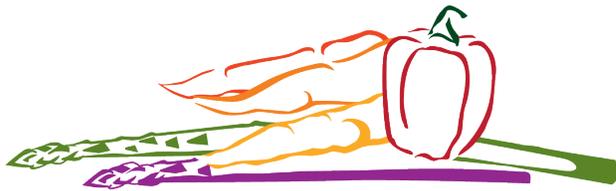


May 2021
Cooking School
Recipe Book



Estherbrook[®]

Cook more.
Eat well.
Live life!

- Summer Fruit Salad
- Vegetable Lumpia
- Beef Caldereta
- Pork Chops, Spanish Rice, Corn on the Cob, & Asparagus
- Grilled Milkfish
- Vegan Enchiladas
- Spicy Tofu in Indonesian Peanut Sauce

 [estherbrook.saladmaster](https://www.facebook.com/estherbrook.saladmaster)

 [estherbrookinc.com](https://www.estherbrookinc.com)

Summer Fruit Salad

Makes: 6-8 servings

Utensils:

- Saladmaster Food Processor

Ingredients:

- 1 orange
- 2 large apples
- 1/4 cantaloupe
- 1/4 head purple cabbage
- 2 large carrots
- 1 large cucumber
- handful of red cherries, pitted

Directions:

1. Using Cone #3, process cantaloupe.
2. Using Cone #2, process purple cabbage and 1/2 carrot.
3. Process remaining carrot on Cone #4.
4. Using Cones #3 and #5, process apples.
5. Process cucumber on Cone #5.
6. Shred remaining carrot on Cone #1.
7. Zest orange on Cone #1. Quarter orange, and juice orange on Cone #1, adding juice and pulp to your salad. Orange juice will be the dressing on the salad.
8. Add whole pitted cherries to salad. Mix salad gently and serve cold.
9. Change it up! Add banana, any melons, or even chopped pecans to your salad!



Vegetable Lumpia



Utensils:

- 5 qt Wok OR 11" Large Skillet OR 7 qt Roaster
Saladmaster Food Processor

Ingredients:

- 3 cloves Garlic
- 1/2 white onion,
- 1 whole Jicama, peeled
- 2 carrots
- 2 stalks of celery
- 1/2 head of cabbage
- Green beans, cut very small
- 1/2 bag of frozen peas
- 1/2 bag of frozen corn
- 1 bag (12 oz) beans sprouts
- Black Pepper and a little salt
- Lumpia Wrappers
- Chili Sauce (I use *Mae Ploy Sweet Chilli Sauce*)



Directions:

1. In a cold pan, layer vegetables as follows—using the Saladmaster Food Processor, process garlic on cone #1; onion on cone #2; jicama on cone #2; carrots on cone #2; celery on cone #2; cabbage on cone #5. Add cut green beans, then peas, then corn, then bean sprouts on top. Sprinkle black pepper and salt to taste.
2. If adding meat, brown ground chicken/turkey/beef/pork first, seasoning it with salt and pepper, chicken bouillon or oyster sauce,
3. Turn stove to medium. Once Vapo-Valve® clicks, turn off heat, keeping lid on for 3 minutes. Because the vegetables are cut small, they will cook evenly. After 3 minutes, mix well. Add oyster sauce if desired. Drain filling and allow to cool completely before wrapping. (Filling can be made the day before and stored in the refrigerator until used.)
4. WRAPPING: Place 2 tbsp. of filling in one of the corner of the wrapper. Roll hold the filling, fold the sides inward to seal, then continue to roll to secure the filling. Brush edges with water or cornstarch paste ensuring a tight seal. Repeat with remaining ingredients.
5. FRYING: Heat enough oil in 11" Large Skillet to deep fry. Test the oil by dropping a little bit of the wrapper. If wrapper sizzles, the oil is ready. Fry until golden brown. Drain excess oil from fried lumpia by standing on end on top of paper towels.
6. Serve hot with your favorite dipping sauce—spiced vinegar (combination of chopped onion, minced garlic, chili flakes, ground pepper and a pinch of salt) or sweet chili sauce.

Beef Caldereta

Makes: 12-16 servings

Utensils:

- 1" Large Skillet or Electric Oil Core Skillet

Ingredients:

- 2 lbs Chuck Beef (marinated overnight in vinegar and soy sauce). Marinating is optional.
- 3 Garlic cloves crushed and chopped
- 1 medium red onion finely chopped
- 2 fresh Roma tomatoes cubed
- 1 cup or 8oz tomato sauce
- 1 cup beef broth OR 2 Beef Bouillon cubes and 1 cup of water
- 8 oz liver spread, canned
- 1 whole red bell pepper sliced
- 1 whole green bell pepper sliced
- Pitted green olives
- 1 tsp chili flakes
- 3 pcs dried bay leaves
- 1 large russet potato, cubed
- 1 large carrot, cubed
- 1 cup green frozen peas
- Salt and pepper to taste



