. High heat will cause moisture to be driven out of the pan. This will prevent the water seal from forming and will result in shrinkage, sticking and burning of foods. Higher heat settings should be used only when necessary, such as when boiling liquid.
- **DO NOT** store foods or allow fats, salts heavily seasoned or acidic foods to remain in the cookware for long periods of time. Although stainless steel is very durable, it is not indestructible. Not following these instructions may result in pitting, which takes the form of small white spots. These spots will not affect the cooking performance.
- **DO NOT** place cookware under the broiler or in the oven while it is preheating. Preheat oven to desired temperature prior to placing cookware in the oven, and remove detachable handles. The cookware is safe in the oven up to preheated temperatures of 350°F/177°C.
- **DO NOT** use the Dome Cover as saucepan.
- **DO NOT** attempt to cook small quantities of food in a large pan. Best results are obtained when the cookware is at least 2/3 full.
- **DO NOT** use high heat or prolonged preheating. Each will result in heat stains, and food may burn or scorch.

CAUTIONS

To prevent personal injury or property damage, note the cautions below:

- Make sure handles are securely fastened before each use. If handles or knobs are cracked or blistered, do not use the cookware. Contact your distributor for handle and/or knob replacements.
- Never use the Dome Cover as a saucepan.
- To prevent possible steam burns, covers should always be tilted away from you and oven mitts should be worn.
- Never cover the unit when preheating with oil.
- Do not place the cookware in a microwave oven, under the broiler unit or in the oven when it is preheating.
- Do not pry the cover if a vapor lock has formed as hot contents may spill. Refer to trouble shooting guide on page 58.



**SAVE THESE
INSTRUCTIONS**

Cleaning & Care for your Lifetime® Cookware



Made to last for generations . . . *that's the Lifetime® difference!* These simple care instructions will help keep your Lifetime® cookware looking its best for a lifetime of cooking pleasure.

Right from the start

Before using the first time, wash each piece of your new Lifetime® cookware, including the detachable long handles, in warm soapy water to which you have added 1/4 cup of vinegar per gallon of water. This removes all traces of manufacturing oils and polishing compounds. Rinse in clear, warm water and dry thoroughly with a clean, soft towel.

After each use

To maintain the attractive appearance and cooking efficiency of your cookware it is important that it be cleaned after each use. Food films left on the cooking surface will cause the cookware to discolor when heated.

Cool it!

Always allow cookware to cool completely before cleaning.

Keep it Clean

Use warm soapy water with a sponge, dishcloth, nylon net or plastic pad. Rinse thoroughly with clear warm water and dry immediately to avoid water spots. **NEVER USE ABRASIVE CLEANERS, SCOURING PADS, OVEN CLEANERS OR CLEANERS CONTAINING CHLORINE BLEACH. We recommend the following cleansers:** Bar Keepers Friend®, Bon Ami® or Steel Glo®.

In the Dishwasher

Removing the detachable long handles will allow extra room in the dishwasher. To prevent scratching, avoid placing cookware too close to other objects/dishes. Use a chlorine-free detergent with a rinse agent to help prevent spotting. PLEASE NOTE: Handles may become dull and discolored from dishwasher detergents. Though your cookware is dishwasher-safe, the dishwasher will not remove heat or food stains. For best results we recommend hand washing.

Using your cookware in the oven

Your cookware can be used in the oven at temperatures up to 350°F/177°C. It is recommended that you remove the detachable long handles. If you put your cookware in an oven that exceeds these temperatures or use your cookware in the oven when the broiler unit is on, you will damage your handles and knobs. Before placing your cookware in the oven, be sure the oven is preheated to the desired temperature and place the oven rack on the lowest possible position to provide even heat circulation. Do not place cookware in the oven while it is preheating or under the broiler.



Watch the Salt!

Although stainless steel is very durable, it is not indestructible. Undissolved salt allowed to remain in the bottom of a pan may cause pitting. These spots do not affect the performance or usefulness of the cookware, nor are they a failure in the metal or workmanship. Salt should always be added to boiling liquid, then stirred to completely dissolve the salt. Do not allow acidic foods or foods that have been seasoned to remain in your cookware for long periods of time.

For lasting beauty

You can use plastic, silicon, rubber, wooden or smooth-edged metal kitchen tools with your cookware. Avoid hitting metal kitchen tools against the rim of pans, and do not cut or chop food on the stainless steel surface with a knife or other sharp-edged tool.

Special Features

Water Seal Weighted Covers

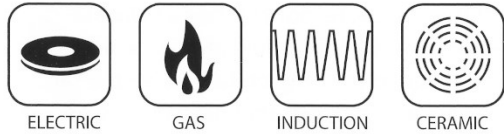
Covers fit snugly onto the shoulders of each pan and are specially designed to form a positive water seal. When cooking begins, the natural moisture in the food as well as the moisture that clings to the food after rinsing turns to vapor. The vapor condenses on the inside of the cover and a thin film of water forms between the cover and pan—this is known as the water seal. Because of the scientifically designed fit and weight of the cover, it remains snugly in place so the water seal is maintained. Rising vapor condenses on the inside of the cover and thoroughly bastes food during the cooking process—facilitating minimum moisture cooking.

Gentle, Even Heat Distribution

The secret of good cooking lies in the ability of your cookware to conduct heat gently and evenly. Lifetime®'s multi-layer construction includes layers of carbon steel and aluminum to absorb heat from the range unit, and then quickly and evenly transfer it across the cooking surface of the pan.

Lifetime® Performs on All Range-Tops

Lifetime® cookware is ideal on all range-tops, including gas, electric, ceramic/smooth top, and induction.



Durable, Heat-Resistant Handles & Knobs and Single-Handed Release System

Gracefully contoured handles and cover knobs are crafted of durable phenolic for ease of holding and lifting. The exclusively designed long handles provide single-handed release for easy removal, increased safety, and convenient storage. Equipped with stainless steel flame guards, handles and knobs remain cool for safe handling and will withstand temperatures up to 350°F/177°C.

Minimum Moisture Cooking

Minimum Moisture Cooking Makes a Difference

Although Lifetime® cookware can be used for all kinds of cooking, it is specially designed to use the Minimum Moisture Method (also known as “waterless” cooking).

With the Lifetime® Minimum Moisture Cooking Method, every meal you prepare provides the maximum nutritional value. Foods retain more of their color, flavor and nutrients naturally, and it makes preparing all of your favorite dishes faster and easier.

Cook with little to NO added Water, Fats or Oils

Food preparation processes like peeling, cooking with excessive heat, adding fats and oils, boiling, oxidation and draining can significantly deteriorate food values (in some cases by up to 50%). Lifetime®'s Minimum Moisture Cooking Method allows you to eliminate those processes and retain a much larger percentage of those food values.

Retain More Nutrients

The multi-layer construction and water seal design allows foods to baste in their own natural juices while they cook. This locks in flavor, color and vitamins so foods are more appetizing, meats have less shrinkage, and vegetables retain their natural flavor and color.



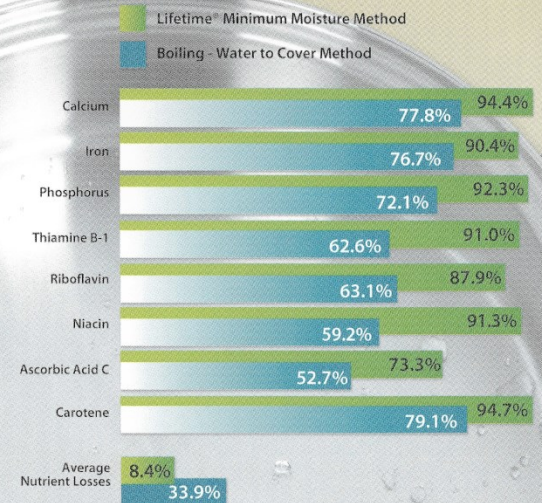
Detachable long handles with single-handed release.



BOILING - HIGH HEAT



MINIMUM MOISTURE COOKING METHOD



From a study done at the Yale Nutrition Laboratory, Yale University School of Medicine, New Haven, Connecticut. Copyright The American Dietetic Association. Reprinted by permission from the Journal of The American Dietetic Association, vol. 26.



When Mistakes Happen: Lifetime® Solutions

Tackling Tough Cleaning Jobs

In the event of burned-on or dried-on foods, let the cookware cool completely, then fill part way with cool water and bring to a boil over medium heat. When food particles loosen, allow pan to cool, then clean as recommended.

Removing Heat and Food Stains

Golden brown or blue heat stains may result from overheating, or white stains may occur from minerals present in food or water. Though unattractive, they are harmless and can be removed easily by making a paste by using a small amount of water and a non-abrasive cleanser. **We recommend the following cleansers:** Bar Keepers Friend®, Bon Ami® or Steel Glo®. Apply paste using a moistened paper towel, rubbing lightly in a circular motion. After scouring, wash pan in warm soapy water, rinse and dry. Do not use oven cleaner on your cookware. Sulphur-dried fruits should be cooked with the cover removed to prevent staining.

Removing Minor Scratches

The first few times you use your Lifetime® cookware, bright metal marks may appear on the inside. To remove them, use a non-abrasive steel cleaner, following the instructions above.

Preventative Measures

- **DO NOT PREHEAT OR COOK ON HIGH HEAT.** High heat will cause moisture to be driven out of the pan. This will prevent the water seal from forming, and will result in food shrinkage, sticking and burning. Higher heat should be used only when necessary, such as boiling liquid. High heat can cause heat tints on the cookware surface. High heat settings on some range burners will reach temperatures that are unnecessary for cooking. Avoid preheating empty cookware on "high" heat. Never leave unattended cookware on "high" heat setting.
- **AVOID** storing foods or allowing fats, salts, heavily seasoned or acidic foods to remain in the cookware for long periods of time. Although stainless steel is very durable, it is not indestructible. Not following these instructions may result in pitting, which takes the form of small white spots. These spots will not affect the cooking performance.
- **DO NOT** use the Dome Cover as saucepan.
- **DO NOT** attempt to cook small quantities of food in a large pan. Best results are obtained when the cookware is at least $\frac{2}{3}$ full.

Maximize cooking performance ... *the minimum moisture way!*

Healthy Cooking ... *that's the Lifetime® difference!*

Select the appropriate sized cookware

Best results are obtained when the cookware is filled to at least two-thirds capacity with the food you are preparing. Always use the cover designed to fit each specific piece of cookware.

Diameter of range unit contributes to performance

The diameter of the range cooking unit should correspond to the diameter of the pan. If cooking on a gas range, the flame should not extend up the sides of the pan.

Medium to low is all you need to know

To ensure success of minimum moisture cooking it is important to use medium and low heat. Always begin cooking over medium heat, then reduce to low for the remainder of the cooking period. High heat will cause moisture to be driven out of the pan and prevent the water seal from forming—resulting in food shrinkage, sticking and burning of foods. (Electric range owners please keep in mind that burners retain heat longer; therefore, it may be necessary to remove the pan until vapor subsides.). Medium-high heat should be used only when necessary, as when boiling liquid.

Use only small amounts of water, oil or other liquids

Most fresh vegetables and fruits contain enough natural moisture to cook using the minimum moisture method. To prepare vegetables, place the vegetables in the cookware and cover with cold water. Immediately pour the water off the vegetables—the water that clings to the vegetables will be enough for cooking. Only add water or liquid if the food does not contain enough moisture of its own. Of course, water is necessary for preparing soups, dry cereals, pasta or when steaming fruits and vegetables.

Use less salts and seasoning

Because minimum moisture cooking preserves the natural flavors of the food, you can use less salt and seasonings – another healthy benefit.

Forming the water seal

To form the water seal, begin cooking foods over medium heat. In 3 to 5 minutes, steam will begin to escape from the cover and it will be hot to the touch. Spin cover, but do not lift it. When the cover spins freely, the water seal has formed. Reduce heat to low. After a few minutes, vapor will stop escaping from around the cover and the proper cooking temperature will have been reached.

- If vapor continues to escape over low heat, reduce to simmer.
- If excessive steam and spattering occurs, there may be too much food and/or liquid in the pan.
- If the lowest setting on the range is too hot, use a flame tamer under the pan while cooking.

Since temperature settings vary from one range to another, a few times of careful practice will tell you when the heat is properly adjusted for minimum moisture cooking. If the cover does not continue to spin freely, increase heat slightly.

Keep it covered!

Avoid lifting the cover while food is cooking. Lifting the cover breaks the water seal and interrupts the self-basting benefit of minimum moisture cooking—allowing heat, steam and nutrients to escape. The water seal must re-form whenever the cover has been removed. Cooking time will be lengthened considerably each time this happens. When necessary, lift cover just enough to insert a fork to see if food is sufficiently cooked. If food is not completely cooked, replace cover as quickly as possible and turn heat up to medium for about one minute to re-form the water seal. Then return the setting to low and continue cooking.



Cooking meat in your Lifetime® Cookware

The quality of the meat and the tenderness of the cut are the two factors which determine the cooking method to be used in meat preparations. **All cuts, regardless of the cooking method, should be cooked at medium to low temperatures.** You can cook frozen meat in Lifetime cookware, however, the cooking time must be lengthened accordingly.

When cooking meat it is best to preheat

Cookware should be preheated over medium to medium-low heat for 3 to 5 minutes. Test for readiness by sprinkling a few drops of water on the cooking surface. If the water evaporates, the pan is not hot enough—preheat the pan a minute or two longer. Test for readiness again. When the water drops scatter or “dance”, the pan is ready.

Once fully preheated, place your meat in the pan. **The meat will stick to the pan at first**, but as soon as it browns it will loosen. Sear one side then turn and brown the other. Then reduce heat to low, and cook until done.

Braising or Roasting

Less tender cuts of meat may be braised, as well as some tender cuts such as pork steaks and cutlets, pork liver, veal chops, steaks and cutlets. Meat becomes juicy and flavorful when roasted on top of the range. Select chunky cuts of beef, veal, pork or lamb, and use a pan that is suitable for the size and shape of your roast.

1. Preheat pan over medium to medium-low heat.
2. Place meat in pan. Brown on both sides, add liquid and season to taste.
3. Cover. When vapor begins to escape, reduce heat to low.
4. Cook until done.

Pan-Broiling

Tender cuts of meat that are one-inch thick or less such as beef steak, beef patties, ham slices, and lamb chops may be broiled in a skillet on top of the range with no shortening or liquid. Fat on meat may be scored at 1-inch intervals to prevent curling. Do not cut or pound tender cuts of meat as juices will be lost.

1. Preheat pan over medium to medium-low heat.
2. Place meat in pan. Brown on both sides.
3. Cover. When vapor begins to escape, reduce heat to low. Pour off fat as it accumulates. Season to taste. Cook until done.



Pan-Frying

Use this method when preparing low-fat meats such as liver, round steak, chicken or fish.

IMPORTANT: If you choose to use a small amount of oil or shortening in your recipe, add it before you preheat the pan! **NEVER** add oil or shortening to a hot pan.

1. Preheat pan over medium to medium-low heat.
2. Place meat, chicken or fish in pan. Brown on both sides.
3. Season to taste. Do not cover. Reduce heat to low and cook until done.

Simmering and Stewing

Season meat as desired. When stewing, add amount of liquid specified in recipe, usually not more than 1/2 to 1 cup.

1. Preheat pan over medium to medium-low heat. Brown on both sides.
2. Season to taste. Cover pan. Simmer over low heat until meat is tender. Do not boil.

Add the Veggies!

If desired, vegetables may be added to the pan. Be sure to coordinate the cooking time of the vegetables with that of the meat. Gravies may be made from meat juices that accumulate during the cooking process.

Suggested Cooking Method: Temperature & Timetable*

MEAT/POULTRY	METHOD	TEMPERATURE -PREHEAT PAN-	APPROXIMATE TIME -MINUTES PER SIDE-
Steak	Club or Rib Steaks	Pan-Broil.....	Medium..... RARE: 2 minutes
	—3/4" thick*		MEDIUM: 3 minutes
	Cube or Minute Steaks ...	Pan-Broil.....	Medium..... 2 minutes
	Precooked Ham	Pan-Broil.....	Medium-low 5 minutes
<i>*NOTE: Steaks less than 1" thick are juicier and more flavorful when pan broiled.</i>			
Roasts	Beef, Pork, Veal	Roasting.....	Low MEDIUM: 25 minutes/lb.
		WELL: 35 minutes/lb.
Chops	Lamb—3/4" thick.....	Pan-Fry	Medium-Low..... 5-6 minutes
	Pork—3/4" thick.....	Pan-Fry	Medium-Low..... 7 minutes
	Veal—3/4" thick.....	Pan-Fry	Low..... 8-10 minutes
Hamburgers	1/2" thick	Pan-Fry	Medium..... RARE: 3 minutes
		MEDIUM: 4 minutes
		WELL: 5 minutes
Chicken	Boneless Breasts.....	Pan-Fry	Medium..... 7-10 minutes



** Types and models of ranges differ. You may need to adjust the suggested temperatures and cooking times listed to suit your particular range and cut of meat.*

Cooking Vegetables in your Lifetime® Cookware



Cooking fresh vegetables the minimum moisture way helps preserve nutrients and flavor.

- Scrub vegetables with a stiff brush. To conserve food value, do not peel vegetables (with the exception of squash, rutabagas, and turnips).
- Simply rinse garden-fresh vegetables in cold water, then drain. The water that clings to the food is all that is needed. If vegetables lack sufficient moisture because of improper packing or if they are old, rinse in cold water, drain, then add about 1/8 cup or less water to your cookware for cooking.
- Use the appropriate size cookware for the amount of vegetables you are cooking. The pan should be filled to at least two-thirds capacity.
- **DO NOT PREHEAT PAN.** Begin cooking over medium heat. When vapor escapes and water seal forms, reduce heat to low. Remember, always avoid lifting the cover during the cooking process!
- Vegetables should be cooked until just tender and still colorful. Do not overcook vegetables.

