



# Quick & Easy Cooking Guide

 **TURBO**  
**COOKWARE.**



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## CONGRATULATIONS

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

Whether you are 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 revolution. If you are one of the millions of Turbo Cooker users, who asked us for more . . . larger Turbo's, smaller Turbo's 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 you will discover with the new set of cookware 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 is 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 racks that sit inside the Turbo pan allow you to cook different ingredients on multiple layers all at the same time; so you can easily prepare a full course meal all in one unit if you want.

Because Steamcooking® is so different, may 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 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 recipes, service or to order parts, please go to [www.turbo-cooker.com](http://www.turbo-cooker.com). For any cooking, recipe, questions or comments please go to [www.askchefrandall.com](http://www.askchefrandall.com)

Happy cooking . . . Chef Randall



## **SAFETY**

### **Warranty and Safety Guidelines:**

This product can be utilized on a gas, electric stove, ceramic or induction stove tops. As with all cookware on glass top stoves, do not drag or slide the Turbo's base over the stove's 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 the 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 to for extended periods of time may cause injury. Always remove the steam racks with a proper sized fork (holding securely), or potholders, etc. Do not use metallic objects inside the base. The product should not be used by children.

The Chef Randall Group Inc., 3844374 Canada inc. 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.

## **Customer Service**

We ask unsatisfied customers to call the number found on their packing slip for a Return Authorization (RA) number and address. Should you have any problems with this shipment, or require warranty information, please contact the customer service department at the point of purchase.





## **BENEFITS AND FEATURES:**

Whether you are cooking with several of the Turbo's in the set or just one Turbo Cooker with its ability for ALL-IN-ONE Cooking, 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, but 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 if you wanted, or cook up a storm using multiple Turbo Cookers. Tastes and flavors can be prepared WITHOUT flavor transference. So, you can cook fish, steak, and chicken ALL AT THE SAME TIME!

Cooks FROZEN meats or vegetables WITHOUT having to be thawed or defrosted !  
WITHOUT oil and WITHOUT affecting the cooking time!

Cuts MOST recipe preparation time IN HALF!

We use Whitfords Revolutionary Non-Stick coating for an EASY TO CLEAN surface!

## **STEAMFRYING®:**

What is the Steamfrying ® method? Simple - it is cooking by using a combination of steaming and frying. Now, frying and steaming are two completely different principles of cooking, right? Well, yes. But Turbo Cookware ® has been specifically engineered to meld together these two principals of cooking -- into the Steamfrying ® method of cooking. 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 for any liquid to replace oil for frying. Now you are Steamfrying®, Steambaking®, Steambroiling® 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 or even pasta primavera - al dente!



## 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 - these are recommended cooking times.

Give yourself a few chances of get used to this brand-new method of cooking!  
Like your mom said, "Practice Makes Perfect!"

### INSTRUCTIONS:

What follows are basic instructions for The Turbo Cooker<sup>®</sup> 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 will tell us that Mary Smith in Arizona who uses a gas stove will get different results than Sue Jones in Virginia 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<sup>®</sup> 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<sup>®</sup> 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, no MAGIC amount of liquid required. It is all dependent 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 a few minutes here or reduce a few there.**

Don't worry - Turbo Cookware<sup>®</sup> is designed to be quick, easy and FUN! So, go for it! Start turbo cooking today!



## Use and Care Instructions for Non-Stick Aluminum Cookware

### Use and Care

All new cookware should be washed in hot sudsy water to remove manufacturing oils and dust. After any use, allow the cookware to cool before submerging it in cool 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) Undissolved 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 will 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) Hand washing of aluminum non-stick cookware is preferred. It may be placed in the dishwasher if desired, but constant washing in the dishwasher will dull the exterior finish and deteriorate the non-stick coating.
- 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.



## Turbo Timer Care and Use Instructions

*If this set includes a timer (optional & also available separately) the following information covers the kitchen timer functions, stopwatch features & the care and use.*

**To Set Time:** **1)** Make sure that the LCD screen is clear (it should read 00:00). If not, clear the LCD screen by pressing the "ZERO" button. **2)** Set the number of minutes required by pressing the "MSET" button on the timer. One (1) minute will be added each time the "MSET" button is pressed. For example, if you press the "MSET" button three (3) times, the LCD display will read 03:00. **3)** To commence timing, press the "START/STOP" button. This button will allow you to stop and restart the timing process at anytime. **4)** Once the set time has expired, the Turbo Timer will beep for 30 seconds before automatically resetting to the time set. It will hold this time until another command is programmed. You can simply press "START/STOP" to count down the same time, or add additional minutes by pressing "MSET" for as many minutes as are required. If you need fewer minutes than the last preset time, clear the LCD display (by pressing on "ZERO"), then reset the timer for the required minutes by pressing "MSET" (like in step 2).

**To Use as a Stopwatch:** **1)** Make sure that the LCD screen is clear (it should read 00:00) if not, clear the LCD screen by pressing the "ZERO" button. **2)** Press the "START/STOP" button to start the timing in seconds. **3)** Press the "START/STOP" button to stop the timing. It will hold on this time until another command is programmed. **4)** To clear the LCD display, simply press "ZERO" the screen will go back to 00:00.

## Replacing the Battery, Helpful Hints & Turbo Timer Care:

**1)** Remove the back panel using an appropriate screwdriver to not damage the screws. **2)** Place the screws in a secured place. **3)** Remove the battery and replace with model VINNIC L154 (or compatible) in the same manner you removed it (with the positive "+" facing up). **4)** Place panel back into position, replace and tighten the screws. **HINT 1)** You can remove the timer when cooking and carry with you so you can always know when to get to the next step. **CARE 1)** Use a dry or slightly damp rag or paper towel to clean the timer. **CARE 2)** Do not put the timer in the dishwasher, sink or submerged in any water, this will damage the timer and void the warranty. **CARE 3)** Do not use chemical cleaners.



