



# Cooking Class

April 17, 2020



## CHICKEN EMBUTIDO

### **Equipment:**

EOC

### **Ingredients:**

2 lbs. of chicken (ground)  
1 onion  
4 eggs  
5 spoons of oyster sauce  
1/2 red bell pepper  
1/2 can of sweet peas  
1/4 block of cheese  
1/4 lb. chicken liver  
1 cup of flour  
1 can of sausage (small)  
1 carrot  
4 spoons of sweet relish  
1/2 tablespoon of garlic salt

### **Procedure:**

1. Dump all the ingredients in a large bowl, then mix using spatula or bare hand with gloves.
2. Put all mixed ingredients onto the EOC and set the temperature for 300 degrees.
3. When the vapo valve starts clicking, set it to 250 degrees for 30 minutes.
4. Let it sit for five minutes before serving.



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## KETO EGG DROP SOUP

### **Equipment:**

9 qt Sauce Pan

### **Ingredients:**

2 cups of chicken broth

1 table spoon of sliced green onions or 1/4 teaspoon dried minced onion

1/4 teaspoon garlic powder

2 large eggs, beaten

1/4 teaspoon toasted sesame oil

1/4 teaspoon coconut aminos (optional)

Dash of salt & pepper

### **Procedure:**

1. Bring the broth to a boil in the Saladmaster 9qt sauce pan over medium heat.
2. Add onions and garlic powder.
3. Very slowly pure in the beaten eggs, stirring continuously.
4. When the eggs are cooked, 2 to 3 minutes, pour the soup into a serving bowl or just eat it out of the SaladMaster cookware.
5. Top with the sesame oil, coconut aminos (if using), salt, and pepper to taste! Enjoy ☺



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## KETO CRUSTLESS QUICHE

### **Equipment:**

EOC

### **Ingredients:**

1 tube of sausage 16oz  
2 whole bunches of radishes  
2 cups of baby spinach  
1 red bell pepper  
1 cup shredded cheddar cheese  
1 tablespoon of dried minced onion or one fresh onion  
6 large eggs, beaten  
1 cup heavy cream  
Season to taste plus a dash of salt & pepper

### **Procedure:**

1. Brown sausage in EOC at 350°F.
2. Cut onion and radishes on cone 2 straight into EOC with cooked ground sausage.
3. Cut bell pepper on cone 3 straight onto EOC add fresh spinach and stir in.
4. In a bowl, whisk together the eggs, cream, and seasonings until frothy.
5. Add all the liquid ingredients to the EOC.
6. Add cheese to the top of the mixture cover and cook at 350°F until VapoVale clicks turn down to 250°F for 10 minutes. Enjoy 😊



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## CANTONESE STYLE STEAMED FISH

### **Equipment:**

EOC

### **Ingredients:**

Fresh Whole Fish (any firm white fish) - cut two slits on each side of the fish

1 tbsp chinese cooking wine or chicken broth

2 tbsp light soy sauce

2 tsp sesame oil

Scallions - julienned approx 3" long

Ginger (thumbsize) - julienned

2 tbsp avocado oil

Cilantro for garnishing

### **Procedure:**

1. Drizzle cooking wine on the fish. Stuff the fish belly with a few slices of ginger and scallions
2. Place fish directly in a cold EOC. Close lid and set temperature to 275 degrees for 15 minutes.
3. In the meantime, mix soy sauce and sesame oil in a small bowl and set aside
4. Heat up avocado oil and set aside
5. When fish is cooked, top with the rest of sliced ginger and scallions. Pour soy sauce mixture over fish.
6. Lastly pour the hot oil over the fish. Garnish with cilantro.



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## UBE HALAYA



SALADMASTER®

### **Equipment:**

EOC

### **Ingredients:**

1 pack Frozen Grated Purple Yam (thawed)

1 can Condensed Milk

12oz Milk

1/2 tsp Vanilla

1 stick butter

Purple food color (optional)

### **Procedure:**

1. Melt butter in a Sauce pan then add the Condensed Milk, Grated Purple Yam, Milk, and vanilla extra. Stir constantly until well-combined.
2. Stir until the texture of the mixture becomes really thick (about 15 to 20 minutes over low fire). You may also add a drop of food coloring (optional).
3. Transfer the mixture to a mold or any container and let the temperature cool down.
4. Refrigerate for about 30 mins to 45 mins then it's ready to serve.