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Comfort Food Quickies



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It's nice to have a few basic core recipes that can hit the spot on any given day. We have three quickies that you may find helpful.

Comfort Food #1: Mashed Potatoes

Utensils: Saladmaster Machine, 3 Qt./2.8L Sauce Pan, 2.5 Qt./1.49L Culinary Basket

Ingredients

- 3 medium baker potatoes
- 1 medium onion, processed, use Cone #3
- 4 tablespoons fresh rosemary (7g)
- cheese, optional

Directions

1. Place approximately 1 ½ inches of water in sauce pan and turn heat to low. Cut off stems of rosemary and add to water. Finely chop rosemary leaves and set aside.
2. Process onion directly into Culinary Basket. Sprinkle with half of the rosemary.
3. Process potatoes directly into basket over potatoes. Sprinkle with remaining rosemary.
4. Insert basket in pan and cover. Turn heat to medium. When Vapo-Valve™ clicks steadily, reduce heat to low and cook approximately 10 - 15 minutes, or until potatoes are soft enough to mash.
5. Transfer potatoes and onions to a large serving bowl and stir to blend. Grate cheese over warm potatoes, if desired, and allow to melt.

Tip: Water in sauce pan should not dry out completely. When basket is inserted in sauce pan, there should be about ¾ inch of water remaining in sauce pan.

Comfort Food #2: Vegetable Soup

Having a go-to soup recipe to which you can add or subtract ingredients, according to season, can make you a hero for putting a tasty option on the table. Your preparation time will be quick and easy, and the nutritional rewards will be nothing less than amazing. Meat is optional and can be left out for a vegetarian option.

Utensils: Saladmaster Machine, 7 Qt./6.6L Roaster

Ingredients

- 2 quarts water (1.9L)
- 2 tablespoons instant chicken bouillon, dry (12g)
- 2 tablespoons instant beef bouillon, dry (12 g)
- 1 pound lean ground beef (454g)
- 16 ounces tomato sauce (454g)
- 2 heaping tablespoons dried parsley (3g)
- salt and pepper, to taste
- 6 carrots, waffled, use Cone #5
- 4 large potatoes, processed, use Cone #3
- 1 medium onion, processed, use Cone #3
- 3 ribs celery, waffled, use Cone #5
- 1 medium zucchini, waffled, use Cone #5

Directions

1. Place 1 quart of water in roaster. Add chicken and beef bouillon, and ground beef. Turn heat to medium and cook for approximately 15 minutes, until Vapo-Valve™ clicks steadily.
2. Add remaining 1 quart of water, and the rest of the ingredients. Stir to combine and cover.
3. When Vapo-Valve™ clicks, reduce heat to almost low (the valve will click every few seconds) and cook until vegetables are tender.

Comfort Food #3: Breakfast Casserole

This recipe enables you to prepare everything the night before and cook overnight so that you have a hot breakfast ready for you in the morning. Add all sorts of additional ingredients to this casserole; the possibilities are endless.

Utensils: Saladmaster Machine, MP5 (Multi-Purpose 5 Qt. Oil Core)

Ingredients:

- 6 Sister Schuster's rolls, or other bread of choice
- 1 pound cooked bacon or sausage (454g)
- 12 ounces Colby or Monterrey jack cheese, shredded, use Cone #1
- 12 eggs, beaten
- 3 cups milk (700 mL)

Directions:

1. Lightly spray MP5 with cooking spray.
2. Spread out rolls in bottom of MP5. Top with crumbled bacon or sausage, and cheese.
3. In a medium bowl, mix together eggs and milk. Pour over ingredients layered in MP5.
4. Set temperature on digital probe to 195°F/90°C and set timer to cook for 8 hours.

Tip: You can cover MP5 and refrigerate until you are ready to start cooking.

Valoración:

