

Sweet Potato Bisque

Items:

Saladmaster Machine,

5 Qt Wok

Blender



INGREDIENTS:

- 3 medium sweet potatoes, peeled, processed, use Cone #3
- 2 stalks celery, strung, use Cone #2
- 2 large apples, cored and peeled, julienned, use Cone #2
- 1/4 cup onions
- 2 cups almond milk
- 1 cup vegetable stock
- 1/8 teaspoon allspice
- 1 tablespoon fresh parsley, minced

INSTRUCTIONS:

- In 5 Qt Wok over medium heat, combine sweet potatoes, celery, apples, shallots, milk, stock and allspice. Stir to blend and cover. When Vapo-Valve™ clicks, reduce heat to low and cook 20 - 25 minutes, or until potatoes are soft.
- With slotted spoon, transfer vegetables to electric food processor or blender and process until smooth.
- Return mixture to wok with liquids. If necessary, thin with additional stock or milk. (For special occasions, when a richer soup is desired, add ½ cup light cream).
- Serve hot with a sprinkling of parsley and chopped apple pieces, if desired.



Vegan Chili

Item: LE Mini Braiser Pan



INGREDIENTS:

- 3 onions, chopped
- 2 tablespoons chili powder
- 2 tablespoons ground cumin
- 1 teaspoon oregano
- 1/4 teaspoon cayenne pepper
- 1 yellow bell pepper, chopped
- 1 spicy pepper, chopped (optional)
- 3 garlic cloves, chopped
- 1 can diced tomatoes, un-drained
- 1 cup water
- 2 cups dried beans (black, kidney or pinto beans)
- 1 cup corn
- salt and pepper
- parsley (optional)

INSTRUCTIONS:

- Soak beans overnight in 6 cups of water. Drain water and cook beans in 5 Qt. Roaster for 45 minutes in water, making sure the water is 2-inches above the beans in the pan.
- In mini braiser pan, sauté onions and spices. Add peppers and garlic and sauté for 1 minute.
- Add tomatoes, water and beans. Bring to a simmer-boil and add corn.
- Reduce heat to low and simmer, covered, for 15 minutes.
- Add salt and pepper to taste. To serve, sprinkle with cilantro.



Green Beans Almondine

Items:

Mixing Bowl

3 Qt Sauce Pan with Inset



INGREDIENTS:

- 1 cup almonds
- 2 lbs green beans, ends trimmed and strings removed
- Ground black pepper to taste (optional)
- 1 tablespoon fresh parsley, chopped

INSTRUCTIONS:

- Add water to bottom of sauce pan and turn to medium heat. Place green beans in the steamer culinary basket and insert in sauce pan. Steam green beans for 3 - 5 minutes or until tender. Place under cool running water to halt the cooking and maintain a bright green color. Transfer the steamed greens to a large mixing bowl.

Continuation...

INSTRUCTIONS:

- Season green beans to taste with salt and pepper, toss gently, and set aside.
- Sprinkle the toasted almonds and parsley over the green beans and toss well to thoroughly coat the beans with the mixture.



Potato & Cauliflower Mash

Items:

