

Rainbow™

By: Nutri-Stahl

INSTRUCTION BOOK

**WATERLESS AND
NUTRITIONAL COOKWARE**



**OWNER'S MANUAL AND
RECIPE BOOK**

PLEASE READ CAREFULLY BEFORE USING

SISTEMA DE COCINA
NUTRI-STAHL
COOKING SYSTEM

SISTEMA DE COCINA

NUTRI-STAHL™

COOKING SYSTEM

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CB 02/11

WHAT TO DO IF...

IF...	YOU SHOULD	REASON
The TempAlert indicator rises past 50-60 degrees before the heat has been turned to "low"	Remove the unit from the heat for a minute, and reduce to a "low" setting	Unit should not have been left unattended until the heat had been turned to "low."
The TempAlert indicator does not reach the "ideal range" after the heat has been turned to "low"	Increase heat slightly	Your range requires a slightly higher heat setting
The TempAlert indicator rises beyond "ideal range" into 100 degrees	Remove unit from the heat until the indicator returns to the "ideal range" and reduce heat setting	Your range requires a lower heat setting
The food or vegetables begin to burn	Lower the heat setting; add 2 tablespoons hot water to replace moisture	Your range requires a lower heat setting A large unit filled with food requires a slightly higher setting than a small unit 2/3 full
Food is undercooked	Increase heat slightly	Your range requires a higher heat setting
Meat does not brown well	Increase heat slightly or crack lid until preferred brownness	The pan was not sufficiently preheated. TempAlert indicator has not reached 50-60 degrees. Heat has been turned "low" before the searing process has been completed.
Cover Sticks to unit	Heat unit over a medium heat	Food deposits stick between rim and cover
Burned foods become difficult to remove	Cover the bottom of the unit with water, sprinkle white baking soda and bring to a boil	Overheating or lost of moisture
Golden Brown or Blue heat spots appear	Rub with slice of lemon or clean with Bar Keeper's Friend and vinegar	Continuous overheating can discolor stainless steel
Grayish white coating on bottom of unit	Boil a mixture of vinegar and water in the unit	Lime deposits settle from food and water residue

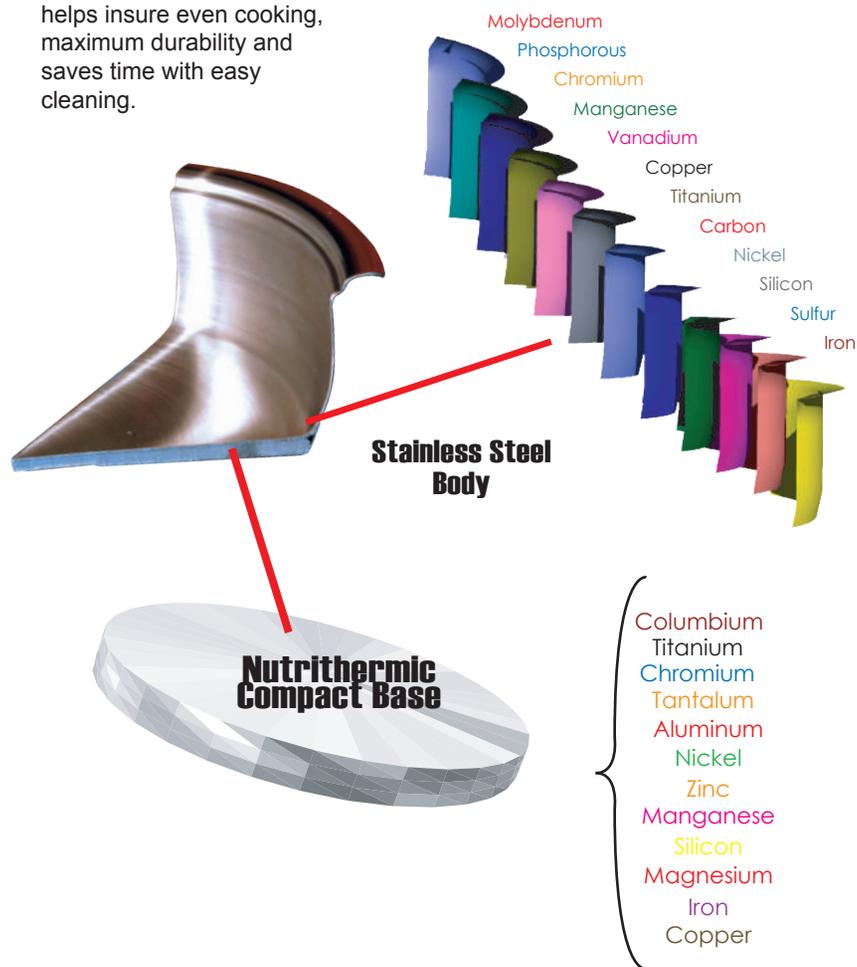
TABLE OF CONTENTS

24 Elements	1
How Your Cookware Works	2
Using The TempAlert Control	3
Why Minimum Moisture Cooks Better	4
Simple Do's and Don'ts	5
How To Care For And Clean Your Stainless Steel Cookware ...	6
Tips For Getting Started	7
How To Determine Correct Cooking Temperatures	8
Fresh Vegetables	9
Frozen Vegetables	10
Vegetable Recipes	11
Potato Recipes	12
Meat Recipes	13-14
Cooking Meats	15
Meat Chart	16
Poultry Recipes	17-18
Meal-In-One Recipes	19
Seafood Recipes	20
Sauce Recipes	21
Dessert Recipes	22
What To Do If	23



Each and every piece of Rainbow™ Cookware is manufactured to the exact standards of the 24 Element design criterion. This unique 24 Element alloy process separates Rainbow™ from the competition.

24 Element construction helps insure even cooking, maximum durability and saves time with easy cleaning.



Desserts



TOP OF STOVE QUICK CAKE

Use any package mix. Follow package instructions. Grease skillet on bottom and sides. Pour batter into cold pan. Cover. See notes below. Cake is done when no depression is left on top when tested with finger. Turn onto cake plate.

9oz. size mix: Put in small skillet on cold burner, cover. Turn heat to medium for 5 minutes. Reduce to low for 20 minutes.

14oz. size mix. Put in large skillet on cold burner, cover. Turn heat to medium for 5 minutes. Reduce to low for 20 minutes.

