

# EPIASURE RANGE COOKING GUIDE



**dacor**<sup>®</sup>  
The Life of the Kitchen.<sup>®</sup>



**dacor**  
The Life of the Kitchen.®

Sizzling, delicious, restaurant-style flavor right out of your own range! Your new Dacor range offers the best of everything--an easy-to-control gas cooktop, the gentle and even heat of a convection oven, and a revolutionary glass electric broiler with ribbon elements.

As you begin cooking on your new Dacor range, you'll find that Pure Convection™ makes it easier and more efficient to get wonderful results. Meats will sear beautifully and stay succulently moist. Cookies and baked goods will rise and brown nicely, even if more than one rack is used at a time. Included in this guide are useful tips, easy-to-read charts, and over 30 of my favorite recipes. Also included are a couple of multiple rack meals, which will show you how to stage a meal in the oven and have your main dish, side dish, bread and dessert cook to perfection.

This guide will help you maximize the use of your new Dacor range. It will help you decide which cooking mode will give you the best results, and will inspire you to create your own favorite recipes with excellent results. Creating, testing, and preparing this guide has been a personal and professional pleasure. I know you'll be pleased with the results of your new range.

Enjoy cooking on your new range and Bon Appetit!

Leslie L. Sassaman

Dacor Corporate Chef

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## TO SET THE CLOCK:

- Press CLOCK on control panel.
- Enter time using keypad numbers to set time. Press Start.

## TO COOK IN BAKE, PURE CONVECTION™, CONVECTION BAKE, OR CONVECTION ROAST:

- Press desired cooking mode.
- Using keypad, set desired temperature (oven automatically defaults to 325° on Convection Bake and Pure Convection; 350° on Bake; 375° on Convection Roast).
- Press Start.
- Oven begins counting from 100°.
- When oven is finished preheating, it will tone and you may then put food in the oven.

## TO INCREASE/DECREASE OVEN TEMPERATURES:

- Press pre-selected cooking mode.
- Using keypad, enter new temperature.
- Press Start.

## TO COOK IN BROIL OR CONVECTION BROIL:

- Press desired cooking mode.
- Press Start. Oven automatically defaults to 555°.
- To adjust temperature, select mode, enter new desired temperature using the keypad. Press Start.

## TO SET TIMERS:

- Press TIMER 1 or TIMER 2.
- Using keypad, set desired temperature.
- Press Start.
- When time is up, the oven will tone.
- To cancel timer without shutting off the oven, press corresponding TIMER 1 or TIMER 2 button once.
- Timer can be set from 1 minute to 11 hours, 50 minutes.
- Timer 1 has a series of short beeps and timer 2 has one long beep followed by one short beep. The timers will sound for 2 minutes before automatically shutting off.

## TO ADD MORE TIME TO THE TIMERS, OR CANCEL THE TIMER BEFORE THE TIME IS UP:

- Press appropriate TIMER 1 or TIMER 2 button.
- To add more time, enter new desired time using the keypad.
- Press Start.
- To cancel timer before time is up, press appropriate timer button twice :00 will flash.

## TO TURN THE OVEN OFF:

- Press CANCEL/SECURE  
(Please Note: This function will not turn the oven lights off. Also, Cancel/ Secure will not turn the timers off unless the timer has sounded).

## TO LOCK THE CONTROL PANEL:

- Press and hold CANCEL/SECURE for 6 seconds. You will hear one beep when activated and OFF will read on the control panel.
- This feature is best used when cleaning the control panel, or preventing the oven from accidentally turning on.

## TO UNLOCK THE CONTROL PANEL:

- Press and hold CANCEL/SECURE for 6 seconds. You will hear one beep and OFF will disappear from the control panel.

## TO SET DELAY TIMED COOKING:

- Be sure the correct time of day is set.
- Adjust rack positions and place food into oven.
- Press cooking mode.
- Use keypad to set temperature. Press start.
- Press COOK TIME- this will be the amount of time it takes to cook the food. Press START.
- Press START TIME- this will be the time you want the oven to begin cooking.
- You must press START TIME in order for this method of cooking to work.
- Press start.

## TO USE THE PROBE:

- Press desired cooking mode.
- Enter temperature using keypad. Press start.
- Insert stem end of probe into thickest part of food.
- After oven preheats, place food into oven, and plug end into receptacle on right side of oven
- Press PROBE on control panel
- Enter desired internal temperature of food using keypad.
- Press start.

## PURE CONVECTION™

This mode uses the third element and convection fan only. It is best for light colored and delicate baked goods. Lower the oven temperature by 25 degrees. For baking time, use the lowest stated time in the recipe and add more time if necessary. If multiple-rack baking with 3 or more racks, increase time by 5-15 minutes on average. For Roasting, use a roasting pan fitted with a v-shaped rack or a roasting pan with a flat rack.

Best for: Cakes, Tarts, Puff Pastry, Cookies, Free Form Yeast Breads, Biscuits, Muffins, Yeast Rolls, Multiple Racks  
Large Roasted Poultry and Roasts



## CONVECTION BAKE

This mode uses bottom heat and the convection fan. Items baked in a deep ceramic dish or earthenware clay pots are best in this mode. These are foods in a deep pan that require browning on the top and bottom. Lower oven temperature by 25 degrees. Since these items require a longer cook time, time savings are on average about 25%. Set timer 15 minutes before the lowest stated time and add more time if necessary.

Best for: Quick Breads, Quiches, Custard Pies, Yeast Bread In a Loaf Pan, Double-Crusted Fruit Pies, Cheesecake, Lasagnas, Pizzas



## BAKE

This mode uses bottom heat only and is the stand-by, non-convection mode. All baked items will turn out nicely in this mode, but will follow original times and temperatures.



## CONVECTION ROAST

Uses lower element, broil element and the convection fan.

Best for: Beef Rib Roasts, Boned And Rolled Beef and Pork Loins, Oven-Braised Meat, Poultry that are covered, Roasted Fish, Vegetables and Fruits



## BROIL

Uses upper element. Best for larger quantities of food to be broiled.



## CONVECTION BROIL

Uses upper element and the convection fan.

Best for items that do not need to be flipped such as, thinner cuts of beef, poultry, fish and garlic bread.



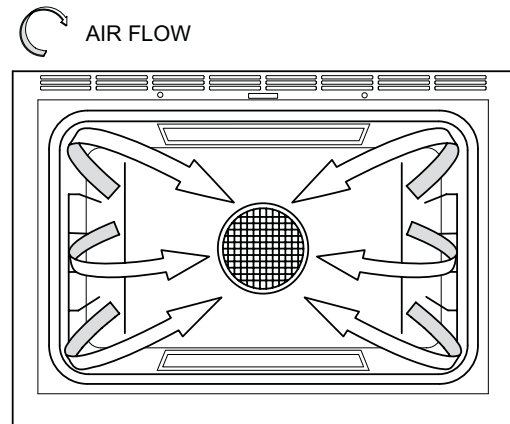


**Dacor's Pure Convection™**, simply the very best convection system available today, it is a total approach to cooking.

Use this cooking mode when preparing complete meals, and for single or multi-rack baking and roasting. Temperatures can be set in five-degree increments, from 100-555°F.

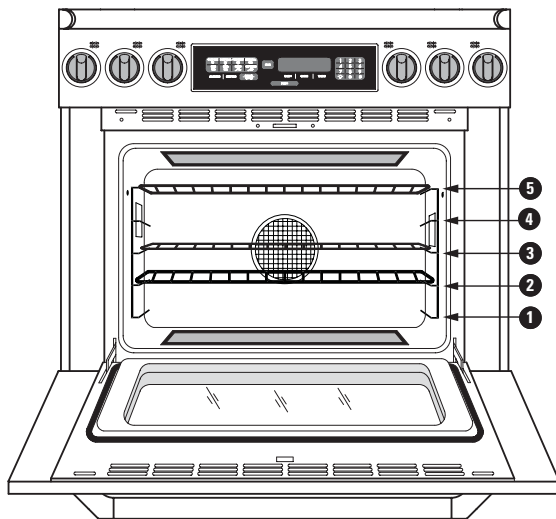
**Direction of Air Flow**

While many convection ovens simply heat air with two elements in the oven chamber, **Dacor's Pure Convection™** system utilizes a third heating element. It surrounds the convection fan, located outside the oven's cooking area. Additionally, a filter and baffle separate the food from the oven's heat source. The filter purifies the heated air circulating throughout the oven, maintaining an extremely clean cooking environment. The baffle channels the heated air, circulated by the convection fan, evenly throughout the oven.



**Figure 1 - Pure Convection™ Air Flow (ER Range shown)**

*Please refer to this drawing to ensure a recipe's proper rack position. Rack positions are recommended throughout this book.*



**Figure 2 - Oven Rack Positions (ER Range shown)**

With **Dacor's Pure Convection™** cooking mode the rear heating element is the oven's heating source. The convection fan draws air from the oven chamber. It forces the air through the filter and across the hot convection-heating element. The heated air is directed back into the oven chamber, through the convection baffle. The baffle then distributes the heated air evenly throughout the oven to ensure uniform cooking results (See figure 1).

The externally heated air, constantly moving throughout the oven, allows many foods to cook in 10% less time and at temperatures 25° lower....saving you both time and money.

**Dacor's 4-Part Pure Convection™** system makes complete meal multi-rack cooking a natural, everyday occurrence. Foods will cook evenly, from one rack to another, while the system's filter eliminates the transfer of food flavors/aroma from dish to dish. The filter also keeps your oven cleaner, longer. Please refer to this drawing to ensure a recipe's proper rack position. Rack positions are recommended throughout the book.



1. In all ovens, oven rack positions count up from the bottom, rack 1 is the bottom; rack 5 is the top. Adjust rack positions before you preheat the oven.
2. Oven temperatures range from 100° - 555°, and can be set at 5-degree increments.
3. Always allow the oven to preheat fully before adding food. For delicate baked items or multiple rack-baked items, it is best to allow for a longer preheat to help stabilize the oven temperatures.
4. Read through your recipe carefully and have your ingredients and equipment ready to go before you start.
5. Set oven to preheat while you are preparing the food. Some baked items that are high in butter, such as cookies, need to be refrigerated instead of room temperature for best results.
6. Keep in mind that the baking charts suggest the best cook time per food, but the time should be adjusted according to your personal tastes.
7. If using a recipe that requires a "cold oven start," use the **Delay Timed Feature**. Using the Delay Timed feature will bypass using multiple elements for preheat. For further instructions, see Delay Timed information in the Use and Care Manual.
8. When converting original single- rack recipes to convection recipes, always reduce the oven temperature by 25 degrees. Keep in mind that hot air is circulating around the food in addition to its normal radiant heat. Foods will brown a lot faster than in conventional ovens, therefore the temperature would need to be reduced.
9. In most cases, your time will also decrease when using convection in single rack baking. The larger and denser a food is, the more time savings you will see.
10. When baking more than one rack of food at a time, however, there is more cold mass going into the oven at once. Since the oven will take longer to recover temperature, there will be an increase in baking times for multiple rack cooking.
11. The rack positions, temperatures and times in the baking, roasting and broiling charts are recommended. Each recipe has many variables involved from ingredients to technique and the actual times and temperatures may vary because of this.
12. If using Dacor cookie sheets, it is recommended that they be used with the oven racks. Extra racks can be purchased through your dealer.
13. Develop a habit of looking through the oven door window instead of opening the door to check food. This will prevent heat from escaping. In more delicate foods or in multiracked food cooking, this could make a huge difference in the evenness of the baked goods. When the oven is completely full and every rack position is used, it has more mass. When heat is lost by opening the door, the element will come on to compensate for the loss. It will then take longer for the temperature to come back up to continue cooking the food.
14. Be familiar with your oven timers. These will help you keep an eye on your foods.
15. For best results, measure ingredients carefully and follow tested recipes. This is especially important in baked goods, which can be more temperamental than other foods.
16. When creaming butter and sugar, the butter needs to start at room temperature and should be creamy, not liquid or hard. Proper creaming will yield the best results for cookies and cakes. A proper creaming will be pale in color and appear light and fluffy.
17. Bakeware should not touch the side walls of the ovens or should not come in contact with each other. This will result in hot spots on the food.





18. To check an egg-leavened cake's doneness (angel food, chiffon, sponge, etc) press gently with your finger in the center or in a fold on the top of the cake. If it feels sticky or does not spring back, it needs more time.
19. A dense cake (banana bread, pound cake, etc) can be checked by inserting a toothpick or skewer in or near the center. Any uncooked batter on the toothpick or skewer indicates that a longer cook time is necessary.
20. Measure liquids using a liquid measuring pitcher (oil, water, milk), and measure dry ingredients using a measuring cup (flour, sugar, etc).

#### RECOMMENDED BAKEWARE:

- If purchasing bakeware, there are two special pans required for convection cooking: low rimmed, light colored aluminum cookie sheets and a roasting pan with a "V-shaped" rack that fits inside.
- Almost any bakeware will work in this oven- just be sure that if it is a covered dish or a thicker, denser pan, use Convection Bake or Bake Mode.
- Use pan size and type recommended by the recipes.
- Shiny, reflective pans are best for cakes, quick breads, muffins, cookies, and pies. This will prevent the crust from browning too fast, as a darker finish may cause it to do so.
- Medium-gauge aluminum sheets with low sides are best in the convection modes so that the air is able to circulate fully around the food.
- Bake most frozen foods in their original foil containers, and place on a cookie sheet.
- Follow the package recommendations for baking.
- When using glass bakeware, only lower the temperature by 25 degrees (Most glass cookware manufacturers also recommend lowering the temperature 25 degrees when using their products. It only needs to be lowered once).
- BEST FOR PURE CONVECTION™ MODE: light colored aluminum cookie sheets and cake pans, tart pans, metal bakeware, muffin tins, any silicone bakeware, shallow ceramic and glass dishes and tart pans.
- BEST FOR CONVECTION BAKE: any cast iron cookware, deep baking pans such as ceramic casserole dishes.
- BEST FOR BAKE: any covered items, such as a roast in an oven roasting bag, a covered roasting pan, or a large terra cotta covered roasting pan.
- NOT RECOMMENDED: Pans that are dark in color produce darker baked goods. Also, any dented or warped pans will affect the evenness of the baked items.

