

OWNER'S MANUAL

Model No. CETGSC6

TECHNIQUE[®]

“DOES IT ALL”[™]
SLOW COOKER



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SLOW COOKER***

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs. Use oven mitts or pot holders.
3. To protect against electrical shock, do not immerse cord, plugs, or appliance in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact Consumer Service for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
12. To disconnect, turn any control to "OFF," then remove plug from wall outlet.
13. Do not use appliance for other than intended use.

SAVE THESE INSTRUCTIONS
THIS PRODUCT IS FOR HOUSEHOLD USE ONLY

ADDITIONAL IMPORTANT SAFEGUARDS

CAUTION HOT SURFACES: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires, or other injury to persons or damage to property.

CAUTION: This appliance is hot during operation and retains heat for some time after turning off. Always use oven mitts when handling hot materials and allow metal parts to cool before cleaning. **Do not place anything on top of the appliance while it is operating or while it is hot.**

1. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
2. If this appliance falls or accidentally becomes immersed in water, unplug it from the wall outlet immediately. **Do not reach into the water!**
3. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not operate this appliance while it is touching or near curtains, wall coverings, clothing, dishtowels or other flammable materials.
4. Do not leave this appliance unattended during use.
5. If this appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair a malfunctioning appliance!
6. The cord to this appliance should only be plugged into a 120V AC electrical wall outlet.
7. Do not use this appliance in an unstable position.
8. Use 3/8 inch oil or less during Frying function.
9. Never use the Removable Cooking Pan on a gas or electric cooktop or on an open flame.
10. Lift off Lid carefully to avoid scalding, and allow water to drip into Removable Cooking Pan, this is a metal pot or pan.

CAUTION: To prevent damage or shock hazard, do not cook in Base Unit. Cook only in Removable Cooking Pan provided.

POLARIZED PLUG

This appliance has a **polarized plug** (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

SHORT CORD INSTRUCTIONS

A short power supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Do not use an extension cord with this product.

ELECTRIC POWER

If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

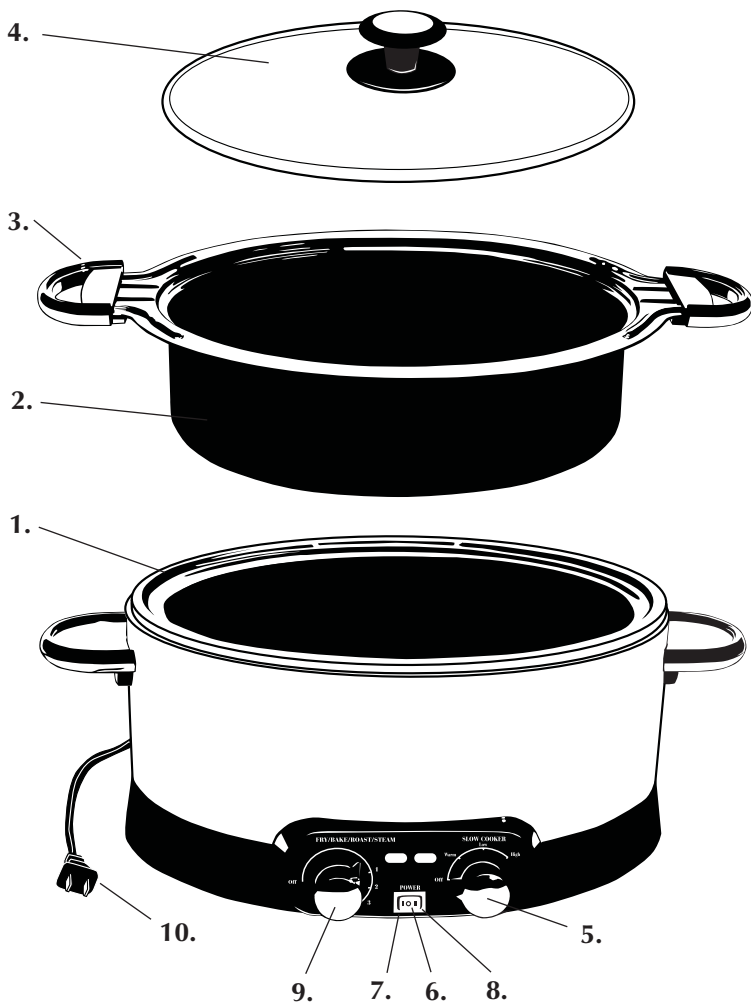
PLASTICIZER WARNING

CAUTION: To prevent Plasticizers from migrating from the finish of the counter top or table top or other furniture, place **NON-PLASTIC** coasters or place mats between the appliance and the finish of the counter top or table top.

Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.

