



## Spicy Bangkok Pork Roast

*This roast will light up your day with bold and spicy flavor!  
Add steamed jasmine rice to cool down and complement the roast.*

**3-4 lb. boneless pork roast**  
**1/2 c. catsup**  
**1 t. chili powder**  
**1 clove garlic, finely minced**  
**1 T. cider vinegar**  
**1/4 t. salt**  
**1/2 t. freshly ground black pepper**

Preheat the Contact Roaster. Using oven mitts, place the pork roast in the Contact Roaster and set the Timer for 40 minutes. Meanwhile, in a small bowl, prepare the spicy sauce by combining the catsup, chili powder, garlic, vinegar, salt and pepper. Blend well.

When the Timer indicates the cooking process is done, use oven mitts to carefully open the Contact Roaster. Lightly spoon the sauce over the top and sides of the roast and close the Roaster. Set the Timer for 35 minutes. Check the roast for doneness and continue roasting, if necessary. To serve, allow the roast to cool for 10 minutes, slice and serve. **Serves 10-12.**



## Ginger & Maple Glazed Carrots

*These carrots go well with lean ham or pork chops,  
but they also partner with mild-flavored fish and poultr y.*

**3 c. carrots, peeled and cut into matchsticks**  
**1/4 c. maple syrup (you may substitute light syrup, if desired)**  
**1 t. ground ginger or 2 t. fresh gingerroot, peeled and minced**  
**pinch of salt**

**Optional:**  
**add 1 c. frozen pearl onions and 1/2 c. raisins**

Preheat the Contact Roaster. In a large bowl, combine the carrots, maple syrup, ginger and salt. Mix well. If using the onions and raisins, add each and mix again. Lightly coat the Baking Pan with cooking spray and pour the carrots and syrup mixture into the Pan. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer to 20 minutes. Allow the carrots to cool slightly and serve. **Serves 4.**



## Garlic Rubbed Roasted Chicken

*Slip sliced fresh garlic under the skin of this chicken to bring out  
the full, delicious flavor of the poultry.*

**3 cloves garlic, thinly sliced**  
**4-5 lbs. whole chicken**  
**1 lemon, thinly sliced**  
**1 tsp. salt**  
**1/2 tsp. freshly ground black pepper**

Preheat the Contact Roaster. Clean the chicken and discard the neck and giblets. Gently separate the skin from the breast and back areas of the chicken and slide several slices of garlic under the skin. Place the lemon slices in the cavity of the chicken and dust the skin of the chicken with the salt and pepper. Using oven mitts and a plastic or wooden utensil, place the chicken in the Contact Roaster, breast side up, and set the Timer to 60 minutes. Check for doneness and continue roasting, if necessary. Remove the chicken to a serving platter and carve. **Serves 4-6.**



## Cracked Pepper Beef Sirloin Roast

*This distinctive beef roast is delicious when served with fresh garden vegetables.*

**4-5 lbs. beef sirloin roast**  
**1 t. extra-virgin olive oil**  
**1 t. salt**  
**3 T. cracked black pepper**

Preheat the Contact Roaster. Rub the oil over the entire roast, including the ends. Evenly sprinkle the salt over the beef. Place the pepper on a piece of waxed paper and spread evenly. Roll the roast in the pepper, pressing the beef into the cracked pepper. Using oven mitts and a plastic or wooden utensil, place the roast in the Contact Roaster. Set the Timer for 75 minutes for rare, 85 minutes for medium and 95 minutes for well-done beef. Check for doneness and continue roasting, if desired. Place the roast on a carving board, remove and discard any visible fat and slice evenly. **Serves 12-14.**



## Fresh Herb Roasted Chicken

*Marinate the whole chicken in herbs for at least 4 hours.  
The result is a very tender and flavorful roast chicken.*

**4-5 lbs. whole chicken, neck and giblets removed**  
**1/2 c. butter or margarine (or diet margarine, if preferred)**  
**1/2 t. dried marjoram**  
**1/2 t. fresh thyme, finely minced**  
**2 T. fresh parsley, finely minced**  
**2 T. white onion, finely minced**  
**1/8 t. freshly ground black pepper**  
**1 T. fresh lemon juice**  
**1 c. lowfat chicken broth**

Place the chicken in a large, resealable plastic bag. In a small saucepan, combine the butter, marjoram, thyme, parsley, onion, pepper, lemon juice and broth. Heat and simmer for 5 minutes. Cool for 5 minutes and pour over the whole chicken. Seal the bag and refrigerate the chicken for at least 4 hours or up to 24 hours.

Preheat the Contact Roaster. Remove the chicken from the bag and discard the marinade. Using oven mitts and a plastic or wooden utensil, place the chicken in the Roaster Oven, breast side up, and set the Timer to 60 minutes. Check the chicken for doneness and continue roasting, if necessary. **Serves 4-6.**



## Poached Anjou Pears in Ginger Syrup

*A simple, yet elegant dessert.*

**4 small Anjou pears, washed**  
**1-inch piece of fresh gingerroot, peeled and finely minced**  
**2 small pieces of crystallized ginger, finely chopped**  
**1/4 c. light corn syrup**  
**1 c. water**

Preheat the Contact Roaster. Cut a small slice from the bottom of each pear. This allows the pear to remain upright while poaching. Place the pears in the Baking Pan. In a small saucepan, combine the fresh gingerroot, crystallized ginger, corn syrup and water. Bring to a rolling boil and simmer for 2 minutes. Carefully pour all of the ginger syrup evenly over the top of each pear. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer for 60 minutes. The pears are done when tender. To serve, scoop each pear into individual serving dishes and top with any remaining sauce. **Serves 4.**