QUICK ICING FOR QUICK CAKE

While cake is still hot on cake plate, closely place and overlap 6-10 Hershey bars w/ almonds over cake top. While chocolate is melting, spread evenly with spatula.

SKILLET COOKIES

2 tablespoons butter
1 cup dates, pitted and chopped
1 cup sugar
2 eggs
3 cups Rice Krispies
1/2 cup chopped nuts
Confectioners Sugar
Melt butter in large skillet. Add dates, sugar and eggs. Cook over low heat, stirring constantly until mixture forms a ball (5-8 mins). Remove from heat. Cool slightly. Stir in Rice Krispies and nuts. Shape mixture into 2 rolls, 2" in diameter and roll in confectioners sugar sprinkled lightly on wax paper. Wrap in waxed paper, chill. To serve, cut into 1/4" thick slices.

OZARK PUDDING

1 egg, whole
1 tablespoon flour
1/8 teaspoon salt
1 teaspoon vanilla extract
1/2 cup chopped walnuts, to garnish
3/4 cup of sugar
1 teaspoon baking powder
5 small raw apples, peeled, cored and diced
1 pint heavy cream

Beat egg and sugar until very smooth. Mix flour, baking powder, salt and stir in the sugar / egg mixture. Add apples, nuts and vanilla. Bake in buttered small fry pan, covered, for 30 minutes over low heat. Remove from pan. Serve cold with whipped cream or ice cream. Garnish with chopped walnuts.

GRAHAM CRACKER DATE CAKE

2 cups graham cracker crumbs
1/4 teaspoon salt
1 egg
1/2 cup brown sugar
1/2 cup chopped pecans
2 teaspoons baking powder
1/2 cup raisins, dates or apples, chopped
1-1/2 cups milk

Roll graham crackers into small coarse pieces. Mix well with brown sugar. Add baking powder, raisins (or dates or apples), pecans (or coconut), and egg. Stir in milk. Butter the cold double boiler unit and fill with graham cracker mixture. Cook in 3 quart pan over medium low heat, reducing heat as required. Allow 1-1/2 hours to complete.

Sauces



BASIC WHITE SAUCE

For Medium – Use 2 tablespoons butter, 2 Tablespoons flour, 1 cup warm milk (or meat stock or vegetable liquid)

For Thin – Use 1 tablespoon butter
And 1 tablespoon flour.

For Thick – Use 3 tablespoons butter and 3 tablespoons flour

Melt butter, add flour and stir until smooth. Add warm liquid, stirring constantly. Bring to a boil, reduce heat and simmer about 5 minutes. Add seasonings.

BUTTER SAUCE FOR VEGETABLES & FISH

1/3 cup butter
3 tablespoons flour
1 teaspoon lemon juice
1/2 teaspoon salt
1-1/2 cup water, hot

Follow directions for making white sauce.

MUSTARD BUTTER SAUCE

6 tablespoons butter
4 teaspoons dry mustard
1 teaspoon sugar
1/2 teaspoon salt

Melt butter. Add remaining ingredients.

Serve hot over cooked green vegetables.

CHEESE SAUCE

Follow recipe for basic white sauce, add 1/4 teaspoon dry mustard with the seasoning. Blend in 1/2 cup sharp American cheese (cut up or grated). Stir until cheese is melted. Use medium white sauce for vegetables.

HOLLANDAISE SAUCE

2 egg yolks
Dash Chayenne pepper
1 tablespoon lemon juice
1/2 teaspoon salt
1/2 cup melted butter

Beat egg yolks until thick; add salt, pepper. Add 3 tablespoons melted butter, a little at a time, beating constantly. Slowly beat in remaining butter alternately with lemon juice. Serve with green vegetables.

CREAM-HORSERADISH SAUCE

1/2 cup heavy cream
4-6 tablespoons horseradish
1/2 teaspoon salt
1/8 teaspoon white pepper

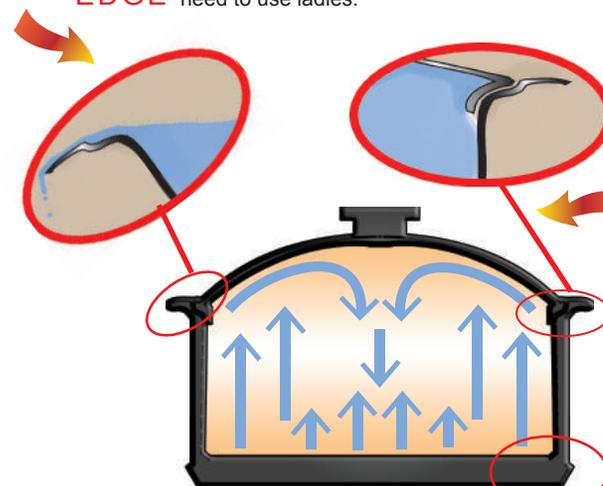
Whip cream until stiff; fold in remaining ingredients. Yield: 1 cup. Serve with ham, lamb, pot roast or venison.

SAUCE ALMANDINE

Sauté over low heat 1/4 cup slivered Blanched almonds in 1/2 cup butter or margarine until light golden brown, stirring constantly. Stir in one table spoon fresh lemon juice. Serve on asparagus, broccoli, green beans, other vegetables, chicken, sweet breads of fish fillets.

HOW YOUR COOKWARE WORKS

DRIPLESS POURING EDGE The edge of every RAINBOW™ pot and pan is designed to ensure that there is no drip when pouring directly from the unit. This feature is particularly beneficial by reducing mess in the kitchen and eliminating the need to use ladles.



VAPOR SEAL

The lid is constructed to fit perfectly and to ensure that the cooking container is closed. The condensation groove takes in the hot humid air and forms a thin layer of water between pot and lid, which closes the pot almost air-tight. This means no evaporation and no unpleasant kitchen odors - the precious nutrients cannot escape!

NUTRITHERMIC COMPACT BASE

The special Nutrithermic Compact Base, with the force of 1,600 tons, gets inseparably adhered to the 1.0mm thick pot body made out of several light-metal layers. The bottom picks up even the lowest amount of energy extremely quickly, distributes it evenly over the entire surface and conserves it perfectly. These attributes guarantee optimal heat conduction, distribution and conservation.



