

## VitaClay Cooking Charts for VM7900 & VF7700 Aug 2018

### VitaClay Rice / Brown / Quinoa Cooking Chart

Ingredients	Amount of Food	Amount of Liquid (or broth)	Setting	Cook Time
White Rice	1 cup	1 cup (after rinse rice)	Regular	Automatic
Quinoa	1 cup	1 ½ - 2 cups	Regular	Automatic
Brown rice or mixed whole grains, or wild rice	1 cup	1 ½ cups	Brown	Automatic
Sweet Rice	1 cup	1 ½ cups	Brown	Automatic

### VitaClay Quick Easy One Pot Meal Cooking Chart

Ingredients	Amount of Food	Amount of Liquid (or broth)	Setting	Cook Time
Penne Pasta + (Sauce, meat...)	2 cups	2 cups + (sauce + meat)	Stew	30 minutes
Quinoa (or rice) + meat (marinated fish, chicken, or shrimp)	2 cups	3 cups + (marinated meat)	Regular (white rice)	Automatic
Brown rice + (marinated fish, chicken, or shrimp)	2 cups	3 cups + (marinated meat)	Brown (rice)	Automatic

### VitaClay Meat Cooking Chart

\*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.*

Ingredients (Thawed Meat)	Amount of Food (Thawed)	Liquid amount*	“Soup” Setting	“Stew” Setting
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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 pieces	3 cups broth /water	--	40 min – 1 hour or fully cooked
Bone-in Chicken Thighs	8 pieces (5-7 oz each)	4 cups broth /water	--	1 -2 hours or fully cooked
Whole Chicken	4 pounds remove giblets	3 cups broth: immerse and fill pot		2-3 hours or fully cooked
Bone-in Turkey Breast	4-5 pounds	4 cups	-	1-2 hours or fully cooked
Ground Meat Any Type	1 pound	2 cups	--	30 min or fully cooked
Boneless Pork Butt	4 pounds (1-inch pieces)	4 cups	2-3 hours or fully cooked	2 hours or fully cooked
Pork Ribs, Boneless	3 pounds (1-inch pieces)	4 cups	2-3 hours or fully cooked	2 hours or fully cooked
Beef Short Ribs, Boneless	3 pounds (1-inch pieces)	5 cups	3 hours or fully cooked	2-3 hours or fully cooked
Beef Chuck Roast	3 pounds (1-inch pieces)	3 cups	2-3 hours or fully cooked	2 hours or fully cooked
Leg of Lamb, boneless	3 pounds (1-inch pieces)	3 cups	2-3 hours or fully cooked	1-2 hours or fully cooked
Pork Tenderloin Roast	1 pound	3 cups	1 hour or fully cooked	30 min or fully cooked
Boneless Pork Butt Roast	4 pounds	4-5 cups	3 hours or fully cooked	2 hours or fully cooked
Boneless Beef Top Sirloin Roast	3 pounds	4-5 cups	3 hours or fully cooked	2 hours or fully cooked
Beef Brisket	2-4 pounds	3 - 6 cups	3 hours or fully cooked	2 hours or fully cooked
Boneless Beef Chuck-Eye Roast	3-4 pounds	4 - 6 cups	3 hours or fully cooked	2 hours or fully cooked
Pork Baby Back Ribs	1.5-2 pounds (1/2 rack)	6 cups	3 hours or fully cooked	2 hours or fully cooked
Bone-in Beef Short Ribs	2-3 pounds	6 cups	3 hours or fully cooked	2 hours or fully cooked
Boneless Beef Short Ribs	2-3 pounds	6 cups	3 hours or fully cooked	2 hours or fully cooked
Osso Buco Veal Shanks	2-4, 6-10 oz shanks	6 cups	3-4 hours or fully cooked	2-3 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 Broth Cooking Chart

\*Cookers automatically default to warm setting (160 degrees) for up to 12 hours after cooking. For those who prefer longer broth cooking time, 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.

