

# TIGER QUEEN

## PORTABLE FAN FORCED OVEN



MODEL: AX-737MV / AX-787MV / AX-767MV/AX-777MV



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<b>TEMPERATURE</b>	<b>COOKING AND SERVING TIPS</b>
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240°C ( 464°F )	Lower rack. Brush with sauce, if desired, in last 10 minutes
240°C ( 464°F )	
240°C ( 464°F )	
240°C ( 464°F )	Upper rack
240°C ( 464°F )	Lower rack
200°C ( 392°F )	Season before Roasting
200°C ( 392°F )	Season before Roasting
200°C ( 392°F )	Season before Roasting

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200°C ( 392°F )	Place in a 6 muffin tin with liners
225°C ( 437°F )	Use a 9 inch non-stick pan
175°C ( 347°F )	Rise till doubled before baking
230°C ( 446°F )	Lower rack. Spray rack with non-stick coating
175°C ( 347°F )	Lower rack. Spray rack with non-stick coating

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200°C ( 392°F )	Lower rack. Spray rack with non-stick coating
200°C ( 392°F )	Lower rack. Remove silk and soak in water for 15 minutes before roasting
230°C ( 446°F )	Upper rack. Spray rack with non-stick coating

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<b>ITEMS</b>	<b>COOKING TIME</b>
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**POULTRY**

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Chicken (3 <sup>1</sup> / <sub>2</sub> pound)	
Quartered	25 minutes
Halved	35 minutes
Whole	45 minutes
Chicken Breasts (Boneless)	10 minutes
Chicken Breasts (with Bones)	20 to 25 minutes
Turkey (Un-stuffed)	20 minutes per pound
Turkey Breast (Half-3 pounds)	45 to 60 minutes
Cornish Hens	20 minutes per pound

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**BREADS AND CONVENIENCE FOODS**

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Muffins	10 minutes
Biscuits	9 minutes
Dinner Rolls	15 minutes
Tacos (Frozen)	6 to 7 minutes
Brownies	20 minutes

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**VEGETABLES**

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Baked Potato (6 to 8 ounces)	35 to 45 minutes
Corn on the Cob (4 ears)	20 minutes
French Fries	10 minutes or until crisp (spray lightly with oil to make fries more browner)

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**COOKBOOK**

**AND INSTRUCTION MANUAL**

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*SUPERIOR TO OVEN COOKING...  
WITH MICROWAVE SPEED...*

**A NEW GENERATION  
IN COOKING™**

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<b>TEMPERATURE</b>	<b>COOKING AND SERVING TIPS</b>
175°C	Top with your favorite sauce
175°C	
175°C	Top with tomato paste
240°C	Grill on lower rack
240°C	
240°C	Grill on upper rack
240°C	Cook on upper rack
240°C	
240°C	
250°C	Peel and devein. Baste and place 6 to 8 shrimp on each skewer
230°C	Split and discard undershell. Upper rack
185°C	Bottom rack
240°C	Upper rack
200°C	Upper rack
200°C	Cook at 240°C for first 20 minutes
200°C	
200°C	Upper rack
185°C to 200°C	Use either rack, both if needed

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## QUICK REFERENCE GUIDE

Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature

ITEMS	COOKING TIME
<b>MEATS AND FISH</b>	
Beef Rib Roast	
Boneless	25 to 30 minutes per pound
With bone	20 to 25 minutes per pound
Meat Loaf	50 to 60 minutes
Hamburgers	10 minutes (rare)
4 Burgers	12 minutes (medium) 14 minutes (well done)
Hot Dogs	4 minutes
Rib Eye or Strip Steak	8 minutes (rare) 10 minutes (medium) 12 minutes (well done)
Grilled Shrimp	6 to 8 minutes
Lobster Tails	12 minutes
Pork Loin Roast	23 minutes per pound
Pork Chops	8 to 10 minutes
Sausage Patties	10 minutes
Leg of Lamb	Rare-20 minutes per pound Medium-25 minutes per pound Well-30 minutes per pound
Breaded Fish (Frozen)	5 to 7 minutes less than package directs
Bacon	10 minutes

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### TROUBLE SHOOTING GUIDE

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<b>SYMPTOM</b>	<b>PROCEDURES</b>
OVEN WILL NOT TURN ON	* Check to see that the power cord is plugged into AC outlet.  * Turn the timer dial past 20 minutes and then back to the proper time.  * Push the carry handle all the way down.  <b>NOTE :</b> This handle acts as a safety switch and will not allow the oven to work when in the up-right position.
OVEN WILL NOT HEAT UP	* Check the thermostat to see that it is set for a high enough temperature.
LID OR BOWL IS CRACKED	* Order replacement from the service department at once.

**STEP ONE**

Place wire rack into glass bowl of oven. In a 9 or 10 inch oven-proof casserole, combine softened butter and brown sugar. Reduce heat to 240°C and place casserole on rack. Cook for 5 minutes.

**STEP TWO**

Add lemon juice and rum or banana liqueur; continue cooking for 10 minutes. Add sliced bananas, turning once to coat with sauce. Cook 5 more minutes.

**STEP THREE**

At the table, pour warmed brandy over bananas and ignite. When flames go out, serve over ice cream.

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New England Blueberry Custard (Continued)

**STEP THREE**

In a mixing bowl, whisk together white sugar, eggs and milk. Pour mixture into casserole, dust with cinnamon and let stand for 30 minutes.

**STEP FOUR**

Cover casserole with foil. Place wire rack into glass bowl of oven. Reduce heat to 175°C Set casserole directly on wire rack and bake for 30 minutes. Sprinkle with 2 teaspoons brown sugar before serving.

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**JAMAICAN BANANAS FOSTER**

Makes 4 servings

Baking time : 20 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

- 4 firm bananas, halved lengthwise
- 1/4 cup butter or margarine, softened
- 1/2 cup brown sugar
- 1 1/2 tablespoons lemon juice
- 1/3 cup banana liqueur or rum
- 1/4 cup brandy, warmed

## **OLD FASHIONED BREAD AND BUTTER PUDDING**

Makes 4 servings

Baking time : 30 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

8 thin slices white bread, crusts removed

4 tablespoons butter

1/2 cup currants or raisins

2 tablespoons brown sugar

2 tablespoons white sugar

2 large eggs

2 cups milk

1 teaspoon ground cinnamon

2 teaspoons brown sugar (for dusting)

### **STEP ONE**

Butter one side of each bread slice. Cut 4 bread slices in half on the diagonal. Cut remaining four bread slices into quarters. Set aside.

### **STEP TWO**

Line the sides of an oven-proof casserole with the bread halves, butter side against the dish. Arrange half the remaining bread in the bottom of the casserole. Sprinkle with half the currants and brown sugar. Make a second layer with remaining bread, Currants and brown sugar. Set aside.

## **I. INTRODUCTION**

### ***A NEW GENERATION IN COOKING™***

With the EZ COOK oven you can prepare delicious, healthful meals in less than half the time of traditional methods. What makes these superior results possible is our revolutionary approach to certain time-honored cooking methods.

Professional cooks have long known that they could improve upon traditional oven cooking by using a fan to accelerate the circulation of the oven's hot air. This traditional convection oven consists of a fan mounted on one side of a metal box.

The EZ COOK oven improves upon traditional convection ovens in the following ways:

- The EZ COOK oven is made of glass, not metal, so that you can clearly see what you are cooking from all sides.
- The EZ COOK oven combines a circular bowl with a fan mounted in the lid so that hot air currents move down over the food, around the bowl's sides, and then back up to the fan. This creates a tornado-like flow of constantly moving, super-heated air that cooks and browns food quickly and thoroughly.
- The EZ COOK oven uses cooking racks that allow you to cook two levels of food at once. In addition, when meat, poultry, or fish is cooked on the lower rack, fats and oils are blown away through the grating. You will cook lighter, more nutritious meals.

