

BIG BOSS™
DIGITAL OIL-LESS
FRYER
WITH 8 PRESETS

RECIPE
BOOK

Also includes
roasting and
baking recipes



BIG BOSS™ DIGITAL OIL-LESS FRYER ITEM NO. 8925
Distributed By EMSON® NY, NY 10001 ©Copyright 2013
EMSON® All Rights Reserved. Printed in China.

Contents

Oil-Less Fryer Recipes

- 5 Poultry
- 9 Beef, Pork & Lamb
- 13 Fish & Seafood
- 17 Stir Fry
- 21 Side Dishes
- 25 Desserts

Roasting and Baking Recipes

- 27 Poultry
- 33 Beef
- 37 Pork & Lamb
- 41 Fish & Seafood
- 43 Side Dishes
- 45 Desserts

Appliance that tops all ovens, stove tops and microwaves.

Traditional frying and cooking - reinvented. Introducing BIG BOSS™ Digital Oil-Less Fryer, the energy efficient tabletop cooker that combines conduction heat, convection & infrared technology leaving foods moist on the inside & browned & crispy on the outside without the use of added fats or oils.

- Triple Cooking Power: Conduction, Convection & Infrared Heat
- Prepares Crispy Fried Foods With Little Or No Oil
- Features 8 presets for hassle-free cooking
- Quickly Cooks From Frozen, No Thawing Time Needed
- Mesh Basket & 2 Racks Cook Multiple Foods At The Same Time
- Uses Less Energy, Cooking Up To 3x Faster

NOTE: The below cooking times and temperatures are pre-programmed into the unit. The Time and Temperature will display automatically (refer to guide below). Once the desired preset button is pressed, you can change the cooking time and temperature using the adjustment buttons (+ / -).

TYPE OF FOOD	RACK HEIGHT	COOKING TEMP.	COOKING TIME
French Fries	LOW	450°F	20 min
Onion Rings	LOW	450°F	15 min
Breaded Fish	LOW	400°F	18 min
Breaded Chicken Pieces	LOW	375°F	35 min
Breaded Chicken Cutlets	LOW	400°F	20 min
Potato Chips	LOW	450°F	15 min
Potato Wedges	LOW	450°F	25 min
Thaw/Wash/Dehydrate	LOW	260°F	1 hour



Oil-Less Frying Poultry

TERIYAKI CHICKEN WINGS Appetizer

PREP TIME: 25 minutes COOK TIME: 30 minutes SERVES: 4

1 dozen chicken wings	2 teaspoons ginger
¾ cup soy sauce	zest from ½ lemon
1 tablespoon honey	sesame seeds
1 teaspoon garlic powder	

1. In a low glass baking dish add soy sauce, honey, garlic powder, ginger, and zest. Stir well to blend. Add wings, marinate for 20 minutes.
2. Place lower cooking rack in unit. Place mesh basket over the cooking rack, add chicken wings on top.
3. Set oven to 375°F and fry 25-30 minutes.

SWEET AND SOUR CHICKEN BITES Appetizer

PREP TIME: 5 minutes COOK TIME: 20 minutes SERVES: 6

1 pound ground chicken	Sauce:
1 egg	1 cup pineapple juice
¼ cup bread crumbs	3 tablespoons corn starch
1 teaspoon Worcestershire sauce	1 tablespoon brown sugar
½ teaspoon salt	2 tablespoons vinegar
¼ teaspoon pepper	½ cup catsup
½ teaspoon thyme	1 tablespoon soy sauce
1 teaspoon garlic powder	5-6 tablespoons water
1 small red pepper, diced	
1 small green pepper, diced	
1 small onion, diced	
½ cup pineapple chunks	

1. In a medium mixing bowl mix together ground chicken, egg, bread crumbs, Worcestershire sauce, salt, pepper, thyme, and garlic powder. Form into small balls.
2. Remove all cooking racks and mesh basket from the unit. Add chicken and cook at 375°F for 10 minutes.
3. Lift the handle to stop the unit. Open it and add peppers and onion, cook 10 minutes or until chicken is cooked through.
4. Meanwhile make sauce. In a small saucepan combine pineapple juice, corn starch, brown sugar, vinegar, catsup, soy sauce, and water. Cook over medium heat stirring constantly until thickens.
5. Stir into chicken, stir in pineapples.

5

CRUNCHY POPCORN CHICKEN Appetizer

PREP TIME: 5 minutes COOK TIME: 15 minutes SERVES: 4

1 pound chicken tenders, cut into 1 inch pieces	1 cup quick cooking oats, uncooked
1 egg	Optional - Sprayer filled with olive oil
2 tablespoons orange juice	

1. In a glass shallow baking dish add oats.
2. In another dish add orange juice. Dip chicken in orange juice, then roll in oats.
3. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay chicken pieces on top. Optional: Press Sprayer (with olive oil) 2 times.
4. Set oven to 400°F and fry 15 minutes or until chicken is cooked through.

BREADED FRIED CHICKEN Entrée

PREP TIME: 5 minutes COOK TIME: 35 minutes SERVES: 4

½ frying chicken, cut in pieces, rinsed, dried	1 teaspoon thyme
¼ cup milk	½ teaspoon crushed red pepper flakes
2 cups plain bread crumbs	Optional - Sprayer filled with olive oil

1. In a glass shallow dish add bread crumbs, thyme, and red pepper flakes.
2. In another dish add milk. Dip chicken in milk, then roll in bread crumbs.
3. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay chicken pieces on top. Optional: Press Sprayer (with olive oil) 2 times.
4. Set oven to 375°F and fry 35 minutes.

BUTTERMILK FRIED CHICKEN Entrée

PREP TIME: 5 minutes COOK TIME: 35 minutes SERVES: 4

½ frying chicken, cut in pieces, rinsed, dried	1 teaspoon thyme
¼ cup buttermilk	½ teaspoon crushed red pepper flakes
2 cups crushed corn flakes	¼ teaspoon garlic powder
1 teaspoon salt	Optional - Sprayer filled with olive oil

1. In a glass shallow dish combine corn flakes, salt, thyme, red pepper flakes, and garlic powder.
2. Dip chicken in buttermilk, then roll in crushed seasoned flakes.
3. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay chicken pieces on top. Optional: Press Sprayer (with olive oil) 2 times.
4. Set oven to 375°F and fry 35 minutes.