Ingredients (Thawed Meat)	Amount of Food (Thawed)	Liquid amount*	“Soup” Setting	“Stew” Setting
Whole Chicken Broth	3-4 pounds organic whole chicken with Veggies	Fill the pot	2-3 hours*	-
Beef Bone Broth	3 pounds organic beef bones / or short ribs with veggies	Fill the pot	3-4.5 hours*	-
Mixed Bone Broth	3 pounds organic mixed bones with veggies	Fill the Pot	3-4.5 hours*	-
Vegetable Broth	Veggie mix, herbs /spices	Fill the pot	1-1.5 hours	-
Mushroom Broth	Various Mushrooms, 1-3 pounds	Fill the pot	1 hour	-
Chicken Noodle Soup	1 chicken (3 garlic,4 carrots, 3 celery, noodles)	Fill the pot	2 hours	-
Meat Broth	2+ pounds any meat	Fill the pot	2 hours	-

*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 Beans Cooking Chart

It is recommended that all beans, legumes and grains be soaked prior to cooking to improve digestibility and increase the available nutrient absorption. 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. Most VitaClay recipes indicate pre-soaked beans. Dry beans require more liquid and longer time to cook.

Ingredients	Amount of Food	Amount of Liquid	“Soup” Setting	“Stew” Setting
Soaked Black Beans	1 cup	3 cups or more	1-2 hours	1 hour
Dry Black Beans	1 cup	4 cups or more	2 hours	1.5-2 hours
Soaked Pinto Beans	1 cup	3 cups or more	1-2 hours	1 hour
Dry Pinto Beans	1 cup	4 cups or more	2 hours	1.5-2 hours

Soaked Navy Beans	1 cup	3 cups or more	1-2 hours	1 hour
Dry Navy Beans	1 cup	4 cups or more	2 hours	1.5-2 hours
Soaked Mixed Beans	1 cup	3 cups or more	1-2 hours	1 hour
Dry Mixed Beans	1 cup	4 cups or more	2 hours	1.5-2 hours
Soaked Split Peas	1 cup	3 cups or more	1 hour	1 hour
Dry Split Peas	1 cup	4 cups or more	1-1 ½ hours	1.5-2 hours
Soaked Black-eyed Peas	1 cup	3 cups or more	1-2 hours	1 hour
Dry Black-eyed Peas	1 cup	4 cups or more	2 hours	1.5-2 hours

## VitaClay Oatmeal / Porridge / Congee Cooking Chart

Ingredients	Amount of Food	Amount of Liquid (or broth)	Setting	Cook Time
Mixed whole- grain cereal (black, millet, quinoa, wild rice, etc)	2 cups Whole Grain Cereal	16 cups water (milk can be added after cooking)	Soup	1 ½ -2 hours
Chinese Rice Porridge (Jook/Zhou)	2 cups white rice, rinsed, add-ins optional	16 cups water or broth	Soup	1 ½ hours
Steel cut Oatmeal or Roll cut Oatmeal	1 cup oat	3-4 cups water (Optional: add milk to your serving bowl to avoid burnt or overflow)	Soup or Stew	30 minutes (additional 30 minute in WARM for softer texture)

# VitaClay Steamed Vegetables or Fish Cooking Chart

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.

To steam veggies or fish:

1. Add 2-3 cups water in your clay pot.
2. Add ingredients in a ceramic bowl or stainless-steel steam basket.
3. Place the basket in your clay pot. Set Slow Cooking on “Stew” for 30 minutes.

<b>Ingredients</b>	<b>Amount of Food</b>	<b>Amount of Liquid</b>	<b>“Soup” Setting</b>	<b>“Stew” Setting</b>
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 pound	2 cups	--	30 min or until tender
Butternut Squash	1 butternut squash - peeled, seeded, and cut into 1-inch cubes	2 cups	--	30 min or until tender
Red/Green Cabbage	8 wedges	2 cups	--	30 min or until tender
Carrots	1 pound, chopped	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
<b>Red potatoes</b>	1-2 Lbs. cut up	2 cups	--	30 min or until tender
Red Potatoes (mash)	1-2 pounds whole	2 cups	--	1 hour or until tender
Russet Potatoes (mash)	1-2 pounds, sliced	2 cups	--	30 min or until tender
Sweet Potatoes (for mash)	1-2 pounds, sliced	2 cups	--	30 min or until tender
Broccoli	1-2 pounds	2 cups	--	30 min or until tender
Salmon fillets	1-2 pounds	3 cups	--	30 min or until cooked

