

# VENTRAY

MINI OVEN MASTER

## RECIPE BOOK



**VENTRAY**

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    @VENTRAYKITCHEN 🔍



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# WELCOME TO THE VENTRAY KITCHEN

At Ventray Kitchen, we make high-performance and reliable products. With an enduring commitment to quality and design, our products allow you to improve the eating experience and discover more joy in the kitchen.

We believe that a healthy lifestyle begins with healthy recipes. While advancing ideal nutritional value, we strive to keep our recipes creative and fun. For us, food is much more than just consumption and taste, but ultimately about how it affects your physical, mental, and spiritual wellbeing. We believe it is our responsibility to mix together our core beliefs and supply you with healthy and delicious food options.

Welcome to the Ventray Kitchen Family!



## Check Out Our Seasonal Specials

Our seasonal recipes produce creative and quality food for better taste and enjoyment.

## Get More Recipes

Join our community on social media by sharing your recipes and join the conversation. We are constantly posting new recipes from our chefs and community.

Use our hashtag **#VENTRAYCOOKING** for a chance to be featured on Instagram, Facebook, Pinterest and Twitter.

**Follow us for recipes, sale, giveaways and more at @VentrayKitchen.**



# THANK YOU FOR YOUR PURCHASE

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[recipes.ventray.com](https://recipes.ventray.com)

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## Need some help?

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[www.ventray.com/en-us/contact-us](https://www.ventray.com/en-us/contact-us)  
Mon - Fri | 9:30am - 6:00pm EST/EDT

## BE YOUR OWN MASTER CHEF WITH VENTRAY KITCHEN

### BREAKFAST

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**Prep**

5 minutes

**Cook**

15 minutes

**Yield**

4 servings

**◆ ITEMS NEEDED**

4 (3-inch) ramekins, or silicon molds.

**◆ INGREDIENTS**

Non-stick cooking spray

4 large eggs

1 cup diced veggies of choice (onion, pepper, spinach)

1 cup shredded cheese (cheddar, Monterey Jack, parmesan)

4 tbsp half and half, or heavy cream

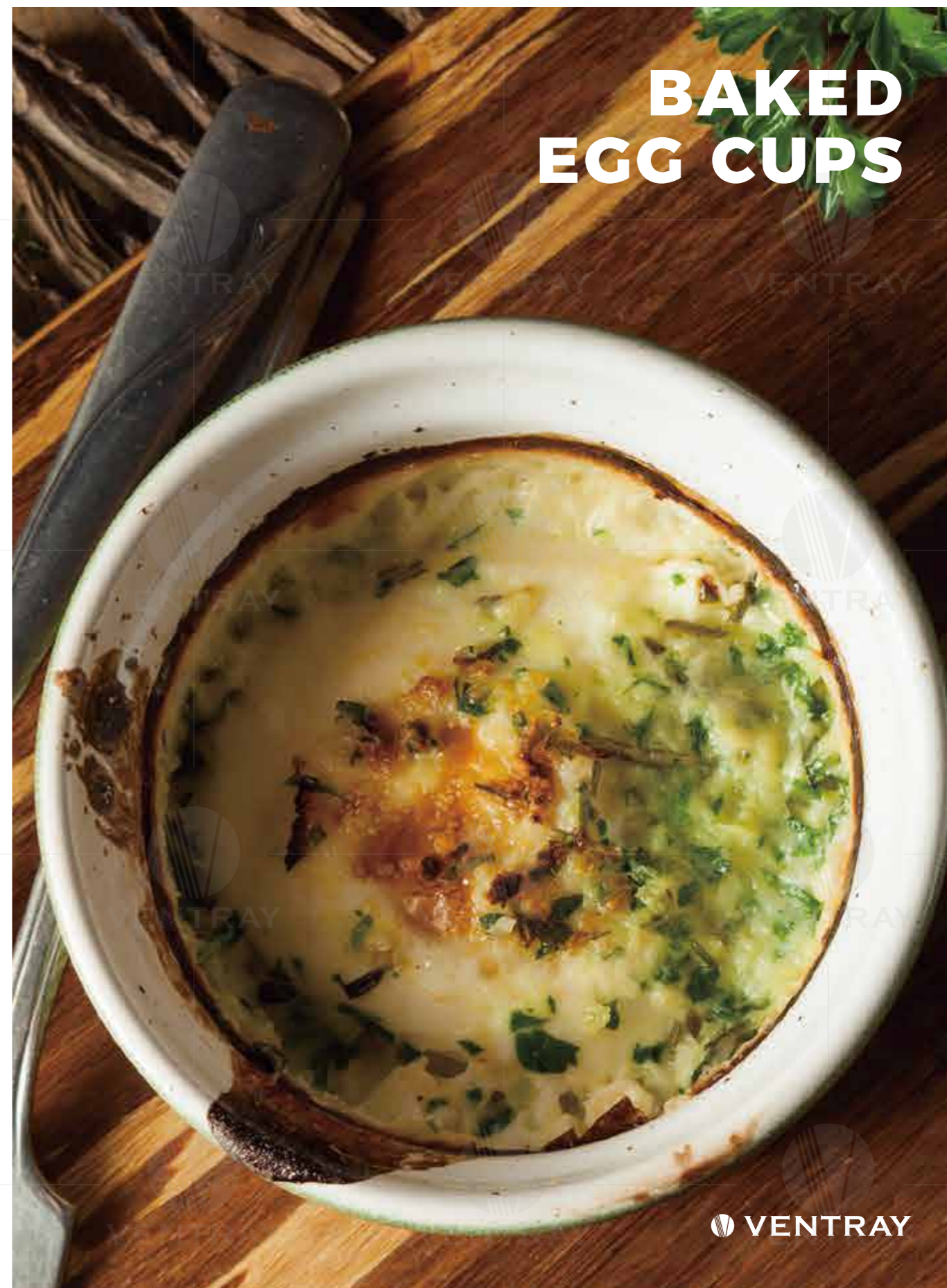
1 tbsp chopped cilantro

Salt and pepper to taste

**◆ DIRECTIONS**

1. Select the preheat function on your **Ventray Oven**, adjust the temperature to 350°F, and start.
2. Spray the ramekins with cooking spray.
3. Mix egg with vegetables, half of the cheese, cream, cilantro, season with salt and pepper.
4. Divide the eggs between 4 ramekins.
5. Top the cups with the remaining cheese.
6. Place the ramekins into a preheated Ventray oven, cook for 6 minutes.
7. Remove when the egg white is fully set.
8. Top the eggs with more cheese, set the Ventray oven to 400°F, cook for another 2 minutes until the cheese is melted.

# BAKED EGG CUPS



**Prep**

5 minutes

**Cook**

8 minutes

**Yield**

6 servings

**◆ INGREDIENTS**

2 large eggs

 $\frac{1}{3}$  cup heavy cream $\frac{1}{3}$  cup whole milk

3 tbsp granulated sugar

 $\frac{1}{4}$  tsp ground cinnamon $\frac{1}{2}$  tsp vanilla extract

Pinch of salt

6 thick slices white loaf or brioche slice, cut into thirds

Maple syrup for serving

**◆ DIRECTIONS**

1. Beat the eggs, cream, milk, sugar, cinnamon, vanilla extract, add a pinch of salt in a large shallow dish.
2. Preheat **Ventray Oven** to 375°F.
3. Add bread, turn to coat a few times.
4. Arrange french toast on a baking tray, work in batches to not overcrowd the tray.
5. Bake for about 8 minutes or until golden, tossing halfway through.
6. Serve with fresh berries, drizzle with maple syrup, dust with powdered sugar.

# FRENCH TOAST STICKS



**Prep**

5 minutes

**Cook**

10 minutes

**Yield**

2 servings

**◆ ITEMS NEEDED**

2 ramekins

**◆ INGREDIENTS**

2 slices of cheese (cheddar, white cheddar)

