

## IMPORTANT NOTICE

If you have any problems with this unit, contact Consumer Relations for service at (866) 810-1142.

Please read operating instructions before using this product.  
Please keep original box and packing materials  
in the event that service is required.

**CELEBRITY COOKWARE, INC.**

Toll Free (866) 810-1142

Model RIGO0010

Printed In China

# USE & CARE

## HALOGEN OVEN



# RI ROBERT IRVINE

## THRIVE EACH DAY

## IMPORTANT SAFEGUARDS

Before using this electrical appliance, the following basic precautions should always be followed including the following:

### 1 READ ALL INSTRUCTIONS FIRST.

- 2 Before use check that the voltage of wall outlet corresponds to the one shown on the rating label.
- 3 Do not operate appliance with damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Call our toll free consumer hotline for information on examination, repair or adjustment.
- 4 Do not let cord hang over edge of table or hot surface.
- 5 Do not immerse plug, cord or Glass Lid Housing into water due to the risk of electric shock.
- 6 Close supervision is necessary when any appliance is used by or near children.
- 7 This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- 8 Always wear protective, insulated oven mitts or gloves when removing food items or handling the unit. THE OVEN GETS VERY HOT.
- 9 The exterior of the oven will become very hot during use. Do not touch hot surfaces. Use handles or knobs.
- 10 Always use the handle to remove the glass lid from the glass bowl. Never place the hot lid directly on the counter or any other surface. The hot lid must be placed on the lid rest only.
- 11 Make sure the appliance is clean and dry prior to use.
- 12 Do not place on or near a hot gas or electric burner, or in a heated oven or in a microwave oven.
- 13 The use of accessory attachments not recommended by the manufacturer may cause hazard or injury.
- 14 Do not operate the appliance for other than its intended use.
- 15 Do not use outdoors.
- 16 Do not touch or stare directly into the heater bulb.
- 17 Do not move the appliance when in use.
- 18 Use extreme caution when handling or disposing of hot oils or other hot liquids.
- 19 Do not place oversized food into the appliance, the glass lid must be completely closed.
- 20 Do not place paper, cardboard, plastic or other flammable materials inside the unit.
- 21 This appliance is off when the timer is in the 0 (off) position. When not in use, the oven should always remain unplugged from the wall outlet.

- 22 Unplug from main power socket when not in use.
- 23 Always use the tongs provided when handling racks.
- 24 Servicing and repair should only be conducted by a qualified technician.
- 25 A fire may occur if the oven is covered, touching, or near flammable material, including curtains, draperies, walls, and the like, when in operation. Do not store any item on top of the oven when in operation, or before the oven cools down.
- 26 Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning.

## SAVE THESE INSTRUCTIONS

### HOUSEHOLD USE ONLY

## WARNING

**CAUTION HOT SURFACES:** This appliance generates heat and steam may escape during use. Proper precautions must be taken to prevent the risk of burns, fires, or other injury to persons or damage to property.

- Do not place anything on top of the appliance while it is operating or while it is hot.
- All users of this appliance must read and understand this User's Manual before operating or cleaning this appliance.
- If this appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair a malfunctioning appliance.
- Do not leave this appliance unattended during use.
- TO PREVENT PERSONAL INJURY OR PROPERTY DAMAGE READ THE FOLLOWING SAFETY PRECAUTIONS TO PREVENT YOUR BOWL FROM BREAKING OR SHATTERING:
  - Avoid sudden temperature changes to the bowl. DO NOT add liquid to the hot glass bowl; DO NOT place the hot glass bowl on a wet or cool surface; directly on a countertop or metal surface, or in the sink; or handle the hot glass bowl with a wet cloth. Allow the hot glass bowl to cool on a cooling rack, potholder or dry cloth. Be sure to allow the hot glass bowl to cool before washing. Add a small amount of liquid sufficient to cover the bottom of the dish PRIOR to heating the glass bowl when cooking foods that may release liquid. Do not handle the hot glass bowl without dry potholders.

A short power supply cord is provided to reduce the hazards resulting from entanglement or tripping over long cord. Do not use extension cord as it can be pulled on by children causing the unit to tip over.

## Polarized Plug

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

## About Robert Irvine

*With more than 25 years in the culinary profession, there aren't many places Chef Robert Irvine hasn't cooked or challenges he hasn't had to cook his way out of. During his time in the British Royal Navy and in the years that followed, Robert has cooked his way through Europe, the Far East, the Caribbean and the Americas, in hotels, on the high seas and even for the Academy Award.*

*As the host of one of the Food Network's highest rated shows, Restaurant: Impossible, Robert is best known for saving struggling restaurants across America by assessing and overhauling the restaurant's weakest spots.*



*Robert also operates Nosh, a restaurant in Hilton Head South Carolina, and is the author of two cookbooks, Mission: Cook! and Impossible to Easy.*

