

VitaClay Broth Cooking Chart for VM7800-5

*Cookers automatically default to warm setting (160 degrees) for up to 12 hours after cooking. For those who prefer longer broth cooking times, allow the cooker to continue cooking (low simmer) on the warm setting for 8+ hours after the cycle ends. This may maximize nutrient extraction from bones.

Recipe Name	Food	Liquid	VitaClay Cooking Time on “Slow” Setting	Vitaclay cook time On “High” Setting
Chicken Bone Broth	3 lbs organic bones, Veggie scraps	Fill the pot	9 hours	3-4.5 hours*
Beef Bone Broth	3 lbs organic beef bones Veggie scraps	Fill the pot	9 hours	3-4.5 hours*
Mixed Bone Broth	3+ lb organic mixed bones, veggie scraps	Fill the Pot	9 hours	3-4.5 hours*
Vegetable Broth	Veggie Scraps, herbs /spices	Fill the pot	3 hours	1-1.5 hours
Mushroom Broth	Various Mushrooms, 1-3 lb total	Fill the pot	3 hours	2 hours
Chicken Noodle Soup	1 chicken 3 garlic 4 carrots 3 celery noodles	Fill the pot	3 hours	2 hours
Meat Broth	2+ lb any meat	3-5 quarts	3 hours	1-2 hr

Note: Because longer cooking times for bone broth extract both nutrients and toxins from bones, it is advisable to use bones with as few toxins present as possible: therefore, we recommend you always use organic or pastured bones when making bone broth.

VitaClay Meat Cooking Chart VM7800-5

*Liquid amounts always refer to water-based liquid (water, broth, other watery liquids--not just oil). Liquid must always be present when cooking in VitaClay. Any attempt to “dry-cook” or cook something with only oil and no water-based liquid can damage the pot and will invalidate the warranty.

For every additional hour of cooking time, add 4 cups of liquid. Please ensure meat is fully cooked before serving.

Recipe Name (Thawed Meat)	Amount of Food (Thawed)	Liquid amount*	Cooking Function	Total Vitaclay cook time
Boneless Chicken Breasts	4 (4-6 oz each)	2 cups broth /water	Fast	30 min or fully cooked
Bone-in Split Chicken Breast	4 (10-15 oz each)	3 cups broth /water	Fast	40 min or fully cooked
Boneless Chicken Thighs	8 (3 oz each)	3 cups broth /water	Fast	30 min or fully cooked
Bone-in Chicken Thighs	8 (5-7 oz each)	4 cups broth /water	Fast	1 hour or fully cooked
Whole Chicken	4 lb remove giblets	15+ c soup: immerse and fill pot	Fast	120 min
Big whole chicken	4.5-5.5 lb	15+ c soup: fill pot	Fast	120 min
Bone-in Turkey Breast	6 lb	12 cups	Fast	120 min
Ground Meat Any Type	1 lb	2 cups	Fast	30 min or fully cooked
Boneless Pork Butt	3 lb (1-inch pieces)	4 cups	Fast	40 min or fully cooked
Pork Ribs, Boneless	3 lb (1-inch pieces)	3 cups	Fast	30 min or fully cooked
Beef Short Ribs, Boneless	3 lb (1-inch pieces)	7 cups	Fast	2 hours or until tender
Beef Chuck Roast	3 lb (1-inch pieces)	3 cups	Fast	30 min
Leg of Lamb, boneless	3 lb (1-inch pieces)	3 cups	Fast	30 min
Pork Tenderloin Roast	12-16 oz	3 cups	Fast	30 min or until fully cooked
Boneless Pork Butt Roast	4 lb	8 cups	Fast	3 hours
Boneless Beef Top Sirloin Roast	3 lb	6 cups	Fast	2 hours
Beef Brisket	2-4 lb	8 cups	Fast	2 hours
Boneless Beef Chuck-Eye Roast	3-4 lb	6 cups	Fast	90 min
Pork Baby Back Ribs	1.5-2 lb (2-rib sections)	6 cups	Fast	50 min
Bone-in Beef Short Ribs	2 lb	10 cups	Fast	2 hours
Boneless Beef Short Ribs	2 lbs	10 cups	Fast	2 hours
Osso Buco Veal Shanks	2-4, 6-10 oz shanks	10 cups	Fast	2 hours

*For cooking times longer than 1 hour, please check the contents at each hour to ensure enough liquid is present.

VitaClay Vegetable Cooking Chart for VM7800-5

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Recipe Name	Amount of Food	Liquid amount*	VitaClay Setting	Total Vitaclay cook time
Acorn Squash	8 wedges, seeded	2 cups	Fast	30 min or until tender
Artichokes	4, Stemmed	2 cups	Fast	30 min or until tender
Baby Artichokes	8, Stemmed	2 cups	Fast	30 min or until tender
Beets	6, halved	2 cups	Fast	30 min or until tender
Brussels Sprouts	1 lb	2 cups	Fast	30 min or until tender
Butternut Squash	1-in pieces	2 cups	Fast	30 min or until tender
Red/Green Cabbage	8 wedges	2 cups	Fast	30 min or until tender
Carrots	1 lb, ½-in pieces	2 cups	Fast	30 min or until tender
Cauliflower	Cored, chopped	2 cups	Fast	30 min or until tender
Cauliflower	Cored, whole	2 cups	Fast	30 min or until tender
Collard Greens	Stemmed, chopped	2 cups	Fast	30 min or until tender
Kale	Stemmed, chopped	1 cup	Fast	30 min or until tender
Red Pota- toes (salad)	¾-in pieces	1 cup	Fast	30 min or until tender
Red Pota- toes (mash)	whole	1 cup	Fast	30 min or until tender
Russet Potatoes (for mash)	½-in slices	1 cup	Fast	30 min or until tender
Sweet Potatoes (for mash)	½-in slices	1 cup	Fast	30 min or until tender
Steamed Broccoli	1-2 lb raw broccoli	1 cup water	Fast	30 min or until tender

VitaClay Beans Cooking Chart

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It is recommended that all beans, legumes and grains be soaked prior to cooking to improve digestibility and increase the available nutrients. To soak, cover with filtered water and a bit of salt and/or whey, and allow to sit in the clay pot for several hours. Then drain the liquid and rinse before adding cooking liquid and heat. All VitaClay recipes indicate pre-soaked beans. Unsoaked beans may require a few more minutes cooking time.

Recipe Name	Amount of Food	Liquid:Beans Ratio	VitaClay Setting	Total Vitaclay cook time
Soaked Black Beans	1+ cups	3:1 or more	Fast	45 min
Unsoaked Black Beans	1+ cups	4:1 or more	Fast	1.5-2 hours
Soaked Pinto Beans	1+ cups	3:1 or more	Fast	45 min
Unsoaked Pinto Beans	1+ cups	4:1 or more	Fast	1.5-2 hours
Soaked Navy Beans	1+ cups	3:1 or more	Fast	45 min
Unsoaked Navy Beans	1+ cups	4:1 or more	Fast	1.5-2 hours
Soaked Mixed Beans	1+ cups	3:1 or more	Fast	45 min
Unsoaked Mixed Beans	1+ cups	4:1 or more	Fast	1.5-2 hours
Soaked Split Peas	1+ cups	10:1 or more	Fast	3 hours
Unsoaked Split Peas	1+ cups	12:1 or more	Fast	1.5-2 hours
Soaked Black-Eyed Peas	1+ cups	12:1 or more	Fast	2 hours
Unsoaked Black-eyed Peas	1+ cups	4:1 or more	Fast	1.5-2 hours

VitaClay Oatmeal and Cereal Cooking Chart

VM7800-5

The Stock Pot (7800) models require much more liquid than the 7700 or 7900 models for any recipe, about 8 cups of liquid per 1 cup of food and 1 hour of cooking time.

Recipe Name	Amount of Food	Liquid	VitaClay Setting	Total Vitaclay cook time
Steel Cut Oatmeal	2 cups Oats (steel cut only)	16 cups water (milk can be added after cooking)	Porridge	(Automatic)
Mixed whole- grain cereal	2 cups Whole Grain Cereal	16 cups water (milk can be added after cooking)	Porridge	(Automatic)
Chinese Rice Porridge (Jook/Zhou)	2 cups white rice, rinsed, add-ins optional	16-20 cups water or broth	Porridge	(Automatic)

Steel cut oats are best if soaked overnight: they can be delay-started so your oats will begin cooking before you wake up and will be ready when you are. Simply add all of the ingredients into the clay pot the night before and set the cooker to start cooking about an hour before you wake up.

The flavor combination possibilities are endless with oatmeal and porridge: just add any fruit and spice combinations you prefer into the pot before it begins cooking, and wake up to the smell of bananas and cream, cinnamon spice, maple, strawberry, chocolate or apples and spice oatmeal. You'll wonder what you did all this time without your "personal chef!"