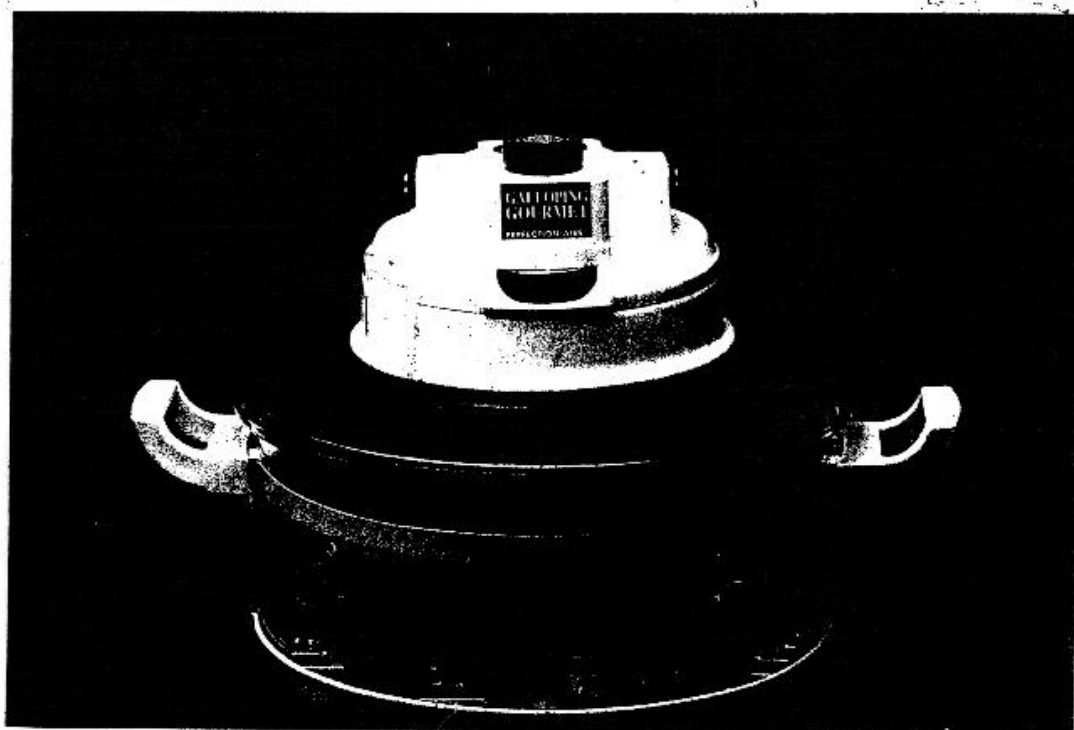




Cookbook & Instruction Manual



**THE GALLOPING GOURMET®
PERFECTION-AIRE™ COOKBOOK
AND INSTRUCTION MANUAL**

**PUBLISHED BY:
DIRECT INNOVATIVE PRODUCTS**

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I. INTRODUCTION

THE GALLOPING GOURMET® PERFECTION-AIRE OVEN™ STORY:

A NEW GENERATION IN COOKING

With the Galloping Gourmet® PERFECTION-AIRE Oven™ you can prepare delicious, healthful meals in less than half the time of traditional methods. What makes these superior results possible is our revolutionary approach to certain time-honored cooking methods.

Professional cooks have long known that they could improve upon traditional oven cooking by using a fan to accelerate the circulation of the oven's hot air. This traditional convection oven consists of a fan mounted on one side of a metal box.

The PERFECTION-AIRE™ Oven improves upon traditional convection ovens in the following ways:

- The PERFECTION-AIRE™ Oven is made of glass, not metal, so that you can clearly see what you are cooking from all sides.
- The PERFECTION-AIRE™ Oven combines a circular bowl with a fan mounted in the lid so that hot air currents move down over the food, around the bowl's sides, and then back up to the fan. This creates a tornado-like flow of constantly moving, super-heated air that cooks and browns food quickly and thoroughly.
- The PERFECTION-AIRE™ Oven uses cooking racks that allow you to cook two levels of food at once. In addition, when meat, poultry, or fish is cooked on the lower rack, fats and oils are blown away through the grating. You will cook lighter, more nutritious meals.

Consider these other benefits:

- Meat and poultry turn out brown and crisp on all sides, moist and juicy on the inside.
- Sliced potatoes can be "air-fried" with a very small amount of oil and will turn out crisp and golden brown.
- Breads and pastries raise higher and turn out fluffier and moister than in a standard oven.
- You can save up to 60 percent of the energy that you would consume in a standard oven.
- Multi-level cooking allows you to cook an entire meal at one time.

All this and cook two to three times faster than with a standard oven! That is why the PERFECTION-AIRE Oven™ represents "A New Generation In Cooking™".

Benefits

Benefits Of The Perfection-Aire

- * The PERFECTION-AIRE™ roasts--broils--bakes--steams food perfectly
- * The PERFECTION-AIRE™ cooks food in less time than the average conventional oven
- * This is convection cooking without the expense of installing wall units
- * Easy to operate -- just set timer and temperature
- * Hot air circulates around food, therefore, food cooks evenly
- * Meat sears quickly on the outside -- sealing juices on the inside
- * No preheating necessary when baking
- * Hot-air circulation makes baked goods bigger by at least 1/3
- * PERFECTION-AIRE™ uses less electricity than your conventional oven
- * PERFECTION-AIRE™ thaws frozen foods quickly
- * PERFECTION-AIRE™ is self cleaning

Features

Features Of The Perfection-Aire

10 APPLIANCES IN ONE:

- Standard Oven
- Broiler Oven
- Microwave Oven
- Toaster Oven
- Rotisserie
- Grill
- Deep-Fat Fryer
- Crock Pot
- Electric Frying Pan
- Electric Steamer

COOKS EIGHT WAYS:

- Broils
- Bakes
- Barbecues
- Fries
- Roasts
- Grills
- Boils
- Steams

TECHNICAL SPECIFICATIONS

Weight:	16.5 lbs (7.5 kg)
Bowl Diameter:	12 in. (305 mm)
Bowl Capacity:	12 qts. (11.5 liters)
Bowl Depth:	6.6 in. (167 mm)
Cook temp. range:	150°F-500°F (65°C-260°C)
Voltage:	110/120 V.
Cycles:	60 Hz.
Wattage:	1200 W.

A Healthier Lifestyle

With the PERFECTION-AIRE™ Oven, you are always cooking with hot air (dry roasting) and with the food suspended on a wire rack. As a result, retention of fat is minimized, leading to fewer calories, lower fat and cholesterol consumption and a healthier lifestyle. You will find that, with the PERFECTION-AIRE™ Oven, it is not necessary to add fat, oil, butter, or margarine to most recipes. However you can do so if you wish.

