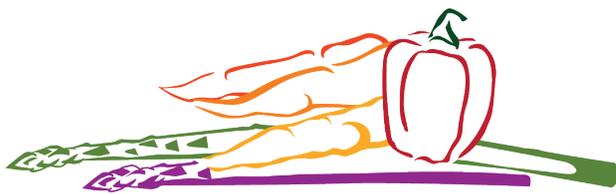


September 2021
Cooking School
Recipe Book



Estherbrook[®]

Cook more.
Eat well.
Live life!

- Shoyu Chicken
- Nordy Bars
- Vegan Casserole
- Vegan Carrot "Hot Dogs"

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Shoyu Chicken

Servings: 4

Utensils:

- MP5
- Saladmaster Food Processor

Ingredients:

- 6 chicken thighs (2.5 pounds)
- 2" fresh ginger
- 4 Tbsp. white sugar
- 4 Tbsp. brown sugar
- 1/2 cup Shoyu (or soy sauce)
- 1 cup beer (ginger beer)

Directions:

1. Preheat MP5 to 425°. Prepare chicken by removing the skin and rinsing under hot water. (You can also choose to leave the skin on. Place skin-side down in MP5.) Place prepared chicken into MP5.
2. Position the Saladmaster Food Processor over the MP5, using cone No. 1 to grate the ginger. Add the white and brown sugars (can substitute 6 Tbsp. Truvia for sugar if desired), Shoyu, and beer. Cover the MP5 and increase the temperature 425°; cook for 20 minutes.
3. Mix cornstarch and water in a small cup and set aside. After 20 minutes, turn the chicken over. Reduce the temperature to 375°. Mix the food well and replace the lid. Cook the remaining 5-10 minutes. Remove the lid the last 5 minutes to reduce the liquid.
4. Serve with hot rice or garlic potato medley.



Nordy Bars



Utensils:

- 1 qt. Sauce Pan with Cover
- Electric Oil Core Skillet
- Saladmaster Large Mixing Bowl

Ingredients:

- 1/2 cup butter
- 16 oz. Butterscotch chips
- 1/2 cup brown sugar
- 2 eggs, beaten
- 2 tsp. vanilla extract
- 1 1/2 cups flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 16 oz. semi sweet chocolate chips
- 2 cups mini marshmallows
- 1 cup chopped nuts (walnuts or pecans)
- sweetened coconut flakes

Directions:

1. Pre-heat Electric Oil Core Skillet to 300°.
2. In 1 qt. saucepan, melt butter on medium heat.
3. Add butterscotch chips and brown sugar. Stir until all melted. DO NOT BOIL.
4. Remove pan from heat and let cool for 15 -30 minutes.
5. Add beaten eggs and vanilla; mix well.
6. Stir in rest of ingredients and mix just until all ingredients are incorporated.
7. Line the Electric Skillet with parchment paper.
8. Bake at 300 degrees for 20-30 minutes. These bars are best when cooled and cut into small pieces and refrigerated.



Vegan Casserole

Makes: 8-10 servings

Utensils:

- Saladmaster Food Processor
- Electric Oil Core Skillet

Ingredients:

- 1 onion, strung, cone No. 2
- 1 zucchini, strung, cone No. 2
- 19 oz. enchilada sauce
- 12 corn tortillas
- 14 oz. black beans, canned, drained
- 4 oz. diced green chilis, canned
- 1 large carrot, shredded, cone No. 1
- 4 oz. diced olives, canned
- 12 oz. Boca vegetable protein crumbles
- 5 oz. vegan cheddar cheese, shredded, cone No. 2
- 1 bunch cilantro

Directions:

1. Layer onion, zucchini, half of enchilada sauce and 4 corn tortillas in bottom of electric skillet.
2. Layer black beans, diced green chilies, carrot and 4 more corn tortillas.
3. Layer with Smart Ground crumbles, diced olives and remaining corn tortillas. Top with remaining enchilada sauce and vegan cheese.
4. Cover and set temperature to 300°F and timer to 30 minutes.
5. When Vapo-Valve™ clicks steadily, reduce temperature to 200°F for remaining cooking time.
6. Serve hot, topped with fresh cilantro.
7. Tip: When selecting vegan cheddar cheese, check ingredients to make sure casein is not included.



Vegan Carrot “Hot Dogs”



Makes: 6 servings

Utensils:

- Food Processor
- Electric Oil Core Skillet

Ingredients:

- 6 full-size carrots, uniform in size
- 1 cup Bragg's Liquid Aminos or low-sodium soy sauce
- 2 Tbsp. apple cider Vinegar
- 2 Tbsp. rice vinegar (or more apple cider vinegar if you don't have this)
- 2 Tbsp. maple syrup
- 1 Tbsp. paprika or smoked paprika
- 1 tsp. liquid smoke
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1/2 tsp. dried ginger
- 1/2 tsp. black pepper

Directions:

1. Wash carrots; cut ends off. Shape carrots to have rounded ends like hot dogs using the No. 1 cone on the Food Processor. Lay finished carrots in the Electric Oil Core Skillet.
2. In a small bowl, whisk together marinade ingredients: Bragg's Liquid Aminos (or low-sodium soy sauce), apple cider vinegar, rice vinegar, maple syrup, paprika, liquid smoke, onion powder, garlic powder, ginger, and black pepper. Pour marinade over the carrots. Cover.
3. Set temperature on Electric Oil Core Skillet to 270°. Cook carrots for approximately 10 minutes until the Vapo-Valve™ clicks. Once the Vapo -Valve™ clicks, turn the temperature down to 255°. Cook carrots for 10 minutes, until you can easily pierce carrots with a fork. (Adjust time as needed. Thicker carrots require more time. Do not over-cook the carrots.)
4. Remove carrots from the skillet and discard most of the marinade. Place carrots back in the skillet in remaining marinade. Turn heat to 450°; cook carrots until browned and the thick parts can be pierced with a fork.
5. Serve carrot “hot dogs” with your favorite condiments.





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the last piece in the

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Elite Sauté

Available **October 1 - October 31, 2021**



The Elite Sauté is the perfect mid-size pan for one pan casseroles and meals. The straight high sides, 6 Qt. (5.7 L) capacity, and pan depth help contain food and liquid inside the pan to control splatter while cooking, also preventing additional cleanup on your stovetop afterwards.

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With 24k gold plated inlays, this piece is the last piece in the Complete Gourmet Collection and a portion of the profits from the Elite Sauté will be donated to organizations that serve local and global diabetes communities.

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LIMITED EDITION *6 Qt. Elite Sauté*

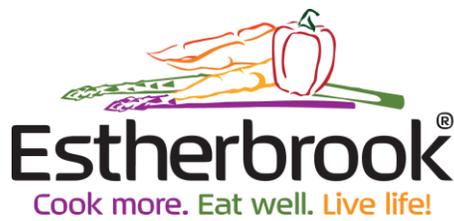


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The Elite Sauté is the perfect mid-size pan for one-pan casseroles and meals. The straight high sides, 6 qt. capacity, and pan depth help contain food and liquid inside the pan to control splatter while cooking, also preventing additional cleanup on your stovetop afterwards. With 24k gold plated inlays, this piece is the last of the Complete Gourmet Collection.

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*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.



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