## Cooking with the New Turbo Cookware Ergonomic Handles

*We have designed the most ergonomic handles to accompany the new Turbo Cookware collection that will increase your cooking pleasure, convenience and safety!.*



*This cookware is designed for STOVE TOP cooking - the handles are NOT Oven Safe.*



### Fry Pan & Skillet Long Handle:

The long handles narrowed neck creates the perfect fit for the index finger and thumb. The handles' hook hugs the index finger keeping them perfectly in place, creating a perfect and safe grip!



### Side & Assist Handles:

The side handles match the others, as they allow for a most secure grip to manipulate cookware from start to finish!



### Steam Vent & Cover Knob:

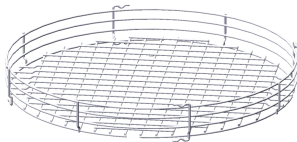
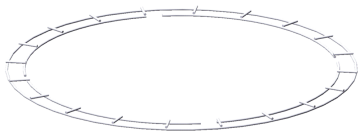
The steam vent knob controls the flow and release of steam. The knob on the glass cover has the same ergonomics as found on our other handles.

The knob holds the index finger and thumb the same way as the handles. When flipping the cover it stays flat on the counter and allows you to pick it up easily without touching the glass.





## Reinvented Steam Rack System



While the original Turbo Cooker<sup>®</sup> only had the dome cover, today's Hybrid Turbo Cookware<sup>®</sup> uses either a glass or stainless dome Turbo Cover.

## Reengineered Turbo Cookware Ledge

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, the wire basket attaches to the holder in both an upper & lower position so it can be used with the dome or glass cover.



## Multi Use Racking System

The racking system can be used with both the Glass and the Turbo Cooker cover.



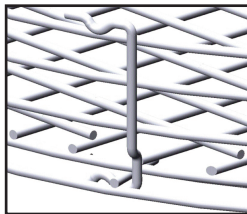
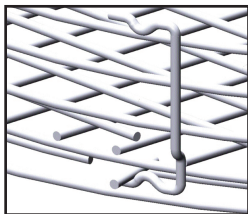
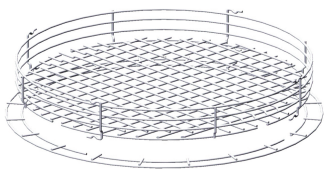


## Manipulating the Racking System

Always attach the racks (either the wire or mesh racks) to the rack holder. The rack holder was 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.

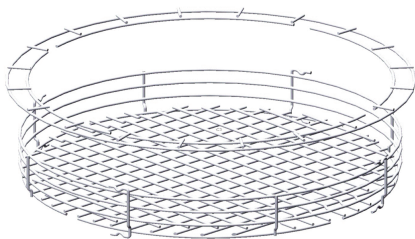
### Using the rack with the Turbo Dome Cover

To use the rack with the Turbo dome over follow the steps above, but the rack now goes above the rack holder when attaching it. The rack will then sit on the ledge and when the dome cover is in place, the rack is housed within.



### Using the rack with the Glass Cover

To use the rack with the glass cover, connect below the rack holder. Simply align the clips on the rack (the 4 vertical bars with extended clips on top & bottom of the bar) to the small spacer bars on the Holder, twist and turn the rack so the clips go over and then lock onto the bars, thus temporarily attaching the rack to the holder. To remove turn in the opposite direction. If you find it slightly difficult to un lock, simply lift one of the clips while turning to easily detach the others.



**To remove the rack use a kitchen fork, inserting it in thru the wire rungs & lift!**



## Mix and match

The unique elements of Turbo Cookware allows you to easily and conveniently mix and match the cookware parts as needed.

### Mix and match the covers

Any cover of the same size as the base can fit onto any base.



### Mix and match the racks

Any rack of the same size as the base will fit into any base and with any cover.







## Cooking with Turbo Cookware

If you want to use 1 single unit as the original "Turbo Cooker" concept was created, you can and now 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

We have included recipe cards with the set, a variety of different types of recipes that will allow you to learn how to use the unit as an All-IN-One cooking vessel. You can cook in the base, with a rack for 2 tier cooking or even cook 3 different ingredients all at the same time.



### Using multiple units

The advantages of Turbo Cookware allows you to cook with 1, 2 or more Turbos. Using different sizes allows you the added advantage of being able to prepare small or large quantities. You can use the cookware just like you are used to with "traditional" cookware, only cook faster and be healthier. Of course there are a few simple tricks to learn to take real advantages of the features and benefits of Steamcooking® - follow the hints on the next few pages as well as a few recipes.





## **Difference Between All-In-One & Turbo Cookware concept**

Using either the All-In-One cooking method or the expanded Turbo Cookware cooking concept will result in the same cooking success - so there is no one better method to use.

### **Cooking ALL-IN-ONE**

This is great for people with small kitchens, or who cook for themselves and don't want to pull out many pots and pans or, if you have limited stove space .

All-In-One cooking means that instead of using a 2nd pot or pan to prepare one of the ingredients, you use only 1 Turbo Cooker - how? Let's say you want to prepare chicken, rice and a vegetable - you would 1st cook the rice (almost to completion) then put it in a bowl, put the chicken in the base, put the rack in place and add the vegetables around the bowl - the rice will finish cooking with the steam, the chicken in the base and the veggies steam on the rack as well - voila - a 3 course meal in just one pan. With the choice of different sized units to cook with you can choose which ever size best suits the meal you want to make.

