

# TURBO

## COOKWARE



Fast & Easy

# Cooking Guide



zinōvta





**Chef in Charge**

Randall Cornfield

**Photography**

Nathalie Maman

**Graphics**

Trevor Yardley-Jones

**Food Stylist**

Jaques Faucher

**Nutritionist**

Anette Gruenberg &  
Marlissa Brown

**Editing**

Ève Cornfield

**Product Development**

Randall Cornfield

**Product Design**

Ritchie Lisser

### **Customer Service**

If you purchased this product from ChefRandall.com or TurboCooker.com please contact us directly for any issue, question or if a part is damaged and needs to be replaced.

**FOR ANY COOKING QUESTIONS, GO TO TURBOCOOKER.COM**

If you purchased this product through another website or retailer, we ask unsatisfied customers to call the number found on their packing slip (this will be on the paperwork that came with the purchase or on the sales receipt) for any customer service inquiry. Should you have any problems with this product at all, or require warranty information, please contact the customer service department from where it was purchased.

[turbocooker.com](http://turbocooker.com)  
[chefrandall.com](http://chefrandall.com)

# Cooking isn't what it used to be, and that's a good thing!

Whether you're already one of the millions of people using and loving the Turbo Cooker™, or this is your first set of Turbo Cookware™, I wish to thank you for your purchase and extend to you a warm welcome to the Turbo family. If you are one of the millions of Turbo Cooker™ users, who asked us for more... larger Turbos, smaller Turbos and a series of Turbo Cookware products, we listened!

Speed, great taste, flexibility, healthy cooking, ease of use and an easy clean up are just some of the great features that you will discover with the new set of cookware that you have just unpacked.

You will find that there are many exciting innovations in cooking with Turbo Cookware™ which all have the same common element: the unique patented SteamCooking™ Dome Cover, which is what makes the Turbo difference.

Steamcooking™ is the unique and proprietary cooking technology invented for Turbo Cookware™. It's the simultaneous combination of steaming and any one of the following traditional cooking methods: frying, grilling, baking, roasting, broiling, braising etc.

Unlike regular cookware where you need a lot of oil to fry, in Turbo Cookware™ you can SteamFry™ with little or no oil. As well, the steam rack that sits inside the Turbo base allows you to cook different ingredients on multiple layers all at the same time. If you want, you can easily prepare a full course meal all in one unit!

Since SteamCooking™ is so different, I suggest that to get started, you try following some of the included recipe cards that will introduce you to the Steamcooking™ difference.

I know that you will love Steamcooking™ your meals and I am sure that once you've started cooking with Turbo Cookware™ you will never be satisfied with conventional stovetop cooking again.

For information on the Steamcooking™ technology, please visit [www.steamfrying.com](http://www.steamfrying.com) and for any of your Turbo Cooker™ needs, including any cooking, recipe, questions, comments, service or to order parts, please go to [www.turbocooker.com](http://www.turbocooker.com).

Happy cooking,  
Chef Randall



## Safety

### Warranty and Safety Guidelines

This product can be utilized on a gas, electric, ceramic or induction stove top. As with all cookware on glass top stoves, do not drag or slide the Turbo base over the stoves surface as it may scratch and/or damage the stove top. For additional care and safety tips, please refer to the owners care and use manual that accompanied your stove.

Use extreme caution when using Turbo Cookware™. Do not allow contact with any other surfaces or objects (other than steaming rack or spring form insert) as this may cause fire, smoke or other hazards. Use caution when removing or handling the dome cover as there may be a build up of steam, which if exposed for an extended periods of time may cause injury. Always remove the steam racks with a proper sized fork (holding securely), or potholders. Ideally you should try not use metallic objects inside the base. The product should not be used by children.

**Turbo Cookware™ is compatible with these surfaces**



Gas



Ceramic



Halogen



Electric



Induction



Campfire

The Chef Randall Group Inc., 3844374 Canada Inc., 7820216 Canada inc., Zinovta Brands and its licensees shall have no liability or responsibility to any customer or person or entity with respect to any liability, loss or damage caused directly or indirectly by use or performance of the product or arising out of any breach of this warranty.

## Benefits and Features

Whether you are cooking with several Turbos or just one Turbo Cooker™ you allways have the ALL-IN-ONE cooking advantage, there is no other cookware on the market that can broil, fry, steam, boil, braise, stew, and bake any recipe! Use any liquid creating steam and replace oil for healthy, yet impeccably delicious tasting meals!

Imagine how easily you can now cook a 4-person, 3-course meal and do it all at the same time or cook up a storm using multiple Turbo Cookers™. Food can be prepared without flavor transference. So, you can now cook fish, steak, and chicken all at the same time!

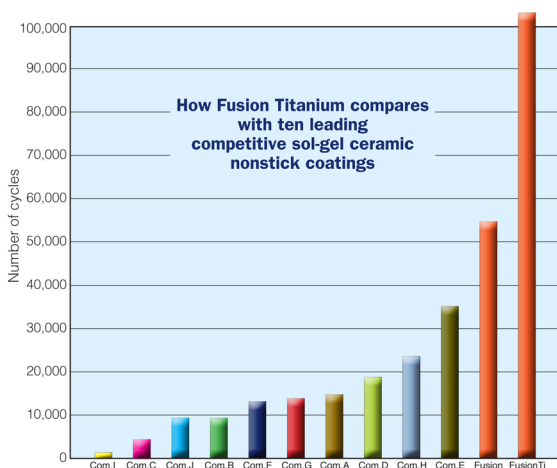
Turbo cooks frozen meat and vegetables without having to be thawed or defrosted, without oil and without affecting the cooking time (actually cutting most recipe preparation time in half!).



## Cookware Coating

We use Whitfords revolutionary Fusion non-stick Ceramic™ coating, and we have formulated the Ceranium coating with titanium to increase the longevity of our cookware.

Titanium is the lightest, toughest metal known to man, which makes it ideal for unusually demanding applications in many varied fields. Now titanium moves from aerospace to the common kitchen under the Fusion® brand family of coatings from Whitford.



- FusionTi® is reinforced with Titanium taking this nonstick surface a giant step forward in durability and resistance to abrasion, far beyond any other ceramic coating tested so far.
- FusionTi® uses titanium particles blended into the coating process to reinforce and strengthen it and is the latest breakthrough in ceramic technology.
- FusionTi's® internal reinforcement of titanium creates resistance to scratching, abrasion and wear that exceeds most conventional nonstick coatings on the market.
- FusionTi® is so resistant to damage because the titanium used is many times harder than the chrome and steel used in cooking utensils.
- FusionTi's® nonstick system has been designed to create maximum synergy with the titanium, resulting in maximum resistance to wear with unparalleled release.
- With FusionTi, consumers can now enjoy the benefits of the finest nonstick, knowing that it will stand up to almost anything.

# STEAMFRYING®

What is the Steamfrying™ method? Simple- it is cooking by using a combination of steaming and frying. Frying and steaming are two completely different principles of cooking, right? Well, yes. Turbo Cookware™ has been specifically engineered to meld these two principals of cooking into the Steamfrying™ method. Turbo Cookware™ creates a “vapor seal” which captures an intense amount of steam. This steam rotates throughout the unit creating “convection” cooking. This natural occurring process maintains liquids in the base longer and allows any liquid to replace oil for frying. Now, you can Steamfry™, Steambake™, Steambroil™ and Steamcooking™ all within the Turbo cooking system (even at the same time)! So, you end up with the most moist cakes, a perfectly fried breast of chicken, crispy hash browns, wonderfully steamed vegetables and even pasta primavera!



## Instructional Guide

### Always Remember

This booklet contains GENERAL guidelines for cooking. You may find that temperatures, cooking times, and liquid quantities vary depending on the actual heat intensity created by your stove.

Give yourself a few chance to get used to this brandnew method of cooking! Like the saying goes, “Practice Makes Perfect!”

### Instructions

What follows are basic instructions for the Turbo Cooker™ and Turbo Cookware™ to help you get started with your set. Play around with it. Test it out! Cook some of your favorite recipes, don’t be scared! We have provided you with some basic cooking times for various foods, and some basic stove temperatures which you can use to mix and match ingredients creating your own recipes.

Common sense tells us that someone who uses a gas stove will get different results than someone who uses an electric stove. The intensity of the stove will affect cooking times because the hotter the base gets, the faster it cooks and more liquid it will require. The first few times you use Turbo Cookware™, watch your cooking times, play around with the amount of liquid needed and adjust the heat control.

The fact of the matter is, Turbo Cookware™ has been designed to allow you to cook your foods in the way that you desire. There is no magic method of cooking, no magic number of minutes, and no magic amount of liquid required. It all depends on your preferences and style of cooking.

**Please use the guidelines and references that we provide you as just that - guidelines and references. You may need to add or reduce a few minutes here a few there.**

Don’t worry- Turbo Cookware™ is designed to be quick, easy and FUN! So, go for it! Start turbo cooking today!

## Use and Care

All new cookware should be washed in hot sudsy water to remove manufacturing oil and dust. After any use, allow the cookware to cool before submerging it in cold water. This will prevent warping and distortion of the cookware. Always wash the cookware after every use and dry as soon as possible to preserve the finish and eliminate any potential health hazards.

**ATTENTION:** Misuse is sometimes misinterpreted as manufacture's defects!

- 1) Un-dissolved salt allowed to remain in contact with the cookware will cause pitting of the surface. Add salt after the liquid has reached a boil and be sure to stir well.
- 2) Always use cooking tools made of wood, plastic or nylon when working in an aluminum non-stick coated pan. Any sharp-edged metal cooking tools may damage the surface.
- 3) No foods should be stored in aluminum non-stick cookware.
- 4) While this set has a stainless steel induction plate, aluminum cookware typically is NOT designed to be used on ceramic or halogen stove tops and should be used with care. Make certain that the bottom of the pan does not have any sharp protrusions that could scratch the stovetop surface, and always lift it directly off rather than sliding it across.
- 5) Your new cookware is perfectly safe to put into the dishwasher, but the Fusion surface is so easy to clean that a quick hand wash does the trick.
- 6) To remove severely burnt-on food, fill the pan with enough water to cover the area to be cleaned and bring the water to a slow simmer. You may add a teaspoon of dishwasher detergent to speed up the process. If you do add detergent, make certain that the stove area is well ventilated. Occasionally scrape the burnt-on food with a wooden or plastic tool, taking care not to gouge the surface. After simmering, allow the pan to cool slightly, rinse, then wash and dry normally.
- 7) Always allow cookware to cool before immersing in water.
- 8) If through misuse, burned grease or food residue collects on the surface, it can usually be removed with warm water and a mild detergent. In an extreme case, such residue can be removed by a thorough cleaning with this solution: 3 tablespoons of bleach, 1 tablespoon of liquid dish detergent and 1 cup of water. Apply to the cooking surface with a sponge or plastic scrubbing pad. After cleaning, recondition the surface with a light wipe of cooking oil.

## Always Remember

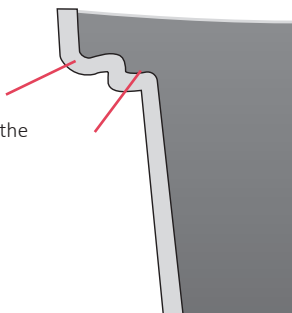
- 1) **Never leave cookware unattended on your cooking surface.**
- 2) **Stainless Steel Handles are oven safe to 500°F/260°C**
- 3) **Do not cut on the cooking surface with any sharp object.**

## Re-Engineered Turbo Ledge and Steam Rack System

The two unique elements that are engineered into every Turbo Cooker™ are the dual ledge and the steam rack system.

The outer ledge holds both covers and has a built-in vapour trap.

The inner ledge holds the steam rack



The Dual Ledge allows you to hold the steam rack on the inner ledge, which suspends it above the cooking area. The outer ledge holds both the glass cover and the patented Dome Cover. The outer ledge also has a vapour trap, which allows the cover to lock slightly onto the base, increasing the retention of steam and heat.

While the original Turbo Cooker™ only had the Dome Cover, today's Hybrid Turbo Cookware™ uses either a glass or the stainless Dome Turbo Cover. The redesigned Turbo ledge now allows the rack to rest below the level where the covers sit so that it does not interfere with the use of the glass cover. The rack holder sits on the lower inner ledge of the base and the wire basket attaches to the holder in both an upper & lower position so that it can be used with the Dome or glass cover. The unique elements of Turbo Cookware™ allow you to easily and conveniently mix and match the cookware parts as needed.

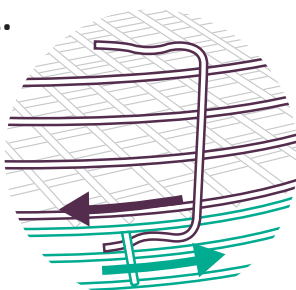
The small rack will fit in either the small skillet or sauce pan. The large units do the same.

## Manipulating the Racking System

Always attach the racks (either the wire or mesh racks) to the rack holder. The rack holder is designed to allow you to easily connect the racks either above or below the holder depending on which cover you want to use with the particular base.

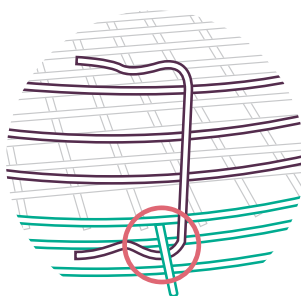
**The rack easily locks on to the rack holder with a simple twist.**

1.



Line up the rack locking tabs with the crossbar on the rack holder and twist them into each other.

2.

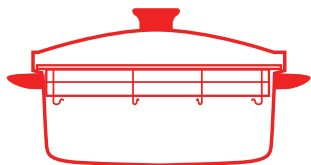


Make sure there is a crossbar sitting in all four of the rack locking tabs.



## Using the rack with the Glass Cover

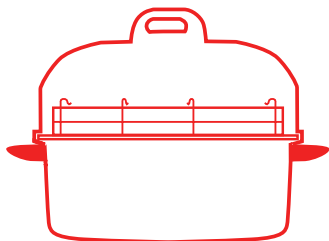
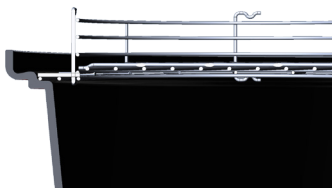
If you've purchased a unit which comes with a glass cover, to use the rack with this cover, connect the steam rack underneath the rack holder. Simply align the clips on the rack (the 4 vertical bars with extended clips on the top & bottom of the bar) to the small spacer bars on the holder. Then twist and turn the rack so that the clips go over and then lock onto the bars. This will temporarily attach the rack to the holder. To remove, turn in the rack in the opposite direction. If you find it slightly difficult to unlock, simply lift one of the clips while turning to easily detach the others.



The steam rack can still comfortably fit with the glass cover by inverting it, giving you that extra space for two-level cooking!

## Using the rack with the Turbo Dome Cover

To use the rack with the Turbo Dome Cover, follow the steps above. You can put the rack either under or above the rack holder. The rack will then sit on the ledge and when the dome cover is in place, the rack is housed within.



When you are using the steam rack with the dome cover, you gain more room in the cookware base.

**To remove the rack, use a fork by inserting it through the wire rungs and lift.**

## Cooking with Turbo Cookware

The original concept of Turbo Cooking was to cook multiple ingredient in just one Turbo. Today with the added sizes, you have multiple choices. If you want to take advantage of the new Turbo Cookware™ design that allows you greater cooking flexibility- you have the choice.

### All-In-One Cooking

Turbo is great for people with small kitchens, or who cook for themselves and don't want to pull out many pots and pans. Another advantage is storage, as each Turbo stacks together.

All-In-One cooking means that in just one Turbo, you can cook 2 or more things at the same time instead of using multiple pots and pans! How? Let's say you want to prepare chicken, rice and vegetables- you would first cook the rice almost to completion. Then remove the rice putting it in a bowl, which then goes onto the steam rack (it finishes cooking thanks to the steam in the Dome Cover). With the rice on the rack, put the chicken in the base, put the rack in place and add the vegetables around the bowl. The chicken SteamFries™ in the base and the veggies and rice SteamCook™ on the rack, a 3 course meal in just one pan. With the choice of different sized units, you can choose which ever size best suits the meal you want to make.

We have included recipe cards with the set, that will allow you to learn how to use the unit as an All-In-One cooking vessel.

### Using multiple units

Using different Turbos allows you the added advantage of being able to prepare small or large quantities of food. Turbo is just like "traditional" cookware, only it cooks faster, tastier and healthier meals. Of course there are a few simple tricks to learn so you can take advantage of the how SteamCooking™ cooks- follow the hints on the next few pages and if we may suggest, try some of our recipes.



# Cooking with Turbo Cookware

Included in the set are different sizes (diameter) and capacity (quarts) so, depending on what you want to prepare, there is a Turbo for you to use. Since the steam racks fit in both the fry pans and the pots, you can use the rack in either base when preparing a meal.

## **1- If you want to make rice, veggies & meat use the sauce pan for the rice and either the Jumbo pan or the Dutch Oven for the meat - the veggies go on a rack and the rack can go in any of the units.**

- a. If you are cooking chicken breasts, they are frozen so they need 14 minutes to cook
- b. Rice needs 12 minutes
- c. And lets say you want broccoli, it needs only 8 minutes

Start the chicken; 2 minutes later add the rice. 4 minutes later stir the rice add then put the steam rack in position (which has the broccoli)- 8 minutes later the whole meal is ready.