6

ITALIAN FRIED CUTLETS Entrée

PREP TIME: 5 minutes COOK TIME: 20 minutes SERVES: 4

4 boneless chicken breasts	½ tablespoon basil
1 cup bread crumbs	½ teaspoon garlic powder
¼ cup grated Parmesan cheese	1 large egg, slightly beaten
½ teaspoon salt	Optional - Sprayer filled with olive oil
1 tablespoon oregano	

1. In a shallow glass dish combine bread crumbs, Parmesan cheese, salt, oregano, basil, and garlic powder.
2. Dip chicken breast in egg then press into bread crumb mix.
3. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay chicken breast on top.
Optional: Press Sprayer (with olive oil) 2 times.
4. Set oven to 400°F and fry 20 minutes.

FRIED CHICKEN TENDERS Entrée

PREP TIME: 5 minutes COOK TIME: 15 minutes SERVES: 4

1 pound chicken tenders	¼ teaspoon cracked black pepper
1 tablespoon melted butter	1 teaspoon thyme
1 cup cracker meal	½ teaspoon paprika
½ teaspoon salt	Optional - Sprayer filled with olive oil

1. In a shallow glass baking dish add cracker meal, salt, cracked black pepper, thyme, and paprika.
2. On a work surface brush tenders with melted butter, roll in cracker meal mix pressing slightly to coat.
3. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay tenders on top.
Optional: Press Sprayer (with olive oil) 2 times.
4. Set oven to 400°F and fry 15 minutes or until chicken is cooked through.



Oil-Less Frying Beef, Pork & Lamb

ITALIAN SAUSAGE AND PEPPERS Entrée

PREP TIME: 5 minutes COOK TIME: 30 min SERVES: 4

8 Italian Sausage links, sliced
1 green pepper, diced
½ red pepper, diced
1 clove garlic, chopped
1 small onion, sliced thin
1 tablespoon oregano
½ teaspoon black pepper
2 tomatoes, cut into wedges

1. Remove all cooking racks and mesh basket from the unit. Add sausage slices and cook at 375°F for 10 minutes.
2. Lift the handle to stop the unit. Open it and add peppers, garlic, onions, oregano, and pepper. Continue to cook for 15 minutes or until pork is cooked through.
3. Toss in tomato wedges.
4. Serve along with Italian bread.

COLA PORK SPARE RIBS Entrée

PREP TIME: 5 minutes COOK TIME: 60 min SERVES: 4

3 pound pork spare ribs, fat trimmed
½ teaspoon garlic salt
¼ teaspoon pepper
1 can of cola
½ onion, diced
1 cup brown sugar
2 tablespoons soy sauce
zest from ½ orange

1. On a work surface season ribs with garlic salt and pepper.
2. In a small bowl combine cola, brown sugar, soy sauce, and orange zest.
3. Remove all cooking racks and mesh basket from the unit. Place ribs in the glass bowl; cook at 375°F for 25 minutes.
4. Pour cola mix over ribs, continue cooking 35-45 minutes or until ribs are cooked through, turning ribs as needed.

SWEDISH MEATBALLS Appetizer

PREP TIME: 5 minutes COOK TIME: 25 minutes SERVES: 6

1 pound ground beef
1 large egg
⅓ cup bread crumbs
½ teaspoon salt
¼ teaspoon cracked black pepper
2 tablespoons minced onions
¼ teaspoon ginger
¼ teaspoon nutmeg
¼ teaspoon cinnamon
½ cup water

Sauce:

2 tablespoons butter
2 tablespoons flour
1 cup beef broth
½ teaspoon salt
¼ teaspoon cracked black pepper
1 teaspoon Worcestershire Sauce
1 cup sour cream

1. In a medium mixing bowl mix together ground beef, egg, bread crumbs, salt, pepper, minced onions, ginger, nutmeg, cinnamon, and water. Form into small balls.
2. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay meatballs on top.
3. Set oven to 375°F and fry 20 minutes.
4. Meanwhile in a small sauce pan melt butter. Stir in flour mixing well. Stir in broth, salt, pepper, and Worcestershire Sauce. Stir until thickens; fold in sour cream.
5. Lift the handle to stop the unit. Open it and remove meatballs, drain off drippings.
6. Remove all cooking racks and mesh basket from the unit. Return meatballs to glass bowl. Stir in sauce.



Oil-Less Frying Fish & Seafood

STUFFED MUSHROOMS WITH CRABMEAT Appetizer

PREP TIME: 5 minutes COOK TIME: 10 minutes SERVES: 4

8 ounces mushrooms, stems removed, cleaned
1 cup cooked crabmeat, chopped
2 tablespoons Japanese panko crumbs (or any other breadcrumbs)
1 garlic clove, minced
2 tablespoons carrots, finely chopped
1 tablespoon chopped parsley
½ teaspoon salt
¼ teaspoon cracked black pepper
1 egg
2 tablespoons butter, melted

1. In a medium mixing bowl add crabmeat, bread crumbs, garlic, carrots, parsley, salt, and pepper. Mix in egg and butter.
2. Stuff each mushroom with crabmeat mixture.
3. Place higher cooking rack in unit. Place mesh basket over the cooking rack, add mushrooms on top.
4. Set oven to 450°F and fry 10 minutes.

SHRIMP EGG ROLL Appetizer

PREP TIME: 30 minutes COOK TIME: 20 minutes SERVES: 6

8 large shrimp, cooked, peeled, deveined
6 ounces mushrooms, chopped
4 scallions, sliced
½ head green cabbage, sliced thin
1 ½ teaspoons ground ginger
2 cloves garlic, chopped
¼ teaspoon pepper
¼ cup soy sauce
2 teaspoons sweet chili sauce
12 store bought egg roll wraps
1 tablespoon vegetable oil
olive oil for brushing egg rolls

1. Heat oil in a large skillet or wok over medium heat. Add mushrooms, scallions, cabbage, ginger, garlic, and pepper. Sauté 3 minutes add shrimp continue cooking 1 minute.
2. Add soy sauce and chili sauce, stir to blend. Remove from heat.

13

3. Prepare egg rolls : On a clean work surface lay out one egg roll wrap. Place 2 tablespoons of mixture in center. Fold bottom corner up over filling, fold in the 2 outside corners. Roll egg roll over to seal. Repeat with remaining egg rolls. Brush finished rolls with olive oil.
4. Place lower rack in unit. Add basket tray in oven, spritz with cooking spray. Lay 4 egg rolls on top.
5. Set fryer to 450°F, cook 10 minutes and turn, continue cooking 10 minutes. Repeat with remaining egg rolls.

