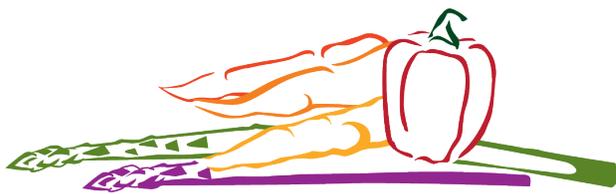


**February 2021**  
**Cooking School**  
*Recipe Book*



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**Cook more.**  
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- Pot Roast
- Lasagna
- Sweet Potato Bisque
- Salmon, Rice & Asparagus
- Leche Flan
- Vegetable Antipasto

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# Pot Roast

**Makes: 6 servings**

**Utensils:**

- 7 qt Roaster

**Ingredients:**

- 3 lbs beef chuck roast
- salt and pepper to taste
- dry rub
- 2 ears of corn, cut in chunks
- 2 medium carrots, cut into 1/2" chunks
- 2 large potatoes, cut into 1/2" chunks

**Directions:**

1. Preheat the 7 qt Roaster on the stove top. To test to ensure it's ready, drop a few drops of water in the pan; if they bead like mercury and dance, the Roaster is ready.
2. Salt, pepper, and prepare the roast with dry rub. Lay in the pre-heated Roaster and brown on all sides.
3. Add lid; slow cook for 45 minutes on low heat.
4. Add vegetables; replace lid. Cook an additional 35 minutes.



# Lasagna



**Makes: 8-10 servings**

## Utensils:

- Food Processor
- Electric Oil Core Skillet or Large Skillet

## Ingredients:

- 10-12 lasagna noodles
- 1 lb mozzarella, cone #2
- 1 cup of finely grated Parmesan Cheese
- 1 can of crushed tomatoes
- 1/3 cup Shiro Miso paste (Asian grocery store; this is what makes this recipe unique.)
- 3 tbsp Tomato paste
- 1/4 cup soy sauce
- 2 star anise (Asian store)
- 1/2 tsp dried oregano

### Meat Sauce:

- 1-1/2 lb of ground beef
- 6 garlic cloves, chopped, cone #1
- 1 can of whole peeled tomatoes

### Vegetables:

- 4-5 large mushrooms, #4 cone
- 1 cup of fresh baby spinach

### Cheese Sauce:

- 1 lb cottage cheese
- 2 cups finely grated Parmesan cheese
- 1/2 cup cream
- 1/4 tsp nutmeg
- 1 tbsp cornstarch

## Directions:

1. Make the meat sauce. Preheat Electric Skillet to 450° or if you are using the Large Skillet, set temperature on Medium heat for about 4 minutes. Caramelize the ground beef. Allow to sear for 4-5 minutes or until you get a nice deep color. Do not break up the meat. Season with sea salt and then flip the ground beef over in chunks. Allow to heat for another 2-3 minutes. Use a ground meat masher to break up the caramelized meat. Add garlic. Cook for about 30 seconds, then add the tomatoes, miso paste, tomato paste, soy sauce, star anise and oregano. Simmer 10- 15 minutes. Transfer to a bowl. Set pan aside.
2. Make the cheese sauce. Whisk all the ingredients in a large bowl until well combined.
3. Build the lasagna. Spread 1/3 of meat sauce in the bottom of the Electric Skillet. Place one layer lasagna noodles, breaking pieces to fit. Spread 1/3 of the meat sauce over the lasagna noodles then dollop 1/2 of the cheese sauce on top and spread it evenly. Sprinkle with a third of grated mozzarella. Add the sliced mushrooms and spinach. Repeat with the another layer of noodles and the remaining meat sauce.
4. Mix the remaining grated mozzarella with the Parmesan cheese. Sprinkle evenly over the top. Cover the Electric Skillet. Set temperature at 350°. Once the Vapo Valve clicks, turn down temperature to 200°. If you are using the large skillet, set the temperature to low. Let it cook for 25 minutes. Uncover; allow to rest and cool 20 minutes. Slice and serve.

# Sweet Potato Bisque

**Makes: 6 servings**

## Utensils:

- Saladmaster Food Processor
- 3 qt Sauce Pan and cover
- Immersion blender, food processor, or blender

## Ingredients:

- 2 ribs celery
- 1 large tart apple
- 2-3 sweet potatoes (1.5 pounds)
- 1/4 cup chopped scallions, white part only, or shallots
- 2 cups skim milk or 2% milk
- 1 cup low-fat, low-sodium chicken stock
- 2 tbsp cooking sherry, optional
- 1/8 tsp ground allspice
- 6 tbsp plain reduced-fat or fat-free yogurt
- 1 tbsp minced fresh parsley or green onion

## Directions:

1. Process celery and apple using Cone #2. Process sweet potatoes using Cone #3.
2. In the sauce pan over medium heat, combine potatoes, celery, apple, and scallions or shallots. Add milk, stock, sherry and allspice. Cover; cook until Vapo Valve clicks; reduce heat to low and cook 20-25 minutes, or until potatoes are quite soft.
3. If using an immersion blender, blend vegetables until smooth.
4. If you are using a blender or food processor: With slotted spoon, transfer vegetables to electric food processor or blender; process until smooth. Return to saucepan with liquids; if necessary, thin with additional stock or milk.
5. For special occasions when a richer soup is desired, add 1/2 cup light cream,
6. Serve hot, topped with 1 tbsp yogurt and a sprinkling of parsley or chopped scallions.



