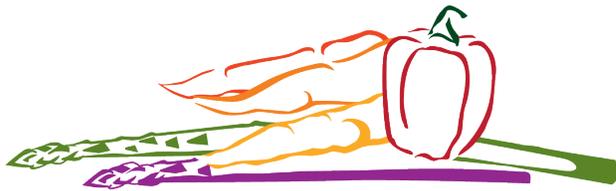


April 2021
Cooking School
Recipe Book



Estherbrook[®]

Cook more.
Eat well.
Live life!

- Pork Short Ribs finished 3 ways:
Sinigang, Adobo, BBQ Ribs
- Savory Lentil Tacos
- Ceviche
- Broccoli Soup
- Pineapple Upside Down Cake
- Pork Kebabs
- Shrimp Sarciado

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Short Pork Spare Ribs Finished 3 Ways:

| *Pork Sinigang*

| *Pork Adobo*

| *Pork BBQ Ribs*



Makes: 12-16 servings

Utensils:

- Electric Oil Core Skillet

Ingredients:

- 6 lbs. Short Pork Spare Ribs

Directions:

1. Set temperature on Electric Oil Core Skillet to 450°. When hot, put all 6 lbs. of pork ribs in skillet, cutting to fit as necessary.
2. Once Vapo-Valve® clicks, reduce temperature to 200° and set the timer for 45 minutes. DO NOT add water!
3. After 45 minutes, transfer all the ribs into a large dish and divide into all 3 recipes to follow:
1 lb. for pork sinigang
3 lbs. for pork adobo
2 lbs for pork barbecue ribs
4. Strain remaining liquid from skillet into container. Fat will solidify; discard. Add remaining liquid to the Sinigang Soup.



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Pork Sinigang

| *Uses cooked pork ribs*



Makes: 4 servings

Utensils:

- 4 qt. Roaster with Lid



Ingredients:

- 1 lb. Pork Spare Ribs chopped to individual bones
- 1 generous pinch of salt
- 1/2 packet of Tamarind Soup Base
- 1/2 large yellow onion, roughly chopped
- 3 Roma tomatoes, diced
- 1 Tbsp. fish sauce
- 1 small Taro Root, cut into large cubes
- 5 string beans cut into 3" pieces, or 8 green beans
- 3 heads baby bok choy
- 1/4 head of green cabbage
- spinach
- 1-2 jalepeño or Anaheim peppers

Directions:

1. Add sliced tomatoes, onions, and Taro Root to the 4 qt. Roaster and let it simmer while pre-cooking the spare ribs in the Electric Oil Core Skillet (previous recipe.)
2. After 45 minutes of simmering, add the pre-cooked spare ribs to the Roaster.
3. Sprinkle 1/2 packet of Tamarind Soup Base mix, fish sauce, 2 cups of water, chili peppers, beans, cabbage, bok choy, and spinach to the pot. Start temperature on medium heat. Once Vapo-Valve® clicks, turn temperature to low.
4. Because we added 2 cups of water, you may prefer to add a little more salt to taste.



Pork Adobo

| Uses cooked pork ribs



Makes: 6-8 servings

Utensils:

- Electric Oil Core Skillet



Ingredients:

- 3 lbs. Pork Spare Ribs, pre-cooked
- 1 small whole garlic clove, crushed
- 4 dried bay leaves
- 4 Tbsp. soy sauce (I prefer Silver Swan or Kikkoman brands)
- 4 Tbsp. seasoned gourmet rice vinegar (I used Marukan brand)
- 4 Tbsp. Jufuran Banana Ketchup, regular or spicy. (This can be found in Asian stores or online sources like Amazon.)
- 1/4 tsp ground black pepper OR use 1 Tbsp. whole peppercorns

Directions:

1. Place garlic, bay leaves, soy sauce, rice vinegar, banana ketchup, and pepper in the Electric Oil Core Skillet. Mix well.
2. Add pre-cooked spare ribs. Mix into the sauce.
3. Set temperature to 450°. Once the Vapo-Valve® clicks, turn the temperature to 300°. Cook for 15 minutes.