#### PAN PLACEMENT TIPS:

- When using Bake or Convection Bake modes, allow 2 inches of space around all sides of the pan to allow the heat to rise.
- When baking on multiple racks, divide the oven racks evenly amongst the rack guides. This will ensure better circulation of heated air and better baking results.
- When baking four items on two rack positions, be sure to stagger the pans on each rack, avoiding the other pan and the oven side walls.
- On Pure Convection™, the pans can run either widthwise or lengthwise. On all other modes, as long as a 2-inch air gap is left around all sides of the pan, either position for the pan can be used.
- When using the Convection modes, remember to keep the pans forward and away from the convection filter. This positioning ensures proper airflow throughout the oven chamber.
- Aluminum foil can be used on the oven racks to catch overspill and can also be used to cover foods during the baking process in any mode. DO NOT, however, line the bottom of the oven with aluminum foil. Remove foil along with the oven racks during self-cleaning.
- Bakeware should not touch the side walls of the ovens or should not come in contact with each other. This will result in hot spots on the food.



## MULTI-RACK BAKING TIPS

1. Always use the Pure Convection™ mode unless otherwise stated. Center the pans on the rack for best baking results.
2. Allow oven to preheat an additional 20-30 minutes after the preheat tone when multirack-baking delicate items, such as cookies and cakes. This will help the temperatures to stabilize while reducing the chance for heat loss when opening the oven door.
3. Load the oven as quickly as is safely possible. This will prevent heat loss due to the open door. Check foods using the oven lights and through the window.
4. Remove each pan as soon as food is done. All pans do not need to be removed from the oven at the same time.
5. When baking on two racks, use positions 2 and 4; 1 and 3 or 1 and 4. Use rack positions 1,3, and 5 when baking on three racks.
6. Adapt a single-rack recipe to multiple-rack baking by increasing time to the baking process. More time is necessary because the additional cold mass in the oven causes longer temperature recovery time.
7. Always follow the "Bake Ware Selection" tips in this guide.
8. When baking cookies, the cookies need to stay refrigerated before baking to get the best results. Otherwise, the butter will melt out of the cookies, resulting in flat, chewy cookies.
9. When mixing cookies, the butter and egg need to be at room temperature in order to achieve proper creaming with the sugar. Otherwise, you will not get a proper rise out of the cookie. After mixing the dough, scoop into 1" balls, then refrigerate the dough to get the best results.
10. Cake ingredients need to be at room temperature to get the best results. This will allow the best rise and browning.
11. Do not allow any of the pans' sides to touch the oven walls or each other. This will result in hot spots on the food.
12. Low or no-rimmed cookie sheets are the best to use when multirack- baking. A light colored aluminum pan works well.



## TIPS FOR BAKING A MULTIPLE RACK MEAL:

1. Always use Pure Convection™ when baking an entire meal at a time.
2. Adjust oven racks to accommodate the multiple dishes before preheating the oven.
3. Make sure that the convection filter in the back of the oven is clean. Follow instructions in the Use and Care Manual for cleaning. The filter will help prevent flavors from transferring from one dish to the other.
4. When selecting a temperature, choose the most delicate item and use that temperature (from the original recipes, you would still lower the temperature by 25°. For instance, if you are baking a roast, a loaf of bread, and roasted vegetables, choose the bread temperature. The vegetables and roast can withstand a lower or higher temperature and still achieve good results.
5. Place protein or meat items on the lowest rack position. This is to insure that no juices drip into the other dishes.
6. Use the minute timers to tell you when to put the next dish in the oven. For instance, place the roast in the oven and set timer 1 for 1 hour. At 1 hour, place the roasted vegetables in the oven and set the timer again for 30 minutes. At 30 minutes, place the bread in the oven. The entire dinner will come out of the oven at the end of this timer.



1. Convert conventional roast recipes to Convection recipes by reducing the temperature 25° and the cooking time by 10-15%.
2. It is recommended to use the meat probe provided with the oven to achieve both the proper cooking internal temperature and the optimal cooking time.
3. Always roast meats fat-side up, on a roasting rack, in a shallow pan. Use a pan that fits the size of the food being prepared a roasting pan with a V-shaped rack is recommended. No basting is required when the fat-side is up. It is not necessary to add water to the pan. Water causes a steam effect. "Roasting" is a dry-heat process.
4. Place poultry breast-side up in a shallow pan, on a rack, that fits the size of the food being cooked. Once again, you can use the broiler pan accompanying your oven. Brush poultry with melted butter or oil before roasting. This will help seal in juices and aid in the browning process of meats.
5. Tall-sided pans are not recommended when roasting in convection. They interfere with the oven's heated air circulation over the food. A rim of 2-3" is fine if the roast is raised up on a "V-shaped rack." This will catch any juices and still allow air circulation around the roast. If using a deeper pan, use the Convection Roast mode.
6. Always use a meat thermometer to determine doneness if the meat probe provided with the oven is not used. It is best to rely on actual temperature when roasting meats. Refer to The Proper Internal Temperature for Various Meats in this book for the best set points.
7. When using a meat thermometer, insert the stem part of the thermometer halfway into the center of the roast's thickest portion. For poultry, insert stem (between the body and leg) into the thickest part of the inner thigh. Avoid touching bone, fat or gristle with the probe's tip (it will give inaccurate readings). After taking an initial temperature reading, insert the probe 1-inch further. Take another reading. If the temperature registers below the first reading, continue cooking until desired temperature is reached.
8. It is okay to remove meats from the oven when the temperature reads 5-10° F below the desired temperature. The meat continues to cook after being removed. This is called "carryover" cooking and can be utilized for 10-15 minutes in order to make carving easier and to help meats retain their juices.
9. There is no need to foil tent or cover roasted meats in the Pure Convection™ mode. If this is your preferred method of roasting, however, use Convection Roast mode.
10. Roasting times always vary according to the size, shape and quality of meats and poultry. Less tender cuts of meat are best prepared in Convection Roast and may require moist cooking techniques. Please follow your favorite cookbook's recipes for these dishes.
11. Lining your roasting pan with foil makes for easy clean up.

## HOLIDAY ROASTING TIPS

The following are a few tips that might come in handy during the holidays. As a good rule of thumb, plan on serving 1 pound of turkey per person. This will allow some extras for the big eaters and the fabulous turkey sandwiches for the days after the holidays.

### WHAT'S THE LARGEST-SIZED BIRD THAT WILL FIT IN MY OVEN ?

OVEN CELL SIZE	TURKEY SIZE-IN POUNDS
36" and 48" large cell	40+
Companion oven on 48"	17
30" cell	30

### PLANNING YOUR MEAL: A FEW POINTS TO REMEMBER

- Allow between 1 to 5 days for turkeys to defrost, depending on the size
- 1 pound of turkey per person should be plenty
- Follow recipe suggestions below
- Time each side dish and the turkey to ensure proper preparation, cook time, rest time, and carve time for each item. Plan out which item will be cooked first and which could be kept warm after cooking.
- Your Dacor oven has two timers that are extremely handy for large meals. Set them to remind you when to place the 2nd and 3rd dishes in the oven or on the cooktop.

### PROPER THAWING OF YOUR TURKEY

Frozen turkeys may prevent bacteria from growing, but it does not kill them. Therefore, it is important to keep turkeys out of the **Temperature Danger Zone- 40° – 140°**. Never defrost a turkey by placing it on the counter. It can cause foodborne illness.

THERE ARE TWO WAYS TO SAFELY DEFROST A TURKEY :

1. **Under refrigeration.** This requires adequate refrigerator space and advanced planning and is the preferred method for defrosting a turkey. The turkey should be placed on the lowest possible shelf to prevent any juices from spilling into other foods. A high-rimmed pan ( 2-3") is required to catch any juices. Defrost times will depend on the size of the bird. On average, it will take a day or two for the bird to be completely defrosted. Plan on defrosting and cooking within a two day time period.
2. **Using a Large Sink and Running Water.** The turkey may be defrosted by placing it in a sink full of running water or in a sink of water that will be changed every half hour. Ample room is needed for loose particles and overflow. Special care must be taken in cleaning and sanitizing every tool used in preparation of the turkey. Hot water and a bleach-based cleanser should be used to sanitize the sink and utensils used.

\* Using Pure Convection™. You may use Pure Convection™ at 150° to defrost a partially frozen turkey for same- day cooking. Place turkey on an oven cooking rack. It will take approximately 8-11 minutes per pound to defrost the turkey. This is not recommended with frozen solid turkeys as it will remain in the Temperature Danger Zone for too long.

### UNSTUFFED TURKEYS

1. Place turkey on a roasting rack in a roasting pan. Use a roasting pan that allows for at least 3/4 of the turkey to be exposed above the sides of the pan. This allows the convection air to flow freely around the bird, giving it a nice, brown sear. It also helps to lock in the juices inside of the turkey, creating a moist, tasteful product.
2. The best rack position for the turkey is either rack position 1 or 2. If you are roasting only one turkey, place the turkey with the rack facing side to side. If you are roasting 2 turkeys in one oven cell, two 10 x 13" pans with racks will fit front to back in a 36" or 48" large cell.
3. The time it will take to cook will be approximately 10-12 minutes to the pound for an unstuffed bird. Begin checking the internal temperatures with an instant-read thermometer about 20 minutes before the expected time of completion. Internal temperatures should read 170° in the breast, 180° in the thigh.

### STUFFED TURKEYS

1. Follow the same roasting tips on previous page.
2. Always take internal temperatures with an instant-read thermometer of both the turkey and the stuffing to ensure safe serving.



1. Spray roasting rack and roasting pan with nonstick cooking spray. This will make cleaning up easier.
2. Rinse the turkey with cold water and then pat dry with paper towels.
3. An olive oil rub helps seal in the juices and aids in browning the turkey.
3. It is best to use fresh herbs in the olive oil rub, since dried herbs may brown too quickly.
4. For added flavor, slit the skin at the bottom of the breast to create a "pocket" between the skin and the breast. Insert the olive oil rub underneath the skin.
5. Chopped onions, carrots, celery, and whole herbs may be inserted into the cavity of the bird. This helps retain moisture while adding flavor to the turkey. These vegetables can be used to flavor homemade gravy after the turkey has reached its safe internal temperature.
6. Never discard turkey drippings. It adds flavor to stuffing, makes a great stock for soups and stews, and makes the best gravies and sauces to serve along with your turkey. If you must discard it, let it cool and scrape into the trash. Do not throw it down the sink, as it may clog drains.
7. If there are not enough drippings in the bottom of the pan to make your favorite gravy, keep in mind that they are still inside the turkey. You may need to compensate with additional stock or broth.
8. No basting is necessary when using the Pure Convection™ mode. If you are using a special sauce or marinade, however, you may want to baste it a couple of times during the cooking process. Do this during the last hour of cooking.
9. It is better to prepare stuffing on the side, instead of stuffing the turkey. Stuffing adds insulation, making it harder for the stuffing to reach a safe internal temperature of 165°, while the turkey may register a much higher temperature, therefore producing a drier product. It also lengthens the cooking process. Since minimum internal temperatures cannot always be reached, we recommend cooking a separate casserole dish of stuffing.
10. It is acceptable to cover wings and legs that seem to be browning too quickly with foil. Keep in mind that Convection will brown a turkey quickly, which will help it to remain moist.
11. If you are completely covering a turkey in a roasting pan or using an oven roasting bag, convection is not necessary. Use Convection Roast mode.
12. Instead of doing one really large bird, try 2 medium-sized birds in one oven cell! In Dacor's oven, you can place two 15 pound turkeys side-by-side on roasting racks. Think of it: four breasts, four legs- it's enough for 30 people! Another reason to try this is because the smaller the bird, the more tender it will be. And the time will remain the same for one bird- 8-11 minutes per pound! Your two birds at 15 pounds each will cook in about 2 hours!
13. Delay Timed Cooking- We do not recommend using the time delay function on your range to cook your turkey. It is hard to keep protein foods out of the Temperature Danger Zone- from 40° – 140°. In using time delay, you are allowing a raw turkey to sit in the oven for an extended period of time, which allows bacteria to grow and a prospective foodborne illness to occur.
14. Most Important Tip of All: Be sure to clean and sanitize every utensil used in preparation of the turkey. This includes cutting boards, knives, kitchen sinks, and, most importantly, your hands. Hot water and a bleach-based cleanser should be used on utensils, and warm water and antibacterial soap should be used on your hands.

## BROILING TIPS

Broiling is a quick and flavorful way to prepare many foods. In broiling, the heat source radiates from above in the oven cell to cook foods with a dry and intense heat. This high heat keeps the juices inside the meat while browning the outside. Foods that can be broiled should be tender, should have some fat content to preserve moisture and flavor, and should be an individual portion size. Broiling in the oven is completed with the oven door completely shut. Keep in mind that it is normal and necessary for some smoke to be present to give the food a smoky, barbecued flavor. The broil temperatures and rack positions may be adjusted.

### Foods That Can Be Broiled:

- Meats, such as beef, chicken, veal, lamb, and pork
- Bacon (Broiled flat or rolled)
- Vegetables and fruits that are tender and have a high moisture content, such as onions, zucchini, squash, and peppers
- Sausages (Be sure to puncture the skin to prevent bursting)
- Seafood (Both fish fillets and shellfish)
- Garlic breads, toasts, etc.

Thin items should be cooked at high heat and as quickly as possible.

Medium thick items should be started on high heat to sear the food, then finished in a cooler part of the broiler/ oven cell by dropping the rack position down or by lowering the temperature of the broiler.

Thick items should also be started on high heat to sear the food, then finished in the oven at a lower temperature.

Times and temperatures for broiling may vary due to desired doneness of the food. Foods will often have to be flipped half way through the broiling cycle.

### Tips For Successful Broiling:

1. Dacor's ranges offer a revolutionary glass electric broiler with ribbon elements. This broiler gives you a wonderful broil surface area, a great sear, and moist products. The broil time and temperature chart in this book will help you decide what time, temperature, and rack position to broil your food.
2. Bring foods to room temperature for about 15-20 minutes before broiling. Chilled foods will reduce the temperature under the broiler. The product will not brown/ sear as well.
3. To keep meat from curling, slit fatty edges.
4. Trim the outer layer of fat from steaks and chops.
5. Cuts of meat that are too thin (smaller than 1/4") may dry up too quickly, while foods that are too thick (2" or larger) may only sear from the outside and remain raw in the center. Please refer to the above section that addresses thin/ thick items.
6. For best results, thicker cuts of meat should be placed about 4–6 inches away from the broiler.
7. A 2-part broiler pan (provided with the unit) should always be used. This allows for fats to drip down into the pan below, reducing smoking and spattering. Using a sheet pan instead of the broiler pan may cause fats to be redirected into the heat, causing flare-ups.
8. Aluminum foil may be used on the bottom portion of the 2-part broiler pan only. If foil is used on the top slotted piece (grill), fats are not allowed to drain properly, resulting in flare- ups, smoking, and spattering.
9. Do not add water to the bottom piece of the broiler pan. This will cause a "steaming" effect instead of a broiling effect.
10. It is best to use tongs to flip food half way through the cooking process. Piercing the meat with a fork allows juices to escape.
11. Meats can be brushed with oil or butter to maintain moisture and aid in the searing process.
12. To prevent sticking, lightly grease the broiler grill. Excess grease will result in heavy smoking.
13. Marinating meats, poultry and seafood is an excellent way to retain flavor in broiled foods.
14. Be sure to center the broiler pan underneath the broiler for maximum coverage-center the pan lengthwise, then push it all the way to the back.



