

# Pot Roast

Equipment: 6 Qt Elite Saute

## INGREDIENTS:

- Lipton Onion Powder
- Beef brisket or chuck roast
- Onions
- Potatoes
- Carrots
- Celery



## **INSTRUCTIONS:**

- Pre-heat the pan
- Rub the beef with Lipton Onion powder. Put beef in the pan
- Add onions, potatoes, carrots and celery
- Cover pan, once vapo valve starts clicking - reduce heat from medium to low.
- For Slow Cooking: Set temperature to 230°F for 1 hour
- For Regular Cooking: Set temperature to 250°F for 45 minutes



# Taco Soup

Equipment: 9 Qt Roaster



## INGREDIENTS:

- 1.5 lb. ground beef
- 1 onion, diced
- 2 cans beans of choice, not drained (try a combination of pinto beans, white beans, kidney beans, pink beans, black eyed peas, or garbanzo beans)
- 1 (10 oz.) can Rotel diced tomatoes with green chilies, not drained
- 1 (15 oz.) can tomato sauce
- 1 (1 oz.) packet taco seasoning
- 1 (1 oz) packet Ranch seasoning and salad dressing mix
- 1.5 cup chicken stock
- Optional garnish: sour cream, diced avocado, grated cheddar cheese, sliced green onion; fresh cilantro; Fritos or tortilla chips

## INSTRUCTIONS:

- Degrease ground beef
- Add the remaining ingredients to the 9 qt roaster. Bring the mixture to a boil, then reduce the heat to low. Simmer gently, uncovered, for 30-45 minutes, stirring occasionally.
- Ladle into bowls and garnish with toppings of choice.



# Leche Flan

Equipment:

5 Qt Wok

11" Utility Rack

Egg Cups

Mixing Bowl



## INGREDIENTS:

- 1 large can of Evaporated Milk
- 1 Condensed Milk
- 2 Lime (for zest)
- 4 tbsp Brown sugar
- 12 pcs. eggs (egg yolk only)
- Wax paper

## INSTRUCTIONS:

- Put sugar on 9" Skillet , turn stove to low heat.
- Mix until sugar is caramelized
- Separate egg whites from the yolk.
- Beat egg yolk, add the evaporated milk and mix
- Add condensed milk & mix

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**INSTRUCTIONS:**

- Zest the lime using the Salad machine Cone #1
- Add 2 cups of water on 5 Qt Wok. Set the temperature to medium heat and boil water.
- Strain the mixture from the bowl into the egg cups with the caramelized sugar.
- Place egg cups on the Wok w/ utility rack. Cover with the Lid and steam for 10 minutes.
- Transfer leche flan on a plate. Serve & Enjoy!



# Chocolate Cake

Equipment:

Mixing Bowl

Food Processor

11" Skillet (if making a  
1/2 batch, use 9" Skillet)



## INGREDIENTS:

- 1 Chocolate Cake Mix
- 1 Yellow Squash
- 1 Carrot
- 1 Zucchini
- 3 Eggs
- 2 Celery Stalks
- 1 Red Apple
- 2 Hershey Chocolate Bars



## INSTRUCTIONS:

- Process the carrot, apple, yellow squash, zucchini and celery stalks using Cone #1.
- In a bowl, add the chocolate cake mix, eggs and the shredded fruits and vegetables. Mix together well.
- Pour the mixture into a cold 11" Skillet and spread evenly.
- Set the stove to medium-low heat and cook for 25-30 minutes.
- After the cake is done cooking, turn it over onto a plate. Add the chocolate bars on top of the cake\* and place the still warm 11" Skillet on top to melt the chocolates. Wait for about 5 minutes.
- Remove the 11" Skillet and spread the melted chocolate bar throughout the cake. Enjoy!

\*If the bottom of the cake is overcooked, cut off the edge before adding the chocolate bars.





# Cod with Italian Dressing

Equipment: 12" EOC

## INGREDIENTS:

- Cod Fillet
- Mayonnaise
- Italian Dressing
- Cherry Tomato
- Parmesan Cheese



## **INSTRUCTIONS:**

- Lay the Cod Fillet (it depends on how many Cod fillet you want).
- Spread the mayonnaise on top of the Cod fillet. (Just to cover all the cod).
- Pour the Italian Sauce. (It depends how much Italian sauce you want). Add the cherry tomatoes
- Set temperature to 340°F for 10-15 minutes. When vapo valve starts clicking lower temperature to 250°F for 10 minutes.
- Garnish with parmesan cheese



# Puto

Equipment:

5 Qt Wok

11" Utility Rack

Egg Cups

Mixing Bowl



## INGREDIENTS:

- 1 Bag of Puto Mix
- 1 Bag of Bibingka Mix
- 1 can of Coconut Milk
- 1 can of Evaporated Milk
- 2 eggs
- 1/2 cup Ube Condensed (optional)
- 1/2 can of Ube (optional)



## **INSTRUCTIONS:**

- Mix all ingredients in a bowl.
- Fill egg cup 3/4 full.
- Steam about 1-2 cups of water in the 5 Qt. Wok.
- Place Utility Rack in Wok and place the Egg Cups on the Utility Rack
- Steam the puto for 8-10 minutes.
- Cool before removing puto from egg cup.
- Optional: Add cheese on top and steam for 2-4 minutes



# Banana Cue & Kamote Cue

Equipment: 12" EOC

## INGREDIENTS:

- Banana (Plantain)
- Sweet Potato
- Brown Sugar



## INSTRUCTIONS:

- Preheat the EOC for 340 degrees for 2 minutes.
- Spread the 1 cup of brown sugar then lay the banana on top of the brown sugar. Cover for 5 minutes.
- Turn and flip to cook evenly and cook for 10 minutes (Do not cover). After 10 minutes, your Banana Cue is ready to serve!