### **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 either to prepare a meal.



The following pages will give you some practical examples on how to prepare a meal using 1, 2 or more units - at the same time, but first here is the general rule or "logic" of how to proceed:

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 either unit.

- a. If you are cooking chicken breasts and they need 14 minutes to cook
- b. And the rice needs 12 minutes
- c. And lets say broccoli that needs only 8 minutes

Start the chicken first, then the rice and 4 minutes into the rice, when you go to stir it - put the broccoli on the rack and cook it atop the rice.

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 wont give off enough heat to cook the corn in 14 minutes (you would have had to start the corn at the start of the chicken - so using the pasta which is cooking with water is easier).

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.



## Quick Breakfast:

## Sausage, Cubed Potatoes & an Omelette

**1-** Start the potatoes in the sauce pan.

(Timing from the guide)



Potatoes (cubed)					
16 oz. cubed	1.3/1 cup	10 min.	N/A	N/A	If adding oil, add 2 tsp. at the beginning.

**2-** 1 minute into the potatoes - Start the sausages in the fry pan

(Timing from the guide)



Breakfast (pork and beef)					
6	1 cup	10 min.	Place in base with 1/2 cup water, medium high	5 min., flip, add 1/2 cup 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.



**4-** Clean out the pan and start your omelette.



*The Turbo Dome Cover will retain the heat in the sauce pan and keep both the potatoes and the sausage warm.*



## Simple Lunch: Chicken Breasts, Pasta and Vegetables

**1-** Start the pasta in the sauce pan.

(Timing from the guide)



Pasta		Macaroni					
2 cup	5 1/4 cup	1 tbsp.	18 min.	6 min. with 4 cup water	10 min. add 1 1/4 cup water		
4 cup	7 cup	2 tbsp.	18 min.	10 min. with 5 cup water	8 min. add 2 cup water		

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

(Timing from the guide)



Poultry		Chicken Breast (skinless, boneless)					
4, 5 to 6 oz.	1 cup	14 min.	Place in base, maximum heat	3 min., add 1/3 cup water	5 min., flip,		
				add 1/3 cup water	3 min., add 1/3 cup water		

**3-** Put the Asparagus on the rack and after the Chicken has been cooking for 4 minutes put the rack into the skillet.

(Timing from the guide)



Fresh Vegetables		Asparagus			
8 oz.	N/A	NA	1 1/2 cup	8 min.	



## Fish & Sides:

## Poached Salmon, Green Beans & Lentils

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



(Timing from the guide)



Lentils			
1 cup	4 cup	10 min. - 2 cup water	13 min. - 2 cup w
2 cup	4 3/4 cup	10 min. - 2 1/2 cup water	12 min. - 2 1/4 c

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



(Timing from the guide)



Beans (Green or Wax)			
8 oz.	1 1/2 cup	9 min.	1 3/4 cup
16 oz.	2 2/3 cup	12 min.	2 cup

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



(Timing from the guide)



Fish Fillets (Alaska, Grouper, Salmon/Steak, Snapper, Trout and White Fish)			
Steamer/poacher	1 cup	N/A	Add water (in base), steam rack in position and steam/poach on top rack, maximum heat 6 min. Reduce heat to medium 5 min.
1 2 pieces			
4 to 6 oz.			



## Sunday Roast:

## Roast of Beef, New Potatoes & Broccoli

1- Start the Roast in the Dutch oven.



(Timing from the guide)

Beef		Roast (Sirloin, Tenderloin and Rib etc.)		
Weight	Volume	Time	Notes	
2-1/2-3 lb.	9 cup	45-60 min. (rare) (well)	Place in base with 1 cup <b>soup broth</b> , maximum heat 10 min., add 1 1/2 cup broth, medium high 10 min., flip add 1 3/4 cup broth, maximum heat 10 min., add 1 1/2 cup broth, medium high 10 min., Remove cooler from heat, drain and clean out base, flip roast add 2 1/2 cup broth, maximum heat 10 min., add 3/4 cup broth, medium high 7-10 min.	
**Soup broth (or wine) will add more taste than water				

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



(Timing from the guide)

Fresh Vegetables		Potatoes (New)		
Weight	Volume	Time	Notes	
16 oz.	2 3/4 cup	20 min.	N/A	N/A
				If adding oil, add 2 tsp oil and for 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.



(Timing from the guide)

Fresh Vegetables		Broccoli (Cut into small heads)		
Weight	Volume	Time	Notes	
8 oz.	3/4 cup	6 min.	1 cup	8 min.



## Roasted Chicken:

## Chicken, Rice & Carrots

1- Start the Chicken in the Dutch oven.



(Timing from the guide)



### Whole Chicken (Roasted/8.8 O.)

3-4 lbs.

1 1/2 cup

34 min.

Place in base breast down with 1/2 cup water, maximum heat ■ 10 min., ■ 5 min., add 1/4 cup water flip and turn (twice in liquid, reduce heat to medium high ■ 5 min., add 1/2 cup water ■ 10 min., add 1/4 cup water, flip and turn ■ 2-4 min. \*depending on weight.

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



(Timing from the guide)



### Long Grain

1 cup

2 cup

■ 5 min.

■ 5 min.

■ 2 min.

1 1/2 cup

3 1/4 cup

■ 7 min.

■ 7 min.

■ 3 min.

2 cup

4 3/4 cup

■ 8 min.

■ 8 min.

■ 7 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.



(Timing from the guide)



### Carrots (Baby, in large slices, and sticks)

8 oz.

1 1/4 cup

■ 9 min.

2 1/2 cup

■ 12 min.