Use the timetable charts below as a guide - *actual cooking times may vary.*

Fresh Vegetables: Suggested Cooking Timetable*

VEGETABLES	MINUTES
Asparagus (tips)	12-15
Asparagus (whole)	20-25
Beans, green or wax (cut)	8-10
Beans, lima (shelled)	10-15
Beets (cut)	12-15
Broccoli (slit stalk)	12-15
Brussels Sprouts	12-15
Cabbage (shredded)	10-15
Carrots (sliced 1/2 inch thick)	10-15
Cauliflower (flowerets)	10-15
Corn (kernels)	8-10
Corn on-the-cob	15-20
Onions (whole, small)	10-15
Parsnips (sliced)	12-15
Peas	8-10
Potatoes, white or red (quartered)	18-20
Potatoes, sweet (quartered)	10-15
Rutabagas (cubed)	12-15
Spinach	8-10
Squash, summer (cubed)	10-12
Squash, winter (cubed)	18-20
Tomatoes	10-15
Turnips (cut)	12-15

Frozen Vegetables. Buy and store frozen vegetables at zero degrees. They should be solidly frozen. Do not thaw, but if necessary, separate into pieces. Do not add water. Cover and cook over medium heat until vapor escapes and cover is hot to touch. Reduce heat to low.

Frozen Vegetables: Suggested Cooking Timetable*

FROZEN VEGETABLES	MINUTES
Asparagus	8-10
Beans, green or wax (cut)	6-8
Beans, lima	15-18
Broccoli (slit stalk)	5-8
Brussels Sprouts	8-10
Carrots and Peas	4-6
Cauliflower	2-3
Corn (whole kernel)	2-3

**Cooking times vary in relation to maturity, freshness, quantity and size of vegetables. The shorter the cooking time, the crisper the vegetables. The times listed above are approximate and are based on quantities of 4 to 6 servings. Begin cooking using the minimum times. If you think a food needs to cook a little longer, allow more time.*

Range-Top Baking with Lifetime® Cookware

The even heat distribution of Lifetime® cookware's design makes it possible to bake moist, delicious cakes and quick breads on top of your own range - without heating up your entire oven.

When baking quick breads or cakes on top of the stove, prepare batter following your recipe or package instructions but reduce liquid by one-fourth. Lightly coat the pan with cooking spray or butter, and preheat the pan over medium heat for one to two minutes before adding the batter. Cover the pan. When vapor escapes and cover spins freely, reduce heat to lowest setting and bake for specified time. To remove excess moisture from food, tilt the cover during the last 5 to 10 minutes of baking. Browning of the baked food will be slight.

Range-top baking is economical and convenient.

For recipes see the dessert area of this book or visit our web site www.lifetimecookware.com.



Stack Cooking with Lifetime® Cookware

There are always enough burners for the dishes you are preparing with Lifetime's Stack Cooking options!

Stack cooking is a wonderful convenience saving energy and space by allowing you to prepare several foods at one time using a single burner—or warm finished dishes while others cook! Your Lifetime® cookware is specially designed to provide the uniform heat distribution necessary for stack cooking. Stack cooking is very easy when you follow these simple steps:

1. Always start with the largest of the pans you are using on the bottom of the stack—covered with a flat dome cover.
2. Make sure the bottom pan is suitable for cooking foods which have more weight and volume and require longer cooking times such as meat, poultry and stews. Place pan on the range unit over medium heat. If cooking meat, preheat pan, then brown meat on both sides. Cover, and when the water seal is formed, reduce heat to low.
3. Use the upper pan for cooking foods which have less weight and volume and shorter cooking times, and those which require steaming or melting like fresh or frozen vegetables, fruit sauces and puddings, melting butter or chocolate, or for reheating leftovers or keeping foods warm.
4. Vegetables or other foods may be stack cooked in the double boiler pan placed on the Steamer Rack. Remove Dome Cover from lower pan, place the Steamer Rack on pan above meat and place Double Boiler containing food on the rack. Replace the Dome Cover immediately so that the moisture already present in the lower pan will re-form the water seal.
5. Coordinate cooking times so that all foods are ready at the same time. Before placing a smaller pan on top of a larger one, heat the smaller pan on another range unit until the water seal forms. Then stack on the larger pan. Forming a water seal on the upper pan is not necessary when melting, heating, or keeping foods warm.

DO NOT place a small pan within a larger pan, or pans with similar diameters into another for use as a double boiler or any other cooking function. Double boiling should only be done in pans designed for this cooking function, like the Double Boiler Inset Pan.



THE DOUBLE BOILER INSET PAN is designed to be used with your 3 Quart Saucepan for cooking delicate sauces or foods. Add one quart of water to the 3 Quart Saucepan and bring to a boil over medium heat. After a boil is reached, reduce the heat setting to medium-low to maintain a gentle boil, or to low to keep the water hot, following the recipe being used. Then place the Double Boiler into the Saucepan and follow your recipe instructions. Use a hot pad when removing the Double Boiler after cooking is completed.



Emergency Substitutions

INGREDIENT	AMOUNT	SUBSTITUTION
Baking Powder (double acting)	1 tsp.	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
Butter	1 cup	1 cup margarine
		<i>or</i> 7/8 to 1 cup hydrogenated fat plus 1/2 tsp. salt
		<i>or</i> 7/8 cup lard plus 1/2 tsp. salt
Chocolate (unsweetened)	1-ounce square	3 tbs. cocoa plus 1 tbs. shortening
Coffee Cream	1 cup	3 tbs. butter plus 7/8 cup milk
Cream (heavy-whipping)	1 cup	1/3 cup butter plus 3/4 cup milk
Egg (medium)	1	2 egg yolks plus 1 tbs. water (cookies)
		<i>or</i> 2 egg yolks (custards, cream fillings and similar mixtures)
Flour (for thickening)	1 tbs.	1/2 tbs. cornstarch
		<i>or</i> 2 tsp. quick cooking tapioca <i>or</i> 2 egg yolks
Flour (cake)	1 cup	1 cup all-purpose flour <i>minus</i> 2 tbs.

Food Equivalents: Weights • Measures • Volumes

FOOD	WEIGHT	APPROXIMATE MEASURE
Apples	1 pound	= 3 medium (3 cups sliced)
Cheese (Cheddar)	1/2 pound	= 2 cups grated
Cream (whipping)	1 cup	= 2 cups or more after whipping
Dates (pitted)	8 oz. pkg.	= 1 1/4 cups (cut up)
Macaroni	1 cup	= 2 1/4 cups cooked
Mushrooms (fresh)	1 pound	= 35 to 40 pieces
Mushrooms (canned)	4 ounces	= 2/3 cup
Rice (raw)	1 cup	= 3 cups cooked
Rice (instant)	1 cup	= 2 cups cooked
Potatoes (white)	1 pound	= 3 medium (2 1/3 cups sliced)
Potatoes (sweet)	1 pound	= 3 medium (3 cups sliced)

WEIGHTS & VOLUMES		
dash or pinch	= less than 1/8 tsp.	= 2 to 3 drops
3 teaspoons	= 1 tablespoon	= 1/2 fluid ounce
1/4 cup	= 4 tablespoons	= 2 fluid ounces
1/3 cup	= 5 tbs. plus 1 tsp.	= 3 fluid ounces
1/2 cup	= 8 tablespoons	= 4 fluid ounces
2/3 cup	= 10 tbs. <i>plus</i> 2 tsp.	= 5 fluid ounces
3/4 cup	= 12 tablespoons	= 6 fluid ounces
1 cup	= 16 tablespoons	= 8 fluid ounces
1 pint	= 2 cups	= 16 fluid ounces
1 quart	= 2 pints	= 32 fluid ounces
1 gallon	= 4 quarts	= 128 fluid ounces





Pineapple Upside Down Cake

*Liquid Core® Electric Skillet / Casserole and Cover
Large Mixing Bowl*

Serves 10

- 1 18½ ounce yellow cake mix, without pudding
- 1 20 ounce can pineapple slices, drained, reserve juice
- 3 eggs
- ½ stick of butter (¼ cup)
- ½ cup brown sugar, tightly packed
- 8 maraschino cherries

Before you begin, select a serving plate or tray at least 12 inches in diameter to invert the finished cake onto. In the Large Mixing Bowl combine cake mix with reserved pineapple juice and eggs. Blend until smooth.

Preheat the Liquid Core® Electric Skillet / Casserole to 350°F/177°C. Melt butter in the preheated Skillet. Add brown sugar and stir to dissolve. Arrange pineapple slices on bottom of Skillet and place cherry in center of each slice. Pour cake batter evenly over pineapple slices.

Cover and bake at 350°F/177°C for five minutes. Turn Skillet off and let stand covered for an additional six minutes. Test to make sure cake is done by inserting a knife in the middle.

Place large plate or tray over uncovered Skillet and carefully invert Skillet to remove cake. Serve warm with whipped cream.

Nutrition Analysis per Serving:

Calories.....	373
Protein	4 g
Carbohydrates.....	63 g
Dietary Fiber.....	1 g
Sugar.....	59 g
Fat	12 g
% Calories from Fat	29%



Pineapple Upside Down Cake

Lifetime® Fried Chicken

11-inch / 28 cm Skillet and Cover

Serves 4

- 4 whole skinless, boneless chicken breasts, ½-inch thick
- Salt and pepper

Preheat 11-inch/28 cm Skillet over medium heat until a drop of water placed in the skillet beads and dances on the cooking surface.

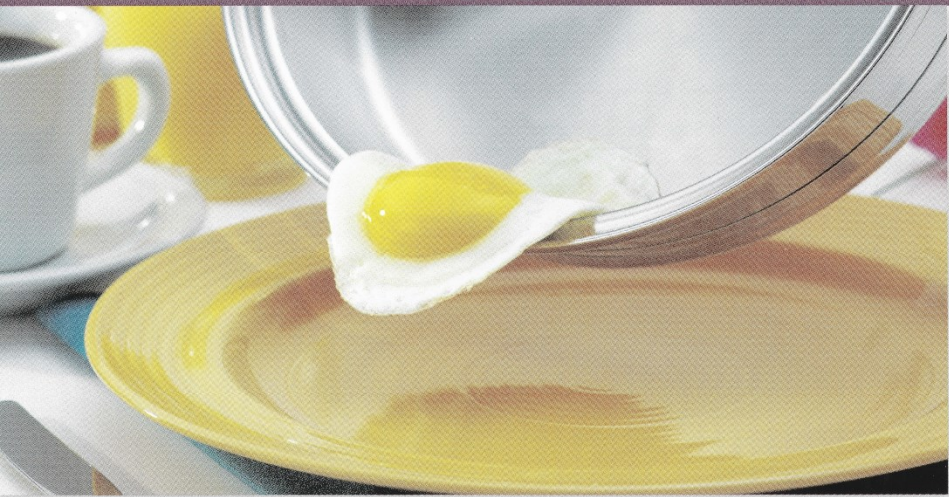
Place chicken breasts in Skillet. Cover and cook for 5 minutes. The chicken will stick to the cooking surface at first, but will release and turn easily when it is browned.

Turn chicken, cover, and brown for another 5 minutes.

Remove chicken from skillet, and season with salt and pepper to taste.

Nutrition Analysis per Serving:

Calories.....	142
Protein	27 g
Carbohydrates.....	0 g
Dietary Fiber.....	0 g
Sugar.....	0 g
Fat	3 g
% Calories from Fat	21%



Lifetime® Fried Eggs

9-inch / 23 cm Skillet and Cover

Serves 1

- 2 tablespoons water
- 2 eggs
- Pinch of salt (1 or 2)

Preheat 9-inch / 23 cm Skillet over medium-low heat for 2 to 3 minutes. Add water. Break eggs over skillet, discarding shells.

Sprinkle tops of eggs with salt and pepper to taste, and cover.

Reduce heat to low and cook until done to taste: 2 minutes for an egg that is firmly set with a soft yolk, 6 minutes for the yolk to be firm.

Nutrition Analysis per Serving:	
Calories.....	155
Protein	13 g
Carbohydrates.....	1 g
Dietary Fiber.....	0 g
Sugar.....	1 g
Fat	11 g
% Calories from Fat	63%

Waterless Cooked Eggs in the Shell

1 Quart / .95 L Saucepan and Cover

Serving Size: 2 Eggs

- 6 eggs
- Paper Towels (1 or 2)

Fold paper towel twice so that it will cover bottom of pan. Soak towel with water but don't allow any extra water to stay in the pan. All water should be held by paper towel.

Place eggs in single layer on wet towel. Cover and place over medium heat for 2 to 3 minutes. It is normal for some vapor to escape.

Reduce heat to low and cook 5 minutes more for soft eggs, 7 minutes for medium, and 12 to 13 minutes for hard cooked eggs. The suggested times are for eggs that have been refrigerated. Room temperature eggs will require 1 to 2 minutes less cooking time.

Remove eggs from pan and place in a bowl. Run cold water over the hot eggs for a moment to allow for easier shelling.

Nutrition Analysis per Serving:	
Calories.....	155
Protein	13 g
Carbohydrates.....	1 g
Dietary Fiber.....	0 g
Sugar.....	1 g
Fat	11 g
% Calories from Fat	63%

Lifetime® Rice

2 Quart / 1.9 L Saucepan and Cover

Serves 8

- 4 cups cold water
- 2 cups raw long-grain rice

Place raw rice and water in 2 Quart / 1.9 L Saucepan. Set cover slightly ajar on Saucepan. Bring to a boil over medium heat, then stir and remove Saucepan from heat.

Cover Saucepan completely and let stand for 30 minutes.

TIP: For softer rice, use more water; for harder rice, use less water. If the cover vapor-locks onto the pan, return the pan to low heat until the cover releases.

Nutrition Analysis per Serving:

Calories.....171
 Protein 3 g
 Carbohydrates.....38 g
 Dietary Fiber..... 1 g
 Sugar.....<1 g
 Fat<1 g
 % Calories from Fat 1%

Just for Fun—

Cook Rice in the Refrigerator!

1 Quart / .95 L Saucepan and Cover

Serves 4

- 2 cups cold water
- 1 cup converted rice

Bring water to a boil over high heat. Stir in rice.

Cover, reduce heat to medium, and cook until water seal is achieved.

Place 1 Quart / .95 L Saucepan in refrigerator for 20 minutes.

NOTE: Nutritional values differ slightly when you use converted rice rather than raw rice.

Nutrition Analysis per Serving:

Calories.....189
 Protein 4 g
 Carbohydrates.....41 g
 Dietary Fiber..... 1 g
 Sugar.....<1 g
 Fat<1 g
 % Calories from Fat 2%

Lifetime® Baked Potatoes

11-inch / 28 cm Skillet and Cover

Serves 2

2 medium potatoes, unpeeled

Scrub potatoes well. Cut each potato in half lengthwise; then dry the cut side of potatoes thoroughly with a paper towel.

Preheat 11-inch/28 cm Skillet over medium heat 2 to 3 minutes.

Place potatoes cut side down in Skillet. Cover and cook over medium heat until cover is hot to touch, then reduce heat to low and cook for approximately 20 minutes. It is normal for potatoes to toast on the bottom.

Salt and pepper to taste.

Nutrition Analysis per Serving:	
Calories.....	133
Protein.....	3 g
Carbohydrates.....	31 g
Dietary Fiber.....	3 g
Sugar.....	2 g
Fat.....	<1 g
% Calories from Fat.....	1%

Corn on the Cob

7 Quart / 6.6 L Dutch Oven and Cover

Serves 4

8 ears of fresh sweet corn, with husks

Remove husks and silk from corn. Save enough husks to line the bottom of the Dutch Oven with a thick layer. Rinse the husks and the corn well, leave water clinging to them, and line the Dutch Oven with the husks. These will prevent natural sugar and oil in the corn from caramelizing. If husks have already been discarded or if frozen corn on the cob is being used, line bottom of Dutch Oven with a double layer of wet paper towels.

Ears may be either laid across the bottom of the Dutch Oven or may be stood on end on top of the husks or the wet paper towels.

Cover Dutch Oven and begin cooking at medium heat until cover is hot to the touch. Reduce heat to low and cook for 5 more minutes or until tender*. Older corn will take longer to cook than freshly picked corn.

* Corn is tender when a single kernel, pierced by a fork, easily releases its juices.

Nutrition Analysis per Serving:	
Calories.....	166
Protein.....	5 g
Carbohydrates.....	39 g
Dietary Fiber.....	4 g
Sugar.....	4 g
Fat.....	2 g
% Calories from Fat.....	9%



Huevos Rancheros

11-inch / 28 cm Skillet and Cover

9-inch / 23 cm Skillet

2 Quart / 1.9 L Saucepan and Cover

Serves 6

Cooking spray

- 1 medium onion, diced
- 3 cloves garlic
- 1 sweet bell pepper (red or green), diced
- 10 ounces hot enchilada sauce
- 1 14 ounce can diced tomatoes
- 1 8 ounce can tomato sauce
- 1 teaspoon oregano
- 4 ounce can diced green chili peppers
- 6 eggs
- 6 corn tortillas
- 8 ounces low-fat low-sodium cheese, shredded
- 3 cups fat-free refried beans

Lightly spray 11-inch/28 cm Skillet with non-stick spray. Add onion, garlic, and sweet bell pepper. Sauté ingredients uncovered over medium heat for about 10 minutes or until onion is soft.

Add diced tomatoes, hot enchilada sauce, tomato sauce and oregano. Stir well and simmer just below boiling temperature for 15 minutes. Do not cover.