## **2- Now lets say you change the chicken breast for a whole chicken, the broccoli for corn on the cob and the rice for a side of pasta.**

- a. A 6 lb chicken needs 45 minutes
- b. Corn on the cob 14 minutes
- c. And penne pasta 13 minutes, but you want to add a sauce  
so lets say 16 minutes in total

Start the chicken first, 30 minutes into cooking start the pasta then put the corn onto the rack and cook it with the pasta- you can do it with the chicken but if you look closely at the timing on the following pages - to cook corn you need it to cook over boiling water and the chicken may not give off enough steam to cook the corn in 14 minutes - so steaming the corn with the pasta is better.

So this is the process and it is really easy- remember, the individual ingredients listed in this booklet are for cooking 1 item at a time, so use a bit of math to see how much time you need between each ingredients' individual cooking time.

If your cooking a roast or steak that in the recipe says to let it rest 5 or 10 minutes before serving, add that time when considering when to start your side dishes.

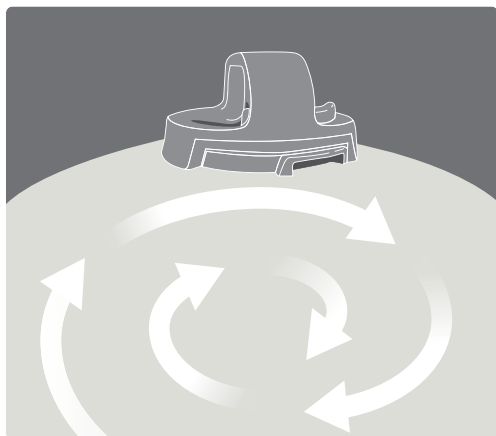


## Opening and Closing the Steam Valve



### What's this?

This is the **Turbo Steam Valve**. It controls the flow of steam as well as releases steam faster than the natural evaporation process. Turbo is a low-pressure cooker, there is no gasket to seal steam like a pressure cooker, rather the dome cover converts steam in a convection process, and this is what slows down the evaporation.

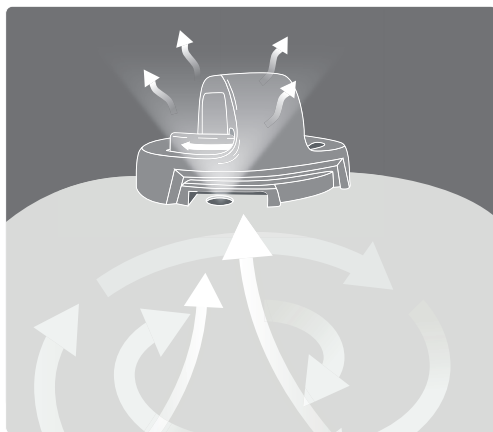


### Closed Position

When the valve is closed, the steam rotation is fully formed throughout the dome cover. A closed valve will maintain steam longer so less liquid is lost during cooking. Most of the time, the valve is closed.

### Open Position

When you open the valve some of the steam will escape through the opening, which at the same time draws steam (and heat generated from the steam) towards the middle of the cooking area of the rack. This helps when baking a cake, when cooking pasta (so water doesn't boil over) and when you need to reduce the liquid in the base.



**Every recipe and all instructions in this guide indicates when to open or close the valve.**

# Pasta

## Helpful Hints:

- 1) If the consistency of your pasta is very thick, your cooking time may be longer than noted below.
- 2) As a general rule, add a few minutes to the cooking time for softer consistency.
- 3) If you use salt in cooking your pasta, add between ½ to 1 tsp. for good measure.

**Times written in BLUE express cooking must be done with steam valve open, RED for cooking while valve is closed.**



	Water	Oil (if desired)	Time	Max. Heat	Med. Heat
<b>Bow Ties</b>					
2 cups	3 cups	1 tbsp.	14 min.	<b>8 min.</b>	<b>6 min.</b>
4 cups	4 cups	2 tbsp.	17 min.	<b>8 min.</b>	<b>9 min.</b>
<b>Egg Noodles</b>					
2 cups	3 ¼ cups	1 tbsp.	16 min.	<b>8 min.</b>	<b>8 min.</b>
4 cups	4 cups	2 tbsp.	19 min.	<b>11 min.</b>	<b>8 min.</b>
<b>Fusilli</b>					
2 cups	3 cups	1 tbsp.	9 min.	<b>8 min.</b>	<b>1 min.</b>
4 cups	3 ¾ cups	2 tbsp.	11 min.	<b>8 min.</b>	<b>3 min.</b>
<b>Macaroni</b>					
2 cups	5 ¼ cups	1 tbsp.	18 min.	<b>8 min.</b> , + 4 cups water	<b>10 min.</b> , + 4 ¼ cups water
4 cups	7 cups	2 tbsp.	18 min.	<b>10 min.</b> , + 5 cups water	<b>8 min.</b> , + 2 cups water
<b>Penne</b>					
2 cups	3 cups	1 tbsp.	13 min.	<b>8 min.</b>	<b>5 min.</b>
4 cups	4 ½ cups	2 tbsp.	15 min.	<b>11 min.</b>	<b>4 min.</b>
<b>Rotini</b>					
2 cups	3 ¾ cups	2 tbsp.	11 min.	<b>8 min.</b>	<b>3 min.</b>
4 cups	3 ½ cups	2 tbsp.	12 min.	<b>8 min.</b>	<b>4 min.</b>
<b>Shells (medium)</b>					
2 cups	4 cups	1 tbsp.	14 min.	<b>8 min.</b>	<b>6 min.</b>
4 cups	4 ½ cups	2 tbsp.	16 min.	<b>10 min.</b>	<b>6 min.</b>
<b>Fettuccini</b>					
2 cups	4 cups	4 tbsp.	15 min.	<b>7 min.</b> , + 3 cups water	<b>8 min.</b> , + 1 cup water
4 cups	5 ¼ cups	6 tbsp.	17 min.	<b>7 min.</b> , + 3 ½ cups water	<b>10 min.</b> , + 3 ½ cups water
<b>Spaghetti</b>					
2 cups	4 cups	3 tbsp.	13 min.	<b>6 min.</b> , + 3 cups water	<b>7 min.</b> , + 1 cup water
4 cups	5 ¼ cups	4 tbsp.	14 min.	<b>7 min.</b> , + 3 ½ cups water	<b>7 min.</b> , + 1 ½ cups water
<b>Cannelloni</b>					
For 6	3 ½ cups	2 tbsp.	10 min.		<b>10 min.</b>
For 12	4 ¼ cups	4 tbsp.	10 min.		<b>10 min.</b>
<b>Manicotti</b>					
For 6	3 ½ cups	2 tbsp.	11 min.		<b>11 min.</b>
For 12	5 cups	4 tbsp.	13 min.		<b>13 min.</b>

# Frozen Vegetables



## Helpful Hints:

- 1) If you choose to eat your vegetables with a softer consistency, add a few minutes and 2 tbsp.- 1/4 cup of water at the end of your cooking time and procedure.
- 2) Temperature setting should be medium high.

**Times written in BLUE express cooking must be done with steam valve open, RED for cooking while valve is closed.**

	Boiled Turbo Base	Time	Steamed Turbo Rack	Time
<b>Asparagus</b>				
8 oz.	N/A	N/A	2 ½ cups	<b>12 min</b>
16 oz.	N/A	N/A	3 cups	<b>14 min</b>
<b>Beans (Green &amp; Wax)</b>				
8 oz.	1 ½ cups	<b>9 min.</b>	1 ¾ cups	<b>9 min.</b>
16 oz.	2 ¾ cups	<b>12 min.</b>	2 cups	<b>13 min.</b>
<b>Broccoli (Cut into small heads)</b>				
8 oz.	1 ¼ cups	<b>9 min.</b>	2 cups	<b>8 min.</b>
16 oz.	1 ½ cups	<b>10 min.</b>	2 cups	<b>9 min.</b>
24 oz.	1 ¾ cups	<b>12 min.</b>	2 ½ cups	<b>10 min.</b>
<b>Brussel Sprouts</b>				
8 oz.	1 ¼ cups	<b>9 min.</b>	2 cups	<b>9 min.</b>
16 oz.	1 ½ cups	<b>12 min.</b>	3 cups	<b>14 min.</b>
<b>Carrots (Baby or Sliced)</b>				
8 oz.	1 ¼ cups	<b>8 min.</b>	1 ½ cups	<b>10 min.</b>
16 oz.	1 cup	<b>8 min.</b>	1 ½ cups	<b>10 min.</b>
24 oz.	1 cup	<b>12 min.</b>	2 cups	<b>14 min.</b>
<b>Cauliflower (Cut into small heads)</b>				
8 oz.	3 ¼ cups	<b>8 min.</b>	2 cups	<b>9 min.</b>
16 oz.	3 ½ cups	<b>10 min.</b>	2 cups	<b>12 min.</b>
<b>Corn on the Cob (5-6 oz. each)</b>				
6-9 pieces	1 ¼ cups	<b>10 min.</b>	2 ¼ cups	<b>13 min.</b>
12-18 pieces	1 ½ cups	<b>12 min.</b>	2 ¾ cups	<b>15 min.</b>
<b>Snow Pea</b>				
8 oz.	1 ¼ cups	<b>12 min.</b>	2 ¼ cups	15 min.
16 oz.	1 ½ cups	<b>14 min.</b>	2 ¾ cups	17 min.
<b>Spinach</b>				
10 oz.	½ cup	<b>5 min.</b>	N/A	N/A
20 oz.	½ cup	<b>8 min.</b>	N/A	N/A
<b>Squash</b>				
16 oz.	1 cup	<b>10 min.</b>	N/A	N/A
32 oz.	1 cup	<b>14 min.</b>	N/A	N/A

