

# Cognac Peppercorn Pork Loin with Mushrooms

Item: EOC

## INGREDIENTS:

### Pork Tenderloin

- 1 trimmed whole pork tenderloin (1 lb.)
- ¼ tsp. garlic salt
- 1 Tbs. Dijon mustard
- 1 Tbs. Worcestershire sauce
- ½ tsp finely chop fresh thyme (2 sprigs)
- 2-3 tbsp olive oil
- 1 tsp. honey
- 1 tsp. soy sauce
- pinch black peppers

### For the Sauce

- 2 Tbs. unsalted butter.
- 2 tbsp diced shallot
- ¼ cup Cognac or rum
- ½ cups chicken stock or broth
- 2 tsp. Worcestershire sauce
- 1 Tbsp parmesan cheese
- 1 cup slice mushrooms or more if desires
- 1 small sprig fresh thyme
- ¾ cup heavy cream
- 1 tsp. black pepper
- 1 tbsp Dijon mustard
- 1-2 clove garlic, minced
- 1 tbsp lemon juice



## INSTRUCTIONS:

- Marinate Tenderloin with ingredients listed above. Can be done over- night or couple hours before cooking.
- In a small bowl, combine the mustard, Worcestershire sauce, garlic, honey, soy sauce, thyme, and a few grinds of pepper; set aside.
- Preheat EOC 400° for 5 minutes, add oil then sear pork loin just until brown for a minute or two on both sides, set aside.

## Make the Sauce

- Add butter, saute shallots, mushroom and garlic, add cognac to flambe (set alight) (small flame). Add the stock and 1 sprig of thyme, reduce by half, then discard thyme sprig.
- Stir in the cream and black pepper and lower the heat (300°) to maintain a gentle boil. Cook, until the sauce is reduced by half and is a bit thicker than heavy cream, about 10 - 15 minutes.
- Remove from the heat and whisk in the Parmesan cheese, mustard, lemon juice, and Worcestershire sauce. Once the cheese has melted, put the tenderloin, season to taste with more salt, pepper if needed.



# Salmon Teriyaki

Item: EOC



## INGREDIENTS:

- Salmon
- Broccoli
- Teriyaki Sauce

## INSTRUCTIONS:

- Pour the teriyaki first in the EOC
- Add the frozen or fresh salmon, set temperature to 350 degrees and set timer to 12 minutes (6 minutes each side)
- Add the broccoli when time is down to 6 minutes





# Broccoli Salad

Items:

Salad Bowl

Saladmaster Machine

EOC



## INGREDIENTS:

- 3-4 cups broccolli florets - this was about 1 heads of broccolli
- 1 cup sharp cheddar cheese -cut in cone # 2
- 1/2 cup crumbled bacon
- 1/2 cup Chop Pecans
- 1/3 cup red onion diced – use cone # 3
- 1 cup red grapes cut in half

## DRESSING:

- 1/2 cup mayo
- 1/4 cup sour cream
- 1 1/2 Tbsp Apple cider Vinegar
- 2 Tbsp Honey
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

## INSTRUCTIONS:

- Combine broccoli florets, cheddar cheese, dried cranberries, bacon, sunflower seeds, and onion in a large bowl.
- In a separate, small bowl, whisk together mayo, sour cream, vinegar, honey, salt, and pepper until smooth and well-combined.
- Pour dressing over broccoli combination and toss or stir well.
- Broccoli salad may be served immediately, but for best flavor refrigerate for at least one hour before serving. Make sure to toss broccoli salad thoroughly again before serving.
- Use regular Bacon, cooked in EOC until crispy, then crumbled by hands.





# Beef Kale Stew

Item: EOC



## INGREDIENTS:

- Beef cubes
- Onions
- Tomatoes,
- Kale
- a pinch of salt.

## INSTRUCTIONS:

- Cut beef into cubes. Add beef into preheated EOC.
- Add chopped onions and add tomatoes. Cover and let it simmer on medium for 10 minutes or until meat is tender.
- Add chopped kales and a pinch of salt, cook for 5 minutes.
- Stir and serve hot



# Leche Flan

Item:

Saladmaster Machine,  
Salad Bowl

EOC

9" Skillet



## 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

**continuation...**

## **INSTRUCTIONS:**

- Zest the lime using the Salad machine Cone #1
- Add 2 cups of water on EOC. Set the temperature to 210' F for 2 minutes.
- Strain the mixture from the bowl into the 9" Skillet with the caramelized sugar.
- Put wax paper on top of the 9" Skillet and seal it with a rubber band
- Place skillet on the EOC. Cover with the EOC Lid. And set temperature to 210' F for 40 minutes.
- Once the vapo valve starts clicking, lower the temperature to 200' F.
- Remove wax paper. Use knife to separate leche flan from the skillet.
- Place a plate on top of the 9" Skillet and flip it over. Serve & Enjoy!





# Ugali

Item: 3 Qt Sauce Pan



## INGREDIENTS:

- Corn Meal
- 4 Cups Water

## INSTRUCTIONS:

- Bring 4 cups water into a rolling boil.
- Add corn meal and stir until its all well mixed. Making sure to break all lumps.
- Cover and let it cook for 5 minutes.
- Remove from stove and put it in a platter.
- Serve hot with a stew or vegetables of your choice.

