



Please refer to the following information, in addition to the AirCore WALK-AWAY MEALS IN MINUTES COOK BOOK for complete instructions.

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- For best results, use tender cuts of meat or marinate meat before cooking.
- In recipes containing dry pasta or rice, place it in the bottom of the pan, add the liquids and then the rest of the ingredients. Be sure pasta or rice is covered by the liquid.
- If the food is not done at the end of the self-cooking time, return the AirCore Self-Cooker with lids to the stove, turn on the burner and cook until the food has reached the appropriate temperature. Test temperature by using a meat thermometer.
- **For food safety, use the self-cooking feature for ONLY up to 4 hours.**
- In order to see when the food is boiling, place the food into the Self-Cooker, and then place the Look'n'Cook Glass cover on the pan. Heat on medium-high temperature until boiling; heavy moisture will form on the underside of the glass cover. Add the ThermalSeal Steel Cover with AutoCook ThermoKnob and reduce the temperature to simmer. Continue to cook with both lids on until specified time or until reaching **mid-point** of the correct color indicator. Allow food to self-cook for the designated self-cooking time. Do not remove covers during the cooking or self-cooking time.
- When using the AirCore for conventional cooking, use either the Look'n'Cook Glass or the ThermalSeal Steel Cover with AutoCook ThermoKnob.
- The AirCore cookware may be placed in the oven only to keep foods warm. The oven temperature must not be over 200° F.
- The infomercial shows walk-away cooking by placing the Self-Cooker in the freezer. **DO NOT USE AIRCORE IN THIS MANNER.**
- For best results, do not double the recipes.
- **Remember: This cookware remains very hot after cooking.** It is best to move the pan to a cool burner or heat resistant trivet after the stove has been turned off. Do not place Self-Cooker directly on countertop or tabletop.

- Use caution when cooking with the Look'n'Cook Glass and ThermalSeal Steel Covers with AutoCook ThermoKnob over the Convertible Bowl as part of tiered cooking. The covers do not fit securely
- The Stay-Fresh Resealable Plastic Lids fit either the Convertible Bowls or the Self-Cookers.
- Use the Cake Adapter Ring for holding an 8-9 inch pie pan or cake pan in the 6-Quart Self-Cooker. Use the Sizing Ring with holes for the Steamer/Grater Plus in the 6-Quart Self-Cooker.
- When cleaning the Self-Cookers, you may use a mild abrasive cleaner only on the inside of the pans.
- Remove the warning label on each pan before using cookware

HOW LONG SHOULD I COOK MY FOOD?

Please follow these additional guidelines listed below when using the chart in the book.

- **Rice:** Use instant white rice
- **Noodles:** Lightly coat pan with vegetable oil spray. Add just enough water to cover noodles, cook to mid-yellow and then self-cook for 10 minutes.
- **Potatoes:** Cook to mid-green and then self-cook for 10 minutes.
- **Vegetables:** Cook to mid-green and then self-cook for 10 minutes.
- **Dried beans and legumes:** Lightly coat pan with vegetable oil spray. Add one cup of water more than called for on the package for each pound of beans. Cook for a total of 2 hours after reaching mid-red and then self-cook for 2 hours.
- **Beef Brisket:** Cook for a total of two hours after reaching mid-red and then self-cook 3 hours.
- **Beef Pot Roast with Vegetables:** Cook for a total of 30 minutes after reaching mid-red and then self-cook for 2 hours.
- **Jams:** Cook for a total of 20 minutes after reaching mid-red and then self-cook 1½ hours.
- **Cake mix:** Prepare a 8-9 ounce cake mix or ½ of a large 18-ounce box, and cook for a total of 20 minutes after reaching mid-red and then self-cook 1 hour.
- **Cheese Cake:** Cook for a total of 10 minutes after reaching mid-red and then self-cook for 30 minutes.

Please note the corrections for the recipe numbers listed. All other recipes may be prepared as instructed in the cookbook.