**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.

VALVE  
OPENVALVE  
CLOSE

	WATER	OIL (IF DESIRED)	TIME		
<b>Bow Ties</b>					
2 cup	3 cup	1 tbsp.	14 min.	■ 8 min.	■ 6 min.
4 cup	4 cup	2 tbsp.	17 min.	■ 8 min.	■ 9 min.
<b>Egg Noodles</b>					
2 cup	3 1/4 cup	1 tbsp.	16 min.	■ 8 min.	■ 8 min.
4 cup	4 cup	2 tsp.	19 min.	■ 11 min.	■ 8 min.
<b>Fusilli</b>					
2 cup	3 cup	1 tbsp.	9 min.	■ 8 min.	■ 1 min.
4 cup	3 3/4 cup	2 tbsp.	11 min.	■ 8 min.	■ 3 min.
<b>Macaroni</b>					
2 cup	5 1/4 cup	1 tbsp.	18 min.	■ 8 min. with 4 cup water	■ 10 min. add 1 1/4 cup water
4 cup	7 cup	2 tbsp.	18 min.	■ 10 min. with 5 cup water	■ 8 min. add 2 cup water
<b>Penne</b>					
2 cup	3 cup	1 tbsp.	13 min.	■ 8 min.	■ 5 min.
4 cup	4 1/2 cup	2 tbsp.	15 min.	■ 11 min.	■ 4 min.
<b>Rotini</b>					
2 cup	2 3/4 cup	1 tbsp.	11 min.	■ 8 min.	■ 3 min.
4 cup	3 1/2 cup	2 tbsp.	12 min.	■ 8 min.	■ 4 min.
<b>Shells (medium)</b>					
2 cup	4 cup	1 tbsp.	14 min.	■ 8 min.	■ 6 min.
4 cup	4 1/2 cup	2 tbsp.	16 min.	■ 10 min.	■ 6 min.
<b>Fettuccini</b>					
2 cup	4 cup	4 tbsp.	15 min.	■ 7 min. with 3 cup water	■ 8 min. add 1 cup water
4 cup	5 1/4 cup	6 tbsp.	17 min.	■ 7 min. with 3 3/4 cup water	■ 10 min. add 1 1/2 cup water
<b>Spaghetti</b>					
2 cup	4 cup	3 tbsp.	13 min.	■ 6 min. with 3 cup water	■ 7 min. add 1 cup water
4 cup	5 1/4 cup	4 tbsp.	14 min.	■ 7 min. with 3 1/2 cup water	■ 7 min. add 1 3/4 cup water
<b>Cannelloni</b>					
For 6	3 1/2 cup	2 tbsp.	10 min.	■ 10 min.	
For 12	4 1/4 cup	4 tbsp.	10 min.	■ 10 min.	
<b>Manicotti</b>					
For 6	3 1/2 cup	2 tbsp.	11 min.	■ 11 min.	
For 8	5 cup	4 tbsp.	13 min.	■ 13 min.	



# 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.

VALVE  
OPEN

VALVE  
CLOSE

### BOILED Turbo Cooker BASE

WATER

TIME

### STEAMED Turbo Cooker RACK

WATER

TIME

## Asparagus

8 oz.	NA	NA	2 1/2 cup	■ 12 min.
16 oz.	NA	NA	3 cup	■ 14 min.

## Beans (Green & Wax)

8 oz.	1 1/2 cup	■ 9 min.	1 3/4 cup	■ 9 min.
16 oz.	2 2/3 cup	■ 12 min.	2 cup	■ 13 min.

## Broccoli (Cut into small heads)

8 oz.	1 1/4 cup	■ 9 min.	2 cup	■ 8 min.
16 oz.	1 1/2 cup	■ 10 min.	2 cup	■ 9 min.
24 oz.	1 3/4 cup	■ 12 min.	2 1/2 cup	■ 10 min.

## Brussels Sprouts

8 oz.	1 1/4 cup	■ 9 min.	2 cup	■ 9 min.
16 oz.	1 1/3 cup	■ 12 min.	3 cup	■ 14 min.

## Carrots (Baby, in large slices, and sticks)

8 oz.	1 1/4 cup	■ 8 min.	1 1/2 cup	■ 10 min.
16 oz.	1 cup	■ 8 min.	1 1/2 cup	■ 10 min.
24 oz.	1 cup	■ 12 min.	2 cup	■ 14 min.

## Cauliflower (cut into small heads)

8 oz.	1 1/4 cup	■ 8 min.	2 cup	■ 9 min.
16 oz.	1 1/2 cup	■ 10 min.	2 cup	■ 12 min.

## Corn on the cob (5-6 oz. each)

6-9 pcs.	1 1/4 cup	■ 10 min.	2 1/4 cup	■ 13 min.
12-18 pcs	1 1/2 cup	■ 12 min.	2 3/4 cup	■ 15 min.

## Snow Pea

8 oz.	1 1/4 cup	■ 12 min.	2 1/4 cup	■ 15 min.
16 oz.	1 1/2 cup	■ 14 min.	2 3/4 cup	■ 17 min.

## Spinach

10 oz.	1/3 cup	■ 5 min.	N/A	N/A
20 oz.	1/2 cup	■ 8 min.	N/A	N/A

## Squash (Acorn Pepper)

16 oz.	1 cup	■ 10 min.	N/A	N/A
32 oz.	1 cup	■ 14 min.	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.