Add diced green chili peppers. Stir to blend chilies with sauce, and simmer uncovered for an additional 10 to 15 minutes. Do not boil.

Crack eggs and drop the egg yolks and whites carefully into sauce. Space eggs evenly apart so they don't run together. Cover and cook on low for 10 minutes or until eggs are set. Yolks should be soft.

While eggs are cooking, heat refried beans in 2 Quart/1.9 L Saucepan over medium heat, stirring to help prevent sticking. When beans are thoroughly heated, remove from burner, cover and set aside.

Preheat 9-inch/23 cm Skillet over medium heat and cook tortillas one at a time on hot surface. Tortillas will require only 15 to 20 seconds per side.

Serve eggs and sauce on warm tortillas, open-face. Sprinkle beans with shredded cheese and serve on the side.

Nutrition Analysis per Serving:

Calories.....	451
Protein	25 g
Carbohydrates.....	43 g
Dietary Fiber.....	9 g
Sugar.....	6 g
Fat	19 g
% Calories from Fat	38%



Huevos Rancheros

Chocolate Mexicano

1 Quart / .95 L Saucepan

Serves 4

- 2 cups skim milk
- 1 cup evaporated fat-free milk
- 6 tablespoons unsweetened cocoa powder
- 6 tablespoons sugar
- 1 teaspoon cinnamon, ground
- Pinch of cloves, ground
- 2 teaspoons vanilla
- 1/8 teaspoon almond extract

Nutrition Analysis per Serving:

Calories.....	191
Protein	11 g
Carbohydrates.....	37 g
Dietary Fiber.....	3 g
Sugar.....	32 g
Fat	1 g
% Calories from Fat	6%

In a 1 Quart/.95 L Saucepan, bring skim milk and evaporated milk to a boil over medium-high heat, stirring constantly.

In a small bowl whisk together cocoa, 2 tablespoons sugar, cinnamon and cloves. Whisk hot milk into cocoa mixture. Return hot milk and cocoa mixture to Saucepan. Bring to a boil, whisking steadily.

Cook 1 minute or until thick and frothy. Taste and add more sugar if desired. Add vanilla and almond extracts. Pour into mugs and serve.

French Toast

Liquid Core® Electric Skillet / Casserole

Serves 4

- 1/2 cup egg substitute or 2 eggs
- 2 tablespoons milk
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 8 large slices whole grain or wheat bread
- Non-stick spray (or margarine, if desired)

Preheat Liquid Core® Electric Skillet / Casserole to 375°F / 190°C.

Place egg substitute or eggs in a medium bowl, beat with a whisk or fork until blended. Add milk, vanilla, and cinnamon; mix well.

Once preheated, spray with non-stick spray. Dip slices of bread into egg mixture, coating both sides, and place in hot Liquid Core® Electric Skillet / Casserole. Cook until brown on both sides, about 3 minutes per side. Serve hot.

Top with cinnamon applesauce, chopped fruit, maple syrup, fruit sauces, or fruit jam.

Nutrition Analysis per Serving:	
Calories.....	171
Protein.....	10 g
Carbohydrates.....	27 g
Dietary Fiber.....	4 g
Sugar.....	3 g
Fat.....	4 g
% Calories from Fat.....	18%

Southwestern Breakfast Casserole

Liquid Core® Electric Skillet / Casserole and Cover

Serves 8

- 1 8½ ounce (240 grams) package corn muffin mix or 4 cups prepared corn bread, coarsely crumbled
- 3 cups cubed white bread (1½-inch / 1.3 cm)
- 8 ounces (227 grams) hot turkey Italian sausage
- 1 cup chopped onions
- 2 cups fat-free milk
- 1 teaspoon ground cumin
- 1/8 teaspoon ground black pepper
- 1 10 ounce (283 grams) can diced tomatoes with green chilies, undrained
- 8 ounce (227 grams) carton egg substitute (or 4 eggs)
- Cooking spray
- 1 cup (4 ounces / 113 g) shredded reduced-fat Monterey Jack or cheddar cheese, divided

Prepare corn muffin mix in the Liquid Core® Electric Skillet / Casserole according to package directions; cool. Coarsely crumble muffins into a large bowl; stir in bread. Set aside.

Remove casings from sausage. Cook sausage and chopped onion in the Liquid Core® Electric Skillet / Casserole at 350°F / 177°C until browned, stirring the sausage to crumble it. Drain.

In a bowl combine milk, cumin, pepper, tomatoes, egg substitute (eggs); stir with a whisk until blended well. Add sausage mixture; stir well. Stir into bread and muffin mixture. Add ½ cup shredded reduced-fat cheese. Cover and refrigerate 8 hours or overnight.

Preheat Liquid Core® Electric Skillet / Casserole to 350°F / 177°C. Spray lightly with cooking spray. Turn casserole mixture into Liquid Core® Electric Skillet / Casserole. Reduce heat to simmer. Cover and cook 25 minutes or until center is set. Top with remaining cheese and cook, uncovered, an additional 3 minutes.

Nutrition Analysis per Serving:	
Calories.....	318
Protein.....	20 g
Carbohydrates.....	32 g
Dietary Fiber.....	2 g
Sugar.....	8 g
Fat.....	12 g
% Calories from Fat.....	35%

Oatmeal Raisin Scones

11-inch / 28 cm Skillet and Cover

Serves 4

- 1 cup rolled oats, divided
- 1 cup unbleached flour
- 2 tablespoons sugar
- 1½ teaspoons baking powder
- ¼ teaspoon baking soda
- ⅛ teaspoon salt
- 3 tablespoons stick margarine, cut into ½-inch pieces
- ⅓ cup raisins
- ½ cup buttermilk or low-fat milk

Grind ½ cup of rolled oats in blender. Place blended oats in medium bowl with remaining oats, flour, sugar, baking powder, baking soda, and salt. Add margarine and blend with a pastry blender or two forks until mixture resembles coarse meal. Mix in raisins.

Make a well in center of dry ingredients. Gradually stir in milk or buttermilk to make firm, moist dough. Gently knead dough on lightly floured surface until smooth. Divide dough into 4 pieces; form each into thick rounds about 4 inches across.

Heat 11-inch / 28 cm Skillet over medium heat 2-3 minutes. Lightly spray with non-stick spray. Place scones in skillet and turn heat to low. Cover and cook for 12 to 15 minutes. Turn and press down with spatula to slightly flatten scones.

Wipe any moisture from inside of lid. Cover and bake an additional 10 to 12 minutes, or until bottoms are golden brown and scones are cooked throughout.

Nutrition Analysis per Serving:

Calories.....	346
Protein	8 g
Carbohydrates.....	57 g
Dietary Fiber.....	4 g
Sugar.....	17 g
Fat	10 g
% Calories from Fat	27%

NOTE

Due to the variation in temperature settings of stoves, it is recommended that you check the doneness of the scones after 8 minutes of baking on each side.

TIP: To make a substitute for buttermilk, place 1½ teaspoons of white vinegar per ½ cup milk in the bottom of your measuring cup. Add milk until you have the amount specified for your recipe. Stir until the mixture thickens slightly.

VARIATIONS

Pecan, Date and Spice:

Add ½ teaspoon cinnamon and ¼ teaspoon allspice to flour. Substitute dates for raisins. Add ¼ cup chopped pecans.

Cranberry Orange:

Substitute dried cranberries for raisins, and add ½ teaspoon orange extract to milk.

Lemon Blueberry:

Substitute dried blueberries for raisins, and add ½ teaspoon lemon extract to milk.



Zucchini Frittata

Zucchini Frittata

11-inch / 28 cm Skillet and Cover
Medium Mixing Bowl

Serves 8

- 10 large eggs, beaten
- 2 tablespoons fresh basil (or 2 teaspoons dried)
- 1/2 teaspoon salt
- Cracked pepper to taste
- 3 tablespoons dry breadcrumbs
- 1/2 cup grated Parmesan cheese
- 2 tablespoons olive oil
- 1 1/2 cups onion, chopped
- 1 clove garlic, minced
- 1/2 pound zucchini, scrubbed and sliced thin
- 1 cup grated cheddar cheese
- 2 Roma tomatoes, sliced 1/4-inch

In Medium Mixing Bowl, beat eggs with minced basil, salt, and cracked pepper. Stir in bread crumbs and grated parmesan cheese.

Preheat 11-inch / 28 cm Skillet over medium heat. Sauté oil, onion, garlic and zucchini on medium for 6 minutes.

Pour egg mixture over sautéed vegetables. Sprinkle with half of the cheddar cheese. Arrange tomato slices on top. Sprinkle remaining cheddar cheese over tomatoes.

Cover and cook on medium-low for 40 minutes (if steam begins to escape, reduce heat to low).

Remove cover and let sit 5 minutes before serving.

Nutrition Analysis per Serving:	
Calories.....	247
Protein	16 g
Carbohydrates.....	7 g
Dietary Fiber.....	1 g
Fat	6g
% Calories from Fat	62%



Appetizers, Side Dishes & Salads

Party Pasta Salad

3 Quart / 2.8 L Saucepan and Cover
Steamer - Colander

Serves 8

- 3 cups raw tri-color pasta fusili spirals
- 1 small red onion, chopped
- 2 small carrots, cut in 1/4 inch (6 mm) slices (about 1 cup)
- 1 cup broccoli florets
- 2 celery stalks, cut in 1/4 inch (6 mm) slices (about 1 cup)
- 1 tablespoon fresh basil or parsley, minced
- 1/2 cup reduced-fat Italian dressing

Place 2 quarts of water in 3 Quart / 2.8 L Saucepan; bring to a boil over medium-high heat. Lightly salt after water has come to a boil. Stir in pasta. Return water to a boil and cook 6 to 8 minutes until tender. Drain into Steamer - Colander, rinse under cold running water, and drain again.

Add onions and place pasta in large serving bowl.

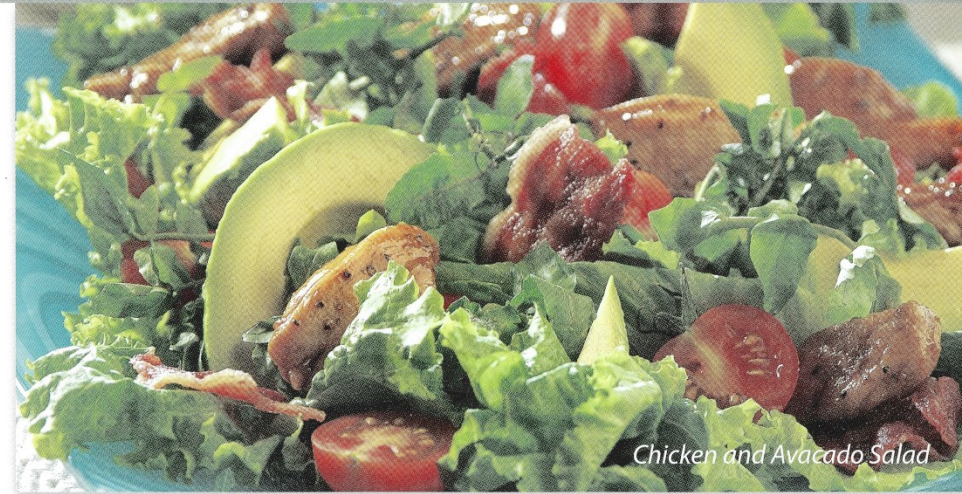
Place 2 cups of water in 3 Quart / 2.8 L Saucepan; bring to a boil over medium heat. Add carrots in Steamer - Colander, placed over 3 Quart / 2.8 L Saucepan. Cover and steam for 1 minute. Add broccoli, cover and steam 1 additional minute. Add celery, cover and steam 30 seconds. All vegetables should be crisp and bright in color. Place Steamer - Colander under cold running water until vegetables are cooled. Drain well.

Add vegetables to pasta in serving bowl. Add fresh basil or parsley and dressing. Toss and serve, or refrigerate to chill.

TIP: To feed an even larger crowd double the ingredients and use your 6 Quart / 5.7 L Dutch Oven. Add the vegetables (in the same order) to the boiling water during the last minutes of the pasta's cooking time.

Nutrition Analysis per Serving:

Calories.....	106
Protein.....	3 g
Carbohydrates.....	19 g
Dietary Fiber.....	2 g
Sugar.....	4 g
Fat.....	2 g
% Calories from Fat.....	16%



Chicken and Avocado Salad

Chicken and Avocado Salad

11-inch / 28 cm Skillet and Cover

Serves 8

- 3 boneless, skinless chicken breasts
- 2 garlic cloves, peeled and sliced
- Salt
- 1 teaspoon pepper
- 6 turkey bacon slices
- 1/4 cup honey
- 2 tablespoons Dijon mustard
- 2 tablespoons balsamic vinegar
- 1 stalk of watercress lettuce
- 1 head of romaine lettuce or 8 cups mixed greens
- 2 avocados, peeled and sliced
- 3 tablespoons lemon juice
- 2 large tomatoes, cut into bite size pieces
- 1 medium red onion, sliced

Season chicken breast with garlic, salt and 1 teaspoon pepper.

Preheat 11-inch / 28 cm Skillet and cook chicken on one side for 5 minutes. Flip chicken breast, season, add bacon and cover. Cook for another 5 minutes.

Remove chicken and cut into strips.

Return chicken to 11-inch / 28 cm Skillet and mix together with honey, mustard and vinegar. Combine remaining ingredients, then add above mixture to salad. Serve immediately.

Nutrition Analysis per Serving:

Calories.....	179
Protein.....	12 g
Carbohydrates.....	13 g
Dietary Fiber.....	4 g
Fat.....	9 g
% Calories from Fat.....	44%

Arroz Con Gandules

5 Quart / 4.7 L Liquid Core® Cooker and Cover

Serves 6

- 1/2 pound ham, center cut, chopped
- 1/4 pound summer sausage, chopped
- 3 cups rice
- 4 cups water
- 2 packages Goya® saffron
- 2 heaping tablespoons Goya® sofrito
- 1 15 ounce can Goya® pigeon peas, undrained
- Salt to taste

Preheat 5 Quart / 4.7 L Liquid Core® Cooker to 400°F / 205°C. Add meats, brown. Add remaining ingredients while stirring. Cover. When steam escapes reduce heat to simmer. Cook 20 minutes.

Goya® is a registered trademark of Goya Foods, Inc.

Nutrition Analysis per Serving:

Calories.....	568
Protein	22 g
Carbohydrates.....	91 g
Dietary Fiber.....	6 g
Sugar.....	1 g
Fat	12 g
% Calories from Fat	19%

Flour Tortillas

10-inch / 25 cm Gourmet Skillet or

11-inch / 28 cm Skillet

Serves 12

- 2 cups all-purpose flour
- 1 teaspoon salt
- 1/4 cup cold vegetable shortening
- 2/3 cup warm water

Blend flour and salt together. Cut the shortening into flour with a pastry blender or two forks. Blend until mixture resembles fine corn meal. Add warm water; stir until liquid is incorporated.

Form dough into a ball and knead on a lightly floured surface for 2 to 3 minutes or until smooth. Divide the dough into 12 equal pieces; form each piece into a ball. Let dough stand covered with plastic wrap for at least 30 minutes up to 1 hour. (This step allows the gluten to relax and makes tortillas easier to roll).

Heat 11-inch / 28 cm Skillet or 10-inch / 25 cm Gourmet Skillet over medium heat until hot.

On a lightly floured surface, roll one ball of dough at a time into a 7-inch round. One by one, place the tortillas in the skillet, turning them when air pockets form underneath the tortilla and the color of the tortilla changes to white.

TIP: To keep tortillas warm, place in tortilla keeper or wrap in a cloth towel.

TIP: Tortillas may be made 1 day in advance and chilled by wrapping in a cloth, storing in a sealed plastic bag and refrigerating.

Nutrition Analysis per Serving:

Calories.....	114
Protein	2 g
Carbohydrates.....	16 g
Dietary Fiber.....	<1 g
Sugar.....	<1 g
Fat	4 g
% Calories from Fat	36%

Asparagus Mushroom Sauté

11-inch / 28 cm Skillet

Serves 4

- 1 teaspoon olive oil
- 1/4 pound (13 grams) fresh mushrooms, sliced
- 1/4 cup sweet bell pepper, chopped
- 2 tablespoons onion, chopped
- 1 16 ounce (454 grams) can asparagus stems and tips, drained or 1 pound (454 grams) fresh asparagus
- 1/4 cup chicken broth
- 2 tablespoons balsamic vinegar
- 1 teaspoon cornstarch
- 1 teaspoon fresh tarragon leaves, chopped
- 1 teaspoon lemon peel, grated
- Salt and pepper to taste

Heat olive oil in 11-inch / 28 cm Skillet over medium-high heat.

Add fresh sliced mushrooms, chopped bell pepper, and chopped onion. Sauté about 2 or 3 minutes or until almost tender. Add asparagus and sauté an additional 2 minutes.

In a small bowl, stir together chicken broth, balsamic vinegar, and cornstarch.

Add fresh chopped tarragon leaves and grated lemon peel to Skillet. Stir in cornstarch mixture. Cook until sauce boils and coats asparagus.

Salt and pepper to taste.

Nutrition Analysis per Serving:

Calories.....	54
Protein	3 g
Carbohydrates.....	7 g
Dietary Fiber.....	3 g
Sugar.....	3 g
Fat	2 g
% Calories from Fat	31%

Fresh Corn and Black Bean Salad

7 Quart / 6.6 L Dutch Oven and Cover

Serves 6

- 3 ears fresh corn
- 1/2 cup fresh lime juice (about 2-4 limes)
- 1/3 cup red onion, minced
- 1/3 cup fresh cilantro, minced
- 3 tablespoons white vinegar
- 2 teaspoons sugar
- 2 teaspoons cumin, ground
- 2 teaspoons chili powder
- 1 15 ounce (425 grams) can black beans, drained
- Lime wedges for garnish

Remove husks and silk from corn. Rinse the husks and the corn well; leave water clinging to them. Line the bottom of the 7 Quart / 6.6 L Dutch Oven with a thick layer of husks.