Consider these other benefits

- Meat and poultry turn out brown and crisp on all sides, moist and juicy on the inside.
- Sliced potatoes can be "air-fried" with a small amount of oil and will turn out crisp and golden brown.
- Breads and pastries rise higher and turn out fluffier and moister than in a standard oven.
- You can save up to 60 percent of the energy consumed by a standard oven.
- Multi-level cooking allows you to cook an entire meal at one time.

All this - and cook two to three times faster than a standard oven ! That is why the EZ COOK oven represents "*A New Generation In Cooking™*".

#### **STEP ONE**

Peel, core, and chop apples. In a saucepan, simmer apples with water until soft. Set aside.

#### **STEP TWO**

In a mixing bowl, combine bread crumbs and honey. Spread mixture evenly over bottom of an oven - proof casserole, set aside.

#### **STEP THREE**

In mixing bowl, cream the butter and sugar until smooth and light. Beat in ground almonds, lemon rind and egg until smooth.

#### **STEP FOUR**

Spoon apples into the casserole and cover with batter. Sprinkle with sliced almonds.

#### **STEP FIVE**

Place wire rack into glass bowl of oven. Put casserole on rack, reduce heat to 175°C and bake for 30 minutes, or until golden brown.

Tip : For a super - moist pudding, cover casserole with aluminum foil for the first 15 minutes of baking.

**STEP TWO**

Pour the custard over the berries. Place the wire rack into the glass bowl of oven. Reduce heat to 200°C and bake for 45 to 50 minutes or until knife inserted comes out clean. Serve hot or warm.

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**APPLE - ALMOND PUDDING**

Makes 6 servings

Baking time : 30 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

2 pounds of apples (approx. 6 medium-sized apples)

1/4 cup water

1 tablespoon honey

1/2 cup fresh bread crumbs

6 tablespoons butter or margarine

1/3 cup sugar

1/2 cup ground almonds

Grated peel of 1 lemon

1 large egg

1/4 cup sliced almonds

**BENEFITS**

- \* Roasts-broils-bakes-steams food perfectly.
- \* Cooks food in less time than the average convection oven.
- \* This is convection cooking without the expense of installing wall units.
- \* Easy to operate, just set timer and temperature.
- \* Hot air circulates around food, therefore, food cooks evenly.
- \* Meat sears quickly on the outside, sealing juices on the inside.
- \* Hot-air circulation makes baked food rise higher.
- \* Uses less electricity than a convection oven.
- \* Thaws frozen foods quickly.

## FEATURES

### ***10 APPLIANCES IN ONE:***

- Standard Oven
- Broiler Oven
- Microwave Oven
- Toaster Oven
- Rotisserie
- Grill
- Deep-Fat Fryer
- Convection Oven
- Electric Frying Pan
- Electric Steamer

### ***COOKS EIGHT WAYS:***

- Broils
- Bakes
- Barbecues
- Fries without oil
- Roasts
- Grills
- Boils without water
- Steams

### **TECHNICAL SPECIFICATIONS**

Weight :	7.5 kg
Bowl Diameter :	330 mm
Bowl Capacity :	11 liters
Cook Temp. Range :	65°C-250°C
Voltage :	220V
Cycles :	50Hz
Wattage :	1300W

## ***E.***

## **DESSERTS**

The **EZ COOK** allows you to prepare your desserts while your main meal is cooking. Then, without having to clean the oven out, your desserts will cook while you are enjoying your main meal.

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### **NEW ENGLAND BLUEBERRY CUSTARD**

Makes 6 servings

Baking time: 45 to 50 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

3 cups fresh or frozen blueberries

6 eggs

3/4cup sugar

6 tablespoons all purpose flour

1/4 cups milk

3/4 cup sour cream

1 teaspoon vanilla extract

### **STEP ONE**

Scatter berries in the bottom of deep 8 inch, ovenproof baking dish. Combine the eggs, sugar, flour, milk, sour cream and vanilla in a blender and blend at high speed for 1minute, scraping down the sides of the jar once.

### **STEP THREE**

Place dough in a lightly oiled bowl, cover with plastic wrap. Allow to rise for one hour. Punch down dough. Turn onto a lightly floured board. Shape into a log about 6 inches long. Divide the dough into 6 equal pieces. Divide each piece into 6 dough balls. Place 3 balls down one side of a greased  $5\frac{3}{4}\times 3\frac{1}{4}\times 2$  inch pan. Brush with melted margarine and sprinkle with cinnamon sugar. Slightly overlapping, place 3 more dough balls down the other side of the pan. Repeat brushing and sprinkling process.

### **STEP FOUR**

Allow loaves to rise for 30 minutes. Place wire rack in glass bowl of oven. Reduce heat to 175°C place pans on wire rack. Bake for 20 minutes. Remove bread from pans immediately and cool on wire rack.

## **A HEALTHIER LIFESTYLE**

With the EZ COOK oven, you are always cooking with hot air (dry roasting) and with the food suspended on a wire rack. As a result, retention of fat is minimized, leading to fewer calories, lower fat and cholesterol consumption and a healthier lifestyle. You will find that, with the EZ COOK oven, it is not necessary to add fat, oil, butter or margarine to most recipes. However, you can do so if you wish.

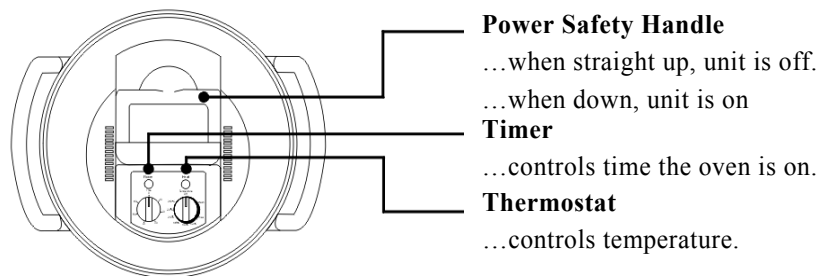
We recommend the following steps to further improve your health:

1. Eat a variety of foods including items from all food groups daily.
2. Eat less butter, fat and sauces.
3. Eat less sugar and sweets.
4. Eat plenty of fruits and vegetables (preferably steamed).
5. Drink only moderate amounts of alcohol.
6. Drink plenty of water every day.
7. Use less processed foods-eat more fresh food instead.
8. Eat less at a time, but eat regularly.
9. Use fat, oil, butter and margarine sparingly.
10. Use salt sparingly.
11. Dry roast your food as often as possible.

## II. USING YOUR OVEN

### PRODUCT AND ACCESSORY DIAGRAMS

AX-737MV



**Power Safety Handle**

...when straight up, unit is off.

...when down, unit is on

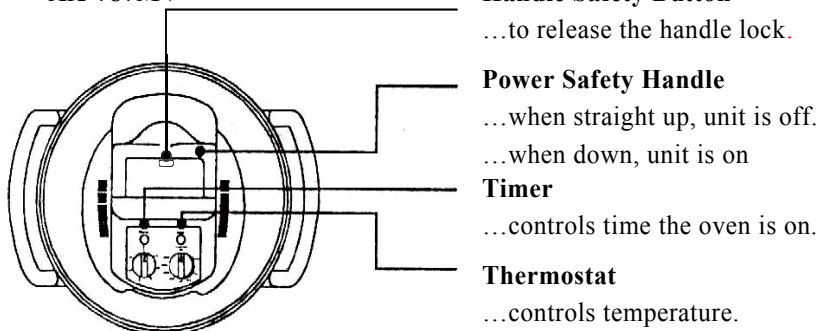
**Timer**

...controls time the oven is on.