Directions:

1. Pre-heat the large skillet on medium heat. Drop a few drops of water on the hot pan; once the water sizzles and beads like mercury balls, it's ready. Or, if using Electric Skillet, set temperature at 350 degrees to pre-heat. (Test for readiness by dripping water as above.)
2. Sauté the onion and garlic. (No need to add oil!)
3. Add the beef. Cook 5 minutes or until beef is light brown.
4. Add the dried bay leaves and crushed pepper. Stir.
5. Add the liver spread. Stir.
6. Pour-in the tomato sauce and beef broth. Stir.
7. Cook the beef for 1-2 hours. Set on medium heat once the Vapo-Valve® clicks, turn the temperature low. Let it cook for about 1-2 hours. If using the Electric Skillet, after the Vapo-Valve® clicks turn temperature down to 200 degrees and set the timer for 1.5 hours.
8. Add potatoes and carrots. Cook for 10 minutes.
9. Add the green and red bell pepper. Stir; cook 5 minutes.
10. Add salt and pepper to taste. Serve hot over rice. Enjoy!



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Pork Chops, Spanish Rice, Corn, Asparagus & Salsa

Servings: 4

Utensils:

- Saladaster Food Processor
- Electric Oil Core Skillet
- 9" Skillet with Cover
- 1 qt. Sauce Pan with Cover

Ingredients:

- 4 pork chops, bone-in
- corn on the cob, shucked, cut in chunks
- asparagus, washed with ends trimmed
- 1 cup white rice
- 2 cups water
- Johnny's Seasoning
- Roma tomatoes
- white onion
- jalepeño pepper
- garlic salt

Directions:

1. Season pork chops with Johnny's Seasoning or your favorite seasoning.
2. Pre-heat Electric Skillet to 450°. Once hot, cook pork chops for 15 minutes. Turn pork chops, and place corn cobs and asparagus on top of pork chops. Cover electric skillet and cook 15 minutes.
3. In 9" skillet, add rice and brown. Once browned, add 2 cups of water and desired seasoning. Cover. When Vapo-Valve® clicks, turn to low and cook 20 minutes.
4. Chop tomatoes, onion, garlic salt, and jalepeño; place in 1 qt. sauce pan over medium heat with lid on. When Vapo-Valve® clicks, turn to low and cook an additional 15 minutes. Mash and serve.



Grilled Milkfish

Makes: 4 servings

Utensils:

- Smokeless Broiler

Ingredients:

- 2 pieces milkfish, with scales but guts removed
- 2 tomatoes, ripe, diced
- red onion, diced
- 1 clove of garlic
- ground pepper
- soy sauce



Directions:

1. Wash the milk fish. Pat it dry using a paper towel.
2. Open the incision and then rub the salt on the inside of the fish. The fish should have an incision either above or below the belly area.
3. Meanwhile, combine tomato, onion, and garlic in a large bowl. Add the ground black pepper. Gently stir.
4. Stuff the mixture inside the milkfish.
5. Grill the fish in medium heat for about 10 to 12 minutes per side.
6. Serve with soy sauce and steamed rice.

Vegan Enchiladas



Makes: 10-12 servings

Utensils:

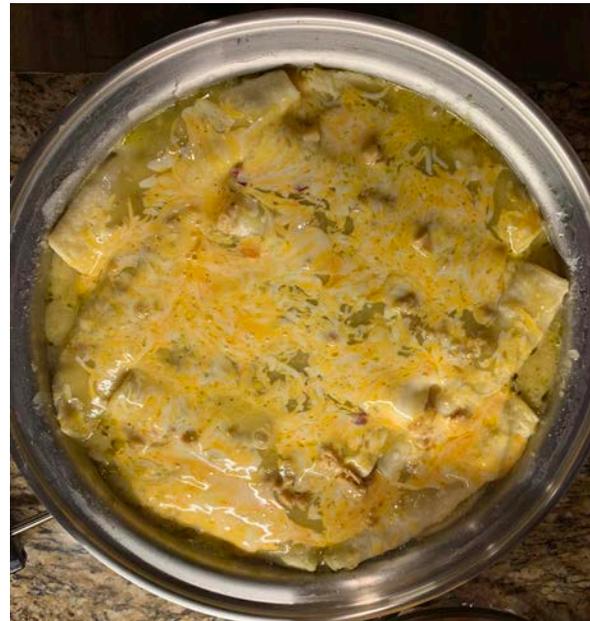
- Saladmaster Food Processor, 3 qt. perforated basket, and Roaster, Electric Oil Core Skillet

Ingredients:

- 1 large can of green enchilada sauce
- onion powder
- garlic powder
- pepper
- 8 oz Monterey Jack cheese
- TVP Chicken Bits
- 1 Tbsp Olive oil
- 1 bag corn tortillas
- Bragg's Amino
- minced garlic

Directions:

1. Steam tortillas in 3qt perforated basket over boiling water.
2. Add water to TVP chicken and heat. Discard excess water.
3. Mix Bragg's Amino, garlic, onion powder, garlic powder, pepper and olive oil until combined.
4. Shred cheese on #1 cone.
5. Coat tortillas in enchilada sauce, top with TVP mixture, top with cheese, roll. Place in cold electric skillet. Repeat until filled. Top with remaining sauce and cheese.
6. 350° for 15 minutes



Spicy Tofu in Indonesian Peanut Sauce



Makes: 6 servings

Utensils:

- 3 qt. Roaster with Cover

Ingredients:

- 1 tbsp olive oil
- 2 tbsp minced fresh ginger
- 3 cloves of garlic, minced
- 2 hot green chile peppers, seeded and minced
- 1 cup thinly sliced scallions
- 2 cups water
- 2/3 cup chunky natural peanut butter
- 1 medium green or red bell pepper, seeded, thinly sliced, cut into 2-inch lengths
- 1 tbsp lemon juice
- 1 tbsp reduced-sodium soy sauce
- 1 tbsp packed brown sugar
- 1/4 tsp hot red pepper flakes, or to taste
- 1 pound firm tofu cubed

Directions:

1. Preheat saucepan over medium heat 2-3 minutes, until a few drops of water splashed in the pan bead and dance. Add oil; stir in ginger, garlic, and chile peppers. Cook and stir until lightly browned, about 2 minutes. Add scallions; stir 1 to 2 minutes.
2. Add water; stir in bell peppers, peanut butter, lemon juice, soy sauce, brown sugar, and red pepper flakes. Cook and stir over medium heat until sauce thickens and begins to bubble. Gently stir in tofu. Cover; reduce heat to low and cook 10 minutes, or just until peppers are crisp-tender. Stir and check for flavor; if a spicier dish is desired, add more red pepper flakes.



Cheese & Chocolate Fondue



Makes: 2-4 servings

Utensils:

- egg cups, 12" gourmet skillet

Ingredients:

- melting chocolates—milk chocolate, dark chocolate, white chocolate
- Cheddar cheese
- Tortilla chips
- Fruits of your choice—whole strawberries, blueberries, bananas, etc.

Directions:

1. Put 2 cups of water in the Gourmet Skillet and cover with the lid from the large skillet or the 7qt. Roaster. Allow to boil.
2. Add 1.5oz chocolate of choice to an egg cup.
3. Process cheese on #1 or #2. Add to an egg cup. Fill remaining egg cups with chocolate or cheese.
4. Place filled egg cups in boiling water to melt topping.
5. Dip tortilla chips or fruit in desired topping



Get More Nutrition From Your Food

The pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. By eating all the colors of the nutrition rainbow, you'll harness the power of these cancer-fighting and immune-boosting foods!



Lycopene reduces breast and prostate cancer risk; boosts heart, brain, eye, and bone health.

Beta-carotene fights cancer, reduces inflammation, supports immune system, and boosts vision.

Vitamin C and flavonoids inhibit tumor cell growth, detoxify harmful substances, boost immune system, reduce inflammation, and boost heart health.

Folate builds healthy cells and genetic material and boosts heart health.

Calcium strengthens bones, muscles, and heart health.

Indoles and lutein eliminate excess estrogen and carcinogens and support eye health.

Allyl sulfides destroy cancer cells and reduce cell division.

Anthocyanins destroy free radicals, reduce inflammation, and boost brain health.

Resveratrol may decrease estrogen production, boosts heart and brain health.

Fiber boosts digestion and weight loss, removes carcinogens.

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Food Processor



#1 Shredder
For finely shredded foods and for grating hard foods such as cheese, dry or toasted bread, crackers or nuts.



#2 Stringer
For cutting foods into medium-sized "strings". Cuts considerably larger than shredder, but smaller than french fry cut.



#3 French Fryer
Designed for potatoes and other firm vegetables which become the perfect size for fast cooking.