We recommend the following steps to further improve your health:

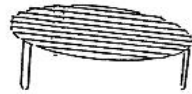
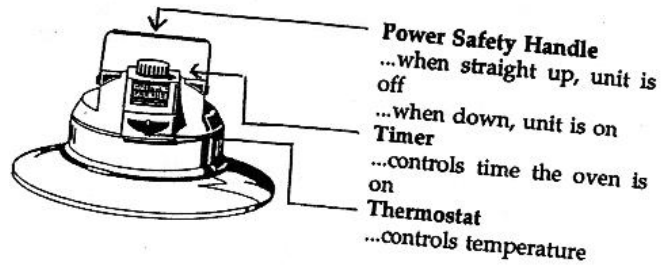
1. Eat a variety of foods including foods from all food groups daily.
2. Eat less sugar, butter, fat, sauces, and sweets.
3. Eat plenty of fruit and vegetables (preferably steamed).
4. Drink only moderate amounts of alcohol.
5. Drink plenty of water every day.
6. Use less processed foods -- eat more fresh food instead.
7. Eat less at a time, but eat regularly.
8. Use fat, oil, butter and margarine sparingly.
9. Use salt sparingly.
10. Dry roast your food as often as possible.

II. USING YOUR PERFECTION-AIRE™ OVEN

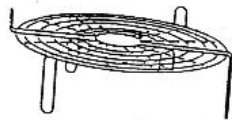
Product Diagrams

11. Using your Perfection-Aire Oven Product and Accessory Diagrams

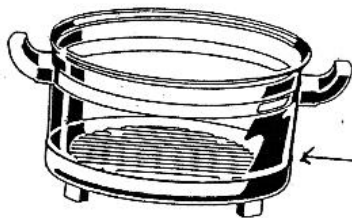
THE LID



Lid Rack
...Holds lid



Elevated Wire Rack
...to be placed in glass bowl over lower rack for dual level cooking



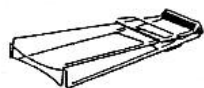
Glass Bowl

Lower Rack
...sits in bottom of glass bowl to allow air to circulate around food

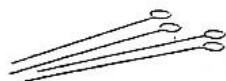
Product and Accessory Diagrams



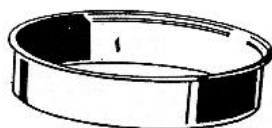
Baking and Steamer Tray
...use for baking, French
fries, and vegetable cooking



Tongs
...for removing hot racks
and food from oven



Skewers
...for preparing shish kebab



**Optional 3 1/2 Inch
Extender Ring**
...for use in cooking turkeys
and other large foods

Safety Warning

- * Read all the instructions -- then save for future reference
- * Always pull handle up to "off" position before unplugging oven
- * Do not let cord hang over edge of counter
- * Place oven securely in center of counter or work space
- * Always unplug oven before attempting to move it
- * Oven surfaces are hot--always supervise children while in the kitchen
- * Secure the PERFECTION-AIRE™ lid on the oven before turning on power
- * Always turn oven off before removing lid -- always place lid on the lid rack -- never set it down directly on the counter -- always leave at least 2 inches between the oven lid and counter top or other surfaces. NOTE! When hot lid is removed from the base, it should always rest on the lid rack supplied with the oven.
- * Do not operate with a damaged cord -- return oven or have it repaired by a licensed electrician
- * Always unplug the lid and cool the oven before cleaning
- * Use two hands when moving oven
- * **WARNING: ALL GLASS SURFACES OF THE OVEN GET VERY HOT. TOUCHING THESE SURFACES BEFORE OVEN COOLS WILL CAUSE A BURN. DO NOT TOUCH ANY GLASS PART OF THE OVEN UNTIL IT HAS HAD A CHANCE TO COOL.**

Before You Begin Cooking

PREPARING YOUR PERFECTION-AIRE™:

The PERFECTION-AIRE™ should be heated once before cooking with it.

While preparing the oven according to the following instructions, the oven will give off a slight burning odor. The oven is actually burning off excess lubricants found in the oven's heating elements.

FOLLOW THESE EASY STEPS.....

- * Wipe the inside of the glass bowl with a damp sponge
- * Secure lid on oven
- * Set timer for 5 minutes
- * Set thermostat to 500°F and turn oven on (NOTE: HANDLE MUST BE PUSHED TO THE HORIZONTAL POSITION TO TURN OVEN ON. WHEN HANDLE IS IN VERTICAL POSITION, OVEN IS OFF.)
- * After timer has shut oven off, allow to cool for 5 minutes
- * Wipe inside of the glass bowl with a damp sponge a second time

NOW YOUR PERFECTION-AIRE™ IS READY
TO COOK YOUR FIRST MEAL!

How to Operate the Perfection-Aire™

HOW TO OPERATE THE PERFECTION-AIRE™

- * PLACE LOWER WIRE RACK IN THE GLASS BOWL OF THE OVEN
- * PLACE FOOD DIRECTLY ON RACK, UNLESS OTHERWISE SPECIFIED
- * SECURE LID ON OVEN
- * PUSH SAFETY HANDLE DOWN TO "ON" POSITION
- * SET THERMOSTAT
- * SET TIMER
- * NOTE: USE THE LOWER RACK FOR ALL RECIPES UNLESS OTHERWISE NOTED.

NOW YOU'RE COOKING!

Cleaning Your Oven

CLEANING YOUR OVEN

LIGHT CLEANING

- * Unplug oven and let cool
- * Use a sponge or dishcloth with a mild dishwashing detergent and warm water to wipe glass bowl clean
- * Rinse well to remove all detergent
- * Note: Never immerse the lid in any liquid.

NORMAL CLEANING

- * Unplug oven and let cool
- * Wipe lid and fan housing using a dishcloth or damp sponge with a mild dishwashing detergent.
- * Do not clean with steel wool pads or abrasive materials.
- * Wash wire racks in mild dishwashing detergent and water.
- * Clean metal parts using a sponge or dishcloth with a mild dishwashing detergent, then wipe clean. If scrubbing is necessary, use a nylon or polyester mesh pad.

SELF CLEANING OF GLASS BOWL

- * To self clean glass bowl, fill with water to the water fill line marked on the side of the bowl (approximately 1 1/2 inches of water). **NOTE! DO NOT FILL WITH WATER ABOVE THE WATER LINE MARKED ON THE BOWL.** Add mild dishwashing detergent; replace lid, plug in; set heat control to "wash" and set timer for 10 minutes. The hot air circulation creates the turbo action that helps release stubborn residue from bowl. Then, after cleaning, rinse in warm water to remove all soap residue.

DISHWASHER-SAFE GLASS BOWL

The glass bowl may also be washed in the dishwasher. However, never wash the lid in a dishwasher.

REMEMBER....

- * Unplug oven before cleaning the lid
- * Let oven cool before washing
- * Never immerse lid in water
- * Do not add water above the line marked on the glass bowl when self cleaning
- * Do not let fan assembly get wet

III. HELPFUL HINTS

Cooking Tips

TO USE YOUR PERFECTION-AIRE™ TO ITS FULLEST POTENTIAL, HERE ARE A FEW COOKING TIPS TO REMEMBER.....

* **WHENEVER POSSIBLE PLACE FOOD DIRECTLY ON THE WIRE RACK**

Cooking on a wire rack allows the hot air to circulate freely around the food, cooking it quickly and evenly without turning.

* **COOKING A COMPLETE MEAL AT ONCE**

By using two levels of racks, it is easy to cook an entire meal at once. Keep in mind that different foods take different amounts of time to cook. Think ahead, put the food that takes the longest amount of time to cook on the bottom rack. Then, later on during the cooking process, put the other food on the top rack. Now your complete meal of meat, potatoes and vegetables are all cooked together and will be ready at the same time.