Pork BBQ Ribs

| *Uses cooked pork ribs*



Makes: 4 servings

Utensils:

- 11" Large Skillet or 9" Small Skillet



Ingredients:

- 2 lbs. Short Pork Ribs
- 4 cloves of minced garlic
- 1/2 medium onion, finely chopped
- 2 Tbsp. Worcestershire Sauce
- Black pepper (to taste)
- 1/2 fresh lemon (juice)
- Sweet Baby Ray's Barbecue Sauce (to taste)

Directions:

1. Sauté garlic and onion, stirring often until onion is translucent. Blend in Worcestershire sauce, lemon juice, black pepper, and Sweet Baby Ray's Barbecue sauce.
2. Add pre-cooked pork ribs to pan. Set temperature to medium heat. Cook for 2-3 minutes until ribs are well glazed and slightly burnt or caramelized.
3. Get a good char by keeping the temperature on medium heat, watching closely.

Savory Lentil Tacos

Makes: 4 servings

Utensils:

- Saladmaster Food Processor
- 3 qt. Sauce Pan with Cover
- 1 qt. Sauce Pan with Cover

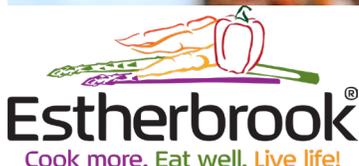
Ingredients:

- 2 oz. fat-free or reduced fat Sharp Cheddar cheese
- 1 medium onion
- 1/4 head iceberg lettuce
- 1/2 cup dried lentils
- 2 cloves of garlic, minced
- 1 3/4 cups water
- 1 1/2 tsp. chili powder
- 1/4 tsp. cumin
- 1/4 cup tomato paste
- 1 tsp. molasses
- 8 taco shells
- 1/2 cup thinly sliced scallions
- 4-5 Roma tomatoes
- 2 jalepeños
- garlic salt to taste



Directions:

1. Process cheese using No. 1 cone. Process 1/2 onion using No. 2 cone. Process lettuce using No. 5 cone. Cover lettuce and refrigerate until ready to use.
2. In saucepan over medium heat, combine lentils, onion, garlic, and water. Cover; cook until Vapo-Valve® clicks; reduce heat to low and cook 25 minutes.
3. Stir in chili powder, cumin, tomato paste and molasses. Cover; increase heat to medium. Cook until Vapo-Valve® clicks; reduce heat to low and cook 20 minutes until lentils are tender.
4. Make Salsa—Add 1/2 medium onion diced to 1 qt. sauce pan. Quarter tomatoes; add to pan. Halve and seed the jalepeños; add to pan. Sprinkle garlic salt over the top. Cover; cook at medium until Vapo-Valve® clicks. Turn to low and cook 2 minutes. Remove from heat; mash with a potato masher to desired texture. Stir in 1/4 cup cilantro; refrigerate.
5. Spoon 3 to 4 tablespoons of hot lentil mixture into each taco shell. Top with cheese, lettuce, scallions, and salsa.



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Ceviche

Servings: 4

Utensils:

- Saladmaster Food Processor

Ingredients:

- 1 lb. imitation crab
- 1 lb. cooked shrimp, peeled and deveined
- 1 medium carrot
- 1 mango
- 1/2 cucumber
- 1 Roma tomato
- 1 small onion
- cilantro
- salt
- 4 lemons or limes

Directions:

1. Process imitation crab on No. 2 cone.
2. Process slices of mango on No. 2 cone.
3. Process shrimp on No. 1 cone.
4. Process carrot, cucumber, and onion on No. 1 cone.
5. Dice the tomato and onion. Roughly chop the cilantro.
6. Add all ingredients to a large bowl and combine. Add salt to taste and the juice of 4 lemon or limes.
7. Serve chilled.