The ER48 includes a companion oven- which is a fully featured, self- cleaning oven. Following are a notes about cooking with these ovens:

- Since the oven's capacity is much smaller, you may find that cook times are much lower. Items cook faster in this oven as far as roasting and baking.
- Follow the same guidelines as the large oven on selecting baking modes for best results.
- The broiler pan sent with the oven will fit with the shortest end front to back. To center it correctly, push it all the way to the back.
- Position the broiler pan 4-6 inches from the surface of the food to the surface of the broiler.
- Broil times will increase slightly in the smaller oven. It is also best to preheat the broiler for about 5 minutes for best results.
- Thicker cuts of steak or poultry should be cooked on Standard Broil. This will prevent the food from searing rare.
- A commercial half sheet pan, measuring 9 x 12" will fit in the ER48 companion oven.
- A commercial sized sheet pan, measuring 18 x 25" will fit in the large cell of an ER36 & ER48. This type of pan will not fit in an ER30. Dacor's ACS30-30" cookie sheets should be used.

#### PROPER SETTINGS FOR VARIOUS FOODS ON COOKTOPS

Temperature	Foods to Cook on this setting
Low or Inner Low on Dual Burner	Simmering rice, melting chocolate, holding delicate sauces, cream sauces & soups, mulling cider, simmer items
Medium Low or Low Outer on Dual Burner	Steaming vegetables, cooking eggs, custards, holding tomato- based sauces, stock, soups and stews, any bain marie or water bath items
Medium	Cooking bacon, scalding milk, cooking cereal grains, pan sauteed vegetables, candymaking, pancakes, griddle items, warming tortillas on the griddle
Medium High	Grill items, searing or browning meats, poultry or fish, pan frying
High	Boiling water for pasta, stir- frying with flat or rounded bottom wok

Keep in mind that pan size, pan type and characteristics of the food itself may change the proper heat setting of this cooktop. Always match the pot size to the appropriate burner size and adjust temperature as necessary.





# SINGLE RACK BAKING CHART

BAKED ITEM	TYPE OF PREPARATION	TYPE OF PAN(S)	RECOMMENDED MODES	TEMP.	APPROX. TIME
ANGEL FOOD CAKE	boxed or homemade	10" tube pan	Pure Conv	350°	30-35 min
AU GRATIN POTATOES	homemade	9"x13" glass or metal baking dish	Bake	375°	45-50 min
BAGELS	homemade	cookie sheet	Bake	450°	25 min
BISCOTTI	homemade	cookie sheet	Conv Bake	325°	1st bake: 30-35 min 2nd bake: 25 min
BISCUITS	refrigerated	cookie sheet	Conv Bake	350°	15-20 min
BISCUITS	boxed or homemade	cookie sheet	Conv Bake	400°	10-12 min
BREAD PUDDING	boxed or homemade	9"x13" glass or metal baking dish	Conv Bake	350°	20-25 min
BROWNIES	boxed or homemade	9"x13" glass or metal baking dish	Pure Conv	325°	20 min
BUNDT CAKE	boxed or homemade	8"x10" metal or rubber bundt dish	Pure Conv	350°	35-40 min
CAKES, LAYER	homemade	9"x13" glass or metal baking dish	Pure Conv	325°	30 min
CAKES, LAYER SHEET	homemade	9"round metal	Pure Conv	350°	30-35 min
CHEESECAKE	homemade	8", 9" or 10" metal springform pan	Conv Bake	325°	40-55 min
CHEESECAKE IN WATER BATH	homemade	8", 9" or 10" metal springform pan	Bake	325°	1 hr 25 min
CHICKEN, FRIED, PIECES	homemade	rimmed cookie sheet	Conv Bake	375°	20-25 min
CINNAMON ROLLS	refrigerated	cookie sheet	Pure Conv	325°	18-20 min
CINNAMON ROLLS	homemade	cookie sheet	Pure Conv	325°	20-25 min
COBBLER	boxed or homemade	8"x8" metal or glass pan	Pure Conv	375°	20-25 min
COFFEE CAKE	boxed or homemade	8", 9" or 10" round metal cake pan	Pure Conv	325°	45-55 min
COOKIES, FROZEN	boxed, refrigerated, frozen or homemade	cookie sheet	Pure Conv	325°	16-20 min
COOKIES, REFRIGERATED	boxed, refrigerated, frozen or homemade	cookie sheet	Pure Conv	350°	12-15 min

# SINGLE RACK BAKING CHART

BAKED ITEM	TYPE OF PREPARATION	TYPE OF PAN(S)	RECOMMENDED MODES	TEMP.	APPROX. TIME
CORNBREAD	boxed or homemade	8"x8" metal or glass pan	Conv Bake	375°	25-30 min
CREAM PUFFS, ECLAIRS, PROFITEROLES, GOUGERES	homemade	cookie sheet	Pure Conv	350°	15-20 min
CREME BRULEE	homemade	rimmed cookie sheet	Bake	300°	30-35 min
CRESCENT ROLLS	refrigerated	cookie sheet	Pure Conv	350°	12-15 min
CROISSANTS	homemade	cookie sheet	Conv Bake	350°	30 min
CUPCAKES	boxed or homemade	12-cup metal or silicone muffin tin	Pure Conv	325°	15 min
FRENCH FRIES, FROZEN	soft	cookie sheet	Conv Bake	375°	15-20 min
FRENCH FRIES, FROZEN	crisp	cookie sheet	Pure Conv	425°	25-30 min
FRUIT CRISP	boxed or homemade	8"x 8" glass or metal pan	Pure Conv	375°	30 min
LASAGNA	frozen or homemade	9"x13" glass or metal pan	Conv Bake	375°	55-60 min
MACAROONS	homemade	cookie sheet	Bake	350°	20-25 min
MERINGUE, COOKIES	homemade	cookie sheet	Bake	250°	30-35 min
MERINGUE, TOPPING	homemade	top of pie in metal or glass pie dish	Pure Conv	350°	20 min
MUFFINS	boxed or homemade	12-cup metal or rubber muffin tin	Pure Conv	350°	15-20 min
NUTS	homemade	rimmed cookie sheet	Pure Conv	325°	15 min
PIE, DOUBLE CRUSTED	frozen or homemade	8" or 9" inch glass or metal pie tin	Conv Bake	375°	45-55 min
PIE, SINGLE CRUSTED	frozen or homemade	8" or 9" inch glass or metal pie tin	Conv Bake	425° for 20 min/ 350° for 50 min/	70 min total
PIZZA, FRESH	refrigerated or homemade	12" inch pizza, thick crust	Conv Bake	400°	15-20 min
PIZZA, FROZEN	frozen or homemade	pizza pan	Conv Bake	425°	25-30 min
POPOVERS	homemade	popover pan	Conv Bake	425° for 20 min/ 350° for 20 min/	40 min total

# SINGLE RACK BAKING CHART

BAKED ITEM	TYPE OF PREPARATION	TYPE OF PAN(S)	RECOMMENDED MODES	TEMP.	APPROX. TIME
POTATOES, ROASTED	1" pieces, homemade	9"x13" glass or metal baking pan	Pure Conv	375°	30 min
POUND CAKE	boxed or homemade	9"x5" metal, glass or rubber loaf pan	Conv Bake	325°	45-55 min
PUFF PASTRY	frozen or homemade	9" or 13" glass or metal pie tin	Pure Conv	450°	40-45 min
QUICHE	frozen or homemade	rimmed cookie sheet	Pure Conv	300°	30-35 min
QUICK BREADS	homemade	9"x15" metal, glass or rubber loaf pan	Conv Bake	325°	50-55 min
QUICK BREADS	boxed	9"x5" loaf pan	Conv Bake	350°	40-45 min
SCONES	homemade	cookie sheet	Pure Conv	350°	25-30 min
SOUFFLE, INDIVIDUAL SMALL	homemade	4 oz. small ceramic souffle dishes	Conv Bake	325°	15 min
SOUFFLE, LARGE	homemade	10" ceramic souffle dish	Conv Bake	350°	50 min
TART	homemade	10" metal tart pan	Pure Conv	350°	25 min
TART, BLIND-BAKED CRUST	homemade	10" metal tart pan	Pure Conv	350°	10 min
TURNOVER	frozen or homemade	cookie sheet	Pure Conv	375°	30 min
TWICED BAKED POTATOES	homemade	rimmed cookie sheet	Pure Conv	375°	60 min
YEAST BREAD, FREE FORM	frozen, proofed loaf, or homemade	cookie sheet	Pure Conv	350°	30-40 min
YEAST BREAD IN LOAF PAN	frozen, proofed loaf, or homemade	9"x5" metal, glass or rubber loaf pan	Conv Bake	350°	30-35 min
YEAST ROLLS	frozen, proofed loaf, or homemade	cookie sheet, 9"x13" glass, or metal baking pan	Pure Conv	350°	16-20 min
YEASTED SWEET BREAD/STOLLEN	homemade	cookie sheet	Conv Bake	350°	40-45 min

# MULTI-RACK BAKING CHART

FOOD ITEM	PAN SIZE & TYPE	NO. OF PANS	BEST RACK MODE	RACK	CONV TEMP. (F)	CONV TIME (MIN)
12" ROUND FROZEN PIZZA	cookie sheet	2	Conv Bake (rotate halfway through)	2,4	375°	25-30 min
BACON	rimmed cookie sheet	3	Pure Conv	1,3,5	375°	30-35 min
BISCOTTI	cookie sheet	2	Pure Conv	2,4	350°	25 min, then 7 min per side
BISCUITS	cookie sheet	2	Pure Conv	2,4	350°	20-25 min
CAKES-SPONGE, CHIFFON	8" round 9"x13" pan	4	Pure Conv	2,4	350°	35-40 min
CINNAMON ROLLS	cookie sheet	2	Pure Conv	2,4	375°	25-30 min
COOKIES (CHOC CHIP, SUGAR, OATMEAL raisin, PEANUT BUTTER) FROZEN DOUGH	cookie sheet	4 3 2	Pure Conv	1-4 2,3,4 2,4	325°	25-30 min 22-25 min 20-22 min
CUPCAKES	12 cup muffin tin	2	Pure Conv	2,4	350°	25-30 min
REFRIGERATED COOKIE DOUGH	cookie sheet	2	Pure Conv	2,4	325°	20-25 min
ECLAIRS, PROFITEROLE, GOUGERES, CREAM PUFFS	cookie sheet	2	Pure Conv	2,4	400°	25-30 min
FROZEN ENTREES	mfr.s pans	4	Pure Conv	2,4	350°	35-40 min
LAYER CAKE	9" round pan	2	Pure Conv	2,4	325°	35-40 min
MEATBALLS, FROZEN	rimmed cookie sheet	2	Pure Conv	2,4	375°	25-30 min
MUFFINS	12 cup muffin tin	2	Pure Conv	2,4	375°	20-25 min
ROLLED SUGAR COOKIES	cookie sheet	2	Pure Conv	2,4	325°	15-20 min
YEAST BREAD-FREE FORM	cookie sheet	2	Pure Conv	2,4	350°	35-40 min
YEAST BREAD-LOAF	9"x15" loaf	2	Conv Bake (rotate pans halfway through)	1,4	350°	30-35 min
YEAST ROLLS	cookie sheet	2	Pure Conv	2,4	350°	20-25 min

# ROASTING CHART

ROASTED ITEM	SIZE	RECOMMENDED PAN	MODE	TEMP	APPX TIME	MINI SAFE TEMP*
<b>POULTRY</b>						
CHICKEN 3-4 LB. FLYER	2-3 lbs.	roasting pan with v-shaped rack	Pure Conv	350°	45-50 min	180 in the thigh
CHICKEN 5-6 LB. ROASTER	3-5 lbs.	roasting pan with v-shaped rack	Conv Roast	350°	1 1/2 hrs	180 in the thigh
CHICKEN PIECES, BONE-IN, SKIN-ON	1/4 lb. each	flat roasting pan	Pure Conv	375°	45 min	170
CHICKEN BREASTS, BONELESS, SKINLESS	6-8 oz	flat roasting pan	Conv Roast	375°	15-20 min	170
CORNISH GAME HENS	1/2-1 lb. each	roasting pan with v-shaped rack	Conv Roast	350°	35-40 min	170
DUCK	3-5 lbs.	roasting pan with v-shaped rack	Pure Conv	400°	1 hr	170
GOOSE	5-8 lbs.	roasting pan with v-shaped rack	Pure Conv	350°	1 hr 45 min	170
TURKEY, STUFFED	10-20 lbs.	roasting pan with v-shaped rack	Conv Roast	350°	1 hr 45 min	180 in the thigh
TURKEY, STUFFED	21-30 lbs.	roasting pan with v-shaped rack	Conv Roast	350°	2 1/2 hrs	180 in the thigh
TURKEY, UNSTUFFED	10-20 lbs.	roasting pan with v-shaped rack	Conv Roast	350°	2 hrs	180 in the thigh
TURKEY BREAST, BONE-IN	4-6 lbs.	roasting pan with v-shaped rack	Pure Conv	375°	2 hrs	170
TURKEY BREAST, BONELESS	2-3 lbs.	roasting pan with v-shaped rack	Pure Conv	350°	1 hr 15 min	170
TURKEY, UNSTUFFED	21-30 lbs.	flat roasting pan	Conv Roast	350°	2 1/2-3 hrs	180 in the thigh
<b>FRESH BEEF, VEAL, OR LAMB</b>						
BEEF TRI-TIP ROAST	3-4 lbs	roasting pan with v-shaped rack	Conv Roast	350°	40-50 min	145
BEEF RUMP ROAST	3-5 lbs	roasting pan with v-shaped rack	Pure Conv	325°	2-2 1/2 hrs	145
BONELESS LAMB SHOULDER	3-5 lbs	roasting pan with v-shaped rack	Conv Roast	350°	2 hrs	145
BRISKET	3-5 lbs	in deep pan covered with liquid	Conv Roast	350°	1-1/2 hrs	155
LAMB SHOULDER	2-6 lbs	roasting pan with v-shaped rack	Conv Roast	350°	1 1/2-2 hrs	145
LEG OF LAMB	6-8 lbs	roasting pan with v-shaped rack	Pure Conv	350°	1 1/2-2 hrs	145
LEG OF LAMB, BONED, ROLLED OR TIED	3-5 lbs	roasting pan with v-shaped rack	Pure Conv	350°	1 1/2-2 hrs	145
MEATLOAF, BEEF OR VEAL	9"x5" loaf pan	9"x5" metal or glass loaf pan	Pure Conv	350°	25-30 min	155
MEATBALLS, BEEF OR VEAL	12 each	rimmed cookie sheet	Conv Roast	350°	15 min	n/a
RACK OF LAMB	1-3 lbs.	flat roasting pan	Pure Conv	425°	35-45 min	145
RACK OF VEAL	5-7 lbs	roasting pan with v-shaped rack	Conv Roast	350°	1 1/2-2 hrs	155