**Thermostat**

...controls temperature.

AX-787MV



**Handle Safety Button**

...to release the handle lock.

**Power Safety Handle**

...when straight up, unit is off.

...when down, unit is on

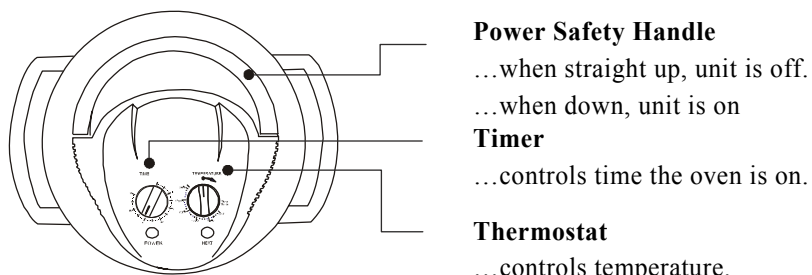
**Timer**

...controls time the oven is on.

**Thermostat**

...controls temperature.

AX-767MV



**Power Safety Handle**

...when straight up, unit is off.

...when down, unit is on

**Timer**

...controls time the oven is on.

**Thermostat**

...controls temperature.

## CINNAMON PULL - APARTS

Makes 3 little loaves, 5<sup>3</sup>/<sub>4</sub>×3<sup>1</sup>/<sub>4</sub> inches

Baking time : 20 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

Loaf :

3/4 cup warm water (50°C - 55°C)

1 package or 1 tablespoon active dry yeast

1/4 cup sugar

1 teaspoon salt

3 tablespoons margarine, melted

1 egg

2<sup>1</sup>/<sub>2</sub> cups unbleached white flour

Topping :

1/4 cup margarine, melted

1/4 cup sugar mixed with 1 teaspoon cinnamon

### STEP ONE

Sprinkle yeast over warm water in a large bowl; stir until dissolved.

Add sugar, salt, margarine, egg and 1<sup>1</sup>/<sub>2</sub> cups flour. Beat with wooden spoon until smooth.

### STEP TWO

Gradually add remaining flour. Mix by hand until thoroughly mixed.

Turn dough out onto lightly floured board. Knead until smooth, about 2 minutes.

## FROZEN PIZZA

Makes 4 servings

Cooking time : 5 to 7 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

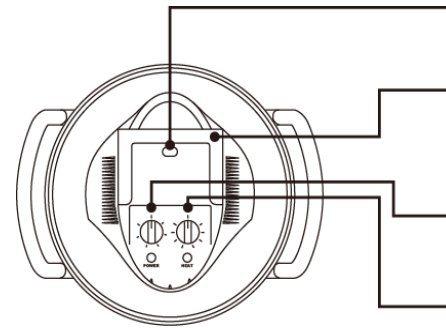
One frozen pizza, no larger than 11 inches or use individual pieces.

### STEP ONE

Place wire rack into glass bowl of oven. Place the frozen pizza on the lower cooking rack. Place the elevated cooking rack upside down on top of the pizza so that the elevated rack is touching the top of the pizza (the extra rack is used because the strong force of the AMERICAN HOME oven will blow the toppings on the pizza around). Keep the temperature at 250°C and cook for 5 to 7 minutes.

Tip : Spray elevated rack with vegetable cooking spray.

AX-777MV



#### Handle Safety Button

...to release the handle lock.

#### Power Safety Handle

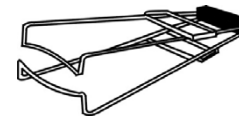
...when straight up, unit is off.  
...when down, unit is on

#### Timer

...controls time the oven is on.

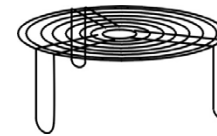
#### Thermostat

...controls temperature.



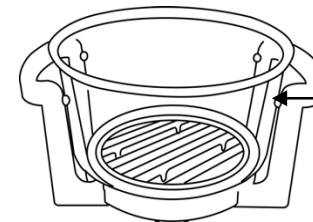
#### Tongs

...for removing hot racks and food from oven



#### Elevated Wire Rack

...to be placed in glass bowl over lower rack for dual level cooking.

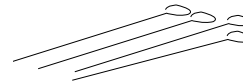


#### French Arcopal Glass Bowl

...removable for easy cleaning.

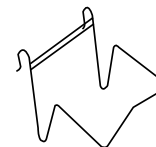
#### Lower Rack

...sits in bottom of glass bowl to allow air to circulate around food.



#### Skewers

...to preparing shish kebab.



#### Lid Holder

## **SAFETY PRECAUTIONS**

- \* Read all the instructions - then save for future reference.
- \* Always pull handle up to "off" position before unplugging oven.
- \* Do not let cord hang over edge of counter.
- \* Place oven securely in center of counter or work space.
- \* Always unplug oven before attempting to move it.
- \* **Oven surfaces are hot - always supervise children while in the kitchen.**
- \* Secure the lid on the oven before turning on power.
- \* Always turn oven off before removing lid and always place lid on the lid rack. Never set it down directly on the counter. Always leave at least 2 inches between the oven lid and counter top or other surfaces.  
**NOTE ! When hot lid is removed from the base, it should always rest on the lid rack supplied with the oven.**
- \* Do not operate with a damaged cord.
- \* Always unplug and cord the oven before cleaning.
- \* Use two hands when moving the oven.
- \* Do not allow the lid to get wet.
- \* **WARNING: ALL GLASS SURFACES OF THE OVEN GET VERY HOT. TOUCHING THESE SURFACES BEFORE OVEN COOLS WILL CAUSE A BURN. DO NOT TOUCH ANY GLASS PART OF THE OVEN UNTIL IT HAS COOLED.**

### **STEP ONE**

In a large mixer bowl, combine dry ingredients, except the nuts. Add the oil, applesauce, orange juice, rind and eggs. Beat on low speed just until combined. Stir in chopped nuts. Pour into greased 8<sup>1/2</sup>×4<sup>1/2</sup> inch loaf pan.

### **STEP TWO**

Place wire rack into glass bowl of oven. Reduce heat to 175°C and bake loaf for 45 minutes.

### **STEP THREE**

Combine orange juice and sugar in a small saucepan and simmer for 5 minutes, stirring constantly. Spoon hot glaze over bread as soon as it comes out of the oven. Cool in the pan or on wire rack.

## SUNSHINE ORANGE NUT BREAD

Makes one 8½x4½ inch loaf

Baking time : 45 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

1½ cups all purpose flour

½ cup sugar

1½ teaspoons baking powder

1½ teaspoons baking soda

Pinch of salt

¼ cup vegetable oil

¼ cup applesauce

½ cup fresh orange juice

Grated rind of one large orange

2 eggs

1 cup chopped hazelnuts, pecans or walnuts

Glaze:

¼ cup orange juice

¼ cup sugar

## BEFORE YOU BEGIN COOKING

### PREPARING YOUR EZ COOK OVEN

The EZ COOK should be heated once before cooking with it.

While preparing the oven according to the following instructions, the oven will give off a slight burning odor. The oven is actually burning off excess lubricants found in the oven's heating elements and will not harm you or the oven.