GETTING TO KNOW YOUR CETGSC6 **TECHNIQUE®** "Does It All"™ SLOW COOKER

PRODUCT MAY VARY SLIGHTLY FROM ILLUSTRATIONS



- | | |
|--------------------------------------|-------------------------------------|
| 1. "Does It All"™ Slow Cooker Base | 6. Power Toggle Switch |
| 2. Removable Cooking Pan (P/N 22901) | 7. I – FRY/BAKE/ROAST/STEAM setting |
| 3. Stay Cool Handles | 8. II – SLOW COOKER setting |
| 4. Glass Lid with Knob (P/N 22902) | 9. Multifunction Control |
| 5. Slow Cook Control | 10. Power Cord |

BEFORE USING THE “Does It All”™ SLOW COOKER FOR THE FIRST TIME

1. Carefully unpack the Slow Cooker and remove all packaging materials.
2. Place your oven on a level surface such as a countertop or table. Be sure the sides, back, and top of the oven are at least four inches away from any walls, cabinets, or objects on the counter or table.
3. Wipe the Removable Cooking Pan and the Slow Cooker Base with a clean, damp cloth or sponge, then dry with another cloth. This will remove any dust that may have settled during packaging.
4. It is necessary to operate the Slow Cooker one time before placing food in the Removable Cooking Pan. Pour 4 cups of water into the Removable Cooking Pan.
5. Reinsert the Removable Cooking Pan into the Slow Cooker Base. Place Glass Lid with Handle on top of the Pan.
6. Plug the cord into a 120V AC outlet.
7. Turn Power Toggle Switch to I, and the Multifunction Control to Setting #4 and allow to heat for approximately 30 minutes. There may be slight odor; this is normal and will quickly disappear.



NOTE: The Power Toggle Switch has two settings. I is for the FRY/BAKE/ROAST/STEAM setting. II is for the SLOW COOKER setting.

8. Turn Control Dial to OFF position and allow to cool for at least 20 minutes.
9. Remove the Pan from the Base Unit and pour out the water.
10. Rinse the Pan, allow to dry thoroughly, then reinsert the Pan back into the Base.

NOTE: The “Does It All”™ Slow Cooker has a 6-quart capacity. It is recommended that you do not overfill the Removable Cooking Pan with liquids to the top of the Removable Cooking Pan.

OPERATING INSTRUCTIONS FOR THE “Does It All”™ SLOW COOKER

NOTE: The Multifunction Control has 4 settings. Setting #1 will maintain an average temperature of 325°F, Setting #2 will maintain an average temperature of 400°F, Setting #3 will maintain an average temperature of 425°F and Setting #4 will maintain an average temperature of 450°F.

To Pan Fry in the “Does It All”™ Slow Cooker:

Place the Removable Cooking Pan into the Slow Cooker Base. Place

approximately 1/4-inch of oil into the Pan. Turn the Power Toggle Switch to I, and the Multifunction Control to Setting #3. When hot, but not smoking, carefully add foods to be fried. Cook for desired amount of time. While pan frying, do not leave the unit unattended.

To Sauté in the “Does It All”™ Slow Cooker:

Place the Removable Cooking Pan into the Slow Cooker Base. Turn the Power Toggle Switch to I, and the Multifunction Control to Setting #3. Add food as recipe indicates. Cook for desired amount of time. While sautéing, do not leave the unit unattended.

To Braise in the “Does It All”™ Slow Cooker:

Place the Removable Cooking Pan into the Slow Cooker Base. Turn the Power Toggle Switch to I, and the Multifunction Control to Setting #4. Do not leave the unit unattended. Add food to brown. After the food has browned, set the Multifunction Control to Setting #2, and add enough liquid to cover food halfway. Cover the Pan with the Glass Lid with Knob and cook for desired amount of time.

To Simmer in the “Does It All”™ Slow Cooker:

Place the Removable Cooking Pan into the Slow Cooker Base. Place the food items to be cooked into the Pan. Place the Glass Lid with Knob on top of the Pan to cover. Turn the Power Toggle Switch to I, and the Multifunction Control to Setting #2. Cook for desired amount of time.

To Slow Cook in the “Does It All”™ Slow Cooker:

Place the Removable Cooking Pan into the Slow Cooker Base. Place the food items to be cooked into the Pan. Place the Glass Lid with Knob on top to cover. Turn the Power Toggle Switch to II, and the Slow Cook Control to Setting Low or High, depending on the amount of desired cooking time.

The Low Setting during Slow Cook will reach a maximum temperature of 190°F in 5 hours. The High Setting during Slow Cook will reach a maximum temperature of 190°F in less than 5 hours. The Warm Setting during Slow Cook will maintain a temperature of at least 150°F. The Warm Setting is not suitable for reheating foods. It is to keep foods warm after they have been cooked on either the Low Setting or High Setting.

To Keep Warm in the “Does It All”™ Slow Cooker:

After cooking is complete, leave the Power Toggle Switch at II and turn the Slow Cook Control to Warm.

To Steam in the “Does It All”™ Slow Cooker:

Place the Removable Cooking Pan into the Slow Cooker Base. Pour approximately 1/4-inch of water in the bottom of the Pan. Place a steaming rack on the bottom of the Pan and place the food on top of the rack. Place the Glass Lid with Knob on top to cover. Turn the Power Toggle Switch to I, and the Multifunction Control to Setting #2. Steam for desired amount of time.