STAY COOL HANDLES

The open construction of the handles in high finish makes for a more solid hold. The units are comfortable to carry, since the handles do not heat up. At the same time, they serve as practical holders for the lid.

TEMPALERT KNOB

The TempAlert Knob lets you know, at a glance, if you are using the correct temperature. By looking at your TempAlert knob you will know whether to increase or decrease the temperature.



USING THE TEMPALERT CONTROL



Each Rainbow™ Cookware cover comes with a TempAlert gauge.

HOT EMPTY UNIT

(Mainly used for meats)

“preheat for meat”

Heat a cold covered unit on medium heat until the red arrow on your TempAlert has reached 60 degrees and you have reduced your heat setting to “low”. The indicator will continue to rise into the “ideal range” (see photo). It should remain there for the remainder of the cooking time. If the red arrow does not reach this ideal range (65-85 degrees) simply increase the heat slightly. Should the red arrow continue to rise to the “100” while our heat setting is on low, reduce the heat slightly and remove the unit from the burner. When the red arrow returns to the ideal range (65-85 degrees) place the unit onto the burner to continue to cook. The secret to learning to cook using this method is to learn how to properly use and read the TempAlert knob on the cover of each unit. It will tell you when your unit is ready to cook your foods and when the heat setting on your stove needs to be increased or decreased.

COLD FULL UNIT (AT LEAST 2/3 FULL)

(Mainly used for cooking fruits and vegetables)

Place fruits and vegetables in the unit, then heat the cold unit on medium heat with the cover on, until the red arrow reaches the 50-60 degree mark. When this happens, reduce the heat to low and cook for the time indicated in your recipe. You may also utilize the vegetable cook-time chart on pages 9 and 10. It is not necessary to use more than medium heat on your stove when using your equipment. A higher heat setting only increases your utility bills!

Seafood



CREOLE FISH

2 pounds frozen sole fillets, cut into serving pieces
Salt
Garlic Powder
1 green pepper, chopped fine
1 celery stalk, chopped fine
1-15 oz. can tomato sauce
Paprika
1 large onion, chopped fine
Season frozen fillets with salt, a little garlic powder and put into shallow pan.
Cover with onion, green pepper and celery. Pour tomato sauce over fish. Sprinkle with paprika. Cover and cook over low heat 25 minutes.

LOBSTER A LA NEWBURG

3 1-1/2 lb. lobsters
Salted water, boiling, to cover
4 tablespoons butter
1/2 teaspoon paprika
Dash of Cayenne
1/2 cup dry sherry
1-1/2 cup heavy cream
4 egg yolks, beaten
6 slices toast
Allowing 1/2 lobster for each person, boil lobsters in boiling salted water 20 minutes. Remove meat from shells, saving out meat from claws in one piece. Cut the rest into 1/2” pieces. Set aside lobster coral for chopping for garnish.

Saute lobster meat in butter 3 minutes. Add paprika, cayenne, nutmeg, and sherry. Cook until wine is reduced to 2 tablespoons. Blend cream with egg yolks. Add to lobster and cook over low heat until sauce thickens. Serve hot.

SHRIMP de JONGHE

1-7 oz. pkg. cleaned, uncooked shrimp
1/4 cup butter
Dash each of tarragon, nutmeg, mace, thyme, pepper, onion powder, garlic powder
1/2 teaspoon salt
2 tablespoons consommé or cooking sherry
1/4 cup bread crumbs
1 tablespoon minced parsley
Melt butter in small fry pan and saute shrimp until lightly pink. Add herbs, seasonings, consommé or wine. Cook uncovered over medium heat 2 to 4 minutes. Garnish with heated, buttered bread crumbs and parsley in serving dish.

CREAMED FISH

1-1/2 cup flaked fish, cooked or canned
1-1/2 cups Medium White sauce
Heat fish in white sauce; add additional seasonings if desired. Serve on toast, crisp crackers or in patty shells.

Variations of Creamed Fish:

WITH EGGS – Add 2 hard boiled eggs, chopped.

WITH BRAZIL NUTS - Add 1 cup finely chopped brazil nuts, 1/2 teaspoon Worcestershire sauce, and one finely chopped canned pimiento. Add to white sauce, fold in fish. Heat thoroughly after additions. Pour into serving dish and garnish with 6 whole Brazil nuts and 6 pimiento strips.



Meal-In-One

SPAGHETTI AND MEATBALLS

- 3-20 oz. cans tomatoes
- 1/4 cup instant onion
- 1/4 cup salad or olive oil
- 1/2 teaspoon pepper
- 1/2 teaspoon basil leaves
- 1/2 teaspoon garlic powder
- 1 tablespoon salt
- 1 bay leaf
- 1-6 oz. can tomato paste

Combine tomatoes, onion, oil, pepper, basil, garlic powder, salt and bay leaf in large skillet. Cover and simmer over low heat 2 hours. Add tomato paste, and simmer uncovered 1 hour.

Make meatballs (see Hamburger Steak recipe). Shape into balls and add to sauce 30 minutes before end of cooking time. Serve over cooked, drained spaghetti.

STUFFED GREEN PEPPERS

- 5-6 medium green peppers
- 1 lb. ground, cooked beef
- 1/2 cup rice, washed
- 1 egg, slightly beaten
- 1/4 cup milk
- 1/2 cup celery, finely chopped
- 1/3 cup onion, finely chopped
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon chili powder
- 1 can tomato soup (10-1/2 oz.)
- 1/2 cup water

Wash pepper, cut off stem and remove seed. Mix ground beef, rice, eggs, milk celery, onion and seasoning. Stuff peppers loosely and place in 3 qt. pan. Blend tomato soup and water; pour around peppers. Cover. Cook about one hour over low heat.

GREEN PEPPER STEAK AND RICE

- 1-1/2 lbs. sirloin steak, cut in strips
- 1 tablespoon paprika
- 2 cloves garlic, crushed
- 2 tablespoons butter or margarine
- 1 cup chopped green onions
- 2 green peppers, cut in strips
- 2 large fresh tomatoes, diced
- 1 cup beef broth
- 1/4 cup water
- 2 tablespoons cornstarch
- 1 tablespoon soy sauce
- 4 cups hot cooked rice

Sprinkle steak with paprika and allow to stand while preparing other ingredients. Brown steak strips and garlic in butter in large skillet over medium high heat. Add onions and green pepper; cover and continue cooking until vegetables are wilted, about 5 minutes. Add tomatoes and broth; cover and simmer about 15 minutes. Blend water with cornstarch and soy sauce. Stir into steak and cook until thickened. Serve over beds of hot rice. Makes 6 servings.