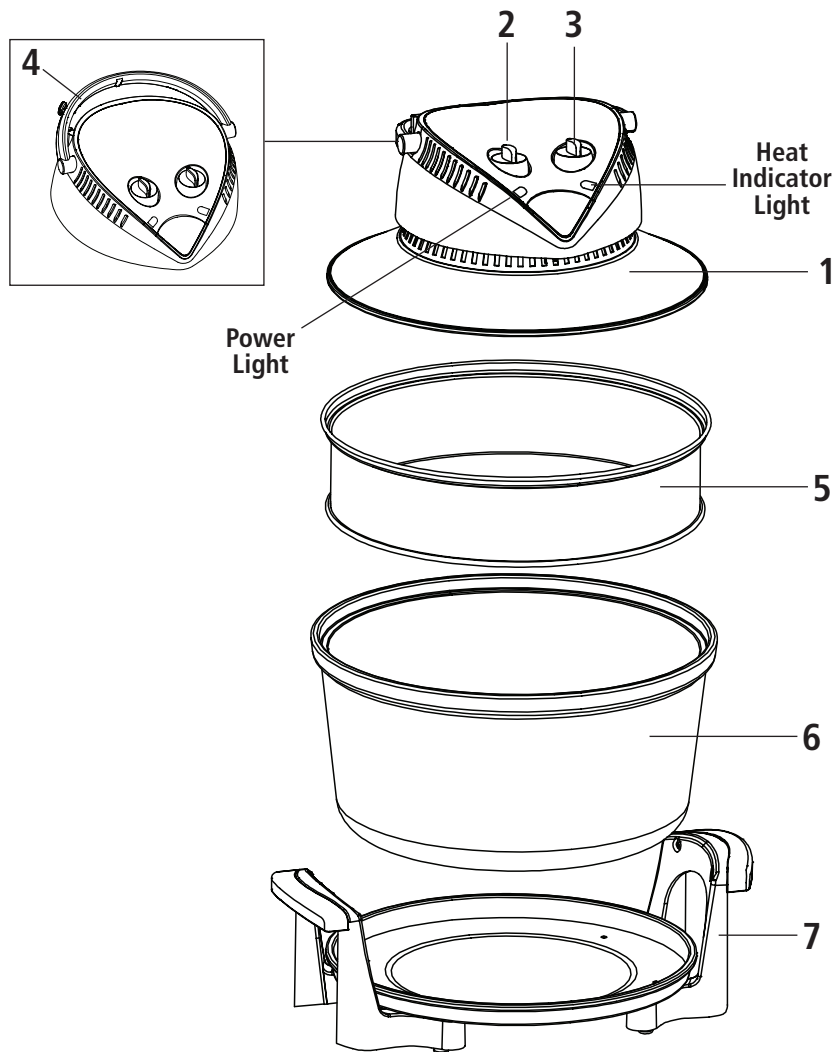
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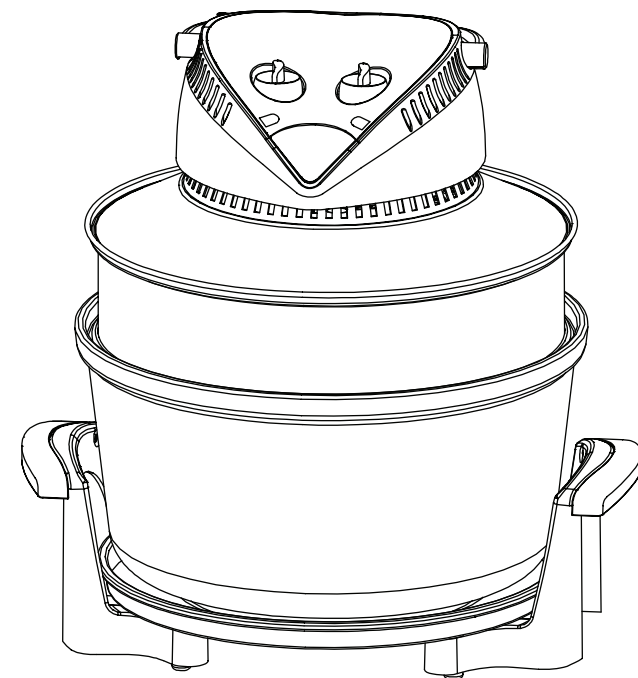
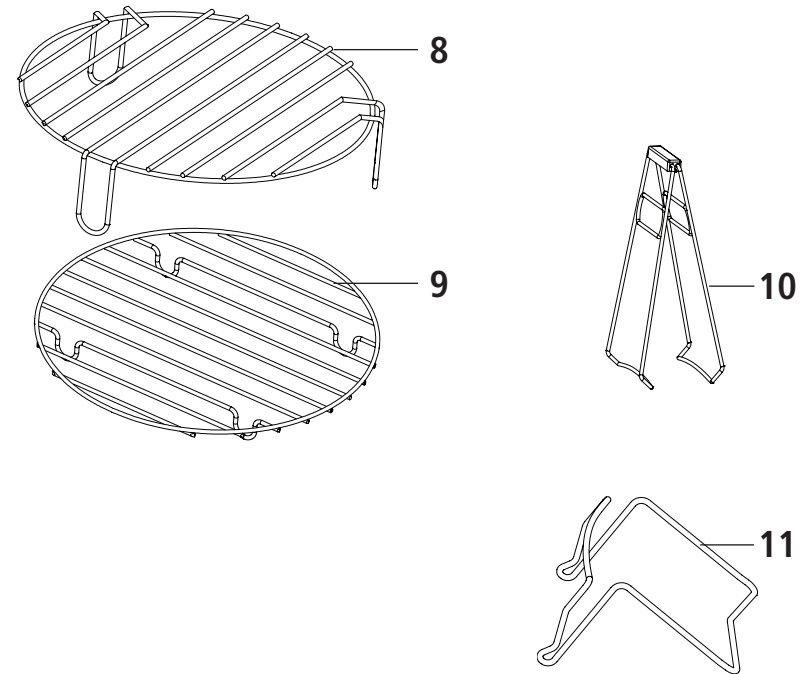


## Know Your Halogen Oven

- |                        |                      |
|------------------------|----------------------|
| 1. Glass Lid Housing   | 7. Bowl Base         |
| 2. Timer               | 8. High Cooking Rack |
| 3. Temperature Control | 9. Low Cooking Rack  |
| 4. Handle              | 10. Tongs            |
| 5. Extender Ring       | 11. Lid Rest Rack    |
| 6. Glass Bowl          |                      |



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## **Before Your First Use**

Become familiar with your oven and the functions before plugging in and using. Always unplug your oven and wait until all parts and oven body have completely cooled prior to cleaning. Ensure that you have removed all parts from the packaging materials by referencing the Know Your Oven section of this manual.

### **WARNING:**

Do not immerse the glass lid housing, cord, or plug in water or any other liquid. Do not use abrasive cleansers. Do not place glass lid into the dishwasher.

## **Quick Assembly**

- 1 Place the bowl base on a stable heat-proof surface. DO NOT place it near edge of countertop or table.
- 2 Place the glass bowl onto the bowl base.
- 3 Place the low and high cooking racks into the glass bowl.
- 4 Place the glass lid housing on top of the glass bowl. The glass lid housing should sit on the inner rim of the glass bowl.
- 5 If using extender ring, place it on top of the glass bowl then place the glass lid housing on top of the extender ring. Make sure the extender ring is resting on the inside lip of the glass bowl, and that the glass lid housing is sitting on the inside lip of the extender ring.