# Fresh Vegetables

## Helpful Hints:

- 1) If you choose to eat your vegetables with a softer consistency, add a few minutes and 2 tbsp.- 1/4 cup. of water at the end of your cooking time and procedure.
- 2) Temperature setting should be medium high.

**Times written in BLUE express cooking must be done with steam valve open, RED for cooking while valve is closed.**



	Boiled Turbo Base	Time	Steamed Turbo Rack	Time
<b>Artichokes</b>				
2-8 oz.	3 ½ cups	<b>31 min.</b>	N/A	N/A <b>15 min.</b> with 2 ¼ cups water + <b>8 min.</b> <b>8 min.</b> with ¼ cup water
<b>Asparagus</b>				
8 oz.	N/A	N/A	1 ½ cups	<b>8 min.</b>
<b>Beans (Green &amp; Wax)</b>				
8 oz.	1 ½ cups	<b>9 min.</b>	2 cups	<b>11 min.</b>
<b>Beets (cut in half, then in slices)</b>				
24 oz.	2 cups	<b>17 min.</b>	2 ½ cups	<b>20 min.</b>
<b>Broccoli (cut into small heads)</b>				
8 oz.	¾ cups	<b>6 min.</b>	1 cups	<b>8 min.</b>
<b>Brussel Sprouts</b>				
8 oz.	3 cups	<b>17 min.</b>	3 cups	<b>18 min.</b>
<b>Carrots (baby, slices)</b>				
8 oz.	1 ¼ cups	<b>8 min.</b>	1 ½ cups	<b>10 min.</b>
<b>Cauliflower (cut into small heads)</b>				
8 oz.	1 ¼ cups	<b>8 min.</b>	2 cups	<b>12 min.</b>
<b>Corn on the Cob (5-6 oz. each)</b>				
2-4 pieces	1 ¾ cups	<b>12 min.</b>	3 ¾ cups	<b>14 min.</b>
<b>Egg Plant</b>				
16 oz.	1 ¼ cup	<b>11 min.</b>	N/A	N/A
<b>Mushrooms (white)</b>				<i>(if adding oil)</i>
16 oz. Slice	2 tbsp.	<b>8 min.</b>	N/A	N/A <b>5 min.</b> <b>3 min.</b> add 2 tsp. oil
16 oz. Quarters	¼ cup	<b>8 min.</b>	N/A	N/A <b>7 min.</b> <b>1 min.</b> add 2 tsp. oil
16 oz. Whole	¼ cup	<b>9 min.</b>	1 cup	<b>8 min.</b> <b>7 min.</b> <b>2 min.</b> add 2 tsp. oil

# Fresh Vegetables (continued)

Times written in **BLUE** express cooking must be done with steam valve open,  
**RED** for cooking while valve is closed.

	Boiled Turbo Base	Time	Steamed Turbo Rack	Time	
Peppers					
8 oz. strips	½ cup	8 min.	N/A	N/A	If adding oil, add 2 tsp. at end, for 2min. more
Potatoes					
16 oz.	2 ¾ cups	20 min.	N/A	N/A	If adding oil, add 2 tsp. at end, for 2min. more
Potatoes (Idaho)					
16 oz. cubed	1 ¾ cups	10 min.	N/A	N/A	If adding oil, add 2 tsp. at the beginning
12 oz. halved	2 ¾ cups	21 min.	N/A	N/A	
Potatoes (Sweet)					
16 oz.	1 ¾ cups	13 min.	N/A	N/A	If adding oil, add 2 tsp. at the beginning
Snow Pea					
8 oz.	¾ cups	7 min.	1 ¾ cups	9 min.	
Spinach					
10 oz.	N/A	N/A	1 cup	3 min.	
Squash					
16 oz.	1 cups	10 min.	N/A	N/A	
Tomatoes					
32 oz.	None	20 min.	N/A	N/A	10 min. stir twice 10 min. stir twice
Turnips					
16 oz.	1 cup	8 min.	N/A	N/A	
Zucchini					
16 oz.	¾ cup	7 min.	N/A	N/A	





# Beef

## Helpful Hints:

- 1) If you are cooking frozen meat, as a general rule, add an extra minute and 2 tbsp. to ¼ cup water to your cooking time and procedure.
- 2) If you choose to cook meat with bones, your cooking time and heat may need to increase. Please adjust accordingly.

**Times written in BLUE express cooking must be done with steam valve open, RED for cooking while valve is closed.**



Water		Max Time	
<b>Ground Beef</b>			
1 ½ lbs	½ cup	8 min.	Place crumbled meat in base Maximum heat <b>2 min.</b> Stir add ¼ cup water <b>2min.</b> Stir again add ¼ cup water <b>2 min.</b> + <b>2 min.</b>
<b>Medallions (½" thick)</b>			
4 pieces (4-5 oz.)	¾ cups	9 min.	Place in base with ¼ cup water, maximum heat 5 min.(rare) Flip add ¼ cup water <b>2 min.</b> (medium) Flip add ¼ cup water <b>1 min.</b> (medium well) Flip 1 min. (well done)
<b>Pepper Steak (½" thick)</b>			
2 pieces 10-12 oz.	1 ½ cups	16 min.	Place in base with ¼ cup water, maximum heat <b>4 min.</b> (rare), flip add ¼ cup water <b>4 min.</b> (medium), flip add ½ cup water <b>4 min.</b> (medium well), flip add ½ cup water <b>4 min.</b> (well done)
<b>Rib Steak (approx. ½" thick)</b>			
16 oz.	1 ¾ cups	13 min.	Place in base with ¼ cup water, maximum heat <b>4 min.</b> (rare), flip add ¼ cup water <b>4 min.</b> (medium), flip add ½ cup water <b>4 min.</b> (medium well), flip add ½ cup water <b>4 min.</b> (well done)
<b>Roast (Sirloin, Tenderloin &amp; Rib, etc.)</b>			
2 ½- 3 lbs	9 cups	45-60min (rare-well)	Place in base with 1 cup soup broth, maximum heat <b>10 min.</b> Add 1 ½ cup broth, medium high <b>10 min.</b> Flip add 1 ¾ cup broth, maximum heat <b>10 min.</b> Add 1 ½ cup broth, med. high 10 min. (rare) Remove cooker from heat, drain & clean out base, flip roast add 2 ½ cup broth maximum heat <b>10 min.</b> (medium well) Add ¾ cup broth, medium high <b>7-10 min.</b> (well done)
<b>Round Steak Inside Round (1/4" thick)</b>			
2 pieces 2- 2 ½ oz.	3 tbsp	4 min.	Place in base with 1 tbsp. water, maximum heat <b>2 min.</b> flip add 2 tbsp. water <b>2 min.</b>
<b>Sirloin Steak (Tip Cut)</b>			
10 oz.	None	3 min.	Place in base, maximum heat <b>2 min.</b> Flip <b>1 min.</b>

\* Broth adds more taste than water

\*\* Wine can also be used

# Sausage

## Helpful Hints:

- 1) If you are cooking frozen meat, as a general rule, add an extra minute and 2 tbsp. to  $\frac{1}{4}$  cup water to your cooking time and procedure.
- 2) If you choose to cook meat with bones, your cooking time and heat may need to increase. Please adjust accordingly.