\*MINIMUM SAFE INTERNAL TEMPERATURE

# ROASTING CHART

ROASTED ITEM	SIZE	RECOMMENDED PAN	MODE	TEMP	APPX TIME	MINI SAFE TEMP*
STANDING RIB ROAST	7-8 lbs	roasting pan with v-shaped rack	Pure Conv	325°	1 1/2-2 hrs	145
STANDING RIB ROAST	10-15 lbs.	roasting pan with v-shaped rack	Pure Conv	325°	2 1/2-3 hrs	145
VEAL LOIN, BONED AND ROLLED	3-5 lbs.	roasting pan with v-shaped rack	Conv Roast	350°	35-50 min	155
VEAL SHOULDER	3-6 lbs.	roasting pan with v-shaped rack	Conv Roast	350°	2 1/2-3 hrs	145
WHOLE BEEF FILLET	3-5 lbs.	roasting pan with v-shaped rack	Pure Conv	375°	35-45 min	145
<b>PORK</b>						
HAM, COOKED	7-10 lbs.	deep, covered pan	Conv Roast	350°	4 hrs	160
HAM, COOKED	5-8 lbs.	deep, covered pan	Conv Roast	350°	5 hrs	160
HAM, FRESH, SHANK-END	10-20 lbs.	deep, covered pan	Conv Roast	325°	3 hrs	160
PORK CHOPS	1/4 lb each	flat roasting pan	Pure Conv	350°	15-20 min	155
PORK TENDERLOINS	1/2-1 lb each	flat roasting pan	Pure Conv	375°	30-35 min	155
RACK OF PORK	3-5 lbs.	roasting pan with v-shaped rack	Conv Roast	375°	1hr-1hr 15 min	155
ROLLED PORK LOIN	2-5 lbs.	roasting pan with v-shaped rack	Pure Conv	375°	1hr-1hr 15 min	155
<b>FRESH FISH</b>						
COD FILLET	4 fillets	flat roasting pan	Conv Roast	375°	10-15 min	160
RED SNAPPER	4 fillets	flat roasting pan	Conv Roast	400°	5-10 min	160
SALMON	4 fillets or steaks	flat roasting pan	Conv Roast	375°	8-10 min	160
SCALLOPS	about 10 large	rimmed cookie sheet	Conv Roast	400°	7-10 min	160
SEA BASS	4 fillets	flat roasting pan	Conv Roast	400°	8-10 min	160
SHRIMP	about 10 large	rimmed cookie sheet	Conv Roast	400°	3-4 min	160
STRIPED BASS	4 fillets	flat roasting pan	Conv Roast	375°	8-10 min	160
SWORDFISH	4 fillets	roasting pan with v-shaped rack	Conv Roast	375°	8-10 min	160
<b>VEGETABLES</b>						
ARTICHOKES	2	rimmed cookie sheet	Conv Roast	400°	25 min	N/A
ASPARAGUS	1 lb.	rimmed cookie sheet	Conv Roast	400°	10 min	N/A
BEETS	4	rimmed cookie sheet	Conv Roast	400°	15-20 min	N/A

\*MINIMUM SAFE INTERNAL TEMPERATURE

# ROASTING CHART

ROASTED ITEM	SIZE	RECOMMENDED PAN	MODE	TEMP	APPX TIME
BELL PEPPERS	4 each	rimmed cookie sheet	Conv Roast	400°	20-25 min
BROCCOLI	1 lb.	rimmed cookie sheet	Conv Roast	400°	10 min
BRUSSELS SPROUTS	1 lb.	rimmed cookie sheet	Conv Roast	400°	20-25 min
EGGPLANT	1 large	rimmed cookie sheet	Conv Roast	400°	15 min
FENNEL	2 bulbs	rimmed cookie sheet	Conv Roast	350°	30-35 min
FRESH BABY CARROTS/PARSNIPS	1 lb.	rimmed cookie sheet	Conv Roast	400°	25-30 min
GARLIC, WHOLE BULBS	6-8 each	rimmed cookie sheet	Conv Roast	400°	20-25 min
GREEN BEANS	1 lb.	rimmed cookie sheet	Conv Roast	400°	10-15 min
LEEKs	4 each	rimmed cookie sheet	Conv Roast	400°	15 min
MUSHROOMS	1 lb.	rimmed cookie sheet	Bake	375°	15 min
NEW POTATOES, RED BLISS	1 lb.	rimmed cookie sheet	Conv Roast	400°	20-25 min
ONIONS OR SHALLOTS	4 each	rimmed cookie sheet	Conv Roast	400°	25-30 min
POTATOES, BAKING	1/2 lb each	rimmed cookie sheet	Conv Roast	400°	40-45 min
SQUASH, BUTERNUT, ACORN, PUMPKIN	1 large	rimmed cookie sheet	Conv Roast	400°	45 min
TOMATO	6-8 each	rimmed cookie sheet	Conv Roast	350°	10 min
TURNIPS	2-3 each	rimmed cookie sheet	Conv Roast	400°	40-45 min
<b>FRUIT</b>					
APPLES	4 each	rimmed cookie sheet	Conv Roast	350°	20-25 min
APRICOTS	8 each	rimmed cookie sheet	Conv Roast	350°	10-15 min
PAPAYA	1 large	rimmed cookie sheet	Conv Roast	350°	20-25 min
PEACHES	6 each	rimmed cookie sheet	Conv Roast	375°	20-25 min
PEARS	4-6 each	rimmed cookie sheet	Conv Roast	350°	40-45 min
PINEAPPLE	1 large	rimmed cookie sheet	Conv Roast	350°	20-25 min
PLUM	8-10 each	rimmed cookie sheet	Conv Roast	350°	10-15 min
PLANTAINS	4 each	rimmed cookie sheet	Conv Roast	350°	20-25 min
BANANAS	4 each	rimmed cookie sheet	Conv Roast	350°	20-25 min

\*MINIMUM SAFE INTERNAL TEMPERATURE

# BROILING CHART

FOOD	SIZE	PAN TYPE	RACK POSITION	MODE	TEMP.	APPROX. TIME
BACON, SLICED	1/2 lb- about 8	rimmed cookie sheet	4	Conv Bake	500°	2-3 min per side
BEEF FLANK STEAK	3-4 oz	flat broil pan	4	Broil	555°	2-3 min per side
BEEF SHORT RIBS	(4) 2-3 oz	flat broil pan	4	Conv Broil	555°	2-3 min per side
BEEF SKIRT STEAK (CARNE ASADA)	3-4 oz	flat broil pan	4	Broil	555°	2-3 min per side
CHICKEN BREASTS, BONE-IN, SKIN-ON	4 each	flat broil pan	4	Broil	500°	start skin side down 5-6 min per side
CHICKEN BREASTS, BONELESS, SKINLESS	4 each	flat broil pan	4	Broil	500°	5-6 min per side
CHICKEN PIECES, LEG, THIGH	4-6 pieces	flat broil pan	4	Broil	500°	3-4 min per side
CREME BRULEE	6	ramekins on rimmed cookie sheet	4	Broil	555°	1-2 min total
FISH FILLETS OR STEAKS, FRESH	1 inch thick	flat broil pan	4	Conv Broil	500°	2-3 min per side
FISH FILLETS, FRESH	1/2 inch thick	flat broil pan	4	Conv Broil	500°	2-3 min per side
GARLIC BREAD	1 loaf split in half lengthwise	rimmed cookie sheet	4	Conv Broil	500°	1-2 min total
GRAPEFRUIT HALVES	4-6 halves	rimmed cookie sheet	4	Conv Broil	555°	2-3 min per side
HAMBURGER PATTIES, GROUND	4-6 patties	flat broil pan	4	Broil	525°	2-3 min per side
LAMB, RIB CHOPS	(4) 2-3 oz	flat broil pan	4	Broil	500°	3-4 min per side
LIVER	(4) 2-3 oz	flat broil pan	4	Broil	500°	3-4 min per side
PORK LOIN CHOPS	(2) 3/4 inch thick	flat broil pan	4	Broil	500°	5-6 min per side
SALMON STEAKS OR FILLETS	(4) 1 inch thick	flat broil pan	4	Broil	555°	3-4 min per side
SIRLOIN STEAK	(4) 1 inch thick	flat broil pan	4	Broil	555°	5-6 min per side
SPARE RIBS, PORK OR BEEF	(4) 2-3 oz	flat broil pan	4	Conv Broil	555°	2-3 min per side
STEAK KEBABS	(4) 1 inch thick	flat broil pan	4	Broil	555°	4-5 min per side
T-BONE STEAK	(3) 3/4-1 inch thick	flat broil pan	4	Broil	555°	4-5 min per side
TOMATO HALVES	8 each	rimmed cookie sheet	4	Conv Broil	555°	2-3 min total
TOP ROUND STEAK, LONDON	8 oz steak	flat broil pan	4	Broil	500°	5-6 min per side
TURKEY PATTIES, GROUND	4-6 patties	flat broil pan	4	Broil	555°	3-4 min per side
VEGGIE BURGERS	4-6 patties	flat broil pan	4	Broil	555°	3-4 min per side



# APPETIZERS AND SIDE DISH RECIPES

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## BALSAMIC ROASTED POTATOES AND VEGETABLES

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*1 pound tiny new potatoes (about 5-6 potatoes)*

*3 small carrots*

*3 stalks celery*

*1 medium red onion*

*1/4 cup balsamic vinegar*

*3 Tablespoons olive oil*

*1 teaspoon granulated sugar*

*2 Tablespoons chopped fresh rosemary*

*1/2 bunch fresh Italian parsley, chopped*

*Salt and pepper, to taste*

Preheat oven to 400° on Pure Convection™. Place an empty 13 x 9 x 2 inch baking dish in the oven to preheat. This will help the vegetables brown better and prevent them from sticking to the dish. Scrub and cut potatoes into 1 inch pieces. Soak in water to prevent oxidation. Peel and cut carrots, celery and onions into 1 inch pieces. Pat potatoes dry with paper towels and place into a 13 x 9 x 2 inch baking dish with carrots, celery and onions. In a medium sized bowl, stir together balsamic vinegar, olive oil, sugar, rosemary, Italian parsley, salt, and pepper. Drizzle over the vegetables, stirring to coat. Stir vegetables about three times throughout cooking process. Bake until golden brown and cooked through, about 30-35 minutes.

*Serves 6.*

## WASABI CRAB APPETIZERS

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*1 frozen puff pastry sheet, thawed*

*Nonstick cooking spray*

*1 large egg, slightly beaten*

*8 ounces lump crab meat, picked through for shells*

*1 teaspoon wasabi*

*1 Tablespoon mayonnaise*

*Salt and black pepper, to taste*

*Fresh chives, for garnish*

*2 ounce jar red caviar, for garnish*

Preheat oven to 350° on Pure Convection™. Lay puff pastry flat on a cutting board, and cut into 16- 2" squares. Spray a mini- muffin tin with non-stick cooking spray. Lay one square in each muffin cup, pushing down to shape it. Brush the top of the puff pastry with beaten egg, then bake for about 15 minutes, or until golden brown. Remove and allow to cool. Meanwhile, in a large mixing bowl, combine crabmeat, wasabi, mayonnaise, salt and pepper to make a loose crab mixture. Once puff pastries have cooled, remove them from the muffin tin and let cool slightly. Fill with about 1 tablespoon of crab mixture. Garnish with chives and caviar.

*Makes about 12 appetizers.*



## MINI MEATBALLS IN SAFFRON SAUCE

---

*8 ounces ground pork*

*8 ounces ground veal or beef*

*1/4 cup chopped flat leaf parsley*

*2 garlic cloves, minced*

*1 large egg, beaten to blend*

*1 1/2-inch-thick slice French bread, crust removed, soaked in water 3 minutes and squeezed dry*

*1 1/2 teaspoons salt*

*1/2 teaspoon ground black pepper*

*1/4 cup all purpose flour*

*1/4 cup extra-virgin olive oil*

*1/4 cup chopped white onion*

*1/2 teaspoon Hungarian sweet paprika*

*1-cup low salt chicken broth*

*1/4 cup dry white wine*

*1/4 teaspoon crumbled saffron threads*

Mix pork, veal or beef, 1 Tablespoon parsley, half of the garlic, egg, bread, 1 1/4 teaspoon pepper in medium bowl to blend. Shape meat mixture into 1-inch balls. Dust with flour. Set aside.

Heat oil in heavy large skillet over medium-high heat. Add meatballs and sauté until browned on all sides, about 10 minutes. Using slotted spoon, transfer meatballs to a plate. Add onion to skillet; reduce heat to medium and sauté until tender, about 2 minutes. Stir in paprika, then 1-cup broth and wine. Return meatballs with any accumulated juices to skillet. Bring to simmer. Cover and cook until meatballs are tender, about 25 minutes. Uncover; add 2 Tablespoons parsley, remaining garlic, and saffron. Simmer until sauce thickens, turning meatballs occasionally, about 10 minutes. Season sauce to taste with salt and pepper. (Can be made 1 day ahead. Cool slightly, then cover and refrigerate. Bring to simmer, thinning with broth if necessary.)