ASIAN FRIED TILAPIA Entrée

PREP TIME: 5 minutes COOK TIME: 18 minutes SERVES: 4

4 Tilapia filets
1 large egg
1 tablespoon milk
1 cup crushed Japanese panko crumbs (or any other breadcrumbs)
1 tablespoon sesame seeds
½ teaspoon ginger
Optional - Sprayer filled with sesame seed oil

1. Beat the egg and milk together in a glass bowl. Set aside.
2. In a separate shallow dish combine panko crumbs, sesame seeds and ginger.
3. Dip each filet in egg mix then gently press in panko crumbs to cover.
4. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay filets on top.
Optional: Press Sprayer (with sesame seed oil) 1 time.
5. Set oven to 400°F and fry 18 minutes.

COUNTRY FRIED FLOUNDER Entrée

PREP TIME: 3 minutes COOK TIME: 18 minutes SERVES: 4

4 flounder filets
1 large egg
1 tablespoon milk
1 cup crushed corn flakes
½ teaspoon garlic powder
1 teaspoon oregano

1. In a glass bowl beat the egg and milk together. Set aside.
2. In a glass shallow dish combine corn flakes, garlic powder, and oregano.
3. Dip each filet in egg mix then gently press in corn flake crumbs to cover.
4. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay filets on top.
5. Set oven to 400°F and fry 18 minutes.

14

ALMOND SALMON Entrée

PREP TIME: 5 minutes COOK TIME: 18 minutes SERVES: 4

4 salmon fillets, skinless
½ cup flour
1 egg, beaten with 1 tablespoon water
¾ cup sliced almonds, chopped
2 tablespoons grated lemon peel
½ teaspoon sea salt
¼ teaspoon cracked black pepper
Optional - Sprayer filled with olive oil

1. In a shallow glass baking dish combine almonds, lemon peel, salt and pepper.
2. In another dish add flour, dredge salmon in flour. Dip only top of fillet in egg wash. Gently press salmon fillets in almond mix.
3. Place lower cooking rack in unit. Place mesh basket over the cooking rack, add salmon fillets, almond side up.
Optional: Press Sprayer (with sesame seed oil) 1 time.
4. Set oven to 400°F and fry 18 minutes.

SWEET PAPRIKA BUTTERFLY SHRIMP Entrée

PREP TIME: 5 minutes COOK TIME: 7-8 minutes SERVES: 4

16 large shrimp, shelled, deveined, rinsed
1 teaspoon sweet paprika
1 cup boxed seasoned fry mix
1 egg
1 tablespoon milk

1. Butterfly shrimp by making a deep lengthwise incision from top to bottom down center of back, without cutting all the way through. Place butterfly shrimp on a plate.
2. In a glass shallow dish add seasoned mix and paprika.
3. In another dish beat egg with milk.
4. Dip shrimp into egg mixture, then roll in fry mix, pressing slightly to coat.
5. Place higher cooking rack in unit. Place mesh basket over the cooking rack, lay shrimp on top.
6. Set oven to 450°F and fry 7-8 minutes.
7. Serve with a mixed green salad.



CHICKEN LO MEIN Entrée

PREP TIME: 20 minutes COOK TIME: 30 minutes SERVES: 4

2 boneless chicken breasts, cut into thin slices	1 pepper, sliced
2 tablespoons sherry	1 teaspoon fresh ginger
1 clove garlic, minced	¼ cup chicken broth
2 tablespoons sesame oil	8 ounces thin spaghetti, break in half, cook al dente
8 ounces mushrooms, sliced	½ cup cooked snow peas
1 large carrot, peeled, julienne	1 tablespoon soy sauce
2 scallions, 1 inch pieces	1 tablespoon sesame oil

1. In a shallow glass baking dish combine sherry, garlic and sesame oil. Add chicken strip and marinate 20 minutes.
2. Remove all cooking racks and mesh basket from the unit. Add mushrooms, carrots, scallions, and peppers. Cook at 375°F for 5 minutes.
3. Lift the handle to stop the unit. Open it and add chicken and 1 teaspoon grated ginger; cook 10 minutes or until chicken is cooked through.
4. In a small bowl stir together water and corn starch until smooth. Add to chicken stirring well to blend in. Add chicken broth. Cook 3 minutes.
5. Stir in cooked spaghetti, snow peas, soy sauce and sesame oil. Stir to blend.

CHICKEN AND ASPARAGUS STIR FRY Entrée

PREP TIME: 5 minutes COOK TIME: 30 minutes SERVES: 4

1 pound boneless chicken breast, cubed	1 cup white wine
2 cloves garlic, chopped	2 tablespoons lemon juice
½ red onion, thinly sliced	½ teaspoon cracked black pepper
5 ounces sliced mushrooms	Optional - Sprayer filled with olive oil
10 asparagus spears, cut in 1 inch pieces	

1. Remove all cooking racks and mesh basket from the unit. Place garlic, onions and mushrooms into the glass bowl. Optional: Press Sprayer (with olive oil) 2 times. Cook at 375°F for 5 minutes.
2. Lift the handle to stop the unit. Open it and add chicken, cook 15 minutes.
3. Stir in asparagus, wine and lemon juice, continue to cook 10 minutes, or until juice of chicken is no longer pink. Season with pepper.
4. In a separate small bowl stir together cornstarch and water. Stir into chicken, cook 2 minutes.

17

CHICKEN CACCIATORE Entrée

PREP TIME: 5 minutes COOK TIME: 30 minutes SERVES: 4

1 pound boneless chicken breast, cubed	¼ cup black olives
2 cloves garlic, chopped	½ cup white wine or chicken broth
1 tablespoon shallots, minced	1 teaspoon red wine vinegar
1 red pepper, chopped	1 cup spaghetti sauce
4 ounces sliced mushrooms	Optional - Sprayer filled with olive oil
1 teaspoon oregano	

1. Remove all cooking racks and mesh basket from the unit. Place garlic, shallots, red pepper, mushrooms, and oregano into the glass bowl. Optional: Press Sprayer (with olive oil) 2 times. Cook at 375°F for 5 minutes.
2. Lift the handle to stop the unit. Open it and add chicken, cook 10 minutes.
3. Stir in wine and vinegar, continue to cook for 12 minutes, or until juice of chicken is no longer pink.
4. Stir in sauce and black olives, cook 3 minutes.
5. Serve over pasta.