## **Using Your Halogen Oven**

- Place the oven on a stable, heat-proof surface and make sure it is not near the edge of the table or countertop.
- Always have enough space around the oven, so there is enough room for the glass lid housing to be placed in the lid rest rack when removed from the unit.
- Make sure you've placed the cooking racks inside the glass bowl prior to pre-heating and/or cooking.
- Always have the oven mitts ready to remove the lid and cooked food.
- You may use any oven safe containers inside the glass bowl. Always ensure that containers are placed on one of the racks provided to allow for proper air circulation.

### **PREHEATING:**

Make sure to insert the racks inside the oven prior to pre-heating. If pre-heating is required, set the required temperature using the temperature control knob. Set the timer to 10 minutes. Once the temperature has been reached, the halogen light will turn off. Now you can open the glass lid housing and place the food inside.

### **CAUTION:**

**When removing the glass lid housing always bring the handle to its upright position as this will activate the safety switch and turn the oven off. The oven will be very hot. If using extender ring, be careful as it will get very hot during the cooking process. It is strongly recommended to use oven mitts when removing the glass lid housing.**

### **IMPORTANT:**

**When turning the timer, DO NOT rotate the knob counterclockwise, as it may damage the timer. If you have set the timer for longer than required, turn the oven off and wait for the timer to naturally countdown. To turn the oven off, bring the handle to its upright position and unplug from the wall outlet.**

### **WARNING:**

**Do not touch the surface of the oven while it is on, it gets extremely hot and will remain hot for some time after you've turned the oven off. If using the extender ring, be extra careful as it will get very hot during cooking process.**

## Cooking With Your Halogen Oven

- 1 Place the cooking racks inside, use one or both racks, depending on the amount of food. If only one rack is needed use the lower rack unless a recipe states otherwise.

**NOTE:** If placing food that can fall through the cooking racks we suggest using both racks to create a smaller opening. Place the high cooking rack in first and then place the lower cooking rack on top to form a grid.

- 2 Place food to be cooked directly on rack (preferred method). This will allow the hot air to circulate around the food to be able to cook it faster and more even.
- 3 You can increase the capacity of your oven when cooking large foods such as a turkey (up to about 16 lbs). Your oven comes with the extender ring that you can place on top of the glass bowl.
- 4 Just place the flat part of the extender ring over the glass bowl's lip. The extender has its own lip that will create a perfect seal with the unit's lid.
- 5 Place the glass lid housing on top and close the safety handle back by sliding the handle switch to the right while pushing down. See Figure 1. Make sure to lower the handle until it snaps in with the tab. The handle **MUST** be flat down in its stored position for the oven to operate. See Figure 2.

**IMPORTANT:** The handle operates as a safety switch, as soon as it is lifted, the oven will turn off.

- 6 Plug the power cord into the electrical outlet.
- 7 Set the temperature control knob to the desired temperature. Refer to the cooking chart for reference.

Setting the temperature: Select the required heat setting by turning the temperature control clockwise. The oven will not turn ON until the cooking timer has been set and the handle has been placed down. The cooking time depends on the size and weight of the food to be cooked.

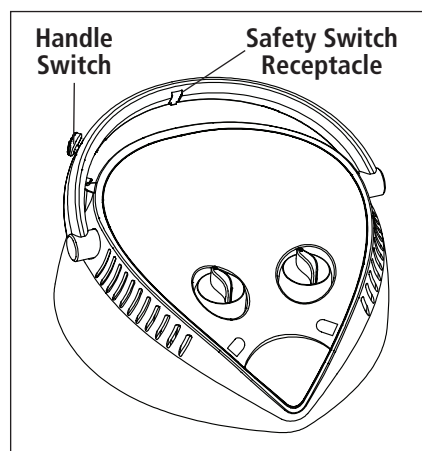


Figure 1

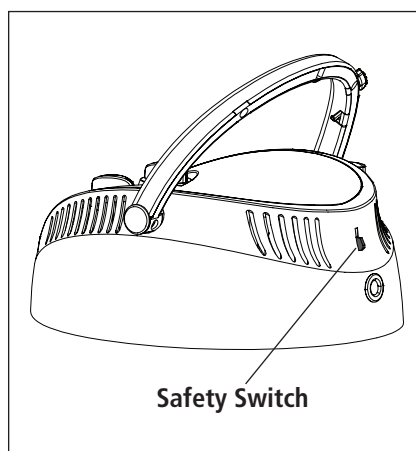


Figure 2

## Cooking With Your Halogen Oven (Cont.)

- 8 Set the timer to the shortest cooking time referenced in the recipe or chart. Refer to the cooking times/temperature guide for reference.

Setting the cooking time: Select the required cooking time by turning the timer clockwise (from 0 to 60 minutes). Once the time has been set, the halogen element and the fan will turn on.

The power light (green) and heat indicator light (orange) will illuminate. The halogen element along with the power light (green) will keep cycling on & off to maintain the set temperature.

- 9 If you haven't lowered the handle already, make sure to lower it until it snaps in. The handle **MUST** be flat down in its stored position for the oven to operate.

**IMPORTANT:** The handle operates as a safety switch, as soon as it is lifted, the oven will turn off.

- 10 If at any time you need to check on the food, simply lift the handle up to turn the oven off.

**CAUTION:** Before removing the glass lid housing always bring the handle to its upright position as this will activate the safety switch and turn the oven off. The oven will be very hot. If using extender ring, be extra careful as it will get very hot during cooking process. It is strongly recommended to use oven mitts when removing the glass lid.

- 11 When the timer reaches the OFF position, the oven will turn off automatically. Remove the glass lid housing. Check to make sure the food is fully cooked. To ensure the food is cooked, use a cooking thermometer or pierce the food with a fork to check for uncooked juices on meats and poultry. When cooking vegetables, check for desired tenderness. Moisture may build up inside the oven when cooked food is not removed soon after timer has gone off. The steam/moisture build-up can be avoided by removing the food as soon as it is cooked.

