

VitaClay Broth Cooking Chart for VM7900

*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 Cook Time on “Soup” Setting	VitaClay Cook Time on “Stew” Setting
Chicken Bone Broth	3 lbs organic bones, Veggie scraps	Fill the pot	3-4.5 hours*	-
Beef Bone Broth	3 lbs organic beef bones Veggie scraps	Fill the pot	3-4.5 hours*	-
Mixed Bone Broth	3+ lb organic mixed bones, veggie scraps	Fill the Pot	3-4.5 hours*	-
Vegetable Broth	Veggie Scraps, herbs /spices	Fill the pot	1-1.5 hours	-
Mushroom Broth	Various Mushrooms, 1-3 lb total	Fill the pot	1-2 hours	-
Chicken Noodle Soup	1 chicken 3 garlic 4 carrots 3 celery noodles	Fill the pot	2 hours	-
Meat Broth	2+ lb any meat	3-5 quarts	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 VM7900

*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*	VitaClay Cook Time on “Soup” Setting	VitaClay Cook Time on “Stew” Setting
Boneless Chicken Breasts	4 (4-6 oz each)	2 cups broth /water	--	30 min or fully cooked
Bone-in Split Chicken Breast	4 (10-15 oz each)	3 cups broth /water	--	40 min or fully cooked
Boneless Chicken Thighs	8 (3 oz each)	3 cups broth /water	--	40 min – 1 hour or fully cooked
Bone-in Chicken Thighs	8 (5-7 oz each)	4 cups broth /water	--	1 -2 hours or fully cooked
Whole Chicken	4 lb remove giblets	6 cups soup: immerse and fill pot		2-3 hours or fully cooked
Bone-in Turkey Breast	5 lb	6 cups	-	1-2 hours or fully cooked
Ground Meat Any Type	1 lb	2 cups	--	30 min or fully cooked
Boneless Pork Butt	3 lb (1-inch pieces)	4 cups	2-3 hours or fully cooked	2-3 hours or fully cooked
Pork Ribs, Boneless	3 lb (1-inch pieces)	6 cups	2-3 hours or fully cooked	2-3 hours or fully cooked
Beef Short Ribs, Boneless	3 lb (1-inch pieces)	5 cups	2-3 hours or fully cooked	2-3 hours or fully cooked
Beef Chuck Roast	3 lb (1-inch pieces)	3 cups	2-3 hours or fully cooked	2-3 hours or fully cooked
Leg of Lamb, boneless	3 lb (1-inch pieces)	3 cups	2-3 hours or fully cooked	1-2 hours or fully cooked
Pork Tenderloin Roast	12-16 oz	3 cups	1 hour or fully cooked	30 min or fully cooked
Boneless Pork Butt Roast	4 lb	6 cups	3 hours or fully cooked	2 hours or fully cooked
Boneless Beef Top Sirloin Roast	3 lb	6 cups	3 hours or fully cooked	2 hours or fully cooked

Beef Brisket	2-4 lb	6 cups	3 hours or fully cooked	2 hours or fully cooked
Boneless Beef Chuck-Eye Roast	3-4 lb	6 cups	3 hours or fully cooked	2 hours or fully cooked
Pork Baby Back Ribs	1.5-2 lb (2-rib sections)	6 cups	3 hours or fully cooked	2 hours or fully cooked
Bone-in Beef Short Ribs	2 lb	6 cups	3 hours or fully cooked	2 hours or fully cooked
Boneless Beef Short Ribs	2 lbs	6 cups	3 hours or fully cooked	2 hours or fully cooked
Osso Buco Veal Shanks	2-4, 6-10 oz shanks	6 cups	3 hours or fully cooked	2 hours or fully cooked

At the first-time cooking, for longer than an hour of cooking time, please check the contents in half way of cooking time to ensure enough liquid is present.

VitaClay Vegetable Cooking Chart for VM7900

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.

Recipe Name	Amount of Food	Liquid amount*	VitaClay Cook Time on “Soup” Setting	VitaClay Cook Time on “Stew” Setting
Acorn Squash	8 wedges, seeded	2 cups	--	30 min or until tender
Artichokes	4, Stemmed	2 cups	--	30 min or until tender
Baby Artichokes	8, Stemmed	2 cups	--	30 min or until tender
Beets	6, halved	2 cups	--	30 min or until tender
Brussels Sprouts	1 lb	2 cups	--	30 min or until tender
Butternut Squash	1-in pieces	2 cups	--	30 min or until tender
Red/Green Cabbage	8 wedges	2 cups	--	30 min or until tender
Carrots	1 lb, ½-in pieces	2 cups	--	30 min or until tender
Cauliflower	Cored, chopped	2 cups	--	30 min or until tender
Collard Greens	Stemmed, chopped	2 cups	--	30 min or until tender
Kale	Stemmed, chopped	2 cups	--	30 min or until tender

Red Pota- toes (salad)	¾-in pieces	2 cups	--	30 min or until tender
Red Pota- toes (mash)	whole	2 cups	--	1 hour or until tender
Russet Potatoes (for mash)	½-in slices	2 cups	--	30 min or until tender
Sweet Potatoes (for mash)	½-in slices	2 cups	--	30 min or until tender
Steamed Broccoli	1-2 lb raw broccoli	2 cups	--	30 min or until tender

VitaClay Beans Cooking Chart VM7900

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 Cook Time on “Soup” Setting	VitaClay Cook Time on “Stew” Setting
Soaked Black Beans	1+ cups	3:1 or more	1-2 hours	45 min-1 hour
Unsoaked Black Beans	1+ cups	4:1 or more	2-3 hours	1.5-2 hours
Soaked Pinto Beans	1+ cups	3:1 or more	1-2 hours	45 min-1 hour
Unsoaked Pinto Beans	1+ cups	4:1 or more	2-3 hours	1.5-2 hours
Soaked Navy Beans	1+ cups	3:1 or more	1-2 hours	45 min-1 hour
Unsoaked Navy Beans	1+ cups	4:1 or more	2-3 hours	1.5-2 hours
Soaked Mixed Beans	1+ cups	3:1 or more	1-2 hours	45 min-1 hour

Unsoaked Mixed Beans	1+ cups	4:1 or more	2-3 hours	1.5-2 hours
Soaked Split Peas	1+ cups	4:1 or more	1-2 hours	3 hours
Unsoaked Split Peas	1+ cups	3:1 or more	2-3 hours	1.5-2 hours
Soaked Black-Eyed Peas	1+ cups	3:1 or more	1-2 hours	2 hours
Unsoaked Black-eyed Peas	1+ cups	4:1 or more	2-3 hours	1.5-2 hours

VitaClay Oatmeal and Cereal Cooking Chart VM7900

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 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!"