GROUND BEEF SKILLET CASSEROLE

- 1/2 lb. ground beef
- 1 medium green pepper, finely chopped
- 1 medium onion, finely chopped
- 1/2 cup celery, finely chopped
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 teaspoon Worcestershire sauce
- 1-1/2 cups tomato juice
- 1 cup cooked rice or macaroni
- 1/2 cup sliced mushrooms

Combine ground beef, green pepper, onion and celery in large skillet and cook over medium heat. Brown. Add seasonings and remaining ingredients. Cover. Reduce heat to low and simmer 40-45 minutes.

Here's Why....

MINIMUM MOISTURE COOKWARE COOKS BETTER

Multi-layers of heat-conducting metals within a Stainless Steel exterior spreads the heat quickly and evenly.



HERE'S WHY IT'S BETTER FOR YOU...

Foods prepared at low temperatures, with minimum moisture, contain **MORE** minerals. In fact, they contain up to 20 times more than foods prepared by other methods.

With our *Temperature Control Method* there is a **ONLY 2%** average mineral loss

Average Mineral Loss	Boiling	Pressure Cooking
Iron	48.9%	17.4%
Calcium	31.0%	12.0%
Phosphorus	46.4%	19.4%
Magnesium	44.7%	21.1%

This chart is based on the average percentage of mineral losses for all vegetables from "University of Wisconsin, Journal of Home Economics, Vol. 17, No. 5."

*Ref.: Paul R. McCann, Food Specialist
Author of the book "The Science of Nutrition."



SIMPLE DO'S & DON'TS

1. Always choose the right pan.

Select a pan so that the quantity of food you are cooking will fill it 2/3 of the way full. This is essential. In a pan too large, air pockets can easily form causing your food to burn or lose valuable nutrients.

2. Rinse prepared fruits and vegetables.

Rinse prepared fruits and vegetables in cold water and drain, leaving only 1/4" of water in the pan. Once you become accustomed to this minimum moisture cooking method it may not be necessary to leave any water in the bottom of the pan after rinsing. While practicing, you may leave up to 1/3" of water in the pan. This is still considered low moisture and your fruits or vegetables will retain their nutrients.

3. Control the heat.

It is imperative that you never cook with high heat. It is not necessary and may lead to your food burning. Remember, "The Green zone is the perfect zone."

4. Create a vapor seal

Begin the cooking process on medium heat until the thermostat on the cover nears the RED zone, then turn the heat down to low. Be sure to keep the temperature just under RED. If you see steam escaping you have the temperature too high. Adjust the heat down until you no longer see steam escaping.

5. Do not peek!

Although it is challenging, resist the urge to peek! When the cover is removed while cooking, heat and steam are allowed to escape. Peeking will only lengthen cooking time and dry out your food.

Poultry



CHICKEN TETRAZINI (or Turkey)

1 4-5 lb. stewing hen
1/2 bay leaf
1 stalk celery
1/4 onion
1 tablespoon salt
5 peppercorns
Water
1/2-1 lbs. spaghetti
1 qt. chicken broth
1/2 cup chopped green pepper
1/2 cup chopped onion
1-1/2 oz. can mushroom pieces drained
1/2 lb. butter, margarine or chicken fat
2/3 cup flour
4 cups milk
1 teaspoon salt
1/2 teaspoon pepper
1/2 lb. Old English cheese grated
1/2 lb. American cheese grated
1 cup buttered bread crumbs

Cook chicken w/bay leaf, celery, onion, salt and pepper corns in water. Simmer until tender (1-1/2 to 2 hours). Remove chicken from bones and cut into small pieces. Cool broth and remove fat; strain. Cook spaghetti in one qt. of this broth. Spaghetti will absorb the broth so do not drain. Cook green pepper, onion and mushrooms in butter or margarine. Blend in flour. Gradually add milk, salt and pepper. Cook until thick. Stir in cheeses until melted. Combine chicken, spaghetti and sauce in roaster bottom and cook covered over low heat 10-15 minutes, until mixture is well blended. Put in serving dish and sprinkle top with heated, buttered bread crumbs. Serves 12.

Left-over turkey may be substituted for chicken. Use bouillon cubes to make chicken broth.

ARROZ CON POLLO (Chicken w/Rice)

1 cup rice
2 tablespoons cooking oil
4 pcs. Chicken
1/2 small can tomato sauce
1 tablespoon diced onion

Brown rice in oil in small skillet. Add onion and tomato sauce. Add enough water for rice to cook, placing pieces of chicken on top. Season with salt and garlic salt, cover and cook 20-30 minutes.

CHICKEN BREASTS & DRESSING

Preheat skillet over medium heat. Place chicken skin side down in pan and brown. Turn pieces. Cover. Reduce heat to lowest possible setting. Cook 30 minutes. Uncover and remove chicken. Turn your favorite dressing into skillet. Place chicken, skin up, on dressing. Cover. Cook over lowest heat for 20-25 minutes. Season to taste.

CHICKEN & PORK ADOBO

1 medium chicken, sliced
2 teaspoon soy sauce
1/4 teaspoon garlic salt
1/2 pork tenderloin, sliced
2 tablespoons vinegar
6 black pepper corns
Salt to taste

Mix all ingredients in the skillet bottom and cover. Place over medium heat; then lower heat when steam begins to escape on sides. Cook 30-40 minutes.



Poultry

How to Care For and Clean Your Stainless Steel Cookware

A good beginning...

Prior to initial use, it is very important that you wash each piece thoroughly in hot detergent suds. This will remove any manufacturing oils. You may also use a mixture of vinegar and water to remove any stubborn spots left after washing with detergent.

How to maintain and keep a beautiful finish...

Now remember that with anything new there is usually a transition period. This is especially true with a revolutionary method of cooking. Do not be discouraged if slight discoloration occurs or if food particles become burned in your pans. They are fairly easy to remove as the cookware is non porous.

Heat tints are blue or golden brown in color and occur from overheating a unit. These can be removed by using a good stainless steel cleanser. To remove burned particles, simply fill a hot pan with hot water, or fill a cooled pan with water and bring to a boil. Use a wooden spoon to remove the burned particles. Follow with a good stainless steel cleaner to remove discoloration or stains.