VALVE  
OPEN

VALVE  
CLOSE

	BOILED Turbo Cooker BASE		STEAMED Turbo Cooker RACK			
	WATER	TIME	WATER	TIME		
Artichokes (whole 1/2 lb. ea.)						
2 - 8 oz.	3 1/2 cup	31 min.	N/A	N/A	■ 15 min. with 2 1/4 cup water ■ 8 min. ■ 8min.add 1 1/4 cup water	
Asparagus						
8 oz.	N/A	NA	1 1/2 cup	■ 8 min.		
Beans (Green & Wax)						
8 oz.	1 1/2 cup	■ 9 min.	2 cup	■ 11 min.		
Beets (in 1/2 then in slices)						
24 oz.	2 cup	■ 17 min.	2 1/2 cup	■ 20 min.		
Broccoli (Cut into small heads)						
8 oz.	3/4 cup	■ 6 min.	1 cup	■ 8 min.		
Brussels Sprouts						
8 oz.	3 cup	■ 17 min.	3 cup	■ 18 min.		
Carrots (Baby, in large slices, and sticks)						
8 oz.	1 1/4 cup	■ 9 min.	2 1/2 cup	■ 12 min.		
Cauliflower (cut into small heads)						
8 oz.	1 1/4 cup	■ 8 min.	2 cup	■ 12 min.		
Corn on the cob (5-6 oz. each)						
2-4 cobs	1 3/4 cup	■ 12 min.	3 1/4 cup	■ 14 min.		
Egg Plant						
16 oz.	1 1/4 cup	■ 11 min.	N/A	NA	■ 8 min., 1 cup ■ 3 min., 1/4 cup	
Mushrooms (White)						
If adding oil do so in last step						
16 oz., sliced	2 tbsp.	8 min.	N/A	NA	■ 5 min. ■ 3 min. add 2 tsp.oil	
16 oz., 1/4's	1/4 cup	8 min.	N/A	NA	■ 7 min. ■ 1 min.add 2 tsp.oil	
16 oz., whole	1/4 cup	9 min.	1 cup	■ 8 min.	■ 7 min. ■ 2 min.add 2 tsp.oil (■) steamed	



# 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.

VALVE  
OPEN

VALVE  
CLOSE

	BOILED Turbo Cooker BASE		STEAMED Turbo Cooker RACK		
	WATER	TIME	WATER	TIME	
Peppers					
8 oz., strips	1/2 cup	■ 8 min.	N/A	N/A	If adding oil, add 2 tsp. at end, for ■ 2 min. more
Potatoes (New)					
16 oz.	2 3/4 cup	■ 20 min.	N/A	N/A	If adding oil, add 2 tsp. at end, for ■ 2 min. more
Potatoes (Idaho)					
16 oz., cubed	1 3/4 cup	■ 10 min.	N/A	N/A	If adding oil, add 2 tsp. at the beginning
12 oz., halved	2 3/4 cup	■ 21 min.	N/A	N/A	If adding oil, add 2 tsp. at the beginning
Potatoes (Sweet)					
16 oz., cubed	1 3/4 cup	■ 13 min.	N/A	N/A	If adding oil, add 2 tsp. at the beginning
Snow Pea					
8 oz.	3/4 cup	■ 7 min.	1 1/4 cup	■ 9 min.	
Spinach					
10 oz.	N/A	N/A	1 cup	■ 3 min.	
Squash (Acorn Pepper, Butter Cup, Spaghetti)					
16 oz.	1 cup	■ 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 (sliced, julienne & cut diagonally)					
16 oz.	3/4 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 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.

VALVE  
OPEN

VALVE  
CLOSE

	WATER	TIME (MAXIMUM)	
<b>Ground beef</b>			
1 1/2 lb.	1/2 cup	8 min.	Place crumbled meat in base, maximum heat ■ 2 min., stir add 1/4 cup water ■ 2 min., stir again add 1/4 cup water ■ 2 min. ■ 2 min
<b>Medallions (approx. 1/2" thick)</b>			
4, 4 to 5 oz.	3/4 cup	9 min.	Place in base with 1/4 cup water, maximum heat ■ 5 min., (rare) flip add 1/4 cup water ■ 2 min., (medium) flip add 1/4 cup water ■ 1 min., flip ■ 1 min. (well done)
<b>Pepper Steak (approx. 1/2" thick)</b>			
2, 10 to 12 oz.	1 1/2 cup	16 min.	Place in base with 1/4 cup water, maximum heat ■ 4 min., (rare) flip add 1/4 cup water ■ 4 min., (medium) flip add 1/2 cup water ■ 4 min., flip add 1/2 cup water ■ 4 min. (well done)
<b>Rib Steak (approx. 1/2" thick)</b>			
2, 9 to 10 oz.	1 cup	13 min.	Place in base, maximum heat ■ 4 min., flip add 1/3 cup water ■ 4 min. (rare) flip add 1/3 cup water ■ 3 min., (medium) flip add 1/3 cup water ■ 2 min. (well done)
<b>Roast (Sirloin, Tenderloin and Rib etc.)</b>			
2 1/2 to 3 lb.	9 cup*	45-60 min. (rare) (well)	Place in base with 1 cup <b>soup broth</b> , maximum heat ■ 10 min., add 1 1/2 cup broth, medium high ■ 10 min., flip add 1 3/4 cup broth, maximum heat ■ 10 min., add 1 1/2 cup broth, med. high ■ 10 min., Remove cooker from heat, drain and clean out base, flip roast add 2 1/2 cup broth maximum heat ■ 10 min., add 3/4 cup broth, medium high ■ 7-10 min. (well done)
* Broth adds more taste than water ** Wine can also be used			
<b>Round Steak (Inside Round (1/4" thick)</b>			
2, 2 1/2 to 3 oz.	3 tbsp.	4 min.	Place in base with 1 tbsp. water, maximum heat ■ 2 min., flip add 2 tbsp. water ■ 2 min.
<b>Sirloin Steak (Tip Cut)</b>			
2, 2 to 2 1/2 oz.	None	3 min.	Place in base, maximum heat ■ 2 min., flip ■ 1 min.