**Times written in BLUE express cooking must be done with steam valve open, RED for cooking while valve is closed.**



	Water	Max Time	
<b>Beef</b>			
2	$\frac{1}{2}$ cup	8 min.	Place in base with $\frac{1}{3}$ cup water, medium high <b>4 min.</b> Flip, medium high <b>2 min.</b> (medium done), <b>2 min.</b> (well done)
4	$\frac{1}{4}$ cup	8 min.	Place in base with $\frac{1}{4}$ cup water, medium high <b>4 min.</b> Flip, medium high <b>2 min.</b> (medium done), <b>2 min.</b> (well done)
<b>Breakfast (Pork &amp; Beef)</b>			
6	1 cup	10 min.	Place in base with $\frac{1}{2}$ cup water, medium high <b>5 min.</b> Flip, add $\frac{1}{2}$ cup water, medium high <b>4 min.</b> Flip, <b>1 min.</b>
<b>Hot Dogs</b>			
3-6 (in base)	1 cup	11 min.	Place in base with 1 cup water, maximum heat <b>6 min.</b> Roll hot dogs, add $\frac{1}{2}$ cup water 5 min.
3-8 (on grill)	1 cup	12 min.	Place on steam rack, add water, maximum heat <b>12 min.</b>
<b>Jumbo Hot Dogs</b>			
6 (in base)	$\frac{3}{4}$ cup	8 min.	Place in base with $\frac{1}{3}$ cup water, maximum heat <b>5 min.</b> Roll hot dogs, add $\frac{1}{3}$ cup water <b>3 min.</b>
6-12 (in base)	1 $\frac{1}{2}$ cups	12 min.	Place on steam rack, add water, maximum heat <b>12 min.</b>

# Hamburger

<b>Beef (Patties-medium and lean)</b>			
2-4 patties $\frac{1}{4}$ lb	$\frac{3}{4}$ cup	11 min.	Place in base with $\frac{1}{2}$ cup water, medium high <b>4 min.</b> Flip, push down slightly on patties, reduce heat to medium <b>3 min.</b> (rare) Flip add $\frac{1}{4}$ cup water <b>2 min.</b> (medium) <b>2 min.</b> (well done)



# Pork



## Helpful Hints:

- 1) If you choose to cook your meat from frozen, add 2 tsp. to ¼ cup of water and 2-3 minutes to the first stage of cooking.
- 2) If you choose to have a fried texture to your meat, you can add ½ tsp. of oil, and ¼ cup water and an additional 1 minute to your cooking time (at last stage).
- 3) As a general rule if you are cooking 2 or more ingredients at the same time, use the water amount and cooking time of the ingredient that takes the longest. As time elapses, add the other foods according to their cooking times (the water amount from the "main" food ingredient should be enough to cook additional food items).

**Times written in BLUE express cooking must be done with steam valve open, RED for cooking while valve is closed.**

## Water Max Time

Chops (Center Cut with bone ½" thick)			
2 pcs. 4-5oz.	8 tbsp.	6 min.	Place in base with 3 tbsp. water, max. heat <b>3 min.</b> Flip add 3 tbsp. water <b>2 min.</b> (medium done) <b>1 min.</b> add 2 tbsp. water (well)
Chops (Center Cut, no bone butterfly ¼" thick)			
2 pcs. 3-4oz.	6 tbsp.	5 min.	Place in base with 2 tbsp. water, max. heat <b>2 min.</b> Flip add 2 tbsp. water <b>2 min.</b> (medium done) <b>1 min.</b> add 2 tbsp. water (well)
Medallions (¾" thick)			
2 pcs. 3-4oz.	½ cup	6 min.	Place in base with ¼ cup water, max. heat <b>3 min.</b> Flip add ¼ cup water <b>2 min.</b> (medium done) <b>1 min.</b> add 2 tbsp. water (well)
2 pcs. 4-5oz.	½ cup	7 min.	Place in base with ¼ cup water, max. heat <b>4 min.</b> flip add ¼ cup water <b>2 min.</b> (medium done) <b>1 min.</b> add 2 tbsp. water (well)
4 pcs. 5-6oz.	½ cup	8 min.	Place in base with ¼ cup water, max. heat <b>4 min.</b> flip add ¼ cup water <b>3 min.</b> (medium done) <b>1 min.</b> add 2 tbsp. water (well)
Roast (front shoulder without bone)			
2 ½ - 3 lbs	4 ¾ cups*	45-60min. (rare-well)	Place in base with 1 cup *soup broth, maximum heat <b>10 min.</b> Add 1 ½ cup broth, reduce heat to medium high <b>10 min.</b> (rare) Add 1 ½ cup broth, flip, maximum heat <b>15 min.</b> Add 1 cup broth, reduce heat to medium high <b>10 min.</b> (medium-well) <b>7-10 min</b> ½ cup (well)
* Broth adds more taste than water ** Wine can also be used			
Roast (loin with bone)			
3 - 3½ lbs	3 ¾ cups*	36-46min. (rare-well)	Place in base with 1 cup *soup broth, maximum heat <b>10 min.</b> Add 1 ½ cup broth, reduce heat to medium high <b>10 min.</b> Add ¾ cup broth, flip, maximum heat <b>8 min.</b> Add ½ cup broth, reduce heat to medium high <b>8 min.</b> (medium-well) <b>7-10 min</b> ½ cup (well)
* Broth adds more taste than water ** Wine can also be used			

# Lamb

## Helpful Hints:

- 1) If you choose to cook your meat from frozen, add 2 tsp. to ¼ cup of water and 2-3 minutes to the first stage of cooking.
- 2) If you choose to have a fried texture to your meat, you can add ½ tsp. of oil, and ¼ cup water and an additional 1 minute to your cooking time (at last stage).
- 3) As a general rule if you are cooking 2 or more ingredients at the same time, use the water amount and cooking time of the ingredient that takes the longest. As time elapses, add the other foods according to their cooking times (the water amount from the "main" food ingredient should be enough to cook additional food items).



**Times written in BLUE express cooking must be done with steam valve open, RED for cooking while valve is closed.**

	Water	Max Time	
<b>Chops</b>			
3 pcs. 2¾-3¼ oz.	½ cup	10 min.	Place in base with ¼ cup water, medium high <b>3 min.</b> Flip, add 1/4 cup water <b>2 min.</b> (medium done), <b>3 min.</b> (well)
<b>Stew Cubed (1"x 1" thick)</b>			
1 lb.	3 ½ cups	30 min.	Place in base with 1 cup water, maximum <b>10 min.</b> Stir, add 1 ½ cup water, reduce heat to medium high <b>10 min.</b> Stir, add 1 cup water, raise heat to maximum <b>10 min.</b>
2 lbs.	4 ½ cups	40 min.	Place in base with 1 ¼ cup water, maximum <b>13 min.</b> Stir, add 1 ¼ cup water, reduce heat to medium high <b>15 min.</b> Stir, add 1 ½ cup water, raise heat to maximum <b>12 min.</b>

# Veal

<b>Cutlets Scalloped (¼" thick)</b>			
2 pcs. 3-3 ½ oz.	8 tbsp.	8 min.	Place in base with 2 tbsp. water, medium high <b>2 min.</b> Flip, add 2 tbsp. water, reduce heat to medium <b>2 min.</b> Turn off heat, add 4 tbsp. water, recover and let stand for <b>3 min.</b> to tenderize.
<b>Roast (Round and tied with bones)</b>			
1½ - 2 lbs.	6 cups*	40-50min. (rare-well)	Place in base with 1 cup *soup broth, maximum heat <b>10 min.</b> Add 1 ½ cup broth, reduce heat to medium high <b>10 min.</b> Flipp, add 1 ¼ cup broth, maximum heat <b>10 min.</b> Add 1½ cup broth, reduce heat to medium high <b>7 min.</b> Remove cooker from heat, drain and clean out base, flip roast add ¼ cup broth, maximum heat <b>6 min.</b> (medium), <b>5-7 min.</b> (well done)
* Broth adds more taste than water ** Wine can also be used			
2½ - 3 lbs.	7 ½ cups*	45-60min. (rare-well)	Place in base with 1 cup *soup broth, maximum heat <b>10 min.</b> Add 1 ½ cup broth, reduce heat to medium high <b>10 min.</b> Flipp, add 1 ¼ cup broth, maximum heat <b>10 min.</b> Add 1½ cup broth, reduce heat to medium high <b>10 min.</b> Remove cooker from heat, drain and clean out base, flip roast add 1 ½ cup broth, maximum <b>7-10 min.</b> , ¼ cup (well done)
* Broth adds more taste than water ** Wine can also be used			

# Poultry



## Helpful Hints:

- 1) If you choose to cook your meat with skin, the fat may splatter. Please watch and reduce your heat accordingly.
- 2) If you choose to cook your meat with bones, be aware that it may take longer to heat your meat.
- 3) If you choose to cook your meat from frozen, add 2 tsp. to ¼ cup of water and 2-3 minutes to the first stage of cooking.