SHRIMP AND SCALLOP WITH PASTA Entrée

PREP TIME: 5 minutes COOK TIME: 30 minutes SERVES: 4

8 ounces linguine, break in half, cooked	½ cup sliced mushrooms
8 ounces shrimp, shelled, deveined, rinsed, drained	1 tablespoon garlic, chopped
6 ounces bay scallops, rinsed, dried	½ teaspoon salt
½ red onion, sliced thin	¼ teaspoon crushed red pepper flakes
½ green pepper, chopped	¼ cup whipping cream
½ red pepper, chopped	1 tablespoon flour

1. Remove all cooking racks and mesh basket from the unit. Add onions, peppers, mushrooms, garlic, salt, and red pepper flakes. Cook at 375°F for 5 minutes.
2. Lift the handle to stop the unit. Open it and add shrimp and scallops, cook 6-8 minutes.
3. In a small bowl mix smooth whipping cream with flour. Stir flour mixture into shrimp. Continue to cook 3-5 minutes until thickens.
4. Stir in hot cooked pasta.

18

RATATOUILLE

PREP TIME: 5 minutes COOK TIME: 35 minutes SERVES: 4

- | | |
|--|---------------------------------|
| 1 onion, sliced | ½ teaspoon salt |
| 6 ounces mushrooms, sliced | ¼ teaspoon cracked black pepper |
| 2 cloves garlic, chopped | ½ teaspoon sugar |
| 1 eggplant, thick slices, sprinkle with salt, set aside for 10 minutes | ½ teaspoon thyme |
| 2 zucchini, diced | 1 teaspoon basil |
| 1 red pepper, diced | 4 tomatoes, diced |

1. Remove all cooking racks and mesh basket from the unit. Add onions, mushrooms and garlic. Cook at 375°F for 3 minutes.
2. Add zucchini, red peppers, salt, pepper, sugar, thyme, and basil. Cook for 5 minutes.
3. Rinse eggplant and dry with paper towels. Cut eggplant into large dice.
4. Lift the handle to stop the unit. Open it and add to vegetable mix; cook 20 minutes.
5. Add tomatoes, continue cooking 10 minutes.

CREAMY CORN WITH FRIED ONIONS

PREP TIME: 5 minutes COOK TIME: 30 minutes SERVES: 6

- | | |
|--|---------------------------------------|
| 1 red onion, sliced thin | 2 cups milk |
| ½ cup flour | ½ cup whipping cream |
| Optional - Sprayer filled with olive oil | ¼ teaspoon cayenne pepper |
| 1 ½ tablespoons butter | ½ teaspoon sea salt |
| 1 onion, chopped | 2 ½ tablespoons quick cooking grits |
| 8 cups frozen corn kernels | 4 ounces White Cheddar cheese, grated |

1. In a small bowl toss onions in flour to separate rings. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay onion rings on top. Optional: Press Sprayer (with olive oil) 2 times. Cook at 375°F for 5 minutes or until browned.
2. Lift the handle to stop the unit. Open it and remove onions and reserve.
3. Remove all cooking racks and mesh basket from the unit. Add butter and chopped onions, cook 5 minutes.
4. Lift the handle to stop the unit. Open it and add corn, cook 5 minutes. Add milk, cream, cayenne pepper, salt and grits; cook 5 minutes.
5. Stir in cheese. Top with fried onions; cook 10 minutes.



Oil-Less Frying Side Dishes

PARMESAN NEW POTATOES

PREP TIME: 5 minutes COOK TIME: 35 minutes SERVES: 4

5 red potatoes, washed, cut in quarters ½ cup grated Parmesan cheese
½ teaspoon salt Optional - Sprayer filled with olive oil
½ teaspoon cracked black pepper

1. In a medium bowl combine salt, pepper and cheese. Add potatoes and toss to coat.
2. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay potatoes on top in a single layer. Optional: Press Sprayer (with olive oil) 2 times.
3. Set oven to 450°F and fry 35 minutes, cooking time will vary depending on thickness of potatoes.

BREADED ONION RINGS

PREP TIME: 5 minutes COOK TIME: 15 minutes SERVES: 4

1 onion, thick slices ¼ teaspoon black pepper
1 egg white ½ cup Italian seasoning bread crumbs
½ teaspoon salt Optional - Sprayer filled with olive oil

1. In a small bowl beat egg white. Add salt and pepper.
2. Dip onion rings in egg white then bread crumbs, press gently to coat.
3. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay onion rings on top in a single layer. Optional: Press Sprayer (with olive oil) 2 times.
4. Set oven to 450°F and fry for 15 minutes. Turn over after first 8 minutes.

ITALIAN POTATO WEDGES

PREP TIME: 5 minutes COOK TIME: 25 minutes SERVES: 4

2 large potatoes ½ teaspoon salt
½ tablespoon oregano ¼ teaspoon crushed red pepper
¼ teaspoon basil Optional - Sprayer filled with olive oil
¼ teaspoon paprika

1. In a medium bowl combine oregano, basil, paprika, salt, and crushed red pepper. Add potatoes and toss to coat.
2. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay potatoes on top in a single layer. Optional: Press Sprayer (with olive oil) 2 times.
3. Set oven to 450°F and fry 25 minutes, cooking time will vary depending on thickness of potatoes.

CRUNCHY ONION RINGS

PREP TIME: 5 minutes COOK TIME: 15 minutes SERVES: 4

1 onion, thick slices 1 egg ¼ teaspoon black pepper
1 ¼ cup corn flakes, crushed ¼ cup milk ¼ cup flour
¼ cup plain bread crumbs ½ teaspoon salt Optional - Sprayer filled with canola oil

1. In a shallow dish combine corn flakes and bread crumbs.
2. In a small bowl beat egg, milk, salt, pepper, and flour.
3. Dip onion rings in egg mixture then corn flake mix, press gently to coat.
4. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay onion rings on top in a single layer. Optional: Press Sprayer (with canola oil) 2 times.
5. Set oven to 450°F and fry for 15 minutes. Turn over after first 8 minutes.

CRISPY SHOESTRING FRIES

PREP TIME: 5 minutes COOK TIME: 10 minutes SERVES: 4

2 russet potatoes, peeled, washed ½ teaspoon cracked black pepper Optional - Sprayer filled with olive oil
½ teaspoon smoked paprika 1 teaspoon sea salt

1. Cut potatoes into thin julienne strips. Thoroughly dry potatoes with a towel.
2. In a glass bowl add paprika, black pepper and salt. Add potatoes and toss to coat.
3. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay fries on top in a single layer. Optional: Press Sprayer (with olive oil) 3 times.
4. Set oven to 450°F and fry for 10 minutes. Cooking time will vary depending on thickness of potatoes.