2 slices of ham

2 English muffins, halved

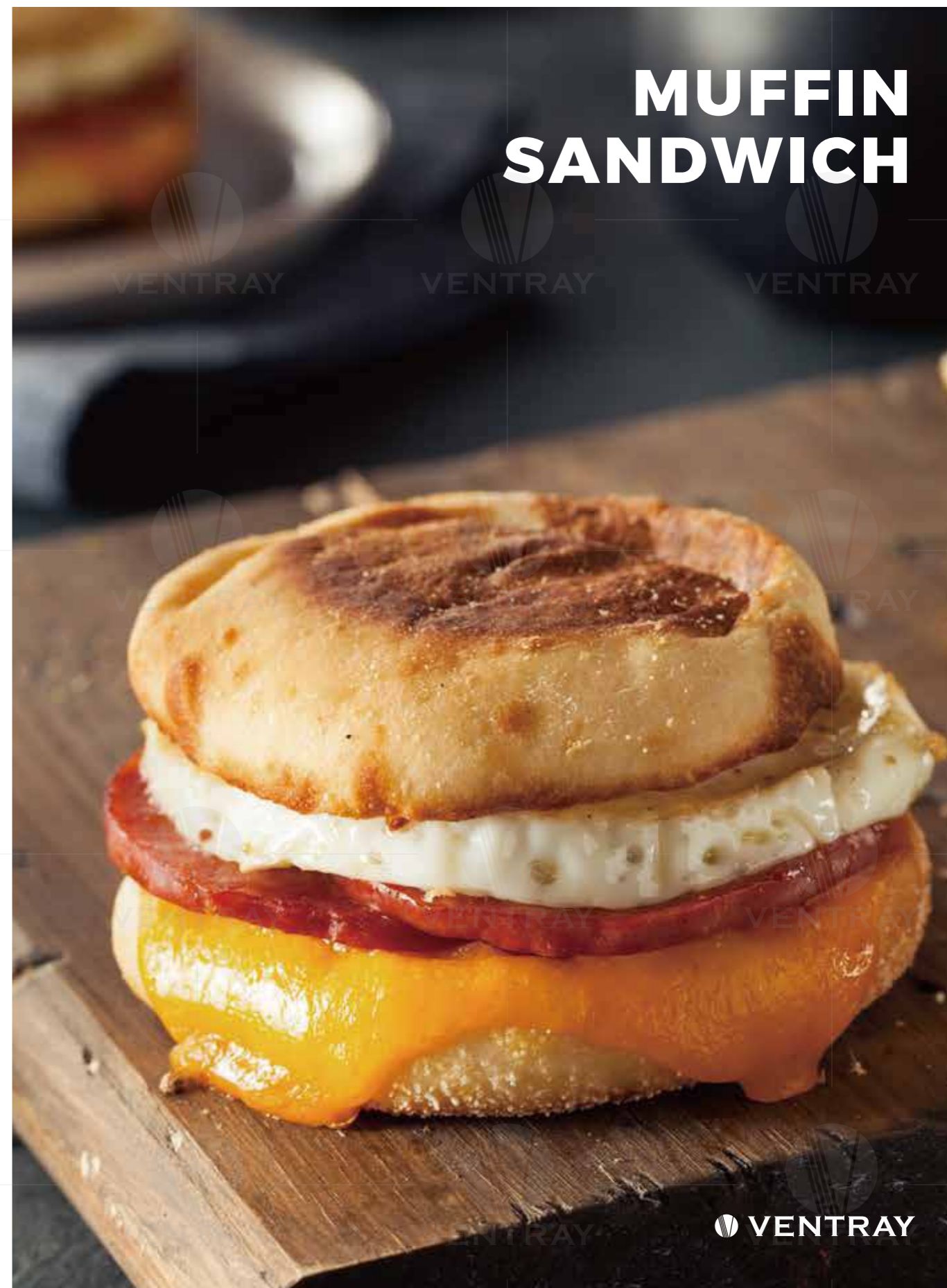
2 large eggs

Pepper &amp; salt to taste

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 350°F.
2. Spray ramekin with cooking spray, place ramekin in Ventray oven.
3. Add cheese, ham, to half of each muffin, place all muffins into the preheated Ventray oven.
4. Add egg into the ramekins, select toast function, adjust the timer to 10 minutes and bake.
5. Take the English muffin out after 5 minutes, leave the egg in for the full time.
6. Assemble your sandwich then serve.

# MUFFIN SANDWICH

**VENTRAY**

**Prep**

5 minutes

**Cook**

15 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

2 russet potatoes

Olive oil

½ tsp salt

½ tsp garlic powder

½ tsp onion powder

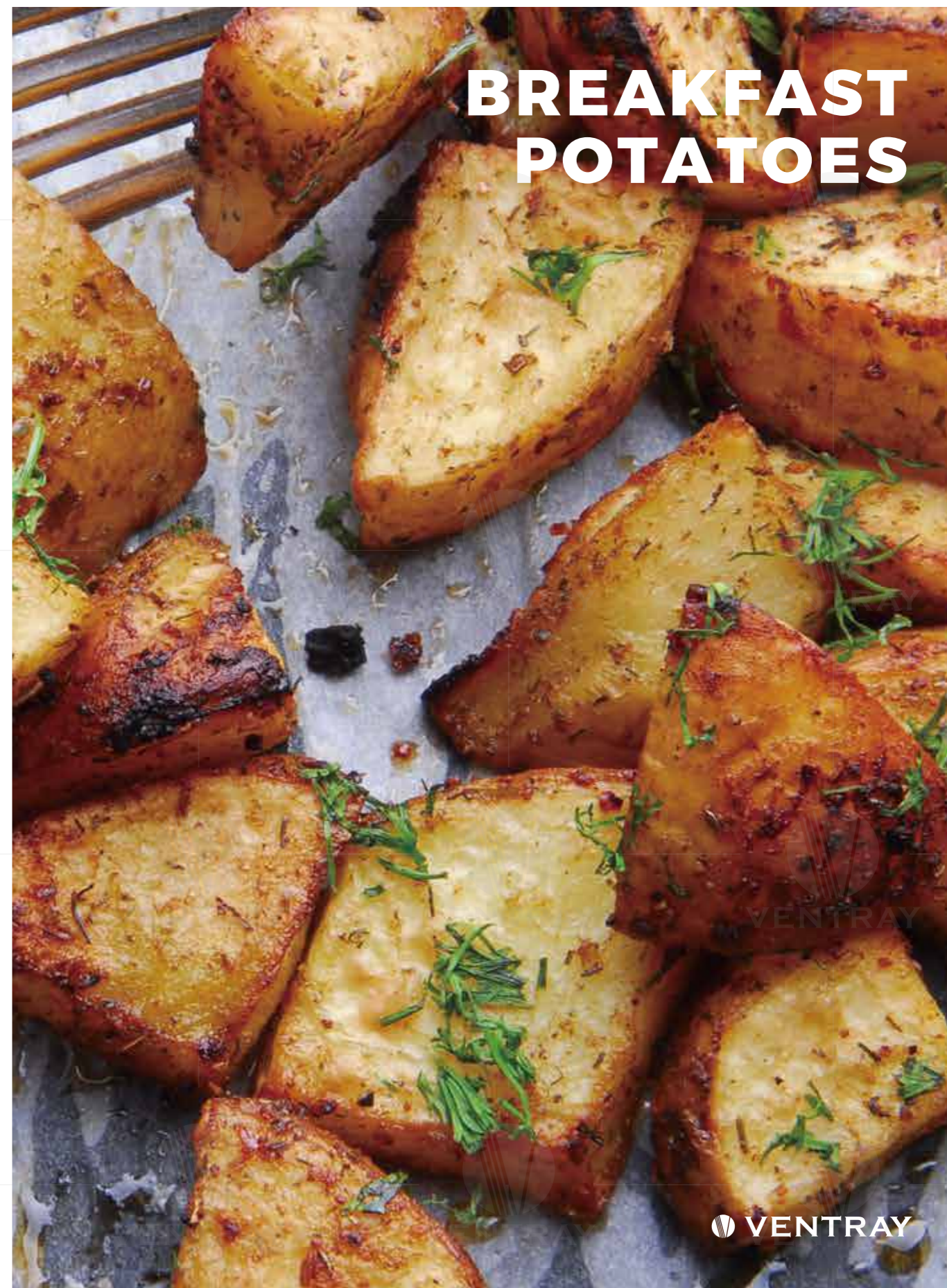
½ tsp sweet paprika

Salt and pepper to taste

Cooking spray

**◆ DIRECTIONS**

1. Peel and cut the potatoes into 1-inch pieces.
2. Preheat **Ventray Oven** to 400°F.
3. Coat the potatoes in olive oil, toss and season with garlic, onion powder, paprika, salt, and pepper; making sure they are evenly coated.
4. Spray tray with cooking spray, add in potatoes evenly spaced out.
5. Cook for 15 minutes, toss and shake at least once at the halfway point of baking.
6. Serve immediately, garnish with chives, sour cream, or ketchup.