**Times written in BLUE express cooking must be done with steam valve open, RED for cooking while valve is closed.**

	Water	Max Time	
<b>Chicken Breast (skinless, boneless)</b>			
4 pcs. 4-5oz.	1 cup	12 min.	Place in base, max. heat <b>4 min.</b> with ¼ cup water. Flip, add ¼ cup water <b>3 min.</b> Add ¼ cup water <b>2 min.</b>
4 pcs. 5-6oz.	1 cup	14 min.	Place in base, max. heat <b>3 min.</b> add ½ cup water <b>5 min.</b> Flip, add ½ cup water <b>3 min.</b> Add ½ cup water <b>2 min.</b>
<b>Chicken Drum Stick (with skin- approx. ½" thick)</b>			
2 pcs. 4-5oz.	2½ cups	20 min.	Place in base with 1 cup water, max. heat <b>5 min.</b>
4 pcs. 4-5oz.	1 ¾ cups	24 min.	After <b>5min.</b> , flip. Add 1 cup water (¼ cup for 4 pcs.), reduce heat to med. <b>8min.</b> Flip, add ¼ cup water <b>2 min.</b>
<b>Chicken Legs (skinless and with skin)</b>			
2 pieces (skin) (12- 14 oz.) 2 pieces (no skin) (9- 11 oz.)	2 ½ cups	22 min.	Place in base-meat side down with ¾ cup water, max. heat <b>9 min.</b> Flip, add ½ cup water, reduce heat to med. high <b>5 min.</b> Flip, drain fat, add ¼ cup water, max. heat <b>5 min.</b> Add 1/4 cup water <b>3-4 min.</b> (well)
4 pieces (skin) (12- 14 oz.) 4 pieces (no skin) (9- 11 oz.)	2 ½ cups	22 min.	Place in base-meat side down with ¾ cup water, max. heat <b>10 min.</b> Flip, add ½ cup water, reduce heat to med. high <b>6 min.</b> Flip, drain fat, add ¼ cup water, max. heat <b>4 min.</b> Add 1/4 cup water <b>3-4 min.</b> (well)
<b>Chicken Thighs (skinless, boneless)</b>			
2 pieces 2- 2 ½ oz.	½ cup	7 min.	Place in base, max. heat <b>2 min.</b> Add ¼ cup water <b>3 min.</b> , Flip, add ¼ cup water <b>2 min.</b> , *For a fried textures – Add ¼ cup water <b>1 min.</b>
<b>Whole Chicken (roasted/BBQ)</b>			
3-4 lbs	1½ cups	34 min.	Place in base breast down with ½ cup water, max. heat <b>10 min.</b> <b>5 min</b> , add ¼ cup water flip and turn twice in liquid, Reduce heat to medium high <b>5 min.</b> Add ½ cup water 10 min. Add ¼ cup water flip and turn <b>2-4 min.</b> * depending on weight.
5-6 lbs	3½ cups	45 min.	Place in base breast down with 1/2 cup water, max. heat <b>10 min.</b> Add ¾ cup water <b>10 min.</b> Add ¾ cup water flip and turn twice in liquid, reduce heat to medium high <b>10 min.</b> Add 1 cup water 10 min. Add ¼ cup water, flip and turn <b>3-5 min.</b> * depending on weight.

# Fish

## Helpful Hints:

- 1) If you should choose to use oil, as a general rule, you should add  $\frac{1}{2}$  the amount required at the beginning and  $\frac{1}{2}$  the amount at the end of your cooking time.
- 2) On breaded fish- make sure to put water only on open areas at base so breading is not soaked.

**Times written in BLUE express cooking must be done with steam valve open, RED for cooking while valve is closed.**



**Water      Oil (if desired)**

### Fish (Bass, Grouper, Salmon(steak), Snapper, Trout and White Fish)

<b>No Skin, in base</b> 4 to 6 oz.	$\frac{1}{4}$ cup	1 tsp.	Place in base add water, maximum heat <b>2 min.</b> Flip, reduce heat to medium <b>3 min.</b> * If adding oil, add at last 30 seconds/each side
<b>Breaded, in base</b> 1-2 pieces 4 to 6 oz.	$\frac{1}{2}$ cup	2 tsp.	Place in base add water*, maximum heat <b>1 min.</b> Add $\frac{1}{4}$ cup water*, reduce heat to medium <b>2 min.</b> , Flip, add $\frac{1}{4}$ cup water* <b>2 min.</b> If adding oil, add at last 30 seconds/each side. * Add water only in open areas of base
<b>Steamer Rack</b> 1-2 pieces 4 to 6 oz.	1 cup	N/A	Add water, (in base) steamer rack in position, max. heat <b>5 min.</b> Without removing the cover reduce heat to medium <b>4 min.</b>
<b>Steamed/Poached</b> 1-2 pieces 4 to 6 oz.	1 cup	N/A	Add water, (in base), steamer rack in position and steamer/poacher on top rack, maximum heat <b>6 min.</b> Don't remove cover reduce heat medium <b>5 min.</b>

### Fish (Cod, Flounder, Haddock, Halibut (steak), Mackerel, Perch, Sword Fish, Tuna)

<b>No Skin, in base</b> 4 to 6 oz.	$\frac{1}{4}$ cup	1 tsp.	Place in base add water, maximum heat <b>4 min.</b> , Flip, reduce heat to medium high <b>3 min.</b> * If adding oil, add at last 30 seconds/each side.
<b>Steamer Rack</b> 1-2 pieces 4 to 6 oz.	$1\frac{1}{2}$ cup	N/A	Add water, (in base) steamer rack in position, max. heat <b>5 min.</b> Without removing the cover reduce heat to med. <b>10 min.</b>
<b>Steamed/Poached</b> 1-2 pieces 4 to 6 oz.	$1\frac{1}{2}$ cup	N/A	Add water, (in base), steamer rack in position and steamer/poacher on top rack, maximum heat <b>6 min.</b> Don't remove cover reduce heat med. <b>12 min.</b>

### Seafood

<b>12 Shrimps</b> (Jumbo White Shelled & de-veined)	1 cup	8 min.	On steamer rack, max. heat <b>5 min.</b> Reduce heat to medium <b>3 min.</b> * If cooking rice below the ratio is $1\frac{1}{2}$ cups water for $1\frac{1}{2}$ cups rice
<b>1lb. Shrimp</b> (In/Out of Shell)	$\frac{1}{2}$ cup	6 min.	In base, maximum heat <b>3 min.</b> Flip <b>3 min.</b>
<b>1/2 lb. Scallops</b> (Washed and cut in half)	$\frac{1}{2}$ cup	4 min.	On steamer rack, maximum heat <b>4 min.</b>
<b>1/2 lb. Scallops</b> (Washed and cut in half)	$\frac{1}{4}$ cup	2 min.	In base, maximum heat <b>1 min.</b> , flip <b>1 min.</b>

# Rice, Grains & Beans



Times written in **BLUE** express cooking must be done with steam valve open, **RED** for cooking while valve is closed.

	Water	Medium-High	Medium	Low
Basmati				
1 cup	2 ¾ cups	6 min.	6 min.	2 min.
1 ½ cups	3 ½ cups	7 min.	6 min.	3 min.
2 cups	4 ½ cups	8 min.	7 min.	3 min.
Long Grain				
1 cup	2 cups	5 min.	5 min.	2 min.
1 ½ cups	3 ¾ cups	7 min.	7 min.	3 min.
2 cups	4 ¾ cups	8 min.	8 min.	3 min.
Instant				
1 cup	1 ½ cups	4 min.	2 min.	1 min.
1 ½ cups	1 ½ cups	4 min.	2 min.	1 min.
2 cups	4 ¼ cups	5 min.	2 min.	1 min.
Brown				
1 cup	3 ½ cups	4 min.	2 min.	1 min.
1 ½ cups	4 ½ cups	4 min.	2 min.	1 min.
2 cups	2 ½ cups	5 min.	2 min.	1 min.
For Softer Rice				
1 cup	¾ cup	water at end for 1-2 min. more		
1 ½ cups	½ cup	water at end for 1-2 min. more		
2 cups	¾ cup	water at end for 2-3 min. more		
Bulgur		MAXIMUM	MEDIUM	
1 cup	3 ½ cups	6 min. - 2 cups water	6 min. - 1 ½ cups water	
2 cups	4 ½ cups	8 min. - 2 ½ cup water	8 min. - 2 cups water	
Lentils		MAXIMUM	MEDIUM	
1 cup	4 cups	10 min. - 2 cups water	13 min. - 2 cups water	
2 cups	4 ¾ cups	10 min. - 2 ½ cup water	12 min. - 2 ½ cups water	
Lima		MAXIMUM	MEDIUM	
1 cup	4 ½ cups	13 min. - 2 ½ cups water	19 min. - 2 cups water	
2 cups	6 cups	13 min. - 2 ½ cup water	17 min. - 2 ½ cups water	
Split Pea		MAXIMUM	MEDIUM	LOW
1 cup	4 ¾ cups	7 min. - 1 ½ cups water	5 min. - ¾ cups water	20 min. - 2 ½ cups water
2 cups	7 cups	13 min. - 2 ½ cup water	7 min. - 1 ½ cups water	17 min. - 3 cups water

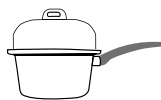
# Simple Meal Ideas using Multiple Turbo Cookers

## Quick Breakfast:

### Sausage, Cubed Potatoes & an Omelette

1- Start the potatoes in the sauce pan.

