

# Chicken Pastel

Items:

Saladmaster Machine

Limited Edition 3 Qt. Wok



## INGREDIENTS:

- 2 lbs chicken breast (cut into cubes)
- 1 pc. chicken cube
- 1 pc. chorizo de bilbao (optional)
- 4 pieces hotdogs
- 1 pc. potato, sliced cone #5
- 1 pc. carrot, sliced cone #5
- 1 pc. red bell pepper
- 1 pc. green bell pepper
- 3/4 cup button mushroom, sliced cone #4
- 15 ounce all purpose cream
- 1/4 cup soy sauce
- 1 piece lemon (calamansi optional)
- 1 piece onion
- 4 cloves garlic
- 3/4 cup chicken stock
- salt & ground pepper to taste

## INSTRUCTIONS:

- Combine chicken, soy sauce & lime in a large bowl. Mix well. Marinate chicken for at least 30 mins.
- Combine all ingredients, add chicken stock and set temperature to medium heat. Cook for 20 minutes.
- Transfer to a serving plate. Serve with warm rice.



# Yam Porridge

Item: 7 qt Roaster

## INGREDIENTS:

- Yam
- Smoked fish
- Collard green/spinach green
- Crayfish
- Bell peppers
- Habanero
- Tomatoes
- Onions
- Salt
- Bouillon cube
- Olive oil



## **INSTRUCTIONS:**

- Combine all ingredients except for the greens.
- Cook for about 20 mins and when vapo clicks turn down the heat.
- When cooked add your greens at the end and voila.



# Grilled Lamb Chop

Items:

Smokeless Broiler



## INGREDIENTS:

- 1 tablespoon fresh rosemary leaves (finely chop)
- 1 teaspoon fresh thyme leaves (finely chop)
- 1 table spoon fresh oregano (finely chop)
- 3 fresh garlic minced
- Pinch cayenne pepper or black pepper
- Coarse sea salt 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 6 to 8 lamb chops

## INSTRUCTIONS:

- Combined first 8 ingredients, pour over lamb chop. Marinate for an hour or overnight.
- Remove the marinate lamb chop from the refrigerator and let it sit for room temperature before cooking.
- Preheat your smokeless broiler or grill. Cook for 3 minutes per sides for medium rare or 4 minutes per side for well-done lamb chops.
- Note: Lamb chop can be cook on your stove top as well. All ingredients can also be chop in your electric blender for fine mixtures.



## Side Dish

### Steam Asparagus

Item:

11 inch skillet



#### INSTRUCTIONS:

- Cut the asparagus in about 6-8 inch, discard the bottom part. Put in 11 inch pan, add tablespoon of water, 1 tablespoon butter and salt and pepper. Cook for 5 minutes.

### Skillet Roasted tri color Potatoes

Item:

Electric Oil Core



#### INSTRUCTIONS:

- Pre-heat the EOC to 450° for 7 minutes, add the oil, and butter, potatoes, saute for 5 minutes, add the minced garlic, cover for 5 minutes. When it's done add the salt and pepper.
- Note: Roasted potatoes can be cook also on stove top using any of your favorite cookware.

# Garlic & Mushroom Pasta

Items:

Saladmaster Machine,  
Electric Oil Core



## INGREDIENTS:

- 8 ounce spaghetti pasta
- 12 ounce sliced mushroom (portobello mushroom preferred)
- 3 cloves garlic
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 cup parmesan cheese, shred using cone #1
- olive oil



## INSTRUCTIONS:

- Cook pasta in a large pot of salted boiling water according to package directions. When the pasta is finished cooking, reserve about 1/4 cup of the pasta water, then drain the rest.
- While pasta is cooking, add the olive oil in skillet over medium heat. Add the sliced mushrooms and cook for 4-5 minutes until golden brown.
- Add minced garlic to the pan along with salt and pepper. Cook and stir constantly for one more minute.
- Turn the heat to low and add the pasta, reserved pasta water and parmesan cheese. Serve immediately.



# Vegan Chocolate Mousse

Items:

1 quart Sauce Pan



## INGREDIENTS:

- 1 can (14 ounces) coconut cream or coconut milk
- 8 ounces dark chocolate or semi- sweet chocolate chips
- 2 tsp vanilla extract or half of vanilla beans (scrape the beans from the pod)
- Optional, whip cream and fresh berries.

## INSTRUCTIONS:

- Warm coconut cream in 1 quart sauce- pan, simmer over medium heat, when the liquid almost comes to a boil, immediately remove from the heat. (bubble appears on the side of the pan)

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## **INSTRUCTIONS:**

- Add chocolate half of the chocolate on the warm coconut cream. Stir until completely melted, repeat with the remaining chocolate, stir until completely melted and mixture is smooth.
- Pour the mousse into the glasses. Cover and refrigerate for an hour or so.
- To serve: Top it with not so vegan whip cream and berries. (whip cream is optional)



# Watermelon, Strawberry, Cucumber Salad

Item:

Saladmaster Machine  
Salad Bowl



## **INGREDIENTS:**

- 1/2 medium watermelon
- 1/2 lb strawberries, sliced using cone #4
- 1 cucumber, sliced using cone #4
- 1 cup feta cheese, crumbled
- 10-15 mint leaves, roughly chopped

## INSTRUCTIONS:

- Remove the rind from the watermelon and dice into 1 inch pieces and place in the salad bowl
- Slice strawberries and cucumber using the saladmachine. Add to the salad bowl.
- Add feta cheese and mint leaves. Gently stir to combine.
- Chill for 10 minutes and serve