**CAUTION:** Before removing the glass lid housing always bring the handle to its upright position as this will activate the safety switch and turn the oven off. The oven will be very hot. If using extender ring, be extra careful as it will get very hot during cooking process. It is strongly recommended to use oven mitts when removing the glass lid.

- 12 Use the tongs provided to lift out the hot cooking racks with food.

## Suggested Cooking Times

### NOTE:

Refer to the below cooking times as a guide only. Time may vary according to the weight of the food, adjust to your preference. Always make sure to refer to the Internal Food Temperature Guide on the next page.

### ADAPTING RECIPES:

As a general rule to adapt recipes from a conventional oven use the same temperature but reduce the time by 20%. Food doneness is determined by internal temperature, not cooking time. Always use a meat thermometer to test the temperature before consuming. See Safe Internal Temperature Chart from the USDA within this manual.

TYPE	WEIGHT	TEMP (F)	COOKING TIME
<b>POULTRY</b>			
Chicken (Whole)	3-4 lbs	350	95 min
Chicken (Whole)	5-6 lbs	350	95-110 min
Chicken (Whole)	7-8 lbs	350	95-110 min
Chicken - 8pc Barbecue	3-4 lbs	350	50 min
Chicken - Butterflied	4 lbs	350	50 min
Chicken Breast, Boneless	< 1 lb	350	25-30 min
Chicken Breast, Boneless	1-2 lbs	350	30-35 min
Chicken Parts (Legs, Thighs)	3 lbs	350	35 min
Chicken Parts (Legs, Thighs)	5 lbs	350	40 min
Turkey, Unstuffed	9-10 lbs	325	130-145 min
Turkey, Unstuffed	11-12 lbs	325	145 min
Turkey, Unstuffed	13-14 lbs	325	145-180 min
Turkey Breast	4-5 lbs	325	80 min
Turkey Breast	6-7 lbs	325	110 min
<b>BEEF</b>			
Roast Beef (Eye Round)	2-3 lbs	325	95 min
Roast Beef (Eye Round)	4-5 lbs	325	120 min
Roast Beef (Eye Round)	6-7 lbs	325	180 min
Prime Rib	6.5 lbs	400	120 min
Braised Beef	4-5 lbs	325	170 min
Ribeye Steak	10-12 oz	450	10 min
<b>PORK</b>			
Pork Roast (Shoulder)	2-3 lbs	325	50 min
Pork Roast (Shoulder)	4-5 lbs	325	80 min
Pork Roast (Shoulder)	6-7 lbs	325	100 min
Fresh Ham (Shank)	10-11 lbs	350	170-190 min
Pork Loin	4-5 lbs	325	60 min
<b>FISH</b>			
Salmon Filet	< 1 lb	400	8-10 min
Salmon Filet	1-2 lbs	400	15-18 min

## Internal Food Temperature Guide

Safe steps in food handling, cooking, and storage are essential in preventing foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four guidelines to keep food safe:

- **Clean** - Wash hands and surfaces often.
- **Separate** - Separate raw meat from other foods.
- **Cook** - Cook to the right temperature.
- **Chill** - Refrigerate food promptly.

Cook all food to these minimum internal temperatures as measured with a food thermometer before removing food from the heat source. For reasons of personal preference, consumers may choose to cook food to higher temperatures.

PRODUCT	MINIMUM INTERNAL TEMPERATURE & REST TIME
<b>Beef, Pork, Veal &amp; Lamb</b> Steaks, chops, roasts	145°F (62.8°C) and allow to rest for at least 3 minutes
<b>Ground meats</b>	160°F (71.1°C)
<b>Ham</b> , fresh or smoked (uncooked)	145°F (60°C) and allow to rest for at least 3 minutes
<b>Fully Cooked Ham</b> (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140°F (60°C) and all others to 165°F (73.9°C)

PRODUCT	MINIMUM INTERNAL TEMPERATURE
<b>All Poultry</b> (breasts, whole bird, legs, thighs, and wings, ground poultry, and stuffing)	165°F (73.9°C)
<b>Eggs</b>	160°F (71.1°C)
<b>Fish &amp; Shellfish</b>	145°F (62.8°C)
<b>Leftovers</b>	165°F (73.9°C)
<b>Casseroles</b>	165°F (73.9°C)

## Care and Cleaning

Make sure you turn off and unplug the unit before cleaning it. **Always wait until the unit cools down completely.** Thoroughly wash the glass bowl, bowl base, extender ring, cooking racks and tongs in hot soapy water and allow to dry completely. You may also place the glass bowl and cooking racks into the dishwasher.

**WARNING:** Do not immerse the glass lid housing with control knobs, cord, or plug in water or any other liquid. Do not use abrasive cleansers. Do not place glass lid housing into the dishwasher.

Once unplugged from the power outlet, the surface of the glass lid can be carefully wiped clean using a damp cloth or sponge. All parts must be dry before next use. When storing the unit, always make sure ALL parts are DRY, to avoid any moisture collecting in the lid.

# BREAKFAST HAM & CHEESE CASSEROLE

INGREDIENT	QUANTITY	MEASUREMENT
NONSTICK COOKING SPRAY		
COOKED DICED HASH BROWN POTATOES	2	CUPS
SAUTEED DICED ONIONS	0.5	CUP
DICED LOW SODIUM HAM	0.75	CUP
REDUCED FAT SWISS CHEESE	0.5	CUP
MILK	1	CUP
ALL PURPOSE FLOUR	1	TBSP
EGGS, WHISKED	1	CUP
CHOPPED CHIVES	1	TBSP
SALT AND PEPPER	DASH	

## METHOD

COAT A MEDIUM SIZE BAKING DISH WITH NONSTICK COOKING SPRAY. PLACE THE POTATOES AND SAUTEED ONIONS IN THE BOTTOM OF THE COATED BAKING DISH. NEXT, SPRINKLE THE HAM AND CHEESE INTO THE DISH (MAKE SURE THE DISH WILL FIT INTO THE OVEN).