To Boil in the “Does It All”™ Slow Cooker:

Place the Removable Cooking Pan into the Slow Cooker Base. Fill the pan with water as the recipe directs and place the Glass Lid with Knob on top of the Pan. Turn the Power Toggle Switch to I, and the Multifunction Control to Setting #4. After the water is boiling, add food, reduce the heat to Setting #3 and cook for the desired amount of time.

To Bake in the “Does It All”™ Slow Cooker:

Place the Removable Cooking Pan into the Slow Cooker Base. Place a rack in the pan. Select a heat-resistant baking pan that will fit into the Slow Cooker. Coat with cooking spray. Allow the unit to preheat 5 minutes by turning the Power Toggle Switch to I, and the Multifunction Control to Setting #3. Place Glass Lid with Knob on top of the pan. After preheating for 5 minutes, remove Glass Lid and place the food in the baking pan and set on top of the rack. Some items may need to be covered with foil to bake. Place the Glass Lid with the Knob on top of the pan. Bake for the desired time.

- Always place a cooking rack in the bottom of the Removable Cooking Pan when steaming or baking foods.
- Always use a pot holder to carefully open the Glass Lid.
- After the desired amount of cooking time, the food should be done. However, due to variations in size and cut of foods, always check meats and poultry with a cooking thermometer for doneness.
- When done, carefully remove the food and turn the Multifunction Control or Slow Cook Control to “OFF.”
- **CAUTION: To avoid any sparks at the outlet while disconnecting the plug, make sure the power is “Off” before disconnecting the plug from the outlet.**
- **Reminder:** The heat continues to be “On” until the appliance is turned to the “Off” position.

TIPS FOR SLOW COOKING

- When cooking in a Slow Cooker, liquids do not boil away as in conventional stovetop cooking. Reduce the amount of liquid in any recipe that is not designed for a slow cooker, except for rice and soups. Liquids may always be added during the cooking process.
- High fat meats may result in dishes with less flavor. Pre-cooking or browning will help reduce the amount of fat and help preserve the color. The higher the fat content, the less liquid needed.
- Foods cut into uniform pieces will cook faster and more evenly than foods left whole such as roasts or poultry.
- Vegetables may take longer to cook than meats. Potatoes, carrots, turnips, etc., should be placed at the bottom of Cooker and covered with liquid.
- Remember: Frequent lifting of the Glass Lid during the cooking process will delay cooking time.

SUGGESTED COOKING CHART

The following times are meant to be used as guidelines only. However, due to variations in size, texture and cut of foods, always be sure that the food is truly done, use a cooking thermometer. Check periodically so you do not overcook.

MFC=Multifunction Control		SCC=Slow Cook Control		
FOOD	METHOD	TIME	MFC	NOTES
#1, 2, 3, 4 SCC (Slow Cook) High or Low				
Beef, Lamb, & Pork—Lean				
Lean Brisket	Slow Cook	5-6 hr	SCC High	2½-4 lbs.
Lean Brisket	Slow Cook	8-9 hr	SCC Low	2½-4 lbs.
Lean Flank Steak	Slow Cook	5-6 hr	SCC High	2½-4 lbs.
Lean Flank Steak	Slow Cook	8-9 hr	SCC Low	2½-4 lbs.
Lean Hamburger	Pan Fry	6-8 min	MFC #3	
Lean Pot Roast	Slow Cook	5-6 hr	SCC High	2½-4 lbs.
Lean Pot Roast	Slow Cook	8-9 hr	SCC Low	2½-4 lbs.
Lamb, ground	Sauté	8-10 min	MFC #3	
Pork roast, boneless	Slow Cook	4-5 hr	SCC High	3-4 lbs.
Pork roast, boneless	Slow Cook	7-8 hr	SCC Low	3-4 lbs.
Pork loin chops	Simmer	20 min	MFC #2	½-inch thick
Pork loin chops	Braise	2-3 hr	MFC # 3/2	
Lean Ham (cooked)	Sauté	6-8 min	MFC #3	
Breads/Cakes				
Bread Pudding	Steam	25-30 min	MFC #2	steam on rack
Cornbread	Bake	20-25 min	MFC #3	8-in. baking pan
Single layer cake	Bake	25-30 min	MFC #3	8-in. baking pan
One-dish casseroles	Bake	30-40 min	MFC #3	cook covered in baking pan
One-dish casseroles	Bake	40-50 min	SCC High	cook covered in baking pan
Eggs				
Poached	Steam	20 min	MFC #2	steam on rack
Scrambled	Sauté	5-6 min	MFC #3	
Fruits				
Apples	Bake	15-18 min	MFC #3	cook covered in baking pan
Peaches	Steam	5-6 min	MFC #2	steam on rack
Pineapple	Steam	7-8 min	MFC #2	steam on rack
Pasta/Wheats				
Pasta	Boil	10-20 min	MFC #4	depending on size of pasta
Risotto	Simmer	20-25 min	MFC #2	
Rice, Brown	Simmer	30-40 min	MFC #2	
Rice, White	Simmer	20 min	MFC #2	
Poultry				
Chicken breasts	Sauté	10-12 min	MFC #3	
Chicken breasts	Slow Cook	3-4 hr	SCC High	

