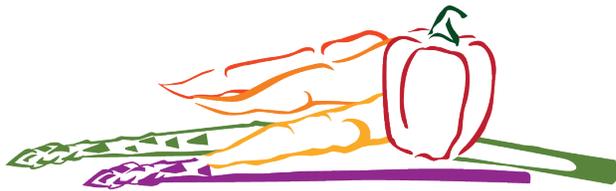


January 2021  
Cooking School  
*Recipe Book*



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Cook more.  
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- Pork Belly with Sauce
- Hearty Griddle Breakfast
- Chicken Adobo
- Chicken Cacciatore
- Fruit-topped Cheesecake
- Brussels Sprout Salad

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# Pork Belly with Sauce

**Makes: 4 servings**

## Utensils:

- Electric Oil Core Skillet
- Food Processor

## Ingredients:

- 4 slices of pork belly
- salt and pepper
- cherry tomatoes, halved
- 1/2 red onion, strung, use #2 Cone
- 1/2 cup soy sauce

## Directions:

1. Preheat the electric oil core skillet to 450°.
2. Place 4 slides of pork belly in hot skillet. Season lightly with a pinch of black pepper and a pinch of salt.
3. Place the cover on the electric skillet for 5 minutes. This tenderizes the pork belly.
4. Crack the lid; cook an additional 5 minutes.
5. Pork belly should be golden brown on the bottom; flip it over.
6. Replace the lid for 5 minutes. Crack the lid and cook an additional 5 minutes.
7. To make sauce, string red onion using #2 Cone.
8. Combine onion, soy sauce, and 5 halved cherry tomatoes. Whisk together.
9. Remove pork belly from electric skillet. Garnish with halved cherry tomatoes and sauce. Serve immediately.



# Hearty Griddle Breakfast



**Servings: 1**

## Utensils:

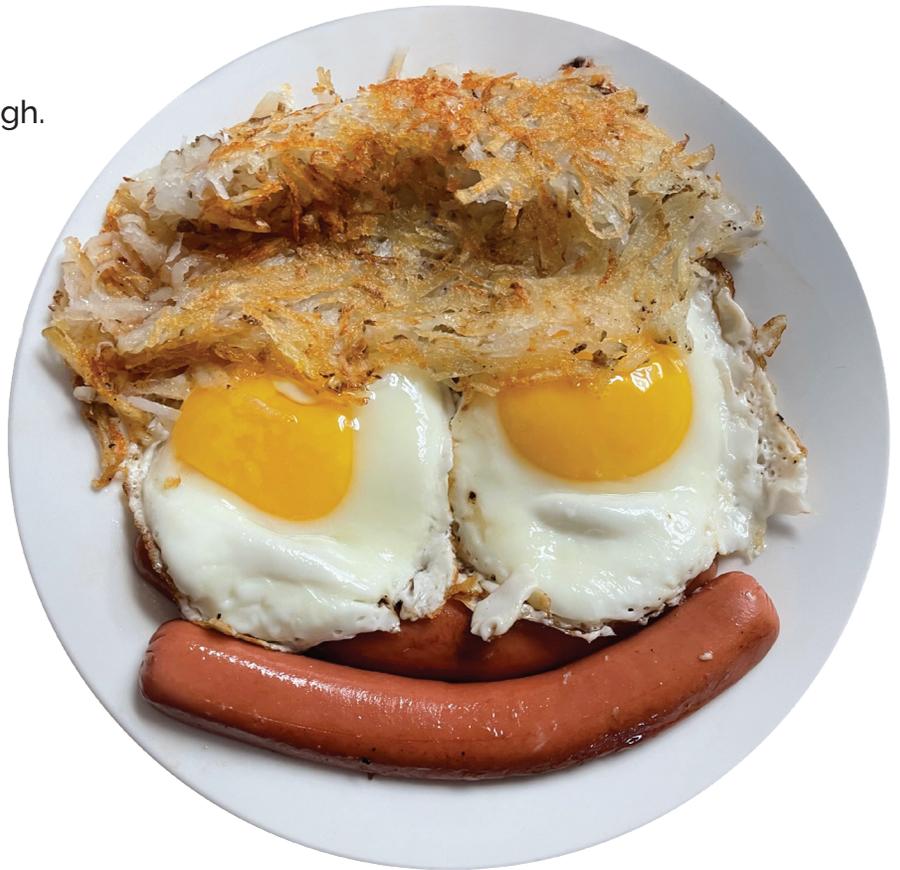
- Food Processor
- 11" Square Griddle

## Ingredients:

- 2 eggs
- 1 medium potato
- 2 sausage links, cut in half long-ways.
- 2 tsp. cooking oil

## Directions:

1. Preheat griddle on medium high. Coat pan in 2 tsp. oil.
2. Shred potato using #1 Cone. Rinse under cold water to remove starch; squeeze to remove excess water.
3. Spread potatoes on the griddle and cook for 10 minutes. Turn potatoes over and gather to one side.
4. Crack 2 eggs onto griddle.
5. Add halved sausage links.
6. Cook all an additional 5 minutes.
7. Serve immediately.