* **PLACING FOODS FOR OPTIMUM COOKING**

When placing several pieces of food on the wire rack, be sure to leave at least 1/2-inch between the food and the side of the glass bowl. This space allows the air to flow freely through the oven. Also avoid stacking food on food in order to cook more food at one time. The hot air must circulate freely in order to cook the food properly.

* **KEEPING FOOD CRISP**

After the food is cooked, turn the thermostat down, keeping the fan running, and your food will stay hot and crisp.

Give Your Baked Goods A Soft Crust

Simply place any breads, biscuits or pastries in the perforated pan and cover with a piece of aluminum foil for the first 15 minutes of baking. To keep your cakes dense and moist, cover the cake pan with a foil tent for the first 15 minutes of baking.

* **TO MAKE YOUR CLEAN-UP EVEN EASIER**

Before cooking, spray the oven, including the racks and pans, with a non-stick product first. Then wiping away the grease and residue after cooking is even easier.

* **ADAPTING RECIPES**

As a rule of thumb when using recipes intended for conventional ovens, temperatures will remain the same, only cooking times will be less.

The cooking times in the recipes in this book should be used as a guide. You need to judge whether your piece of meat weighs less or more than what is used in the recipe. Then slightly adjust your cooking time. When working with the PERFECTION-AIRE™ for the first time, we suggest using a meat thermometer. Watch the cooking progress through the glass bowl. After a short time you will easily be able to adapt your favorite recipes for the PERFECTION-AIRE™.

* **PREHEAT YOUR OVEN**

For optimum cooking, other than baking, preheat your oven at 500°F for six (6) minutes prior to cooking.

* **COOKING TIME**

COOKING TIMES SHOWN IN THIS COOKBOOK WILL VARY DEPENDING ON THE VOLUME, WEIGHT, MASS, OR THE DESIRED CRISPNESS OF THE FOOD BEING COOKED.

Selecting Your Food

SELECTING YOUR FOOD

MEAT

Beef

Select rich, red, fine-textured meat with a light covering of fat (having a marbled appearance). Buy whole pieces and cut to suit—you can really save a lot.

Lamb

Select lean, clean, fresh-looking meat—smaller animals are often more tender. Meat should be soft, pinkish-red, and fine textured.

Pork

Select lean, clean, fresh-looking meat—smaller animals are often more tender. Meat should be very light pink in color, fine textured, and fresh smelling.

FISH

Whole

Select only clean and fresh fish with full, clear eyes and bright gills—a sure sign of freshness. Also, scales should be bright and clean—not slimy. Fish should look and smell fresh from the sea. Flesh should be firm and spring back when touched.

Fillets

Select only firm fillets without discoloration that have a pleasant sea smell. Fillets must not be dull, soft, or ooze water when touched.

POULTRY

Select only clean and fresh meat or birds. Poultry should look and smell fresh.

VEGETABLES/FRUIT

Select firm, almost ripe fruit; check for bruises and blemishes—color should be clear and bright. Vegetables should be clean, crisp, and of good color. Try to avoid vegetables sold tightly packed in cellophane—they will sweat and quickly spoil. Never use vegetables which are soft or limp.

Food Preparation and Presentation

FOOD PREPARATION AND PRESENTATION

PREPARATION

Preparation is also important. Always remove excess fat and trim meats. Always clean and trim vegetables and garnishes removing all bruises, blemishes, etc. Thorough preparation leads to better presentation and greater appreciation by those eating the food.

Always ensure that all parts of a meal are cooked at the right time. This usually requires different starting times and thorough preparation and planning.

PRESENTATION

Presentation is, of course, the final chance to impress. Always make sure your meal looks good—the impression will be more positive and lasting.

IV. APPETIZERS

IV.

APPETIZERS

The PERFECTION-AIRE™ makes entertaining even easier. Most frozen appetizers can be served within 4 to 8 minutes after removing them from the freezer. You also can make your own appetizers and cook them at lightning speed in the PERFECTION-AIRE™.

Orange Spareribs

ORANGE SPARERIBS

Makes 6 to 8 servings

Marinate: 4 to 8 hours

Cooking time: 50 minutes

3 pounds pork spareribs, trimmed

Marinade

2 oranges

2 tablespoons honey

1 tablespoon lemon juice

1 tablespoon Worcestershire sauce

1 teaspoon soy sauce

Salt and pepper to taste

STEP ONE

Cut ribs into serving pieces, set aside.

STEP TWO

Prepare marinade: Using smallest holes of grater, grate outside peel of one orange, then scrape into saucepan. Juice both oranges and add to saucepan along with honey, lemon juice, Worcestershire and soy sauce. Bring to a simmer over medium-high heat.

Stirring occasionally, cook sauce for 10 minutes. Remove from heat and cool thoroughly.

STEP THREE

Pour marinade over ribs, cover and refrigerate for at least 4 hours.

STEP FOUR

When ready to cook: Place wire rack into glass bowl of oven. Preheat to 400°F. Drain marinade off ribs, reserving marinade to use for basting. Arrange ribs directly on wire rack and cook for 15 minutes. Reduce heat to 375°F and cook for another 35 minutes, basting and turning ribs every 15 minutes.

Garlic Toast

GARLIC TOAST

Makes 4 servings

Cooking time: 6 to 7 minutes

1 loaf of French or Italian bread

1/3 cup butter, room temperature

1 tablespoon grated parmesan cheese

2 cloves garlic, peeled and minced

Salt and pepper to taste

STEP ONE

Slice bread on diagonal into one-inch pieces.

STEP TWO

Thoroughly mix butter, parmesan cheese, garlic, salt and pepper. Spread butter mixture on one side of bread slices.

STEP THREE

Set wire rack into the glass bowl of oven. Place bread slices directly on wire rack. Turn thermostat to 425°F and cook for 6 to 7 minutes, or until bread turns golden brown.

Tip: For herb bread: add 2 teaspoons of chopped herb, such as parsley, basil or rosemary instead of garlic to butter mixture.

Sweet and Sour Chicken Kebab with Peanut Dipping Sauce

SWEET AND SOUR CHICKEN KEBAB WITH PEANUT DIPPING SAUCE

Makes 6 to 8 servings
Marinates: at least 30 minutes
Cooking time: 10 minutes

3 1/2 pounds boneless chicken breast

Marinade:

1/2 cup dry sherry

1/3 cup Teriyaki sauce

1/3 cup oriental sweet-and-sour sauce

2 cloves garlic, peeled and minced

1/3 cup lemon juice

1/2 cup honey

Dipping sauce:

1 cup crunchy peanut butter

1 lemon, juiced

1/3 cup chicken broth

Remainder of marinade (about 1 cup)

STEP ONE

Cut chicken breasts into strips, 1-inch wide. Using one hand to secure chicken, press skewer down the length of one strip. Repeat with remaining strips. Place skewers in a baking pan, set aside. Combine sherry, Teriyaki sauce, and sweet and sour sauce in a small bowl. Add garlic, lemon juice and honey, blend thoroughly. Pour marinade on skewered chicken, cover and refrigerate for at least 30 minutes, turning once.

STEP TWO

When ready to cook: Drain marinade from the chicken, reserving marinade. Set wire rack into the glass bowl of oven. Arrange skewers directly on wire rack, being careful not to pack them too tightly together. Turn thermostat to 400°F and cook for 10 minutes.

STEP THREE

In the meantime, prepare the dipping sauce. Combine peanut butter, lemon juice, chicken broth and remaining marinade into a saucepan. Bring to a boil over medium-high heat. Reduce heat and simmer sauce for 10 minutes, or just until sauce begins to thicken.