# Sausage

## Helpful Hints:

- 1) If you choose to cook your meat from frozen, add 2 tsp. to  $\frac{1}{4}$  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  $\frac{1}{2}$  tsp. of oil, and  $\frac{1}{4}$  cup water and an additional 1 minute to your cooking time (at last stage).

VALVE  
OPEN

VALVE  
CLOSE

	WATER	TIME (MAXIMUM)	
<b>Beef</b>			
2	1/3 cup	8 min.	Place in base with 1/3 cup water, medium high ■ 4 min., flip, medium high ■ 2 min. (medium done), ■ 2 min. (well done)
4	1/4 cup	8 min.	Place in base with 1/4 cup water, medium high ■ 4 min., flip, medium high ■ 2 min. (medium done), ■ 2 min. (well done)
<b>Breakfast (pork and beef)</b>			
6	1 cup	10 min.	Place in base with 1/2 cup water, medium high ■ 5 min., flip, add 1/2 cup water, medium high ■ 4 min., flip, ■ 1 min.
<b>Hot Dogs</b>			
3-6, in base	1 cup	11 min.	Place in base with 1 cup water, maximum heat ■ 6 min., roll hot dogs, add 1/2 cup water ■ 5 min.
3-8, steam rack	2 cup	12 min.	Place on steam rack, add water, maximum heat ■ 12 min.
<b>Hot Dogs (jumbo)</b>			
6, in base	2/3 cup	8 min.	Place in base with 1/3 cup water, maximum heat ■ 5 min., roll hot dogs, add 1/3 cup water ■ 3 min.
6-12, steam rack	1 1/2 cup	12 min.	Place on steam rack, add water, maximum heat ■ 12 min.



# Hamburgers

	WATER	TIME (MAXIMUM)	
<b>Beef (patties-medium and lean)</b>			
2-4, 1/4 lb.	3/4 cup	11 min.	Place in base with 1/2 cup water, medium high ■ 4 min., flip, push down slightly on patties, reduce heat to medium ■ 3 min. (rare), flip add 1/4 cup water ■ 2 min. (medium) ■ 2 min. (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).

VALVE  
OPEN

VALVE  
CLOSE

**WATER**      **TIME**  
(MAXIMUM)

### Chops (Center Cut with bone, 1/2" thick)

2, 4 to 5 oz.	8 tbsp.	6 min.	Place in base with 3 tbsp. water, maximum heat ■ 3 min., flip add 3 tbsp. water ■ 2 min. (medium done), ■ 1 min., add 2 tbsp. water (well)
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### Chops (Center Cut no bone butterfly, 1/4" thick)

2, 3 to 4 oz.	6 tbsp.	5 min.	Place in base with 2 tbsp. water, maximum heat ■ 2 min., flip add 2 tbsp. water ■ 2 min. (medium done) ■ 1 min., add 2 tbsp. water (well)
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### Medallions (3/4" thick)

2, 3 to 4 oz.	1/2 cup	6 min.	Place in base with 1/4 cup water, maximum heat ■ 3 min., flip add 1/4 cup water ■ 2 min. (medium done) ■ 1 min., add 2 tbsp. water (well)
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### Medallions (3/4" thick)

2, 4 to 5 oz.	1/2 cup	7 min.	Place in base with 1/4 cup water, maximum heat ■ 4 min., flip add 1/4 cup water ■ 2 min. (medium done) ■ 1 min., add 2 tbsp. water (well)
4, 5 to 6 oz.	1/2 cup	8 min.	Place in base with 1/4 cup water, maximum heat ■ 4 min., flip add 1/4 cup water ■ 3 min. (medium done) ■ 1 min., add 2 tbsp. water (well)

### Roast (Front shoulder without bone)

2 1/2 to 3 lb.	4 3/4 cup*	45 -55 min. (rare) (well)	Place in base with 1 cup * <b>soup broth</b> , maximum heat ■ 10 min., add 1 1/2 cup broth, reduce heat to medium high ■ 10 min., add 1 1/4 cup broth, flip, maximum heat ■ 15 min., add 1 cup broth, reduce heat to medium high ■ 10 min. (medium-well) ■ 7-10 min., 1/2 cup (well)
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\* Broth adds more taste than water  
\*\* Wine can also be used

### Roast (Loin with bone)

3 to 3 1/2 lb.	3 3/4 cup*	36 -46 min. (rare) (well)	Place in base with 1 cup * <b>soup broth</b> , maximum heat ■ 10 min., add 1 1/2 cup broth, reduce heat to medium high ■ 10 min., add 3/4 cup broth, flip, maximum heat ■ 8 min., add 1/2 cup broth, reduce heat to medium high ■ 8 min. (medium-well) ■ 7-10 min., 1/2 cup (well)
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\* 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).

VALVE  
OPEN

VALVE  
CLOSE

	WATER	TIME (MAXIMUM)	
<b>Chops</b>			
3, 2 3/4 to 3 1/4 oz.	1/2 cup	10 min.	Place in base with 1/4 cup water, medium high ■ 5 min., flip, add 1/4 cup water ■ 2 min. (medium done) ■ 3 min. (well)
<b>Stew Cubed (1"x 1" thick)</b>			
1 lb.	3 1/2 cup	30 min.	Place in base with 1 cup water, maximum ■ 10 min., stir, add 1 1/2 cup water, reduce heat to medium high ■ 10 min., stir, add 1 cup water, raise heat to maximum ■ 10 min.
2 lb.	4 1/2 cup	40 min.	Place in base with 1 1/4 cup water, maximum ■ 13 min., stir, add 1 3/4 cup water, reduce heat to medium high ■ 15 min., stir, add 1 1/2 cup water, raise heat to maximum ■ 12 min.