IN A MIXING BOWL, STIR THE MILK INTO THE FLOUR UNTIL SMOOTH THEN ADD IN THE EGGS, CHIVES, SALT AND PEPPER. POUR THE EGG MIXTURE OVER THE CASSEROLE DISH WITH THE OTHER INGREDIENTS IN IT.

PLACE THE CASSEROLE DISH ONTO THE LOW COOKING RACK AND BAKE AT 325°F WITH EXTENDER RING FOR 20 TO 22 MINUTES. TEST THE CASSEROLE FOR DONENESS BY INSERTING A KNIFE IN THE CENTER. IF IT COMES OUT CLEAN, IT IS DONE.

SERVE THE CASSEROLE WHILE HOT.

# WHOLE WHEAT FRENCH TOAST BAKE

INGREDIENT	QUANTITY	MEASUREMENT
BUTTER	1	TBSP
BROWN SUGAR	0.25	CUP
MAPLE SYRUP	0.25	CUP
SLICED WHOLE WHEAT BREAD	8	SLICES
EGGS	3	EACH
MILK	0.75	CUP
VANILLA EXTRACT	1	TSP
SALT	0.25	TSP
GROUND CINNAMON	0.25	TSP
FOR GARNISH		
FRESH STRAWBERRIES, CUT INTO 1/4	0.25	CUP
FRESH BLUEBERRIES	0.25	CUP

## METHOD

MELT THE BUTTER WITH THE BROWN SUGAR AND MAPLE SYRUP IN A SMALL SAUTE PAN. STIR UNTIL SMOOTH AND POUR INTO A 8 X 8 CASSEROLE OR BAKING DISH. ARRANGE THE SLICED WHOLE WHEAT BREAD INTO THE PAN. IN A MIXING BOWL, WHISK TOGETHER THE EGGS, MILK, VANILLA EXTRACT, SALT AND CINNAMON. POUR OVER THE BREAD, COVER AND PLACE IN THE FRIDGE FOR 30 MINUTES OR UP TO OVERNIGHT.

PLACE BAKING DISH ON THE LOW COOKING RACK WITHOUT EXTENDER RING AND BAKE AT 375°F FOR 15 TO 18 MINUTES.

AFTER DONE GARNISH WITH FRESH BERRIES AND SERVE WARM.



## TURKEY SAUSAGE BRUNCH BAKE

INGREDIENT	QUANTITY	MEASUREMENT
GRAPESEED OIL	2	TBSP
ONIONS, JULIENNED	0.5	CUP
SALT AND PEPPER	DASH	
SMOKED TURKEY KIELBASA , LG. DICED	2	CUPS
SCALLIONS, CHOPPED	3	EACH
EGGS	4	EACH
MILK	1.5	CUPS
SHREDDED CHEDDAR CHEESE	1	CUP
POTATO ROLLS, DICED INTO 1 INCH CUBES	4	CUPS

NONSTICK COOKING SPRAY

### METHOD

IN A HOT SAUTE PAN, ADD THE OIL AND SAUTE THE ONIONS FOR 3 MINUTES UNTIL TENDER AND SEASON WITH SALT AND PEPPER. ADD THE SAUSAGE AND CONTINUE TO COOK FOR 1 MINUTE. REMOVE FROM HEAT AND SET ASIDE.

IN A SEPARATE MIXING BOWL MIX THE SCALLIONS, EGGS, MILK AND CHEESE. ADD THE DICED BREAD AND THE SMOKED TURKEY KIELBASA AND VEGGIE MIXTURE. TOSS ALL INGREDIENTS TOGETHER AND TRANSFER TO A BAKING CASSEROLE DISH THAT HAS BEEN COATED WITH NONSTICK COOKING SPRAY.

PLACE THE CASSEROLE DISH ONTO THE LOW COOKING RACK WITH EXTENDER RING AND COOK AT 350°F FOR 25 TO 30 MINUTES UNTIL DONE. SERVE HOT.

## AIR FRIED CHICKEN

INGREDIENT	QUANTITY	MEASUREMENT
BONE IN CHICKEN, SKIN ON	4	PCS
BUTTERMILK	0.75	CUP
POULTRY SEASONING	1	TSP
FRESH LEMON JUICE	0.5	LEMON
SALT	1	DASH
PEPPER	1	DASH
SEASONED BREADCRUMBS	1	CUP
GARLIC POWDER	2	TSP
ONION POWDER	2	TSP
PAPRIKA	1	TSP
EGG	1	EACH
EGG WHITE FROM EGG	2	EACH
NONSTICK COOKING SPRAY		

### METHOD

PLACE THE BUTTERMILK, POULTRY SEASONING, PAPRIKA, LEMON JUICE, SALT AND PEPPER IN A BOWL AND MIX WELL. ADD THE CHICKEN TO THE BUTTERMILK MIXTURE. COAT THE CHICKEN WITH THE BUTTERMILK MIXTURE AND REFRIGERATE FOR 2 HOURS OR UP TO OVERNIGHT.

PLACE THE EGG AND EGG WHITES IN A MIXING BOWL AND WHISK WELL. IN A SEPARATE MIXING BOWL, MIX THE BREADCRUMBS TOGETHER WITH THE GARLIC POWDER, AND ONION POWDER.

SPRAY THE LOW COOKING RACK WITH THE NONSTICK COOKING SPRAY.

REMOVE THE CHICKEN FROM THE BUTTERMILK MARINADE AND COAT THE CHICKEN IN THE EGG MIX. ONCE COVERED WITH EGG, PLACE THE EGG COATED CHICKEN INTO THE BREAD CRUMB MIX, 1 PIECE AT A TIME, AND COAT THE CHICKEN WELL WITH THE BREADING.

PLACE CHICKEN SKIN SIDE DOWN ON THE LOW COOKING RACK WITHOUT EXTENDER RING. SPRAY CHICKEN WITH NONSTICK COOKING SPRAY TO ALLOW TO CRISP UP AND KEEP THE BREADCRUMBS FROM COMING OFF IN THE OVEN. SET FOR 20 MINUTES ON 400°F AND START. WHEN DONE, FLIP THE CHICKEN OVER AND COOK ANOTHER 20 MINUTES AT THE SAME TEMP. REMOVE CHICKEN RIGHT AWAY WHEN DONE TO KEEP CRISPY.