STEP FOUR

To serve: Arrange chicken skewers on serving platter and serve dipping sauce on the side.

Spicy Wings

SPICY WINGS

Makes 6 servings

Marinates: at least 30 minutes

Cooking time: 20 minutes

3 pounds chicken wings, trimmed

Marinade:

1/2 cup soy sauce

1/2 cup vegetable oil

1 tablespoon hot chili oil

STEP ONE

Prepare marinade: Combine soy sauce, oil, chili oil, and garlic in large mixing bowl. Add chicken wings and toss. Cover and refrigerate for at least 30 minutes.

STEP TWO

To Cook: Drain marinade off the wings, reserving marinade to use another time. Preheat to 400°F. Arrange wings directly on wire rack, do not pack wings too tightly. Cook for 10 minutes, then lower temperature to 350°F and continue cooking for another 10 minutes. Serve wings while hot.

V. MEATS, FISH AND POULTRY

V. MEATS, FISH, AND POULTRY

The PERFECTION-AIRE™ is the perfect oven for cooking all your meat, poultry, and fish. Its fan forces hot air to circulate down the side of the meat, then it bounces off the bottom of the oven and cooks the underside simultaneously. This forced-air cooking process is so quick that it caramelizes the outside of the meat, searing in all the natural juices. Meats cooked in the PERFECTION-AIRE™ will have a full roasted flavor, while being cooked at microwave speeds.

Roast Chicken

ROAST CHICKEN

Makes 4 servings

Cooking time: 40 minutes

1 chicken (approx. 3 1/2 to 4-pounds)

DRESSING

1 tablespoon butter

1 small onion, peeled and finely chopped

4 ounces mushrooms, thinly sliced

1 1/2 cups soft bread crumbs

1 tablespoon chopped parsley

1 teaspoon grated fresh lemon peel

1/4 teaspoon dried marjoram

1/8 teaspoon nutmeg

1 egg

STEP ONE

Remove any excess fat and discard. Wash chicken under cold water, pat dry. Set chicken aside.

STEP TWO

Melt butter in a skillet over medium-high heat. Add onion and sauté until soft, about 1 minute. Add mushrooms and sauté one minute. Add bread crumbs, salt, pepper, parsley, lemon rind, marjoram, nutmeg and egg; mix thoroughly. Spoon bread crumb stuffing into the chicken's cavity. Rub outside skin with salt and pepper, set aside.

STEP THREE

Place wire rack into glass bowl of oven. Put chicken directly on wire rack and cook at 350°F for 40 minutes.

Oriental Grilled Chicken

ORIENTAL GRILLED CHICKEN

Makes 4 servings

Marinade: at least 1 hour

Cooking time: 25 minutes

1 chicken (approx. 4-pounds), quartered

Marinade

1 tablespoon vegetable oil

1/2 teaspoon chili powder

1 small onion, peeled and finely chopped

2 cloves garlic, peeled and minced

2 tablespoons soy sauce

1/2 cup water

2 tablespoons lime juice

STEP ONE

Remove excess fat from chicken, set aside.

STEP TWO

Heat oil with chili powder in a saucepan over medium heat. Add onion and sauté for one minute. Add garlic and sauté for one minute. Stir in soy sauce, water and lime juice. Bring to a boil, reduce heat and simmer for 3 minutes. Cool marinade. Pour over chicken, cover and refrigerate for 1 to 3 hours.

STEP THREE

Use elevated wire rack over and set into glass bowl of oven. Drain marinade from chicken, reserving marinade. Place chicken directly on wire rack and grill at 350°F for 25 minutes, turning once. Bring reserved marinade to a boil until it reduces to 3/4 cup; pour over chicken before serving.

Roast Turkey

ROAST TURKEY

Makes 8 servings

Cooking time: 1 hour and 40 minutes

Optional extender ring needed in order for turkey to fit in the oven.

1 twelve-pound turkey

1/4 cup basting oil, melted butter, or margarine

Salt and pepper (if desired)

STEP ONE

Wash turkey under cold water, pat dry. Remove and discard any excess fat. Set turkey aside.

STEP TWO

Preheat the oven to 375°F. Place wire rack into bottom of glass bowl. Put the turkey directly on the wire rack, add the optional extender ring to the top of the glass bowl, and cook at 375°F for 1 hour and 40 minutes. The turkey should be basted at 20-minute intervals with the butter, oil, or margarine (this will seal in the turkey's natural juices); salt and pepper as needed.

NOTE: If you do not have the optional extender ring, please refer to the Accessory Order Form included with your original paperwork.

Grilled Sirloin Steak

GRILLED SIRLOIN STEAK

Makes 4 servings

Cooking time:

Rare 6 minutes

Medium 10 minutes

Well Done 12 minutes

1 sirloin steak, cut 1 1/4 inches thick

2 cloves garlic, peeled and crushed

Salt and pepper to taste

STEP ONE

Rub both sides of the steak with garlic. Season with salt and pepper, set aside.

STEP TWO

Use the elevated wire rack so that it sits high in glass bowl of oven. Place the steak directly on the wire rack and grill at 350°F for 6 minutes, or until desired doneness.

Grilled Filet Mignon

GRILLED FILET MIGNON

Makes 4 servings

Cooking time:

Rare	5/6	minutes
Medium	8/10	minutes
Well done	10/12	minutes

4 filet mignons, cut 1 inch thick

1 tablespoon vegetable oil

Salt and pepper to taste

STEP ONE

Brush filets with oil. Sprinkle with salt and pepper, set aside.

STEP TWO

Use elevated wire rack. Preheat oven to 350°F. Place filets directly on wire rack and grill for at least 5 minutes or until desired doneness.

Stuffed Breast of Veal

STUFFED BREAST OF VEAL

Makes 6 servings

Cooking time: 1 hour and 10 minutes

A veal breast (approx. 3-pounds) boned and pocket cut
(slice so stuffing can be put inside veal)

Stuffing:

1 tablespoon butter or margarine

1 small onion, peeled and finely chopped

1 tablespoon lemon juice

1 teaspoon grated fresh lemon peel

1 garlic clove, peeled and minced

4 ounces mushrooms, finely chopped

2 cups fresh bread crumbs

Salt and pepper to taste

1 egg

3 tablespoons light cream

1 tablespoon vegetable oil

STEP ONE

Melt butter in skillet. Add onion and cook until soft, about 2 minutes. Add lemon juice, lemon peel, garlic, mushrooms and stir for 3 minutes. Remove from heat and scrape into large bowl. Add bread crumbs, salt, pepper, and egg; toss. Add cream; blend well. Set aside.

STEP TWO

Fill veal pocket with stuffing, spread evenly. Sew pocket shut with long metal skewer. Rub oil on outside of veal breast, then season with salt and pepper.

STEP THREE

Place wire rack into glass bowl of oven. Preheat oven to 350°F.

Set veal breast directly on wire rack and cook for 20 minutes. Reduce temperature to 325°F, turn veal and continue cooking for another hour, turning veal once more.

STEP FOUR

When ready to serve, cut veal into 1/2-inch slices. Serve with natural juices from the glass bowl.

