

Cooking Show Recipes

Fried Chicken

Preheat Electric Oil Core Skillet to 450° for 5 minutes. Skin 8-10 chicken thighs and trim any excess fat. **DO NOT RINSE THE CHICKEN!** This removes protective membrane and will ruin the fried affect. The chicken is cooked hot enough not to worry about bacteria, and rinsing it will spread bacteria all over your sink. Make a small snip along bone on each side to allow complete cooking next to bone. After the EOC is preheated, place chicken bone side up directly on skillet. Cook for 15-17 minutes on each side with lid offset generously to allow for air to circulate. If you do not offset the lid, the chicken will not crisp properly. When you turn the chicken over, turn the temperature down to 375° and narrow gap of opening to retain juiciness. If you find that the chicken sticks to the skillet after 16 minutes, you may need to let it cook another 2 minutes before flipping. Remember, boneless chicken takes much less time to cook.

Potatoes

Shred 2-3 russet potatoes on the #2 cone with your Saladmaster Machine into the 3-quart inset. Rinse the potatoes under the faucet until the water runs clear. This will eliminate much of the starch. Shred 4 cloves of garlic into the potatoes with the #1 cone with your Saladmaster Machine. Put 1-inch of water in the bottom of the 3 Quart. Place inset on top of the 3 Quart. Cover inset with lid. **MEDIUM-CLICK-LOW**. After turning to low, cook approximately 15-20 minutes. Season with organic butter, creole or whatever you love!

Vegetables

Shred Cabbage on #3 Cone into 11" Skillet. Shred Carrots on #5 cone, add frozen sweet Corn and sweet Peas. **MEDIUM-CLICK-LOW**. After turning to low, cook approximately 15-20 minutes. If your vegetables burn, start with a lower heat next time.

Salad Cake

In a mixing bowl add: ½ cake mix, 2 eggs. Then add 1/3 small red potato, 1 small carrot, 1 stalk of celery shredded on the #1 cone with your Saladmaster Machine. Then add approx. 1/8 small head of white cabbage on the #1 cone using your Saladmaster Machine. Mix until all is moist. Spray non-stick cooking spray in your small skillet until coated well. Pour mix into skillet and turn stove to medium-low. You will not hear the vapo-valve click. It should take approximately 15-17 minutes for it to bake completely. You may open the lid to check the progress since we are not cooking in a vacuum. It is done once the top is no longer sticky. If you can touch it and the top is springy and firm, the cake is done. Gently work it loose from the pan and turn it over onto a plate. If you burn it, don't fret. Simply cut off the bottom. You will not have a burned taste in the rest of the cake. Place a Hershey bar on top of the cake and allow it to melt. Spread it around for icing. Enjoy!
NOTE: Careful to not go overboard with amount of veggies unless you want a molten gooey lava cake effect! Usually no more than 2 ¼ cups veggies.

Cole Slaw Salad

½ Head Green Cabbage shredded on #3 Cone
¼ Head Purple Cabbage shredded on #3 Cone
1 large or 2 small Granny Smith Apples shredded on #1 Cone
1 Zucchini #3 Cone
4 Radishes #1 Cone
Lemon Zest with #1 Cone then squeeze over apples
Juice of 1 large lemon or 2 small Lemons
Toss and serve