- | # | Recipe Name and Correction |
|----|---|
| 1 | 10-MINUTE MACARONI AND MEATBALL - Use 2 (15-ounce) cans of basil, oregano, and garlic flavored diced tomatoes. |
| 2 | MEAT AND CHEESE LASAGNA - Use 1½ cups water. In step 3, lower heat to a simmer and cook 10 minutes then self-cook at least 1 hour. |
| 3 | “STUFFED” CABBAGE CASSEROLE - Use instant white rice. |
| 5 | QUICK AND EASY CHILI AND CORNBREAD SUPPER - Use 6 cups water. In step 3, bring to a boil over medium-high heat then lower to a simmer and cook for 2 hours. In step 4, remove from heat and self-cook at least 2 hours before serving. Taste and adjust for salt. |
| 6 | SUNDAY POT ROAST WITH VEGETABLES - Use a 1½ pounds boneless, trimmed chuck or rump roast. In step 3, when the cooking liquid comes to a boil, lower to a simmer and cook until ThermoKnob hits mid-red then cook for 30 minutes. Remove from heat and self-cook at least 3 hours. |
| 7 | CORNERED BEEF & CABBAGE – Use a 3 pounds thin cut beef brisket. In step 3, lower to a simmer and cook for 2 hours. In step 4, remove from heat and self-cook at least 2-3 hours. |
| 9 | “BARBECUED PORK - Use a 3-pounds pork tenderloin. |
| 10 | 10-MINUTE CHINESE-STYLE CHICKEN AND BROCCOLI - Use instant white rice. |
| 11 | 10-MINUTE TEX-MEX CHICKEN AND RICE - In step 2, after AutoCook ThermoKnob hits mid-red, cook for 15 minutes, then self-cook 10 minutes. |
| 12 | 10-MINUTE CHICKEN AND RICE A LA KING - Use instant white rice. |
| 13 | 10-MINUTE CHICKEN PROMAVERA WITH PASTA - Use 2 ½ cups water. |
| 18 | 10-MINUTE JAMBALAYA - Use instant white rice. |
| 20 | BEEF & MUSHROOM BARLEY SOUP - Sauté onions in 3 tablespoons olive oil. |
| 22 | RUBY RED VEGETABLE SOUP - Cut beets into ½ to ¾ inch pieces. |
| 23 | SPLIT PEA SOUP WITH HAM - In step 3, self-cook for at least 3 hours. |
| 24 | PASTA AND VEGETABLE ALFREDO – Make SEAFOOD ALFREDO by adding 1 pound large fresh shrimp, deveined and peeled, on top of vegetables and follow other directions |
| 25 | 10-MINUTE SPANISH RICE - Use instant white rice. |
| 27 | CUSTARD AND RICE PUDDING - Use 2 cups milk. |
| 28 | APRICOT AND PINEAPPLE JAM - In step 2, after AutoCook ThermoKnob hits mid-red, then cook 20 minutes. In step 3, after self-cooking for at least 1 ½ hours, if jam has too much liquid, put back on stove top and simmer without lids until desired consistency is reached |
| 30 | PINEAPPLE UPSIDE-DOWN CAKE – In step 1, do not drain pineapple. In step 4, lower to a simmer and heat until the AutoCook ThermoKnob hits mid-red, then cook for 20 minutes. Self-cook 45-60 minutes or until done. |
| 31 | CHERRY CHEESE CAKE - In step 4, heat until the AutoCook ThermoKnob hits mid-red. Cook for 10 minutes then self-cook at least 1 hour. |

Enjoy these additional recipes that were shown in the infomercial.

CAJUN GUMBO

3 tablespoons olive oil	1½ cups instant white rice
1 cup chopped celery	2 (15 ounce) cans jalapeno flavored diced tomatoes
1 cup chopped green onions and tops	2 cups water
2 cloves garlic, minced	1 pound fresh large shrimp, deveined and peeled

Heat olive oil in the AirCore 6 Quart Self-Cooker over medium-high heat. Add celery, onions, garlic and sauté 5-6 minutes, stirring frequently, until soft. Add the rice, tomatoes, water, and shrimp. Cover with the Look’n’Cook Glass Cover and bring to a boil over medium-high heat. Cover with the ThermalSeal Steel Cover and lower to a simmer. Cook until the AutoCook ThermoKnob hits mid-green. Remove from heat and self-cook 10 minutes before serving. Makes 4-6 servings.

ROAST CHICKEN WITH VEGETABLES AND CHOCOLATE CAKE

3-4 pound chicken	½ pound broccoli flowerets
1 cup chicken broth	1 teaspoon dry Italian seasoning
1 pound new potatoes	2 teaspoons browning and seasoning sauce
½ pound baby carrots	1 (9 ounce) chocolate cake mix or any flavor

Prepare cake mix according to the package directions, pour into a greased and floured 9-inch cake pan. Insert Meat Rack in AirCore 6 Quart Self-Cooker and coat with vegetable oil spray. Add broth and chicken. Brush chicken with browning sauce. Pack vegetables around chicken and sprinkle on Italian seasoning. Place Cake Pan Adapter Ring in Self-Cooker and place cake pan on top of the Ring. Cover with the Look'n'Cook Glass Cover and bring to a boil over medium-high heat. Add the ThermalSeal Steel Cover and lower to a simmer. Cook until AutoCook ThermoKnob hits mid-red and then cook for 1 hour. Remove from heat and self-cook 30 minutes or until chicken juices run clear and thigh meat is no longer pink. Makes 4 servings.