**Jon Dickman | Distributor | Kennewick, WA**  
509.873.9123 | [jon.dickman@estherbrookinc.com](mailto:jon.dickman@estherbrookinc.com)

# Salmon, Rice & Asparagus



**Servings: 2**

## Utensils:

- Limited Edition 3 qt Gourmet Wok
- MP5

## Ingredients:

- 1 lb salmon fillet
- Johnny's Seasoning
- 1 lemon, sliced
- 1 lb asparagus
- 1 cup rice
- 2 cups water

## Directions:

1. Place 1 cup rice and 2 cups water in Saladmaster MP5 or Electric Oil Core Skillet. Insert the electric probe and press the temperature key; press the down arrow to select RIC1 for one cup of rice. When flashing stops, heating has begun and a countdown timer will appear.
2. Rinse asparagus spears under cold water. Snap at natural bend to remove hard ends. Set aside.
3. Preheat wok on medium-high. Season salmon fillet with Johnny's Seasoning. Cook 5 minutes, skin side up.
4. Turn salmon over; top with lemon slices and asparagus spears. Cover. Cook 10 minutes.
5. Serve immediately over finished rice.



**Jose Zepeda | Distributor | Pasco, WA**  
509.948.6989 | [jose.zepeda@estherbrookinc.com](mailto:jose.zepeda@estherbrookinc.com)

# Leche Flan

**Makes: 8 servings**

## Utensils:

- 7 qt Wok
- Utility Rack
- Pudding or Cake Pan
- 3.5 qt Double Walled Bowl

## Ingredients:

- 12 egg yolks
- 14 oz can Evaporated Milk
- 14 oz can Sweetened Condensed Milk
- 2 Tbsp white sugar

## Directions:

1. Add 2 cups of water to the bottom of the 7 qt Wok. Preheat the Wok on the stove top, medium heat. Place the utility rack in the 7 qt Wok.
2. Add 2 Tbsp white sugar to the bottom of the cake pan. Place pan on the stove top on low heat until sugar melts and caramelizes.
3. In the double walled bowl, mix 12 egg yolks (no egg whites), evaporated milk and sweetened condensed milk with a whisk or hand mixer until mixed well. Add to cake pan on top of caramelized sugar. Place cake pan inside Wok on top of utility rack; cover Wok.
4. Heat on medium until Vapo-Valve clicks steadily. Reduce heat to low. Total cooking time is 35 minutes.
5. Turn out the leche flan immediately. Serve warm immediately or you can chill.



# Vegetable Antipasto

**Makes: 8 appetizer servings**

**Utensils:**

- Small skillet and cover

**Ingredients:**

- 2 cups small cauliflower florets
- 1/2 large red bell pepper, seeded, diced 1/2 inch
- 2 cloves garlic
- 1/3 cup balsamic vinegar
- 3/4 cup cooked chickpeas, rinsed, drained
- 1/2 cup pitted black olives
- 1/2 medium red onion, halved horizontally, cut into 1/4-inch wedges
- 1 tsp minced fresh basil
- 1/2 tsp fresh thyme leaves
- 1/2 tsp coarsely ground pepper

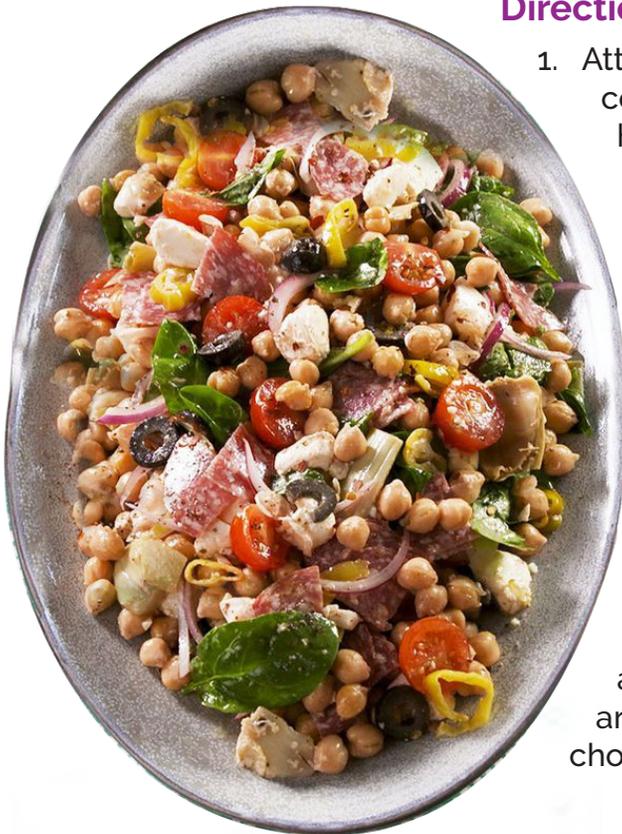


**Directions:**

1. Attach handles to skillet. Place cauliflower in skillet; cover with water. Drain well. Place skillet over medium heat; add red pepper, garlic, and vinegar. Toss to mix. Cover; cook until Vapo Valve clicks vigorously. Reduce heat to low; cook until cauliflower is crisp and tender, about 4 minutes.
2. Transfer cauliflower mixture to a large bowl; add chickpeas, olives, onion, basil, thyme, and pepper. Toss to mix well. Cover; refrigerate at least 2 hours to allow flavors to blend. Taste; season with additional balsamic vinegar if desired. Serve at room temperature.

**Optional Additions:**

The above recipe is perfect for those looking for a diabetic-safe appetizer. Antipasto dishes vary widely, and some popular additions include low-fat salami, artichoke hearts, baby spinach, halved grape tomatoes, chopped pepperoncini, and mozzarella balls.



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