We also recommend that you hand wash your cookware. This will help prevent scratching and maintain the overall beautiful finish of your stainless steel set. After all, you want to protect your investment. If dishwasher use becomes necessary, you should try to alternate between hand and dishwasher washing. The knobs, however, are a sensitive piece of equipment and are not dishwasher safe.

How to protect against warping...

While your stainless steel cookware features extra rigidity and strength, it is possible to accidentally cause the pieces to warp. The units hug the burner for maximum heating efficiency and will stay flat and in shape with proper care. Sudden temperature changes may cause any metal to warp, therefore:

NEVER PUT COLD WATER INTO A HOT UTENSIL. HEAT UTENSILS GRADUALLY. THERE IS NEVER THE NEED TO USE HIGH HEAT.

CHICKEN CACCIATORE

- 2-1/2-3 lbs. cut up chicken
- 1 medium onion sliced
- 1 clove garlic
- 1 4oz. can spaghetti sauce or tomato sauce with herb seasonings
- 1-1/4 cups water
- 1 6oz. can tomato paste
- 1 4oz. can drained mushroom pieces

Preheat large fry pan on medium heat. Add chicken parts, skin side down. Brown on all sides. Add onion and garlic; let brown slightly. Cover, reduce heat to low and simmer 30 minutes until chicken is tender. Serve sauce over chicken and noodles or spaghetti.

CHICKEN MARENGO

- 1 3-lb. chicken, cut up
- 1/2 cup tomato sauce or catsup
- 1 large red pepper, sliced
- 1 large carrot, sliced
- 1 small can button mushrooms
- 1 large green pepper, sliced
- 1 onion, sliced
- 3 segments garlic, crushed
- Salt & pepper to taste

Preheat roaster bottom on medium-high heat for about 3 minutes. Place chicken in hot pan, skin side down, and brown on all sides. Add remaining ingredients, tomato sauce (or catsup) last. Season to taste. Cover. Cook over low heat 25-30 minutes.

POULTRY DRESSING

- 6 cups bread crumbs
- 1/4 cup chopped onion
- 1 teaspoon salt
- 1 teaspoon poultry seasoning
- 1/4 cup butter or margarine
- 1/2 cup chopped celery
- 1/4 teaspoon pepper
- 1/4 cup hot water

Mix crumbs, salt, pepper and poultry seasoning. Saute onion and celery in butter and add to crumb mixture. Add water and mix lightly.

GREASELESS FRIED CHICKEN

- 1 frying chicken, cut up
- Salt
- Paprika

Wash and dry chicken parts. Preheat skillet over medium heat until hot. Place chicken skin side down in skillet until browned. Brown on all sides. Turn heat to low. Keep turning chicken. Allow 30-40 minutes total time depending upon plumpness of chicken. Season when done.

CHICKEN GRAVY

- 1/4 cup chicken drippings
- 4 tablespoons flour
- 1 teaspoon paprika
- 2 cups milk
- Salt and pepper

Blend flour in heated drippings over medium heat. Add milk and seasonings and cook, stirring constantly until gravy is thick and smooth. If too thick, add additional milk as needed.

TIPS FOR GETTING STARTED

As previously stated, the key to successful cooking is familiarizing oneself with the TempAlert. The most common mistake people make when cooking is using HIGH HEAT. When the utensil is not being used the resting temperature will range from 0-20 degrees, depending on the temperature of your kitchen. Do not be alarmed if all of your knobs are not at the exact same resting temperature.

Start on MEDIUM, and when the indicator reaches 60 degrees TURN TO LOW. Once the heat is turned down to low, the TempAlert will continue to rise and should remain in the 70-80 degree zone for the duration of your cook time. If the temperature exceeds 85 degrees, or if the lid begins to move, allowing steam to escape, THE HEAT IS TOO HIGH! Continuing to cook at these high temperatures will destroy many of the valuable vitamins and minerals in your food. This is easily avoidable if the heat is turned down to low once you see the needle is at 60 degrees.

Meats

When frying or grilling meats or potatoes, DO NOT TURN THE TEMPERATURE DOWN. Keep it on medium for the duration of your cook time. Unlike cooking vegetables, you will need to PRE-HEAT the pan. It is very easy to determine when the preheating pan is hot enough to begin cooking. Simply sprinkle water on the surface. The water should bead up and roll around like tiny marbles. If the water splatters and evaporates, it is not yet hot enough. Once the pan has reached the correct temperature, place the meat in the pan and brown or sear on one side. To reduce splattering you may want to partially cover your skillet with the lid. You may also utilize the adapter ring. Allowing air to circulate around the food will maximize browning and crispiness. You should be able to gently turn the meat over on to the other side to finish browning. If the meat sticks it is not yet ready to be turned or the pan is not hot enough. Again, do not be discouraged if it takes one or two practice runs. Everyone's stove is a little different and you will have to learn where medium is on your stove. The important thing to remember is that the heat should remain on medium the entire time. You do not need to worry about losing nutrition as with fruits and vegetables. Meat is a protein and will tolerate medium to medium-high.

Cooking fruits and vegetables without water

Use fresh and seasonal vegetables whenever possible as opposed to frozen. Rinse and drain the vegetables after they are cut and place them in the pan. DO NOT PREHEAT. Rinsing makes up for the moisture lost between the time the vegetables were harvested and the time you cook them. Next, choose the right size pot. It should be filled about 2/3 to 3/4 full to allow the proper amount of moisture and decrease cooking time.