Ears may be either laid across the bottom of the 7 Quart / 6.6 L Dutch Oven or may be stood on end on top of the husks.

Cover the 7 Quart / 6.6 L Dutch Oven and begin cooking on medium heat until cover is hot to the touch. Reduce heat to low and cook for 5 more minutes until tender*.

Cool. Cut kernels from corncob; place in a bowl. Add lime juice and remaining ingredients; stir gently. Cover and chill 1 hour. Garnish with lime wedges, if desired.

* Corn is tender when a single kernel, pierced by a fork, easily releases its juices.

Nutrition Analysis per Serving:

Calories.....	116
Protein	6 g
Carbohydrates.....	24 g
Dietary Fiber.....	6 g
Sugar.....	4 g
Fat	1 g
% Calories from Fat	10%



Beans and Rice

Crab Stuffed Mushrooms

11-inch / 28 cm Skillet and Cover
Small Mixing Bowl

Serves 12

- 2 cloves garlic, minced
- 1/4 cup onion, minced
- 1 tablespoon parsley, chopped
- 1/2 cup Gouda cheese, shredded
- 1 6 ounce (170 grams) can crab meat, drained
- 12 large mushroom caps
- Paprika

Nutrition Analysis per Serving:
Calories.....42
Protein 5 g
Carbohydrates..... 2 g
Dietary Fiber.....<1 g
Sugar.....<1 g
Fat 2 g
% Calories from Fat 38%

In Small Mixing Bowl mix first five ingredients together; or pulse in food processor, adding crab last.

Fill each mushroom cap with crab mixture.

Place mushrooms in 11-inch / 28 cm Skillet, filling side-up. Cover, cook over medium heat until water seal is formed, approximately 5 minutes. Reduce to low heat for additional 10 minutes.

Remove from Skillet to serving plates and sprinkle mushroom caps with paprika.

Beans and Rice

7 Quart / 6.6 L Dutch Oven and Cover
2 Quart / 1.9 L Saucepan and Cover

Serves 6

- 3/4 pounds black beans
- 6 cups water
- Cooking spray
- 1/2 onion
- 4 garlic cloves
- 3/4 pounds long-grain rice
- 1/2 teaspoon dry oregano, ground
- 1/4 teaspoon ground thyme
- 1 tablespoon salt
- 1 laurel leaf
- 2 tablespoons olive oil

Nutrition Analysis per Serving:
Calories.....547
Protein 19 g
Carbohydrates.....104 g
Dietary Fiber..... 14 g
Fat 6 g
% Calories from Fat 10%

Soak beans overnight so they cook faster. Drain and rinse.

Simmer beans in 7 Quart / 6.6 L Dutch Oven, covered, with 6 cups of water for approximately 1 hour, or until well cooked. Reserve bean broth.

Preheat 2 Quart / 1.9 L Saucepan. Using cooking spray, sauté onion and 3 garlic cloves until transparent. Add rice and stir with a wooden spoon. Cook with lid open for 3 minutes.

Add oregano, thyme, salt and 3 cups of strained bean broth. Cover 7 Quart / 6.6 L Dutch Oven and lower heat. Cook for 30 minutes or until bean broth is dry and rice is soft. Remove onion.

Add 2 cups of cooked beans, without liquid to soft rice. This needs to be done at the end, so beans don't crumble. Place remaining garlic clove and the laurel leaf in olive oil and pour mixture over the stew for color and flavor. Serve immediately.

SERVING SUGGESTION: Serve rice and beans with fried plantains.

Eggplant Parmigiana

*Liquid Core® Electric Skillet / Casserole and Cover
Cookie Sheet*

Serves 8

Nutrition Analysis per Serving:

Calories.....	209
Protein	13 g
Carbohydrates.....	22 g
Dietary Fiber.....	5 g
Sugar.....	9 g
Fat	9 g
% Calories from Fat	38%

- 2 medium or 1 large eggplant
(about 2 pounds)
- 1/4 cup flour
- Salt and pepper
- Corn oil or olive oil cooking spray
- 3 cups prepared low-fat marinara sauce
- 2 cups (8 ounces) fresh mushrooms, sliced
- 1 1/2 cups (8 ounces) low-fat mozzarella cheese, shredded
- 1/4 cup Parmesan cheese, shredded or grated

Preheat Liquid Core® Electric Skillet / Casserole to 400°F / 205°C. Slice eggplant in 1/2-inch thick slices.

In a bowl, mix together flour, salt and pepper. Coat 8 to 10 eggplant slices in flour mixture, estimating the amount that will fit in the Skillet in a single layer. Place in a single layer on a cookie sheet.

Spray one side of the floured eggplant liberally with cooking spray. Place slices, sprayed side down, in preheated Skillet. Cover, cook 3 to 4 minutes or until golden brown.

Carefully spray the top of the slices with cooking spray. Turn, cover and cook until golden brown. Remove and set aside.

As the first batch of eggplant browns, prepare the next slices for the Skillet. Continue until all the eggplant slices are browned. Turn Skillet off and allow to cool for 5 minutes.

Once Skillet has cooled, spread 1 cup marinara sauce on the bottom of the Skillet. Add 1 layer of prepared eggplant, 1 cup of mushrooms, 1 cup mozzarella cheese, 1 cup marinara sauce. Prepare a second layer, repeating with eggplant slices, 1 cup mushrooms, remaining mozzarella cheese, 1 cup sauce. Finish with remaining eggplant and sauce.

Turn skillet to 350°F / 177°C, cover and cook until steam escapes. Turn temperature down to simmer. Cook covered for 20 minutes. Remove cover, sprinkle with Parmesan cheese. Cook uncovered 5 more minutes.

TIP: Great with a side dish of your favorite pasta and garlic bread.

Spicy Carrots

*9-inch / 23 cm Skillet and Cover or
2 Quart / 1.9 L Saucepan and Cover*

Serves 6

- 1 teaspoon olive oil
- 1 teaspoon garlic, minced
- 1 teaspoon fresh ginger, minced
- 1/4 teaspoon red pepper, crushed
- 4 cups carrots, diagonally sliced
- 1/3 cup canned chicken broth, undiluted
- 1 tablespoon soy sauce
- 1 teaspoon cider vinegar
- 1 teaspoon sugar
- 2 teaspoons cornstarch
- 1 tablespoon water

Preheat 9-inch / 23 cm Skillet or 2 Quart / 1.9 L Saucepan on medium heat for 1 minute.

Add first nine ingredients; stir.

Cover. Cook on medium heat for 2 minutes. Reduce heat to low and cook 5 minutes or until carrots are tender.

In a small bowl, combine cornstarch and water, stirring until smooth. Stir cornstarch mixture into carrot mixture and cook 1 minute or until slightly thickened.

TIP: For less spice, omit crushed red pepper.

Nutrition Analysis per Serving:

Calories.....	52
Protein	2 g
Carbohydrates.....	10 g
Dietary Fiber.....	2 g
Sugar.....	6 g
Fat	1 g
% Calories from Fat	18%

Vegetable Medley

5 Quart / 4.7 L Liquid Core® Cooker and Cover

Serves 8

- 4 cloves garlic, minced
- 1 tablespoon ginger, minced
- 3 medium carrots, cut into 1 inch pieces
- 2 medium potatoes, cubed (about 2 cups)
- 1 medium yam, cubed (about 1 cup)
- 1 medium turnip, cubed (about 1 cup)
- 1 cup scallions, sliced
- 1 tablespoon honey
- 2 tablespoons apple cider vinegar
- 1 teaspoon seasoned salt or herb salt substitute
- 1/2 teaspoon pepper
- 1 bunch collard greens or fresh spinach (about 4 cups)
- 1 12 ounce package extra firm tofu, cubed (optional)

Preheat 5 Quart / 4.7 L Liquid Core® Cooker, uncovered, at 300°F / 150°C.

Sauté minced garlic and minced ginger until lightly browned.

Add remaining ingredients, except collard greens /spinach and optional tofu. Cover and reduce heat to simmer for 45 minutes or until vegetables are tender.

Add collard greens or fresh spinach and optional tofu. Stir, cover, and simmer 5 to 7 minutes for spinach or 10 to 15 minutes for collard greens. Season to taste.

Nutrition Analysis per Serving:

Calories.....	116
Protein.....	5 g
Carbohydrates.....	23 g
Dietary Fiber.....	3 g
Sugar.....	9 g
Fat.....	1 g
% Calories from Fat.....	8%

Continental Vegetable Salad

11-inch / 28 cm Skillet and Cover

Serves 8

- 2 cups fresh green beans (about 12 ounces / 340 grams)
- 3 medium carrots, sliced 1/4 inch (6 mm) thick (1 1/2 cups)
- 2 cups cauliflower flowerettes
- 1 small sweet bell pepper, seeded and cut into strips (about 1 cup)
- 1 medium yellow squash, sliced 1/4 inch thick (about 1 cup)
- 1/4 cup olive oil
- 1/4 cup rice wine vinegar
- 1 tablespoon lemon juice
- 2 teaspoons Dijon-style mustard
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried marjoram
- 1/2 clove garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Trim ends of green beans and place in 11-inch / 28 cm Skillet. Cover; cook over medium heat until water seal forms. Reduce heat to low and cook 2 minutes.

Add carrots to Skillet quickly; cover. Cook an additional 2 minutes. Add cauliflower flowerettes, sweet bell pepper and squash. Cook an additional 5 minutes or until all vegetables are tender crisp.

While vegetables are cooking, in a bowl, combine ingredients for dressing (olive oil, rice wine vinegar, lemon juice, Dijon-style mustard, oregano, marjoram, garlic, salt, black pepper.) Stir. Pour dressing over cooked vegetables. Serve hot.

TIP: To serve the salad chilled, run cold water over cooked vegetables to cool them. Add dressing, toss and refrigerate until chilled.

TIP: Fresh herbs would be a welcome addition to this salad. Simply use three times more of the fresh herbs as the recipe lists for the dry herbs.

Nutrition Analysis per Serving:

Calories.....	105
Protein.....	2 g
Carbohydrates.....	11 g
Dietary Fiber.....	3 g
Sugar.....	6 g
Fat.....	7 g
% Calories from Fat.....	56%

Seafood Salad

3 Quart / 2.8 L Saucepan and Cover
Colander/Steamer

Serves 6

- 1/2 pound medium shrimp, uncooked, cleaned
- 1 pound salmon, orange roughy or cod fillets
- 1/3 cup dry white wine or non-alcoholic white wine or
2 tablespoons dry white wine plus 2 tablespoons water
- 2 green onions, thinly sliced
- 1 celery stalk, chopped
- 1/4 cup plain, reduced-fat, or fat-free yogurt
- 2 tablespoons reduced-fat, or fat-free mayonnaise
- 2 teaspoons Dijon-style mustard
- 3 teaspoons lime juice
- 2 teaspoons fresh tarragon, minced
- 1 teaspoon dried dill weed
- 1/4 teaspoon salt
- Dash of freshly ground black pepper
- Red leaf lettuce - garnish
- Cherry or grape tomatoes - garnish
- Fresh tarragon sprigs - garnish

Shell and devein shrimp. Place fish and wine in 3 Quart / 2.8 L Saucepan.

Cover; cook over medium heat until steam escapes. Reduce heat to low and poach about 5 minutes. Add shrimp. Cook an additional 5 minutes or until shrimp are opaque.

Gently lift fish and shrimp from the Saucepan, place in Colander/Steamer to drain and cool quickly in refrigerator.

Cut fish into bite-size pieces. In a large bowl combine all ingredients except garnish items. Toss gently.

Line salad bowl or plate with red leaf lettuce leaves, spoon salad on top, garnish with cherry or grape tomatoes and fresh tarragon sprigs.

Nutrition Analysis per Serving:

Calories.....	218
Protein	24 g
Carbohydrates.....	3 g
Dietary Fiber.....	<1 g
Sugar.....	1 g
Fat	11 g
% Calories from Fat.....	46%



Coconut Rice

Coconut Rice

3 Quart / 2.8 L Saucepan and Cover

Serves 4

- 1/2 cup coconut milk
(blend together the coconut pulp
and the coconut water as indicated below)
- 1 teaspoon sugar or brown sugar
- 1 cup lukewarm water
- 2 cups coconut water
- 1/2 cup cola drink
- 1 teaspoon salt
- 1/4 cup raisins
- 1 cup precooked rice
- 1 tablespoon butter

Nutrition Analysis per Serving:

Calories.....	279
Protein	3 g
Carbohydrates.....	26 g
Dietary Fiber.....	2 g
Fat	18 g
% Calories from Fat.....	28%

Prepare the coconut milk by grating the coconut pulp and blending it together with the water that comes inside the coconut.

Strain (keep coconut from strainer), and pour the milk (about 1/2 cup of liquid) into a 3 Quart / 2.8 L Saucepan. Turn the heat to high and boil until the oil and the curds separate. These curds are called titoté. When the titoté starts browning, add the sugar or brown sugar until you get a caramel consistency.

Put the coconut that was left in the strainer into a bowl, add 1 cup of lukewarm water, let sit for a few minutes and strain again. Add this liquid to the Saucepan. Add 2 cups of coconut water, the cola drink, salt and raisins. Cover the Saucepan and allow to boil.

Add the precooked rice and cover, turn the heat down to low and cook until all the liquid has evaporated. Add the butter and cook 5 minutes longer. Remove from heat, let sit with the cover on for a few minutes, stir and serve immediately.



Chili Poblano Sauce

Chili Poblano Sauce

2 Quart / 1.9 L Saucepan and Cover

Serves 4

- 4 poblano chilies
- 1/4 onion
- 1 clove garlic
- 1 cup low-fat sour cream
- 1/3 pound (5.29 ounce) low-fat cream cheese
- 1/2 cup of water
- 1 tablespoon butter
- 1 1/2 cups milk
- 2 tablespoons powdered chicken broth

Roast, peel and devein chilies.

Combine chilies, onion, garlic, sour cream, cream cheese and water in a blender. Blend until smooth.

Heat butter in 2 Quart /1.9 L Saucepan. Pour blender mixture into Saucepan and stir in milk. Season with powdered chicken broth.

Reduce temperature and simmer with cover on for approximately 15 minutes until flavors have combined and Poblano chilies become darker green.

Serve hot with pasta, enchiladas, red meats or chicken.

Nutrition Analysis per Serving:
 Calories.....132
 Protein 9 g
 Carbohydrates..... 12 g
 Dietary Fiber.....<1 g
 Fat 5 g
 % Calories from Fat 36%

Mushrooms Florentine

2 Quart / 1.9 L Saucepan and Cover

11-inch / 28 cm Skillet and Cover

Serves 12

- 12 large fresh mushrooms
- 1 teaspoon margarine
- 1 tablespoon onion, chopped
- 1 clove garlic, minced
- 2 tablespoons parsley, chopped
- 1/2 cup spinach, cooked, chopped
- 1 teaspoon low-sodium soy sauce
- 1/2 cup reduced-fat or fat-free cheddar cheese, shredded
- Dash of nutmeg
- 1/4 cup fresh Parmesan cheese, grated

To clean mushrooms, wipe caps and stems with a damp cloth. Twist stems to remove from mushrooms caps. Dice stems and set aside.

Place margarine in 2 Quart / 1.9 L Saucepan; melt on medium heat. Add diced stems, chopped onion, minced garlic and chopped parsley. Stir and cover. When steam escapes, reduce heat to low and cook 2 minutes.

Remove lid; add spinach, soy sauce and cheddar cheese. Stir until cheese is melted.

Carefully stuff a large spoonful of mixture into each mushroom cap. Arrange caps in 11-inch / 28 cm Skillet, filling side-up.

Cover; place over medium heat. When steam escapes reduce heat to low and cook 4 to 5 minutes.

Sprinkle tops with nutmeg and Parmesan cheese before serving.

TIP: Serve hot as appetizers; use to garnish meat dishes; or serve three per person as an entrée.

Nutrition Analysis per Serving:
 Calories.....29
 Protein 3 g
 Carbohydrates..... 2 g
 Dietary Fiber.....<1 g
 Sugar.....<1 g
 Fat 1 g
 % Calories from Fat 41%

Soups, Stews & Sauces



Bolognese Sauce

11-inch / 28 cm Skillet

7 Quart / 6.6 L Dutch Oven and Cover

Serves 4

- 5 large ripe tomatoes
- 2 tablespoons olive oil
- 1 garlic clove (1 teaspoon), minced
- 1/2 cup yellow onion, finely chopped
- 2 celery stalks, chopped
- 1 carrot, peeled and chopped
- 2/3 pound ground round beef
- 1 cup (8 ounce) tomato paste
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried marjoram
- 1 cup of water
- 1 bay leaf
- Salt & pepper to taste

Quarter and roast tomatoes in 11-inch / 28 cm Skillet until skins are brown and soft.

In a blender, blend tomatoes until smooth. Set aside.

In a 7 Quart / 6.6 L Dutch Oven add 1 tablespoon of olive oil, garlic and onions. Cook on medium for 5 minutes until tender. Add celery and carrots and cook for an additional 4 minutes. Add beef and stir to brown and crumble meat.

Pour tomato sauce into the Dutch Oven and cook on medium for 5 minutes. Add the tomato paste, seasoning and herbs. Add remaining tablespoon of olive oil. Cover and cook on low heat for 25 minutes. Remove the bay leaf.