**Prep**

10 minutes

**Cook**

20 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

4 eggs

2 tbsp heavy cream or full-fat milk

¼ breakfast sausage, crumbled and cooked

Cheddar cheese, Monterey Jack cheese mix,

Handful of mushrooms

Chopped spinach

Fresh chopped herbs

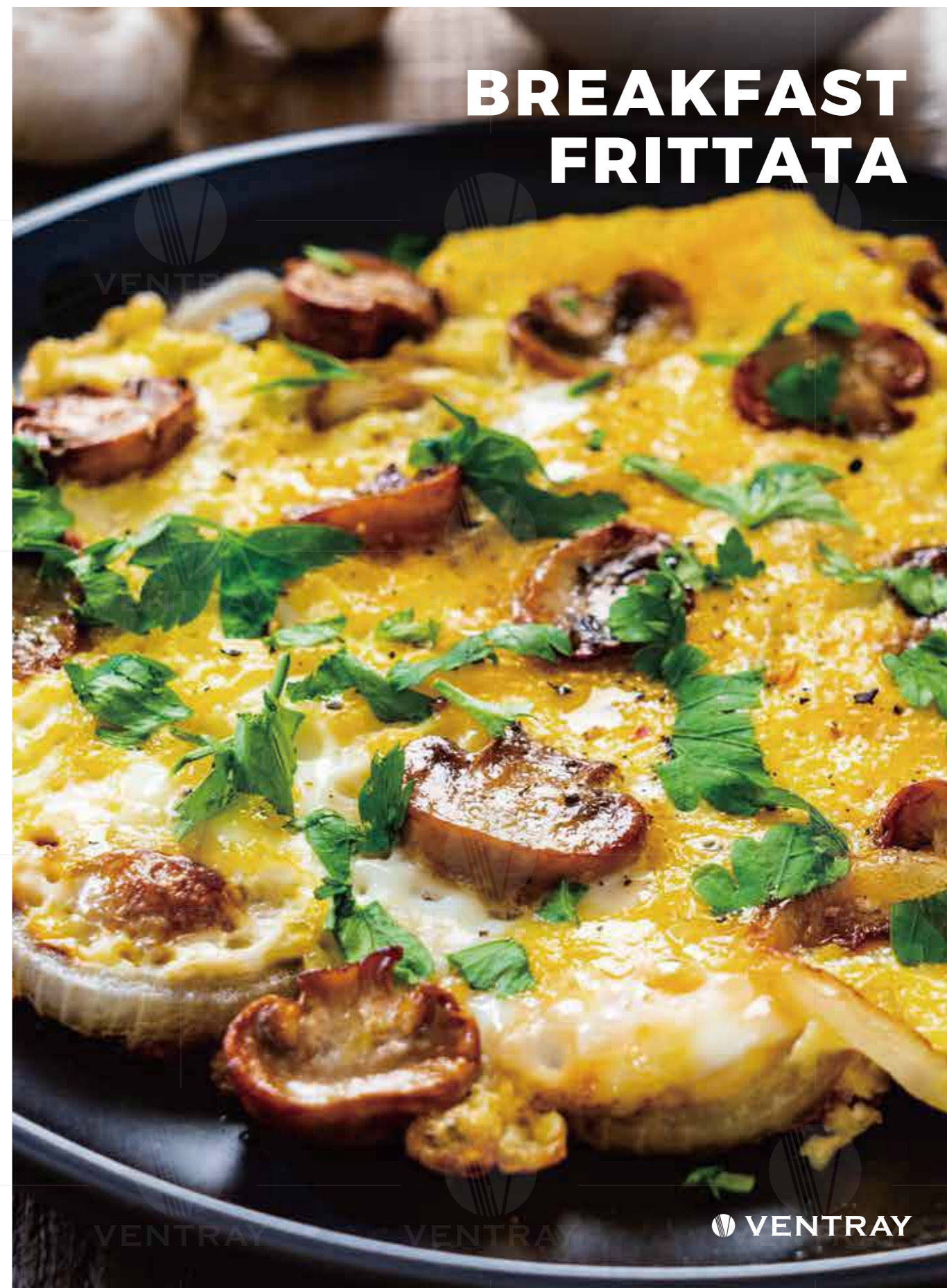
Green onion

Salt and pepper to taste

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 350°F, spray non-stick cake pan (6-inch or 7-inch) with cooking spray.
2. In the cake pan, combine sausage, cheese, chopped mushrooms, spinach, onion, herbs, spread in the pan evenly.
3. Beat eggs, add in the cream, season with salt and pepper. Pour into the prepared pan, lightly combine.
4. Bake and cook in the Ventray oven for 18-20 minutes until frittata is set.
5. Garnish with fresh chopped chives and serve.

# BREAKFAST FRITTATA





**Prep**

5 minutes

**Cook**

25 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

2 lbs chicken wings, pat dry with paper towel

1 tbsp canola oil

1 tsp sea salt

1 tsp black pepper

2 tbsp unsalted pepper

1 tbsp of olive oil

3 garlic cloves minced

4 tbsp parmesan cheese

Dash of paprika

¼ tsp red pepper flakes

Salt and pepper to taste

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 400°F.
2. Add chicken to a large bowl, drizzle with canola oil, salt pepper, toss and coat the chicken.
3. Place chicken on a wire rack lined with a baking sheet, bake for 40 minutes or until golden, toss halfway.
4. Heat a medium saucepan over medium heat while baking wings. Add butter, olive oil to the pan, melt the butter down.
5. Add garlic to the pan, cook for 3 minutes until fragrant, add in 2 tbsp of cheese, smoked paprika, pepper flakes, salt, and pepper to taste. Stir to combine, let the sauce cook for another 2-4 minutes.
6. Remove chicken from Ventray oven, place in a large bowl, pour garlic parmesan sauce over the chicken wings, and toss until wings are evenly coated.



# GARLIC PARMESAN CHICKEN WINGS

**Prep**

10 minutes

**Cook**

40 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

2 lbs chicken wings, pat dry with paper towels

1 tbsp vegetable oil

½ cup brown sugar

2 tbsp paprika

2 tbsp chili powder

2 tsp onion powder

2 tsp garlic powder

1 tsp cumin

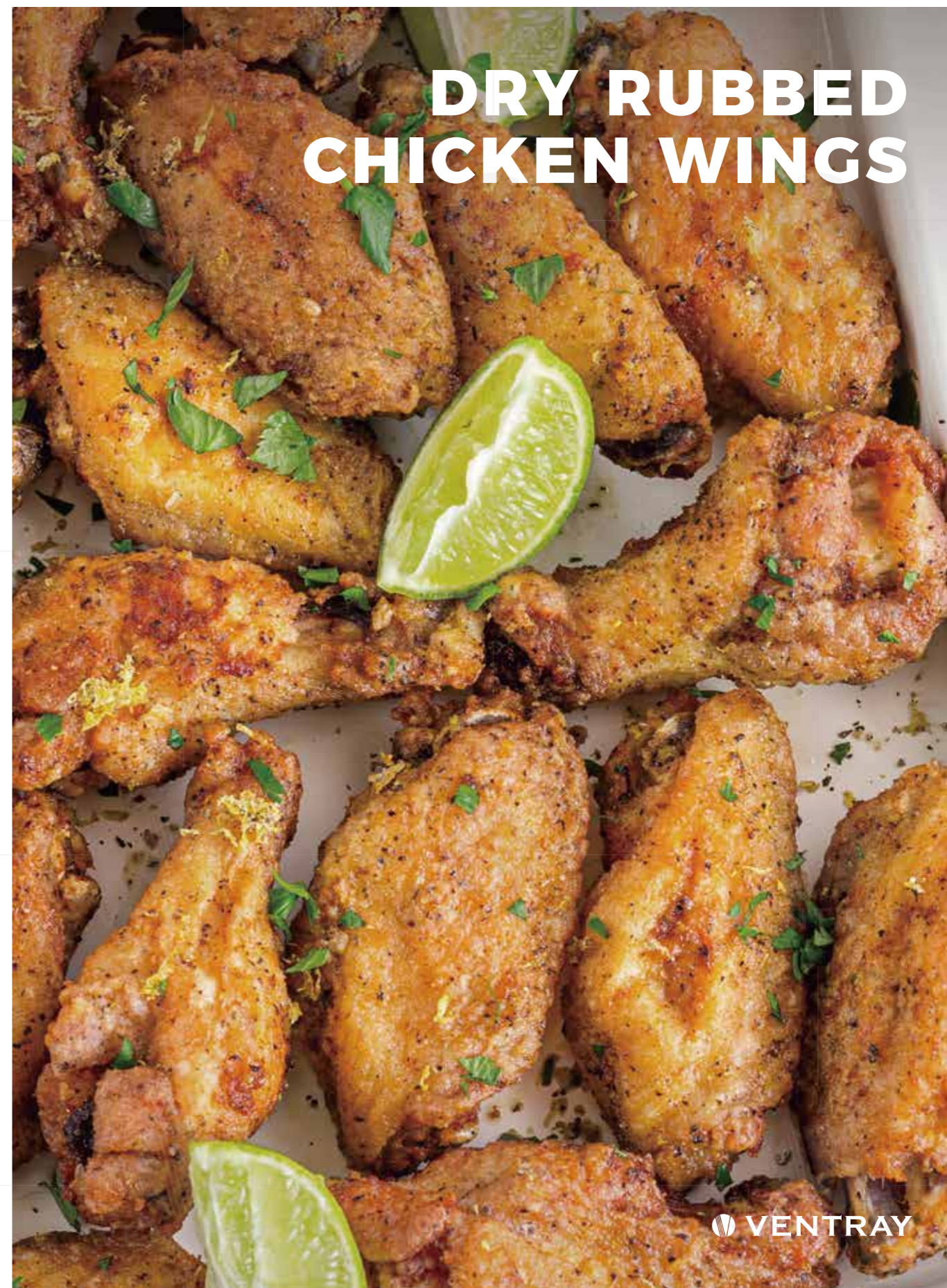
1 tsp salt

1 tsp dried rosemary

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 400°F, line cooking sheet on wire rack.
2. In a small bowl, combine all dried seasoning, stir.
3. Place wings in a large bowl, drizzle with oil, toss until all wings are coated, sprinkle and rub seasoning over wings, arrange on baking sheet.
4. Bake wings for 30 minutes, turn and bake for an additional 10 minutes until golden.

# DRY RUBBED CHICKEN WINGS



**Prep**

10 minutes

**Cook**

25 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

2 lbs of chicken wings, pat dry

½ tbsp baking powder (\*not baking soda)

½ tsp salt

2 tsp garlic powder

Pinch of pepper

**(Buffalo Sauce)**

¼ cup unsalted butter, melted

½ cup Frank's original red hot sauce

1-2 tbsp honey, white sugar, or brown sugar

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 450°F, line baking sheet with aluminum foil.
2. In a small bowl, combine baking powder, garlic powder, salt, and pepper together. Sprinkle the mixture over the wings, toss, and evenly coat the wings.
3. Arrange wings on the baking rack, leave about 1 inch in space between each wing. Bake for 30 minutes, flip and continue baking for another 10 minutes, until golden brown and crispy.
4. While baking wings, whisk together hot sauce, butter, sugar.
5. Toss cooked wings in sauce, serve immediately.

