

Saladmaster Basics

TIPS & HINTS

• General

- When cooking, fill the cookware $\frac{3}{4}$ full or more. If the cookware is less than half full, there is too much dead-air space and there is a possibility that the food could burn. Use the right size cookware for the job that you are doing.
- Three Tap Rule: Most things should click in about 6-8 minutes. If not, tap the top of the pan. If hot to touch, spin the cover.

• Eggs

- Fried - Preheat skillet just below medium. Test with dancing water. If water doesn't sizzle, it's not hot enough. When water dances, turn down to medium/low, spray a thin layer of coconut oil and crack eggs in skillet. Put a teaspoon of water on top of egg, and cover. Depending on your preference, it takes about 5-6 minutes to get the yolk to a "hard" stage. Egg will slide right out of the skillet onto the plate.
- Scrambled: Preheat as instructed above. Spray a thin layer of coconut oil. Put eggs in and let it sit for around 1 minute, then move the eggs around with a spatula and enjoy!

• Omelets

- Preheat skillet. Test with dancing water. While preheating, mix all of your favorite ingredients together. Turn to medium low and spray skillet with coconut oil or butter and pour entire mixture in your skillet. Place your cover on top.

• Meats in General

- When frying meats, always preheat your skillet on medium. If you are not using breading, place your meat in the hot skillet. The meat will release when ready to flip. If you are using breading when frying, preheat FIRST, then spray hot skillet with coconut oil or butter. When frying all foods, leave the lid cracked so the air will make your food nice and crispy!

• Potatoes

- The starch will tend to burn from the potatoes. Always rinse the starch off in a colander. Pat potatoes dry with a paper towel. When frying make sure the cookware is preheated. Spray with coconut oil or butter and then put potatoes in cookware. Let it get golden crispy (lid off) and then flip (approximately 8 minutes per side).

• Veggies

- Hard Veggies: (i.e. artichokes, acorn, butternut squash, broccoli, cauliflower, etc.) Place them in the 3 Qt. with basket. Medium-Click-low. Takes about 20 minutes.
- Soft Veggies: (i.e. corn, peas, green beans, asparagus, etc.) Always wash before cooking. Make sure the cookware you select is more than $\frac{3}{4}$ full. Medium-click-low.

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BEST for your family's health!*



INITIAL WASHING AND CLEANING INSTRUCTIONS

Unpack and inspect all cookware for any damage in shipping. Before your first use, wash each piece of your Saladmaster Set thoroughly with warm, soapy water mixed with vinegar (~1 cup of vinegar per 1 gallon of water). This will remove any finishing or manufacturing oils. The Electric Skillet (EOC) and Multi Purpose 5 Qt Roaster (MP5) are fully immersible in water so do not be concerned about getting the electrical inlet wet. Just make sure to unplug the item first.

General Cleaning: After each use, remove the detachable handles and wash your cookware and handles in warm, soapy water. We recommend using a soft sponge to clean the inside and outside of the cookware. Please avoid the use of abrasive cleansers to maintain the polished finish. Afterwards, rinse and dry with a clean and soft towel to avoid water marks. All pieces are dishwasher safe, although the high heat of the dishwasher may dull the handles slightly over time.


Surface Master Cleanser: Your Saladmaster Set includes (1) bottle of Surface Master Cleanser to remove mineral deposits, and burn or flame marks from your cookware. To use, simply shake a small amount (1tsp) into cookware, then with a wet paper towel rub the Surface Master in a circular motion until deposit is gone. The Surface Master may also be used on the bottom, however, do not use it on the shiny exterior and lid of the cookware.

Electric Skillet: After a period of time, you may notice residues from dishwasher, splatters, etc., have baked on to the exterior of the skillet. Simply remove both handles with a Philips screwdriver and coat the skillet with oven cleaner. Allow to soak for 1 hour, then wash thoroughly and re-attach the handles to bring back its shine!

11" Square Griddle: This griddle is finished in a front to back grain. When cleaning it, use the Saladmaster Surface Master cleanser in a front to back motion, rather than circular like the rest.

Please contact us if you have any questions or concerns! We're happy to help!

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Amazing Saladmaster recipes!*