## CHICKEN PARMESAN

INGREDIENT	QUANTITY	MEASUREMENT
6 OZ CHICKEN BREAST	4	EACH
LOW FAT ITALIAN DRESSING	0.25	CUP
SEASONED BREADCRUMBS	1	CUP
SHREDDED MOZZARELLA CHEESE	1	CUP
GRATED PARMESAN CHEESE	2	TBSP
LOW SODIUM MARINARA SAUCE	1	CUP

### METHOD

IN A MIXING BOWL, TOSS THE CHICKEN WITH THE DRESSING AND THEN ROLL THE BREADCRUMBS.

PLACE ON THE LOW COOKING RACK AND COOK AT 400°F WITHOUT EXTENDER RING FOR 8 MINUTES ON EACH SIDE.

OPEN THE OVEN WHEN CHICKEN IS DONE AND SPOON SAUCE ON EACH ONE AND TOP WITH BOTH CHEESES.

COOK CHICKEN PARMESAN AT 400°F FOR 2 TO 3 MINUTES LONGER UNTIL CHEESE IS MELTED.

## BARBEQUE RIBS

INGREDIENT	QUANTITY	MEASUREMENT
PORK SPARERIBS	5	LBS
SALT	1	TSP
PEPPER	0.5	TSP
KETCHUP	1	CUP
LOW SODIUM SOY SAUCE	0.25	CUP
WORCESTERSHIRE SAUCE	0.25	CUP
BROWN SUGAR	1	CUP
ORANGE JUICE	0.25	CUP
GARLIC, MINCED	3	CLOVES
DRY MUSTARD POWDER	1	TSP
ONION POWDER	1	TSP
PAPRIKA	1	TSP
CUMIN POWDER	1	DASH
CHILI POWDER	1	DASH

### METHOD

CUT THE RIBS TO FIT ONTO THE LOW COOKING RACK AND BAKE AT 400°F WITHOUT EXTENDER RING FOR 12 MINUTES. FLIP THE RIBS OVER AND CONTINUE TO COOK FOR ANOTHER 12 MINUTES.

WHILE RIBS ARE COOKING, MIX THE REST OF THE INGREDIENTS TOGETHER IN A MIXING BOWL.

COAT THE RIBS WITH 1/2 OF THE SAUCE, WRAP IN FOIL, AND MARINATE FOR AT LEAST 30 MINUTES, OR UP TO OVERNIGHT.

PLACE THE MARINATED RIBS ON THE LOW COOKING RACK AND COOK AT 225°F FOR 30 MINUTES ON EACH SIDE.

BASTE WITH REMAINING SAUCE UPON FLIPPING.

## PUTTANESCA TUNA BURGERS

INGREDIENT	QUANTITY	MEASUREMENT
FRESH RAW TUNA, LG. DICED	3.5	LBS
MINCED CAPERS	3	TBSP
MINCED RAISINS	3	TBSP
MINCED GARLIC	1	TSP
MINCED BLACK OLIVES	3	TBSP
MINCED RED ONION	3	TBSP
DRY OREGANO	1	TSP
RED PEPPER FLAKES	.5	TSP
CHOPPED PARSLEY	.33	CUP
TOASTED PINENUTS	3	TBSP
EXTRA VIRGIN OLIVE OIL	.33	CUP
SALT AND PEPPER	TO TASTE	

SLICED RED ONIONS, GRILLED  
 ROASTED RED PEPPERS  
 PESTO  
 WHOLE WHEAT HAMBURGER ROLLS  
 NONSTICK COOKING SPRAY

### METHOD

PLACE RAW DICED TUNA IN A FOOD PROCESSOR AND ROUGH MINCE THE TUNA. REMOVE MINCED TUNA FROM THE PROCESSOR AND PLACE IN A CHILLED MIXING BOWL. MIX IN ALL THE OTHER INGREDIENTS WITH THE TUNA AND SEASON TUNA BURGER MIX WITH SALT AND PEPPER. FORM 7 OZ TUNA BURGER PATTIES AND KEEP IN FRIDGE UNTIL READY TO COOK.

SPRAY THE TUNA BURGER PATTIES WITH NONSTICK COOKING SPRAY AND PLACE THE BURGERS ON THE HIGH COOKING RACK. COOK AT 400°F WITHOUT EXTENDER RING ON EACH SIDE FOR 3 TO 4 MINUTES FOR MEDIUM.

SPREAD PESTO ON BOTTOM BUNS AND PLACE THE BURGERS ON TOP OF PESTO.

GARNISH THE TOP OF THE BURGERS WITH THE CHARRED RED ONIONS AND ROASTED RED PEPPERS.

## LUMP CRAB CAKES WITH TARTAR SAUCE

INGREDIENT	QUANTITY	MEASUREMENT
EGG	1	EACH
MAYO	0.25	CUP
DIJON MUSTARD	1	TBSP
CHOPPED PARSLEY	1	TSP
CHOPPED CHIVES	1	TSP
OLD BAY SEASONING	0.5	TSP
WORCESTERSHIRE SAUCE	1	TSP
TABASCO SAUCE	1	DASH
FRESH LEMON JUICE	0.5	LEMON
SALT AND PEPPER	1	DASH
LUMP CRAB MEAT	1	LB
PANKO BREADCRUMBS	0.33	CUP

### TARTAR SAUCE

MAYO	1	CUP
DIJON MUSTARD	2	TSP
FRESH LEMON JUICE	0.5	LEMON
MINCED CAPERS	2	TBSP
MINCED DILL PICKLES	2	TBSP
MINCED WHITE ONION	1	TBSP

NONSTICK COOKING SPRAY

AS NEEDED

### METHOD

IN A MIXING BOWL, MIX THE EGG, .25 CUP MAYO, 1 TBSP MUSTARD, PARSLEY, CHIVES, OLD BAY SEASONING, WORCESTERSHIRE SAUCE, TABASCO SAUCE, 1/2 SQUEEZED LEMON, SALT AND PEPPER.