Serve sauce with pasta or use when preparing lasagna.

Nutrition Analysis per Serving:

Calories.....301
Protein.....18 g
Carbohydrates.....21 g
Dietary Fiber.....5 g
Fat.....16 g
% Calories from Fat.....49%



Bolognese Sauce

French Onion Soup

4 Quart / 3.8 L All-Purpose Pan and Cover

Serves 6

- 4 large white onions, thinly sliced (about 8 cups)
- 1/4 cup dry white wine (optional)
- 5 cups beef stock, canned or homemade
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon black pepper
- 1/4 teaspoon thyme
- 1/4 teaspoon marjoram
- 3 ounces low-fat mozzarella cheese, grated
- 6 slices French bread, thinly sliced and toasted

Nutrition Analysis per Serving:

Calories.....170
Protein.....10 g
Carbohydrates.....32 g
Dietary Fiber.....5 g
Sugar.....13 g
Fat.....1 g
% Calories from Fat.....5%

Preheat 4 Quart / 3.8 L All-Purpose Pan over medium heat. Add onions. Cover and cook 5 minutes.

Remove cover, stir; increase heat to medium-high and cook until onions are golden brown.

Add remaining ingredients except cheese and bread. Bring to a boil. Reduce heat to low and simmer 2 to 3 minutes.

Ladle soup into oven-proof bowls and top each serving with toasted bread and cheese. Place each bowl under preheated broiler until cheese is melted and bubbly.

Chunky Spanish Sauce

4 Quart / 3.8 L All-Purpose Pan and Cover

Serves 8

- 2 cloves garlic, minced
- 2 cups onion, chopped
- 1½ cups celery, chopped
- ½ cup sweet bell pepper, chopped
- ½ cup mushrooms, sliced
- 1 2¼ ounce (64 grams) can black olives, sliced, drained
- 2 14½ ounce (411 grams) cans diced tomatoes with mild green chilies
- 1 6 ounce (170 grams) can tomato paste
- ½ cup water
- 2 teaspoons chili powder
- 1 tablespoon fresh cilantro, minced, or 1 teaspoon dried cilantro
- ½ teaspoon cumin, ground
- 1 bay leaf

Preheat 4 Quart / 3.8 L All-Purpose Pan on medium heat. Add garlic, onion, celery, sweet bell pepper and mushrooms. Cover, reduce heat to medium-low, and cook vegetables for 5 minutes.

Add olives, diced tomato, tomato paste and water. Stir in herbs and spices. Increase heat to medium, cover, and cook 3 minutes. Reduce to medium-low. Cook for an additional 10 minutes. Remove bay leaf.

TIP: Serve over rice, with eggs, on chicken breast or pork chops.

TIP: For a spicier sauce, add more chili powder or hot sauce.

Nutrition Analysis per Serving:

Calories.....	76
Protein.....	3 g
Carbohydrates.....	14 g
Dietary Fiber.....	3 g
Sugar.....	6 g
Fat.....	2 g
% Calories from Fat.....	19%

Old Fashioned Chicken Soup

7 Quart / 6.6 L Dutch Oven and Cover

Serves 8

FOR STOCK

- 1 3-4 pound (1.4-1.8 kilos) chicken, remove skin, cut into pieces
- 2 celery stalks, cut into 4 pieces
- 2 carrots, scrubbed, cut into 4 pieces
- 1 large onion, skin on, quartered
- 1 teaspoon salt
- 4 peppercorns
- 2 quarts cold water

FOR SOUP

Reserved chicken meat

Reserved broth

- 1 medium onion, peeled, chopped
- 2 celery stalks, chopped
- 1 carrot, scrubbed, chopped
- 2 cups medium egg noodles, uncooked
- Salt and pepper to taste

Nutrition Analysis per Serving:

Calories.....	361
Protein.....	44 g
Carbohydrates.....	17 g
Dietary Fiber.....	2 g
Sugar.....	4 g
Fat.....	10 g
% Calories from Fat.....	25%

Place all stock ingredients in 7 Quart / 6.6 L Dutch Oven. Add more water if needed to cover chicken and vegetables. Bring to a boil over medium-high heat.

Skim foam from stock. Cover and reduce heat to low. Simmer 45 minutes or until chicken is tender.

Remove chicken, set aside to cool slightly. Strain vegetables from stock and discard. Place stock in refrigerator for 30 minutes or until thoroughly cooled. Remove layer of fat that has formed on top; discard.

When chicken is cool enough to handle, remove meat from skin and bones and reserve.

To continue with soup, return stock to 7 Quart / 6.6 L Dutch Oven. Add chopped vegetables. Cook on medium heat until vegetables are tender.

Add noodles and reserved meat. Cook until noodles are tender.

TIP: To make chicken stock for later use; substitute chicken backs and wings for the whole cut up chicken. Follow step 1, increasing the cooking time to 1 hour. Strain the stock and discard vegetables and meat. Refrigerate the stock for up to 3 days or freeze.

Turkey Chili

4 Quart / 3.8 L All-Purpose Pan and Cover

Serves 8

- 3 celery stalks, chopped
- 1 large onion, chopped
- 1 20 ounce (567 grams) package extra lean ground turkey
- 4 cloves garlic, minced
- 1 15 ounce (425 grams) can tomato puree
- 1 14½ ounce (411 grams) can stewed tomatoes
- 1 8 ounce (227 grams) can tomato sauce
- 1 cup water
- 1 15 ounce (425 grams) can kidney beans, rinsed, drained
- 1 16 ounce (454 grams) can pinto beans, rinsed, drained
- 2 tablespoons chili powder
- 1 teaspoon oregano
- 1 teaspoon basil
- ¼ teaspoon ground cumin
- ½ teaspoon paprika
- 1 tablespoon sugar
- 1 bay leaf
- 1 teaspoon salt
- ¼ teaspoon black pepper

Preheat 4 Quart / 3.8 L All-Purpose Pan over medium heat. Add celery and onion, stir, cover, and cook 5 minutes.

Remove cover, add turkey. Break turkey into small pieces. Add garlic; stir. Cover and cook 7 to 10 minutes or until turkey is cooked throughout, stirring occasionally.

Add remaining ingredients. Stir well. Cover and cook until steam escapes.

Reduce heat to low. Cook an additional 30 to 40 minutes. Remove bay leaf before serving.

Nutrition Analysis per Serving:

Calories.....	308
Protein	23 g
Carbohydrates.....	40 g
Dietary Fiber.....	12 g
Sugar.....	9 g
Fat	7 g
% Calories from Fat.....	21%



Sancocho

7 Quart / 6.6 L Stock Pot and Cover or
10 Quart / 9.5 L Stock Pot and Cover

Serves 12

- 16 cups water
- 1 pound beef rib meat
- ½ cup onion
- 2 ears corn, cut in pieces
- 1 pound pork meat
- 6 pieces chicken
- 2 cups potatoes cut in wedges
- 1 cup grated carrots
- 2 cups yuca, cut in wedges
- 1½ green plantains, cut lengthwise
- 1½ plantains with skin
- 3 cups cabbage leaves
- 4 tablespoons chopped cilantro (coriander)
- Salt

In a large stock pot, add water, then add beef, onion and corn. Simmer for about ½ hour. Add pork and chicken. Simmer 30 minutes. Add potato and let cook for 20 minutes. Add carrots, yuca, green plantains and plantains and let cook another 20 minutes. Add cabbage, cilantro and salt to taste. Let stew until all vegetables and meats are tender.

Serve in a large bowl with white rice and seared bananas.

Nutrition Analysis per Serving:

Calories.....	419
Protein	38 g
Carbohydrates.....	49 g
Dietary Fiber.....	5 g
Fat	8 g
% Calories from Fat.....	17%

Hearty Low-Calorie Lentil Vegetable Stew

7 Quart / 6.6 L Dutch Oven and Cover

Serves 8

- 1 large onion, sliced
- 2 celery stalks, sliced
- 4 medium carrots, scrubbed and sliced
- 2 cloves garlic, minced
- 1 cup dried lentils, rinsed, sorted
- 1 teaspoon dried rosemary, crumbled
- 1/2 teaspoon oregano
- 1/4 teaspoon black pepper
- 4 cups low-fat, low-sodium beef broth or water
- 4 medium potatoes, scrubbed, cut into 1 inch cubes
- 1/4 pound small mushrooms, halved
- 2 16 ounce cans stewed tomatoes
- 2 tablespoons lemon juice

Preheat 7 Quart / 6.6 L Dutch Oven over medium-high heat for 3 minutes.

Add onion, celery, carrots and garlic. Sauté vegetables 3 minutes.

Add lentils, spices and broth. Cover, reduce heat to medium-low, and cook for 35 minutes. Cover should spin freely as stew simmers.

Add the potatoes, mushrooms and tomatoes. Stir. Increase heat to medium-high until liquid boils.

Reduce heat to medium-low, cover and cook 45 to 60 minutes or until potatoes and lentils are tender. Add lemon juice and serve.

TIP: This thick stew is a meal by itself, but is also delicious over rice or pasta.

Nutrition Analysis per Serving:	
Calories.....	180
Protein	12 g
Carbohydrates.....	43 g
Dietary Fiber.....	10 g
Sugar.....	6 g
Fat	1 g
% Calories from Fat	<1%

Beef Stew

7 Quart / 6.6 L Dutch Oven and Cover

Serves 8

- 2 pounds (900 grams) lean beef stew meat, or lean round steak, cubed
- 1 clove garlic, minced
- 1 large onion, peeled and sliced thin
- 2 turnips, scrubbed and chopped
- 4 carrots, scrubbed and sliced
- 2 celery stalks, chopped
- 4 medium potatoes, scrubbed and cubed
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 1/2 cups water
- 1/2 cup red wine or 1/2 cup beef broth and 1 tablespoon red wine vinegar
- 2 tablespoons ketchup
- 2 bay leaves

Preheat 7 Quart / 6.6 L Dutch Oven on medium-high heat. Add meat and brown. The meat will stick at first, but as it browns it will easily release. Thoroughly brown meat. Add garlic and sauté an additional 1 minute.

Add remaining ingredients and stir. Cook for 5 minutes, then reduce heat to low. Cook until ingredients are tender, about 1 hour. Remove bay leaves.

Thicken stew if desired. Mix 2 tablespoons cornstarch and 1/2 cup skim milk. Bring stew to low boil. Move meat and vegetables aside and pour cornstarch mixture into liquid. Stir all ingredients together until thick and bubbly, about 1 minute.

TIP: Supermarket turnips are often sold with a protective paraffin wax coating on them. It is best to remove the peel along with the wax. If you are fortunate enough to be using home-grown or farmer's market turnips without a wax coating, just scrub the turnips before cooking.

Nutrition Analysis per Serving:	
Calories.....	316
Protein	22 g
Carbohydrates.....	22 g
Dietary Fiber.....	4 g
Sugar.....	6 g
Fat	15 g
% Calories from Fat	41%



Fish Tostadas

11-inch / 28 cm Skillet and Cover
2 Quart / 1.9 L Saucepan and Cover or
9-inch / 23 cm Skillet and Cover

Serves 8

- 2½ pounds white fish – Red Snapper or other similar fish
- 2 bay leaves
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 2 large tomatoes, cubed
- Peppers in vinegar to taste
- ½ cup olives
- Salt & pepper to taste
- Tostadas

Place 3 tablespoons water and salt to taste in 11-inch / 28 cm Skillet. Add fish with bay leaves and cook on medium for 5-10 minutes.

In 2 Quart /1.9 L Saucepan or 9-inch / 23 cm Skillet, heat onion and garlic until transparent.

Remove fish from 11-inch / 28 cm Skillet. Cut into small pieces and add to onion and garlic mixture in 2 Quart /1.9 L Saucepan or 9-inch / 23 cm Skillet. Immediately add tomatoes, peppers in vinegar, olives and salt / pepper to taste. Simmer for 5-7 minutes.

Serve hot on tostadas.

Nutrition Analysis per Serving:

Calories.....544
Protein.....29 g
Carbohydrates.....55 g
Dietary Fiber.....6 g
Fat.....23 g
% Calories from Fat.....38%



Fish Tostadas

Stove-top Skillet Meatloaf

11-inch / 28 cm Skillet and Cover

Serves 8

- 1 pound (227 grams) lean ground turkey
- 1 pound (227 grams) lean ground sirloin
- 1½ cups soft bread crumbs
- 1 cup ketchup
- ½ cup onion, chopped
- ½ cup sweet bell pepper, chopped
- ½ cup egg-substitute or 2 eggs
- 1 teaspoon garlic powder
- ½ teaspoon seasoned salt
- ¼ teaspoon pepper

Combine all of the above ingredients in a large bowl. Firmly press mixture in 11-inch /28 cm Skillet. Cover, cook over medium heat for 15 minutes. Reduce heat to low. Cook 25 to 30 minutes more, or until meatloaf reaches 170°F/77°C.

Drain skillet juices. Let stand uncovered for 3 minutes.

TIP: To avoid scratching your cookware, use a stiff plastic spatula to cut and serve the meatloaf.

Nutrition Analysis per Serving:

Calories.....325
Protein.....29 g
Carbohydrates.....30 g
Dietary Fiber.....2 g
Sugar.....7 g
Fat.....10 g
% Calories from Fat.....28%



Meatballs with Chipotle Peppers

Beef Stroganoff

Liquid Core® Electric Skillet / Casserole and Cover

Serves 6

- 1½ pounds (680 grams) lean round steak, sliced into 2-inch / 5 cm strips
- 1 cup mushrooms, sliced
- ¾ cup onions, chopped
- 1 14½ ounce (429 ml) can beef broth
- 1 8 ounce can tomato sauce
- 8 ounces (227 grams) egg noodles, uncooked
- 8 ounces (227 grams) fat-free sour cream
- Salt and pepper to taste

Preheat Liquid Core® Electric Skillet / Casserole to 425°F / 218°C. Add steak. Cover and cook for 3 minutes. Add mushrooms and onions. Cover and cook an additional 3 minutes.

Remove cover and turn steak to continue cooking an additional 1 to 2 minutes. Add beef broth, tomato sauce and egg noodles. Stir to mix well, and cover.

When steam escapes from under the cover, reduce temperature to 200°F / 93°C. Cook 20 minutes.

Remove cover. Stir in sour cream and heat thoroughly. Do not boil.

Nutrition Analysis per Serving:	
Calories.....	328
Protein.....	35 g
Carbohydrates.....	34 g
Dietary Fiber.....	2 g
Sugar.....	6 g
Fat.....	6 g
% Calories from Fat.....	16%

Meatballs with Chipotle Peppers

Medium Mixing Bowl

*Liquid Core® Electric Skillet / Casserole and Cover or
11-inch / 28 cm Skillet and Cover*

Serves 4

- 1 teaspoon dried thyme
- 1 teaspoon cumin powder
- 2 garlic cloves, crushed
- 1 teaspoon salt
- 1½ pounds ground beef
- 2 eggs
- 1 can whole tomatoes with juice
- 2 chipotle peppers from a can, sliced with seeds removed and then chopped
- 1 medium onion, finely chopped
- 2 teaspoons powdered chicken stock

Combine dried thyme, cumin powder, garlic and salt in Medium Mixing Bowl. Add ground beef and eggs to spice mixture.

Place tomatoes with juice, chipotle peppers and onion in blender and blend until smooth.

Pour tomato mixture into Liquid Core® Electric Skillet / Casserole or 11-inch / 28 cm Skillet and add powdered chicken stock. Cover pan and simmer at 200°F or on medium-low for 10 minutes.

Wet hands and mold meat mixture into meatballs. Add meatballs to sauce. Simmer for an additional 20 minutes, until cooked through.

Serve hot.

NOTE: If sauce is too thick, slowly add ¼ cup of water and stir.

Nutrition Analysis per Serving:

Calories.....	438
Protein.....	28 g
Carbohydrates.....	27 g
Dietary Fiber.....	5 g
Fat.....	24 g
% Calories from Fat.....	49%

Lifetime® Chuck Roast

7 Quart / 6.6 L Dutch Oven and Dome Cover

Serves 10

- 2½ pounds (909 grams) lean chuck roast, boned
- 2 cups yellow onions, peeled and cut into ½-inch thick slices
- 1 teaspoon marjoram
- ½ teaspoon thyme
- ½ teaspoon seasoned salt
- ¼ teaspoon pepper
- 1 bay leaf
- 1½ pounds (680 grams) potatoes, scrubbed and cut in half
- 1½ pounds (680 grams) carrots, scrubbed and cut in 2-inch pieces

Preheat 7 Quart / 6.6 L Dutch Oven over medium heat.

Put roast into Dutch Oven and brown for 5 to 10 minutes, uncovered. The meat will stick at first but will release as it browns. Turn the meat until it is thoroughly browned.

Break onion slices into rings and put these on top of roast. Sprinkle seasonings and herbs over roast and onions. Add potatoes and carrots. Cover with Dome Cover.

Leave heat at browning temperature for another 5 minutes. When cover is hot to touch, reduce heat to low and cook for 45 minutes to 1 hour. Longer cooking times will make the meat more tender. The cover should spin freely when twisted.

Remove meat and vegetables from the Dutch Oven. For gravy, mix 2 tablespoons cornstarch and ½ cup milk. Bring liquid in Dutch Oven to a boil and add cornstarch mixture. Stir until gravy is desired consistency. Season to taste and serve.

TIP: This is an excellent recipe to use with the stack cooking method. By placing the Utility Rack on the lip of the Dutch Oven above the meat and vegetables you can cook a whole cauliflower, artichokes, ears of corn, asparagus spears or anything else that will fit within the Dome Cover.