MEAT CHART

Approximate Cooking Time For Various Cuts of Meat	Average Weight Or Thickness	Approximate Cooking Time In Minutes
BEEF		
Hamburger Patties	1/2" / 1.5 cm	6-8
Minute Steaks	Thin slices	6-8
Pepper Steaks	Thin slices	6
Tenderloin (Medium Cooked)	3/4" / 2.0 cm	6-8
Rib Eye (Medium Cooked)	1" / 3.0 cm	7
Club Steak (Medium Cooked)	1" / 3.0 cm	7
Sirloin Steak (Medium Cooked)	1/2" / 1.5 cm	7
Porterhouse Steak (Medium Cooked)	1" / 3.0 cm	10
Rump Roast or Sirloin Tip (Medium Cooked)	2 lbs. 1kg	45
Pot Roast	2-3 lbs. / 1-1.5 kg	60-90
Round Steak	3/4" / 2.0cm	60
Short Ribs		60-90
Fricassee	2" / 6.0 cm tubes	60
LAMB		
Chops	3/4" / 2.0cm	15
Lamb Patties	1/2" / 1.5 cm	15
Neck Slices	1.0 lbs. / 450 grams	60
Roast Leg	2 1/2" / 3.0 lbs. / 1.0 - 1.5 kg	90
VEAL		
Chops	1/2" / 1.5 cm	10-12
Steaks or Cutlets	1/2" / 1.5 cm	15
Cubes	1.0" lb. / 3 cm	30-45
PORK		
Pork Tenderloin	1/2" / 1.5 cm	15
Chops	3/4" / 2.0cm	15-20
Shoulder Steak	1/2" / 1.5 cm	15-20
Roast	2 lbs. 1kg	60
Spare Ribs	2 lbs. 1kg	45
CHICKEN		
Roasted	2-3 lbs. / 1-1.5 kg	45-60
Chicken Thighs		20-25
Boned Chicken Breast		10-12
Legs or Things		15-20
CAPON		
Roasted	5-6 lbs. / 1-1.5 kg	120
TURKEY		
Roasted	8.0 lbs. / 2.0 kg	180-240
Boned Turkey Breast	4.0 lbs. / 2.0 kg	120-150

COOKING MEATS

To Cook Roasts

Place a piece of paper towel into the pan and preheat on Medium for 5 to 10 minutes. The piece of paper towel should brown when the pan is hot, or drops of water placed in the pan should pearl or bead. If the water evaporates, the pan is not hot enough.

Grease or oil is not needed however if you choose to use oil it will not damage your cookware. If you are not using oil, the meat will stick at first. Do not be alarmed. It will release after approximately 5-10 minutes. The sticking allows your meat to brown and achieve that beautiful caramelized texture.

When your meat releases, turn with a regular metal fork. While searing, you may want to partially cover the lid to avoid splattering or again, you may utilize the adapter ring. Continue to turn and sear on all sides of the roast only after allowing ample cooking time on the first side. This will ease turning.

To complete the cooking process, place the cover on the pan and wait for the TempAlert knob to indicate 60 degrees. Then turn the heat down to low. The TempAlert knob will continue to rise between 60-80 degrees. While on low, the needle should never go below 65 degrees or the roast will take too long to cook. If you find the needle dropping too low, simply turn the heat up slightly. Allow the roast to continue cooking on low for 10-25 minutes per pound depending on the shape and your desired preference.

Rare.....10-15 minutes per pound
 Medium.....15-20 minutes per pound
 Well.....20-25 minutes per pound

If the roast is wide and flat it will cook faster than if thick and square. Feel free to lift the lid and cut into the roast to see if it is done to your liking. However, keep in mind that the more times you lift the lid, the longer it will take to cook. Add seasonings, onions, garlic, or vegetables to your roast after you have seared it and are ready to cover and wait for the indicator to reach 40 degrees, turn to low and start timing.

Frying and Grilling Meats

Always preheat the skillet or grill pan on medium heat. Check for desired temperature by sprinkling a little water in the pan or if you have placed a piece of paper towel into the pan, it should begin to brown. Place the meat in the pan and let fry for 5-8 minutes depending on the thickness of the meat. Turn the meat and continue to fry until desired preference is reached. Add seasonings or sauces before serving. Again, feel free to partially cover the pan or utilize the adapter ring. This will not only reduce splattering but it will also decrease cook time.

How to Determine Correct Cooking Temperatures

MEDIUM-HIGH HEAT

1. For heating utensils to brown or sear roasts.
2. For steaming dried foods over water until water boils.
3. For pan broiling thick steaks or chops (3/4" and thicker).

MEDIUM HEAT

1. For pan broiling thin steaks and chops.
2. For starting fresh fruits and vegetables until perfect cooking zone is reached.

LOW (OR SIMMER) HEAT

1. For cooking roasts after browning.
2. For cooking fresh vegetables and fruits after perfect cooking zone is reached.
3. For steaming fried foods over water after water boils.

GAS Range

For MEDIUM-HIGH HEAT, heat flame should just touch utensil bottom.

For MEDIUM HEAT, heat flame should be approximately 1/4" high.

For LOW HEAT, the heat flame should be barely visible.

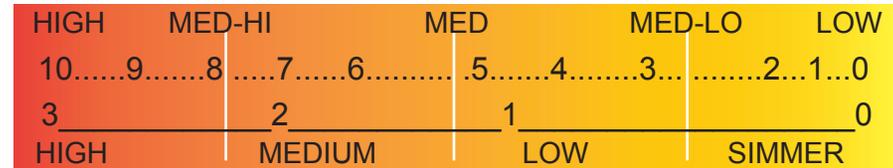
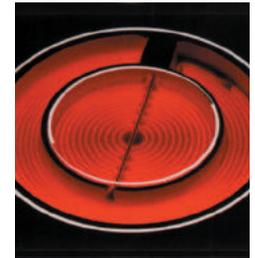


ELECTRIC Range

For MEDIUM-HIGH HEAT, switch to Medium-High position

For MEDIUM HEAT, switch to Medium to Medium-Low position

For LOW HEAT, switch to Medium-Low or Simmer position



Waterless cooking is a low-temperature method that can be performed on any type of stove. However, since the degree of heat on each stove will vary, it may be necessary to experiment to become accustomed to the amount of heat your cooking surface emits.

Once you've become acquainted with the amount of heat each unit delivers, simply follow the timings in the General Directions. If at any time, vapors begin to escape from under the lid, turn your stove to the "off" position for several minutes, then turn it back on to the lowest setting. If while cooking, any part of the burner is exposed around the utensil, it will not impair the cooking efficiency. However, it is recommended that you use the pan that best fits the burner whenever possible. Use smaller pans on the smaller burners and always allow both the burner and pan to heat simultaneously.



Fresh Vegetables

GENERAL DIRECTIONS

Wash and remove blemishes. Do not peel unless recipe calls for it, for by doing so you lose food value.

Place food in pan it will most nearly fill. Add 1/4" of water.

Freshen vegetables in water to bring back the natural moisture content and garden crispness (5-10 minutes), then drain.