(Example of Time required and instructions from the guide)



#### Fresh Vegetables

Potatoes (Idaho)  
16 oz. (cut into cubes)

In Cooker Base	Time
----------------	------

1 ¾ cups (water)
---------------------

10 min.
---------

If you add oil, add 2 tsp at the end, cook for an additional 2 min.

2- 1 min. into the potatoes- Start sausages in the fry pan.

(Example of Time required and instructions from the guide)



#### Sausages

6 Breakfast Sausages  
(Pork and Beef)

Water	Max. Time
-------	-----------

1 cup
-------

10 min.
---------

Place in the base with ½ cup of water, turn stove to medium-high **5 min.** Flip, add ½ cup of water, medium-high **4 min.** Flip, **1 min.**

3- In 10 minutes the potatoes and sausages should be done. Remove the sausages (fry pan) from the burner. Check the potatoes, season to taste (if not soft enough to your taste recover them and if needed add a small amount of water) when ready turn off the heat and leave covered. Place the sausages on the steam rack, put the rack into the fry pan with the potatoes so they stay hot.



+ Steam Rack

4- Clean out the pan and start your omelette.



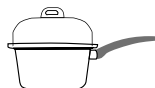
The Turbo Dome Cover retains heat in the sauce pan and keeps potatoes and sausages warm.

## Simple Lunch:

### Chicken Breasts, Pasta and Vegetables

1- Start the pasta in the sauce pan.

(Example of Time required and instructions from the guide)



#### Pasta

Macaroni

2 cups
4 cups

Water	Oil (optional)	Time
-------	----------------	------

5 ½ cups
----------

1 tbsp.
---------

18 min. <b>8 min.</b> 4cups of water, <b>10 min.</b> add 1 ¼ cups
---

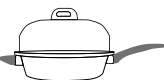
7 cups
--------

2 tbsp.
---------

18 min. <b>10 min.</b> 5cups of water, <b>8 min.</b> add 1 ¼ cups
---

2- 4 min. into the potatoes- Start chicken in the Jumbo Skillet.

(Example of Time required and instructions from the guide)



#### Poultry

Chicken Breast

4 pcs. 5-6 oz. (skinless, boneless)

Water	Max. Time
-------	-----------

1 cup
-------

14 min.
---------

Place in the base with ½ cup of water, turn stove to high **5 min.** Flip, add ½ cup of water **3 min.** Add ½ cup of water, **2 min.**

3- Put the Asparagus on the rack and after the chicken

has been cooking for 4 minutes, put the rack into the skillet.

(Example of Time required and instructions from the guide)



+ Steam Rack

#### Fresh Vegetables

Asparagus  
8 oz.

Vapour (on rack)	Time
------------------	------

1 ½ cups
----------

8 min.
--------

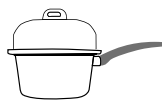


## Fish & Sides:

### Poached Salmon, Green Beans & Lentils

#### 1a- Start the lentils in the sauce pan.

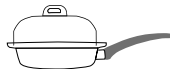
(Example of Time required and instructions from the guide)



Rice, Grains and Beans	Water	Medium-High	Medium
1 cup	3 ½ cups	6 min. - 2 cups water	6 min. - 1 ½ cups of water
Lentils	2 cups	8 min. - 2 ½ cups water	8 min. - 2 cups of water

#### 1b- Put the Green Beans on the rack and put the rack into the sauce pan (at start of the lentils cooking).

(Example of Time required and instructions from the guide)



+ Steam Rack

Frozen Vegetables	Vapour (on grill)	Time
Beans	8 oz.	1 ¾ cups of water 9 min.
(green and yellow)	16 oz.	2 cups of water 13 min.

#### 2- Put the salmon onto the steam rack, put the rack into the Jumbo Skillet and follow the directions for poaching the fish.

(Example of Time required and instructions from the guide)



+ Steam Rack

### Fish

Filet (Bass, Grouper, Salmon(steak),

Snapper, Trout and White Fish)

Steamed/Poached

1-2 pcs. 4-6 oz.

Water Oil (optional)

1 cup

Add all the water in the base, with steam rack in place; poach fish on rack on max. heat **6 min.**  
Without removing the cover, reduce to med. **4 min.**



## Sunday Roast:

### Roast of Beef, New Potatoes & Broccoli

1- Start the roast in the dutch oven.



#### Beef

##### Roast (Sirloin, Tenderloin & Ribs)

2 ½ - 3 lbs.

\*Broth adds more flavour than water

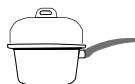
Water Max. Time

9 cups\* 45-60 min.

(rare-well done)

Place in base with 1 cup soup broth, maximum heat **10 min.** Add 1 ½ cup broth, medium high **10 min.** Flip add 1 ½ cup broth, maximum heat **10 min.** Add 1 ½ cup broth, med. high 10 min. (rare) Remove cooker from heat, drain & clean out base, flip roast add 2 ½ cup broth maximum heat **10 min.** (medium well) Add ¾ cup broth, medium high **7-10 min.** (well done)

2- 25 Minutes into the Roast start the potatoes in the sauce pan.



#### Fresh Vegetables

Potatoes

16 oz.

Water in Base Time

2 ¾ cups

20 min.

If you add oil, add 2 tsp. at the end, cook for an additional **2 min.**

3- Put the Broccoli onto the steam rack and 8 minutes before the potatoes are finished put the steam rack into the sauce pan.



+ Steam Rack

#### Fresh Vegetables

Broccoli

8 oz.

Chopped

Vapor (on grill)

Time

1 cup

8 min.

## Roasted Chicken:

### Chicken, Rice & Carrots

1- Start the chicken in the dutch oven.



#### Poultry

##### Whole Chicken

3- 4 lbs.

Water Max. Time

1 ½ cups 34 min.

Place in base breast down with ½ cup water, max. heat **10 min. 5 min.** add ¼ cup water flip and turn twice in liquid, Reduce heat to medium high **5 min.** Add ½ cup water 10 min. Add ¼ cup water flip and turn **2-4 min.** \* depending on weight.

2- 15 Minutes into the chicken, start the rice in the sauce pan.



#### Rice, Grains and Beans

Long Grain

1 cups

1 ½ cups

2 cups

Water

2 cups

3 ¾ cups

4 ¾ cups

Medium-High

5 min.

7 min.

8 min.

Medium

5 min.

7 min.

8 min.

Low

2 min.

3 min.

3 min.

3- Put the Carrots onto the steam rack and 7 minutes before the rice is finished put the steam rack into the sauce pan.



+ Steam Rack

#### Fresh Vegetables

Carrots

Baby or Chopped

8 oz.

Water in Base

1 ½ cups

Time

8 min.

Vapor (on grill)

1 ½ cup

Time

10 min.

# Grilled Salmon on a Bed of Vegetables

11 minutes



## Main Ingredients:

4 (4-oz.) salmon steaks  
1 large leek, cut in thin strips  
2 medium carrots, cut in thin strips  
4 oz. snow peas, cut in thin strips  
1 green zucchini, cut in thin strips  
1 green zucchini, cut in thin strips  
2 tsp. minced fresh ginger  
1 tbsp., rice vinegar  
2 tbsp. brown sugar  
2 tsp. cornstarch

## Dry Ingredients:

1/2 tsp. salt  
1/4 tsp. pepper

## Liquid Ingredients:

1 2/3 cups water

In a small bowl, mix cornstarch with 1/2 tsp. salt, 1/4 tsp. pepper and 1/3 cup water.

- 1- Place salmon and 1/3 cup water into base. Cover (valve closed) and cook on high heat 3 minutes.
- 2- Turn salmon, add 1/4 cup water. Cover (valve closed) 2 minutes.
- 3- Reduce heat to medium high. Place salmon on steam rack with carrots. Clean base with paper towel. Place ginger, rice vinegar, leeks, brown sugar and the remaining 1/3 cup water into base and place rack in position. Cover (valve closed) 3 minutes.
- 4- Stir in snow peas, zucchini and the cornstarch mixture and place rack in position. Cover (valve closed) 3 minutes.