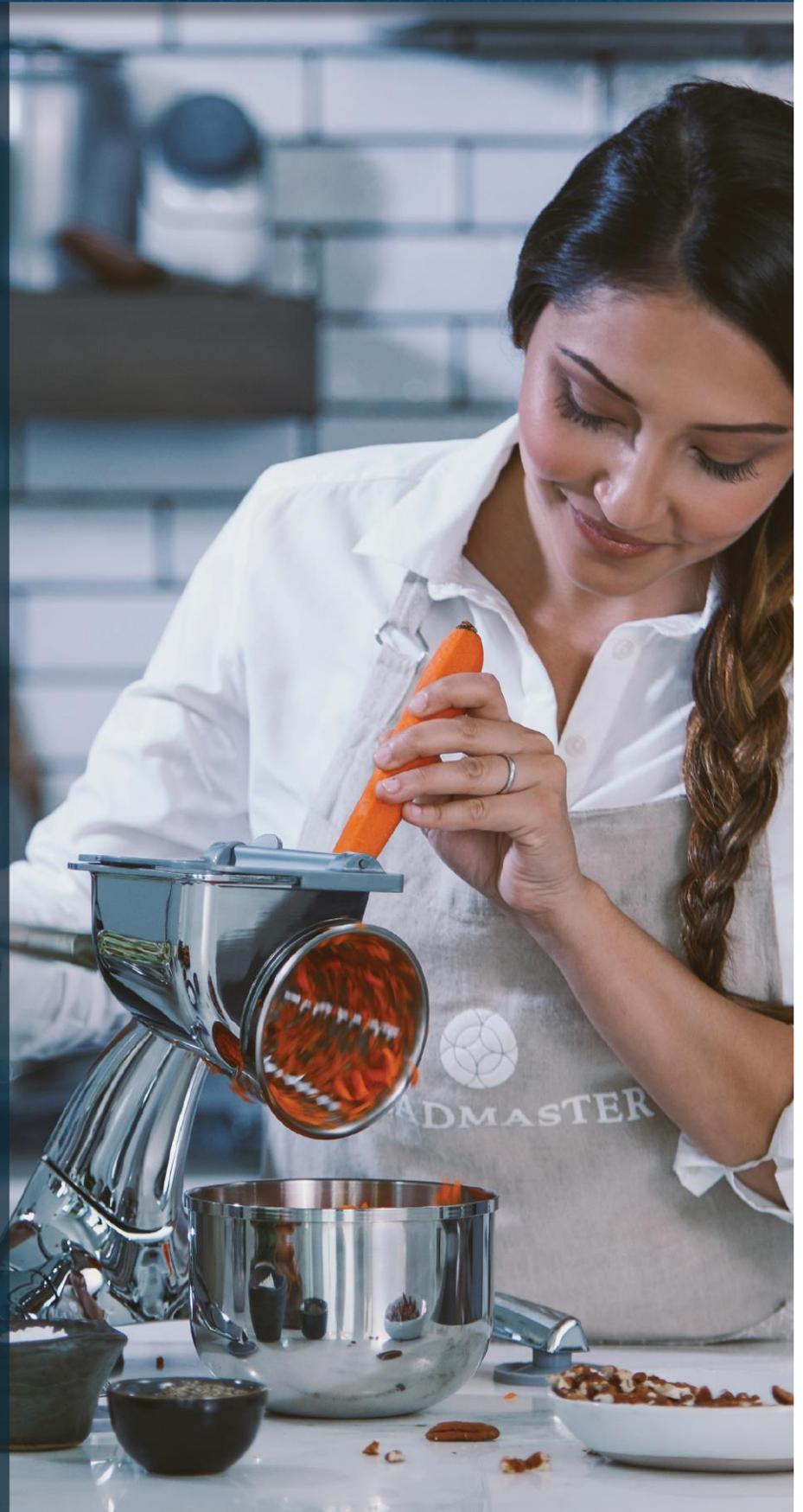


#4 Thin Slicer
For potato chips, carrot curls, coleslaw, or any other food to be thinly sliced.

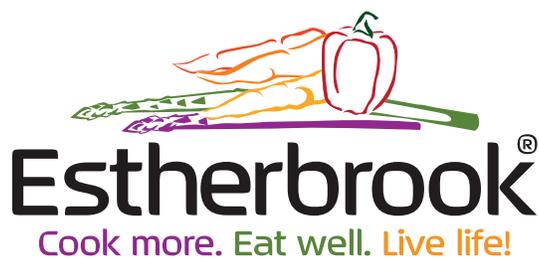


#5 Waffler
For fancy waffled cuts of fruits and vegetables.

www.thehealthycookingshow.com



REFERRAL REWARDS PROGRAM



This program is designed to help you earn beautiful Saladmaster gift items. Earn your gift of choice by referring 3 qualified couples* (or 2 qualified couples* with one sale) for a complimentary cooking show within 14 days.

Virtual Show | In-Home



Electric Water Kettle



Food Processor



Knife Set



8" Chef Gourmet Skillet



11" Square Griddle



5 Qt. Wok



10" Chef Gourmet Skillet



12" Deep Dish Griddle



6 Piece Bakeware Set



Kitchen Tools

*Qualified Couple: Both decision-makers must be employed full time and need to be present throughout the presentation. The couple must not have seen a Saladmaster cooking show in the past two years.

Estherbrook has the right to confirm that ALL qualifications are met to receive any gifts.