SWEET POTATO FRIES

PREP TIME: 5 minutes COOK TIME: 20 minutes SERVES: 4

2 sweet potatoes, scrubbed, dried ½ teaspoon cinnamon Optional - Sprayer filled with canola oil
1 teaspoon salt ¼ teaspoon nutmeg

1. Cut potatoes into thin julienne strips. Thoroughly dry potatoes with a towel.
2. In a glass bowl add salt, cinnamon, and nutmeg. Add potatoes and toss to coat.
3. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay fries on top in a single layer. Optional: Press Sprayer (with canola oil) 3 times.
4. Set oven to 450°F and fry 20 minutes, cooking time will vary depending on thickness of potatoes. Turn over after first 10 minutes.

FRIED BLACK PEPPER GARLIC POTATO CHIPS

PREP TIME: 5 minutes COOK TIME: 15 minutes SERVES: 4

2 russet potatoes, peeled, washed ½ teaspoon sea salt
1 teaspoon cracked black pepper ½ teaspoon paprika
1 tablespoon garlic herb seasoning Optional - Sprayer filled with olive oil

1. Cut potatoes into thin slices. Thoroughly dry potatoes with a towel.
2. In a glass bowl add pepper, garlic herb seasoning, salt and paprika. Add potatoes and toss to coat.
3. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay slices on top in a single layer.
Optional - Press Sprayer (with olive oil) 3 times.
4. Set oven to 450°F and fry 15 minutes, cooking times will vary depending on thickness of potatoes.

FRENCH FRIES

PREP TIME: 5 minutes COOK TIME: 20 minutes SERVES: 3

2 large potatoes, cut into strips ½ teaspoon salt (add more seasonings to your taste)
½ teaspoon pepper Optional - Sprayer filled with olive oil

1. In a bowl, mix together pepper, salt and any other seasonings you may want to use.
2. Add potatoes and toss to coat.
3. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay strips on top in a single layer.
Optional - Press Sprayer (with olive oil) 3 times.
4. Set oven to 450°F and fry for 20 minutes. Cooking time will vary depending on thickness of potatoes. Turn over after first 10 minutes.

CRUSTY POTATO WEDGES

PREP TIME: 5 minutes COOK TIME: 25 minutes SERVES: 4

2 large potatoes, cut into wedges ½ teaspoon salt ¼ cup Parmesan cheese
1 tablespoon garlic herb seasoning ½ teaspoon paprika Optional - Sprayer filled with olive oil
½ teaspoon pepper 1 teaspoon oregano

1. In a bowl, mix together garlic herb seasoning, pepper, salt, paprika, oregano and Parmesan cheese. Add potatoes and toss to coat.
2. Place lower cooking rack in unit. Place mesh basket over the cooking rack, lay potatoes on top in a single layer.
Optional: Press Sprayer (with olive oil) 2 times.
3. Set oven to 450°F and fry 25 minutes, cooking time will vary depending on thickness of potatoes.



ZEPPOLE

PREP TIME: 5 minutes COOK TIME: 20 minutes SERVES: 6

1 cup water	4 eggs
4 tablespoons unsalted butter	2 teaspoons orange zest
1 tablespoon sugar	confectioners' sugar
½ teaspoon salt	non stick cooking spray
1 cup flour	

1. In a medium sauce pan bring water, butter, sugar and salt to boil. Stir in flour all at once and beat over low heat with a wooden spoon until flour mixture forms into a ball. Remove from heat.
2. Add eggs on at a time beating well after each addition with a wooden spoon. Beat in zest until mixture is smooth and glossy.
3. Place lower cooking rack in unit. Place mesh basket over the cooking rack, spray with non stick cooking spray. Drop tablespoon dough on rack leaving a little space between each. Bake at 450°F for 20 minutes.
4. Remove to cool. Dust with confectioners' sugar.

ROASTED PINEAPPLES & BANANAS

PREP TIME: 5 minutes COOK TIME: 20 minutes SERVES: 6

1 pineapple, cored, peeled, sliced	¼ teaspoon nutmeg
2 bananas, peeled, sliced	2 tablespoons butter, melted
¾ cup brown sugar	¼ teaspoon vanilla extract
½ teaspoon cinnamon	Vanilla ice cream

1. Remove all cooking racks and mesh basket from the unit. Add melted butter, pineapples, and bananas. Combine brown sugar, cinnamon, and nutmeg. Sprinkle over pineapples and bananas. Cook at 375°F for 10 minutes.
2. Lift the handle to stop the unit. Open it and add vanilla, stir to blend. Cook another 10 minutes until bubbly.
3. Serve over vanilla ice cream.



Roasting & Baking Poultry

ROASTED CORNISH HENS Entrée

PREP TIME: 5 minutes COOK TIME: 45 minutes SERVES: 3

3 Cornish hens, rinsed, patted dry, giblets and neck removed
2 tablespoons salad oil
1 teaspoon salt
½ teaspoon pepper
½ cup apple jelly, melted

1. Sprinkle body cavity with salt and pepper. Brush hens with oil.
2. Spray lower rack with non stick cooking spray. Place rack inside unit. Lay hens on rack. Brush with melted apple jelly.
3. Turn temperature to 350°F. Cook for 20 minutes. Open lid and brush a little more apple jelly on birds and continue to cook 25 minutes. Hens are done when you can easily move legs up and down and juices run clear.

ROSEMARY ROAST TURKEY Entrée

PREP TIME: 15 minutes COOK TIME: 3 ½ hours SERVES: 8-10

1 16 pound turkey
½ salt
¼ teaspoon pepper
6 tablespoons butter
2 tablespoons minced garlic
½ cup fresh rosemary, chopped
2 tablespoons olive oil
1 cup chicken broth

1. Remove wrapping from turkey. Take out giblet packet. Rinse turkey thoroughly with cold water. Drain, pat dry.
2. Season turkey with salt and pepper. Tuck butter and garlic under the turkey breast. Sprinkle ¼ cup rosemary inside the bird's cavity.
3. Spray lower rack with non stick cooking spray. Carefully place turkey on rack. Tuck wings under turkey. Brush turkey with olive oil. Sprinkle with rosemary. Pour in ½ cup chicken broth.
4. Place extender ring on top of cooker (refer to instruction manual for reference). Place the lid on and cook at 350°F for 2 hours basting every half hour.
5. Turn the turkey over (breast side down) and cook for another 1 ½ hours. Turkey is done when internal temperature reads 180°F.