# CHICKEN WINGS WITH BUFFALO SAUCE



**Prep**

5 minutes

**Cook**

20-25 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

- 2 lbs chicken wings
- 4 tbsp Walkerswood jerk seasoning
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp salt

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 400°F.
2. In a large mixing bowl, combine chicken wings, onion powder, garlic powder, salt, and jerk seasoning. Toss and coat chicken wings evenly.
3. Place marinated wings in a tray, bake for 20 minutes, flip wings halfway through.

# JERK CHICKEN WINGS



**Prep**

15 minutes

**Cook**

25 minutes

**Yield**24 stuffed  
jalapeno halves**◆ INGREDIENTS**

- 12 fresh jalapeno peppers
- 8 oz cream cheese softened to room temperature
- 1 cup shredded cheddar cheese
- 1 clove garlic minced
- ½ tsp smoked paprika
- 12 slices bacon cut in half
- 24 toothpicks

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 375°F. Line baking sheet with parchment paper.
2. Cut jalapeno in half lengthwise, remove seeds, and center.
3. Use **Ventray Stand Mixer** with a paddle attachment, beat cream cheese, cheese, garlic, paprika together until combined. Add salt to taste.
4. Stuff jalapeno with cheese mixture, wrap each stuffed jalapeno with half-sliced bacon and stick a toothpick through the center to hold bacon in place.
5. Bake for 25 minutes or until bacon is crisp.

# BACON WRAPPED STUFFED JALAPENOS



**Prep**

2 minutes

**Cook**

10 minutes

**Yield**

1-2 servings

**◆ INGREDIENTS**

Frozen pierogies

Sour cream

Fresh parsley

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 350°F, spray the baking tray with cooking spray.
2. Place frozen pierogies in a single layer, you can cook in batches, and spray pierogies with cooking spray.
3. Bake for 5 minutes, shake and turn and continue to bake for another 5 minutes.
4. Chop parsley, stir into sour cream, garnish and serve with pierogies.

# PIEROGIES WITH SOUR CREAM AND PARSLEY

**VENTRAY**

**Prep**

5 minutes

**Cook**

25 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

12 chicken tenders

2 large eggs beaten

1 tsp salt

Black pepper for taste

½ cup seasoned breadcrumbs

½ cup seasoned panko

Olive oil spray

Lemon wedge for serving

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 400°F.
2. Season chicken with salt and pepper, beat egg in a shallow bowl. Combine bread crumbs and panko on a plate.
3. Dip chicken in egg, then into bread crumb mixture, shake off excess.
4. Place in the baking tray. Spray both sides with cooking spray generously.
5. Bake in batches, cook chicken for 5 minutes on each side until chicken is cooked through crispy and golden on the outside.
6. Serve with lemon wedges, ketchup or hot sauce.

# CHICKEN TENDERS



**Prep**

5 minutes

**Cook**

20 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

- 2 sweet potatoes
- 1 tbsp butter, melted
- 1 tsp butter melted
- 2 tbsp sugar
- ½ tsp ground cinnamon

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 380°F.
2. Peel and cut sweet potatoes into skinny fries, coat fries with 1 tbsp butter.
3. Cook fries in Ventray oven for 15-18 minutes, remove from Ventray oven, coat with butter, sugar, cinnamon.

# CINNAMON SUGAR SWEET POTATO FRIES





**Prep**

10 minutes

**Cook**

15 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

12 oz large shrimps peeled deveined

¼ cup all-purpose flour

1 egg

1 cup panko bread crumbs

½ tsp paprika

½ tsp onion powder

¼ tsp salt

Dash of black pepper

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 400°F.
2. In a large bowl, sprinkle flour to toss and top the shrimp.
3. Beat egg in a flat bowl, in a separate plate combine panko, paprika, onion, salt, and pepper.
4. Dip each flour-coated shrimp in egg first, then toss in the panko mix, place on a baking sheet, let it rest for 5 minutes.
5. Bake shrimp in Ventray oven for 5 minutes, turn and cook for another 10 minutes until golden crisp.



**Prep**

10 minutes

**Cook**

20 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

12 mushrooms, stems removed

3 tbsp butter divided use

½ cup onion finely diced

1 tsp garlic minced

8 oz Italian sausage casings removed, minced

4 oz cream cheese softened

¼ cup parmesan cheese grated

½ cup Monterey Jack cheese shredded

¼ cup chopped parsley

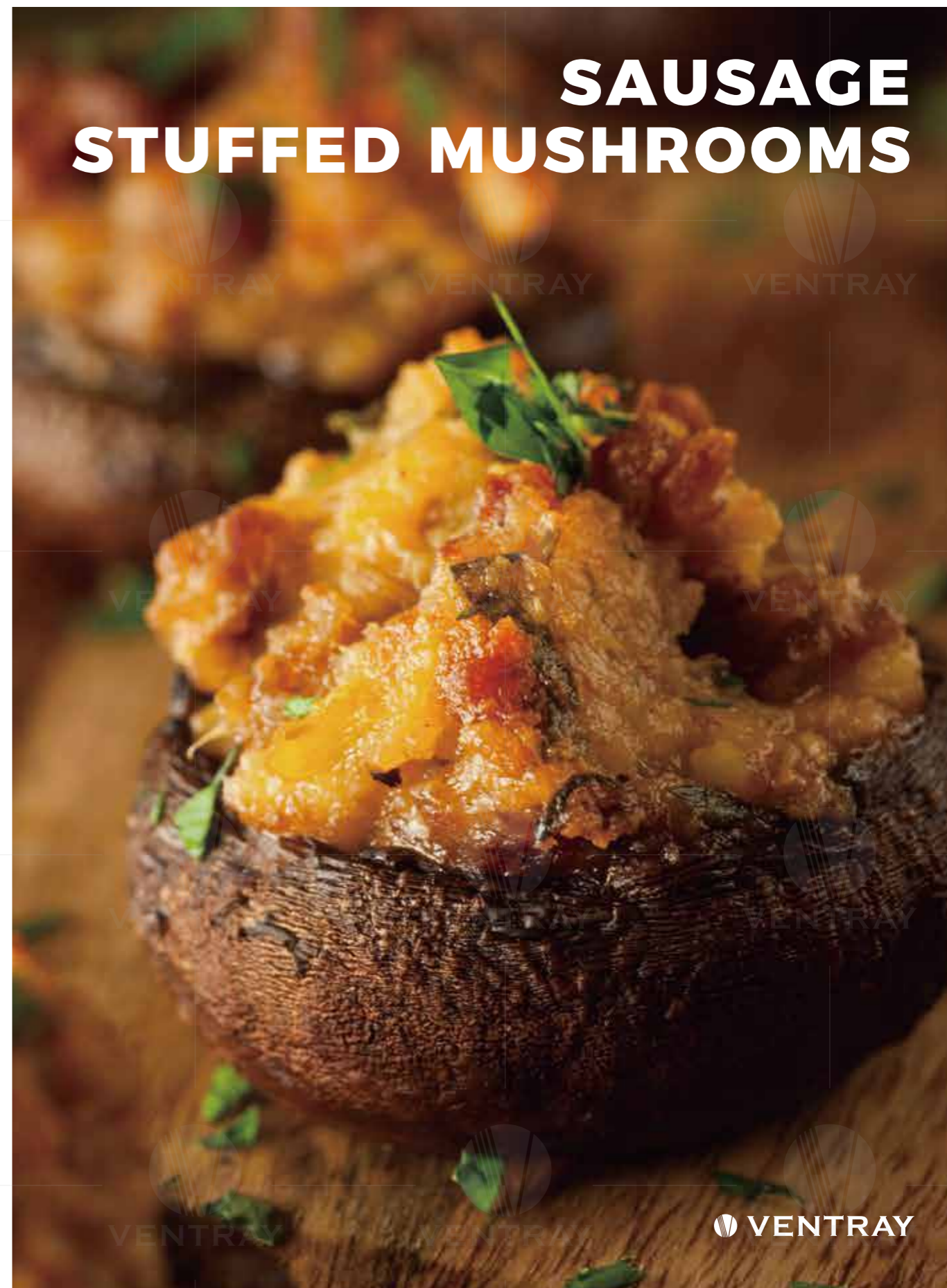
⅓ cup panko breadcrumbs

Cooking spray

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 320°F.
2. Add 1 tbsp butter in a pan over medium heat, add in onion, garlic, cook for 3-4 minutes, remove from pan.
3. Add in sausage, onion mixture, cream cheese, parmesan, Monterey Jack cheese, 3 tbsp of parsley, combine, and stir.
4. Spoon inner parts of the mushroom to make more room for the stuffing if needed. Add in sausage mixture evenly into mushroom caps.
5. Melt remaining 2 tbsp butter, add in panko, coat the mushrooms.
6. Bake for 18-20 minutes or until the tops of browned mushrooms are cooked through. Sprinkle parsley and serve.