Boneless Rib Roast

BONELESS RIB ROAST

Makes 6 servings

Cooking time:

Rare	1 hour and 40 minutes
Medium	1 hour and 50 minutes
Well done	2 hours

4-pound boneless rib roast, tied

Salt and pepper

STEP ONE

Rub roast well with salt and pepper.

STEP TWO

Place wire rack in glass bowl of oven. Set rib roast directly on wire rack and roast at 325°F for 1 hour. Raise temperature to 350°F; cook at least another 40 minutes or until desired doneness. When ready, turn heat off and let roast rest in oven for 10 minutes before slicing.

Spicy Beef Ribs

SPICY BEEF RIBS

Makes 2 servings

Cooking time: 50 minutes

2 1/2-pounds lean beef ribs

Marinade:

1/2 cup water

1/2 cup sherry or wine

2 tablespoons tahini paste or peanut butter

1 tablespoon hoisin sauce

1 teaspoon chili oil

STEP ONE

Prepare marinade: In a glass baking pan, combine water, sherry, tahini paste, hoisin, and chili oil. Add ribs and refrigerate for at least 2 hours.

STEP TWO

Place wire rack in glass bowl of oven. Remove ribs from marinade and set directly on wire rack and roast at 350°F for 20 minutes. Baste ribs and reduce heat to 300°F, then cook another 30 minutes, basting often.

Roast Pork, Chinese Style

ROAST PORK, CHINESE STYLE

Makes 8 servings

Marinade: at least 2 hours

Cooking time: 1 hour and 20 minutes

A boneless pork shoulder (approx. 4-pounds)

Marinade

1/2 cup hoisin sauce

1/4 cup sweet and sour sauce

1/2 teaspoon minced fresh ginger

2 cloves garlic, peeled and minced

3 large green apples

1/4 cup orange juice

2/3 cup sour cream

STEP ONE

Trim excess fat from roast.

STEP TWO

Prepare marinade: In a large baking pan, combine hoisin sauce, sweet and sour sauce, ginger, garlic and orange juice. Add the pork and toss with marinade. Cover and refrigerate for at least 2 hours.

STEP THREE

Place wire rack into glass bowl of oven. Preheat oven to 300°F. Remove pork from marinade and place it directly on wire rack and roast for 1 hour. Raise temperature to 350°F and continue roasting for an additional 20 minutes. When ready, turn heat off and let pork rest in oven for 10 minutes before slicing.

STEP FOUR

In the meantime: 30 minutes before pork is ready, prepare sauce. Pour marinade into saucepan and warm over medium heat. Peel, core and chop apples, add to sauce and cook for 15 minutes.

Whisk in sour cream and heat through, but do not boil. Keep sauce warm until ready to serve.

STEP FIVE

Slice pork into 1/4-inch slices. Overlap slices on serving platter and spoon on warm sauce.

Braised Pork Loin in Cider

BRAISED PORK LOIN IN CIDER

Makes 8 servings

Cooking time: 2 hours

A boneless pork loin, (approx. 3-pounds) untied

Salt and pepper to taste

1/2 teaspoon rubbed sage

Stuffing

4 tablespoons butter

1 medium onion, peeled and finely chopped

2 stalks celery, washed and finely chopped

1 cup cooked long grain rice

1/4 cup fresh bread crumbs

1/2 teaspoon freshly grated lemon peel

2 tablespoons chopped parsley

1 teaspoon chopped basil leaves

1 egg-

Sauce

4 tablespoons flour

2 cups water

2 cups apple cider

2 chicken bouillon cubes

STEP ONE

Rub both sides of a pork loin with salt, pepper, and sage.
Set aside.

STEP TWO

Heat 2 tablespoons butter in skillet. Add onion and celery, cook until onion softens, about 2 minutes. Remove skillet from heat. Add rice, bread crumbs, lemon peel, parsley, basil, and egg; toss well.

STEP THREE

Lay pork loin fat side down on work surface. Spread rice mixture lengthwise, down the center of pork. Wrap sides of roast around filling, forming a roll. Tie together with string every 2-inches. Set aside.

STEP FOUR

Heat remaining 2 tablespoons butter in skillet. Brown pork roast evenly on all sides. Remove and set aside. Add flour to skillet, and cook until golden brown. Stir in water, cider and chicken bouillon cubes. Bring to a boil, reduce heat and simmer for 2-3 minutes or until thickened. Rotate pork roast in sauce. Then place it in the center of a large piece of aluminum foil. Pour 1/2 cup sauce over roast. Close foil tightly around roast, sealing everything inside.

STEP FIVE

Place wire rack in glass bowl of oven. Put pork roast directly on wire rack and roast at 325°F for 1 1/2 hours. Raise temperature to 350°F and cook for final 30 minutes. Let roast rest in pot 10 minutes before slicing

STEP SIX

Cut pork into 1/4-inch slices and overlap them on a platter.

Warm remaining sauce and pour on before serving.

BBQ Spareribs

BBQ SPARERIBS

Makes 2 servings

Marinade: at least 2 hours

Cooking time: 30 minutes

2 1/4 pounds spareribs, trimmed

10 green onions

Marinade:

2 tablespoons white wine

2 tablespoons soy sauce

1 teaspoon garlic salt

1/2 cup hoisin sauce

1 small onion, peeled and finely chopped

2 cloves garlic, peeled and minced

Pepper to taste

STEP ONE

Cut spareribs into 2-inch pieces.

STEP TWO

Prepare marinade: In a glass baking pan, combine wine, soy sauce, garlic salt, hoisin sauce, onion, garlic and pepper. Add ribs and green onions. Cover and refrigerate for at least 2 hours.

STEP THREE

Place wire rack in glass bowl of oven. Remove ribs and green onions from marinade and place directly on wire rack. Roast at 400°F for 30 minutes. Serve hot.

Roast Leg of Lamb

ROAST LEG OF LAMB

Makes 8 servings

Cooking time: 1 hour and 10 minutes

A leg of lamb (approx. 4 1/2-pounds)

2 cloves garlic, peeled and crushed

1/2 teaspoon chopped rosemary leaves

Salt and pepper to taste

STEP ONE

Trim off excess fat from leg of lamb. Rub meat with garlic. Then season with rosemary, salt and pepper. Set aside.

STEP TWO

Place wire rack in glass bowl of oven. Put lamb directly on wire rack and roast at 475°F for 20 minutes. Reduce temperature to 350°F, wrap the shank with foil and continue roasting another 50 minutes.

Tip: Lamb shoulder can be substituted for a leg.

Bacon and Eggs

BACON AND EGGS

Makes 4 servings

Cooking time 5 to 10 minutes

4 eggs

8 strips of bacon

STEP ONE

Lay out the 8 strips of bacon on the lower rack then set in the elevated rack and place the 4 eggs (still in the shells) on the elevated rack.

STEP TWO

Preheat oven to 375°F, set temperature to 375°F and cook the following times, depending on how you want your eggs:

5 - 7 minutes - soft

6 - 8 minutes - medium

9 - 10 minutes - hard

Note: Be careful when removing eggs and use either tongs or a hot pad as shells will be very hot.

Grilled Shrimp

GRILLED SHRIMP

Makes 4 servings

Cooking time: 8 minutes

1 1/2 pounds jumbo shrimp (peeled and cleaned)

1/4 cup melted butter

1 garlic clove, peeled and minced

2 tablespoons lemon juice

STEP ONE

Rinse and pat dry shrimp. In small bowl, combine melted butter with garlic and lemon juice. Set aside.