Place meatballs with sauce on platter. Top with 1 Tablespoon parsley.

***Makes about 30 meatballs.***

# PORK SATAY SKEWERS WITH HOT & SWEET SAUCE

---

*2 Tablespoons minced onions*

*3 Tablespoons vegetable oil*

*2 Tablespoons oyster sauce*

*2 Tablespoons sesame seeds, toasted*

*Zest and juice of 1 lemon*

*1 Tablespoon fish sauce*

*1 clove garlic, minced*

*1 Tablespoon soy sauce*

*Pork Tenderloin, about 1/2- 3/4 pounds*

*About 8 leaves of Bibb lettuce, washed and dried*

*1/2 cup dry roasted peanuts, chopped*

*2 Tablespoons cilantro, chopped*

*8 Wooden or metal skewers*

## **Hot and Sweet Sauce:**

*1/2 cup rice vinegar*

*1/2 cup granulated sugar*

*2 cloves garlic, finely minced*

*1/4 teaspoon salt*

*1 1/2 teaspoons red pepper flakes*

Combine first 8 ingredients in a medium-sized bowl. Season with salt and black pepper to taste. Slice pork tenderloin into 1/2-inch pieces. Toss pork in marinade to coat and marinate for at least 1 hour up to 1 day. Soak wooden skewers in warm water for about 10 minutes. Thread pork onto skewers. Adjust oven rack to position 4. Preheat broiler for 5-10 minutes. Place skewers on flat broiling rack. Place in oven and align directly under the broiler for best coverage. Broil for about 2-3 minutes per side, or until cooked through.

For hot and sweet sauce, combine rice vinegar and sugar in a medium-sized sauté pan. Bring to a boil, and cook until sugar dissolves. Remove from heat add garlic, salt and red pepper flakes. Let cool to room temperature to serve.

To serve, place 1 skewer on a leaf of Bibb lettuce. Drizzle with hot and sweet sauce. Sprinkle with peanuts and cilantro.

***Makes about 8 appetizers.***



# SOUPS AND SALADS

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# BUTTERNUT SQUASH SOUP

---

*1 onion, thinly sliced*

*1 butternut squash, cut in half, lengthwise, and scoop out pulp, reserving seeds (about 2-2 1/2 pounds)*

*Salt and pepper to taste*

*2 Tablespoons olive oil*

*1 teaspoon ground allspice*

*1 teaspoon chopped fresh thyme*

*1 teaspoon ground coriander*

*1/2 teaspoon garam masala*

*1/2 cup heavy cream*

Place onions on a cookie sheet. Sprinkle with olive oil, salt and pepper and toss to coat. Drizzle squash with olive oil and season with salt and pepper. Place on top of onions, cut side down. Preheat oven to Convection Roast at 350°. Roast squash and onions for 1 hour to 1 hour 15 minutes. The squash should be very soft. Let cool. Rinse seeds until there is no more pulp. Pat dry. Place on a cookie sheet. Drizzle with olive oil and season well with salt and pepper. Increase oven to 375° and roast seeds for 12 minutes. They should be crisp and have a toasted flavor. Set aside. Once squash has cooled, scoop out flesh into a food processor. Add the onions. Add one cup of water and puree. Add more water if necessary to blend smoothly. There should be no more lumps. Transfer to a pot. Add enough water to make a thick soup. Place on cooktop and bring to a simmer. Add allspice, thyme, coriander, and garam masala. Season with salt and pepper. Right before service, add 1/2 cup cream. Do not boil as the cream could separate. Sprinkle with toasted seeds to garnish.

*1 loaf French bread*

*1/2 cup butter (1stick)*

*1 garlic clove, minced*

*1 teaspoon chopped thyme*

*Salt and pepper to taste*

Slice the French bread into 1/2" slices. In a small bowl melt butter. Stir in garlic, thyme, and salt and pepper to taste. Place bread slices on a cookie sheet. Brush each slice with butter mixture. Place on a rimmed cookie sheet. Reduce oven to 350° and bake for 12 minutes. Serve with soup.

*Serves 4.*



## GREEN MINESTRONE

---

*4 slices bacon, chopped*

*1 onion, chopped*

*1 carrot, cut into 1/2" rounds*

*1 celery rib, small diced*

*2 zucchini, cut in half lengthwise, then 1/2" diced*

*1 cup green beans, trimmed and cut into 1/2" pieces*

*6 cups kale, leaves chopped*

*(1) 15 ounce can northern white beans, drained and rinsed*

*1 russet potato, medium diced*

*1 (28 ounce) can crushed tomatoes, drained*

*8 cups chicken stock*

*1 1/2 cups macaroni pasta*

*1 cup prepared pesto*

*salt and pepper to taste*

Cook bacon in a heavy stockpot. When bacon is browned, drain onto paper towels and set aside. Add onion, carrot, and celery to pot. Cook for 5 minutes. Add zucchini, green beans, and kale. Cook until kale is wilted. Add beans, potato, crushed tomatoes, and chicken stock. Bring to a simmer. Cook for 15-20 minutes covered. Add macaroni pasta and cook for another 20 minutes or until pasta is tender. Stir in bacon and pesto. Add salt and pepper to taste. This can be held on the simmer plate for up to 2 hours.

\* Pesto can be found at your local supermarket. It is a puree of basil, parsley, garlic, olive oil, pine nuts, and parmesan cheese.

*Makes 2 quarts soup.*



# ROASTED PEAR SALAD WITH BABY GREENS, BLUE CHEESE AND ROASTED WALNUTS

---

*2 pears, peeled, halved and cored*

*2 Tablespoons honey*

*1 Tablespoon vegetable oil*

*Salt and pepper, to taste*

*1 bag baby green lettuce mix*

*4 ounces blue cheese, crumbled*

*1/2 cup walnut halves, toasted*

## ***Dressing:***

*1 Tablespoon balsamic vinegar*

*1 teaspoon Dijon mustard*

*1 teaspoon fresh thyme, chopped*

*3 Tablespoons olive oil*

*Salt and pepper, to taste*

Preheat oven to 400° on Pure Convection™. Lightly oil a rimmed baking sheet. Place pear halves on top. Brush honey over the surface of the pears. Season with salt and pepper. Bake for about 15 minutes, or until pears are tender. Let pears cool, then cut into thin slices.

For dressing, combine balsamic vinegar, Dijon mustard, and fresh thyme. Drizzle in olive oil while whisking. Season with salt and pepper.

In a large salad bowl, combine baby greens, blue cheese, and walnuts. Drizzle with dressing, then top with pear slices.

***Serves 4.***





# BREADS

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## APPLE BRAN MUFFINS

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<i>1 Tablespoon unsalted butter</i>	<i>2 teaspoon baking powder</i>
<i>2 cups chopped granny smith apple (peeled, seeded &amp; coarsely diced)</i>	<i>1/2 teaspoon salt</i>
<i>1 cup all purpose flour</i>	<i>1 1/3 cup milk</i>
<i>1 cup whole wheat flour</i>	<i>1/4 cup canola oil</i>
<i>2 cups oat bran</i>	<i>2 teaspoons vanilla extract</i>
<i>3/4 cup packed light brown sugar</i>	<i>3 large eggs</i>
<i>4 teaspoons ground cinnamon</i>	<i>Cooking spray</i>
<i>2 teaspoons baking soda</i>	<i>1 Tablespoon honey</i>

Adjust oven racks to positions 2 and 4. Preheat oven to 350° on Pure Convection™. In a medium-sized sauté pan over medium heat, melt butter and sauté apples until soft, about 2-3 minutes. In a large bowl, combine all-purpose flour, wheat flour, oat bran, brown sugar, cinnamon, baking soda, baking powder, and salt. In a large measuring pitcher, combine milk, oil, vanilla, eggs. Add milk mixture to dry mixture and stir until moist. Stir in apples.

Spray 2 muffin tins with nonstick cooking spray or line with paper liners. Spoon batter into muffin tins. Bake for 20 minutes or until muffins are browned and spring back when touched lightly in the center. Lightly brush the top of each muffin with honey. Remove from pan immediately and cool on a rack.

*Makes about 2 dozen.*

## CHEDDAR JALAPEÑO BISCUITS

---

<i>2 cups all purpose flour</i>	<i>1 cup cold unsalted butter (2sticks), diced</i>
<i>2 jalapenos, chopped (wear rubber gloves when chopping these)</i>	<i>3/4 cup buttermilk</i>
<i>1 Tablespoon baking powder</i>	<i>1 cup shredded cheddar cheese</i>
<i>1 teaspoon salt</i>	<i>1 Tablespoon butter, melted</i>

Adjust oven rack to position 2. Preheat oven to 400° on Convection Bake. Place flour, jalapenos, baking powder, and salt in a large mixing bowl. Drop diced butter into the bowl. Using your fingertips, mix the dry ingredients and the butter until the mixture resembles a coarse meal. Add the buttermilk, and mix with a fork just until mixture comes together. Add cheese and mix. Form the dough into a ball, place on a well- floured board, and roll out into 1/28-inch-thick circle. With a 3-inch round biscuit cutter, cut out the biscuits and place on a greased baking sheet. Brush tops with melted butter. Place in oven and set timer for 10-12 minutes. Bake until golden brown. Serve warm.

*Makes about 1 dozen biscuits.*



# APRICOT COFFEE CAKE

---

*2 1/2 cups all purpose flour*  
*1 1/2 cups packed light brown sugar*  
*1/2 teaspoon salt*  
*2/3 cup cold unsalted butter, cut into cubes*  
*2 teaspoons baking powder*  
*1/2 teaspoon baking soda*  
*1/2 teaspoon ground cinnamon*  
*1/2 teaspoon ground nutmeg*  
*2 large eggs, beaten*  
*1 1/3 cup buttermilk*  
*1 1/2 cup dried apricots, chopped*  
*1/2 cup sliced almonds*

## **Apricot Glaze:**

*1/2 cup powdered sugar*  
*2 Tablespoons apricot jam*  
*2 Tablespoons heavy cream*

Adjust oven rack to position 2. Preheat oven to 325° on Pure Convection™. Grease the bottom and sides of 9" round metal cake pan. In a large mixing bowl, combine flour, brown sugar, salt, baking powder, baking soda, cinnamon, and nutmeg. Using a fork or a pastry cutter, cut in butter cubes until mixture resembles coarse crumbs. In a medium-sized mixing bowl, combine eggs and buttermilk. Add egg mixture all at once to dry mixture. Stir in apricots. Stir until just moistened- the batter will be lumpy. Pour batter into prepared pan. Sprinkle sliced almonds on top of batter. Place in oven and set timer for 45-55 minutes. Bake until cake is set and toothpick inserted in the center comes out clean. Cool on a baking rack.

*Makes 12 slices.*

**After Baking:** For apricot glaze, sift powdered sugar into a small mixing bowl. Add apricot jam and cream and stir until combined. Drizzle over cooled coffee cake and slice into 1-inch pieces.



# BANANA MACADAMIA NUT BREAD

---

*1/2 cup unsalted butter, softened*

*1 cup granulated sugar*

*3 ripe bananas, peeled*

*2 large eggs*

*1/4 cup milk*

*1 teaspoon vanilla*

*2 cups all purpose flour*

*1 teaspoon baking soda*

*1/2 teaspoon baking powder*

*1/2 teaspoon salt*

*1/2 cup chopped macadamia nuts, toasted\**

*1 Tablespoon unsalted butter*

Adjust oven rack to position 2. Preheat oven on Convection Bake to 325°. In an electric mixer with a paddle attachment, cream together butter and sugar on medium speed. Add peeled bananas. Add eggs one at a time. Add milk and vanilla. In a medium-sized mixing bowl, combine flour, baking soda, baking powder and salt. Add to banana mixture slowly and mix completely. Stir in macadamia nuts. Pour batter into prepared loaf pan. Place in oven and set timer for 50-55 minutes. Bake until golden brown or until a toothpick inserted in the middle comes out clean.

**After Baking:** Place loaf pan on a baking rack to cool. Cut into 1/2" slices and serve.

*Makes one loaf (about 10-12 slices).*

\* To toast macadamia nuts, spread onto a cookie sheet. Place in preheated oven on Pure Convection 350° for about 10 minutes. Stir frequently and watch them carefully. Also, beware of steam when you open the oven door. Macadamia nuts are high in oil and can create a lot of steam when baked.



# CRANBERRY OATMEAL SCONES

---

*1 3/4 cup all purpose flour*  
*2 teaspoons baking powder*  
*3/4 cup oatmeal*  
*3 Tablespoons plus 1 Tablespoon superfine or granulated sugar*  
*4 Tablespoons of cold unsalted butter*  
*1 large egg*  
*1/2 teaspoon salt*  
*1/4 cup milk*  
*1/2 cup dried cranberries*  
*3 Tablespoons milk*  
*1 teaspoon vanilla*  
*2 cups all purpose flour*  
*1 teaspoon baking soda*  
*1/2 teaspoon baking powder*  
*1/2 teaspoon salt*  
*1/2 cup chopped walnuts (optional)*

Adjust oven rack to position 2. Preheat oven on Pure Convection™ to 350°. Mix flour, baking powder, and oatmeal in bowl, add cold butter and rub with fingertips until mixture resembles small peas. Stir in 3 Tablespoons sugar. Break egg into a small bowl and mix with fork; add milk. Pour egg and milk mixture into flour mixture a little at a time mixing lightly until the dough just comes together; you may not need all the liquid. Stir in cranberries. Gather mixture and place on lightly floured surface, knead very gently just until it all holds shape. Flatten until approximately 1/2- 1 inch thick and about 12 inches round. Transfer to a lightly greased cookie sheet. Lightly score the top of the scone into 8 wedges. Brush top with any left-over egg/milk mixture. Sprinkle with remaining 1 Tablespoon sugar. Bake for 25-30 minutes or until pale golden in color. Serve immediately.

**After Baking:** Scones should be served warm. Cool slightly enough to handle, then continue to slice into wedges where the initial score marks were. Scones are traditionally served with strawberry jam and clotted cream, but can also be served with butter and various jams or jellies.