# SAUSAGE STUFFED MUSHROOMS



**Prep**

5 minutes

**Cook**

15 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

- 1 lb jumbo shrimp
- 10 slices bacon cut in half
- 1 tsp garlic salt
- 1 tbsp chili powder
- 1 tbsp soy sauce
- 1 tbsp Worcestershire sauce
- ¼ cup BBQ sauce

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 320°F.
2. In a medium bowl, combine garlic, salt, chili, soy, Worcestershire sauce and BBQ sauce, stir, and combine.
3. Add shrimp until fully coated, wrap each shrimp with ½ slice of bacon, stick a toothpick to hold the bacon in place.
4. Bake in the Ventray oven for 10-15 minutes, until the shrimp is fully cooked.

# BACON WRAPPED SHRIMP



**Prep**

5 minutes

**Cook**

10 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

- 1 lb shrimp with tails cut
- ½ cup all-purpose flour
- 1 tsp salt
- 1 tsp black pepper
- ¾ cup unsweetened coconut flakes
- ½ cup panko bread crumbs
- 2 eggs

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 350°F.
2. In a large bowl, combine all-purpose flour, salt, pepper, coconut flakes, and panko bread.
3. Whisk eggs in a flat bowl, pat dry shrimps with paper towels.
4. Dip shrimp into the egg, followed by crumbs, coat all sides evenly.
5. Spray cooking spray place coated shrimp in one layer, bake for 7 minutes, turn and bake for another 3 minutes.

# COCONUT SHRIMP



**Prep**

15 minutes

**Cook**

15 minutes

**Yield**

3 servings

**◆ INGREDIENTS**

- 1 lb chicken thigh, boneless skinless
- ¼ cup olive oil
- 1 tbsp white wine vinegar
- 2 tbsp garlic minced
- 2 tbsp Italian seasoning
- 1 tsp red pepper flakes
- Salt and pepper to taste

**◆ DIRECTIONS**

1. Cut chicken thigh into 1-inch pieces, pat dry.
2. Preheat **Ventray Oven** to 380°F.
3. In a large bowl, add oil, vinegar, grated garlic, Italian seasoning, red pepper flakes, salt, and pepper, whisk thoroughly to mix everything well.
4. Add the chicken pieces to the marinade, massage until chicken cubes are well coated, refrigerate and chill for an hour.
5. Insert 5-7 pieces into each kabob, spray cooking spray, place the kabob in the Ventray oven and bake for 10 minutes, flip over and bake for another 5 if needed.

# GARLIC & HERB CHICKEN KABOBS



**Prep**

10 minutes

**Cook**

30 minutes

**Yield**

3 servings

**◆ INGREDIENTS**

3 large russet potatoes, rinsed, drained

¼ cup olive oil

1 tbsp minced garlic

½ tsp onion powder

2 tsp salt

1 tsp paprika

½ tsp black pepper

⅔ cup finely grated shredded parmesan cheese, divided

2 tbsp fresh chopped parsley

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 350°F.
2. Cut each potato in half lengthwise, then cut each half in half lengthwise again, and continue the same until you have 8 wedges.
3. In a small bowl, combine oil, garlic, onion, salt, paprika, pepper, pour the oil mixture over the potatoes and toss together to coat evenly.
4. Arrange potato wedges in a single layer on the Ventray tray skin side down, sprinkle half of the parmesan cheese.
5. Bake for 30 minutes turning wedges halfway through until golden crisp and cook through.

# POTATO WEDGES



**Prep**

15 minutes

**Cook**

10 minutes

**Yield**

3 servings

**◆ INGREDIENTS**

- 1lb lean ground beef
- ½ lb lean ground pork
- ⅓ cup seasoned bread crumbs
- 1 egg
- 2 tbsp milk
- 2 tbsp fresh parsley
- 1 tbsp parmesan cheese grated
- ½ tsp Italian seasoning
- ½ tsp onion powder
- ½ tsp salt
- ¼ tsp black pepper

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 400°F.
2. Combine all seasoning ingredients except meat and egg, in a medium bowl, mix well.
3. Add in pork, beef, egg, mix well to combine, divide into 12 -14 meatballs.
4. Spray cooking spray, and place meatballs in a single layer.
5. Cook meatballs for 10 minutes or until browned.

# MEATBALLS



**Prep**

5 minutes

**Cook**

8 minutes

**Yield**

1-2 servings

**◆ INGREDIENTS**

1 pizza dough (12-inch dough) making 2 personal size pizza

Olive oil

Tomato sauce

Fresh basil

Buffalo mozzarella

Parmesan cheese

Pepper flakes

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 320°F.
2. Spread the dough into two, knead the dough flat and to the size of the baking tray, transfer dough to the tray.
3. Brush lightly with olive oil, spoon tomato sauce, and sprinkle chunks of mozzarella.
4. Bake for 8 minutes, top with basil, grated parmesan, and pepper before serving.
5. Repeat to make the second pizza.

# MOZZARELLA PIZZA

**VENTRAY**



**Prep**

15 minutes

**Cook**

25 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

3 bell peppers halved, seeded, ribs removed.

1 tbsp olive oil

1 yellow onion thinly sliced

8 oz mushrooms sliced

1 lb ground beef

Salt and pepper to taste

12 slices provolone cheese

1 tbsp chopped parsley

1 cup tomato sauce

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 400°F, trim ¼ inch top of the bell peppers, fill the baking tray with less than ½-inch water. Place pepper upside down in the water, cover tightly with tin foil, and bake for 15 minutes.
2. Heat olive oil in a non-stick skillet over medium heat, add in onion, saute for 3 minutes, add in ground beef, season with salt, pepper, let it sear until browned.
3. Remove from heat, drain off excess fat, stir in tomato, parsley, season to taste.
4. Reduce Ventray oven temperature to 350°F, turn baked peppers upright and fill with stuffing, add on cheese, bake for another 10-15 minutes.

# CHEESESTEAK STUFFED PEPPERS



**Prep**

5 minutes

**Cook**

1 hr

**Yield**

3 servings

**◆ INGREDIENTS**

12 lbs whole chicken giblets removed

2 tbsp olive oil

1 tbsp salt

1 tsp black pepper

1 tsp garlic powder

1 tsp paprika

½ tsp dried basil

½ tsp dried oregano

½ tsp dried thyme

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 370°F.
2. Combine all seasoning with oil to make a paste, rub, and spread all over the chicken.
3. Spray cooking spray in the baking tray, place the chicken breast side down, cook for 40 minutes.
4. Make sure the breast meat has an internal temperature of 165°F, carve and serve.