FOLD CRAB MEAT AND BREADCRUMBS INTO THE MIXTURE AND MIX GENTLY.

FORM CRAB MIXTURE INTO 3 INCH CAKES AND 1 INCH THICK.

PLACE FOIL ONTO THE LOW COOKING RACK (NO EXTENDER RING) AND SPRAY FOIL WITH NONSTICK COOKING SPRAY. PLACE THE CRAB CAKES ON THE FOIL AND BAKE AT 400°F FOR 8 MINUTES.

FOR THE TARTAR SAUCE, MIX ALL INGREDIENTS TOGETHER AND SERVE WITH CRAB CAKES ON THE SIDE.

## CITRUS BAKED SALMON WITH BLACK BEAN SALSA

INGREDIENT	QUANTITY	MEASUREMENT
6 OZ SALMON FILETS	4	EACH
FRESH LEMON JUICE	0.5	LEMON
LEMON ZEST	1	LEMON
DIJON MUSTARD	1	TSP
GRAPESEED OIL	1	TBSP
PEPPER	0.5	TSP
<b>BLACK BEAN SALSA</b>		
COOKED BLACK BEANS (DRAINED & RINSED)	1	CUP
DICED TOMATO	0.5	CUP
DICED RED ONION	0.25	CUP
DICED AVOCADO	1	EACH
CHOPPED CILANTRO	1	TBSP
FRESH LEMON JUICE	0.5	LEMON
GRAPESEED OIL	1	TBSP
RED WINE VINEGAR	1	TBSP
SALT AND PEPPER	DASH	

### METHOD

IN A MIXING BOWL, WHISK TOGETHER LEMON JUICE, ZEST, MUSTARD, GRAPESEED OIL AND PEPPER.

PLACE THE SALMON ON A DISH AND POUR MARINADE OVER TOP OF THE FISH AND PLACE IN THE FRIDGE FOR 10 MINUTES.

WHILE SALMON IS MARINATING, MIX THE BLACK BEAN SALSA INGREDIENTS TOGETHER, ADDING THE AVOCADO LAST SO IT DOESN'T GET TOO SMASHED UP. PLACE SALSA IN THE FRIDGE UNTIL READY TO SERVE WITH THE FISH.

PLACE THE SALMON FILETS ON THE HIGH COOKING RACK (NO EXTENDER RING) AND COOK AT 400°F FOR 7 TO 8 MINUTES.

TOP THE COOKED SALMON WITH THE BLACK BEAN SALSA AND SERVE.

## HERB CRUSTED LEG OF LAMB WITH ROOT VEG

INGREDIENT	QUANTITY	MEASUREMENT
BONELESS LEG OF LAMB, FAT TRIMMED	3 TO 4	LBS
SMALL RED BLISS POTATOES, CUT 1/2	7	EACH
PARSNIPS, CUT ON BIAS CUT	4	EACH
CELERY ROOT, LARGE DICED	1	EACH
CARROTS, CUT ON BIAS CUT	3	EACH
GRAPE SEED OIL	3	TBSP
SALT AND PEPPER (FOR VEG)		
FRESH THYME, CHOPPED	1	BUNCH
FRESH ROSEMARY, CHOPPED	1	BUNCH
DIJON MUSTARD	0.25	CUP
GARLIC CLOVES, WHOLE	10	EACH
SALT AND PEPPER (FOR LAMB)	4	DASHES

### METHOD

CUT ALL THE VEGETABLES AND PLACE IN A MIXING BOWL. SEASON WITH SALT AND PEPPER THEN PLACE THE SEASONED VEGETABLES ON THE LOW COOKING RACK.

ON A CUTTING BOARD, PIERCE THE FAT SIDE OF THE LAMB LEG IN TEN AREAS AND FILL EACH HOLE WITH A WHOLE GARLIC CLOVE. NEXT, SPREAD THE MUSTARD OVER THE LAMB AND SEASON WITH CHOPPED THYME, ROSEMARY, SALT AND PEPPER.

PLACE THE LAMB ON TOP OF THE VEGETABLES ON THE LOW COOKING RACK. COOK AT 400°F WITHOUT EXTENDER RING FOR 20 MINUTES, THEN REDUCE TO 375°F FOR 20-25 MINUTES OR UNTIL THE VEGETABLES ARE TENDER AND CRAMELIZED AND THE LAMB HAS REACHED 135°F TO 140°F INTERNAL TEMP FOR MEDIUM RARE TO MEDIUM.



## CUBAN RUBBED N.Y. STRIP STEAKS W/ ASPARAGUS

INGREDIENT	QUANTITY	MEASUREMENT
8 OZ NEW YORK STRIP STEAKS	3	EACH
GROUND CUMIN	1	TSP
PAPRIKA	1.5	TBSP
GARLIC POWDER	1	TSP
OLD BAY SEASONING	1	TBSP
SUGAR	1	TSP
CAYENNE PEPPER	1	DASH
DRIED THYME	0.5	TSP
ASPARAGUS, TRIMMED	12	EACH
GRAPE SEED OIL	2	TSP
FRESH LEMON JUICE	1	LEMON
SALT AND PEPPER	DASH	

### METHOD

TOSS ASPARAGUS IN GRAPESEED OIL, LEMON JUICE, SALT AND PEPPER. ARRANGE ON LOW COOKING RACK.

RUB BOTH SIDES OF THE STEAK WITH THE RUB AND PLACE THE STEAKS ON THE HIGH COOKING RACK.

COOK AT 400°F (NO EXTENDER RING) FOR 6-7 MINUTES PER SIDE FOR MEDIUM RARE, 400°F FOR 7-9 MINUTES PER SIDE FOR MEDIUM AND 400°F FOR 9 -11 MINUTES PER SIDE FOR WELL-DONE STEAKS.