*Makes about (8) 2" wedges.*



# BUTTERTOP WHITE BREAD LOAVES

---

*2 packages active dry yeast*

*1/2 cup lukewarm water (95-100°)*

*2 1/2 cups buttermilk, warmed (95-100°)*

*1/4 cup granulated sugar*

*7 cups bread flour, more if necessary*

*1/4 cup unsalted butter, softened plus 3 Tablespoons, melted*

*2 teaspoons salt*

Adjust oven rack to position 2. Preheat oven to Standard Bake at 100°. In a large mixer with dough hook attachment, combine warm water and yeast. Mix lightly and let sit until bubbly, about 5 minutes. Stir in buttermilk and sugar. Turn mixer on low to mix. Add bread flour 1 cup at a time. Scrape down the sides of the bowl with a rubber spatula. Add 3 Tablespoons softened butter and salt. Knead in the mixer for 7-8 minutes, or turn dough out onto a floured surface and knead by hand for 10 minutes. The dough should be smooth and elastic. Place in greased bowl, lightly oil the top of the dough and cover. Let rise in oven for at least 1 hour or until doubled in size. Remove dough. Punch down dough and place on a floured surface. Divide dough in half. Roll half of the dough with a rolling pin into an 8 x 10 x 1" rectangle. Roll dough from the 8" side lengthwise, as if making a jellyroll, until a loaf forms. Press to release air bubbles and pinch edges to seal. Repeat with other half of dough. Place loaves seam side down in two greased 9 x 5" loaf pans. Cut a slit down the center of both doughs lengthwise on top. Pour about 1 1/2 Tablespoons melted butter in the slit. Repeat with other loaf. Cover with plastic wrap and proof again for about 30 minutes in oven. Remove loaves and preheat oven on Convection Bake to 350°. Bake until loaves rise and brown, and bread sounds hollow when tapped on the bottom, about 30 minutes.

**After Baking:** Remove from loaf pan and cool on baking rack- this will prevent the bottom from becoming soggy. Let cool and slice.

*Makes 2 loaves.*



# MAIN DISHES

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## BLACK PEPPER CRUSTED NEW YORK STRIP STEAKS WITH BEARNAISE SAUCE

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*4 New York Strip Steaks, about 1-1 1/2 inches thick*

*1 Tablespoon Kosher salt*

*2 Tablespoon multicolored whole peppercorns*

***Bearnaise Sauce:***

*2-3 egg yolks*

*1 Tablespoon heavy cream*

*1 cup (2 sticks) butter, melted and hot*

*1 Tablespoon chopped tarragon*

*Cracked black peppercorns, to taste*

*Salt, to taste*

*1 teaspoon lemon juice*

Adjust oven rack to position 4 (counting up from the bottom). Preheat broiler to 555°. Trim any fat around the sides of the steaks. Place the salt and peppercorns in a food processor or grinder and blend. Coat both sides of the steaks with the Kosher salt and pepper mixture. Broil for approximately 4-5 minutes per side, depending on desired doneness and thickness of the steaks.

For béarnaise sauce, place egg yolks and cream in the top of a double boiler over low heat. Whisk until thick and lemony yellow, about 5 minutes. Make sure butter is hot, and slowly drizzle in as you blend. As you add the butter, the sauce should thicken. Season sauce with salt and pepper. Stir in tarragon and lemon juice.

Keep warm until warm service. To serve, drizzle béarnaise sauce over steaks.

*Serves 4.*

## CHICKEN BREASTS STUFFED WITH GOAT CHEESE AND SUNDRIED TOMATOES

---

*1 cup fresh goat cheese (about 4 ounces)*

*2 Tablespoons fresh basil, chopped*

*2 Tablespoons Italian parsley, chopped*

*4 oil-packed jarred sundried tomatoes, drained and diced*

*4 boneless, skinless chicken breasts*

*2 eggs, beaten*

*1/2 cup dry breadcrumbs*

*Salt and pepper, to taste*

*1/4 cup melted butter*

Preheat oven to 400° on Pure Convection™. Cut a slit lengthwise in each chicken breast, leaving about 1/4-inch around each edge. In a medium-sized bowl, combine goat cheese, basil, Italian parsley, and sundried tomatoes. Season mixture with salt and pepper. Fill each chicken breast with about 1/4 cup of cheese mixture. Dip both sides of chicken breasts in egg, then dredge in breadcrumbs. Place on rimmed baking sheet. Drizzle with each stuffed breast with melted butter. Bake until cooked through, about 25-30 minutes.

*Serves 4.*





# CHILEAN SEABASS WITH TROPICAL FRUIT SALSA

---

*4 Chilean sea bass fillets, about 4 ounces each*  
*2 Tablespoons unsalted butter*  
*Salt and pepper, to taste*

**Tropical Fruit Salsa:**

*3 large mangos, medium diced*  
*1 large red onion, small diced*  
*1 red bell pepper, small diced*  
*Juice of 1 lemon*  
*1 bunch cilantro, chopped*  
*1/4 teaspoon salt*

Combine salsa ingredients together in a bowl. Let marinate in the refrigerator for a minimum of one hour, maximum of two days.

Adjust oven rack to position 2. Preheat oven to 400° on Convection Roast. Allow oven to preheat. Brush Chilean seabass with butter. Sprinkle with salt & pepper. Place fish on a rimmed cookie sheet. Place in oven and set timer for 20 minutes. Bake until lightly golden brown flakes apart.

**After Baking:** Serve warm with tropical fruit salsa.

*Serves 4.*

# MAPLE-GLAZED SALMON

---

*1 cup pure maple syrup*  
*2 Tablespoons finely grated peeled fresh gingerroot*  
*Juice of lemon*  
*3 Tablespoons soy sauce*  
*1 1/2 teaspoons minced garlic*  
*2 1/2-pound center-cut salmon fillet with skin, pinbones removed and sliced into 3-inch fillets.*  
*Salt and pepper, to taste*

In a small heavy saucepan simmer maple syrup, gingerroot, lemon juice, soy sauce, garlic, until reduced to about 1 cup, about 30 minutes, and let cool. (Maple glaze may be made 2 days ahead and chilled, covered. Bring maple glaze to room temperature before proceeding.)

Preheat oven to 350° on Convection Roast. Lightly oil a shallow baking pan large enough to hold salmon.

Place salmon skin side down and brush with remaining glaze. Season salmon with salt and pepper and roast in middle of oven until just cooked through, about 20 minutes.

Heat any leftover glaze over low heat to use as a sauce. Remove pan from heat and keep sauce warm, covered.

*Serves 6.*



## PURE CONVECTION™ ROASTED TURKEY

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*15-25 lb. fresh turkey*

*3/4 cup olive oil*

*2 Tablespoons chopped fresh rosemary, plus 2 whole sprigs*

*1 Tablespoon chopped fresh thyme*

*2 Tablespoons chopped fresh sage*

*1/2 cup chopped flat leaf parsley*

*Salt and black pepper, as needed*

*2 white onions, peeled and quartered*

Remove neck and gizzards from the turkey, and set aside for another use. Wash turkey with cold water and dry with paper towels. Set aside.

Chop all fresh herbs, except for two whole sprigs rosemary and place in a small bowl. Drizzle the olive oil into the herbs. Rub the turkey inside the cavity and out with the olive oil herb mixture. Season with salt and pepper to taste. Stuff onion into the turkey cavity.

Spray the roasting rack with a nonstick spray. Place the turkey on a rack tall enough so that most of the turkey is above the sides of the roasting pan. Adjust oven rack to position 1. Preheat oven to 350° on Pure Convection™. Place turkey in oven. Roast the turkey until the internal temperature reaches 180°, or until golden brown and cooked through ( about 2-3 hours, depending on turkey size). Remove and let rest for 15 minutes before carving.

*Serves approximately 10 people.*

## PORK ROAST WITH BALSAMIC PORT GLAZE

---

*(2) 3-4 pound pork roasts*

*1/4 cup light brown sugar*

*3/4 cup balsamic vinegar*

*3/4 cup port wine*

*2 cloves garlic, minced*

In a small sauce pan, combine balsamic vinegar, port, minced garlic cloves, and brown sugar. Bring to a boil then simmer until sauce has reduced by half. Allow liquid to cool to room temperature before using. This can be done a day in advance. Refrigerate until use.

Place pork roast on V-shaped rack in roasting pan. Adjust oven rack to position 2. Preheat oven to 350° on Convection Roast. Insert meat probe and set internal temperature to 155°. Brush balsamic port glaze over pork roasts about half way through the cooking process. Roast until golden brown and internal temperature reaches a minimum of 155°, about 1 hour.

**After Roasting:** Allow roast to rest for approximately 10 minutes. Slice against the grain.

*Serves 6.*



## ROASTED VEGETABLE STRUDEL WITH RED PEPPER SAUCE

---

*1 zucchini, large diced*

*1 small eggplant, large diced*

*2 portabella mushrooms, small diced*

*3 garlic cloves, chopped*

*1 Tablespoon olive oil*

*Salt and pepper, to taste*

*8 oil-packed sundried tomato halves, patted dry and chopped*

*Red bell pepper sauce*

*1 cup jarred roasted red bell peppers, drained*

*2/3 cup vegetable broth*

*1 Tablespoon balsamic vinegar*

*Salt and black pepper, to taste*

*1/4 cup unsalted butter, melted*

*6 sheets Phyllo pastry sheets, thawed*

*1/2 cup shredded Asiago cheese*

*1/2 cup shredded Gruyere cheese*

Preheat oven to 425° on Pure Convection™. Place zucchini, eggplant, tomatoes, mushrooms and garlic in a medium-sized bowl. Toss with olive oil. Season with salt and pepper. Pour into 9x13 baking dish and roast for about 15-20 minutes, or until vegetables are tender and lightly browned. Stir in sundried tomatoes. Allow to cool. Leave oven on but reduce temperature to 350° on Pure Convection™.

To assemble phyllo, lightly brush baking sheet with butter. Stack 2 phyllo sheets on top of one another on the prepared baking sheet. Brush the top of the phyllo lightly with melted butter. Stack 2 more sheets on top, then brush with butter. Repeat with remaining 2 sheets. Place cooled vegetables in a 3-inch strip lengthwise down the center of the sheets, leaving a 1 1/2-inch border at the ends. Sprinkle the vegetables with Asiago and Gruyere cheese. Roll phyllo up into a log, enclosing filling completely. Brush the top with butter. Bake until phyllo is golden brown, about 20-25 minutes.

While phyllo is baking, make red bell pepper sauce. Place red bell peppers, vegetable broth and balsamic vinegar in a blender. Blend until smooth. Season with salt and pepper.

Allow strudel to cool for about 10 minutes, then slice crosswise into 6 pieces. Place on plates, then spoon red bell pepper sauce on top.

***Make 6 servings.***



# ROASTED VEGETABLE AND FOUR CHEESE PIZZA

---

## **Dough:**

*1 1/4 cups warm water*  
*1 Tablespoon active dry yeast*  
*1/4 teaspoon granulated sugar*  
*1 Tablespoon olive oil*  
*3 cups all purpose flour*  
*1 teaspoon salt*

## **Toppings:**

*1 small eggplant, small diced*  
*1 yellow squash, small diced*  
*1 zucchini, small diced*  
*1/2 red onion, small diced*  
*1 Tablespoon olive oil*  
*Salt and pepper, to taste*  
*1/4 cup shredded Parmesan cheese*  
*1/2 cup shredded jack cheese*  
*1/2 cup shredded mozzarella cheese*  
*1/4 cup shredded cheddar cheese*  
*1/2 cup prepared pizza sauce*  
*1/2 cup chopped fresh basil*

## **For Dough:**

Place yeast, water and sugar in a bowl. Let the mixture become bubbly and foamy, about 5 minutes. Add in oil. Add flour one cup at a time. Add in salt. Knead dough for 10 minutes to form a smooth, elastic ball. Preheat oven on Standard Bake at 100°. Place in oven for about 1 to 1 1/2 hours, or until doubled in size.

Adjust oven rack to position 2. Preheat oven to 400° on Convection Bake. In a large bowl, combine eggplant, yellow squash, zucchini, and red onion. Drizzle with olive oil and season with salt and pepper. Pour into rimmed cookie sheet and roast at 400 for about 10-15 minutes, or until lightly browned but not completely cooked through. Set aside and allow to cool slightly.

Remove dough and shape into a 12-inch circle on a pizza pan. Spread sauce onto dough. Sprinkle cheeses onto dough. Then top with roasted vegetables. Place in oven and set timer for 15-20 minutes. Cook until cheese is slightly brown and bubbly.

Sprinkle with chopped basil and cut into 8 wedges per pizza to serve.

**Serves 4.**



# ROASTED PRIME RIB WITH CABERNET CURRANT MARINATED VEGETABLES

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*2-rib tied prime beef rib roast (from small end; about 4 1/2 pound trimmed)*

*1 Tablespoon olive oil*

*Salt and pepper, to taste*

## ***For vegetables***

*2 Tablespoons vegetable oil*

*16 pearl onions, peeled and trimmed but left whole*

*3 carrots, sliced thin*

*3 celery ribs, sliced thin*

*2 portabella mushrooms, sliced*

*1 1/2 cups Cabernet Sauvignon or other dry red wine*

*1 cup beef stock*

*2 Tablespoons red currant jelly*

*3/4 teaspoon bottled horseradish*

*3 Tablespoons chopped fresh flat leaf parsley leaves*

Adjust oven rack to position 2. Preheat oven to 325° on Pure Convection™. Allow oven to preheat. Place roast on a v-shaped rack in a roasting pan. Rub roast with olive oil and salt and pepper generously. Roast until internal temperature in center of roast is about 140-145°, about 2 hours. The roast should be dark golden brown and cooked through.

## **Prepare vegetables while beef is roasting:**

In a large sauté pan, cook onions in oil over moderately low heat, stirring occasionally, until softened and golden, about 8 minutes. With a slotted spoon transfer onions to a bowl and cook carrots and celery in remaining Tablespoon oil over moderate heat, stirring, until carrots are crisp-tender. Add mushrooms and cook, stirring, until liquid mushrooms give off is evaporated. Reduce heat and add Cabernet. Reduce the wine by 1/2. Add beef stock and reduce again. Stir in red currant jelly and horseradish. Add onions back to the mixture and heat through. Garnish with parsley. Transfer vegetables to bowl and season with salt and pepper.