# HERBS ROASTED CHICKEN



**Prep**

5 minutes

**Cook**

10 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

10 oz salmon fillet, cut into 3 pieces

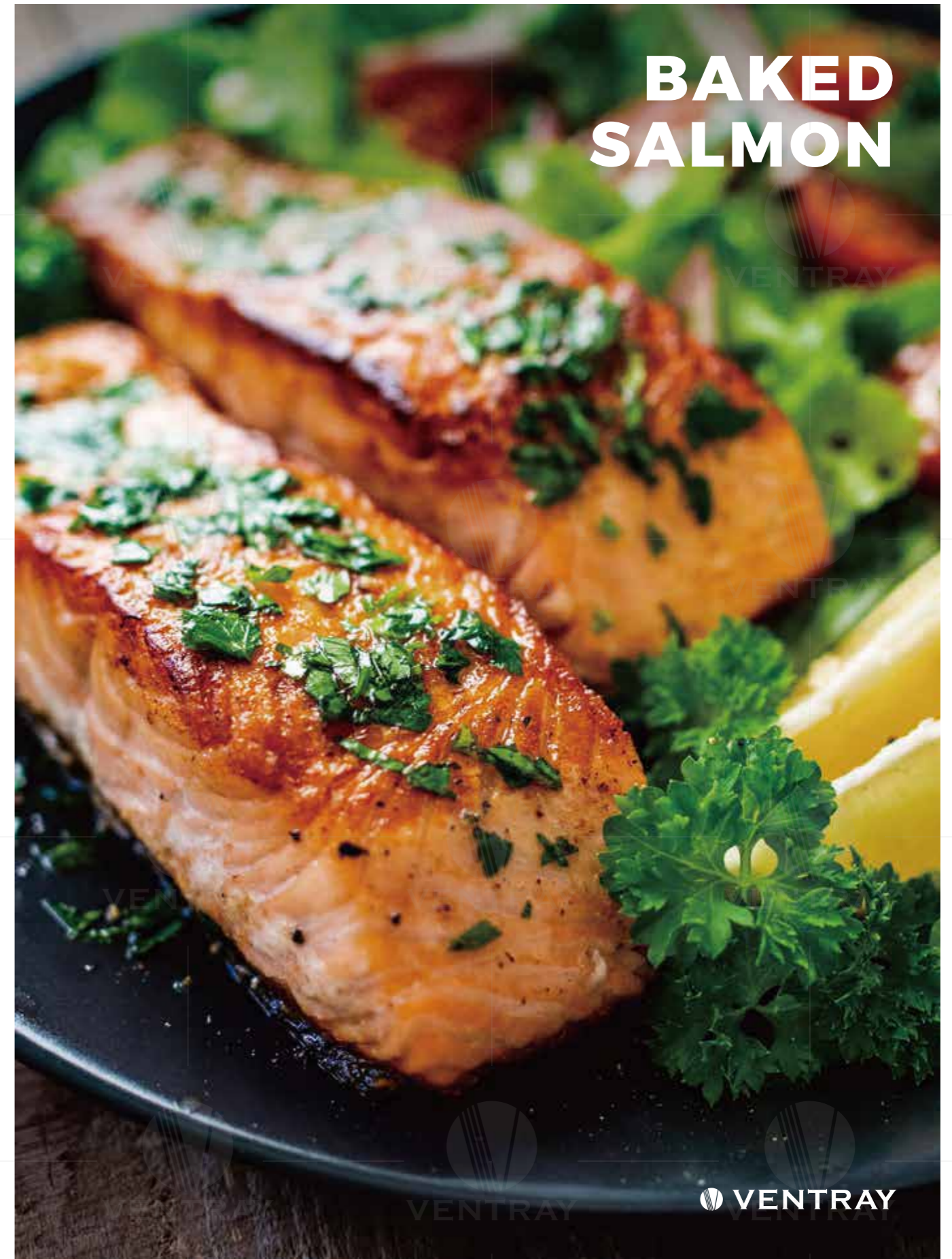
Salt and pepper to taste

Lemon

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 350°F.
2. Slice lemon thinly, evenly placed on a sprayed baking tray.
3. Pat dry salmon, rub salt, pepper over both sides, then place salmon on the lemon baking tray.
4. Bake for 8 minutes. Serve with rice or grilled vegetables.

# BAKED SALMON



**Prep**

5 minutes

**Cook**

40 minutes

**Yield**

2 servings

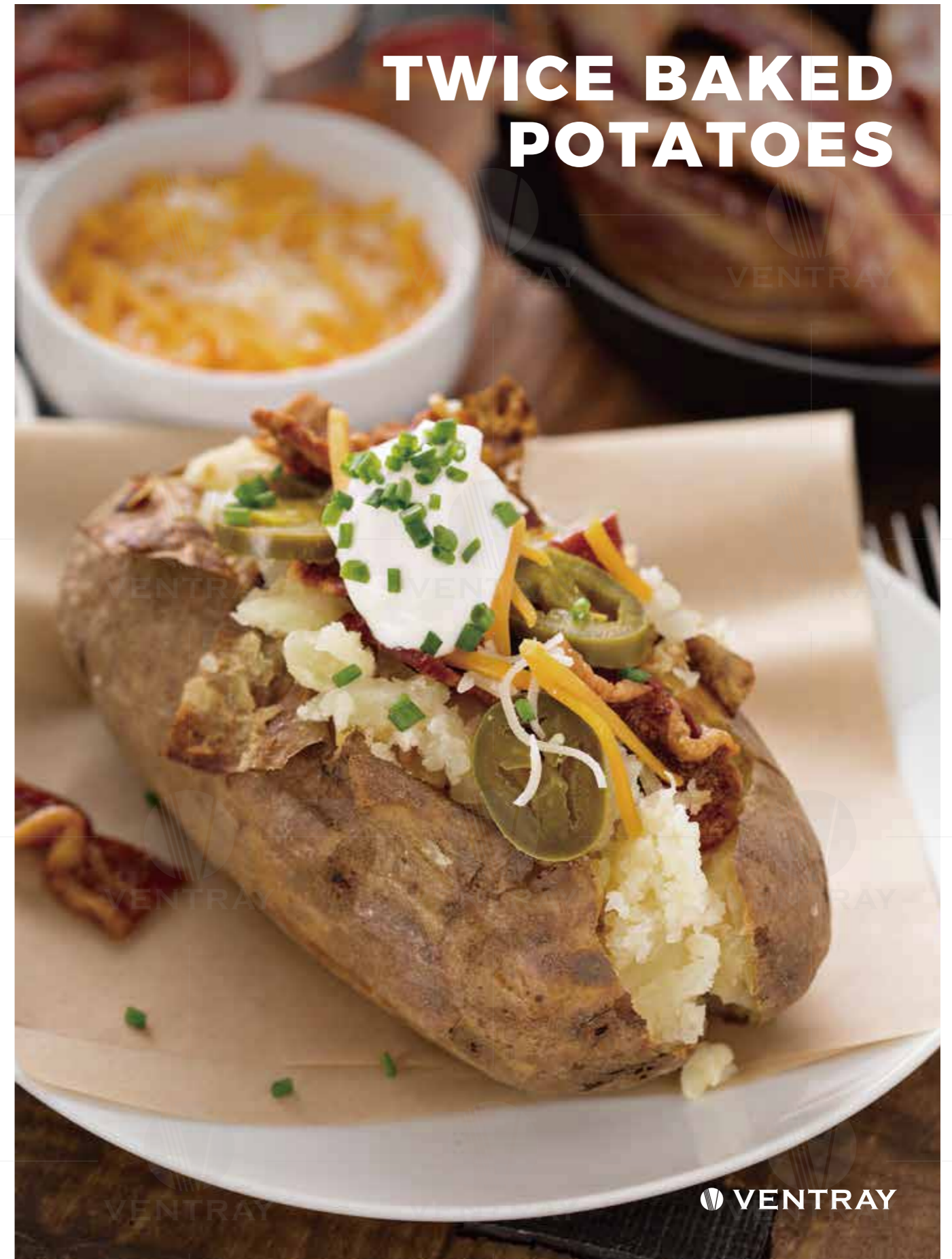
**◆ INGREDIENTS**

- 2 large russet potatoes
- 2 slices bacon cooked and crumbled
- 2 tsp sour cream
- 1 green onion chopped
- ¼ cup shredded cheddar cheese
- 2 tsp butter
- 1 tsp chives
- Salt and pepper

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 400°F.
2. Poke three holes into the top of each potato using a fork, place potato in the Ventray oven, bake for 35 minutes.
3. Remove potatoes to allow them to cool, slice each potato in half lengthwise, add butter, shredded cheese, salt, and pepper to taste, bake for another 5 minutes.
4. Top with sour cream, crumbled bacon, green, and chives.

# TWICE BAKED POTATOES



**Prep**

5 minutes

**Cook**

20 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

1 lb ground chicken  
½ cup bread crumbs  
1 egg  
¼ cup finely chopped celery  
1 tsp minced garlic  
½ tsp salt  
1 cup buffalo sauce  
¼ cup ranch dressing  
2 tbsp unsalted butter  
Blue cheese crumbles  
Chopped chives  
Appetizer toothpicks

**◆ DIRECTIONS**

1. Combine the buffalo sauce, ranch dressing, unsalted butter into a saucepan, heat on medium-low, occasionally stirring.
2. In a mixing bowl, add the ground chicken, bread crumbs, egg, celery, garlic, and salt, mix thoroughly with your hands.
3. Preheat **Ventray Oven** to 400°F. Spray cooking spray on baking sheet.
4. Shape chicken into 1-inch balls, place on the baking sheet, spacing rooms in between each ball.
5. Bake for 20 minutes, top with fresh chives, and serve with blue cheese crumbles.

# CHICKEN MEATBALLS



**Prep**

10 minutes

**Cook**

20 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

½ lb boneless pork chops (2 chops)