SUGGESTED COOKING CHART (continued)

MFC=Multifunction Control		SCC=Slow Cook Control		
FOOD	METHOD	TIME	MFC	NOTES
			#1, 2, 3, 4 SCC (Slow Cook) High or Low	
Poultry (Cont.)				
Chicken breasts	Slow Cook	5-6 hr	SCC Low	
Chicken breasts	Braise	1-2 hr	MFC #3/2	
Chicken, ground	Sauté	7-9 min	MFC #3	
Turkey bacon	Sauté	6-7 min	MFC #3	
Turkey, ground	Sauté	7-9 min	MFC #3	
Turkey breast	Slow Cook	4-5 hr	SCC High	
Turkey breast	Slow Cook	7-8 hr	SCC Low	
Sandwiches				
Hot sandwich	Sauté	6-8 min	MFC #3	add 1 t. oil/butter
Seafood				
Fish steak (firm)	Sauté	5-7 min	MFC #3	
Fish fillet	Steam	15-20 min	MFC #2	steam in foil
Fish fillet	Plank Smoke	10-12 min	MFC #2	alder plank
Scallops	Sauté	8-9 min	MFC #3	
Shrimp-medium	Sauté	5-6 min	MFC #3	
Shrimp-large	Steam	5 min	MFC #2	steam on rack
Soups				
Cream	Slow Cook	5-6 hr	SCC Low	
Vegetable	Slow Cook	3-4 hr	SCC High	
Chili	Slow Cook	5-6 hr	SCC High	
Vegetables				
Artichokes	Steam	10-12 min	MFC #2	steam on rack
Asparagus	Steam	8-10 min	MFC #2	steam on rack
Carrots	Steam	7-9 min	MFC #2	steam on rack
Eggplant	Steam	10-15 min	MFC #2	steam on rack
Onions	Sauté	5 min	MFC #3	
Peas	Steam	5-6 min	MFC #2	
Peppers	Sauté	3-4 min	MFC #3	cut into strips
Peppers, stuffed	Steam	20-30 min	MFC #2	steam on rack
Potatoes	Sauté	8-10 min	MFC #3	cut into 1/2-inch pieces
Potatoes	Steam	10-12 min	MFC #2	cut into 1/2-inch pieces
Stir-fry mix vegetables	Pan Fry	5-6 min	MFC #3	
Vegetable burger	Sauté	5-6 min	MFC #3	

NOTE: The United States Department of Agriculture recommends that meat and poultry be cooked to the following internal temperatures to be sure any harmful bacteria has been killed. Ground turkey and chicken should be cooked to an internal temperature of 165°F and ground beef, veal lamb and pork be cooked to an internal temperature of 160°F. Chicken and turkey should be cooked to an internal temperature of 170°F for white meat and 180°F for dark meat. Goose and duck should be cooked to an internal temperature of 180°F. Fresh beef, veal and lamb, etc. should be cooked to an internal temperature of 145°F. Fresh pork should be cooked to an internal temperature of at least 160°F. When re-heating meat and poultry products, they should also be cooked to an internal temperature of 165°F.

USER MAINTENANCE INSTRUCTIONS

This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Any servicing requiring disassembly other than cleaning must be performed by a qualified appliance repair technician.

CARE AND CLEANING

CAUTION: To avoid accidental burns, allow your appliance to cool thoroughly before cleaning.

1. Before cleaning, unplug the appliance from the wall outlet and allow to cool.

CAUTION: To avoid any sparks at the outlet while disconnecting plug, make sure the power is off before disconnecting the plug from the outlet.

2. ***To Clean the Removable Cooking Pan:*** Remove any excess fat and food particles from the Pan. Wash with warm soapy water and dry thoroughly. When dry, reinsert the Removable Cooking Pan into the Slow Cooker Base.
3. ***Stubborn build-up:*** Use a non-metallic scrubbing pad to clean the Removable Cooking Pan.
4. ***Outside cleaning:*** Wipe the Slow Cooker Base with a warm, wet sponge and dry with a soft dry cloth.
5. **Do not use** steel wool, scouring pads or abrasive cleaners on any parts of the appliance.
6. **DO NOT IMMERSE THE BODY OF THE APPLIANCE IN WATER OR OTHER LIQUID.**

RECIPES

Roast Beef & Sweet Cipollini Onions

3 pounds beef rump roast (or other lean cut of beef)
1 teaspoon sea salt, freshly ground
1/2 teaspoon black pepper, freshly ground
2 cloves garlic, minced
3 medium Yukon Gold potatoes, cut into large pieces
1 cup petite whole carrots
8 whole cipollini onions, peeled
1/2 cup beef broth
1 teaspoon fresh Italian flat-leaf parsley, minced
1 teaspoon fresh rosemary leaves, minced

Place the beef roast in the Cooking Pan. Cover with the salt and pepper. Add the garlic, potatoes, carrots and onions to the Pan and cover with the broth. Scatter the herbs over the top of all. Cover and turn the Slow Cook Control to High and cook for 5-6 hours (or Low for 8-9 hours), or until the beef is very tender and the vegetables are tender. Serves 6.