HERBED STUFFED ROAST TURKEY Entrée

PREP TIME: 20 minutes COOK TIME: 1 hour SERVES: 6

1 6 pound turkey breast, remove back wings
2 tablespoons butter
2 tablespoons olive oil
2 tablespoons rosemary, fresh, chopped
1 tablespoon poultry seasoning

stuffing:

2 tablespoons butter	1 teaspoon marjoram
1 onion, chopped	¼ teaspoon salt
2 cloves garlic, sliced	½ teaspoon pepper
1 cup celery, chopped	¼ cup Parmesan cheese
2 tablespoons parsley, chopped	1 egg
1 teaspoon thyme	2 cups fresh bread crumbs

1. Tuck 2 tablespoons of butter under the turkey breast skin. Brush breast with olive oil. Sprinkle with rosemary and poultry seasoning. Set aside.
2. For stuffing, in a medium frying pan, melt butter. Add onion, garlic and celery and cook for 2 minutes.
3. Add parsley, thyme, marjoram, salt and pepper and continue to cook for 1 minute. Remove from heat. Stir in cheese, egg and bread crumbs. Blend well. Stuff turkey breast.
4. Spray lower rack with non stick cooking spray. Carefully place turkey on rack. Place two wing sections alongside breast.
5. Cook at 350°F for 1 hour. Turkey is done when internal temperature reads 170°F.

APRICOT GLAZED TURKEY LEGS Entrée

PREP TIME: 5 minutes COOK TIME: 45 minutes SERVES: 3

3 turkey legs
¾ cup apricot jam
1 tablespoon garlic, chopped
1 teaspoon thyme
salt and pepper to taste

1. Melt jam in microwave or on stovetop. Brush half on turkey legs. Sprinkle with garlic, thyme, salt and pepper.
2. Spray lower rack with non stick cooking spray. Place legs on rack.
3. Cook at 350°F for 25 minutes. Open the lid, turn legs and brush with remainder of apricot jam. Cook for additional 20 minutes.

TERIYAKI SHISH KABOBS Entrée

PREP TIME: 15 minutes COOK TIME: 10 minutes SERVES: 4

¾ pound chicken breast, boneless, skinless	¼ cup soy sauce
8 skewers	1 tablespoon hoisin sauce
1 red onion, cut in wedges	2 tablespoons sherry
1 red pepper, large slices	2 tablespoons brown sugar
1 fresh pineapple, chunks	1 ½ teaspoons ginger
8 cherry tomatoes	2 cloves garlic, chopped
½ cup oil	

1. Cut chicken into 1 inch cubes.
2. Arrange vegetables and chicken on skewers ending with 1 cherry tomato on each. Place in a shallow glass dish.
3. In a small glass bowl whisk together oil, soy sauce, hoisin sauce, sherry, brown sugar, ginger, and garlic. Pour this over chicken kabobs. Marinate 10 minutes.
4. Spray lower rack with non stick cooking spray. Place kabobs on rack. Cook at 350°F for 10 minutes.

STUFFED CHICKEN ROLLS Entrée

PREP TIME: 5 minutes COOK TIME: 25 minutes SERVES: 6

6 boneless chicken breast	½ cup bread crumbs
¼ pound ground veal	½ cup Parmesan cheese, grated
¼ pound ground pork	½ teaspoon salt
1 onion, chopped fine	¼ teaspoon pepper
1 clove garlic, chopped fine	½ teaspoon oregano
1 egg, beaten	2 tablespoons margarine, melted

1. Flatten each breast to ¼ inch thickness between sheets of waxed paper.
2. Cook ground veal, pork, onion and garlic over medium heat, stirring occasionally, until pork is no longer pink; drain.
3. In a large bowl add veal and pork mix. Add egg, bread crumbs, Parmesan cheese, salt, pepper, and oregano. Mix well.
4. Divide stuffing onto flattened chicken breast. Roll up each breast and secure with toothpicks.
5. Spray lower rack with non stick cooking spray and place in unit. Lay chicken rolls on rack. Drizzle melted margarine.
6. Turn temperature to 350°F. Cook for 25 -30 minutes.

CHICKEN QUESEDILLA Entrée

PREP TIME: 15 minutes COOK TIME: 20 minutes SERVES: 4

4 thin boneless chicken breasts
½ cup oil
⅓ cup lime juice
½ teaspoon mustard
1 teaspoon sugar
1 teaspoon cumin
1 teaspoon pepper
½ teaspoon salt
1 clove garlic, chopped
1 tablespoon oil
1 small green pepper, sliced thin
1 small red pepper, sliced thin
½ sweet onion, sliced thin
¾ cup salsa
Jalapeno peppers, sliced
4 ounces Monterey Jack Cheese, shredded
2 tablespoons butter, melted
8 soft tortillas

1. In a shallow glass dish whisk together oil, lime juice, mustard, sugar, cumin, pepper, salt, and garlic. Add chicken breast and marinate 10 minutes.
2. While marinating, slice peppers and onions and set aside.
3. Spray lower rack with non stick cooking spray. Place marinated chicken breast on rack. Cook at 350°F for 8 minutes. Remove from rack. Cool and cut diagonally.
4. In a sauté pan heat oil. Add peppers and onions and cook 3 minutes. Remove from heat.
5. Spray high rack with non stick cooking spray. Brush one side of each tortilla with melted butter. Lay one tortilla butter side down at a time on rack. Cook at 350°F for 1 minute. Top with salsa, Jalapeno peppers, chicken and cheese. Top with another tortilla butter side up.
6. Cook at 350°F 3-4 minutes until top tortilla is golden brown. Repeat with remaining tortillas and filling.

ITALIAN ROASTED CHICKEN BREAST Entrée

PREP TIME: 15 minutes COOK TIME: 30 minutes SERVES: 4

- 4 chicken breasts, bone in
- 1 green pepper, THICK slices
- 1 red pepper, THICK slices
- 1 small sweet onion, THICK slices
- ¼ cup olive oil
- 2 tablespoons lemon juice
- 1 tablespoon oregano
- ½ teaspoon pepper
- 1 can fire roasted tomatoes

1. Place chicken breasts in a shallow glass dish. In a small bowl, whisk together oil, lemon juice, oregano, and pepper. Pour over chicken and marinate 10 minutes.
2. Spray lower rack with non stick cooking spray. Place peppers and onions on rack and lay chicken on peppers.
3. Cook at 350°F for 25 minutes. Open lid and add fire roasted peppers on top of chicken, continue to cook 5 minutes.



Roasting & Baking Beef

WALNUT CRUSTED ROASTBEEF Entrée

PREP TIME: 10 minutes COOK TIME: 40-50 minutes SERVES: 4

2 ½ pounds beef round roast	3 cloves garlic, chopped
2 tablespoons grain mustard	salt
1 cup walnuts, chopped	pepper

1. Season roast with salt and pepper. Spread mustard over roast.
2. Sprinkle garlic over roast. Press walnuts all over the roast.
3. Spray lower rack with non stick cooking spray. Place roast on rack.
4. Cook at 350°F for 40 minutes. Roast is done when internal temperature reads 140°F for rare, 160°F for medium and 170°F for well done.