Nutrition Analysis per Serving:

Calories.....	280
Protein	25 g
Carbohydrates.....	21 g
Dietary Fiber.....	4 g
Sugar.....	7 g
Fat	11 g
% Calories from Fat	34%

Italian Meatballs and Sauce

5 Quart / 4.7 L Liquid Core® Cooker and Cover

11-inch / 28 cm Skillet

Serves 6

SAUCE

- ½ cup onions, chopped
- ½ cup sweet bell pepper, chopped
- ½ pound (227 grams) mushrooms, sliced
- 2 cloves garlic, minced
- 2 14½ ounce (211 grams) cans whole tomatoes
- 1 15 ounce (425 grams) can tomato puree
- 1 teaspoon sugar
- 1½ teaspoons oregano

MEATBALLS

- 1 pound (454 grams) lean ground chuck
- ½ pound (227 grams) lean ground pork
- ¼ cup grated Parmesan cheese
- ¼ cup egg substitute (1 egg)
- ½ cup fresh bread crumbs
- 2 tablespoons parsley, finely chopped
- 3 cloves garlic, minced
- 1 medium onion, finely chopped
- ½ teaspoon seasoned salt
- ½ teaspoon pepper

Nutrition Analysis per Serving:

Calories.....	375
Protein	32 g
Carbohydrates.....	34 g
Dietary Fiber.....	6 g
Sugar.....	16 g
Fat	13 g
% Calories from Fat	31%

SAUCE: Preheat 5 Quart / 4.7 L Liquid Core® Cooker to 250°F / 121°C. Add onions, peppers, mushrooms and garlic. Stir, cover, and cook 5 minutes or until mushrooms are soft.

Stir in remaining ingredients. Cover and reduce heat to simmer. Continue simmering while making meatballs. Stir occasionally and break up tomatoes.

MEATBALLS: Mix ingredients for meatballs in large bowl. Form into 24 golf ball-sized meatballs.

Preheat 11-inch / 28 cm Skillet over medium heat. Add meatballs, turning as they brown. Remove meatballs and place on paper towels to absorb excess oil.

Add meatballs to prepared sauce to finish cooking, approximately 15 minutes.

Serve over 1 cup prepared pasta of choice.

Oriental Pepper Steak

11-inch / 28 cm Skillet and Cover

Serves 6

- 1½ pounds (680 grams) lean round steak, cut into thin strips
- 1 tablespoon Worcestershire sauce
- 2 tablespoons reduced-sodium soy sauce
- 1 medium onion, thinly sliced
- 2 sweet bell peppers, thinly sliced
- 1 cup beef broth, canned or homemade
- 2 tablespoons cornstarch
- 6 Roma tomatoes, cut into wedges
- 6 cups cooked long-grain rice

Preheat 11-inch / 28 cm Skillet on medium heat. Add steak. Stir and cook until meat is browned.

Add Worcestershire sauce and soy sauce. Cover and reduce heat to low. Cook 15 minutes.

Add onion and peppers. Stir, cover and cook 5 to 7 minutes or until vegetables are tender/crisp.

Increase heat to medium-high. In a small bowl, mix beef broth and cornstarch. Add to Skillet and heat mixture to boiling.

Stir in tomato wedges; remove from heat. Cover and let stand for 1 minute or until tomatoes are heated through.

Serve over hot cooked rice.

Nutrition Analysis per Serving:	
Calories.....	463
Protein.....	42 g
Carbohydrates.....	57 g
Dietary Fiber.....	3 g
Sugar.....	5 g
Fat.....	6 g
% Calories from Fat.....	13%

Stuffed Peppers

5 Quart / 4.7 L Liquid Core® Cooker and Cover

Serves 4

- 4 medium to large sweet bell peppers
- 1 pound (454 grams) lean ground turkey breast
- 1 cup onion, chopped
- 1 26 ounce (737 grams) jar prepared meatless pasta sauce
- 1 tablespoon Worcestershire sauce
- 2 cups cooked white rice

Wash and core peppers; set aside to drain.

Preheat 5 Quart / 4.7 L Liquid Core® Cooker, uncovered, at 375°F / 191°C. Add ground turkey and onion, brown.

Reserve 1 cup pasta sauce. Add remaining sauce, Worcestershire sauce, and rice to turkey. Mix well.

Fill peppers with turkey mixture. Add reserved sauce to any remaining filling mixture and stir to combine.

Place peppers on sauce in Cooker. Cover, reduce heat to just above simmer, and cook 45 minutes or until peppers are tender.

TIP: Use a serrated grapefruit spoon to remove the white membrane from the inside of peppers.

Nutrition Analysis per Serving:	
Calories.....	487
Protein.....	28 g
Carbohydrates.....	58 g
Dietary Fiber.....	8 g
Sugar.....	18 g
Fat.....	18 g
% Calories from Fat.....	32%

Chicken with Nut Sauce

*Liquid Core® Electric Skillet / Casserole and Cover or
11-inch / 28 cm Skillet and Cover*

Serves 6

- 1 whole chicken, cut up
- 1/2 cup almonds, shelled and cut into small pieces
- 1/2 cup raisins
- 1 small onion, finely chopped
- 1 cup water
- 2 cups tomato sauce
- 2 teaspoons cinnamon
- 1 teaspoon cloves
- 1 garlic clove, crushed
- Salt and pepper to taste

Preheat Liquid Core® Electric Skillet / Casserole to 250°F / 121°C or 11-inch / 28 cm Skillet on medium. Season chicken pieces with salt and pepper. Brown chicken on both sides and remove from pan.

Place almonds, raisins, onion and water in blender and blend until smooth.

Pour sauce into Skillet. Simmer on medium-low for 15 minutes. Do not boil.

Add tomato sauce, cinnamon, cloves and garlic. Stir. Add chicken pieces to sauce. Cover and increase heat to medium until vapor seal forms.

Reduce temperature to low and cook for 40 minutes.

Add salt and pepper to taste. Serve hot.

Nutrition Analysis per Serving:

Calories.....338
Protein47 g
Carbohydrates.....20 g
Dietary Fiber.....3 g
Fat7 g
% Calories from Fat20%



Chicken with Nut Sauce

Greek Lemon-Garlic Chicken

Liquid Core® Electric Skillet / Casserole and Cover

Serves 4

- 4 boneless, skinless chicken breast halves
- Salt and pepper to taste
- 2 teaspoons garlic, minced
- 1 tablespoon fresh parsley, minced
- 2 lemons, thickly sliced into 8 pieces, seeds removed
- Garnish with parsley sprigs and lemon slices

Preheat Liquid Core® Electric Skillet / Casserole to 350°F / 177°C. Place chicken in Skillet, uncovered, to brown. Chicken will stick at first but will release as it browns. When chicken is browned on one side, turn and season with salt and pepper.

When both sides are browned, place 1/2 teaspoon of garlic, 1 teaspoon parsley and 2 lemon slices on each piece. Cover and reduce heat to simmer.

Cook 7 to 10 minutes or until juices run clear. Keep lemon slices on breasts for serving. Garnish with additional parsley and lemon slices if desired.

Nutrition Analysis per Serving:

Calories.....158
Protein28 g
Carbohydrates.....7 g
Dietary Fiber.....3 g
Sugar.....1 g
Fat3 g
% Calories from Fat17%



Tamarind Pork Loin

Tamarind Pork Loin

Liquid Core® Electric Skillet / Casserole and Cover or
11-inch / 28 cm Skillet and Cover
Medium Mixing Bowl

Serves 4

- 1 pork loin (approximately 2.2 pounds)
- Salt and pepper
- 2 cups tamarind syrup* with sugar
- 1/2 cup soy sauce
- 1/2 cup Worcestershire sauce
- 1/2 cup water

Season pork loin, covering all sides with salt and pepper. Preheat Liquid Core® Electric Skillet / Casserole to 400°F / 205°C or 11-inch / 28 cm Skillet on medium. Brown pork loin for 3 minutes on each side to seal in meat juices.

In a Medium Mixing Bowl, mix together tamarind syrup, soy sauce and Worcestershire sauce, add water.

Once pork loin is browned, add sauce. Cover pan and cook on medium for approximately 40 minutes. If steam begins to escape, reduce heat.

Remove pork loin and let rest for 5 minutes. Slice and serve with sauce.

*Available at specialty or ethnic grocery stores.

Nutrition Analysis per Serving:

Calories.....	473
Protein	55 g
Carbohydrates.....	44 g
Dietary Fiber.....	2 g
Fat	9 g
% Calories from Fat	17%

Chicken and Garlic

11-inch / 28 cm Skillet and Cover

Serves 6

- 6 large split bone-in chicken breasts
- 3 1/2 teaspoons fresh thyme (about 4 sprigs)
- 1 teaspoon fresh rosemary
- Salt and pepper to taste
- 40 large cloves garlic, unpeeled (about 4 heads)
- 1 3/4 cups dry white wine
- 1 tablespoon fresh parsley, chopped
- 12 slices Italian bread, toasted

Preheat 11-inch / 28 cm Skillet over medium heat. Add chicken, meaty side down, and brown uncovered for 5 to 8 minutes. Chicken will stick at first but will release as it browns. Turn, cover, and cook for an additional 5 to 8 minutes.

Remove chicken from Skillet. Sprinkle rosemary, thyme, salt and pepper on all sides of chicken.

Add cloves of garlic to Skillet, stirring for 3 to 5 minutes. Spread cloves in a single layer and place chicken on top of garlic in the Skillet.

Add wine and cover. Cook over low heat 5 to 8 minutes or until done. Chicken is done when juices run clear.

Sprinkle with fresh parsley. Remove chicken pieces to platter or serve directly from Skillet.

TIP: When the garlic is squeezed out of its natural wrapper it spreads like butter. Serve with toasted Italian bread.

Nutrition Analysis per Serving:

Calories.....	432
Protein	36 g
Carbohydrates.....	37 g
Dietary Fiber.....	2 g
Sugar.....	3 g
Fat	10 g
% Calories from Fat	21%

Primavera Chicken

Liquid Core® Electric Skillet / Casserole and Cover

Serves 4

- 1 cup half & half cream
- 1 tablespoon cornstarch
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 boneless, skinless chicken breast halves
- 1 cup carrots, shredded
- 1 small onion, sliced, separated into rings
- 1 small red sweet bell pepper, cut into strips
- 1 small zucchini, unpeeled and sliced
- 1/3 cup white cooking wine
- 2 tablespoons Parmesan cheese, grated

In a small bowl, combine half & half cream, cornstarch, salt and pepper. Set aside.

Preheat Liquid Core® Electric Skillet / Casserole, uncovered to 375°F / 191°C. Add chicken, cover, and cook 5 minutes per side. Remove chicken and keep warm.

Add carrots, onion, bell pepper and zucchini, stirring to combine. Cover; reduce heat to 250°F / 121°C. Cook 3 to 4 minutes until vegetables are tender-crisp.

Add wine to vegetable mixture. Stir to combine and bring to a boil. Continue boiling, reducing liquid to half. Add the cream mixture, stirring until thickened.

Return chicken to Skillet. Cover and reduce heat to simmer. Simmer 5 minutes or until chicken is done. Chicken is done when juices run clear.

Sprinkle with Parmesan cheese just before serving.

Nutrition Analysis per Serving:

Calories.....436
Protein60 g
Carbohydrates.....13 g
Dietary Fiber.....2 g
Sugar.....5 g
Fat14 g
% Calories from Fat.....29%

Chicken Cacciatore Casserole

Liquid Core® Electric Skillet / Casserole and Cover

Serves 4

- 4 boneless, skinless chicken breast halves
- Salt and pepper to taste
- 1 28 ounce (797 grams) can tomatoes, diced, with juice
- 1 medium onion, sliced, separated into rings
- 1 cup elbow macaroni, uncooked
- 2 medium sweet bell peppers cut into 1/2-inch strips
- 1/2 pound (227 grams) mushrooms, sliced
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder

Preheat Liquid Core® Skillet / Casserole, uncovered, at 375°F / 191°C. Add chicken, cover Skillet, and cook 5 minutes.

Turn chicken, season with salt and pepper. Add tomatoes and onion; stir to combine.

Add remaining ingredients. Cover and reduce heat to simmer. Cook 25 to 30 minutes or until chicken and macaroni are done.

Nutrition Analysis per Serving:

Calories.....324
Protein34 g
Carbohydrates.....37 g
Dietary Fiber.....5 g
Sugar.....10 g
Fat4 g
% Calories from Fat.....11%

Arroz Con Pollo

Liquid Core® Electric Skillet / Casserole and Cover

Serves 6

- 3 pounds (1.4 kilos) chicken, cut into pieces
Goya® Adobo Seasoning*
- 2 packets Sazón Goya® or 3 teaspoons tomato paste (coloring for rice)
- 2½ cups long-grain rice
- 4 cups water
- ½ small onion, chopped
- 1 cup peas, cooked (optional)
- Salt to taste

Remove skin from chicken pieces. Preheat Liquid Core® Electric Skillet / Casserole to 400°F / 205°C.

Season chicken with Adobo. Add chicken to Skillet and brown on one side for 10 minutes. Turn and brown an additional 5 minutes.

Add onion and water. Salt to taste. Add Sazón Goya or tomato paste.

When water is boiling, add rice and stir. Cover and reduce temperature to simmer for about 30 minutes.

Add cooked peas, mix and serve.

*Available in your grocery store's ethnic food section. Goya® is a registered trademark of Goya Foods, Inc.

Nutrition Analysis per Serving:	
Calories.....	465
Protein	31 g
Carbohydrates.....	66 g
Dietary Fiber.....	2 g
Sugar.....	2 g
Fat	7 g
% Calories from Fat	14%

Teriyaki Chicken

11-inch / 28 cm Skillet and Cover

Serves 4

- ¼ cup brown sugar
- ¼ cup rice wine vinegar
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon fresh ginger, grated, or ½ teaspoon powdered ginger
- 3 cloves garlic, minced
- 2 boneless, skinless chicken breasts (about 12 ounces / 340 grams),
sliced into strips
- 1 onion, sliced
- 2 sweet bell peppers, sliced
- 1 cup fresh pineapple or 1 cup canned pineapple chunks
- 2 teaspoons cornstarch
- 1 tablespoon cold water
- 2 cups cooked rice

In a bowl, combine brown sugar, vinegar, soy sauce, ginger and garlic. Set aside.

Preheat 11-inch / 28 cm Skillet on medium-high heat. Add chicken, stirring until all sides are brown, about 5 to 6 minutes. Chicken will stick at first but will release as it browns.

Add vegetables, pineapple, and brown sugar mixture, stirring well. Cover and reduce heat to medium. Cook 5 minutes.

Stir in cornstarch mixed with water. Stir an additional minute or until sauce thickens.

Serve over rice.

Nutrition Analysis per Serving:	
Calories.....	291
Protein	17 g
Carbohydrates.....	51 g
Dietary Fiber.....	3 g
Sugar.....	22 g
Fat	2 g
% Calories from Fat	6%

Paella

Paella Pan and Cover

Serves 16

- 8 boneless, skinless chicken breast halves
- 8 ounces (227 grams) fresh chorizo sausage
- 1 pinch saffron
- 4 cups chicken broth
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 teaspoon oregano
- 1/2 teaspoon salt
- 2 cups Arborio (short-grain) rice
- 1/2 cup sweet bell pepper strips
- 1/2 cup frozen baby peas, thawed
- 1 14 ounce (397 grams) can quartered artichoke hearts, drained, reserve liquid
- 1/4 pound (114 grams) lean ham, cut into strips
- 2 pounds (907 grams) shrimp, cleaned
- 8-10 mussels or clams
- Parsley for garnish

Soak saffron in 2 tablespoons of the chicken broth. Preheat Paella Pan over medium heat. Add chicken and chorizo, cooking until browned and cooked through (10 to 15 minutes). Remove from Skillet and set aside.

Add onion and garlic, stir and cook 1 minute. Add oregano, salt, rice, saffron and broth. Cover and reduce heat to medium-low. Cook 5 minutes.

Add reserved chicken and chorizo sausage along with pepper strips, peas, artichoke hearts, ham and shrimp. Add 1/4 cup reserved artichoke liquid. Stir.

Scatter clams on top of mixture. Turn heat to low and cook until clams are steamed open, about 15 minutes. Discard any clams that do not open. Garnish with parsley.

Nutrition Analysis per Serving:
 Calories.....309
 Protein.....31 g
 Carbohydrates.....24 g
 Dietary Fiber.....1 g
 Sugar.....2 g
 Fat.....9 g
 % Calories from Fat.....26%



Lemon-Glazed Salmon Fillets

11-inch / 28 cm Skillet and Cover

Serves 4

- 2 tablespoons butter
- 2 tablespoons dark brown sugar
- 2 tablespoons fresh lemon juice
- 1 pound (454 grams) red salmon fillets
- Lemon slices
- Fresh parsley

Nutrition Analysis per Serving:
 Calories.....269
 Protein.....24 g
 Carbohydrates.....7 g
 Dietary Fiber.....<1 g
 Sugar.....7 g
 Fat.....15 g
 % Calories from Fat.....52%

Melt butter in 11-inch / 28 cm Skillet over medium heat. Stir in brown sugar and lemon juice. Gently place fish in lemon mixture, skin side up. Cover; cook on medium heat until water seal has formed. Reduce heat to medium-low. Cook 5 minutes.

Remove cover and baste fish with butter mixture from the pan. Cover and cook 3-4 minutes longer, depending upon thickness of salmon fillets.

To serve, divide salmon into 4 ounce pieces, baste again with sauce from Skillet, and serve with fresh lemon wedges and parsley sprigs.