## APPLE CRISP WITH VANILLA ICE CREAM

INGREDIENT	QUANTITY	MEASUREMENT
GRANNY SMITH APPLES, CORED & SLICED	6	EACH
GRANULATED SUGAR	2	TBSP
GROUND CINNAMON	.5	TSP
SALT	0.25	TSP
CORN STARCH	1	TSP
BROWN SUGAR	0.5	CUP
ROLLED OATS	0.5	CUP
A P FLOUR	0.33	CUP
COLD DICED BUTTER	4	TBSP
NONSTICK COOKING SPRAY		
VANILLA ICE CREAM	1	PT

### METHOD

COMBINE THE SLICED APPLES, GRANULATED SUGAR, CINNAMON, SALT, AND CORN STARCH IN A MIXING BOWL AND TOSS TO COAT. PLACE THE APPLE MIXTURE A 8X8 INCH PAN COATED WITH NONSTICK COOKING SPRAY.

USING THE SAME MIXING BOWL, MIX TOGETHER THE BROWN SUGAR, OATS AND FLOUR. WITH YOUR FINGER TIPS, BLEND IN THE BUTTER PIECES UNTIL SMALL CLUMPS FORM AND THE BUTTER IS WELL INCORPORATED, TAKES ABOUT 2 MINUTES.

SPRINKLE THE TOPPING EVENLY OVER THE APPLES AND PLACE THE PAN ONTO THE LOW COOKING RACK. BAKE AT 375°F WITHOUT EXTENDER RING FOR 20 -25 MINUTES UNTIL APPLES ARE TENDER.

SERVE WARM WITH VANILLA ICE CREAM.

## SWEET POTATO BREAD PUDDING

INGREDIENT	QUANTITY	MEASUREMENT
SLICED TEXAS TOAST	0.5	LOAF
EGGS	2	EACH
WATER	1.25	CUPS
SWEET CONDENSED MILK	1	14 OZ CANS
VANILLA EXTRACT	1	TSP
GROUND CINNAMON	1	TSP
GOLDEN RAISINS	0.25	CUP
BUTTER	2	TBSP
SWEET POTATO PUREE	0.75	CUP

NONSTICK COOKING SPRAY

### METHOD

DICE BREAD AND RESERVE. NEXT OVER MEDIUM HEAT IN A SAUCE POT, ADD THE WATER RAISINS, BUTTER AND CONDENSED MILK. HEAT FOR 10 MINUTES TO INCORPORATE THE FLAVORS. THIS WILL NOW BE THE CREAM BASE FOR THE PUDDING. REMOVE FROM THE HEAT AND ADD THE VANILLA, SPICES AND SWEET POTATO PUREE. ONCE MIXTURE IS COOL ADD THE EGGS. MIX WELL AND FOLD INTO THE CUT BREAD. PAN UP THE MIXTURE INTO A 8 X 8 INCH PAN THAT HAS BEEN COATED WITH NONSTICK COOKING SPRAY.

PLACE THE DISH OF BREAD PUDDING ONTO THE LOW COOKING RACK WITH EXTENDER RING AND BAKE AT 400°F FOR 15 TO 18 MINUTES. TEST THE BREAD PUDDING FOR DONENESS BY INSERTING A KNIFE IN THE CENTER. IF IT COMES OUT CLEAN IT IS DONE. SERVE THE SWEET POTATO BREAD PUDDING WARM.

## CHOCOLATE CHIP WHOLE WHEAT PECAN BARS

INGREDIENT	QUANTITY	MEASUREMENT
BROWN SUGAR	1	CUP
BUTTER	0.33	CUP
EGG	2	EACH
VANILLA EXTRACT	1	TSP
WHOLE WHEAT FLOUR	2	CUPS
GROUND FLAXSEED	2	TBSP
BAKING POWDER	0.5	TSP
BAKING SODA	ONE-EIGHTH	TSP
SEMI-SWEET CHOCOLATE CHIPS	0.5	CUP
CHOPPED PECAN PIECES	0.5	CUP

NONSTICK COOKING SPRAY

### METHOD

HEAT BROWN SUGAR AND BUTTER IN A SAUCEPAN AND STIR UNTIL MIXTURE STARTS TO BUBBLE. TAKE OFF OF THE HEAT AND ALLOW TO SLIGHTLY COOL. STIR IN THE EGGS AND THE VANILLA AND MIX WELL. STIR IN THE WHOLE WHEAT FLOUR, BAKING POWDER AND BAKING SODA AND MIX WELL ADD IN THE HALF OF THE CHOCOLATE CHIPS AND MIX AGAIN. SPREAD THE MIXTURE INTO A 8 X 8 PAN THAT HAS BEEN COATED WITH NONSTICK COOKING SPRAY.

SPRINKLE WITH REST OF CHOCOLATE CHIPS AND PECAN PIECES. PLACE ON THE LOW COOKING RACK AND COOK AT 325°F WITH EXTENDER RING FOR 20 TO 22 MINUTES UNTIL EDGES OF THE PAN ARE BROWN.

REMOVE FROM THE OVEN AND ALLOW TO COOL. CUT INTO SQUARES ONCE COOL AND SERVE.

## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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This warranty covers all defects in workmanship or materials of the accessories, arising under normal usage and care, in this product for a period of 12 months from the date of purchase. A valid proof-of-purchase is required. A valid proof-of-purchase is a receipt specifying item, date purchased, and cost of item. A gift receipt with date of purchase and item is also an acceptable proof-of-purchase.

This warranty covers the original retail purchaser or gift recipient. During the applicable warranty period, we will repair or replace, at our discretion, any mechanical or electrical part which proves defective, or replace unit with a comparable model. To obtain service under the terms of this warranty, call Toll Free (866) 810-1142.

THIS LIMITED WARRANTY COVERS UNITS PURCHASED AND USED WITHIN THE UNITED STATES AND DOES NOT COVER:

- Damages from improper installation.
- Defects other than manufacturing defects.
- Damages from misuse, abuse, accident, alteration, lack of proper care and maintenance, or incorrect current or voltage.
- Damage from service by other than an authorized dealer or service center.

This warranty gives you special legal rights and you may also have other rights to which you are entitled which may vary from state to state.

Shipping and handling charges may apply.