# Lamb chops with Onions

15 minutes



## Main Ingredients:

8 boneless lean lamb chops  
2 medium onions, finely diced  
10 oz. fresh green beans  
1 cup medium couscous  
1/4 cup diced parsley  
1/2 tomato, cubed  
1 tsp. low sodium chicken bouillon concentrate

## Dry Ingredients:

1 tsp. salt  
1/4 tsp. pepper

## Liquid Ingredients:

3 1/2 cups water

Place couscous and 2 cups water into a bowl and let sit 15 minutes. Stir in 1 tsp. chicken bouillon then stir. Place bowl on rack, put green beans around bowl.

- 1- Place lamb & 1/4 cup water in base. Cover (valve closed) cook on high 3 minutes.
- 2- Flip meat, add 1/4 cup water. Place rack and cover (valve closed) 3 minutes.
- 3- Flip meat, add onions, 1/2 cup water. Place rack & cover (valve closed) 5 minutes.
- 4- Stir in snow peas, zucchini and the cornstarch mixture and place rack in position. Cover (valve closed) 3 minutes.

# Beefy Burritos

9 minutes



## Main Ingredients:

1 lb. lean ground beef  
8 soft tortillas

## Toppings:

1 onion, cut in small strips  
1 cup grated low fat cheddar cheese  
2 red tomatoes, cut into thin slices  
1/2 cup low-fat sour cream  
1/2 cup salsa

## Dry Ingredients:

1-1/2 oz. package burrito seasoning

## Liquid Ingredients:

1 ½ cups water

Place the tortillas onto the steam rack.

- 1- Place the beef in base. Cover (valve closed) and cook on high heat 3 minutes.
- 2- Chop up meat, add ¼ cup water and cover 2 minutes.
- 3- Add in the seasoning and 1¼ cups water, stir well. Place the steam rack (with tortillas) into position and cover 2 minutes.  
Turn off heat and leave on the stove for 2 minutes.

# Gourmet Omelet Muffins

20 minutes



## Main Ingredients:

6 eggs, beaten  
¼ cup green pepper, diced finely  
¼ cup onion, diced finely  
1/3 cup grated low-fat cheddar cheese  
3 cups frozen (small cubes) breakfast potatoes  
6 (1 oz) lean breakfast sausages  
non-stick spray

## Dry Ingredients:

½ tsp. salt  
¼ tsp. baking soda  
¼ tsp. garlic powder  
½ tsp. parsley

## Liquid Ingredients:

2 ½ cups water

Spray muffin pan with non-stick. Whisk eggs, vegetables, ½ cup water and all seasonings. Pour mixture into muffin pan, sprinkle cheese. Place muffin pan onto steam rack.

- 1- Place sausages, ½ cup water into base and place steam rack into position. Cover (valve closed) and cook on medium high heat 5 minutes.
- 2- Reduce heat to medium. Flip sausages, add 1/3 cup water and replace steam rack back into position. Cover (valve closed) 3 minutes.
- 3- Add 1/3 cup water, flip sausages. Replace rack, cover (valve closed) 2 minutes.
- 4- Add 2 tbsp. water, stir to coat sausages. Remove sausages, place on either side of muffin pan (on steam rack). Clean pan, put potatoes in base, add 1/3 cup water. Replace steam rack back into position, cover (valve closed) 5 minutes.
- 5- Add 1/4 cup water, flip potatoes, replace rack, cover (valve closed) 3 minutes.
- 6- Add remaining 1/4 cup water, replace rack, cover (valve closed) 2 minutes.

Turn off the heat and serve.

# Linguini Pesto Rapido

14 minutes



## Main Ingredients:

1 cup fresh basil leaves  
½ cup fresh parsley  
¼ cup grated fat free  
Parmesan cheese  
¼ cup flaked almonds  
1 clove garlic  
¼ cup olive oil  
12 oz. linguini, cut in half

## Dry Ingredients:

1 ½ tsp. salt

## Liquid Ingredients:

4 2/3 cups water

Place basil, parsley, ½ cup Parmesan, almonds, garlic clove and ½ tsp. salt into a food processor. Blend until well ground, then slowly add olive oil making a smooth paste. Set remaining salt aside for stage 2 and remaining Parmesan for stage 4.

- 1- Place pasta and 3 ½ cups water into base (separate pasta with spatula). Cover (valve open) and cook on medium high 7 minutes..
- 2- Reduce heat to medium. Stir pasta, add remaining 1 cup water and 1 tsp. salt (separate pasta with spatula). Cover (valve closed) for 4 minutes.
- 3- Stir (separate pasta with spatula) cover (valve closed) 3 minutes.  
Turn off heat, blend pesto and remaining Parmesan. Cover and let stand 2 minutes.

# Light and Fluffy Flap Jacks

16 minutes



## Main Ingredients:

1 egg  
1 cup skim milk  
Non stick spray  
1 cup flour

## Dry Ingredients:

2 tbsp. sugar  
¼ tsp. salt  
½ tsp. baking soda

## Liquid Ingredients:

14 tbsp. water

Add flour and dry ingredients into a bowl (except for the baking soda). Blend in the egg and then slowly blend in the milk. Add the baking soda when ready to start cooking.

- 1- Spray non-stick, pour ¼ of batter form a 8" pancake. Cover (valve closed) and cook on maximum heat 1 minute
- 2- Reduce heat to medium. Pour 2 tbsp. of water around open areas of the base and cover (valve closed) 1 minute.
- 4- Flip pancake, add 2 tbsp. water into open areas. Cover (valve closed) 2 minutes.
- 5- Remove the pancake, place on steam rack. Spray non-stick spray, pour ¼ of batter form another 8" pancake. Place steam rack in position, add 2 tbsp. of water around open areas. Cover (valve closed) 2 minutes
- 6- Repeat previous steps until all pancakes are made.



# Incredible Cherry&Cola Chocolate Muffins 10 minutes



## Main Ingredients:

1-18 oz. boxed chocolate cake mix  
(Split the mixture into thirds)  
1 egg  
1-21 oz. can of cherry pie filling (optional)  
Non-stick spray

## Liquid Ingredients:

1- 12 oz. can of diet cola

Measure out 1 cup and 2 tbsp. of the cake mix (1/3 of the box) place in a bowl. Mix in ½ cup of the cola, the egg and blend smooth. Keep remaining cola for Step 1. Spray a 6 cup muffin pan with non stick spray and fill the cake mix in. Place the muffin pan onto the steam rack.

**1-** Add remainder of diet cola into the base. If adding the pie filling blend it in. Place the steam rack in position. Cover (valve closed) and cook on high heat 10 minutes.

To serve, put a hot muffin on plate, split open and pour the hot sauce over.

# Cream of Mushroom Soup

## 17 minutes



## Main Ingredients:

6 cups sliced white mushrooms  
1 celery stalk, diced  
1 medium onion, diced  
2 tbsp. low-sodium chicken bouillon concentrate  
½ cup 2% milk  
3 tbsp. cornstarch  
3 tsp. flour

## Dry Ingredients:

½ tsp. salt  
¼ tsp. pepper  
¼ tsp. granulated garlic

## Liquid Ingredients:

6 cups water

In a small bowl mix cornstarch, flour and 2 ½ cups of water. Set aside for step 5.

- 1-** Place onions, mushrooms and ¼ cup water into base. Cover (valve closed) and cook on high heat 3 minutes.
- 2-** Stir in celery and ¼ cup water. Cover (valve closed) 3 minutes.
- 3-** Stir in remaining 3 cups water. Cover (valve closed) 7 minutes.
- 4-** Reduce heat to medium. Stir in cornstarch mixture. Cover (valve closed) 4 minutes.

Let sit 5 minutes.

Pour into a blender, add milk, bouillon and all the spices (salt, pepper and granulated garlic). Process until desired consistency. Reheat and serve.

## **Warranty Registration:**

By Mail: Turbo Cookware  
5723-A Sunrise  
Montreal, Quebec  
H4W-1V9

By Email: [sales@chefrandall.com](mailto:sales@chefrandall.com)

On Line [www.turbocooker.com](http://www.turbocooker.com)

## **Shop for other Turbo Products at:**

[www.turbocooker.com](http://www.turbocooker.com)

## **See other Chef Randall Products:**

[www.chefrandall.com](http://www.chefrandall.com)

[www.zinovta.com](http://www.zinovta.com)

[www.meetbolo.com](http://www.meetbolo.com)

## **Experience Turbo Cooker at:**

[experience.turbocooker.com](http://experience.turbocooker.com)

The logo features the word "TURBO" in a large, bold, black, sans-serif font, enclosed within a rounded rectangular border with a double-line effect. Below this, the word "COOKWARE" is written in a smaller, bold, black, sans-serif font.

# **TURBO**

## **COOKWARE**

[chefrandall.com](http://chefrandall.com)  
[turbocooker.com](http://turbocooker.com)

All materials in this guide are the property of (The Chef Randall Group Inc., 7820216 Canada inc., 3844375 Canada inc. & Zinovta Brands) do not reproduce without permission.  
Fusion is a trademark of Whitford Corporation