Friday Night Family Chili

1 pound lean ground beef
1 large white onion, chopped
2 6-ounce cans tomato sauce
14.5-ounce can black beans, rinsed and drained
2 14.5-ounce cans chili beans, drained
14.5 ounce can pinto beans
2 tablespoons Worcestershire sauce
1/2 teaspoon kosher salt
2 teaspoons chili powder
pepper Jack cheese, grated for topping
white onion, finely chopped for topping
sour cream, for topping

Turn the Multifunction Control to Setting #3 and add the ground beef. Crumble the beef with a large fork or spoon until the beef pieces are uniform and add the onion. Stir as the beef browns. Drain any excess grease and add the remainder of the ingredients. Stir well to combine. Turn the Slow Cook Control to High and cook for 4-5 hours (or on Low for 6-8 hours). Stir again before serving. Serve with the toppings listed above and a great, big dill pickle! Serves 4-6.

Chicken & Proscuitto over Fresh Asparagus

4 chicken breasts, boneless, skinless
4 slices Italian proscuitto
1/2 cup white mushrooms, chopped fine
1/2 cup sweet Maui onion, minced
1 tablespoon extra-virgin olive oil
10.5-ounce 99% fat-free can cream of chicken soup
1/2 cup evaporated milk
fresh basil for garnish
1 pound fresh asparagus, ends trimmed and cleaned

Pound the chicken breasts until thin and place flat on a clean surface. Place one slice of proscuitto over each chicken breast. Mix together the mushrooms and onion and divide among the chicken breasts. Roll each chicken breast and secure with picks or cooking string.

Turn the Multifunction Control to Setting #3 and pour the oil into the Cooking Pan. Place the chicken breasts in the Pan and brown on all sides. Turn the Slow Cook Control to High. In a small bowl, mix together the soup and milk. Pour over the chicken rolls. Cover and cook for 3-4 hours (or Low for 6-7 hours), or until the chicken is cooked throughout. Just before serving, steam the asparagus. To serve, place the asparagus on each of 4 plates, add a chicken roll on top of the asparagus and cover with the sauce. Garnish with the fresh basil to serve. Serves 4.

Homestyle Steak & Potatoes

1-1/2 pounds beef round steak, visible fat removed
flour for dredging
salt and pepper to taste
1 tablespoon extra-virgin olive oil
1 pound white mushrooms, cleaned and sliced
1 yellow onion, finely chopped
2 pounds russet potatoes, peeled and quartered

Place the steak on a clean surface and cover with a generous amount of flour. Use a mallet or the edge of a plate to pound and tenderize the steak. Salt and pepper the steak and turn. Tenderize, salt and pepper the other side of the steak.

Turn the Multifunction Control to Setting #3 and add the olive oil. Sauté the steak in the oil to brown. Turn and sauté the other side of the steak. When browned, add the mushrooms, onion and potatoes around the steak. Turn the Slow Cook Control to High and cook for 4-5 hours (or on Low for 6-8 hours). Serve with steak sauce, if desired. Serves 4.

Tomatillo Salsa Chicken

6 chicken breasts, boneless, skinless
3 green tomatillos, chopped
2 Roma tomatoes, chopped
1 large white onion, chopped
2 teaspoons fresh cilantro, chopped
1/2 teaspoon salt
1/2 teaspoon black pepper
4 whole wheat tortillas, warmed

Place the chicken breasts in the cooking pan and turn the Slow Cook Control to High. In a medium bowl, combine the tomatillos, tomatoes, onion, cilantro, salt and pepper. Pour the salsa over the chicken breasts and cover the pan. Cook for 3-4 hours (or on Low for 5-6 hours), or until the chicken is cooked through completely. To serve, ladle the chicken and sauce into bowls and serve with the warm tortillas. Serves 4.

Sage & Tarragon Turkey Breast with Fingerling Potatoes

2-3 pounds turkey breast, boneless, skinless
1 teaspoon black pepper, coarsely ground
1/4 teaspoon salt
1/4 cup fresh sage leaves, minced
1/4 cup fresh tarragon leaves, minced
1 tablespoon extra-virgin olive oil
2 pounds fingerling potatoes, cut in half
1 cup low-sodium chicken broth

Place the turkey breast in the Cooking Pan and turn the Slow Cook Control to High. In a small bowl, mix together the pepper, salt, sage, tarragon and olive oil. Brush the herbed oil over the turkey breast, covering the turkey well. Place the cut potatoes around the turkey and pour the chicken broth over the potatoes. Cover and cook for 5-6 hours (or Low for 8-9 hours), or until the turkey registers 180°F on a meat thermometer. Remove the turkey, slice and serve with the potatoes. Serves 6-8.