**After roasting:** Discard string and with a sharp knife remove rib bones. Slice thinly against the grain.

*Serves 2-3.*



# CHICKEN POT PIE

---

*1 sheet frozen puff pastry, thawed*

*1 Tablespoon unsalted butter*

*1 cup celery, small diced*

*1/3 cup onions, minced*

*1 cup white wine*

*2 Tablespoons flour*

*1 1/2 cups chicken broth*

*1 cup heavy cream*

*1 potato, peeled and large diced*

*1 cup frozen peas*

*1 carrot, peeled and small diced*

*2 boneless, skinless chicken breasts, diced and cooked*

*1 Tablespoon chopped flat leaf parsley*

*1/2 teaspoon chopped thyme*

*Salt and pepper, to taste*

*Egg wash\*, as needed*

Preheat oven to 375° on Pure Convection. Butter a 9 x 13-inch baking dish. On a cutting board, roll puff pastry into approximately a 9 x 13-inch square. Set aside. Melt butter in large saucepan over medium heat. Add celery and onions. Cook until translucent, about 5 minutes. Turn heat down and add white wine. Bring mixture up to a boil and allow to simmer until wine has reduced by half. Add flour and stir. Allow to cook for 2 minutes. Add chicken broth and cream, then return pan to a boil. Add potatoes and cook until tender. Stir in frozen peas, carrots, and cooked chicken. Season with salt and pepper, and add Italian parsley and thyme. Pour mixture into buttered baking dish. Top with pastry and press dough into sides of dish. Brush top with egg wash and bake until golden brown and cooked through, about 20 minutes.

*Makes 4 to 6 servings.*

\* For egg wash, beat one egg with about 1 Tablespoon water in a small dish.



# SPINACH SOUFFLE WITH SHALLOTS AND SMOKED CHEDDAR

---

*2 1/2 cups whole milk*

*6 Tablespoons unsalted butter, divided*

*1/4 cup all purpose flour*

*4 large eggs, whites and yolks separated*

*1 cup chopped shallots*

*1 (6 ounce) bag fresh spinach*

*2 cups shredded smoked cheddar*

*3/4 teaspoon salt*

*1/2 teaspoon ground black pepper*

*1/2 teaspoon ground nutmeg*

Adjust oven rack to position 2. Preheat oven to 350° on Convection Bake. Butter then flour a large, 2 1/2 quart ceramic soufflé baking dish. In a medium saucepan, scald milk. Remove from heat. In another medium saucepan, melt 5 Tablespoons butter. Add flour and stir for about 3 minutes. Gradually whisk in scalded milk. Increase heat to medium and continue to whisk until mixture is smooth. Remove sauce from heat. Whisk in yolks, one at a time. Cool slightly.

Melt 1 Tablespoon of butter in a large sauté pan over medium heat. Add shallots and sauté until tender. Transfer to a large bowl. Mix in flour base, fresh chopped spinach, and grated smoked cheddar. Season with salt, pepper, and nutmeg.

In a large electric mixer, beat egg whites until stiff peaks form. Fold whites into spinach mixture. Pour into prepared baking dish and set timer for 40-45 minutes or until puffed and set. Do not open the oven to check the soufflé until 3/4 of the baking time has lapsed. Opening the oven door sooner may cause the soufflé to fall.

**Serves 8.**

**Variations:** Soufflés can be either sweet or savory. Any fresh fruit, chocolate, or spice can be added for a sweet soufflé; any sautéed and cooled vegetable, cheeses, or fresh herbs can be added for a savory soufflé.

**After Baking:** Serve immediately- a soufflé has the tendency to fall or deflate. Slice into wedges or spoon onto a plate. The soufflé should be puffed and browned lightly on top, while moist inside.







# DESSERTS

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## TOFFEE CRUNCH COOKIES

---

2 cups all purpose flour

1 teaspoon baking soda

1 teaspoon salt

2 sticks (1 cup) unsalted butter, softened

3/4 cup granulated sugar

3/4 cup light brown sugar

3 Tablespoons strong- brewed espresso, cooled

1 large egg

1 teaspoon vanilla extract

1 cup semisweet chocolate chips

1 cup toffee bits

In a small bowl, stir together flour, baking soda and salt. Set aside. In the large bowl of an electric mixer on medium speed with paddle attachment, cream butter, granulated and brown sugar until fluffy. Add espresso, then add eggs one at a time. Reduce speed to low, add flour mixture. Add chocolate chips and toffee bits. Scrape the sides of the bowl with a rubber spatula.

For best results, chill the dough for at least 30 minutes before baking. Preheat oven to Pure Convection™ at 350°. Line two baking sheets with parchment paper. Drop about 1 tablespoon of dough onto the lined sheets with about 2 inches of space between them. Bake for about 12-15 minutes, or until light golden brown. Repeat with remaining dough.

*Makes about 4 dozen.*

## CHOCOLATE CHIP HAZELNUT COOKIES

---

4 1/2 cups all purpose flour

2 teaspoons baking soda

2 teaspoons salt

2 cups vegetable shortening or butter

1 1/2 cups light brown sugar

1 1/2 cups granulated sugar

2 teaspoons vanilla extract

4 large eggs

4 cups semisweet chocolate chips

2 cups toasted chopped hazelnuts

Combine flour, baking soda and salt in a large bowl. Using a large stand mixer with the paddle attachment, cream together vegetable shortening, sugar, and brown sugar until creamy. Add eggs one at a time. Gradually beat in flour mixture. Stir in chocolate chips and hazelnuts. Drop by rounded Tablespoon onto baking sheet. Refrigerate for a minimum of 30 minutes. To bake, adjust oven racks to position 1-4. Preheat oven to 325° on Pure Convection™. Transfer cookies to ungreased or parchment-lined baking sheet. Place in oven and set timer for 22-25 minutes. Bake until golden brown.

**After Baking:** Cool on baking sheets for a couple of minutes, then transfer cookies to wire rack.

*Makes about 10 dozen.*



# PEACH AND PISTACHIO TART

---

## **Filling**

*1 (8 ounce) package cream cheese*

*1/2 cup granulated sugar*

*1 Tablespoon lemon juice*

*2 teaspoon grated lemon zest*

*1 cup whipping cream*

## **Tart Crust**

*2 cups all purpose flour*

*1/2 cup powdered sugar*

*1 teaspoon almond extract*

*1 cup plus 1 teaspoon butter, diced*

*About 5 peaches, peeled and sliced*

*1/4 cup shelled pistachios*

Preheat oven to 350° on Pure Convection™. To prepare the crust, butter a 10-inch round tart pan with a removable bottom. Put the flour, sugar, and almond extract in the bowl of a food processor or heavy duty mix with a paddle attachment. With the machine running, slowly add 1 cup of the butter one dice at a time and process until dough forms. Press the dough into the prepared pan. Bake until crust is light golden brown, about 20 to 25 minutes. Let cool completely, about 25 minutes.

In a medium sized mixing bowl, combine cream cheese, sugar, juice, and lemon peel until well blended. Fold in whipped cream. Spread into cooled shell. Garnish the top with sliced peaches and pistachios. Refrigerate until serving.

*Makes about 10 servings.*



# DOUBLE CRUSTED PEACH AND BLUEBERRY PIE

---

*3 1/2 cups all purpose flour*

*2 teaspoons salt*

*1 Tablespoon granulated sugar*

*2 cups unsalted butter, cut into cubes*

*6 ounces ice cold water with a dash of cider vinegar (this prevents the gluten from developing in the flour)*

*Pie Filling:*

*3 peaches, peeled, pitted and sliced thin*

*12 ounce bag frozen blueberries*

*3/4 cup sugar*

*1/4 cup flour*

*1 Tablespoon sugar*

**For pie dough:**

Combine flour, salt and sugar in a large mixing bowl. Using a pastry cutter or a fork, cut in cubes of butter until small pieces form (about the size of a pea). Drizzle in cold water and continue to mix until dough just comes together. Wrap in plastic and refrigerate for 30 minutes. Roll out on a floured surface to form (2) 10" circles. Place one of the circles in the bottom of a pie dish, set the other one aside.

**For Filling:**

Adjust oven rack to position 2. Preheat oven to 375° on Convection Bake. In a large bowl, combine blueberries, sugar and flour. Pour into pie crust. Top blueberries with fresh peaches arranged in a single layer on the top. Add top crust. Seal the edges together, then cut a few slits into the top crust to vent. Sprinkle remaining Tablespoon of sugar on top of the pie. Place pie on a cookie sheet and place in oven. Set timer for 45-55 minutes. Bake until golden brown on the top.

**After Baking:**

Let pie cool before slicing. Slice into wedges.

*Makes about 8 slices.*



# PUMPKIN SPICE SHEET CAKE WITH CREAM CHEESE FROSTING

---

*2 1/2 cup all purpose flour*  
*2 1/2 teaspoons baking powder*  
*1/2 teaspoon salt*  
*1 teaspoon ground cinnamon*  
*1/4 teaspoon ground nutmeg*  
*1/4 teaspoon ground cloves*  
*2/3 cup unsalted butter, softened*  
*1 3/4 cups granulated sugar*  
*1 1/2 teaspoons vanilla extract*  
*2 large eggs*  
*1/2 cup canned pumpkin*  
*1 cup 2% milk*

Adjust oven rack to position 2. Preheat oven to 350° on Pure Convection™. Press start. Allow oven to preheat. Grease and lightly flour 9 x 13 x 2" baking pan. Set aside. In a medium-sized bowl, combine flour, baking powder, salt, cinnamon, nutmeg and cloves. Set aside. In the bowl of a heavy duty mixer, cream together butter and sugar. Add vanilla and beat until well combined. Add eggs one at a time. Add in pumpkin. Alternate adding dry mixture and milk, beating on low speed until well combined. Pour into prepared pan. Place in oven and set timer for 30-35 minutes. Bake until a toothpick inserted comes out clean.

**After baking:** Cool on a wire rack for 10 minutes. Remove cake from pan and allow to completely cool on racks. Frost if desired. Cake may be frozen once cooled for up to 2 months. Wrap well in plastic wrap to avoid freezer burn.

## ***Cream Cheese Frosting***

*(2) 8-ounce packages cream cheese, room temperature*  
*6 Tablespoons (3/4 stick) unsalted butter, room temperature*  
*1 teaspoon vanilla extract*  
*2 1/2 cups powdered sugar*

Beat cream cheese, butter and vanilla in large bowl until light and fluffy. Gradually beat in powdered sugar. Cover and refrigerate until firm enough to spread, about 15 minutes.

Spread frosting on cooled cake. Slice into 2-3-inch squares.



# PORT-GLAZED STRAWBERRY CHEESECAKE

---

*1 quart strawberries, hulled and sliced*

*1/4 cup granulated sugar*

*1/4 cup port*

## **For Crust:**

*70 Vanilla wafers (8 1/2 oz), finely ground in a food processor (about 2 1/3 cups)*

*1 1/4 sticks unsalted butter, melted and cooled*

## **For Filling:**

*2 1/2 (8 ounce) packages cream cheese, softened*

*8 oz mascarpone cheese at room temperature*

*3/4 cup granulated sugar*

*3 large eggs*

*1 teaspoon vanilla extract*

*1 teaspoon fresh lemon juice*

*1/4 teaspoon salt*

In a small bowl, combine strawberries, sugar and port. Cover with plastic wrap and allow to rest for 1 hour.

## **Make crust:**

Adjust oven rack to position 2. Preheat oven to 325° on Convection Bake. Butter bottom and side of a 8-inch or 10-inch springform pan.

Stir together cookie crumbs and butter in a bowl. Reserve 1/4 cup crumb mixture for sprinkling over cheesecake, then pat remainder onto bottom and 1-1/2 inches up side of springform pan (about 1/4- 1/2 inch thick). Put pan on a cookie sheet and bake until golden (about 10 minutes).

Cool completely on a rack. Leave oven on.

## **Make filling while crust bakes:**

Beat cream cheese, mascarpone, and sugar into a large bowl with an electric mixer at the high speed until fluffy (3-5 minutes). Add eggs 1 at a time, beating well after each addition. Add vanilla, lemon juice, and salt and mix at low speed until combined. Pour half of the batter into cooled crust. Using a slotted spoon top this batter with the sliced strawberries in a single layer. Top with remaining batter. Bake until cake is set and puffed around edge but still trembles slightly when pan is shaken gently (25-30 minutes). Cool slightly in springform pan on rack, about 20 minutes. (Cheesecake will continue to set as it cools).

Cool completely in pan on rack, then chill, loosely covered, at least 8 hours.

*Serves 8-10.*



# MULTIPLE RACK MEALS

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# BACON-WRAPPED BEEF TENDERLOIN & HERB STUFFING

## OVEN-ROASTED ASPARAGUS

## ROASTED RED PEPPER AND POTATO GRATIN

## PECAN SABLES

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### **BACON-WRAPPED BEEF TENDERLOIN & HERB STUFFING**

*5 garlic cloves, chopped*

*2 Tablespoons chopped flat leaf parsley*

*1 Tablespoon chopped fresh thyme*

*1 cup plain dry breadcrumbs*

*2 Tablespoons unsalted butter, melted*

*2- 2 1/2 pound center-cut beef tenderloin roast*

*About 5 thick-cut bacon slices*

In a large bowl, combine garlic, parsley, thyme and breadcrumbs. Season with salt and pepper. Drizzle with butter and combine to make a stuffing. Set aside.

Cut the tenderloin almost in half lengthwise, leaving about 1/2- 1-inch at the bottom. Open the tenderloin like a book. Sprinkle tenderloin, inside and out, with salt and pepper. Pack stuffing into the fold of the tenderloin. Fold and reshape tenderloin. Lay down a single sheet of parchment paper measuring approximately 12 x 16 inches. Lay bacon in a single layer on top of the parchment paper, overlapping each other by about 1/8 inch. Place tenderloin at one end and use the parchment paper to roll the tenderloin in the bacon. Pull away parchment paper and secure bacon onto roast with string. Set on a v-shaped rack in a roasting pan.

### **OVEN-ROASTED ASPARAGUS**

*1/2 pound asparagus (about 1 bunch), tough woody end removed and trimmed*

*1/2 Tablespoon olive oil*

*Zest of 1 lemon*

*Salt and pepper, to taste*

Combine asparagus, olive oil, lemon zest, salt and pepper in a 9 x 13-inch baking dish. Set aside until ready to bake.

### **ROASTED RED PEPPER POTATO GRATIN**

*1 1/2 cup heavy cream*

*1/2 cup jarred roasted red bell pepper, drained and small diced*

*3-4 Yukon Gold potatoes, about 2-2 1/2 pounds, peeled and sliced into thin rounds*

*Salt and pepper, to taste*

Grease a 9x13-inch casserole dish. Layer 1/2 of the potatoes in the prepared dish. Season with salt and pepper and sprinkle 1/2 of the roasted bell peppers on top. Pour 1/2 of the cream on top. Repeat with remaining potatoes. Season again with salt and pepper, then sprinkle remaining bell pepper on top. Pour cream on top. Cover with foil and set aside until ready to bake.