### FOLLOW THESE EASY STEPS...

\* Wipe the inside of the glass bowl with a damp sponge

\* Secure lid on oven

\* Set timer for 5 minutes

\* Set thermostat to 250°C and turn oven on

**(NOTE: HANDLE MUST BE PUSHED TO THE HORIZONTAL POSITION TO TURN OVEN ON. WHEN HANDLE IS IN VERTICAL POSITION, OVEN IS OFF.)**

\* After timer has shut oven off, allow to cool for 5 minutes

\* Wipe inside of the glass bowl with a damp sponge a second time

**NOW YOUR EZ COOK IS READY  
TO COOK YOUR FIRST MEAL !**

## **HOW TO OPERATE**

- \* Place lower wire rack in the glass bowl of the oven.
- \* Place food directly on rack, unless otherwise specified.
- \* Secure lid on oven.
- \* Push safety handle down to "ON" position.
- \* Set thermostat.
- \* Set timer.
- \* **NOTE :** Use the lower rack for all recipes unless otherwise noted.

## **NOW YOU'RE COOKING !**

## **CLEANING YOUR OVEN**

### **LIGHT CLEANING**

- \* Unplug oven and let cool.
- \* Use a sponge or dishcloth with a mild dishwashing detergent and warm water to wipe glass bowl clean.
- \* Rinse well to remove all detergent.
- \* Note : Never immerse the lid in any liquid.

### **NORMAL CLEANING**

- \* Unplug oven and let cool.
- \* Wipe lid and fan housing using a dishcloth or damp sponge with a mild dishwashing detergent.
- \* Do not clean with steel wool pads or abrasive materials.
- \* Wash wire racks in mild dishwashing detergent and water.

### **STEP FOUR**

Punch down dough and turn out onto a lightly floured board. Shape dough into an oblong about 12 inches long. Divide oblong into 6 equal pieces. Shape each piece into a loaf and place into greased pans. Allow to rise 3 minutes.

### **STEP FIVE**

Place wire rack into glass bowl of oven. Reduce heat to 175°C. Place 2 or 3 pans directly onto the rack. Bake for 20 minutes. Remove from pans immediately; cool on a wire rack. Repeat baking with remaining loaves.

## COLONIAL MINI LOAVES

Makes 6 little loaves, 5<sup>3/4</sup>×3<sup>1/4</sup> inches

Baking time : 20 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

5<sup>1/2</sup> to 6 cups unbleached white flour

3 tablespoons sugar

1 tablespoon salt

<sup>1/4</sup> cup vegetable oil

2<sup>1/2</sup> cups warm water (about 55°C)

2 packages or 2 tablespoons active dry yeast

### **STEP ONE**

In a small bowl, sprinkle the yeast over the warm water. Stir with a whisk or fork to combine. Add the sugar and oil.

### **STEP TWO**

In a large bowl, combine 5<sup>1/2</sup> cups of flour and the tablespoon of salt. Pour the yeast mixture into the flour mixture and, using your hands, combine to form a dough. If too dry, add more water. If too wet, add more flour.

### **STEP THREE**

Turn dough out onto lightly floured board. Knead for 3 to 5 minutes. Place dough into an oiled bowl, cover with plastic wrap and allow to rise until doubled, about 1 to 1<sup>1/2</sup> hours.

\* Clean metal parts using a sponge or dishcloth with a mild dishwashing detergent, then wipe clean. If scrubbing is necessary, use a nylon or polyester mesh pad.

### SELF CLEANING OF GLASS BOWL

\* To self clean glass bowl, fill with hot water to the water fill line marked on the side of the bowl (approximately 1<sup>1/2</sup> inches of water).

**NOTE ! DO NOT FILL WITH WATER ABOVE THE WATER LINE MARKED ON THE BOWL.**

\* Add one squeeze of mild dishwashing detergent.

\* Replace lid and plug in.

\* Set heat control to "wash" and set timer for 10 minutes.(The hot air circulation creates the turbo action that helps release stubborn residue from bowl.)

\* After cleaning rinse in warm water to remove all soap residue.

### DISHWASHER-SAFE GLASS BOWL

The glass bowl and wire racks may also be washed in the dishwasher. However, never wash the lid in a dishwasher or immerse it in liquid. Remove the glass bowl from its stand before dishwashing.

REMEMBER...

\* Unplug oven before cleaning the lid

\* Let oven cool before washing

\* Never immerse lid in water

\* Do not add water above the line marked on the glass bowl when self cleaning

\* Do not let fan assembly get wet

### **III. HELPFUL HINTS**

## **COOKING TIPS**

TO USE YOUR EZ COOK TO ITS FULLEST POTENTIAL, HERE ARE A FEW COOKING TIPS TO REMEMBER...

#### **\* WHENEVER POSSIBLE PLACE FOOD DIRECTLY ON THE WIRE RACK**

Cooking on a wire rack allows the hot air to circulate freely around the food, cooking it quickly and evenly without turning.

#### **\* COOKING A COMPLETE MEAL AT ONCE**

By using two levels of racks, it is easy to cook an entire meal at once. Keep in mind that different foods and different weights of foods take different amounts of time to cook. Think ahead. Put the food that takes the longest amount of time to cook on the bottom rack. Later on during the cooking process, put the other food on the top rack. Now your complete meal of meat, potatoes and vegetables are all cooked together and will be ready at the same time.

#### **\* PLACING FOODS FOR OPTIMUM COOKING**

When placing several pieces of food on the wire rack, be sure to leave at least 1/2-inch between the food and the side of the glass bowl. This space allows the air to flow freely through the oven. Also avoid stacking food on food in order to cook more at one time. The hot air must circulate freely in order to cook the food properly.

#### **\* KEEPING FOOD CRISP**

After the food is cooked, turn the thermostat down, keeping the fan running. Your food will stay hot and crisp.

### **STEP ONE**

In a large bowl combine flours, sugar and salt. Sprinkle yeast over warm water in a small bowl. Stir to soften and combine. Add oil. Pour liquid ingredients into dry ingredients. Mix with hands until well combined.

### **STEP TWO**

Turn out dough onto lightly floured surface. Knead for 3 minutes. Place dough in an oiled bowl, turn once to coat with oil. Cover with plastic wrap and allow to rise for 1 to 1<sup>1/2</sup> hours.

### **STEP THREE**

Punch down dough. Turn out onto lightly floured surface. Form into a log shape. Using a sharp knife divide dough into 6 equal pieces. Shape each piece into a small loaf. Place each loaf into a greased 5<sup>3/4</sup>×3<sup>1/4</sup> inch pan. Allow to rise for 30 minutes.

### **STEP FOUR**

Place wire rack into glass bowl of oven. Reduce heat to 180°C. Bake bread, 3 loaves at a time, for 20 minutes. Turn bread out immediately onto wire rack.

Yankee Corn Bread (Continued)

**STEP ONE**

Combine flour, sugar, cornmeal, baking powder and salt. Set aside. Combine milk, egg and oil, mixing well. Add liquid mixture to flour mixture, mixing just until dry ingredients are moistened. Spoon batter into a greased 8x8 inch pan.

**STEP TWO**

Place wire rack into glass bowl of oven. Reduce heat to 220°C. Bake bread for 20 to 25 minutes. Cut into squares and serve hot with butter and honey.

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**HEARTY WHOLE WHEAT BREAD**

Makes 6 little loaves, 5<sup>3</sup>/<sub>4</sub>x3<sup>1</sup>/<sub>4</sub> inches

Baking time : 20 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

- 3 cups whole wheat flour
- 2<sup>1</sup>/<sub>2</sub> cups all purpose flour
- 1 tablespoon dry yeast or 1 package
- 3 tablespoons sugar
- 2<sup>1</sup>/<sub>3</sub> cups warm water 50°C - 55°C
- 1 teaspoon salt
- 1/4 cup vegetable oil

**\* TO MAKE YOUR CLEAN-UP EVEN EASIER**

Before cooking, spray the oven, including the racks and pans, with a non-stick product first. Wiping away the grease and residue after cooking will be even easier.