Broccoli Soup

Makes: 6 servings

Utensils:

- 4 qt. Roaster

Ingredients:

- 3 large crowns of broccoli
- 2 stalks of celery
- 2 potatoes
- Half white onion
- 1 tsp. thyme
- 4 chicken bouillon cubes
- 1 1/2 - 2 quart whipping cream
- One stick butter
- Flour
- Garlic salt
- Pepper



Directions:

1. Cut broccoli into pieces and broil until soft. Blend broccoli into a purée, using water to thin.
2. Cube celery and potatoes. Soak potatoes in water to keep from browning
3. Mince onion.
4. Create a roux with butter and flour.
5. Sauté celery, onion, and thyme until softened. Remove water and then add potatoes. Cook until tender.
6. Add 4 bouillon cubes. Once cubes have melted, add whipping cream and broccoli purée. Add roux slowly, whisking contents of pan vigorously until desired thickness is achieved. If too thick, add more water. If too thin, add more roux.
7. Add salt and pepper to taste.
8. Bring pan to a boil.
9. If needed for flavor, add an additional bouillon cube or salt and pepper.



Pineapple Upside Down Cake



Makes: 6 servings

Utensils:

- 9" Skillet
- Saladmaster Food Processor

Ingredients:

- 1/3 cup brown sugar
- 2 Tbsp. butter
- small can pineapple rings in juice
- 1/2 box of yellow cake mix
- 2 eggs
- 1/2 large carrot, No 1 cone
- 1 rib of celery, No 1 cone
- 1/2 crisp apple, No 1 cone

Directions:

1. Using Saladmaster Food Processor and No. 1 cone, process all vegetables into a bowl. Add 1/2 box of yellow cake mix and 2 whole eggs. Mix well. (Note: if batter seems too thick, add 1-2 Tbsp. of pineapple juice to thin.)
2. Melt butter in 9" skillet over medium heat. When melted, add brown sugar and stir to combine until melted. Once melted, put 4 slices of pineapple on top of the brown sugar.
3. Pour cake batter over the pineapple and sugar mixture. Cover with lid. Set heat on medium-low and cook for 20 minutes. Cake is done when a toothpick or knife inserted into the cake comes out clean.
4. Run a knife around the outside of the cake against the pan to loosen any part of the cake that might have adhered to the pan. Invert cake onto a plate and serve.



Pork Kebabs

Makes: 4 servings

Utensils:

- Smokeless Broiler

Ingredients:

- pork, cut into 2" chunks
- corn on the cob
- asparagus, hard ends removed

Directions:

1. Fill smokeless broiler with water to the fill line. Plug in and heat.
2. Slide pork chunks onto skewers, filling each.
3. Remove husks and silk from corn cob; cut into pieces as desired.
4. Lay skewers, corn cobs, and asparagus on grill to fill.
5. Grill until pork is cooked through and vegetables are cooked to your liking.



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Shrimp Sariado

Makes: 4 servings

Utensils:

- 11" Skillet

Ingredients:

- 15 large shrimp, heads removed, peeled, deveined
- 2-3 Roma tomatoes, quartered
- 1-2 cloves of garlic, chopped
- 1 onion, chopped
- 5 eggs
- 1 can salted black beans
- salt and pepper to taste
- scallions
- 2 Tbsp. cooking oil
- 1 cup chicken broth

Directions:

1. Add oil to large skillet, set to medium heat and sauté garlic and onion until onion is translucent, 2-3 minutes. Add shrimp and cook until pink. Add tomatoes, chicken broth, and beans. Cook over medium until beans and tomatoes are soft. Season with salt and pepper.
2. In a small bowl, beat the eggs quickly. Then pour this into the skillet with the vegetable and shrimp mixture. Cook 7 minutes over medium. Gently mix using turner. Serve hot and top with sliced scallions.



Cooking School | May 15



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9am | HI

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2021 Schedule

May 15	June 19	July 17	August 21
September 18	October 16	November 20	December 18

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