Salt and pepper to taste

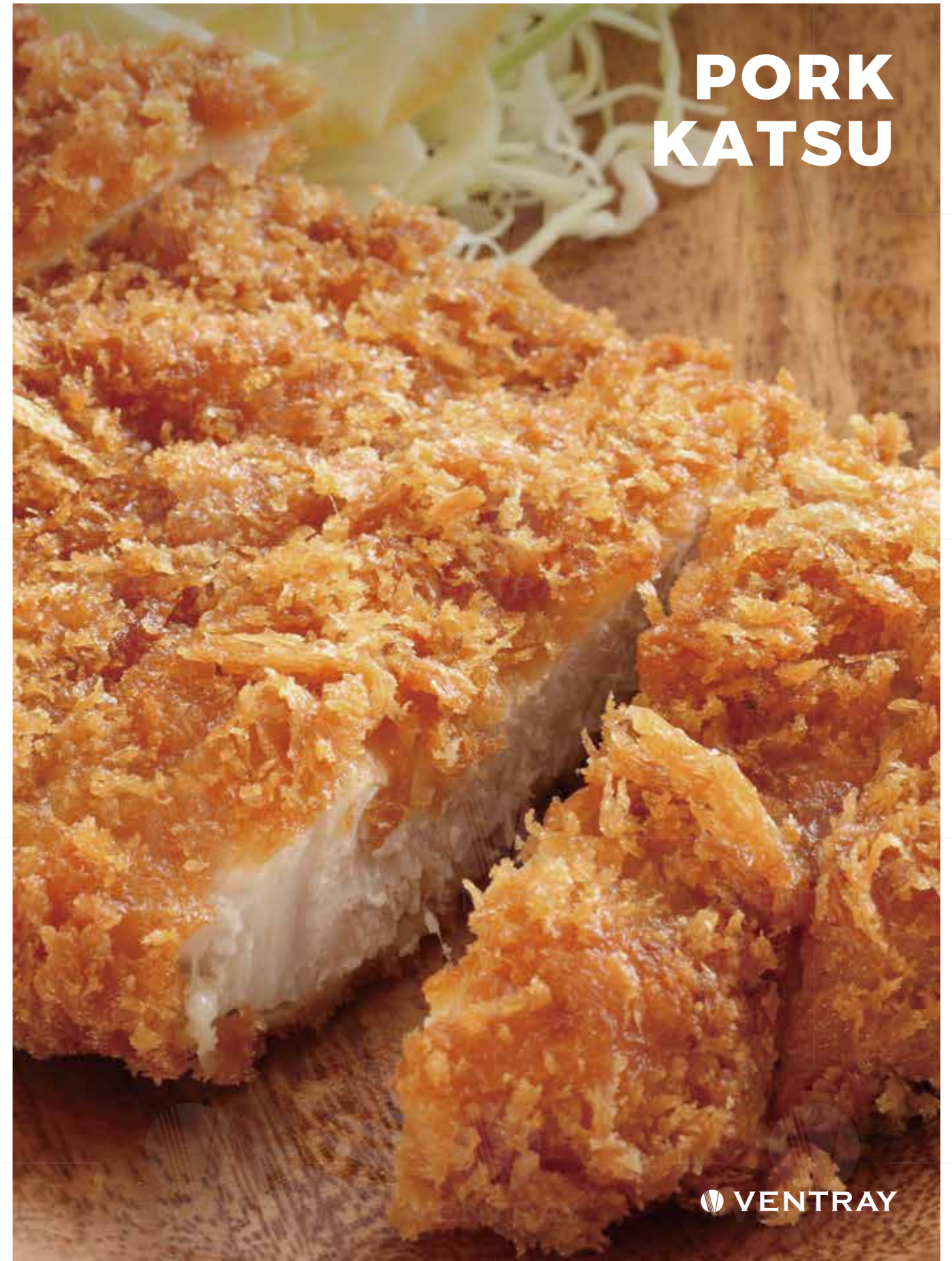
1 large egg

1 ½ cups panko bread crumb

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 350°F.
2. Season pork chops with salt and pepper on both sides.
3. Beat egg in a flat dish, place crumbs in another flat dish. Dip pork chops in egg first, then in bread crumbs.
4. Spray cooking spray on the baking tray, place pork chops, bake for 10 minutes, flip sides and cook for another 10 minutes.

# PORK KATSU



**Prep**

5 minutes

**Cook**

30 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

- 4 lbs turkey breast, bone removed
- 1 tbsp olive oil
- 2 tsp salt
- ½ tbsp dry turkey seasoning

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 350°F.
2. Rub oil all over turkey on both sides, season, and rub in the seasoning. Rub more seasoning and oil over the skin side.
3. Bake with skin side down for 20 minutes, turn over and cook for another 10 minutes, until internal temperature reaches 160°F.

# ROASTED TURKEY BREAST



**Prep**

5 minutes

**Cook**

20 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

2 steaks 1-inch thick ribeye or sirloin

1 tbsp olive oil

1 tbsp salted butter melted

Steak seasoning to taste

Black pepper

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 400°F.
2. Rub the steaks with olive oil on both sides and rub on melted butter. Generously season on each side.
3. Add steaks to the baking tray, cook for 8-12 minutes, flipping halfway through baking around 4 minutes.
4. Remove steaks rest at least 5 minutes before serving. Top with hot butter if desired.

# BAKED STEAK

**VENTRAY**



**Prep**

10 minutes

**Cook**

35 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

- 1 rack baby back ribs or spare ribs
- 3 tbsp pork rub or BBQ grill rub seasoning
- Salt and pepper to taste
- ½ cup BBQ sauce

**◆ DIRECTIONS**

1. Remove the membrane from the back of the ribs. Preheat the **Ventray Oven** to 375°F.
2. Cut ribs in half, rub with dry rub on both sides, then season with salt and pepper.
3. Cover the ribs and sit at room temperature for 30 minutes.
4. Place ribs in the Ventray oven, cook for 20 minutes, flip the ribs and cook for another 10-15 minutes.
5. Remove ribs, cover with BBQ sauce.

# DRY RUB RIBS



**Prep**

10 minutes

**Cook**

5 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

1 lb scallop, patted dry

½ cup panko

½ tsp garlic powder

½ tsp seafood seasoning

2 tbsp butter, melted

Salt and pepper to taste

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 390°F.
2. Mix panko, garlic powder, seafood seasoning. In a separate bowl, lightly salt and pepper the scallops.
3. Dip scallop in butter, then roll in panko mix, shake off any excess.
4. Spray baking tray with cooking spray, place scallops, bake for 2 minutes, turn over and bake for another 3 minutes.

# BREADED SEA SCALLOPS



**Prep**

10 minutes

**Cook**

8 mins

**Yield**

2 servings

**◆ INGREDIENTS**

2 lobster tails, cut lengthwise in the center

4 tbsp unsalted butter

½ tbsp lemon zest

1 clove garlic minced

Salt and pepper to taste

½ tsp paprika

½ tbsp parsley chopped

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 375°F.
2. In a small saucepan, melt butter over medium heat, add in lemon zest, garlic, salt, pepper, and paprika. Stir and cook until fragrant.
3. Brush butter mixture evenly on each of the butterfly lobster tails.
4. Place lobster tails in the Ventray oven, cook for 6-8 minutes depending on the size of the tails until lobster meat is opaque.
5. Serve and add more butter if desired, and garnish with fresh chopped parsley.

# LOBSTER TAIL



**Prep**

5 minutes

**Cook**

20 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

2 large avocados sliced

Juice of ½ lime

Salt and pepper

¼ cup flour

1 egg lightly beaten

1 cup panko bread crumbs

2 tbsp oil

Chipotle dipping sauce

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 400°F, spray cooking spray on baking sheet.
2. Squeeze fresh lime juice on avocado slices. Season with salt and pepper.
3. Dredge in flour first, then dip in egg and coat in panko bread crumbs. Make sure the avocado slices are evenly coated.
4. Place in a single layer on the greased baking sheet, bake for 15 minutes until avocados are golden and crispy.
5. Serve with chipotle dipping sauce or ranch.

# AVOCADO FRIES



**Prep**

5 minutes

**Cook**

20 minutes

**Yield**

4 servings

**◆ INGREDIENTS**

- 1½ lbs carrots washed peeled
- ⅓ cup butter
- 3 tbsp honey
- 4 garlic cloves minced
- ½ tsp salt
- Black pepper
- 2 tbsp fresh chopped parsley

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 400°F, lightly grease the baking sheet with cooking spray.
2. Trim ends of carrots, cut into thirds.
3. Melt butter in a pan, pour in honey stirring until melted through the butter. Add in the garlic and cook until fragrant.
4. Add carrots, allow the sauce to thicken, season with salt and pepper.
5. Place carrots in a single layer, roast for 10 minutes.