HAM

5-6 pound bone-in ham, fully cooked	1 cup water
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Insert Meat Rack in AirCore 6 Quart Self-Cooker and add 1 cup of water. Place ham with small side down onto rack. Cover with the Look'n'Cook Glass Cover and bring to a boil over medium-high heat. Cover with the ThermalSeal Steel Cover and lower to a simmer. Cook until AutoCook ThermoKnob hits mid-red. Remove from heat and self-cook for 1- 1½ hours before serving. Makes 10-12 servings

LOBSTER WITH GREEN BEANS AND MACARONI AND CHEESE

1 (7 ounce) box macaroni and cheese dinner	4 ounces Velveeta® cheese, cubed
½ cup milk	2 (3-4 ounce) lobster tails
2 cups water	8 ounces young green beans
½ cup butter	

Coat the AirCore 6 Quart Self-Cooker with vegetable oil spray. Add the dry macaroni, milk, water, butter, and the powdered cheese from the macaroni dinner. Stir and add the cheese cubes on top. Spray Steamer /Grater Plus with vegetable oil spray. Place Sizing Ring with holes on Self-Cooker and put Steamer on top of the Ring. Add lobster tails and green beans. Cover with the Look'n'Cook Glass Cover and bring to a boil over medium-high heat. Add the ThermalSeal Steel Cover and lower to a simmer. Cook until the AutoCook ThermoKnob hits mid-yellow. Remove from heat and self-cook for 10 minutes before serving. Makes 2 servings.

STUFFED PORK CHOPS

3 tablespoons vegetable oil	1½ cups water
2 (1¼ pounds) stuffed pork chops	

Heat the oil in the AirCore 6 Quart Self-Cooker over medium-high heat. Brown the stuffed pork chops on both sides. Remove pork chops and carefully insert Meat Rack. Add water and browned pork chops. Cover with the Look'n'Cook Glass Cover and bring to a boil over medium-high heat. Add the ThermalSeal Steel Cover and lower to simmer. Cook until the AutoCook ThermoKnob hits mid-red and cook for 10 minutes. Remove from heat and self-cook for 15 minutes before serving. Makes 2 servings.

BARBECUE RIBS

2 ½ pounds pork ribs	½ cup barbecue sauce
2 cups water	

Insert Meat Rack in AirCore 6 Quart Self-Cooker and add water. Place ribs on Meat Rack. Cover with the Look'n'Cook Glass Cover and bring to a boil over medium-high heat. Cover with the ThermalSeal Steel Cover and lower to a simmer. Cook for 1½ hours. Remove from heat and self-cook for 1 hour. Remove covers and brush barbecue sauce on cooked ribs. Cover with the Look'n'Cook Cover and simmer for 15 minutes before serving. Makes 3-4 servings.

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ROAST CHICKEN WITH VEGETABLES AND CHOCOLATE CAKE

3-4 pound chicken	½ pound broccoli flowerets
1 cup chicken broth	1 teaspoon dry Italian seasoning
1 pound new potatoes	2 teaspoons browning and seasoning sauce
½ pound baby carrots	1 (9 ounce) chocolate cake mix or any flavor

Prepare cake mix according to the package directions, pour into a greased and floured 9-inch cake pan. Insert Meat Rack in AirCore 6 Quart Self-Cooker and coat with vegetable oil spray. Add broth and chicken. Brush chicken with browning sauce. Pack vegetables around chicken and sprinkle on Italian seasoning. Place Cake Pan Adapter Ring in Self-Cooker and place cake pan on top of the Ring. Cover with the Look'n'Cook Glass Cover and bring to a boil over medium-high heat. Add the ThermalSeal Steel Cover and lower to a simmer. Cook until AutoCook ThermoKnob hits mid-red and then cook for 1 hour. Remove from heat and self-cook 30 minutes or until chicken juices run clear and thigh meat is no longer pink. Makes 4 servings.

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LOBSTER WITH GREEN BEANS AND MACARONI AND CHEESE

1 (7 ounce) box macaroni and cheese dinner	4 ounces Velveeta® cheese, cubed
½ cup milk	2 (3-4 ounce) lobster tails
2 cups water	8 ounces young green beans
½ cup butter	

Coat the AirCore 6 Quart Self-Cooker with vegetable oil spray. Add the dry macaroni, milk, water, butter, and the powdered cheese from the macaroni dinner. Stir and add the cheese cubes on top. Spray Steamer/Grater Plus with vegetable oil spray. Place Sizing Ring with holes on Self-Cooker and put Steamer on top of the Ring. Add lobster tails and green beans. Cover with the Look'n'Cook Glass Cover and bring to a boil over medium-high heat. Add the ThermalSeal Steel Cover and lower to a simmer. Cook until the AutoCook ThermoKnob hits mid-yellow. Remove from heat and self-cook for 10 minutes before serving. Makes 2 servings.

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2 ½ pounds pork ribs	½ cup barbecue sauce
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2 cups water
½ cup butter
4 ounces Velveeta® cheese, cubed
2 (3-4 ounce) lobster tails
8 ounces young green beans

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