STEP TWO

To cook: turn wire rack over so it sits high in glass bowl of oven.

Preheat oven to 425°F. Brush shrimp with butter mixture and arrange directly on wire rack. Grill shrimp for 8 minutes. Serve hot with a bed of lemon-flavored rice.

BBQ Shrimp

Makes 4 servings
Marinate: 1 hour
Cooking time: 8 minutes

1 1/2 pounds jumbo shrimp

Marinade:

1 small onion, peeled and finely chopped

1 teaspoon sesame oil

2 tablespoons white wine

2 tablespoons lemon juice

1 garlic clove, peeled and minced

3 tablespoons hoisin sauce

STEP ONE

Shell and clean shrimp, leaving the tail intact. Set aside.

Prepare marinade by combining onion, sesame oil, white wine, lemon juice, garlic and hoisin sauce in a mixing bowl. Add shrimp and refrigerate for an hour.

STEP TWO

Use elevated wire rack. Preheat oven to 425°F. Drain marinade from shrimp. Arrange shrimp directly on wire rack, leaving some space between shrimp. Grill for 8 minutes. In meantime: warm reserved marinade. Drizzle shrimp with marinade before serving.

Fish in a Sack

FISH IN A SACK

Makes 4 servings

Cooking time: 15 minutes

- 1 whole cleaned and scaled fish (approx. 3 pounds)
for example, black bass or red snapper
- 1 small onion, peeled and thinly sliced
- 1 small carrot, peeled and thinly sliced
- 1 1/2-inch knob fresh ginger, peeled and finely chopped
- 1 medium red bell pepper, cored, deveined and thinly sliced
- 6 mushrooms, thinly sliced
- Juice of 1/2 lemon
- 2 tablespoons Teriyaki sauce
- 1 tablespoon butter, room temperature

STEP ONE

Rinse and dry fish. Score flesh with sharp knife; set aside.

Lay a large sheet of aluminum foil on counter. Arrange 1/3 of the onion, carrot, ginger, red pepper and mushrooms in center of foil. Set fish on vegetable bed. Stuff the cavity with half the remaining vegetables, sprinkling the rest over the top.

Drizzle fish with lemon juice and Teriyaki sauce, dot with butter. Close foil tightly around fish, sealing everything inside.

STEP TWO

Set wire rack inside glass bowl of oven. Place foil package directly on wire rack and cook at 325°F for 15 minutes.

When ready, unwrap the fish and serve steaming hot with the vegetables and broth.

Grilled Tuna Steaks (or Swordfish / Salmon)

GRILLED TUNA STEAKS (SWORDFISH AND SALMON)

Makes 4 servings

Cooking time: 5 minutes

4 3/4-inch tuna steaks, 6 ounces each

Marinade:

1/4 cup soy sauce

2 tablespoons fresh lemon juice

6 green onions, trimmed and thinly sliced, including green tops

2 tablespoons vegetable oil

STEP ONE

Prepare marinade: Combine soy sauce, lemon juice, green onion and oil in a shallow pan. Add steaks and rotate in marinade. Cover and refrigerate for 30 minutes.

STEP TWO

Use elevated wire rack. Preheat oven to 325°F. Set steaks directly on wire rack and grill for 5 minutes.

NOTE: Swordfish or salmon steaks can be substituted for tuna.

VI. VEGETABLES

VI.

VEGETABLES

Preparing vegetables in the PERFECTION-AIRE™ combines the two most popular techniques in cooking. You have the roasted flavors associated with a conventional oven at microwave speeds. The PERFECTION-AIRE™ opens the door to an entirely new world of vegetable cookery.

French Fries / Potato Chips

FRENCH FRIES / POTATO CHIPS

Makes 4 servings

Cooking time: 11 to 15 minutes

2 medium unblemished potatoes

STEP ONE

French fries

1. Slice the potatoes into 1/2 inch spears.

Potato chips

1. Slice the potatoes into very thin wafers.

STEP TWO

Place the potatoes evenly spread out on the baking and steamer tray or on a pizza pan if you need more area. If you desire a higher degree of brownness, lightly mist the potatoes with vegetable oil.

STEP THREE

Preheat the oven to 400°F. Set the temperature to 500°F and cook for 10 minutes and then turn the potatoes over and cook for another 3 to 5 minutes depending on how crisp you desire the potatoes. Potato chips will take a little longer than the French fries to reach the desired crispness.

Potatoes Baked in Jackets

POTATOES BAKED IN JACKETS

Makes 4 servings
Cooking time: 40 minutes

- 4 medium-sized baking potatoes, washed
- 4 teaspoons butter or margarine, room temperature
- Garlic salt to taste
- Black pepper to taste

STEP ONE

Dry potatoes with paper towel. Pierce skin several times with a fork. Rub skin of each potato with a teaspoon of butter. Sprinkle with desired amount of garlic salt and pepper. Wrap each potato in a piece of aluminum foil.

STEP TWO

Place wire rack in glass bowl of oven. Set potatoes directly on wire rack; turn temperature to 400°F. Bake for 40 minutes or until a fork can easily be pressed into center of potato. Remove foil before serving.

Tip: You can cook potatoes along with a roast. Set potatoes around meat or on the elevated cooking rack and adjust baking time to 45 minutes.

Cauliflower Au Gratin

CAULIFLOWER AU GRATIN

Makes 4 to 6 servings

Cooking time: 15 to 20 minutes

1 small cauliflower

4 tablespoons butter or margarine

3 tablespoons flour

1 1/2 cups milk

3/4 cup grated mild cheddar cheese

Salt and pepper to taste

1/2 cup fresh bread crumbs

STEP ONE

Cut cauliflower into large florets, discarding center stalk. Cook for 5 minutes in boiling salted water. Drain and set cauliflower aside.

STEP TWO

Melt 3 tablespoons of butter in a saucepan. Stir in flour and cook for 1 minute. Gradually add milk, stir smooth and cook until sauce thickens. Stir in 1/2 cup cheese and blend smooth. Season with salt and pepper, remove from heat.

STEP THREE

In a small mixing bowl, combine bread crumbs with remaining 1/4 cup cheese and butter. Mix thoroughly.

STEP FOUR

Put cauliflower in an oven-proof casserole. Pour in cheese sauce and top with an even coating of bread crumb mixture.

STEP FIVE

Place wire rack into glass bowl of oven. Set casserole directly on wire rack. Turn temperature to 325°F and cook for 15 to 20 minutes, until crust turns golden brown.

Tip: This dish can be made in advance and heated at the last minute. Extend cooking time to 25 minutes.

Roasted Vegetables

ROASTED VEGETABLES

Makes 4 servings

Cooking time: 30 minutes

1 pound of vegetables, such as sweet potatoes, eggplant, zucchini, yellow squash, onion, green tomatoes

3 tablespoons vegetable oil

1/2 teaspoon garlic salt

1/4 black pepper

STEP ONE

Wash and dry vegetables. Cut into 1/4 inch slices.

STEP TWO

In a pot with a lid, combine oil with garlic salt and pepper. Add vegetable slices and secure lid. Toss vegetables vigorously in pot.

STEP THREE

Place wire rack in glass bowl of oven. Arrange vegetables directly on wire rack. Turn temperature to 475°F and roast for 30 minutes.