Potatoes are usually cooked whole and must be thoroughly dried before cooking. If cut into halves or quarters to shorten cooking time, place skin side against the utensil. 1/8 to 1/4 c. water and a slightly higher temperature is required for potatoes than other vegetables.

Cover and cook over medium heat for 3 to 5 minutes.

Reduce heat to Low and continue cooking for required length of time. Cook time begins when heat is reduced to Low.

The time guide below is approximate. Actual cooking time will vary on the quantity, age and size being cooked.

FRESH VEGETABLES: COOKING TIME IN MINUTES ON LOW HEAT			
Asparagus	5-10	Onions (whole)	5-10
Beans, green or wax (cut)	10-15	Parsnips (sliced)	15-20
Beans, lima	35-39	Peas	10-15
Beets, whole	15-20	Potatoes, white (quartered)	20-25
Broccoli	10-15	Potatoes, sweet (top stove baked)	20-25
Brussels Sprouts	15-20	Potatoes, (baked) medium	50-55
Cabbage (shredded)	10-15	Spinach	5-8
Carrots (sliced)	15-20	Squash, summer (cubed)	15-20
Cauliflower	10-15	Squash, winter	30-40
Celery (1 inch lengths)	10-15	Tomatoes	10-15
Corn	10-12	Turnips (peel and slice)	15-20
Greens	5-8	Yams (peel and slice)	15-20
Okra	15-20		

Meats



BEEF STROGANOFF

- 2 pounds sirloin of beef
- 2-1/2 tablespoons flour
- 2 tablespoons butter
- 2 cups beef stock
- 2 tablespoons tomato juice or Paste
- 3 tablespoons grated onion
- 1/2 cup sour cream

Cut beef into thin strips, sprinkle freely with salt & pepper, let stand covered for 2 hours in cool place. Make a roux by blending flour w/butter over low heat until mixture bubbles and is smooth. Gradually stir in beef stock and cook until mixture begins to thicken. Boil for 2 minutes, then add sour cream alternately with tomato juice or paste, stirring constantly. Simmer very gently, without boiling, 1 minute. Brown beef in large skillet with grated onion. When the meat is browned, pour the meat and onion into the sauce, taste for seasoning, and simmer gently, covered, for 20 minutes.

GRAVY

Your waterless roasting method will produce natural and adequate meat liquid for making gravy; the weight of the meat will determine the amount of liquid produced. Measure drippings in pan; skim off any excess fat. For each cup of gravy, use 2 tablespoons flour, 2 tablespoons drippings, and 1 cup liquid (water, stock or milk). Stir flour into drippings and cook until lightly browned. Remove from heat and gradually stir in liquid. Return to burner stirring constantly. Bring to boil over medium heat and boil for 2 minutes, stirring sides on bottom of pan.

BARBEQUE SPARE RIBS

- 2 to 3 lbs. spare ribs
- Salt and pepper to taste
- 1 onion
- 2 tablespoons brown sugar

Place ribs in skillet and brown well on all sides, over medium heat. Drain off all excess fat. Add chopped onion and sprinkle the brown sugar over top.

Add the following sauce:

- 1/2 cup catsup
- 1/2 teaspoon chili powder
- 1 tablespoon celery seed
- 1/8 cup vinegar
- 1 tablespoon Worcestershire sauce
- 1 cup water

Bring to boil in separate pan and pour over ribs. Cover and reduce heat to low or simmer. Cook about 2 hours. Occasionally baste and turn ribs.

BAKED HAM

- Select butt end or whole ham
- Wet mustard
- Brown sugar and whole cloves

Score fatty part of ham. Place pan over medium heat and brown all sides. Place fatty side up and put on paste made of wet mustard and brown sugar using whole cloves in scored corners. Cover with pineapple juice and fruit if desired.

Cover, reduce heat to low and cook 20 minutes to the pound.



Meats

MEAT LOAF

1 lb. ground pork, veal, lamb, beef
 1/3 cup tomato juice
 1/2 cup bread crumbs or oatmeal
 1 slightly beaten egg
 1/4 cup finely cut onion
 1 teaspoon salt
 Dash pepper

Mix all ingredients thoroughly. Shape into loaf and place in skillet. Brown over medium heat. Carefully turn and brown other side. Cover and reduce heat to low. Cook approximately 1 hour or until done.

SWISS STEAK

2 lbs. round or sirloin steak cut 1" thick
 1/2 cup flour
 2 teaspoons salt
 2 tablespoons shortening
 1 medium onion sliced
 1/2 green pepper chopped fine
 1 cup boiling water
 1 cup canned tomatoes

Mix flour and seasoning and pound into meat. Melt shortening in skillet. Brown meat on both sides. Add onion, green pepper, boiling water and tomatoes. Cover and cook slowly on low heat for approximately 1 to 1-1/2 hours.

LEG OF LAMB

4 1/2 lbs. leg of lamb
 Seasonings and flour

Sear meat in skillet for about 10 minutes on all sides. Place skin side down. Season w/garlic, celery seed, & onion. Cover and reduce heat to low. Roast 30 min. per lb.

ROAST BEEF

3-1/2 lb. roast (chuck, shoulder, etc.)
 1 medium size onion
 Salt, pepper, paprika

Do not wash roast. Sprinkle paprika on both sides of roast. Press meat down firmly in pan. Turn burner on medium heat and brown on both sides (approximately 7-10 min. per side). Place one medium size chopped onion on top of meat and cover.

Reduce heat to low, roast 15 min. per lb. for rare, 25 min. per lb. for medium, 35 min. per lb. for well done.
 Season near end of cooking time to taste.

HAMBURGER STEAK

1/2 lb. hamburger
 1/4 teaspoon salt
 Dash of pepper
 1 teaspoon steak sauce
 1 tablespoon grated onion

Mix together thoroughly, hamburger, steak sauce, onion, salt and pepper. Shape into 4 equal patties. Place patties in skillet and broil over medium heat 8 minutes each side, pouring off fat as it collects.

STEAMED PORK CHOPS

4 pork chops (1" thick)

Place chops in preheated skillet and cook over medium heat until brown on both sides. Cover pan and reduce heat to very low. Cook approximately 45 minutes.

Frozen Vegetables



GENERAL DIRECTIONS

Use pan that food will most nearly fill.

Food need not be thawed.