**\* ADAPTING RECIPES**

As a rule of thumb, when using recipes intended for conventional ovens, temperatures will remain the same but cooking times will be less.

The cooking times in the recipes in this book should be used as a guide. You need to judge whether your piece of meat weighs less or more than that which is used in the recipe and slightly adjust your cooking time. When working with the EZ COOK for the first time, we suggest using a meat thermometer. Watch the cooking progress through the glass bowl. After a short time you will easily be able to adapt your favorite recipes for the EZ COOK.

**\* PREHEAT YOUR OVEN**

For optimum cooking, preheat your oven at 250°C for six (6) minutes prior to cooking.

**\* COOKING TIME**

COOKING TIMES SHOWN IN THIS COOKBOOK WILL VARY DEPENDING ON THE VOLUME, WEIGHT AND MASS OF THE FOOD OR THE DESIRED CRISPNESS YOU WANT.

## **SELECTING YOUR FOOD**

### **MEAT**

**Beef** Select rich, red, fine-textured meat with a light covering of fat (having a marbled appearance). Buy whole pieces and cut to suit – you can really save a lot.

**Lamb** Select lean meat. Meat should be soft, pinkish-red and fine textured.

**Pork** Select lean meat. Meat should be very light pink in color, fine textured and fresh smelling.

### **FISH**

**Whole** Select only fresh fish with full, clear eyes and bright gills - a sure sign of freshness. Also, scales should be bright and clean – not slimy. Fish should look and smell fresh from the sea. Flesh should be firm and spring back when touched.

**Fillets** Select only firm fillets without discoloration that have a pleasant sea smell. Fillets must not be dull, soft or ooze water when touched.

### **POULTRY**

Select only fresh meat or birds. Poultry should look and smell fresh.

### **VEGETABLES / FRUIT**

Select firm, almost ripe fruit; check for bruises and blemishes – color should be clear and bright. Vegetables should be crisp and of good color. Try to avoid vegetables sold tightly packed in plastic wrap - they will sweat and quickly spoil. Never use vegetables that are soft or limp.

## **D.**

## **BREADS**

The **EZ COOK** harnesses convection circulation with extraordinary results. The air circulation creates a vacuum, which means that any bread baked in the **EZ COOK** will actually be pulled up, increasing its size. The crust is crispy, while the inside is tender and delicious. If you don't want a crisp crust, simply cover the bread with a foil tent for 3/4 of the baking time. The result is a bread with a good chewy crust. The forced air circulation bakes food evenly, without any fear of the conventional oven hot-spots. The result : perfect baked goods.

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## **YANKEE CORNBREAD**

Makes one loaf

Baking time : 20 to 25 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

1 cup all-purpose flour

1/4 cup sugar

3 teaspoons baking powder

1/2 teaspoon salt

1 cup yellow cornmeal

1 egg, beaten

1/4 cup vegetable oil

1 cup milk

## **STEAMED VEGETABLES**

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

Clean and cut vegetables as desired. Wrap a small amount of vegetables with foil, making several packages. Before sealing, sprinkle 1 teaspoon of water into each package. Seal tightly. Place them directly around food already cooking, or directly on the wire rack. Most soft vegetables (such as zucchini, onions, peas) will take 15 to 20 minutes and most hard vegetables (such as carrots and potatoes) will take 30 to 40 minutes. Test for doneness.

## **FOOD PREPARATION AND PRESENTATION**

### **PREPARATION**

Careful preparation pays off in an appetizing, healthful and tasty meal. Always remove excess fat and trim meats. Clean and trim vegetables and garnishes, removing all bruises and blemishes. Use only the freshest meats and vegetables.

Always ensure that all parts of a meal are cooked at the right time. This usually requires different starting times that must be planned thoroughly.

### **PRESENTATION**

Try a few of these interesting ways to perk up your table and make any meal a festive occasion:

- Slice a freshly baked loaf of bread or dinner rolls into a basket lined with colorful napkins. Serve with butter or margarine, softened and mixed with grated cheese, garlic salt or your favorite seasoning.
- Main course meats are more attractive when displayed on a large platter surrounded by fresh parsley sprigs, carrot curls (made with a potato peeler) and radish roses.
- Serve sauces in a pretty piece of china or glassware. Drop in a ladle and bring to the table on a plate for easier passing between guests.
- Flowers on the table are always effective, but in a pinch use a grouping of your favorite figurines or houseplants.
- Candles make dinners cozy, so turn down the lights and turn up the charm. Float small, flat candles in a large, clear bowl filled with water. The effect is magical.

*IV. RECIPES*

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**A. APPETIZERS**

EZ COOK makes entertaining even easier. Most frozen appetizers can be served within 4 to 8 minutes after removing them from the freezer. You can also make your own appetizers and cook them at lightning speed in the EZ COOK.

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**ORANGE SPARERIBS**

Makes 6 to 8 servings  
Marinate : 4 to 8 hours  
Cooking time : 20 to 25 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

3 pounds pork spareribs, trimmed

Marinade:

- 2 oranges
- 2 tablespoons honey
- 1 tablespoon lemon juice
- 1 tablespoon Worcestershire sauce
- 1 teaspoon soy sauce
- Salt and pepper to taste

**BABY ROSEMARY POTATOES**

Makes 6 servings  
Cooking time : 40 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

- 1kg baby potatoes, washed
- 2 tablespoons butter or margarine
- 2 tablespoons vegetable oil
- 1 teaspoon grated orange peel
- 2 cloves garlic, peeled and minced
- Salt and black pepper to taste
- 2 teaspoons chopped fresh rosemary or 1/2 teaspoon of dry rosemary

**STEP ONE**

Heat butter and oil in saucepan with orange peel, garlic, salt, pepper and rosemary. Add potatoes and toss.

**STEP TWO**

Place wire rack into glass bowl of oven. Arrange potatoes directly on wire rack. Reduce temperature to 180°C and roast for 40 minutes.

Tip : For large potatoes, halve or quarter them before roasting.

## **ROASTED VEGETABLES**

Makes 4 servings

Cooking time : 20 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

0.5kg of vegetables, such as sweet potatoes, eggplant, zucchini, yellow squash, onions, green tomatoes  
3 tablespoons vegetable oil  
1/2 teaspoon garlic salt  
1/4 teaspoon black pepper

### **STEP ONE**

Wash and dry vegetables. Cut into chunks approximately 1/2"x2".

### **STEP TWO**

In a pot with a lid, combine oil with garlic salt and pepper. Add vegetable slices and secure lid. Toss vegetables vigorously in pot.

### **STEP THREE**

Place wire rack into glass bowl of oven. Arrange vegetables directly on wire rack. Reduce heat to 240°C and roast for 20 minutes.

Tip : You can roast vegetables at the same time that you cook a roast. Either arrange vegetables directly on rack with meat or set them on the top rack. Cooking time will increase to 35 minutes.

### **STEP ONE**

Cut ribs into serving pieces, set aside.

### **STEP TWO**

Prepare marinade : Using smallest holes of grater, grate outside peel of one orange, then scrape into saucepan. Juice both oranges and add to saucepan along with honey, lemon juice, Worcestershire and soy sauce. Bring to a simmer over medium-high heat.

Stirring occasionally, cook sauce for 10 minutes. Remove from heat and cool thoroughly.

### **STEP THREE**

Pour marinade over ribs, cover and refrigerate for at least 4 hours.

### **STEP FOUR**

Place wire rack into glass bowl of oven. Reduce heat to 200°C Drain marinade from ribs, reserving marinade to use for basting. Place ribs directly on wire rack and cook for 10 minutes.

Reduce heat to 180°C and cook them for another 10 to 15 minutes.