Tip: You can roast vegetables at the same time that you cook a roast. Either arrange vegetables directly on rack with meat or set them in the baking and steamer tray and place on the top rack. Cooking time will increase to 45 minutes.

Baby Rosemary Potatoes

BABY ROSEMARY POTATOES

Makes 6 servings
Cooking time: 40 minutes

2 pounds baby potatoes, washed
2 tablespoons butter or margarine
2 tablespoons vegetable oil
1 teaspoon grated orange peel
2 cloves garlic, peeled and minced
Salt and black pepper to taste
1/2 teaspoon chopped fresh rosemary

STEP ONE

Heat butter and oil in saucepan with orange peel, garlic, salt, pepper and rosemary. Add potatoes and toss.

STEP TWO

Place wire rack in glass bowl of oven. Arrange potatoes directly on wire rack. Turn temperature to 350°F and roast for 40 minutes.

Tip: For large potatoes, halve or quarter them before roasting.

Steamed Vegetables

STEAMED VEGETABLES

Clean and cut vegetables as desired. Wrap a small amount of vegetables with foil, making several packages. Before sealing, sprinkle 1 teaspoon of water into each package. Seal tightly. Place them either around food already cooking, or directly on the wire rack. Test for doneness.

VII. BREADS

VII.

BREADS

The PERFECTION-AIRE™ oven harnesses the natural convection circulation with extraordinary results. The air-circulation creates a vacuum, which means that any bread baked in the PERFECTION-AIRE™ will actually be pulled up, increasing its size. The crust is crispy, while the inside is tender and delicious. If you don't want a crisp crust, simply cover the bread with a foil tent for 3/4 of the baking time. The result is a bread with a good chewy crust. The forced air-circulation bakes food evenly, without any fear of the conventional oven hot-spots. The result: perfect baked goods.

Cornbread

CORNBREAD

Makes 1 9-inch cake pan
Baking time: 45 minutes

2 1/2 cups self-raising flour
1 teaspoon baking powder
9 tablespoons butter or margarine
1 egg
1 can (16 1/2-ounce) creamed corn
1 tablespoon milk
1 tablespoon cornmeal
Butter or margarine (optional)

STEP ONE

Sift together flour and baking powder. Rub in butter until crumbly. Add egg and creamed corn, mix well. With floured hands, pull dough into 12 equal pieces and shape into small rolls. Arrange rolls close together on a greased 9-inch cake pan. Brush tops with milk, dust with cornmeal.

STEP TWO

Place wire rack in glass bowl of oven. Put the cake pan directly on wire rack and bake at 350°F for 45 minutes. Serve warm with butter.

Wholegrain Bread

WHOLEGRAIN BREAD

Makes 2 loaves

Baking time: 1 hour

3 3/4 cups wholegrain flour

2 cups bread flour

1 cake (1 oz.) compressed yeast

2 tablespoons sugar

2 1 cups warm water

1/3 cup plus 2 tablespoons rye flakes

1 teaspoon salt

1 tablespoon butter or margarine (room temperature)

1 egg white

1 tablespoon water

STEP ONE

Sift both flours together. Set aside.

Dissolve yeast and sugar in warm water. Set aside for 10 minutes. Gradually add flour, 1/3 cup rye flakes, salt and butter, mix well. Turn it out onto a lightly floured surface and knead until smooth. Cover and rest for 15 minutes. Then knead dough for 10 minutes, cover and let raise for 1 hour.

STEP TWO

Turn out dough onto lightly floured surface. Knead until smooth and elastic. Shape into 2 loaves, put in 2 greased bread pans. Note: you will have to use 2 small bread pans that will fit into the oven. Cover and rest until it doubles in size, about 30 minutes. Beat an egg white with water and brush tops. Dust with remaining 2 tablespoons rye flakes.

STEP THREE

Place wire rack in glass bowl of oven. Set pans on wire rack and bake at 400°F for 15 minutes. Reduce temperature to 350°F and bake for 15 minutes. Take pans from oven with tongs and carefully remove bread from pans. Replace bread directly on wire rack and continue baking for 30 minutes or until well browned.

Serve warm.

Colonial White Bread

COLONIAL WHITE BREAD

Makes 1 loaf

Baking time: 25 to 30 minutes

3 cups self-raising flour

Pinch salt

1 tablespoon powdered milk

2 tablespoons butter or margarine, room temperature

1 1/4 cups water

STEP ONE

Sift together flour, salt and powdered milk. Rub butter into flour with fingertips. Add water and quickly mix using tip of a table knife. Turn dough out onto a lightly-floured work surface, knead until smooth. Shape into a 6-inch round loaf and put on lightly greased baking pan. Score top several times with a sharp knife.

STEP TWO

Place wire rack in glass bowl of oven. Set baking pan on wire rack, bake at 400°F for 15 minutes. Reduce temperature to 350°F and continue baking another 10 to 15 minutes, until golden brown.

Serve hot from oven with butter or honey.

Orange Bread

ORANGE BREAD

Makes 1 loaf

Baking time: 45 minutes

4 cups self-raising flour

4 tablespoons butter or margarine, room temperature

1 teaspoon salt

Grated peel of one orange

3/4 cup fresh-squeezed orange juice

1 cup milk

1 egg, beaten

Butter and honey (optional)

STEP ONE

Sift flour into large mixing bowl. Rub butter into flour using your fingertips. Add salt, sugar, orange rind, and orange juice, blend together with tip of a table knife. Add milk, blend well. Turn dough out onto a lightly floured work surface and knead until smooth. Shape into a round loaf and put in a greased 10-inch cake pan. Brush top with beaten egg.

STEP TWO

Place wire rack into glass bowl of oven. Set pan on rack, bake at 325°F for 45 minutes. Serve warm with butter and honey.

Frozen Pizza

FROZEN PIZZA

Makes 4 servings

Cooking Time: 5 to 7 minutes

One frozen pizza

STEP ONE

Preheat the oven to 500°F. Set the temperature to 500°F and cook for 5 to 7 minutes.

STEP TWO

Place the frozen pizza on the lower cooking rack. Then place the elevated cooking rack upside down on top of the pizza so that the elevated rack is touching the top of the pizza (the extra rack is used because with the strong force of the PERFECTION-AIRE oven the toppings on the pizza will tend to blow around).

Walnut Buns

WALNUT BUNS

Makes 10 buns

Baking time: 25 minutes

2 cups flour

Pinch of salt

1 egg

1 1/2 teaspoons dry yeast (1/2 of an envelope)

1/2 cup warm milk

2 tablespoons solid vegetable shortening

2 tablespoons butter, melted

2 tablespoons raisins

1/3 cup chopped walnuts

1 1/2 tablespoons brown sugar

1 tablespoon honey

STEP ONE

Dissolve yeast in warm milk, set aside for 10 minutes.

Cut shortening into flour with pastry blender until it disappears. Combine yeast liquid and an egg with flour-mixture, blend until smooth. Turn dough out onto lightly floured work surface and knead 5 minutes. Return dough to bowl, cover with damp towel and rest for 1 1/2 hours, until it doubles in size.

STEP TWO

Turn dough onto lightly floured surface and knead for 5 minutes. Roll into a rectangle (12-inch x 9-inch). Brush with melted butter and cover with a combination of raisins, brown sugar, and half the walnuts. Roll-up dough lengthwise in a jelly roll fashion. Cut roll into 10 equal slices and arrange, cut side down, on greased 10-inch baking pan. Cover with warm, damp towel and let rest 30 minutes.