# Veal

	WATER	TIME (MAXIMUM)	
<b>Cutlets Scalloped (1/4" thick)</b>			
2-3 to 3 1/2 oz.	8 tbsp.	8 min.	Place in base with 2 tbsp. water, medium high ■ 3 min., flip, add 2 tbsp. water, reduce heat to medium ■ 2 min. Turn off heat, add 4 tbsp. water, recover and let stand for ■ 3 min. to tenderize.
<b>Roast (Round and tied with bones.)</b>			
1 1/2-2 lb.	6 cup*	40-50 min. (rare) (well)	Place in base with 1 cup * <b>soup broth</b> , maximum heat ■ 10 min., add 1 1/2 cup broth, reduce heat to medium high ■ 10 min., flip add 1 1/4 cup broth, maximum heat ■ 10 min., add 1 1/2 cup broth, reduce heat to medium high ■ 7 min. Remove cooker from heat, drain and clean out base, flip roast add 3/4 cup broth, max. heat ■ 6 min. (medium), ■ 5-7 min., 1/4 cup (well)
2 1/2-3 lb.	7 1/2 cup*	45-60 min. (rare) (well)	Place in base with 1 cup * <b>soup broth</b> , maximum heat ■ 10 min., add 1 1/2 cup broth, reduce heat to medium high ■ 10 min., flip add 1 3/4 cup broth, maximum heat ■ 10 min., add 1 1/2 cup broth, reduce heat to medium high ■ 10 min. Remove cooker from heat, drain and clean out base, flip roast add 1 1/2 cup broth, max. heat ■ 10 min. (medium), ■ 7-10 min., 1/4 cup (well)

\* Broth adds more taste than water

\*\* Wine can also be used

\* 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.

VALVE  
OPEN

VALVE  
CLOSE

	WATER	TIME	
Chicken Breast (skinless, boneless)			
4,4 to 5 oz.	1 cup	12 min.	Place in base, maximum heat ■ 3 min.,add 1/4 cup water ■ 4 min, flip, add 1/4 cup water ■ 3 min.,add 1/4 cup water ■ 2 min.
Chicken Breast (skinless, boneless)			
4,5 to 6 oz.	1 cup	14 min.	Place in base, maximum heat ■ 3 min.,add 1/3 cup water ■ 5 min, flip, add 1/3 cup water ■ 3 min.,add 1/3 cup water ■ 3 min.
Chicken Drum Stick (with skin - approx. 1/2" thick)			
2,4 to 5 oz.	2 1/4 cup	20 min.	Place in base with 1 cup water, maximum heat ■ 5 min., ■ 5 min, flip, add 1 cup water, reduce heat to medium ■ 8 min., flip, add 1/4 cup water ■ 2 min.
4,4 to 5 oz.	1 3/4 cup	20 min.	Place in base with 3/4 cup water, maximum heat ■ 5 min., ■ 5 min, flip, add 3/4 cup water, reduce heat to medium ■ 8 min., flip, add 1/4 cup water ■ 2 min.
Chicken Legs (skinless and with skin)			
2 (with skin), 12 to 14 oz.	2 1/2 cup	22 min.	Place in base-meat side down with 3/4 cup water, maximum heat ■ 9 min., flip, add 1/2 cup water, reduce heat to medium high ■ 5 min., flip, drain fat, add 3/4 cup water, maximum heat ■ 4 min.,add 1/4 cup water ■ 3-4 min. (well)
2 (no skin), 9 to 11 oz.			
4 (with skin), 12 to 14 oz.	1 1/4 cup	24 min.	Place in base-meat side down with 1/2 cup water, maximum heat ■ 10 min., flip, drain any fat, add 1/4 cup water, reduce heat to medium high ■ 6 min., flip, add 1/2 cup water, maximum heat ■ 4 min., ■ 3-4 min. (well)
4 (no skin), 9 to 11 oz.			
Chicken Thighs (skinless, boneless)			
4,2 to 2 1/2 oz.	1/2 cup	7 min.	Place in base, maximum heat ■ 2 min.,add 1/4 cup water ■ 3 min., flip,add 1/4 cup water ■ 2 min., flip,* For a fried textures add 1/4 cup water ■ 1 min.
8,2 to 2 1/2 oz.	1/4 cup	9 min.	Place in base, maximum heat ■ 2 min.,add 1/4 cup water ■ 4 min., flip,add 1/4 cup water ■ 3 min.,* For a fried textures add 1/4 cup water ■ 2 min.
Whole Chicken (Roasted/B.B.Q.)			
3-4 lb.	1 1/2 cup	34 min.	Place in base breast down with 1/2 cup water, maximum heat ■ 10 min., ■ 5 min.,add 1/4 cup water flip and turn twice in liquid,reduce heat to medium high ■ 5 min.,add 1/2 cup water ■ 10 min.,add 1/4 cup water, flip and turn ■ 2-4 min.* depending on weight.
5-6 lb.	3 1/4 cup	45 min.	Place in base breast down with 1/2 cup water, maximum heat ■ 10 min., add 3/4 cup water ■ 10 min.,add 3/4 cup water flip and turn twice in liquid, reduce heat to medium high ■ 10 min.,add 1 cup water ■ 10 min.,add 1/4 cup water, flip and turn ■ 3-5 min.* depending on weight.

**Helpful Hints:**

- 1) If you should choose to use oil, as a general rule, you should add ½ the amount required at the beginning and ½ 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.