HEARTY MEATLOAF Entrée

PREP TIME: 10 minutes COOK TIME: 45 minutes SERVES: 4

1 ½ pounds ground beef	1 egg
1 cup bread crumbs	½ teaspoon salt
2 cloves garlic, chopped	¼ teaspoon pepper
1 small onion, chopped	1 tablespoon oregano
1 small carrot, chopped	½ cup ketchup
2 tablespoons hearty steak sauce	2 tablespoons beef stock

1. In a large bowl mix all ingredients together, blending well. Form into one loaf.
2. Spray lower rack with non stick cooking spray. Place loaf on rack.
3. Cook at 350°F for 45 – 50 minutes.

ITALIAN STUFFED PEPPERS Entrée

PREP TIME: 20 minutes COOK TIME: 35 minutes SERVES: 5

5 bell peppers	2 cloves garlic, chopped
1 cup rice, cooked	1 tablespoon oregano
¾ pound ground beef	½ tablespoon basil
1 tablespoon olive oil	1 tablespoon parsley, fresh, chopped
1 small onion, chopped	1 cup plus 5 tablespoons tomato sauce

33

1. In a medium pan sauté ground beef until brown.
2. While beef is cooking cut tops off peppers, dice tops and set aside. Remove seeds and membranes from pepper cavities.
3. When beef is browned drain grease and place meat into a bowl. In the same pan add olive oil. Add onions, garlic, and chopped peppers (tops). Saute 2 minutes. Add oregano and basil and stir 1 minute longer. Return meat to pan and add 1 cup tomato sauce. Stir well.
4. In a large bowl combine the meat mixture and 1 cup cooked rice. Stir well. Stuff peppers with filling.
5. Spray lower rack with non stick cooking spray. Arrange peppers on rack. Top each pepper with 1 tablespoon of tomato sauce. Cook at 350°F for 35 minutes.

MONTREAL STRIP STEAKS Entrée

PREP TIME: 15 minutes COOK TIME: 10 minutes SERVES: 2

2 Strip steaks	1 clove garlic, chopped
¼ cup olive oil	1 tablespoon hearty steak sauce
2 tablespoons Montreal Seasoning	1 tablespoon soy sauce

1. Mix olive oil and all seasonings in a glass dish. Place steaks in mixture and marinate 15 minutes.
2. Spray lower rack with non stick cooking spray. Place steaks on rack. Cook at 400°F for 10 minutes.
3. Open the lid to check for desired doneness. Continue cooking if needed.

PEPPERCORN BEEF BRISKET Entrée

PREP TIME: 20 minutes COOK TIME: 1 hour 20 minutes SERVES: 4

1 2 pound beef brisket	1 clove garlic, sliced
2 tablespoons red wine vinegar	1 tablespoon crushed peppercorns
¼ cup oil	1 teaspoon salt
¼ cup water	

1. In a glass bowl whisk together vinegar, oil, water, garlic, salt, and crushed peppercorns. Place meat in a shallow glass dish, pour marinade over beef. Marinate 15 minutes.
2. Spray lower rack with non stick cooking spray. Place beef on rack.
3. Cook at 325°F for 1 hour and 20 minutes.

34

ITALIAN MEATBALLS Entrée

PREP TIME: 5 minutes COOK TIME: 25 minutes SERVES: 4

½ pound ground beef	½ teaspoon pepper
¼ pound ground pork	2 cloves garlic, minced
¼ pound ground veal	¼ cup Parmesan cheese, grated
1 tablespoon fresh basil, chopped	1 large egg
1 tablespoon fresh parsley, chopped	¼ cup bread crumbs
1 tablespoon oregano	1 red pepper, large wedges
1 teaspoon salt	1 green pepper, large wedges

1. In a large bowl mix all ingredients except peppers. Form into meatballs.
2. Spray lower rack with non stick cooking spray and place in unit. Lay meatballs on rack. Surround meatballs with peppers.
3. Turn temperature to 350°F. Cook for 25 -30 minutes.



Roasting & Baking Pork & Lamb

PORK ROAST WITH GARLIC AND ROSEMARY Entrée

PREP TIME: 5 minutes COOK TIME: 1 hour SERVES: 6

- 1 3 pound pork roast
- 2 tablespoons olive oil
- 1 tablespoon lemon juice, fresh
- 3 cloves garlic, sliced
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons rosemary, fresh, chopped

1. In a small bowl mix olive oil and lemon juice.
2. Make 6 to 8 cuts into the pork with a sharp knife. Tuck garlic into the cuts.
3. Brush oil and lemon mixture over pork. Sprinkle with salt, pepper and rosemary.
4. Spray lower rack with non stick cooking spray. Place roast on rack. Cook at 350°F for 1 hour or until thermometer reads 160°F.
5. Remove roast when done and let rest 15 minutes before cutting.

CRANBERRY PORK LOIN Entrée

PREP TIME: 10 minutes COOK TIME: 50 minutes SERVES: 4

- 2 ½ pound pork loin
- salt
- pepper
- 1 tablespoon garlic, crushed
- 4 ounces cranberry sauce
- 2 tablespoons orange juice
- ⅛ teaspoon cloves
- ⅛ teaspoon nutmeg
- 1 tablespoon grated orange peel

1. Trim pork. Sprinkle with salt and pepper. Rub garlic on top.
2. In a small bowl mix together cranberry sauce, orange juice, cloves, nutmeg, and orange peel.
3. Pierce pork deeply all over with fork. Rub cranberry sauce mixture into holes. Leave just a light coating on top.

37

4. Spray lower rack with non stick cooking spray. Place pork on rack.
5. Cook pork at 350°F for 20 minutes. Add rest of cranberry mixture liberally on top. Continue to cook 30 minutes. Pork is done when temperature reads 170°F.

LAMB CHOPS WITH MINT Entrée

PREP TIME: 5 minutes COOK TIME: 30 minutes SERVES: 4

- 4 lamb loin chops
- 1 clove garlic, minced
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 ½ teaspoon sugar
- ¼ cup olive oil
- ½ cup red wine vinegar
- ½ cup mint leaves, fresh, minced

1. In a small bowl whisk together garlic, olive oil, salt, pepper, sugar, vinegar, and mint leaves.
2. In a shallow glass dish place chops, pour marinade over chops. Cover and marinate 30 minutes.
3. Spray lower rack with non stick cooking spray and place in unit. Lay chops on rack. Brush with marinade.
4. Turn temperature to 375°F. Cook for 15 minutes. Open lid and brush a little more marinade on chops and continue to cook 15 minutes or until cooked as desired.

