

Paksiw na Salmon

Item: Electric Skillet



INGREDIENTS:

- 1 pack of Salmon
- 1/4 cup Olive Oil
- 1/4 cup aged Balsamic Vinegar
- 1/4 cup Chili Garlic Sauce
- 1/4 cup Black Bean Garlic
- Sliced Mushroom
- Asparagus

INSTRUCTIONS:

- On a cold EOC, Put the olive oil
- Put the Salmon and spread the rest of the ingredients: Balsamic Vinegar, Chili Garlic, Sauce and Black Bean Garlic.
- Set the temperature to Medium Heat.
- When the vapo valve starts clicking, set the temperature to low for 5 minutes.



Apple, Pear & Cucumber Salad

Items:

Small Salad Bowl

Large Salad Bowl

Saladmaster Machine



INGREDIENTS:

- 2 tablespoons mustard (may use gluten-free)
- 2 teaspoons dried dill or 2 tablespoons fresh dill, chopped
- 4 tablespoons apple cider vinegar
- Pinch of brown sugar
- 4 tablespoons olive oil
- 2 crunchy tart apples
- 1 ripe pear
- 1 cucumber
- 1 small or 1/2 medium sweet onion

INSTRUCTIONS:

- In a small bowl, mix together mustard, dill, vinegar, sugar and olive oil. Set aside.
- Core apple and pears. Slice very thinly, leaving the skin on.
- Slice cucumber into thin rounds.
- Slice onion.
- In a large bowl, combine apples, pears, cucumber and onion.
- Pour dressing over salad mixture and toss to coat.



Seafood Chowder

Item: 8.5 Qt. Roaster



INGREDIENTS:

- 2 boxes of seafood stocks (32oz)
- 2 cans (6oz.) crab meat
- 2 cans (6oz.) clams
- 1lb cod fish, sliced, cut into half inch
- 1 cup shrimps, cut into half if big
- 1lb red potatoes
- 2 large carrots
- 2 stalks celeries
- ½ large onion (white)
- 1 large leek (white part only)
- 2 cloves minced garlic
- 3 tbsp flour
- 1/2 cup fresh parsley, chopped
- 2 cups heavy cream
- 2 tsp salt

INSTRUCTIONS:

- Dump all the vegetables together with seafood stocks except parsley and flour.
- Set the temperature for 350 degrees.
- Wait for the vapo valve to click then add shrimps, cod, clams and crab meats.
- Turn it down to 275 for 10 minutes.
- Add flour to thicken and garnish with parsley.
- Serve it hot.



Chicken Quesadilla

Items:

12" Gourmet Skillet
Square Griddle



INGREDIENTS:

- 1 cup grilled or fried chicken, cut into small pieces
- 1 large onion
- ¼ part of red bell pepper
- ¼ part of green bell pepper
- 1 cup of spinach
- ½ shredded cheddar cheese
- ½ shredded mozzarella cheese
- Flour tortilla
- Coconut oil (2 tbsp)
- Salt and pepper

INSTRUCTIONS:

- Set the pan to medium heat. Put coconut oil when hot.
- Add onion, saute it for 1 minute. Add red and green bell pepper. Cover it for 2 minutes then add spinach to cook. Set aside
- .On your square griddle, set it to medium heat for 1 minute.
- Lay tortilla flour then put some shredded cheddar and mozzarella cheese.
- Add some sauteed vegetables (right amount) and shredded chicken then add some cheese on top. Place with another tortilla flour on top.
- Cook until the tortilla flour gets brown and cheese melts. Flip it over for the other side to cook.
- Serve with sour cream.