Baste the ribs every 5 minutes with reserved marinade.

## **GARLIC TOAST**

Makes 4 servings

Cooking time : 6 to 7 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

1 loaf of French or Italian bread

1/2 cup butter, room temperature

2 tablespoons grated parmesan cheese

2 cloves garlic, peeled and minced

Salt and pepper to taste

### **STEP ONE**

Slice bread on diagonal into one-inch pieces.

### **STEP TWO**

Thoroughly mix butter, parmesan cheese, garlic, salt and pepper.

Spread butter mixture on one side of bread slices.

### **STEP THREE**

Place wire rack into the glass bowl of oven. Place 4 or 5 bread slices directly on wire rack. Reduce heat to 220°C and cook for 6 to 7 minutes or until bread turns golden brown. Repeat with remaining slices of bread.

Tip: For herb bread : add 2 teaspoons of chopped herb, such as parsley, basil or rosemary to butter mixture, instead of garlic.

### **STEP FOUR**

Put cauliflower in an oven-proof casserole. Pour in cheese sauce and top with an even coating of bread crumb mixture.

### **STEP FIVE**

Place wire rack into glass bowl of oven. Set casserole directly on wire rack. Turn temperature to 165°C and cook for 15 to 20 minutes, until crust turns golden brown.

Tip : This dish can be made in advance and heated at the last minute. Extend cooking time to 25 minutes.

## **CAULIFLOWER AU GRATIN**

Makes 4 to 6 servings

Cooking time : 15 to 20 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

1 small cauliflower  
4 tablespoons butter or margarine  
3 tablespoons flour  
1 1/2 cups milk  
3/4 cup grated mild cheddar cheese  
Salt and pepper to taste  
1/2 cup fresh bread crumbs

### **STEP ONE**

Cut cauliflower into large florets, discarding center stalk. Cook for 5 minutes in boiling salted water. Drain and set cauliflower aside.

### **STEP TWO**

Melt 3 tablespoons of butter in a saucepan. Stir in flour and cook for 1 minute. Slowly stir in milk. Cook and stir until sauce is smooth and thickened. Stir in 1/2 cup cheese and blend smooth. Season with salt and pepper, remove from heat.

### **STEP THREE**

In a small mixing bowl, combine bread crumbs with remaining 1/4 cup cheese and butter. Mix thoroughly.

## **SWEET AND SOUR CHICKEN KEBAB WITH PEANUT DIPPING SAUCE**

Makes 25 to 30 individual skewers

Marinate : at least 30 minutes

Cooking time : 10 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

2kg boneless chicken breast  
30 small skewers, 7 inches long

### **Marinade:**

1/2 cup dry sherry  
1/3 cup Teriyaki sauce  
1/3 cup oriental sweet-and-sour sauce  
2 cloves garlic, peeled and minced  
1/3 cup lemon juice  
1/2 cup honey

### **Dipping sauce :**

1 cup crunchy peanut butter  
1/3 cup lemon juice  
1/3 cup chicken broth  
Remainder of marinade (about 1 cup)

**STEP ONE**

Cut chicken breasts lengthwise into strips, 1-inch wide. Using one hand to secure chicken, press skewer down the length of one strip. Repeat with remaining strips. Place skewers in a glass baking dish, set aside. Combine sherry, Teriyaki sauce and sweet-and-sour sauce in a small bowl. Add garlic, lemon juice and honey; blend thoroughly. Pour marinade over skewered chicken, cover and refrigerate for at least 30 minutes, turning once.

**STEP TWO**

When ready to cook : Drain marinade from the chicken, reserving marinade. Place wire rack into the glass bowl of oven. Arrange skewers directly on wire rack, being careful not to pack them too tightly together. Reduce heat to 200°C and cook for 10 minutes. Repeat with remaining skewers.

**STEP THREE**

In the meantime, prepare the dipping sauce. Combine peanut butter, lemon juice, chicken broth and remaining marinade in a saucepan. Bring to a boil over medium-high heat. Reduce heat and simmer sauce for 10 minutes, or just until sauce begins to thicken.

**STEP FOUR**

To serve : Arrange chicken skewers on serving platter and serve dipping sauce on the side.

**POTATOES BAKED IN JACKETS**

Makes 4 servings

Cooking time : 30 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

4 medium-sized baking potatoes, washed

4 teaspoons butter or margarine, room temperature

Garlic salt to taste

Black pepper to taste

**STEP ONE**

Dry potatoes with paper towel. Pierce skin several times with a fork. Rub skin of each potato with a teaspoon of butter. Sprinkle with desired amount of garlic salt and pepper. Wrap each potato in a piece of aluminum foil.

**STEP TWO**

Place wire rack into glass bowl of oven. Set potatoes directly on wire rack; reduce heat to 220°C Bake for 30 minutes or until a fork can easily be pressed into center of potato. Remove foil before serving.

Tip : You can cook potatoes along with a roast. Set potatoes around meat or on the elevated cooking rack and adjust baking time to 35 minutes.

C.

**VEGETABLES**

Preparing vegetables in the **EZ COOK** combines the two most popular techniques in cooking. You have the roasted flavors associated with a conventional oven at microwave speeds.

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**FRENCH FRIES/POTATO CHIPS**

Makes 4 servings

Cooking time : 10 to 15 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

2 medium potatoes, washed and peeled

**STEP ONE**

To make French fries slice potatoes into 1/2 inch spears. To make potato chips slice the potatoes into very thin wafers.

**STEP TWO**

Place wire rack into glass bowl of oven. Spread potatoes evenly in a 9 inch non-stick baking pan. If desired, brush or toss with a small amount of oil for added crispness.

**STEP THREE**

Reduce heat to 200°C and cook potatoes for 10 minutes for French fries. Reduce temperature to 180°C and cook 5 minutes more for chips.

**SPICY WINGS**

Makes 6 servings

Marinate : at least 30 minutes

Cooking time : 30 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

1.5kg chicken wings, trimmed

**Marinade:**

1/2 cup soy sauce

1/2 cup vegetable oil

1 tablespoon hot chili oil

1 large clove garlic, finely chopped

**STEP ONE**

Prepare marinade : Combine soy sauce, oil, chili oil and garlic in large mixing bowl. Add chicken wings and toss to coat. Cover and refrigerate for at least 30 minutes.

**STEP TWO**

Place both wire racks into glass bowl of oven. Drain marinade from wings. Arrange wings directly on wire racks, half the wings on the top rack, the other half on the bottom rack. Reduce heat to 230°C and bake wings for 10 minutes. Reduce heat to 200°C and bake for 10 minutes. Remove top rack of wings. Continue cooking bottom rack of wings for 10 minutes. Serve while hot.

**B. MEATS, FISH AND POULTRY**

EZ COOK is the perfect oven for cooking all your meat, poultry and fish. Its fan forces hot air to circulate down the side of the meat, then it bounces off the bottom of the oven and cooks the underside simultaneously. This forced-air cooking process is so quick that it sears the outside of the meat, sealing in all the natural juices. Meats cooked in the **EZ COOK** will have a full roasted flavor, while being cooked at microwave speeds.

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**ROAST CHICKEN**

Makes 4 servings

Cooking time : 20 minutes per pound or about 1 hour and 20 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

1 chicken (approx. 1.5 to 2kg)

Dressing:

1 tablespoon butter

1 small onion, peeled and finely chopped

4 ounces mushrooms, thinly sliced

1 1/2 cups soft bread crumbs

1 tablespoon chopped parsley

1 teaspoon grated fresh lemon peel

1/4 teaspoon dried marjoram

1/8 teaspoon nutmeg

1 egg

**GRILLED TUNA STEAKS  
(SWORDFISH AND SALMON)**

Makes 4 servings

Cooking time : 8 minutes

Marinate : 30 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

4 3/4 inch tuna steaks.