Use 1/8" to 1/4" of water in the pan. Due to dryness, lima beans and frozen corn require crisping in cold water 5 minutes before cooking.

Cover pan. Start on medium heat 5 to 10 minutes, then reduce to Low.

Shake pan holding cover tight once during starting time, and once during second period.

Continue cooking until done. Season at end of cooking.

Cooking time is counted after heat is reduced.

The time guide below is approximate. Actual cooking time will vary depending on the quantity and size being cooked.

FROZEN VEGETABLES: COOKING TIME IN MINUTES ON LOW	
Asparagus	10-12
Beans, green	15-20
Beans, lima	15-20
Broccoli	10-12
Brussels Sprouts	15-20
Carrots	8-12
Cauliflower	8-12
Corn	10-12
Peas	5-7
Spinach	5-7
Squash, summer (cubed)	10-12

If vegetables have thawed, the cooking time is counted from the time the pan is put over heat.



Vegetables

CABBAGE

Remove wilted leaves from cabbage. Cut in 1/4" strips. Place in pan to fit quantity. Cover with cold water. Let stand a few minutes to crisp. Drain all but 1/4" of water. Cover. Place over medium heat until temperature knob reaches 60°-80° in the green zone. Cook 10-15 minutes. Season with salt, pepper, and butter.

CARROTS

Wash and scrub well. Remove ends. Cut in 1/4" rounds. Place in pan to fit quantity. Cover with cold water, let stand a few minutes to crisp. Drain all but 1/4" of water. Cook in covered pan over medium heat until temperature knob reaches 60°-80° in the green zone. Reduce heat to low and cook 15-20 minutes. Season to taste with salt and butter.

CAULIFLOWER

Remove leaves, cut off stalk and crisp 10 minutes in cold, salted water. Drain all but 1/4" water. Loosen flowers and cook cauliflower in covered vegetable pan to fit, on medium heat temperature knob reaches the green zone. Reduce heat to low and cook 15-20 minutes. Season to taste with salt and butter.

CORN ON THE COB

Select young tender ears; remove husks and silk. Pour in 1/4" water and line bottom of roaster pan with several layers of inner husks. Place corn in layers on husks sprinkling each layer with salt. Cover, cook over medium heat until temperature knob reaches 60°-80° in the green zone. Reduce to low and cook 10-12 minutes or until tender, depending on age of ears.

ASPARAGUS BAKE

2 tablespoons butter or margarine
2 tablespoons flour
1 cup milk
1/2 teaspoon salt
1 pound fresh asparagus, cooked
4 hard cooked eggs
1 cup grated Cheddar cheese
1 cup buttered soft white bread crumbs
1/2 cup diced pimento

Melt butter or margarine in small saucepan. Stir in flour and salt. Cook until boiling. Add milk, stirring constantly, until mixture thickens and boils 1 minute. Add pimento. Lay asparagus in 1.5 quart pan. Top with sliced eggs and grated cheese. Sprinkle with buttered crumbs. Cover. Cook over low heat 10 minutes.

ONION-MUSHROOM CASSEROLE

2 1-lb cans whole onions
1/4 cup butter or margarine
1-1/2 cups sliced fresh mushrooms
1/2 teaspoon salt
3 tablespoons flour
1-1/2 cups milk
13 oz. pkg. cream cheese
1/3 cup shredded Cheddar cheese
1/4 cup cracker crumbs

Drain onions; combine with butter, mushrooms and salt, simmer 5 minutes in 2 quart pan. Make white sauce, add cheese and pour over all. Cover pan and cook over low heat 20 to 25 minutes.

Potatoes



BROILED POTATOES

Wash and scrub potatoes well. Cut in 1" slices with skins. Dry both sides on paper towel. Heat pan to medium high. Place dry potatoes in pan with 1/4 c. water, cover. Cook 2 times on each side. Add butter and cover pan again. Cook 5 minutes additional each side.

BAKED POTATOES

Place 4 medium sized, washed and dried baking potatoes and 1/4 c. water in small skillet. Cover. Place over medium heat 15 minutes. When temperature knob reaches 60°-80° in the green zone, reduce heat to lowest possible. Bake 25 minutes. Don't pierce potatoes before baking.

To shorten cooking time, halve or quarter potatoes. Put skins to bottom. Brown starch spots will appear where skins touch the pan but they will not flavor the food.

CHEESE POTATOES

3-4 medium potatoes
1 teaspoon salt
1/2 cup grated cheese
2 tablespoons milk
1 tablespoon butter

Peel potatoes and cut into inch cubes. Wash with cold water and drain well. Place in quart pan, add salt 1/4 c. water and cover. Place over medium heat 3-5 minutes until temperature knob reaches 60°-80° in the green zone. Reduce heat to lowest possible setting. Cook 20-25 minutes. Add milk and butter. Cover and cook 2 minutes on low heat. Add grated cheese and sprinkle with paprika. Turn off heat. Cheese will melt and not be tough and stringy.

Potatoes SCALLOPED POTATOES

4 medium sized potatoes washed, scraped, and sliced thin. Place half in 1-1/4 qt. pan, sprinkle with salt, pepper, 1 tablespoon finely chopped onion and 2 tablespoons flour. Add remaining potatoes and sprinkle as above. Heat to scalding 1-1/2 cups milk with 2 teaspoons butter and pour over potatoes. Cover. Place over medium high heat 3 minutes. Reduce to low (simmer) for 15 minutes.

SHOESTRING POTATOES

3 medium sized potatoes, washed, scraped if desired, and cut shoestring style. Preheat large skillet with 1 heaping tablespoon butter or margarine over medium heat. Put half amount of raw potatoes in pan, stir occasionally; add remaining potatoes and diced small onion. Cover and reduce heat to simmer. Cook 30 minutes. Season to taste.

CANDIED SWEET POTATOES

Wash and dry 5 medium sweet potatoes. Place in cold pan with 1/4 c. water. Turn burner to medium high. Reduce to low when temperature knob reaches 60°-80° in the green zone. Cook 35-45 minutes depending on size of potatoes. When potatoes are done, remove skins and cut in half lengthwise. Use broiler pan and make a syrup of:

1 cup brown sugar
1/4 cup butter
1/4 cup cold water
1/2 teaspoon salt

When syrup begins to bubble, add potatoes. Cook in syrup 20 minutes. Baste often.