



**TURBO
COOKER**

**TURBO
COOKER
PLUS**

**TURBO
JUNIOR**

Quick & Easy Cooking Guide





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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 Turbo Cookware® or new to our ever-growing family, I wish to thank you for your purchase and extend to you a warm welcome to the Turbo revolution.

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 piece 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 the Turbo Cooker®. 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 any of your Turbo Cooker needs including service or to order parts, please go to www.turbocookerplus.com

For any cooking, recipe, questions or comments please go to www.askchefrandall.com

Happy cooking... Chef Randall



SAFETY


Warranty and Safety Guidelines:

This product can be utilized on a gas or electric stove. 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 The Turbo Cooker® pan. 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 for customer service or warranty information, please contact our customer service department.





BENEFITS AND FEATURES:

The Turbo Cooker® Pan:

Is an ALL-IN-ONE COOKING SYSTEM. There is no other unit 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. 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!

Uses Quality Non-Stick coating for an EASY TO CLEAN cooking 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, The Turbo Cooker® pan has been specifically engineered to meld these two principals of cooking together -- into the Steamfrying® method of cooking. You see, The Turbo Cooker® pan 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 are Steamfrying®, Steambaking®, Steambroiling® and Steamcooking® all in one 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 guide contains GENERAL guidelines for cooking. You may find that temperatures, cooking times, and liquid quantities may vary depending on the actual heat intensity created by your stove - these are recommended cooking times.

Give yourself a few chances of getting 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[®] pan to help you get started cooking in your unit. Play around with it. Test it out! Cook some of your favorite recipes in it. Don't be scared! We have provided you with some basic foods, some basic cooking times, 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 are using The Turbo Cooker[®] pan you should watch your cooking times, play around with the amount of liquid needed and adjust the heat control.

The fact of the matter is, The Turbo Cooker[®] 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 - The Turbo Cooker[®] pan 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.

** 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) As aluminum cookware is NOT designed to be used on ceramic or halogen stove tops, such usage should be used on these stoves only 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 unit has 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.

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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 1/2 to 1 tsp. for good measure.



	WATER	OIL (IF DESIRED)	TIME		
Bow Ties					
2 cup	3 cup	1 tbsp.	14 min.	■ 8 min.	■ 6 min.
4 cup	4 cup	2 tbsp.	17 min.	■ 8 min.	■ 9 min.
Egg Noodles					
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.
Fusilli					
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.
Macaroni					
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
Penne					
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.
Rotini					
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.
Shells (medium)					
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.
Fettuccini					
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
Spaghetti					
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
Cannelloni					
For 6	3 1/2 cup	2 tbsp.	10 min.	■ 10 min.	
For 12	4 1/4 cup	4 tbsp.	10 min.	■ 10 min.	
Manicotti					
For 6	3 1/2 cup	2 tbsp.	11 min.	■ 11 min.	
For 8	5 cup	4 tbsp.	13 min.	■ 13 min.	

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.



	BOILED Turbo Cooker BASE		STEAMED Turbo Cooker RACK	
	WATER	TIME	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

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.



	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. ■ 8 min. 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) <i>If adding oil do so in last step</i>					
16 oz., sliced	2 tbsp.	8 min.	N/A	NA	■ 5 min. ■ 3 min. add 2 tsp. oil
16 oz., 1/4s	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

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.

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	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	

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.



	WATER	TIME (MAXIMUM)	
Ground beef			
1 1/2 lb.	1/2 cup	8 min.	Place crumbled meat in base, maximum heat ■ 2 min., stir add ¼ cup water ■ 2min., stir again add ¼ cup water ■ 2 min. ■ 2 min
Medallions (approx. 1/2" thick)			
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)
Pepper Steak (approx. 1/2" thick)			
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)
Rib Steak (approx. 1/2" thick)			
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)
Roast (Sirloin, Tenderloin and Rib etc.)			
2 1/2 to 3 lb.	9 cup*	45-60 min. (rare) (well)	Place in base with 1 cup soup broth , 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			
Round Steak Inside Round (1/4" thick)			
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.
Sirloin Steak (Tip Cut)			
2, 2 to 2 1/2 oz.	None	3 min.	Place in base, maximum heat ■ 2 min., flip ■ 1 min.

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).

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	WATER	TIME (MAXIMUM)	
Beef			
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)
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.
Hot Dogs			
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.
Hot Dogs (jumbo)			
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.

	WATER	TIME (MAXIMUM)	
Beef (patties-medium and lean)			
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)

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).



	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)
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)
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)
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 * <i>soup broth</i> , 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)
* 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 * <i>soup broth</i> , 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)
* Broth adds more taste than water ** Wine can also be used			

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).

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	WATER	TIME (MAXIMUM)	
Chops			
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)
Stew Cubed (1"x1" thick)			
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.

	WATER	TIME (MAXIMUM)	
Cutlets Scalloped (1/4" thick)			
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.
Roast (Round and tied with bones.)			
1 1/2-2 lb. <small>* Broth adds more taste than water ** Wine can also be used</small>	6 cup*	40-50 min. (rare) (well)	Place in base with 1 cup * soup broth , 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. <small>* Broth adds more taste than water ** Wine can also be used</small>	7 1/2 cup*	45-60 min. (rare) (well)	Place in base with 1 cup * soup broth , 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)

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.



	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 (no skin), 9 to 11 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)
4 (with skin), 12 to 14 oz. 4 (no skin), 9 to 11 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)
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 1/2 the amount required at the beginning and 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.



	WATER	OIL (IF DESIRED)	
Fish (Bass, Grouper, Salmon (steak), Snapper, Trout and White Fish)			
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.

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

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

VALVE
OPEN

VALVE
CLOSE

	WATER	MEDIUM HIGH	MEDIUM	LOW	
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	

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