Skillet Chicken Gumbo

- 1 teaspoon extra-virgin olive oil
- 1 large yellow onion, chopped
- 1 green bell pepper, chopped
- 1 cup frozen okra, thawed
- 1 large red tomato, chopped
- 1 clove garlic, minced
- 1 tablespoon fresh Italian flat-leaf parsley, minced
- 1 teaspoon dried Italian seasoning
- 1 cup quick-cooking brown rice
- 1/2 pound chicken breasts, skinless, cut into thin strips
- 8-ounce can tomato sauce
- 1-1/2 cups low-sodium chicken broth

Place the oil in the Cooking Pan and turn the Multifunction Control to Setting #3. Add the onion and pepper and sauté until softened. Add the okra, tomato, garlic, parsley and Italian seasoning and mix lightly. Remove the vegetables and set aside. Place 1 teaspoon of oil in the Cooking Pan and add the brown rice. Saute for 2 minutes. Add the chicken strips and replace the vegetables. Combine the tomato sauce and chicken broth and pour over all. Cover and cook for 20-25 minutes, or until the rice is tender and the chicken is cooked through and no pink remains. Serves 4.

Chicken & Asian Noodle Sauté

- 1 tablespoon sesame oil
- 1/2 pound chicken breasts, skinless, cut into strips
- 2 carrots, cut into thin matchstick pieces
- 1-1/2 cups fresh green beans, trimmed and sliced diagonally
- 1/2 small white onion, sliced
- 1 red bell pepper, sliced
- 6 cherry tomatoes, halved (substitute grape tomatoes)
- 6 ounces fresh Asian noodles, cooked
- 2 teaspoons toasted sesame seeds
- 3 tablespoons tamari soy sauce
- 1/8 teaspoon black pepper
- 1 tablespoon sesame oil

Place the sesame oil in the Cooking Pan and turn the Multifunction Control to Setting #3. Add the chicken breasts and sauté for 2 to 3 minutes on each side. Add the carrots, green beans, onion and red pepper and sauté for 4 to 5 minutes until the vegetables are softened. Add the cherry tomatoes and Asian noodles and toss lightly. In a small bowl, mix together the sesame seeds, soy sauce, pepper and oil. Pour the sauce over all and sauté for an additional 3 to 4 minutes, or until the chicken is cooked through completely and the vegetables are tender-crisp. Serves 4.

Pineapple & Mango Glazed Tilapia

- 2 tablespoons orange juice
- 1/4 cup all-fruit, no sugar added, orange marmalade
- 1/2 cup fresh mango, finely chopped
- 1 cup canned pineapple chunks with 2 tablespoons juice
- pinch sugar or sugar substitute
- 4 4-ounce tilapia fillets

Prepare the glaze by combining the orange juice, marmalade, mango, pineapple, juice and sugar in a medium bowl. Turn the Multifunction Control to Setting #3 and pour the glaze into the Cooking Pan. Sauté the glaze for 2 to 3 minutes, or until the fruit is warm and the marmalade has melted. Add the tilapia fillets and sauté the fish for 2-3 minutes on each side, turning once. To serve, place the fillets on plates and equally cover each serving with the glaze. Serves 4.

Braised Pork Tenderloin with Shallots & Crimini Mushrooms

- 1 tablespoon extra-virgin olive oil
- 2 pounds pork tenderloin, tied
- 1 tablespoon black pepper, coarsely ground
- 1 teaspoon sea salt, ground
- 1/2 teaspoon garlic, minced
- 3 cups beef broth
- 1/2 pound crimini mushrooms, cleaned and sliced
- 2 cups shallots, thinly sliced
- 1/4 cup Italian flat-leaf parsley, chopped

Pour the oil into the Cooking Pan and Turn the Multifunction Control to Setting #3. Add the tenderloin. Sauté the tenderloin and turn it to brown on all sides as it cooks. In a small bowl, combine the black pepper, sea salt and garlic and rub over the top of the tenderloin. Add the beef broth, mushrooms and shallots and cover the pan. Reduce to Setting 2 and braise for 2 to 2-1/2 hours, or until the tenderloin is very tender. Just before serving, add the parsley. Serve the tenderloin with the mushrooms and shallots. Serve 8.

French Chicken with Fennel & Rosemary

- 1 tablespoon extra-virgin olive oil
- 1 whole chicken, cleaned and patted dry
- 1 lemon, cut into slices
- 1 teaspoon ground white pepper
- 1/2 teaspoon salt
- 1 fennel bulb, cut into small pieces
- 2 cloves garlic, minced
- 1 bay leaf
- 1 tablespoon fresh rosemary, minced
- 1 small red onion, sliced
- 2 cups petite carrots
- 3 cups low-sodium chicken broth

Pour the oil into the Cooking Pan and turn the Multifunction Control to Setting #3. Place the lemon slices inside the cavity of the chicken and place the chicken in the pan. Sauté the chicken, turning as it browns. Sprinkle the pepper and salt over the chicken and place the fennel, garlic, bay leaf, rosemary, onion, carrots and broth around the chicken. Cover and braise at Setting #2 for 2 hours, or until the chicken is cooked completely through and registers 180°F when tested with a meat thermometer. To serve, carve the chicken and serve with the vegetables. Serves 3-4.