Saladmaster Machine

Salad Bowl

3 Qt Sauce Pan with Inset

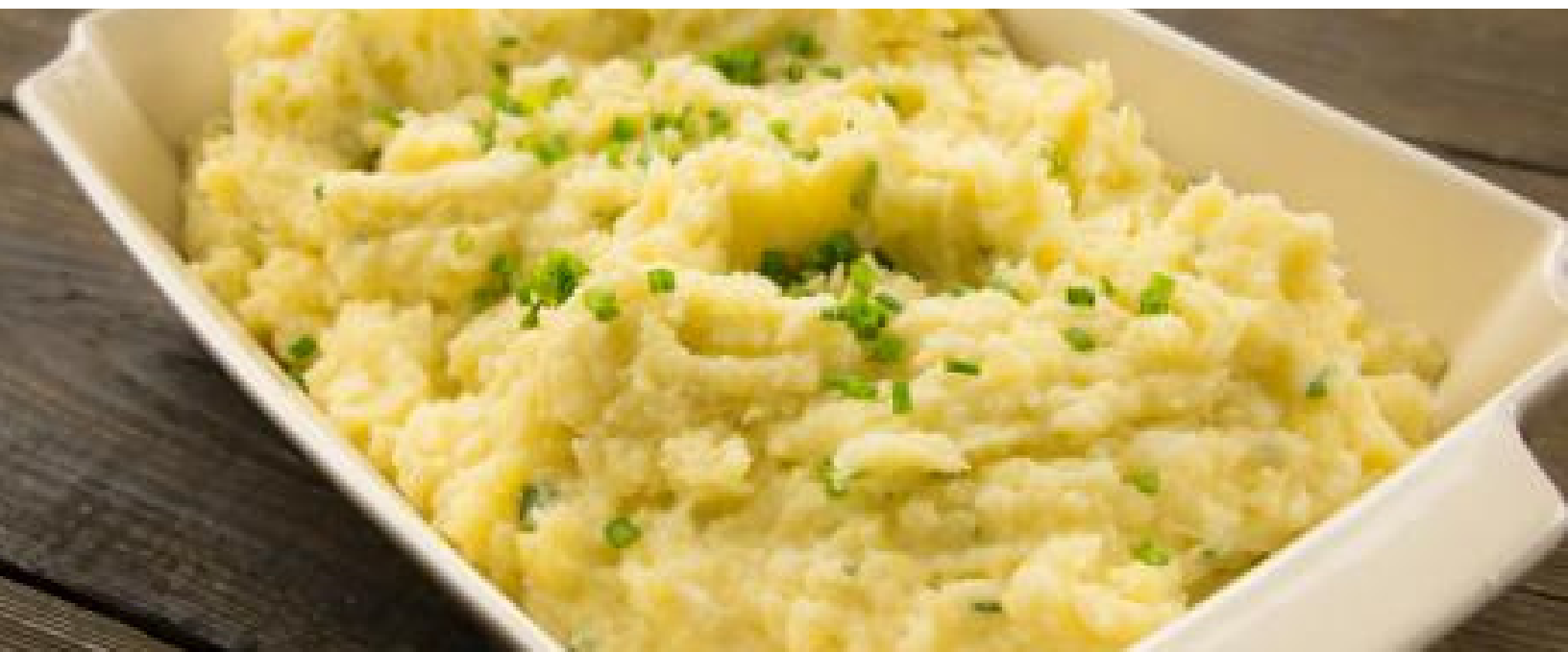


INGREDIENTS:

- 1 lb Yukon gold potatoes, peeled and cut into medium dice
- 1/2 lb Cauliflower florets
- 2 tablespoons vegetable stock
- 1/3 cup parmesan or shredded mild cheddar cheese (optional)
- 2 tablespoons fresh basil, minced
- 1/2 teaspoon salt

INSTRUCTIONS:

- Place 2 cups of water in bottom of sauce pan.
- Add diced potatoes and cauliflower florets to culinary basket.
- Place basket in sauce pan and cover. Turn heat to medium.
- When Vapo-ValveTM begins to click steadily, reduce heat to low and cook for 20 - 30 minutes or until potatoes and cauliflower are soft.
- Remove sauce pan and culinary basket from stove. Carefully remove cover and place handles on basket. Remove basket and transfer contents into a mixing bowl.
- Use a potato masher to mash together potato and cauliflower. Add vegetable stock to thin out mash. Add cheese, chives and salt. Mash to combine.
- Serve warm as is or add a small amount of grass fed butter to each serving.



Broccoli & Zucchini Salad

Items:

Salad Bowl

Saladmaster Machine



INGREDIENTS:

- 2 large zucchini, processed, use Cone #3
- 1 head of broccoli, sliced, use Cone #4
- 2 cups cheddar cheese, grated, use Cone #1 (optional)
- 1 cup mayonnaise
- 1 cup ranch dressing
- 1/4 cup balsamic vinegar
- 1 tbsp black pepper, ground
- 1/2 cup cranberries, dried
- bacon bits (optional)

INSTRUCTIONS:

- In a bowl, whisk the mayonnaise, ranch, pepper, balsamic vinegar together and set aside.
- Use the Food Processor to process the zucchini, broccoli and cheddar cheese in a bowl.
- Add the dressing, cooked bacon and dried cranberries to the salad and toss together until it's all evenly coated.
- Serve cold.



Chopsuey

Item: EOC



INGREDIENTS:

- 1 ½ cup cauliflower florets
- 1 medium carrot, use cone #5
- 12 to 15 pieces snow peas
- 6 to 8 pieces baby corn
- 1 piece bell pepper sliced into squares
- 1 piece yellow bell pepper sliced into squares
- 1 ½ cups cabbage chopped
- 12 pieces quail eggs boiled
- 1 piece yellow onion sliced
- 4 cloves garlic crushed
- 1/4 cup soy sauce
- 1 ½ tablespoons oyster sauce
- 3/4 cup chicken stock
- 1 tablespoon cornstarch diluted in ½ cup water
- 1/4 teaspoon ground black pepper
- Tofu

INSTRUCTIONS:

- Place all ingredients in the EOC and Set EOC to 350' F
- Lower the temperature to medium low when the vapo valve starts clicking
- Add the boiled quail eggs and cornstarch diluted in water. Toss.
- Transfer to a serving plate. Serve.