Fish Filets - Veracruz Style

Scallop & Shrimp Jambalaya

Liquid Core® Electric Skillet / Casserole and Cover

Serves 8

- 1 medium onion, chopped
- 1 large sweet bell pepper, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, minced
- 1 28 ounce (794 grams) can stewed tomatoes
- 1 cup water
- 1 cup long-grain rice, uncooked
- 1 bay leaf
- 1/2 teaspoon seasoned salt
- 1 1/2 teaspoons dried thyme
- 3 teaspoons dried basil
- 1/2 teaspoon red pepper flakes
- 12 ounces (340 grams) shrimp, cleaned
- 1/2 pound (227 grams) bay scallops

Nutrition Analysis per Serving:	
Calories.....	201
Protein.....	17 g
Carbohydrates.....	31 g
Dietary Fiber.....	3 g
Sugar.....	2 g
Fat.....	1 g
% Calories from Fat.....	6%

Preheat Liquid Core® Electric Skillet / Casserole to 300°F / 149°C. Sauté onion, bell pepper, celery, and garlic for 10 minutes or until tender.

Add stewed tomatoes, water, rice, bay leaf, salt, thyme, basil and red pepper. Stir. Cover, set heat control to simmer, and cook 15 minutes.

Add shrimp and scallops. Simmer another 5 to 10 minutes or until scallops are white throughout. Remove bay leaf before serving.

TIP: Serve with hot sauce.

Fish Filets - Veracruz Style

11-inch / 28 cm Skillet and Cover

Serves 4

- 4 garlic cloves, finely chopped
- 1/2 onion, finely chopped
- 3/4 cup chopped parsley
- 4 very ripe tomatoes, roasted, blended and strained
- Salt and pepper to taste
- 1 pinch dried oregano
- 2 tablespoon chopped capers
- 1/2 cup sliced olives
- 4 fish filets (any kind)
- 6 long chilies from a can (optional)

Preheat 11-inch / 28 cm Skillet on medium heat. Add onion and garlic. Cook until they become transparent.

Add parsley and blended and strained tomatoes and bring to boil over a low heat, until the color of the tomatoes deepens. Season with salt, pepper and oregano.

When the mix acquires a pleasant aroma, add the capers, olives, and seasoning. Add salt to taste.

Rinse the fish in cold water and season with salt and pepper.

When the sauce comes to a boil, add the filets and continue to cook at a low temperature. Cover the pan and cook for 10 minutes or until the fish becomes firm and white.

Carefully place a filet on each plate, taking care that the fish doesn't crumble. Garnish with chilies (optional). Serve with white rice.

Nutrition Analysis per Serving:	
Calories.....	285
Protein.....	44 g
Carbohydrates.....	18 g
Dietary Fiber.....	4 g
Fat.....	4 g
% Calories from Fat.....	13%

Lifetime® Cooked Fish

11-inch / 28 cm Skillet and Cover

Serves 4

- 4 fish steaks, 4 ounces each
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- Salt and pepper to taste

Preheat 11-inch / 28 cm Skillet over medium heat. Add fish steaks. Cover and cook 3½ minutes.

Combine garlic and oregano. Turn fish and sprinkle with spices. Cover and cook approximately 3 to 4 minutes longer.

Salt and pepper to taste. Serve with lemon wedges or fat-free tarter sauce.

Nutrition Analysis per Serving:

Calories.....97
Protein16 g
Carbohydrates.....1 g
Dietary Fiber.....<1 g
Sugar.....0 g
Fat3 g
% Calories from Fat30%

Fat-Free Tarter Sauce

Serves 4

- ½ cup fat-free mayonnaise
- 2 tablespoons sweet pickle or dill relish
- 1 tablespoon dried minced onion

Mix and let stand in refrigerator for 3 hours prior to serving.
Keeps 1 week in refrigerator.

Nutrition Analysis per Serving:

Calories.....34
Protein<1 g
Carbohydrates.....7 g
Dietary Fiber.....<1 g
Sugar.....3 g
Fat<1 g
% Calories from Fat2%

Spinach Cheese Jumbo Shells

7 Quart / 6.6 L Dutch Oven and Cover

Large Mixing Bowl

Liquid Core® Electric Skillet / Casserole and Cover

Serves 9

- 1 12 ounce box of jumbo shells

FILLING

- 2 pounds fat-free ricotta cheese
- 1 cup low-fat mozzarella cheese, shredded
- ⅓ cup Romano cheese, grated
- ½ teaspoon white pepper
- Pinch of ground nutmeg
- ½ cup egg substitute or 2 eggs
- 1 10 ounce package frozen spinach, thawed and drained
- 3 cups low-fat marinara sauce

In 7 Quart / 6.6 Liter Dutch Oven, bring 4 quarts of water to a boil. Prepare shells according to package directions using the shortest cooking time. Drain, rinse in cold water, reserve cooked shells.

In the Large Mixing Bowl, combine all the filling ingredients except marinara sauce. Spread 1½ cups marinara sauce on the bottom of the skillet. Fill shells with a heaping tablespoon of the filling. Place shells open side up, over sauce in Skillet.

Fit about 22 shells in the bottom layer. Spread about 1 cup sauce over first layer of shells. Carefully place remaining shells over the first layer, spreading remaining sauce over that layer. Cover Skillet.

Set heat control to 350°F / 177°C. Cook for 3 to 4 minutes. Lower heat to simmer. Cook 15 to 18 minutes more, or until shells are heated through.

Nutrition Analysis per Serving:

Calories.....424
Protein26 g
Carbohydrates.....47 g
Dietary Fiber.....4 g
Sugar.....8 g
Fat16 g
% Calories from Fat33%

Coq Au Vin (Chicken and Wine)

5 Quart / 4.7 L Liquid Core® Cooker and Cover
11-inch / 28 cm Skillet

Serves 6

- 1 whole chicken, cut into 8 pieces, skin removed
- 1 medium onion, chopped
- 1 medium carrot, chopped
- 1 celery stalk, chopped
- 4 cloves garlic, sliced
- 2 tablespoons flour
- 1 cup dry red wine
- 1 cup beef broth
- 1 tablespoon tomato paste
- 1/8 teaspoon dried thyme leaves
- 1 bay leaf
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 18 white boiler onions
- 3 slices bacon, cut into 1/2-inch pieces
- 1/2 pound of mushrooms, quartered
- 2 tablespoons fresh parsley, chopped for garnish

Nutrition Analysis per Serving:	
Calories.....	291
Protein	30 g
Carbohydrates.....	18 g
Dietary Fiber.....	4 g
Sugar.....	8 g
Fat	8 g
% Calories from Fat	26%

Preheat 5 Quart / 4.7 Liter Liquid Core® Cooker, uncovered at 375°F / 190°C. Add chicken; brown on all sides. Remove and set aside.

Add chopped onion, carrot, celery and garlic, stirring until they begin to brown. Add flour. Cook, stirring for an additional 1 to 2 minutes until browned.

Stir in wine and beef broth, scraping to remove browned bits from the bottom of the pan. Continue to stir until thickened and boiling. Add tomato paste, thyme, bay leaf, salt and pepper. Bring to a boil. Return chicken to Liquid Core® Cooker, cover, and reduce to simmer for 20 minutes.

Meanwhile, bring 1 quart of water to a boil in the 11-inch / 28 cm Skillet. Add boiler onions, boil for a minute. Drain, refresh under cold water. Peel, trim and set aside.

In the 11-inch / 28 cm Skillet, cook bacon until crisp. Remove, drain and set aside, reserving 1 teaspoon of bacon drippings. Heat drippings over medium heat, sauté boiler onions and mushrooms until browned. Add to chicken mixture.

Simmer chicken 10 minutes or until onions are tender and chicken is done. Discard bay leaf. Transfer chicken to serving dish. Garnish with bacon pieces and parsley.

Lifetime® Fajitas

Large Mixing Bowl
11-inch / 28 cm Skillet and Cover

Serves 4

- 1/2 cup lime juice
- 2 tablespoons soy sauce
- 1/2 teaspoon ground cumin
- 1/4 teaspoon black pepper
- 1 clove garlic, minced
- 1 pound boneless, skinless chicken breast, sliced into thin strips
- 1 cup onions, sliced thin
- 2 colorful sweet bell peppers, sliced thin
- 8 flour tortillas

Prepare a marinade in the Large Mixing Bowl by mixing lime juice, soy sauce, cumin, black pepper and garlic. Place raw chicken pieces in marinade and refrigerate for 30 minutes.

Preheat 11-inch / 28 cm Skillet over medium heat until a drop of water placed in the Skillet beads and dances. Remove raw chicken from marinade and place in Skillet. Cover and cook for 10 minutes, stirring occasionally to cook all sides of the chicken.

Add sliced onions and peppers to Skillet. Cover and cook for an additional 5 minutes on medium heat. Serve with warm tortillas.

VARIATION: Beef Fajitas
Substitute 1 pound round steak cut in strips with all visible fat removed.

Nutrition Analysis per Serving:	
Calories.....	366
Protein	34 g
Carbohydrates.....	45 g
Dietary Fiber.....	4 g
Sugar.....	4 g
Fat	6 g
% Calories from Fat	15%

TIP: Even cooks who normally use wine with alcohol may want to purchase non-alcoholic wine for cooking. Unlike regular wine, non-alcoholic wine can be frozen solid in ice cube trays. The 1/4 cup cubes can be stored in a resealable plastic bag. Pop them into sauces or use them in recipes when you don't want to open a whole bottle.

Cod Casserole

3 Quart / 2.8 L Saucepan and Cover
4 Quart / 3.8 L All-Purpose Pan and Cover
7 Quart / 6.6 L Dutch Oven and Cover

Serves 11

- 2 pounds potatoes, peeled, cubed & cooked
- 2 pounds dried codfish (boneless)
- 1/2 cup olive oil
- 8 ounce can tomato sauce
- 1 teaspoon vinegar
- 1 large onion, chopped
- 3 cloves garlic, peeled & chopped
- 1/2 cup pitted olives, chopped
- 20 capers
- 1/2 green pepper, chopped
- 1 red pepper, chopped
- 1 large tomato

Put cubed potatoes in 3 Quart / 2.8 L Saucepan. Cover and cook on low for 10 minutes using 1/4 cup of water.

Place fish in 4 Quart / 3.8 L All-Purpose Pan and boil on medium-high. Once boiling, empty water and repeat process. Fill 4 Quart / 3.8 L All-Purpose Pan 3/4 full with water. With your hands, break fish into pieces. Taste fish to make sure it's not salty. If so, rinse again. Repeat as necessary.

Preheat 7 Quart / 6.6 L Dutch Oven on medium. Place food into 7 Quart / 6.6 L Dutch Oven in this order: olive oil, tomato sauce, vinegar, onion, garlic, olives, capers, green pepper and red pepper. Cook for 2-3 minutes on medium.

Add cubed, cooked potatoes. Add codfish and tomato. Cook for 3-5 minutes on medium-low.

Serve with white rice and green salad.

Nutrition Analysis per Serving:
Calories.....615
Protein.....57 g
Carbohydrates.....33 g
Dietary Fiber.....6 g
Fat.....28 g
% Calories from Fat.....42%



Cod Casserole

Orange Roughy a la Asparagus

11-inch / 28 cm Skillet and Cover

Serves 4

- 1 pound fresh asparagus spears
- 1 2 ounce jar pimentos, diced and drained
- 2 tablespoons lemon juice
- 1 teaspoon dried whole thyme
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1 1/2 pounds orange roughy fillets
- 2 tablespoons almonds, sliced

Nutrition Analysis per Serving:
Calories.....177
Protein.....29 g
Carbohydrates.....8 g
Dietary Fiber.....3 g
Sugar.....3 g
Fat.....3g
% Calories from Fat.....18%

Cut asparagus into 1 inch pieces. In a bowl, combine all of the above ingredients except the fillets and almonds. Set aside.

Arrange fillets in a single layer in the 11-inch / 28 cm Skillet. Spoon asparagus mixture over fillets. Cover and cook over medium heat until cover is warm to the touch, and spins easily. Reduce heat to medium-low. Cook 5 minutes more or until fish flakes easily with a fork. Top with sliced almonds.



Sweet and Sour Pork Ribs

Sweet and Sour Pork Ribs

11-inch / 28 cm Skillet and Cover
Medium Mixing Bowl

Serves 4

- 2 pounds lean pork ribs
- 1/2 teaspoon salt
- 1 teaspoon pepper
- 1/8 cup water
- 1 cup barbeque sauce
- 1/2 cup cola drink
- 1/4 cup honey
- 1 cup tomato sauce
- 2 teaspoons hot sauce (to taste)
- 1 tablespoon Worcestershire sauce

Preheat 11-inch / 28 cm Skillet on medium. Salt and pepper ribs. Brown both sides of ribs in Skillet.

Add water to pan, cover and cook ribs for 30 minutes.

Combine barbeque sauce, cola, honey, tomato sauce, hot sauce and Worcestershire sauce in Medium Mixing Bowl. Whisk until smooth. Pour sauce over ribs and bring to boil.

Cover and reduce heat to low. Simmer for 30 minutes or until ribs are prepared to your liking. Serve hot.

Nutrition Analysis per Serving:	
Calories.....	793
Protein	41 g
Carbohydrates.....	34 g
Dietary Fiber.....	2 g
Fat	55 g
% Calories from Fat	62%

Pizza

Liquid Core® Electric Skillet / Casserole and Cover

Serves 8

- 1 tube refrigerated pizza dough
- 1/2 cup pizza or spaghetti sauce
- 12 turkey pepperoni slices
- 1 1/2 cup mozzarella cheese, shredded

Nutrition Analysis per Serving:	
Calories.....	187
Protein	11 g
Carbohydrates.....	17 g
Dietary Fiber.....	1 g
Sugar.....	2 g
Fat	8 g
% Calories from Fat	41%

Spread dough evenly along bottom and slightly up the sides of Liquid Core® Electric Skillet / Casserole. Spoon a thin layer of sauce onto dough, spreading almost to the edge of the dough. Place pepperoni slices on the sauce and sprinkle cheese on top. Other toppings may be added if desired.

Cover the Skillet and turn heat control to 325°F / 163°C. Cook for 12 to 15 minutes or until pizza crust is baked and cheese is melted. An additional minute or two of cooking time may be necessary.

TIP: Wipe the inside of the cover dry when you check for doneness.

Lifetime® Beef Tenderloin Steaks

11-inch / 28 cm Skillet and Cover

Serves 4

4 6-8 ounce beef tenderloin steaks

Heat 11-inch / 28 cm Skillet on medium-high until a drop of water dances on the surface.

Using paper toweling, pat steaks dry. Add steaks to hot Skillet, searing on first side 2 minutes. Turn steaks and sear 2 minutes more. Cover steaks. Reduce heat to medium. Cook 3 minutes, turn steaks and cook 3 minutes more for medium. Meat should register 160°F / 71°C on an instant read thermometer.

Remove to warm serving platter and let stand 1 minute before serving. Skillet juices may be poured over meat before serving.

Nutrition Analysis per Serving:

Calories.....358
Protein.....48 g
Carbohydrates.....0 g
Dietary Fiber.....0 g
Sugar.....0 g
Fat.....17 g
% Calories from Fat.....44%

Steak with Shallot Mushroom Sauce

Serves 4

- 2 tablespoons butter, divided
- 2 medium shallots, finely chopped
- 1 cup mushrooms, sliced
- 2 tablespoons fresh parsley, chopped

Prepare Lifetime® Beef Tenderloin Steaks. Remove cooked steaks from Skillet.

Add 1 tablespoon butter, shallots, and mushrooms to pan. Sauté briefly until mushrooms just begin to soften. Stir in parsley and remaining butter. Swirl to melt. Add juices that have accumulated on warm serving plate to the sauce. Spoon over steaks.

Nutrition Analysis per Serving (includes steak):

Calories.....423
Protein.....50 g
Carbohydrates.....4 g
Dietary Fiber.....<1 g
Sugar.....1 g
Fat.....20 g
% Calories from Fat.....45%

Steaks Au Poivre (Peppercorn Crusted Steaks)

11-inch / 28 cm Skillet and Cover

Serves 4

Coarsely crush 1½ to 2 tablespoons of your favorite whole pepper blend per steak. Evenly press crushed pepper into steaks. Cook.

SAUCE

- ⅓ cup red wine
- ½ cup fat-free half & half cream
- ½ teaspoon cornstarch

Remove cooked steaks from 11-inch / 28 cm Skillet. Add wine to Skillet. Boil, reducing wine by about half. Mix cornstarch with cream. Add to Skillet, stirring until thick and creamy.

TIP: Steaks made in the au poivre fashion are very spicy. As an alternative, you could use ⅓ teaspoon finely ground black pepper per side of steak, and proceed with sauce.

Nutrition Analysis per Serving:

Calories.....431
Protein.....49 g
Carbohydrates.....5 g
Dietary Fiber.....<1 g
Sugar.....1 g
Fat.....23 g
% Calories from Fat.....49%

Chilled Horseradish Sauce

Serves 8

- 1 cup fat-free sour cream
- 2 tablespoons prepared horseradish
- ½ teaspoon Worcestershire sauce
- ¼ teaspoon hot pepper sauce
- 1 teaspoon lemon rind, grated (optional)

Mix all ingredients and serve on the side.