Marinade :

1/4 cup soy sauce

2 tablespoons fresh lemon juice

6 green onions, trimmed and thinly sliced, including green tops

2 tablespoons vegetable oil

**STEP ONE**

Prepare marinade : Combine soy sauce, lemon juice, green onion and oil in a shallow pan. Add steaks and turn once to coat in marinade. Cover and refrigerate for 30 minutes.

**STEP TWO**

Place elevated wire rack into glass bowl of oven. Reduce heat to 240°C Set steaks and onions directly on wire rack and grill for 8 minutes.

NOTE : Swordfish or salmon steaks can be substituted for tuna.

## **FISH IN A SACK**

Makes 4 to 6 servings

Cooking time : 15 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

0.5kg fish fillets : flounder, Tilapia, Cat fish or red snapper

1 small onion, thinly sliced

1 teaspoon freshly grated ginger or 1/2 teaspoon of ground ginger

1 medium red pepper, thinly sliced

6 mushrooms, thinly sliced

Juice of 1/2 lemon

2 tablespoons Teriyaki sauce

1 tablespoon peanut oil

### **STEP ONE**

Lay two 14x20 inch sheets of heavy duty foil on a flat work surface.

Arrange 1/2 of the onion, ginger, red pepper and mushrooms in the center of each foil. Top each vegetable group with 1/2 of the fish fillets. Sprinkle each fish and vegetable combination with lemon juice, Teriyaki sauce and oil.

### **STEP TWO**

Bring long sides of foil together, fold edges together to seal. Fold over short ends several times to seal.

### **STEP THREE**

Place wire rack into glass bowl of oven. Reduce heat to 180°C

Place both foil packages side by side directly on wire rack and cook for 15 minutes. Carefully open packages. Serve fish with vegetables and broth.

### **STEP ONE**

Remove any excess fat from chicken and discard. Wash chicken under cold water, pat dry. Set chicken aside.

### **STEP TWO**

Melt butter in a skillet over medium-high heat. Add onion and sauce until soft, about 1 minute. Add mushrooms and sauce one minute. Add bread crumbs, salt, pepper, parsley, lemon rind, marjoram, nutmeg and egg; mix thoroughly. Spoon bread crumb stuffing into the chicken's cavity. Rub skin with salt and pepper. Set aside.

### **STEP THREE**

Place wire rack into glass bowl of oven. Reduce heat to 185°C

Put chicken directly on wire rack and cook for 1 hour and 20 minutes.

If chicken browns too quickly, cover with foil secured with toothpicks or small skewers.

## **ORIENTAL GRILLED CHICKEN**

Makes 4 servings

Marinate : at least 1 hour

Cooking time: 25 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

Chicken (approx. 2kg), quartered

### Marinade :

1 tablespoon vegetable oil

1/2 teaspoon chili powder

1 small onion, peeled and finely chopped

2 cloves garlic, peeled and minced

2 tablespoons soy sauce

1/2 cup water

2 tablespoons lime juice

### **STEP ONE**

Remove excess fat from chicken. Set chicken aside.

### **STEP TWO**

Heat oil with chili powder in a saucepan over medium heat. Add onion and sauce for one minute. Add garlic and sauce for one minute. Stir in soy sauce, water and lime juice. Bring to a boil, reduce heat and simmer for 3 minutes. Arrange chicken in a glass baking dish. Cool marinade. Pour over chicken, cover and refrigerate for 1 to 3 hours.

## **BBQ SHRIMP**

Makes 4 servings

Marinate : 1 hour

Cooking time : 8 to10 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

1kg jumbo shrimp

### Marinade :

1 small onion, peeled and finely chopped

1 teaspoon sesame oil

2 tablespoons white wine

2 tablespoons lemon juice

1 garlic clove, peeled and minced

3 tablespoons hoisin sauce

### **STEP ONE**

Shell and clean shrimp, leaving the tail intact. Set aside.

Prepare marinade by combining onion, sesame oil, white wine, lemon juice, garlic and hoisin sauce in a mixing bowl. Add shrimp, toss and refrigerate for an hour.

### **STEP TWO**

Place elevated wire rack into glass bowl of oven. Reduce heat to 220°C Drain marinade from shrimp. Arrange shrimp directly on wire rack, leaving some space between shrimp. Grill for 8 minutes. Repeat with remaining shrimp. In meantime : bring reserved marinade to a boil, simmer 5 minutes. Drizzle shrimp with marinade before serving.

## **GRILLED SHRIMP**

Makes 4 servings

Cooking time : 8 to 10 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

0.5kg jumbo shrimp (peeled and cleaned)

1/4 cup melted butter or margarine

1 garlic clove, peeled and minced

2 tablespoons lemon juice

### **STEP ONE**

Rinse and pat dry shrimp. In small bowl, combine melted butter or margarine with garlic and lemon juice. Set aside.

### **STEP TWO**

Place elevated wire rack into glass bowl of oven. Reduce heat to 220°C. Brush shrimp with butter mixture and arrange directly on wire rack. Grill shrimp for 8 to 10 minutes. Serve hot with a bed of lemon-flavored rice.

### **STEP THREE**

Place wire rack into glass bowl of oven. Reduce heat to 180°C

Drain marinade from chicken, reserving marinade. Place chicken directly on wire rack and grill for 25 minutes, turning once. Baste with marinade after 10 minutes. Bring reserved marinade to a boil until it reduces to 3/4 cup; pour over chicken before serving.



## **ROAST LEG OF LAMB**

Makes 8 servings

Cooking time : 1 hours and 40 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

Leg of lamb (approx. 2kg)

2 cloves garlic, peeled and crushed

1 tablespoon chopped fresh rosemary or 1 teaspoon dry rosemary

Salt and pepper to taste

### **STEP ONE**

Trim off excess fat from leg of lamb. Rub meat with garlic, then season with rosemary, salt and pepper. Set aside.

### **STEP TWO**

Place elevated wire rack into glass bowl of oven. Reduce heat to 240°C Put lamb directly on wire rack and roast for 20 minutes. Reduce temperature to 200°C wrap the meat with foil and continue roasting another 80 minutes.

Tip : Lamb shoulder can be substituted for a leg.

### **Turkey Stuffing:**

4 cups bread cubes or soft bread crumbs

2 cups chopped celery

1 cup chopped onion

1/2 cup margarine (1 stick)

1 teaspoon thyme

1 teaspoon marjoram

1/2 cup turkey stock, chicken stock or water, salt and pepper to taste

### **STEP ONE**

Melt margarine in a large frying pan. Add onion and celery, saute until soft and transparent (5 minutes).

### **STEP TWO**

Add bread cubes or crumbs, marjoram and thyme. Stir gently to combine. Pour stock or water over mixture. Season with salt and pepper, mix lightly.

### **STEP THREE**

Just before roasting, loosely stuff the turkey's neck and body cavities. Roast according to time given for stuffed turkey. Any extra stuffing can be cooked separately in a greased baking dish.

**NOTE** : If you do not have the optional extender ring, please refer to the Accessory Order Form included with your original paperwork.

## **GRILLED SIRLOIN STEAK**

Makes 4 servings

Cooking time : Rare            8-10 minutes  
                         Medium        10-12 minutes  
                         Well Done    12-14 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

1 sirloin steak, 3/4 to 1 inch thick  
2 cloves garlic, peeled and crushed  
Salt and pepper to taste

### **STEP ONE**

Rub both sides of the steak with garlic. Season with salt and pepper, set aside.