Sweet & Sour Chicken with Brown Rice

- 1 pound chicken breasts, boneless, skinless, cut into bite-sized pieces
- 2 large carrots, thinly sliced on the diagonal
- 1/4 cup low-sodium soy sauce
- 3 tablespoons white vinegar
- 1 cup canned pineapple chunks
- 1/2 cup pineapple juice
- 1 teaspoon sugar or sugar substitute
- 1/2 pound fresh snow peas
- 1 cup low-sodium chicken broth
- 1 cup quick-cooking brown rice

Turn the Multifunction Control to Setting #3. Lightly coat the cooking pan with cooking spray and add the chicken pieces. Brown the chicken slightly and add the carrots, soy sauce, vinegar, pineapple chunks, juice and sugar. Stir lightly. Reduce the heat to Setting #2. Add the snow peas, chicken broth and brown rice and stir again. Cover and simmer for 25 minutes, or until the rice is tender and the chicken is cooked completely through. Serves 4.

Toasted Pecan & Barley Pilaf

1 tablespoon extra-virgin olive oil
1/2 cup barley
1 cup long grain white rice
1/2 cup whole wheat angel hair pasta, broken into 1-inch pieces
2 shallots, peeled and sliced
2 cups low-sodium beef broth
1/2 teaspoon black pepper
1/2 cup toasted pecans, chopped

Place the olive oil in the Cooking Pan and turn the Multifunction Control to Setting #2. Add the barley, rice and pasta and stir until the grains brown lightly. Add the shallots, broth and pecans and stir to combine. Cover and simmer for 25 minutes, or until the grains are tender throughout. Serves 4-6.

Almuerzo (Brunch) Eggs & Spinach Tortillas

2 tsp. extra-virgin olive oil
1 6-inch spinach-flavored tortilla, torn into pieces
1/2 cup prepared tomato sauce
1/2 teaspoon chili powder
1/4 teaspoon ground cumin
4 large eggs (or egg substitute)
1/4 teaspoon ground black pepper
1/4 teaspoon ground paprika
1/4 cup Cotija cheese, crumbled (substitute goat cheese)
fresh jalapeños, minced for garnish

Turn the Multifunction Control to Setting #4 and add the olive oil. Swirl the oil in the Cooking Pan to cover the bottom of the pan and heat until the oil is hot, but not smoking. Add the tortilla pieces to the oil and fry quickly, turning once to lightly brown both sides. Remove the tortillas and drain on paper towels. Allow the Cooking Pan to cool slightly, wipe out with paper towels and reduce the heat to Setting #3. Place a rack in the bottom of the cooking pan.

Layer the tortillas in the bottom of an 8-inch round baking pan. Pour the sauce and spices over the tortillas. Break each of the eggs carefully over the sauce without breaking the yolks. Dust with the pepper and paprika. Place the pan on the rack and cover with foil. Bake for 15-20 minutes. Add the Cotija cheese, re-cover and bake for an additional 5-10 minutes, or until the eggs are set and the cheese has melted. Remove and garnish with the jalapeños. Serves 4.

Chicken & Broccoli in Pepper-Cream Sauce

1 cup low-sodium, reduced fat chicken broth
3 teaspoon flour
1/4 teaspoon coarsely ground black pepper
1/2 cup reduced-fat cream cheese, softened
2 chicken breast halves, boneless and skinless, cut into bite-sized pieces
2 cups fresh broccoli florets, cut into small pieces
2 tablespoons Parmesan or asiago cheese, freshly grated

Pour the chicken broth into the Cooking Pan and turn the Multifunction Control to Setting #4. Heat the broth until almost boiling and whisk in the flour and pepper. Stir constantly and reduce the heat to Setting #3. The sauce should be thickened and cooled slightly. Add the cream cheese, stirring constantly. Pour the sauce into a medium bowl and set aside. Wipe the cooking pan with paper towels to clean.

Coat a 1-1/2 quart ovenproof pan with cooking spray and place the chicken pieces in the pan. Scatter the broccoli pieces over the top of the chicken. Pour the sauce over all. Tightly secure foil over the top of the pan. Place a rack or trivet in the bottom of the cooking pan and place the ovenproof pan on the rack. Cover with the lid. Turn the Multifunction Control to Setting #3 and bake for 35 minutes, or until the chicken and broccoli are heated through completely. Remove the foil and add the cheese before serving. Serves 4.