STEP THREE

Place wire rack into glass bowl of oven. Set baking pan on wire rack; bake at 350°F for 20 minutes. Remove buns from oven; brush with honey and a sprinkling of remaining walnuts. Return to oven and bake another 5 minutes, until golden brown. Serve warm.

VIII. DESSERTS

VIII.

DESSERTS

The PERFECTION-AIRE™ oven allows you to prepare your desserts while your main meal is cooking. Then, without having to clean the oven out, your desserts will cook while you are enjoying your main meal.

Cherry Clafouti

CHERRY CLAFOUTI

Makes 6 servings

Baking time: 35 minutes

1 pound black cherries, pitted

4 medium eggs

2 egg yolks

Pinch of salt

1/3 cup sugar

3/4 cup flour

2 tablespoons butter or margarine, melted

1 tablespoon butter or margarine, room temperature

2 cups milk

1 tablespoon confectioner's sugar

STEP ONE

Scatter cherries in a buttered, oven-proof casserole, set aside.

STEP TWO

Beat the eggs, egg yolks, and salt until frothy. Add sugar and beat until a light, pale yellow. Gradually add flour, beat until smooth. Add melted butter and milk, beat until well mixed. Pour batter over cherries, spreading it into the corners of the casserole. Dot with soft butter.

STEP THREE

Place wire rack into glass bowl of oven. Put casserole on wire rack and bake at 350°F for 35 minutes, or until golden brown. Remove and dust with confectioner's sugar before serving.

Tip: Good quality canned or jarred cherries can be substituted for fresh cherries.

Apple-Almond Pudding

APPLE-ALMOND PUDDING

Makes 6 servings

Baking time: 30 minutes

2 pounds of apples (aprox. 6 med. size apples)

1/4 cup water

1 tablespoon honey

1/2 cup fresh bread crumbs

6 tablespoons butter or margarine

1/3 cup sugar

1/2 cup ground almonds

Grated peel of 1 lemon

1 large egg

1/4 cup sliced almonds

STEP ONE

Peel, core, and chop apples. In a saucepan, simmer apples with water until soft. Set aside.

STEP TWO

In a mixing bowl, combine bread crumbs and honey. Spread mixture evenly over bottom of an oven-proof casserole, set aside.

STEP THREE

In mixing bowl, cream the butter and sugar until smooth and light. Beat in ground almonds, lemon rind and egg until smooth.

STEP FOUR

Spoon apples into the casserole and cover with batter. Sprinkle with sliced almonds.

STEP FIVE

Place wire rack in glass bowl of oven. Put casserole on rack and bake at 350°F for 30 minutes, or until golden brown.

Tip: For a super-moist pudding, cover casserole with aluminum foil for the first 15 minutes of baking.

Baked Apples

BAKED APPLES

Makes 4 servings

Baking time: 35 to 45 minutes

4 large cooking apples, washed

2 tablespoons brown sugar

1/2 cup dried mixed fruits, chopped

1/2 cup water

Whipped cream or vanilla yogurt (optional)

STEP ONE

Remove cores from apples. Using the tip of a sharp knife, score the skin around the middle of each apple. Stand apples up in an oven-proof casserole.

STEP TWO

In a mixing bowl, combine brown sugar with dried fruits. Divide fruits among the four apples, stuff the holes. Pour water into bottom of casserole.

STEP THREE

Place wire rack in glass bowl of oven. Put the casserole on wire rack and bake at 425°F for 35 to 45 minutes, or until soft. Serve apples warm with whipped cream or vanilla yogurt.

Old Fashioned Bread and Butter Pudding

OLD FASHIONED BREAD AND BUTTER PUDDING

Makes 4 servings

Baking time: 30 minutes

8 thin slices white bread, crusts removed

4 tablespoons butter

1/2 cup currants

2 tablespoons brown sugar

2 tablespoons white sugar

2 large eggs

2 cups milk

1 teaspoon ground cinnamon

2 teaspoons brown sugar (for dusting)

STEP ONE

Butter one side of each bread slice. Cut 4 bread slices in half on the diagonal. Cut remaining four bread slices into quarters.

Set aside.

STEP TWO

Line the sides of an oven-proof casserole with the bread halves, butter side against the dish. Arrange half the remaining bread in the bottom of the casserole. Sprinkle with half the currants and brown sugar. Make a second layer with remaining bread, currants and brown sugar. Set aside.

STEP THREE

In a mixing bowl, whisk together white sugar, eggs and milk. Pour mixture into casserole, dust with cinnamon and let it stand for 30 minutes.

STEP FOUR

Place wire rack into glass bowl of oven. Set casserole directly on wire rack and bake at 350 degrees for 30 minutes. Sprinkle with 2 teaspoons brown sugar before serving.

Jamaican Banana Foster

JAMAICAN BANANA FOSTER

Makes 8 servings

Baking time: 10 minutes

8 firm bananas

1/2 cup butter or margarine

1 cup brown sugar

3 tablespoons lemon juice

2/3 cup banana liqueur or white rum

1/4 cup brandy, warm

STEP ONE

Peel and slice bananas, lengthwise. Set aside.

STEP TWO

Melt-together butter and sugar. When sugar dissolves, add lemon juice and rum, cook for 10 minutes. Add bananas and toss until well coated. Put bananas in shallow oven-proof casserole, set aside.

STEP THREE

Place wire rack in glass bowl of oven. Put casserole on wire rack and bake at 475°F for 10 minutes. In front of your guests, pour ignited brandy over bananas and serve with ice cream. **NOTE: POUR SLOWLY SO AS TO NOT BURN YOUR HAND.**

Roasted Bananas with Hazelnut Crust

ROASTED BANANAS WITH HAZELNUT CRUST

Makes 4 servings

Baking time: 15 minutes

4 firm bananas

2 tablespoons honey

1/4 cup water

1 teaspoon ground mace

1 teaspoon lemon juice

1/4 cup chopped hazelnuts

Whipped cream or ice cream (optional)

STEP ONE

Peel and slice bananas lengthwise. Make one layer of bananas in oven-proof casserole. Drizzle honey and water over bananas. Sprinkle with mace and lemon juice.

STEP TWO

Place wire rack in glass bowl of oven. Put casserole on rack and roast at 350°F for 15 minutes.

STEP THREE

In the meantime: toast hazelnuts by tossing them in a dry skillet until golden brown. Set aside.

STEP FOUR

To serve: Sprinkle hazelnuts over bananas and hot serve with whipped cream or ice cream.

IX. TROUBLE SHOOTING GUIDE

1A.

GALLOPING GOURMET® PERFECTION-AIRE™ OVEN

TROUBLE SHOOTING GUIDE

SYMPTOM

PROCEDURES

OVEN WILL NOT
TURN ON

* Check to see that the
power cord is plugged
in to AC outlet.

* Turn the timer dial
past 20 minutes and
then back to the
proper time.

* Push the carry handle
all the way down.

NOTE: This handle acts
as a safety switch and
will not allow the oven
to work when in the up-
right position.

OVEN WILL NOT
HEAT UP

* Check the thermostat
to see that it is set
for a high enough
temperature.

LID OR BOWL IS
CRACKED

* Order replacement
from the Galloping
Gourmet service
department at once.