## PECAN SABLES

*1 1/4 cups all purpose flour*

*1 cup finely chopped toasted pecans*

*1/4 teaspoon baking powder*

*1/8 teaspoon salt*

*1/2 cup (1 stick) unsalted butter, room temperature*

*2/3 cup powdered sugar*

*1/2 teaspoon vanilla extract*

*1 large egg yolk*

Mix flour, pecans, baking powder, and salt in medium bowl. Using electric mixer, beat butter, powdered sugar, and vanilla in large bowl until fluffy. Beat in egg yolk. Add flour mixture and stir until blended. Shape dough into ball; flatten into disk. Wrap in plastic and chill until firm enough to roll, about 15 minutes.

Preheat oven to 325°. Line 2 baking sheets with parchment paper. Roll out dough on lightly floured surface to 1/4-inch thickness. Using a 3-inch round cookie cutter, cut out cookies. Transfer cookies to prepared sheets, leaving about an inch between each other. Gather dough scraps and repeat until all dough is used.

Makes about 2 1/2 dozen.

### **To bake entire meal:**

Adjust oven racks to positions 1, 4, and 5, counting up from the bottom. Preheat oven to 450° on Pure Convection™. Once oven has preheated, place beef tenderloin on rack position 1 on the left side of the oven. Place roasted red bell pepper potato gratin next to roast on the right side. Reduce heat to 350°. Set timer for 30 minutes. Once time is up, remove foil from potato gratin. Place asparagus in oven on rack position 5. Place 1 sheet of pecan sables on rack position 4. Once time is up, remove roast, potatoes, asparagus and cookies. Place second sheet of cookies in the oven and set timer for 15 minutes. Set timer for 15 minutes, remove cookies when time is up.

To serve, cut roast into 1-inch slices. Serve with roasted bell pepper potato gratin and asparagus. Allow cookies to cool for about 5 minutes on the sheet. Transfer cookies to baking rack and cool completely.

**Serves 4.**



# BAKED RIGATONI WITH SAUSAGE AND MUSHROOMS ROASTED CHERRY TOMATO & FRESH HERB FOCACCIA ROASTED FENNEL, GREEN BEANS AND SHALLOTS RICH CHOCOLATE TART

---

## BAKED RIGATONI WITH SAUSAGE AND MUSHROOMS

<i>1 (25 ounce) jar red pasta sauce</i>	<i>1/2 cup dry red wine</i>
<i>1 (8.5 ounce) jar sundried tomatoes, drained and chopped</i>	<i>1 cup shredded Romano cheese</i>
<i>1 lb Italian sausage</i>	<i>1 cup shredded Parmesan cheese</i>
<i>2 Tablespoons unsalted butter</i>	<i>1 cup shredded mozzarella cheese</i>
<i>2 cloves garlic, chopped</i>	<i>2 lbs. Rigatoni pasta, cooked to al dente and drained</i>
<i>2 cups sliced button mushrooms</i>	

In a large sauté pan over medium heat, melt butter and cook garlic until fragrant. Add mushrooms and sauté for about 2-3 minutes. Turn heat to low and add red wine. Increase heat and allow to reduce by half. Pour mushrooms into a bowl and set aside. Return pan to medium- high heat. Squeeze sausage from casings and crumble. Cook until sausage is no longer pink. In a medium-sized bowl, combine cheeses. In a 9 x 13-inch baking dish, pour about 1/2 of prepared pasta sauce in bottom of dish. Sprinkle with 1/3 of sundried tomatoes, then 1/3 mushroom mixture, 1/3 pasta, 1/3 sausage, and 1/3 cheese. Repeat 2 more times, ending with cheese on top. Cover with foil and set aside until ready to bake.

## ROASTED CHERRY TOMATO AND FRESH HERB FOCACCIA BREAD

<i>1 loaf frozen bread dough, thawed</i>
<i>1 Tablespoon olive oil</i>
<i>1 pint cherry tomatoes, halved</i>
<i>1 Tablespoon balsamic vinegar</i>
<i>1 Tablespoon olive oil</i>
<i>2 Tablespoons chopped fresh rosemary</i>
<i>2 Tablespoons chopped fresh thyme</i>
<i>1 cup shredded Peccorino- Romano cheese</i>
<i>Salt and pepper, to taste</i>

Spread 1 Tablespoon olive oil onto rimmed cookie sheet. Stretch dough across the sheet. Allow to rise for about 1 hour, or until doubled in size. Restretch in pan to 1/2 inch thick. Preheat oven to 450° on Pure Convection™. Meanwhile, combine balsamic vinegar, olive oil, rosemary, and thyme in a large bowl. Add cherry tomatoes. Toss to coat and season with salt and pepper. Spread tomatoes onto rimmed cookie sheet. Place pan in oven and roast tomatoes for about 8-10 minutes, until browned lightly and cooked through. Allow tomatoes to cool. Spread tomatoes on bread dough. Sprinkle with Peccorino- Romano cheese. Season with salt and pepper. Set aside until ready to bake.



## ROASTED FENNEL, GREEN BEANS AND SHALLOTS

*2 large fresh fennel bulbs, trimmed and cut into 1/2 inch strips*

*3/4 pound shallots, peeled, quartered*

*2 Tablespoons olive oil*

*1 pound fresh green beans, trimmed*

*Salt and pepper, to taste*

Cut fennel bulbs lengthwise in half. Cut halves lengthwise into 1/2-inch-wide wedges, with some core still attached to each. Combine fennel, shallots and green beans in large bowl. Add olive oil; stir to coat. Arrange vegetables in single layer in 9 x 13 x 2 inch baking dish. Sprinkle generously with salt and pepper. Set aside until ready to roast.

## RICH CHOCOLATE TART

### **Crust:**

*1 2/3 cups all purpose flour*

*1/3 cup cocoa powder*

*3/4 cup granulated sugar*

*1 teaspoon vanilla extract*

*1/2 teaspoon salt*

*(2 sticks) 1 cup unsalted butter*

### **Filling:**

*1/4 cup unsalted butter*

*1 pound bittersweet chocolate, cut in pieces*

*1/2 cup granulated sugar*

*4 large eggs*

*1 teaspoon vanilla extract*

Adjust oven rack to position 2. Preheat oven to 350° on Pure Convection™. Allow oven to preheat. To prepare the crust, butter a 10-inch tart pan with the removable bottom and set aside.

In food processor, combine flour, cocoa powder, sugar, vanilla, and salt. With the machine running, drop in the butter 1 Tablespoon at a time through the feeder tube. Process until the dough forms a ball. Remove the dough and press into the prepared pan. Once the oven has preheated, place the tart crust in the oven and bake for 10 minutes, or until the dough is set. Remove from the oven and let cool.

To prepare second layer of filling, place the butter and chocolate pieces in a double boiler over low heat. Simmer until melted, stirring occasionally. Remove the bowl from the heat and stir in the sugar and eggs. Mix well. Add the vanilla; mix well.

To assemble, pour chocolate mixture onto cooled crust. Place on cookie sheet. Set aside until ready to bake. Bake until the middle is set.

### **To bake entire meal:**

Adjust oven racks to positions 1, 3, and 5, counting from the bottom. Preheat oven to Pure Convection™. Once oven has preheated, place rigatoni on rack position 1. Place roasted fennel on rack position 3 on the left side. set timer for 15 minutes. Once timer sounds, stir fennel once, then place chocolate tart next to fennel. Place focaccia on rack position 5. Set timer for 10 minutes. When timer sounds, stir fennel. Set timer again for 10 minutes. Remove all dishes from the oven. Slice focaccia into 2 inch squares. Allow chocolate tart to cool and slice into 8 wedges.

**Serves 8.**





## COMMON BAKING PROBLEMS AND SOLUTIONS

PROBLEM	POSSIBLE CAUSE	REMEDY
COOKIES AND BISCUITS BURNED AT THE BOTTOM	<p>Oven door opened too often</p> <p>Dark, absorbent pan was used</p> <p>Incorrect rack position being used</p> <p>Standard Bake or Convection Bake mode is being used</p> <p>Pan is too large and too close to element</p>	<p>Set minute timer to shortest recommended time and look through window to check doneness.</p> <p>Use shiny, reflective pans with low sides</p> <p>Check cookies by looking through the oven door's window instead of opening door</p> <p>Use recommended rack position and use Pure Convection™</p> <p>Use smaller pan</p>
COOKIES AND BISCUITS ARE TOO BROWN ON TOP	<p>Rack position being used is too high</p> <p>Oven not fully preheated</p> <p>The pan's sides are too high</p>	<p>Use the rack positions recommended in this guide</p> <p>Allow oven to preheat fully before placing food in the oven</p> <p>Use recommended pan size</p>
CAKE SIDES ARE BURNT AND CAKES ARE NOT DONE IN THE CENTER/ CAKES BURST ON TOP	<p>Oven too hot</p>	<p>Reduce temperature</p>
POOR VOLUME FOR CAKES AND BAKED GOODS	<p>Too little flour/Too much liquid</p> <p>Oven too hot</p>	<p>Measure ingredients carefully</p> <p>Lower oven temperature</p>
UNEVEN CAKE SHAPE	<p>Batter spread unevenly</p> <p>Oven rack not level</p>	<p>Shake pan lightly to evenly out batter</p> <p>Make sure oven rack is properly in place Place cakes in center of oven rack for best results</p>
CAKE TEXTURE IS TOUGH OR CRUMBLY	<p>Too much flour</p> <p>Too little sugar or shortening</p> <p>Batter overmixed</p>	<p>Decrease flour</p> <p>Increase sugar or fat</p> <p>Do not overmix batter- use recommended mix times</p>
COOKIES ARE TOO CRISP	<p>Low moisture in product</p> <p>High sugar and fat content</p> <p>Thin shape</p> <p>Baked too long</p>	<p>Increase liquid</p> <p>Decrease sugar or fat</p> <p>Cut/roll larger pieces</p> <p>Decrease baking time</p>
COOKIES ARE TOO SOFT	<p>Too much liquid</p> <p>Low sugar or fat</p> <p>Underbaked</p> <p>Large/ thick shape</p>	<p>Decrease liquid</p> <p>Increase sugar or fat</p> <p>Increase cooking time</p> <p>Cut slightly smaller</p>

## COMMON BAKING PROBLEMS AND SOLUTIONS

PROBLEM	POSSIBLE CAUSE	REMEDY
COOKIES ARE TOO CHEWY	Too much egg High sugar and liquid, but low fat content  Overmixed	Decrease egg content Increase fat content  Do not overmix when adding flour
PIE DOUGH IS TOO TOUGH	Overmixing dough	Use minimal mixing times when adding water
PIE DOUGH IS CRUMBLY	Not enough water; too much shortening	Increase water; decrease fat
PIE DOUGH SOGGY OR RAW ON BOTTOM	Oven temperature too low; not enough bottom heat	Increase temperature Use Convection Bake or Standard Bake Use lower rack position
PIE DOUGH SHRINKS	Dough overworked Too much water	Use minimal mixing times Decrease water
PIE FILLING BOILS OUT	No steam vents cut across the top  Oven temperature too low  Filling hot when put in shell  Crust not sealed; too much filling	Cut steam vents in top crust  Increase oven temperature and use Convection Bake or Bake  Allow filling to cool before adding to pie shell  Seal crust; don't overfill the pie crust
CURDLING OF CUSTARD OR SOFT FILLINGS	Overbaked	Decrease baking times
YEAST BREAD SPLIT OR BURST CRUST	Overmixing dough  Oven too hot	Use minimal mixing times-just until dough is elastic  Decrease oven temperature
BLISTERS ON BREAD CRUST	Too much liquid  Improper fermentation	Decrease liquid  Make sure loaves ferment at correct time and temperature
BREAD TOO DENSE OR CLOSE-GRAINED	Too much salt Too little liquid Too little yeast Underproofed	Decrease salt Increase liquid Increase yeast Increase proofing time
BREAD CRUST TOO DARK	Oven too hot	Decrease oven temperature Allow oven to preheat fully
BREAD CRUST TOO LIGHT	Too low temperature	Increase temperature Use lower rack position Use Convection Bake mode

## WEIGHTS AND MEASURES

3 teaspoons = 1 Tablespoon

4 Tablespoons = 1/4 cup

5 1/3 Tablespoons = 1/3 cup

8 Tablespoons = 1/2 cup

1 pint = 16 fluid ounces

1/2 gallon = 64 fluid ounces

10 2/3 Tablespoons = 2/3 cup

12 Tablespoons = 3/4 cup

16 Tablespoons = 1 cup

1 Tablespoon = 1/2 fluid ounce

1 cup = 8 fluid ounces

1 cup = 1/2 pint

2 cups = 1 pint

1 quart = 32 fluid ounces

1 gallon = 128 fluid ounces

4 cups = 1 quart

2 pints = 1 quart

4 quarts = 1 gallon

## MINIMUM SAFE INTERNAL TEMPERATURES FOR VARIOUS FOODS

GROUND MEAT AND MEAT MIXTURES	F°
Ground Beef, Pork, Veal, Lamb	160
Ground Turkey, Chicken	165
<b>FRESH BEEF, VEAL, LAMB</b>	
Medium Rare	145
Medium	160
Well Done	170
<b>POULTRY</b>	
Chicken and Turkey, Whole	180 in the thigh
Poultry Breasts, Roast	170
Poultry Thighs, Wings	180 in the thigh
Duck and Goose	180 in the thigh
<b>PORK</b>	
Medium	160
Well Done	170
<b>HAM</b>	
Fresh (raw)	160
Pre-cooked (to reheat)	140
<b>EGG DISHES</b>	160
<b>FISH</b>	145

*Please note that the minimum safe internal temperatures are subject to change. This is due to the changing bacteria and the temperatures required to eradicate it. Visit the below website for the most current information.*

*These cooking temperatures are from the USDA Meat and Poultry Hotline*

*(800) 535-4555 or [www.fsis.usda.gov](http://www.fsis.usda.gov)*

### A WORD ABOUT CARRY-OVER COOKING

*After foods are pulled out of the oven, it will continue to cook. Carry-over cooking affects all foods- the larger the item, the longer the carry-over time. It is best to let the foods rest after it comes out of the oven for 10 to 15 minutes.*

*This will allow meat to retain its juices and baked goods continue to set.*

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