Easy Dijon-Crusted Chicken Breasts

2 chicken breast halves, boneless, skinless
1 tablespoon Dijon mustard
2/3 cup Asian panko bread crumbs (substitute any dry bread crumbs)
2 tablespoons peanut or vegetable oil
1 tablespoon lemon juice
1 tablespoon flat-leaf Italian parsley, minced

Place the chicken breasts on a flat surface and pound until uniformly thin. Spread both sides of each breast with the mustard and press the crumbs into both sides of each breast. Turn the Multifunction Control to Setting #3 and add the oil. Heat until hot, but not smoking. Add the chicken and cook for 4 minutes on each side, turning once. When done, the chicken should be completely white inside with no pink remaining. Drizzle the lemon juice over each chicken breast, garnish with the parsley and serve at once. Serves 2.

Tarragon Fillet of Sole with Shrimp

- 4 large fillet of sole
- 1/2 cup white mushrooms, finely chopped
- 3 tablespoons white onion, finely chopped
- 1 cup small shrimp, cooked and chopped
- 2 tablespoons lowfat mayonnaise
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon fresh tarragon, minced
- 2 tablespoons peanut or vegetable oil

Place the fillets on a clean surface. Mix together the mushrooms, onion, shrimp, mayonnaise, salt, pepper and tarragon. Place one-fourth of the mixture on each fillet and roll the fillets from the shortest sides into a bundle. Secure each roll with picks or cooking string.

Turn the Multifunction Control to Setting #3 and add the oil. When the oil is hot, but not smoking, add the fillet bundles. Cook and turn each of the fillets for 5-7 minutes. When done, the fish will be firm and no longer opaque. Remove from the pan and serve while warm. Serves 4.

Pacific Salmon in Dill Sauce

- 2 8-ounce Pacific salmon fillets
- 4 tablespoons lowfat mayonnaise
- 1 teaspoon fresh dill, minced
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon fresh parsley, minced
- 1/2 small white onion, peeled and sliced
- 4 slices fresh lemon, peeled

Cut a piece of heavy-duty aluminum foil large enough to cover the fillets. Place the salmon steaks in the middle of the foil. Cover each steak equally with the mayonnaise, dill, pepper, parsley, onion and lemon slices. Wrap the foil around the salmon fillets, leaving a pocket for steam. Place a steaming rack in the Cooking Pan and add water to just below the rack. Position the salmon packet on the rack. Turn the Multifunction Control to Setting #2 and steam the salmon for 35-40 minutes. The fish is done when it flakes easily and is no longer opaque in the middle. Cut the fish into 4 portions and serve. Serves 4.

Crab Pasta Salad with Lemon Dressing

6 cups water
2 cups small pasta shells
1 cup fresh broccoli, finely chopped
1 fresh carrot, chopped
2 stalks celery, finely chopped
1/4 cup canned water chestnuts, chopped
1 tablespoon white onion, chopped
1/2 pound fresh lump crab meat, cleaned and picked through
1 tablespoon fresh parsley, minced
1/3 cup lowfat mayonnaise
2 teaspoons fresh lemon juice
3 tablespoons water
1/2 teaspoon white pepper
1 tablespoon fresh dill, minced

Place the water in the Cooking Pan and turn the Multifunction Control to Setting #4. When the water boils, add the pasta and cook for 10-13 minutes, or until it is tender. Drain the pasta and place in a large serving bowl. Replace the cooking pan and lightly coat with cooking spray.

Turn the Multifunction Control to Setting #3 and add the broccoli, carrot, celery, water chestnuts and onion. Stir and sauté for 3 minutes, or until the carrot and broccoli are just slightly tender. Remove and add the vegetables to the pasta. Add the crab and parsley to the pasta and vegetables. In a small bowl, whisk together the mayonnaise, lemon juice, water, pepper and dill until smooth. Pour over the pasta salad and serve at once or chill for up to 1 hour. Serves 4-6.

Ribollita Soup with Garlic Baguettes

3 medium new potatoes, washed and quartered
4 cups water
16-ounce can crushed Italian-style tomatoes
6-ounce can tomato paste
1 clove garlic, minced
1 red onion, peeled, chopped, divided
1 cup frozen Italian-style green beans
2 zucchini, sliced thickly
4 carrots, peeled and sliced into 1/2-inch pieces
1 cup canned small white beans, rinsed and drained
1 teaspoon salt
1/2 teaspoon black pepper
2 cups Savoy cabbage, shredded
8 slices baguette bread, 1/4-inch thick
1 garlic peeled

Place the potatoes in the Cooking Pan and add the water. Turn the Multifunction Control to Setting #4 and bring to a boil. Cover and cook until the potatoes are tender, about 15 minutes. Do not drain the water. Reduce the heat to Setting #2 and add the canned tomatoes and tomato paste and stir well to combine. Add the garlic, one-half of the onion, green beans, zucchini, carrots, bean, salt and pepper. Cover and simmer for 20 minutes. Add the cabbage and continue cooking for 10 minutes.

Just before serving, rub the garlic over all sides of the baguette slices. If desired, broil the bread to toast. Ladle the soup into bowls and add a baguette to the top of each bowl. Makes 6 generous servings.