### **STEP TWO**

Use the elevated wire rack so that the steak sits high in glass bowl of oven. Reduce heat to 240°C Place the steak directly on the wire rack and grill for at least 8 minutes or until desired doneness.

## **BBQ SPARERIBS**

Makes 2 servings

Marinate : at least 2 hours  
Cooking time : 20 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

1kg spareribs, trimmed  
10 green onions

### **Marinade :**

2 tablespoons white wine  
2 tablespoons soy sauce  
1 teaspoon garlic salt  
1/2 cup hoisin sauce  
1 small onion, peeled and finely chopped  
2 cloves garlic, peeled and minced  
Pepper to taste

### **STEP ONE**

Cut spareribs into 2-inch pieces.

### **STEP TWO**

Prepare marinade : In a glass baking dish combine wine, soy sauce, garlic salt, hoisin sauce, onion, garlic and pepper. Add ribs and green onions. Cover and refrigerate for at least 2 hours.

### **STEP THREE**

Place wire rack into glass bowl of oven. Reduce heat to 200°C  
Remove ribs and green onions from marinade and place directly on wire rack. Roast for 15 to 20 minutes. Watch carefully after 15 minutes  
!

## **ALL AMERICAN MEAT LOAF**

Makes 4 servings

Cooking time : 45 to 50 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

1kg ground beef or meat loaf mixture

1 slice bread, made into crumbs

1 egg, slightly beaten

1/4 cup low fat sour cream or plain yogurt

1/4 cup tomato juice or vegetable juice

1/4 cup finely chopped onion

1 teaspoon oregano

1 teaspoon basil

1 teaspoon thyme

1 tablespoon bottled steak sauce

Salt and pepper to taste

### **STEP ONE**

In a large bowl combine egg, bread crumbs, sour cream, tomato juice, steak sauce, onions and herbs. Add ground meat and mix well. Shape meat mixture into a loaf measuring 7x3 inches.

### **STEP TWO**

Place wire rack into glass bowl of oven. Reduce heat to 180°C

Place loaf directly on rack. Bake for 45 to 50 minutes. Serve with your favorite sauce.

## **GRILLED FILET MIGNON**

Makes 4 servings

Cooking time :	Rare	8-10 minutes
	Medium	12 minutes
	Well Done	14 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

4 filet mignons, cut 1 inch thick

1 tablespoon vegetable oil

Salt and pepper to taste

### **STEP ONE**

Brush filets with oil. Sprinkle with salt and pepper. Set aside.

### **STEP TWO**

Use elevated wire rack. Reduce heat to 240°C Place filets directly on wire rack and grill for at least 8 minutes or until desired doneness.

## **HAMBURGERS AND HOT DOGS- ALONE OR TOGETHER**

Makes 4 servings

Cooking time : 8 to 12 minutes

\* Remember to preheat oven to 250°C ( 482°F ) for 6 minutes before following recipe cooking temperature.

### Hamburger :

Rare 10 minutes

Medium 12 minutes

Well done 14 minutes

1kg ground chuck or favorite cut

0.5kg hot dogs ( 4 or 5 hot dogs )

### **STEP ONE**

Shape ground chuck into 4 burgers, 4 inches in diameter. Make 1/4 inch slashes at one inch intervals down the length of the hot dogs.

### **STEP TWO**

Place elevated rack into oven. Reduce heat to 240°C Place burgers on rack and grill them according to times indicated above or until desired degree of doneness.

### **STEP THREE**

Using elevated rack again, place hot dogs on rack, grill 4 minutes at 240°C .

**NOTE :** If you want hamburgers and hot dogs to be ready at the same time, place the burgers on the bottom rack, grill at 240°C according to times given. 4 minutes before burgers are ready, place hot dogs on upper rack. Both hamburgers and hot dogs will be ready together.

### **STEP THREE**

Place wire rack into glass bowl of oven. Reduce heat to 190°C ( 374°F ) Remove pork from marinade, reserve marinade. Place pork directly on wire rack, roast 1 hour and 10 minutes. When done, let pork rest, out of oven, for 10 minutes before slicing.

### **STEP FOUR**

In the meantime : 30 minutes before pork is ready, prepare sauce. Pour reserved marinade into saucepan, add broth and cornstarch. Simmer 15 minutes. When pork is ready add any accumulated juices from oven bowl to sauce. Simmer another 2 minutes.

### **STEP FIVE**

Slice pork into 1/4 inch slices. Overlap slices on serving platter. Spoon on warm sauce.

## **ROAST PORK, CHINESE STYLE**

Makes 8 servings

Cooking time : 1 hour and 10 minutes

Marinate : at least 2 hours

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

A boneless pork loin (approx. 1.5kg)

### **Marinade:**

1/2 cup hoisin sauce

1/4 cup sweet and sour sauce

1 teaspoon minced fresh ginger or 1/2 teaspoon of ground ginger

1/4 cup orange juice

2 cloves garlic, peeled and minced

### **Sauce :**

1 cup cold chicken broth

1 teaspoon cornstarch dissolved in 1 tablespoon of water

### **STEP ONE**

Trim excess fat from roast.

### **STEP TWO**

Prepare marinade : In a large glass baking dish, combine hoisin sauce, sweet and sour sauce, ginger, garlic and orange juice. Add the pork and turn to coat with marinade. Cover and refrigerate for at least 2 hours.

## **BONELESS RIB ROAST**

Makes 6 servings

Cooking time : Rare 1 hour and 40 minutes

Medium 1 hour and 50 minutes

Well Done 2 hours

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

2kg boneless rib roast, tied

Salt and pepper

### **STEP ONE**

Rub roast well with salt and pepper.

### **STEP TWO**

Place wire rack into glass bowl of oven. Reduce heat to 180°C

Set rib roast directly on wire rack and roast according to times indicated above for desired doneness. When done, turn heat off and leave roast in oven for 10 minutes before slicing.

## **WESTERN BEEF BARBECUE**

Makes 4 to 6 servings

Marinate : at least 4 hours or overnight

Cooking time : 1 hour and 20 minutes

\* Remember to preheat oven to 250°C for 6 minutes before following recipe cooking temperature.

1kg petite chuck steaks or boneless short ribs

### **Marinade :**

1/2 cup cider vinegar

1/2 cup water

1 tablespoon vegetable oil

2 tablespoons dried onion or 1 small onion finely chopped

1 tablespoon lemon pepper seasoning

1/2 cup canned tomato sauce

### **Barbecue Sauce :**

Reserved marinade

1 cup canned tomato sauce

1/2 cup bottled barbecue sauce

1 tablespoon brown sugar

Salt to taste

### **STEP ONE**

In a 9x13 inch glass baking dish, combine the marinade ingredients.

Place the beef in the marinade, turning once to coat. Store, covered in the refrigerator overnight.

### **STEP TWO**

Lay out a sheet of heavy duty foil, measuring about 14x20 inches.

Remove the meat from the marinade and lay it on the foil. Spoon about 1/3 cup of the marinade over the meat. Bring the longer ends of the foil together, folding edges over several times to seal. Fold over remaining shorter ends to seal the package.

### **STEP THREE**

Place wire rack into glass bowl of oven and preheat as directed. Place the foil package directly on the rack and cook for 10 minutes at 250°C. Reduce heat to 165°C and cook for 1 hour.

Meanwhile transfer reserved marinade to a saucepan, simmer for 10 minutes or until thickened. Add the tomato sauce, barbecue sauce, sugar and salt. Simmer for 5 minutes.

### **STEP FOUR**

With tongs, carefully remove and open the foil package. Spoon 1/3 cup of the barbecue sauce over the meat, fold the package up and return to oven for 10 minutes. Serve on rolls with the extra sauce.