VALVE  
OPENVALVE  
CLOSE

	WATER	OIL (IF DESIRED)	
<b>Fish</b> ( <i>Bass, Grouper, Salmon (steak), Snapper, Trout and White Fish</i> )			
No skin, in base 4 to 6 oz.	1/4 cup	1 tsp.	Place in base add water, maximum heat ■ 2 min., flip, reduce heat to medium ■ 3 min. * If adding oil, add at last 30 seconds/each side.
Breaded, in base 1-2 pieces 4 to 6 oz.	1/2 cup	2 tsp.	Place in base add water*, maximum heat ■ 1 min., add 1/4 cup water*, reduce heat to medium ■ 2 min., flip, add 1/4 cup water* ■ 2 min. If adding oil, add at last 30 seconds/each side. * Add water only in open areas of base
Steamer rack 1-2 pieces 4 to 6 oz.	1 cup	N/A	Add water, (in base) steamer rack in position, maximum heat ■ 5 min. Without removing the cover reduce heat to medium ■ 4 min.
Steamer/poacher 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 ■ 6 min. Don't remove cover reduce heat medium ■ 5 min.

<b>Fish</b> ( <i>Cod, Flounder, Haddock, Halibut (steak), Mackerel, Perch, Sword Fish, Tuna</i> )			
No skin, in base 1-2 pieces 4 to 6 oz.	1/3 cup	1 tsp.	Place in base add water, maximum heat ■ 4 min., flip, reduce heat to medium high ■ 3 min.* If adding oil, add at last 30 seconds/each side.
Steamer rack 1-2 pieces 4 to 6 oz.	1 1/2 cup	N/A	Add water, (in base) steamer rack in position, maximum heat ■ 5 min. Without removing the cover reduce heat to medium ■ 10 min.
Steamer/poacher 1-2 pieces 4 to 6 oz.	1 1/2 cup	N/A	Add water, (in base), steamer rack in position and steamer/poacher on top rack, maximum heat ■ 6 min. Don't remove cover reduce heat med. ■ 12 min.

<b>Seafood</b>			
12 Shrimps ( <i>Jumbo white shelled &amp; de-veined</i> )	1 cup	8 min.	On steam rack, maximum heat ■ 5 min., reduce heat to medium ■ 3 min. * If cooking rice below the ratio is 1 ½ cups water for 1 ½ cups instant rice
1 lb. Shrimp ( <i>In/out of shell</i> )	1/2 cup	6 min.	In base, maximum heat ■ 3 min., flip ■ 3 min.
1/2 lb. Scallops ( <i>Washed and cut in 1/2</i> )	1/2 cup	4 min.	On steam rack, maximum heat ■ 4 min.
1/2 lb. Scallops ( <i>Washed and cut in 1/2</i> )	1/4 cup	2 min.	In base, maximum heat ■ 1 min., flip ■ 1 min.



# Rice, Grain & Beans

VALVE  
OPEN

VALVE  
CLOSE

	WATER	MEDIUM HIGH	MEDIUM	LOW
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## Basmati

1 cup	2 3/4 cup	■ 6 min.	■ 6 min.	■ 2 min.
1 1/2 cup	3 1/2 cup	■ 7 min.	■ 6 min.	■ 3 min.
2 cup	4 1/2 cup	■ 8 min.	■ 7 min.	■ 3 min.

## Long Grain

1 cup	2 cup	■ 5 min.	■ 5 min.	■ 2 min.
1 1/2 C.	3 1/4 cup	■ 7 min.	■ 7 min.	■ 3 min.
2 cup	4 1/4 cup	■ 8 min.	■ 8 min.	■ 3 min.

## Instant

1 cup	1 1/2 cup	■ 4 min.	■ 2 min.	■ 1 min.
1 1/2 cup	1 1/2 cup	■ 4 min.	■ 2 min.	■ 1 min.
2 cup	2 1/4 cup	■ 5 min.	■ 2 min.	■ 1 min.

## Brown

1 cup	3 1/2 cup	■ 10 min.	■ 14 min.	■ 6 min.
1 1/2 cup	4 1/2 cup	■ 12 min.	■ 15 min.	■ 6 min.
2 cup	5 1/2 cup	■ 15 min.	■ 13 min.	■ 7 min.

## For softer rice

1 cup	1/4 cup	water at end for 1-2 min. more
1 1/2 cup	1/2 cup	water at end for 1-2 min. more
2 cup	3/4 cup	water at end for 2-3 min. more

## Bulgur

MAXIMUM MEDIUM

1 cup	3 1/2 cup	■ 6 min. - 2 cup water	■ 6 min. - 1 1/2 cup water
2 cup	4 1/2 cup	■ 8 min. - 2 1/2 cup water	■ 8 min. - 2 cup water

## Lentils

MAXIMUM MEDIUM

1 cup	4 cup	■ 10 min. - 2 cup water	■ 13 min. - 2 cup water
2 cup	4 3/4 cup	■ 10 min. - 2 1/2 cup water	■ 12 min. - 2 1/2 cup water

## Lima

MAXIMUM MEDIUM

1 cup	4 1/2 cup	■ 13 min. - 2 1/2 cup water	■ 19 min. - 2 cup water
2 cup	6 cup	■ 13 min. - 2 1/2 cup water	■ 17 min. - 3 1/2 cup water

## Split Pea

MAXIMUM

MEDIUM

LOW

1 cup	4 3/4 cup	■ 7 min. - 1 1/2 cup water	■ 5 min. - 3/4 cup water	■ 20 min. - 2 1/2 cup water
2 cup	7 cup	■ 13 min. - 2 1/2 cup water	■ 7 min. - 1 1/2 cup water	■ 17 min. - 3 cup water

# Quick & Easy Cooking Guide