# Chicken Adobo

**Makes: 8 servings**

## Utensils:

- Saladmaster Food Processor
- 5 Qt./4.7 L Roaster with Cover
- large mixing bowl

## Ingredients:

- 4 pounds chicken thighs, bone-in or whole chicken cut into pieces
- $\frac{3}{4}$  cup natural soy sauce or tamari
- 1 small onion, strung, use Cone #2
- 4 cloves garlic, peeled and crushed
- $\frac{1}{2}$  cup Filipino palm vinegar (May substitute cider, white, or coconut vinegar.)
- $\frac{1}{4}$  cup water
- 2 bay leaves
- 1 teaspoon black pepper, ground

## Directions:

1. Trim excess fat from chicken. Place chicken in a bowl, pour  $\frac{1}{4}$  cup of soy sauce over chicken and toss to combine. Marinate for 30 minutes.
2. Preheat roaster over medium heat. When several drops of water sprinkled in roaster skitter and dissipate, remove chicken from soy sauce, shake off excess, and place skin side down in roaster. Cook for 3 - 4 minutes on each side until golden brown. Cook chicken in 2 batches; do not overcrowd roaster. Remove chicken and set aside.
3. Add onions and garlic to roaster and sauté for several minutes, until softened.
4. Add remaining soy sauce, vinegar, water, bay leaves and ground pepper. Stir to combine.
5. Add browned chicken. Stir to combine and cover.
6. When Vapo-Valve™ clicks, reduce heat to low. Cook chicken for 35 - 40 minutes or until internal temperature when tested with a thermometer reaches 165°F/74°C.
7. Remove cover and turn heat to medium. Cook for an additional 10 minutes until liquid reduces. Serve chicken with adobo sauce. Pair this recipe with Lemon Garlic Snap Peas and Mushrooms and serve over white rice.



# Chicken Cacciatore

**Makes: 6 servings**

## Utensils:

- Saladmaster Food Processor
- 5 Qt./4.7 L Multi-Purpose Oil Core (MP5)  
**or** the Electric Oil Core Skillet

## Ingredients:

- 6 chicken thighs, bone-in, skinless
- 15 oz fire roasted tomatoes, diced
- 1 red bell pepper, cut, use Cone #3
- 1 medium onion, strung, use Cone #2
- 5 oz mushrooms, sliced, use Cone #4
- 3 tbsp tomato paste
- 1 tbsp smoked paprika
- 2 tsp Italian seasoning
- 1/2 cup olives, sliced, use Cone #4
- 1/2 tsp fresh rosemary, chopped
- 2 tsp salt (optional)
- 1 tsp crushed red pepper (optional)

## Directions:

1. Preheat MP5 to 300°F/150°C. (This can also be made using the Electric Oil Core Skillet. Follow the same directions.)
2. Using the shears remove excess fat and skin from the chicken thighs and add the chicken and all remaining ingredients into the MP5.
3. Stir to combine all ingredients. Cover and when Vapo-Valve™ begins to click steadily, turn temperature down to 225°F/105°C and cook for 30 minutes.
4. Serve over rice, pasta or with a side of vegetables or a low-carb option.



# Fruit Topped Cheesecake

**Makes: 8-10 servings**

## Utensils:

- Food Processor
- Electric Oil Core Skillet
- Electric Mixer and bowl

## Ingredients:

- 2 cups graham cracker crumbs, use Cone #1
- 1/2 cup butter, melted
- 1 cup white sugar
- 24 oz. cream cheese
- 2 large eggs
- 1 tbsp. corn starch
- 8 oz sour cream
- 21 oz. can pie filling (your choice)

## Directions:

1. Set Electric skillet to 300°. Place stick of butter in electric skillet to melt.
2. Cream sugar and cream cheese together with electric mixer. Add eggs and mix well. Add sour cream and cornstarch; blend well.
3. Grind graham crackers into crumbs on #1 Cone. Pour graham crackers into skillet and spread evenly over bottom.

4. Add cream cheese mixture. Spread evenly on top of graham crackers.
5. Bake at 250° for 1 hour.
6. Cool in electric skillet 2-3 hours in the refrigerator or overnight.
7. Once cooled, add pie filling topping. Spread evenly. Serve.



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# Brussels Sprout Salad



**Makes: 6 servings**

## Utensils:

- Saladmaster Food Processor
- small mixing bowl
- large mixing bowl

## Salad Ingredients:

- 3 dozen (36) Brussels sprouts, sliced, use Cone #4
- 2 scallions, diced
- 1 tablespoon basil, chopped
- 1 large apple, processed, use Cone #3
- 1/4 cup dried cranberries
- 1/2 red onion, strung, use Cone #2
- 1/2 teaspoon red pepper flakes (optional)

## Lemon-Hazelnut Dressing Ingredients:

- 1 - 2 lemons, juiced, to taste
- 1/4 cup olive oil
- 1 tablespoon Dijon mustard
- 1 teaspoon maple syrup
- 1/2 teaspoon black pepper
- 2 tablespoons chopped hazelnuts (or nutritional yeast)
- sea salt to taste

## Directions:

1. Place all salad ingredients in a large bowl and toss to combine. Set aside.
2. In a small bowl, whisk together all dressing ingredients.
3. Pour lemon-hazelnut dressing over salad, toss to combine and serve.



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