### Slow-Roasted Beef Cross Rib Roast

*This roast is incredibly rich and tender and the addition of garlic enhances the meat flavors. Remove all visible fat before serving for healthier entrée servings.*

- 4-5 lbs. beef cross rib roast
- 2 cloves garlic, finely minced
- 1 tsp. salt
- 1/2 tsp. freshly ground black pepper

Preheat the Contact Roaster. In a small bowl, mix together the garlic, salt and pepper. Rub evenly over the roast and, using oven mitts and a plastic or wooden utensil, place the roast in the Contact Roaster. Set the Timer to 75 minutes for rare, 85 minutes for medium and 95 minutes for well-done. Check for doneness and continue roasting, if desired. Place the roast on a carving board, remove and discard all visible fat and slice evenly. **Serves 12.**



### Orange & Pineapple Cornish Game Hens

*A lovely entrée for two!*

- 1 c. orange juice
- 1 cup pineapple juice
- 1 t. dark brown sugar
- 1/2 t. pepper
- 1 clove garlic, minced
- 2- 20 oz. rock Cornish game hens, cleaned, giblets and necks removed

In a plastic, resealable plastic bag, combine the orange juice, pineapple juice, sugar, pepper and garlic. Place the game hens in the bag and seal. Turn the hens to coat with the marinade and refrigerate for at least 4 hours or up to 24 hours. Using oven mitts and a plastic or wooden utensil, place the game hens in the Contact Roaster and set the Timer for 75 minutes. Check for doneness and continue roasting, if necessary. **Serves 2.**



### Chinese Five-Spice Roasted Chicken

*Chicken takes on a distinctly Asian flavor when rubbed with these special spices. Look for five-spice powder in the ethnic food aisle of your grocery store.*

- 4-5 lbs. whole chicken
- 1 clove garlic
- 1 thin slice of fresh ginger
- 1 T. sesame oil
- 2 t. Chinese five-spice powder

Preheat the Contact Roaster. Clean the chicken and discard the neck and giblets. Gently rub the garlic all over the skin of the chicken. Discard the garlic and rub the ginger all over the skin of the chicken. Discard the ginger. Evenly rub the sesame oil all over the chicken. Dust the skin of the chicken with the Chinese five-spice powder. Using oven mitts and a plastic or wooden utensil, place the chicken in the Contact Roaster, breast side up, and set the Timer for 60 minutes. Check for doneness and continue roasting, if necessary. Remove the chicken to a serving platter and carve. **Serves 4-6.**



### St. Louis Style Pork Chops

*Great barbeque flavor—with very little effort!*

- 4 boneless pork chops, 1/2-inch thick
- 8 oz. tomato sauce
- 1 t. prepared mustard
- 1 T. Worcestershire sauce
- 1 t. brown sugar

Preheat the Contact Roaster. Place the pork chops in the Baking Pan. In a small bowl, combine the tomato sauce, mustard, Worcestershire sauce and sugar and mix well. Pour the sauce over the chops. Turn the chops once to coat both sides. Using oven mitts, place the Baking Pan in the Contact Roaster and set the Timer to 30 minutes. Check the chops for doneness and continue roasting, if necessary. To serve, arrange the chops on a platter and spoon any remaining sauce over the chops. **Serves 4.**



### George’s Favorite Roasted Veggie Burritos

*These are an excellent way to enjoy your daily vegetables. Substitute seasonal vegetables for the ones listed here and create your own variations!*

- 1 sweet red pepper, seeded and cut into thin slices
- 1 green pepper, seeded and cut into thin slices
- 1 purple onion, peeled and cut into thin slices0
- 2 zucchini, cut into thin, matchstick-sized pieces
- 1 T. extra virgin olive oil
- 1 t. salt
- 1/2 t. freshly ground black pepper
- 4 large flour tortillas
- 1/2 c. fat-free sour cream
- 1/2 c. fresh tomatoes, chopped

Preheat the Contact Roaster. In a large bowl, combine the vegetables with the olive oil, salt and pepper, mixing thoroughly. Lightly coat the Baking Pan with cooking spray and add the vegetables. Using oven mitts, place the vegetables in the Contact Roaster and set the Timer for 30 minutes.

While the vegetables are roasting, soften the tortillas by wrapping them in paper towels and heating them in the microwave oven for 30 seconds on High. (You may also soften them in the oven by wrapping them in a slightly moist towel and heating at 325°F for 10 minutes). **Serves 4.**

### Tangy Lemon Cake with Blueberries

*Light and delicious for a simple family dessert.*

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 2 eggs, beaten (or egg substitute) | 1/2 c. fresh blueberries, cleaned |
| 1 c. sugar                         | nonfat whipped topping            |
| 1/2 c. diet margarine              |                                   |
| 1/2 c. milk                        |                                   |
| 1 t. grated lemon peel             |                                   |
| 2 t. fresh lemon juice             |                                   |
| 1 t. vanilla                       |                                   |
| 1 1/2 c. flour                     |                                   |
| 1 t. baking powder                 |                                   |
| 1/2 t. salt                        |                                   |

Preheat the Contact Roaster. In a large mixing bowl, combine the eggs, sugar, margarine and milk. Beat at a high speed with an electric mixer. Add the lemon peel, lemon juice and vanilla. Beat again to mix well. In a small bowl, combine the flour, baking powder and salt and mix with a fork. Add the dry ingredients to the batter and beat for 2 minutes on medium speed. Lightly coat the Baking Pan with cooking spray and pour the batter into the Pan. Using oven mitts, place the cake in the Contact Roaster and set the Timer for 25-35 minutes. When the cake is done, a toothpick inserted in the center will come out clean. Top each piece of cake with blueberries and whipped topping. **Serves 6.**