TIP: The lemon variation can also be used with fish or chicken

Nutrition Analysis per Serving:

Calories.....27
Protein.....2 g
Carbohydrates.....5 g
Dietary Fiber.....<1 g
Sugar.....2 g
Fat.....<1 g
% Calories from Fat.....1%



Vegetable Lasagna

Nutrition Analysis per Serving:

Calories.....	454
Protein.....	28 g
Carbohydrates.....	48 g
Dietary Fiber.....	6 g
Sugar.....	13 g
Fat.....	19 g
% Calories from Fat.....	35%

Vegetable Lasagna

11-inch / 28 cm Skillet and Cover

Serves 6

- 1 bunch fresh spinach, rinsed well (about 2 cups), coarsely chopped
- 2 cups fresh mushrooms, sliced
- 1 onion (about 1 cup), chopped
- 1 large sweet bell pepper (red or green), chopped (about 1 cup)
- 2-4 cloves garlic, minced
- 1 15 ounce container fat-free ricotta cheese
- 1/4 cup egg substitute or 1 egg
- 3 tablespoons fresh parsley, minced or 1 tablespoon dried parsley
- 1 26 ounce jar low-fat marinara sauce
- 8 uncooked lasagna noodles
- 2 cups (8 ounces) low-fat mozzarella cheese, shredded
- 1 medium zucchini, (about 2 cups), sliced

Preheat Liquid Core® Electric Skillet to 400°F / 204°C. Add spinach, mushrooms, onion, bell pepper and garlic to Skillet. Reduce heat to simmer and cook 5 minutes. Remove vegetables and set aside. Wipe out skillet.

In a bowl, combine ricotta cheese, egg or egg substitute, and parsley. Set aside. Set aside 1/3 cup of mozzarella cheese.

Spoon 1 cup of sauce onto bottom of Skillet. Place 2 noodles in center of Skillet on top of sauce. Break about 1/3 off of 2 additional noodles and place the larger pieces on either side of whole noodles, fitting leftover pieces in where needed.

Top noodles with 1/2 cup of ricotta mixture, then 1/2 of remaining mozzarella cheese. Scatter 1/2 of the zucchini slices over cheese, and 1/2 of the vegetable mixture over zucchini. Evenly spread 1 cup marinara sauce over vegetables.

Make another layer of noodles, laying the whole pieces in the opposite direction of the first layer. Follow with remaining ricotta, mozzarella, zucchini, vegetable mixture, and sauce.

Heat Skillet to 350°F / 177°C for about 7 minutes or until steam escapes, cover is hot, and mixture bubbles. Reduce to simmer, cook about 25 to 30 minutes or until noodles are tender. Uncover, sprinkle with remaining 1/3 cup of mozzarella cheese. Let stand 10 minutes to allow the casserole to bind together before serving. Cut with a hard plastic turner to make single serving pieces.

TIP: Reserve a 1" piece of raw noodle and tuck it under the sauce directly in front of the heating element. When the first cooking time is reached remove the piece as a taste test to see if the noodles are cooked through.

Meat and Vegetable Rolls

1 Quart / .95 L Saucepan
11-inch / 28 cm Skillet and Cover

Serves 4

- 4 veal fillets
- Salt and pepper to taste
- 6 turkey bacon slices
- 2 cups vegetables (carrots, peas, and corn)

TOMATO SAUCE

- 6 tomatoes
- 1/2 onion
- 2 tablespoons chicken broth
- 1 garlic clove
- 1/2 cup tomato paste
- Salt to taste

Season the fillets with salt and pepper. Set aside.

Cut the bacon in small cubes, put them in a 1 Quart / .95 L Saucepan and cook at medium heat until golden brown.

Drain fat, add vegetables and cook until hot. Add a pinch of salt.

Put a layer of bacon and vegetable mixture on top of each fillet. Make a tight roll and insert a toothpick to hold the roll together.

In 11-inch / 28 cm Skillet, sear the rolls until brown on all sides. Place them on a plate and set aside.

SAUCE

Blend all the ingredients together, strain over a big pan, cook at medium heat and allow to simmer for 5 minutes.

Check the flavor and add more salt if needed.

Add the meat rolls, cover and cook until the rolls are done. Remove the toothpick, cut each roll in half, and serve with the tomato sauce.



Meat and Vegetable Rolls

Nutrition Analysis per Serving:

Calories.....	350
Protein	42 g
Carbohydrates.....	25 g
Dietary Fiber.....	8 g
Fat	9 g
% Calories from Fat	24%



Vegetable Chow Mein

Nutrition Analysis per Serving:	
Calories.....	231
Protein	15 g
Carbohydrates.....	39 g
Dietary Fiber.....	5 g
Sugar.....	6 g
Fat	2 g
% Calories from Fat	14%

TIP: Try the rice noodles. They are readily available, lower in calories, cholesterol and fat-free, and cook in 3-4 minutes. Rice noodles cook off of the heat (like instant rice); be sure to read the directions.

TO BE A STIR-FRY PRO

- Do all your chopping before you start cooking. Place prepared ingredients on wax paper squares until ready to use.
- Mix your thickening agent (usually cornstarch) and liquids together ahead of time. Just be sure to re-stir before adding.
- Vegetable combinations are flexible. Use bok choy, Chinese cabbage, red onions; experiment with what your family likes and what you have on hand.

Vegetable Chow Mein

11-inch / 28 cm Skillet and Cover

Serves 4

- 4 ounces Oriental rice noodles
- 3 cloves fresh garlic, minced
- 3 green onions, sliced (green & white parts)
(reserve 2 tablespoons of green for garnish)
- 2 stalks celery, thinly sliced
- 2 medium carrots, washed, sliced thin
- 1 cup mushrooms, sliced
- 1 cup low-fat chicken broth, divided
- 2 cups broccoli flowerettes
- 1 tablespoon cornstarch
- 1 tablespoon chicken bouillon granules
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon dry sherry or rice vinegar
- 1/2 teaspoon sugar
- 1/4 teaspoon ground ginger
- 1/2 pound firm tofu, drained, cut into 3/4-inch cubes

Cook rice noodles according to package directions. Rinse and set aside.

Heat 11-inch / 28 cm Skillet over medium heat until a drop of water dances on its surface. Add garlic, and stir-fry 1 minute. Add onions, celery, carrots and mushrooms. Stir-fry 2 minutes. Add 1/2 cup chicken broth and 1 cup broccoli flowerettes. Stir, cover, and cook 2 minutes.

Stir together remaining 1/2 cup broth and remaining 1 cup of broccoli. Stir, cover, and cook 2 minutes. Add cornstarch, chicken bouillon granules, soy sauce, sherry, sugar, and ginger. Stir until thickened, about 1 minute.

Add noodles and tofu to Skillet. Reduce heat to low and cook for 1 minute or until tofu and noodles are heated through. Sprinkle with green onion tops. Serve with additional soy sauce.



Puerto Rican Flan

11-inch / 28 cm Skillet and Dome Cover

Utility Rack

Double Boiler Inset

1 Quart / .95 L Saucepan

Serves 12

Nutrition Analysis per Serving:

Calories.....	256
Protein	9 g
Carbohydrates.....	36 g
Dietary Fiber.....	0 g
Sugar.....	37 g
Fat	9 g
% Calories from Fat	30%

- 1/2 cup sugar
- 1 12 ounce can evaporated milk
- 1 14 ounce can sweetened condensed milk
- 1 teaspoon vanilla
- 6 eggs

Prepare 11-inch / 28 cm Skillet by filling it halfway to the top of the skillet with water. Place the Utility Rack on the lip of the Skillet. Bring water to a boil over medium heat.

Make caramel in the 1 Quart / .95 L Saucepan by melting the sugar over medium heat. Stir until sugar turns light brown. Pour the melted sugar into the Double Boiler Inset, quickly turning Double Boiler Inset so caramel covers the bottom.

In a blender mix the evaporated milk, sweetened condensed milk, vanilla and eggs. Pour this mixture on top of the caramel in the Double Boiler Inset.

Place the Double Boiler Inset on top of the Utility Rack and cover the 11-inch / 28 cm Skillet with the Dome Cover. Turn the heat to medium-low and steam for 30 minutes or until toothpick inserted in the center of the flan comes out clean.

Remove the Double Boiler from the Utility Rack. Run a knife around the edges of the flan and turn onto a large plate. If the top of the flan seems to have excessive moisture, blot it off with a paper towel.

TIP: Experienced cooks can make the caramel directly in the Double Boiler Inset. Keep the heat on medium-low, stir and watch carefully as the caramel can burn quickly.



Coconut Flan - Page 56

Low Fat Flan

11-inch / 28 cm Skillet and Dome Cover

Utility Rack

Double Boiler Inset

1 Quart / .95L Saucepan

Serves 12

- 1/2 cup sugar
- 2 12 ounce cans evaporated skim milk
- 1 teaspoon vanilla
- 1 1/2 cups egg substitute

Prepare as directed in the 5 steps for the Puerto Rican Flan recipe to the left.

Nutrition Analysis per Serving:

Calories.....	110
Protein	9 g
Carbohydrates.....	16 g
Dietary Fiber.....	0 g
Sugar.....	16 g
Fat	1 g
% Calories from Fat	10%

Coconut Flan

1 Quart / .95 L Saucepan
Double Boiler Inset
11-inch / 28 cm and Dome Cover or 7 Quart / 6.6 L Dutch Oven
Utility Rack

Serves 8

- 1 cup sugar
- 1 cup coconut milk
- 1 14 ounce can sweetened condensed milk
- 6 eggs
- 1 cup grated coconut
- 1 cup grated coconut, browned

To prepare caramel, place sugar in 1 Quart Saucepan and cook on low until sugar melts and turns golden brown. Pour melted sugar into Double Boiler Inset, quickly turning pan so caramel covers bottom.

Mix coconut milk, sweetened condensed milk, eggs, and grated coconut. Pour mixture on top of caramel in the Double Boiler Inset.

Fill 11-inch Skillet or 7 Quart Dutch Oven with 6 cups of water, place Utility Rack in Skillet or 7 Quart Dutch Oven and bring to a boil over medium heat. Place Double Boiler Inset on top of Utility Rack and cover with Dome Cover. Cook for 45 minutes on medium heat. (Note: if the lid starts to rattle, reduce heat.)

Run a knife around edges of flan and invert onto a large plate. Refrigerate. Add browned coconut before serving.

Nutrition Analysis per Serving:

Calories.....	428
Protein.....	9 g
Carbohydrates.....	51 g
Dietary Fiber.....	3 g
Fat.....	21 g
% Calories from Fat.....	44%

Apple Oatmeal Bake

Liquid Core® Electric Skillet/Casserole and Cover
Large Mixing Bowl

Serves 6

- 1/4 cup pecans, finely chopped
- 3 large apples, cored, sliced 1/2 inch thick
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon cinnamon, ground
- 2/3 cup all-purpose flour
- 1/3 cup margarine
- 1/4 cup honey
- 1/4 cup brown sugar, firmly packed
- 1/2 cup old-fashioned oatmeal, uncooked

Preheat Skillet to 375°F / 190°C. Add pecans, stirring frequently for about 1 to 2 minutes, until fragrant and toasted.

Place apple slices in Skillet. Sprinkle with lemon juice and cinnamon.

In the Large Mixing Bowl, blend flour and margarine with a pastry blender until crumbly; add honey, brown sugar and oatmeal. Spread over apples; cover. Reduce heat to 250°F / 121°C and bake 30 minutes or until apples are tender. Top with pecans.

Nutrition Analysis per Serving:

Calories.....	317
Protein.....	3 g
Carbohydrates.....	53 g
Dietary Fiber.....	4 g
Sugar.....	33 g
Fat.....	12 g
% Calories from Fat.....	32%

Bread Pudding with Vanilla Sauce

4 Quart / 3.8 L All-Purpose Pan and Cover
Double Boiler Inset
Large Mixing Bowl

Serves 6

- 12 ounce can fat-free evaporated milk
- 1/2 cup skim milk
- 1/3 cup brown sugar, tightly packed
- 3/4 cup egg substitute or 3 eggs
- 1 teaspoon cinnamon
- Pinch of salt
- 1/2 teaspoon vanilla
- 1/2 pound loaf of Italian bread, cubed (about 6 cups) or 6 cups of any stale, firm bread
- 1/2 cup raisins
- 1 teaspoon butter
- 2 teaspoons orange rind, grated (optional)

In the 4 Quart/3.8 L All-Purpose Pan heat evaporated milk, skim milk, and brown sugar until just below boiling. Put egg substitute or eggs, cinnamon, salt, and vanilla in the Large Mixing Bowl. Whisk 1/3 of the hot milk mixture into the egg mixture. Add remaining milk in 2 batches, whisking constantly.

Add bread cubes and raisins to bowl. Stir just to coat.

Rinse out 4 Quart/3.8 L All-Purpose Pan. Fill half-way with water and place on medium-high heat. Use 1 teaspoon butter to coat Double Boiler Inset. Turn bread/custard mixture into buttered Double Boiler Inset.

When the water in the 4 Quart/3.8 L begins to simmer, reduce heat to low, place Inset on 4 Quart/3.8 L, and cover. Cook on low heat for 30 minutes. Bread pudding should be moist but not wet.

Uncover, remove from heat, and let stand 5 minutes before serving.

Tip: Refrigerate leftovers.
Serve with Quick Vanilla Sauce.

Nutrition Analysis per Serving:

Calories.....	276
Protein.....	13 g
Carbohydrates.....	49 g
Dietary Fiber.....	2 g
Sugar.....	30 g
Fat.....	3 g
% Calories from Fat.....	10%



Vanilla Sauce

Quick Vanilla Sauce

1 Quart / .95 L Saucepan

Serves 12

- 1/2 cup sugar
- 1 tablespoon cornstarch
- 1 cup water
- 2 tablespoons butter or margarine
- 1 teaspoon vanilla

Combine sugar and cornstarch in smallest unit available. Slowly add water. Cook and stir over medium-high heat until mixture boils. Boil 1 minute.

Remove from heat, stir in butter and vanilla.

TIP: May serve warm, room temperature, or chilled on many desserts.

Variations:

Lemon Sauce: Reduce vanilla to 1/2 teaspoon, add 1 teaspoon lemon juice and 2 teaspoons grated lemon rind with butter.

Nutmeg Sauce: Reduce vanilla to 1/2 teaspoon, and add 1/2 teaspoon grated nutmeg to sauce.

Nutrition Analysis per Serving:

Calories.....	53
Protein.....	<1 g
Carbohydrates.....	9 g
Dietary Fiber.....	<1 g
Sugar.....	8 g
Fat.....	2 g
% Calories from Fat.....	32%

HELPFUL HINT: Make a "cream" sauce with low-fat buttermilk. Add one tablespoon cornstarch to one cup buttermilk and add 3-4 tablespoons of something for flavor.

To make your sauces lower in fat, thicken them with a vegetable puree.

Quick Reference Troubleshooting Guide

ISSUE	POSSIBLE CAUSE	SOLUTION
Excess steam and spattering when cooking. Difficulty getting the water seal to form.	The heat is too high, -or- there is too much food and/or liquid in the pan.	Begin on medium heat, then reduce to low. Use proper size pan for amount of food being prepared—see page 9. Add liquid only as stated in instructions.
Unable to maintain low heat.	Lowest setting on range is still too hot.	Use a flame tamer under cookware when cooking.
Food is stuck to the bottom of the pan.	Persistent overheating, -or- removing cover during cooking process.	Let pan cool completely. Partially fill with cold water and bring to a boil until food particles loosen. Cool completely again, then clean in warm soapy water.
Visible heat tints and/or food stains.	Cookware is heated on high temperatures, -or- prolonged heating, -or- cookware reacts with the minerals in foods.	Use a non-abrasive stainless steel cleaner—we recommend Bar Keepers Friend®, Bon Ami®, or Steel Glo®. Apply paste with a sponge or cloth, rub lightly in a circular motion. Wash again, rinse and dry. See page 6.
Grease accumulation.	Dirt and grease residue left on stove burners can burn on to the bottom of the pan. Placing cookware pieces inside one another after use but before cleaning will cause food particles or grease to collect on the inside or on the outside of the cookware.	Use a non-abrasive stainless steel cleaner—we recommend Bar Keepers Friend®, Bon Ami®, or Steel Glo®. See pages 6 and 8 for recommended cleaning instructions.
Minor scratches.	Tapping, cutting or chopping with metal knives, other sharp-edged kitchen tools, or an electric mixer will cause scratching on stainless steel surfaces. Careless stacking of cookware can mar the stainless steel finish.	Use a non-abrasive stainless steel cleaner—we recommend Bar Keepers Friend®, Bon Ami®, or Steel Glo®. See pages 6 and 8 for recommended cleaning instructions.
Cover locks on to the pan.	Sometimes after cooking, a snug water seal may form which will “lock” the cover on to the pan.	Reheat the pan on medium or low heat until the water seal loosens and the cover is easily removed.
Meats do not brown properly.	The cookware was not hot enough, -or- the cookware was too hot prior to beginning the browning process.	Refer to pages 10 and 11 for the correct temperature for preheating and browning meats.
Water spots on cookware.	Varying water conditions cause spotting. High iron content in water may cause the cookware to take on a rust-colored appearance.	Follow recommended cleaning instructions on page 6. After cleaning cookware, rinse with hot water and dry immediately . NOTE: If you use a dishwasher, add a rinse agent.
Small white spots.	Undissolved salt and/or acidic foods left sitting in the cookware can cause white spots, referred to as pitting. This will not affect the cooking performance of the cookware and is not considered a product failure.	Salts should be added to the food after it has reached its cooking temperature. When boiling water, add salt after the water has reached its boiling point and keep stirring until the salt has dissolved.
Dull finish on handles and knobs.	This occurs when the cookware is used on very high heat, -or- the use of certain detergents and washing cookware in the dishwasher can dull the finish of handles and knobs.	Use recommended cooking temperatures. Make sure you are using a chlorine-free detergent when cleaning your cookware. Avoid cleaning your cookware in the dishwasher.

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