# HONEY GARLIC CARROTS



**Prep**

5 minutes

**Cook**

15 minutes

**Yield**

3 servings

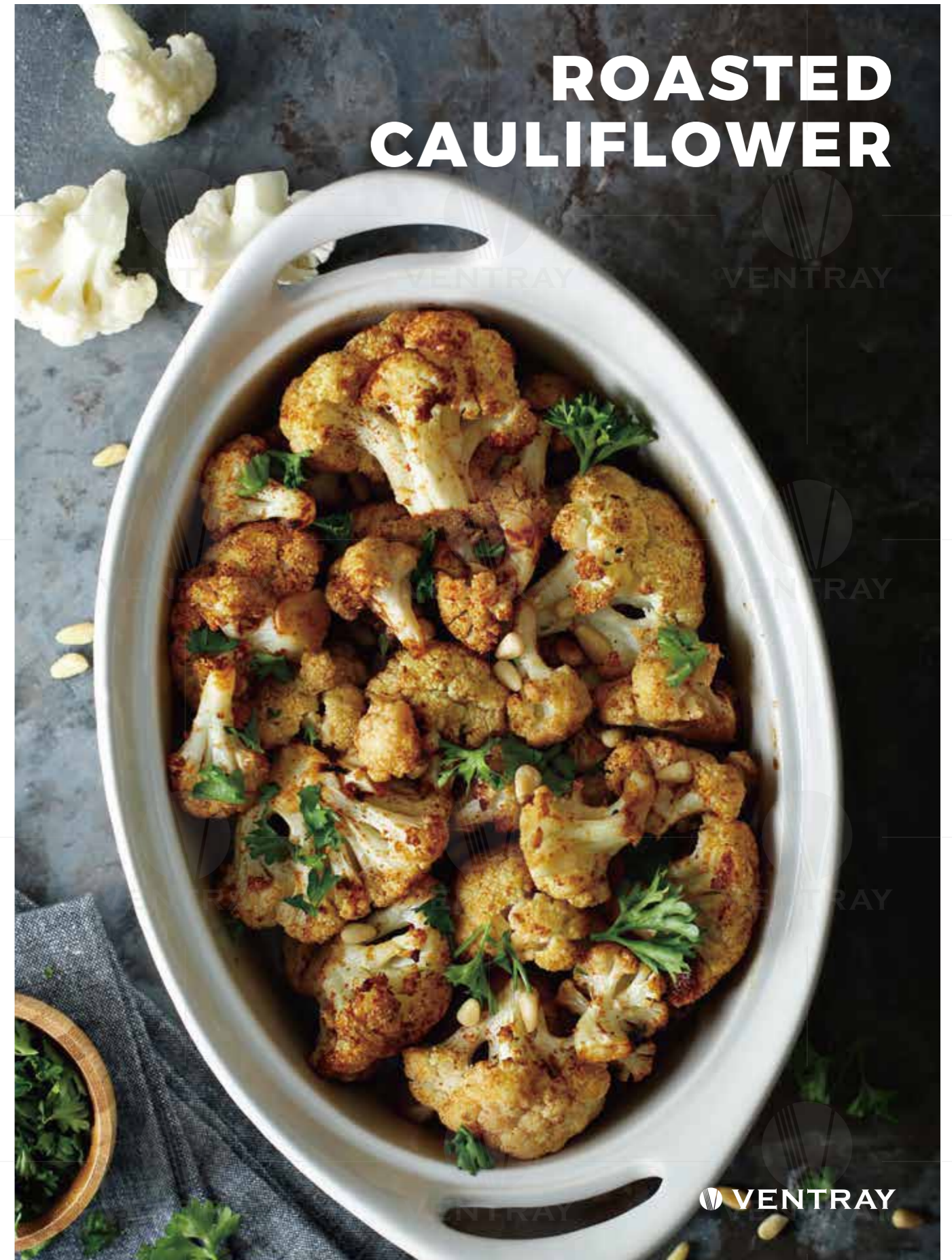
**◆ INGREDIENTS**

- 1 lb cauliflower
- 1/3 cup olive oil
- 3 tbsp grated parmesan cheese
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/4 tsp crushed red pepper
- Salt and pepper to taste

**◆ DIRECTIONS**

1. Cut cauliflower into small pieces.
2. In a small bowl, whisk together olive oil, parmesan, paprika, garlic, red pepper, salt, and pepper.
3. Toss in the cauliflower coat evenly in the mixture.
3. Place in the **Ventray Oven**, at 400°F, bake for 13-15 minutes or until golden crispy.

# ROASTED CAULIFLOWER

**VENTRAY**

**Prep**

5 minutes

**Cook**

40 minutes

**Yield**

2 servings

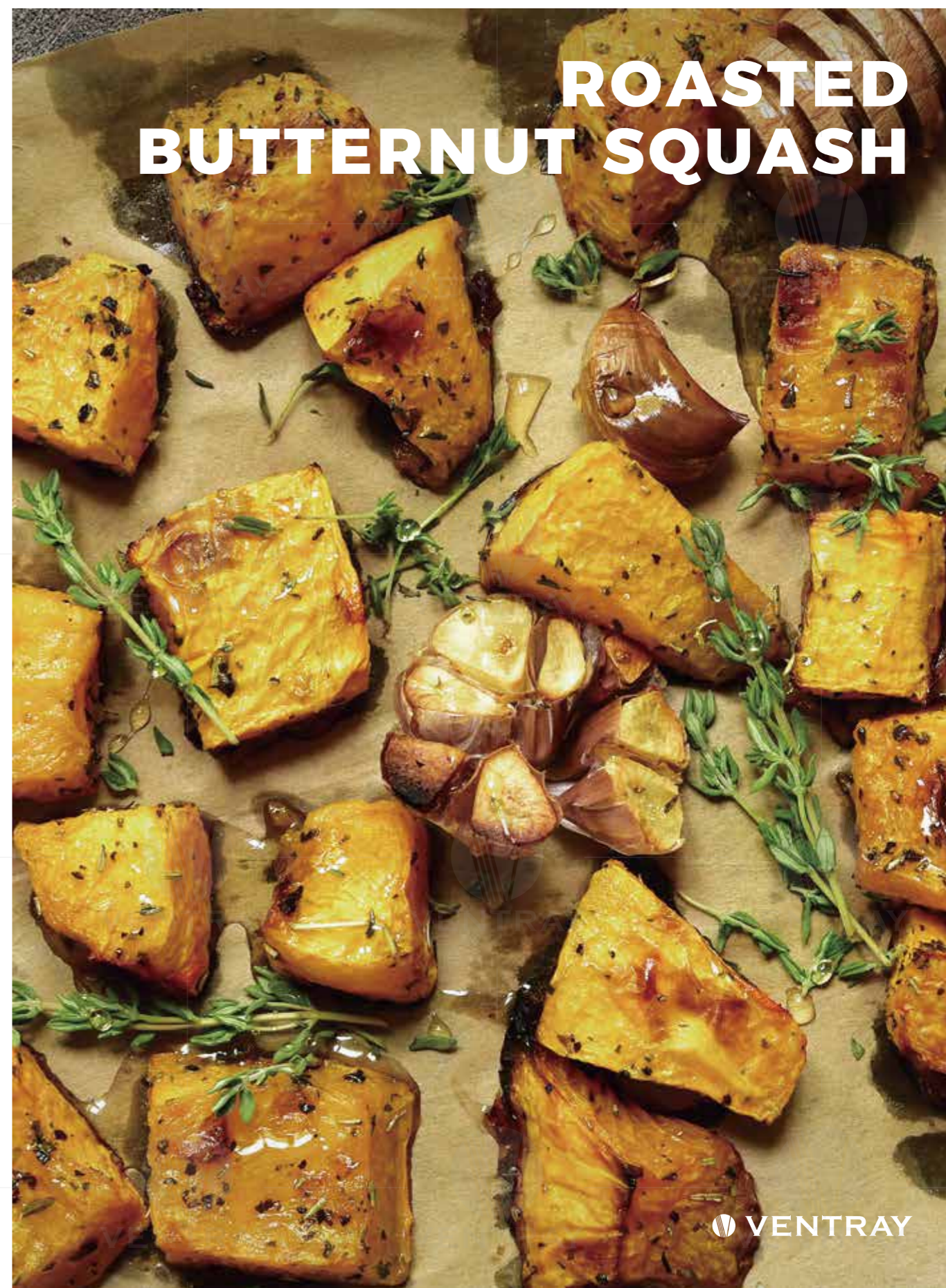
**◆ INGREDIENTS**

- 1 small butternut squash
- 1 tbsp olive oil
- ¼ tsp cinnamon
- Salt and pepper to taste
- 1 tbsp brown sugar

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 350°F.
2. Cut butternut squash in half lengthwise, use spoon to scoop out seeds and pulp.
3. Brush butternut squash with olive oil, sprinkle cinnamon, season with salt and pepper. Sprinkle brown sugar on top.
4. Place in the Ventray oven, cook for 35-40 minutes, until tender when pierced with a fork.
5. Slice or mash, top with butter and serve.

# ROASTED BUTTERNUT SQUASH



**Prep**

5 minutes

**Cook**

5 minutes

**Yield**

2 servings

**◆ INGREDIENTS**

6 slices of french baguette cut lengthwise, or ciabatta

1½ tbsp of salted butter melted

3 cloves of garlic crushed

A few pinches of dried parsley

¼ cup freshly grated parmesan

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 350°F.
2. Mix garlic, parsley, cheese in melted butter, spread butter across slices of bread.
3. Arrange slices in the Ventray oven tray, bake for 3 minutes, or until cooked to your liking.

# GARLIC BREAD





**Prep**

5 minutes

**Cook**

12 minutes

**Yield**

3 servings

**◆ INGREDIENTS**

3 tbsp olive oil

2 garlic cloves minced

½ tsp salt

¼ tsp pepper

1lb brussels sprouts trimmed, halved

½ cup panko crumbs

1 tsp minced fresh rosemary

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 350°F.
2. Place olive oil, garlic, salt, pepper in a small bowl microwave on high for 30 seconds.
3. Toss brussels sprouts with 2 tbsp oil mixture, place on the baking tray.
4. Bake for 8 minutes, toss bread crumbs and rosemary in the remaining oil mixture, sprinkle over sprouts, and continue to bake for another 4 minutes until browned and tender.
5. Serve immediately.

# GARLIC-ROSEMARY BRUSSELS SPROUTS

**VENTRAY**

**Prep**

5 minutes

**Cook**

15 minutes

**Yield**

3 servings

**◆ INGREDIENTS**

1 cup panko bread crumbs

 $\frac{3}{4}$  cup grated parmesan cheese

1 medium zucchini thinly sliced

1 large egg beaten

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 350°F.
2. Combine panko and parmesan cheese on the plate. Dip zucchini slice into beaten egg, then into the panko mixture, press to coat.
3. Place zucchini slice on the baking rack, repeat with remaining slices.
4. Bake zucchini for 10 minutes, flip and bake for another 2-5 minutes.

# FRIED ZUCCHINI



**Prep**

10 minutes

**Cook**

18 minutes

**Yield**

4 servings

**◆ INGREDIENTS**

2 lbs of potatoes, peeled and cut into ¼-inch slices

1 lb pork sausage

1 medium onion

¼ cup butter melted

2 cups shredded cheddar cheese

**◆ DIRECTIONS**

1. Preheat **Ventray Oven** to 350°F.
2. Place potato in a large saucepan, cover with water, bring to boil, reduce heat and cook until tender.
3. Crumble sausage into a large skillet, add onion, cook over medium heat until meat is no longer pink.
4. Drain potatoes, arrange in a baking dish, drizzle butter, add sausage mixture and stir gently, sprinkle with cheese.
5. Bake uncovered in a Ventray oven for 10 -15 minutes or until the cheese is melted.

# CHEESE ROASTED SAUSAGE AND POTATOES

**VENTRAY**