PINEAPPLE GLAZED HAM Entrée

PREP TIME: 5 minutes COOK TIME: 30 minutes SERVES: 4

- 2 ½ pound cooked ham
- 1 8 ounce can sliced pineapples, drained, liquid reserved
- whole cloves
- maraschino cherries
- 1 tablespoon lemon juice
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1 tablespoon cornstarch
- 1 tablespoon butter

38

1. Using a sharp pointed knife score top of ham in a diamond pattern. Arrange pineapple slices on top securing with whole cloves. Place cherries in center of pineapples.
2. In a small pan add reserved pineapple juice, lemon juice, brown sugar, cinnamon, and cornstarch. Blend well. Stir over medium heat until glaze thickens. Remove from heat and add butter.
3. Spray lower rack with non stick cooking spray. Place ham on rack and brush with glaze.
4. Cook at 325°F for 30 minutes.



Roasting & Baking Fish & Seafood

MINTED SALMON Entrée

PREP TIME: 10 minutes COOK TIME: 15 minutes SERVES: 3

3 salmon filets
¼ cup olive oil
½ cup mint leaves
2 tablespoons lemon juice
1 tablespoon lime juice
1 clove garlic, chopped

1. In a small bowl whisk together olive oil, mint, lemon juice, lime juice, and garlic. Place filets in a shallow dish and pour marinade over fish. Let salmon marinate 5 minutes.
2. Spray lower rack with non stick cooking spray. Place salmon on rack.
3. Cook at 375°F for 12 – 15 minutes.

STUFFED SOLE WITH CRABMEAT Entrée

PREP TIME: 15 minutes COOK TIME: 20 minutes SERVES: 6

6 sole filets
2 tablespoons butter
½ onion, chopped
1 cup mushrooms, chopped
2 tablespoons parsley
1 tablespoon dill, fresh
¼ teaspoon pepper
¼ teaspoon salt
2 tablespoons white wine
⅓ cup bread crumbs
6 ounces crab meat
6 slices of lemon
juice from 1 lemon

1. In a medium sauté pan, melt butter. Add onions and mushrooms, cook 2 minutes. Add parsley, dill, pepper, salt, white wine, and bread crumbs. Blend well. Add crab meat and stir.
2. Divide stuffing among the six filets. Roll tightly.
3. Spray lower rack with non stick cooking spray. Place stuffed filets on rack. Lay 1 lemon slice on each filet. Squeeze juice from 1 lemon over filets.
4. Cook at 350°F for 20 minutes.



CURRY VEGETABLE MEDLEY

PREP TIME: 35 minutes COOK TIME: 10 minutes SERVES: 4

- 1 cup large cauliflower florets
- 2 cups large broccoli florets
- ½ red pepper, cut in 1½-2 inch pieces
- 1 can coconut milk
- 1 teaspoon curry powder
- ½ teaspoon cumin
- ½ teaspoon salt
- 6 large fresh basil leaves, chopped

1. In a shallow dish whisk together coconut milk, curry, cumin, and salt. Add vegetables and basil. Evenly coat vegetables with marinade mixture. Marinate 30 minutes.
2. Place lower rack in unit and spray with non stick cooking spray. Place vegetables on rack. Pour marinade over vegetables. Cook at 350°F for 10 minutes.
3. Remove vegetables to serving bowl. Pour remaining marinade over vegetables from the bottom of the glass cooking bowl, if desired.

ROASTED POTATO MEDLEY

PREP TIME: 10 minutes COOK TIME: 20 minutes SERVES: 6

- 2 sweet potatoes, peeled, cut into large wedges
- 4 large red potatoes, cut into large wedges
- 2 golden potatoes, peeled, cut into large wedges
- ¼ cup olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon rosemary

1. In a large bowl toss potatoes in oil, salt, pepper, and rosemary.
2. Spray lower rack with non stick cooking spray and place in unit. Arrange potato wedges on rack.
3. Turn temperature to 350°F. Cook for 20 minutes.



CINNAMON BUNS

PREP TIME: 5 minutes COOK TIME: 8 minutes SERVES: 4

1 roll refrigerated pastry dough
¾ cup brown sugar
2 tablespoons cinnamon
3 tablespoons butter, melted
2 tablespoons raisins

1. Roll dough on a flour work surface into a rectangle. Brush with melted butter. Sprinkle with sugar, cinnamon and raisins.
2. Starting from the long side roll dough jelly roll style. Slice dough into 8 thick slices.
3. Spray lower rack with non stick cooking spray. Place slices of dough on rack.
4. Cook at 400°F 8 minutes.

APPLE TURNOVERS

PREP TIME: 15 minutes COOK TIME: 12 minutes SERVES: 6

1 roll refrigerated pastry dough
2 apples, cored, peeled, sliced
2 tablespoons sugar
½ teaspoon cinnamon
dash nutmeg
6 teaspoons butter
1 tablespoon butter, melted
1 tablespoon granulated sugar

1. In a small bowl mix together apples, 2 tablespoons sugar, cinnamon and nutmeg.
2. On a floured work surface roll out pastry dough and divide into 6 equal squares. Place filling in each square. Add 1 teaspoon butter on top of each turnover. Brush edges with melted butter and fold each square over, seal edges with finger tips.
3. Spray lower rack with non stick cooking spray. Place turnovers on rack. Lightly brush tops with melted butter and sprinkle with granulated sugar.
4. Cook at 375°F for 12 minutes or until golden brown.

PEAR TURNOVERS

PREP TIME: 15 minutes COOK TIME: 12 minutes SERVES: 6

1 roll refrigerated pastry dough
3 pears, peeled, cored, sliced in half
2 tablespoons sugar
½ teaspoon cinnamon
dash nutmeg
6 teaspoons butter
1 tablespoon butter, melted
1 tablespoon granulated sugar

1. In a small bowl mix together pear halves, 2 tablespoons sugar, cinnamon and nutmeg.
2. On a floured work surface roll out pastry dough and divide into 6 equal squares. Place pear half in each square. Add 1 teaspoon butter on top of each turnover. Brush edges with melted butter and fold each square over, seal edges with finger tips.
3. Spray lower rack with non stick cooking spray. Place turnovers on rack. Lightly brush tops with melted butter and sprinkle with granulated sugar.
4. Cook at 375°F for 12 minutes or until golden brown.

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>