
rockcrokTM
Takes the heat you dish outTM

Compiled by Pampered Chef Consultants around the country.

Your Pampered Chef Consultant – Kathie Rotz

563-580-0231 kathierotz@yahoo.com

www.pamperedchef.biz/kathierotz

Find me on Facebook – www.facebook.com/ChefKathie

THIS POT WILL ROCK YOUR MEALS! ☺

Rockcrok

Everyday Pan 2.5 qt & Dutch Oven 4qt sizes available

- Ideal for serving a crowd. Perfect for soups, stews, chili, large cuts of braised meats and more.

About Rockcrok:

- Rockcrok ceramic cookware is created from a clay that features exceptionally high heat resistance after firing.
- Takes the heat you dish out! Pans are heat-resistant to 752F – safe on gas, electric and flat-top stovetops, gas and charcoal grills, in the oven and microwave, and under the broiler.
- Consistent heat distribution helps you brown food perfectly
- Extra-long heat retention keeps food hot in the pan until everyone's finished their second helpings.
- Glazed ceramic pieces don't require pre-soaking or seasoning.
- Pans resist thermal shock, so you can safely take them straight from the refrigerator to the heat source.
- Glass lids let you keep an eye on food while it cooks without lifting the lid and releasing steam. Lids are oven-safe to 400F. Lids are not grill-safe.
- Freezer – and dishwasher-safe.
- Each Rockcrok vessel includes 10 exclusive recipes (all included in this booklet)

Cooking with your Rockcrok

Recipes included with your vessel highlight the versatility of cooking with your Rockcrok.

Cook with any combination

- Stovetop – all stovetops, except induction
- Oven – Lid is oven-safe to 400F
- Broiler – pan only is broiler safe
- Microwave
- Grill – pan only is grill-safe

Stovetop Use:

- Always match diameter of cookware to stovetop burner diameters and position the pan centrally over the burner. For gas stoves, flames should not extend beyond the base of the cookware.
- Preheat pan for 3 – 5 minutes on medium heat. Amount of time varies per stovetop. As needed, gradually increase heat up to medium high when browning foods. Because the pan retains heat well, continue to adjust heat levels as needed during the duration of cooking. Only use high heat when bringing liquids to a boil.
- For best results of foods, use oil or butter. It is normal for fond (or burnt-on food residues) to develop on the cooking surface. Follow deep cleaning directions to remove.
- When cooking on the stovetop, always keep interior bottom surface fully covered with food or liquid to prevent dry spots. Dry spots are areas of the glaze that appear dry or absent of liquid for an extended period of time. This could cause putting to the glaze and void the guarantee. To prevent dry spots, add additional liquid (such

as oil, butter, or stock) and/or stir and move foods occasionally when cooking to keep the surface covered and moist.

- Due to the unglazed foot ring, avoid sliding or dragging the pan over the stovetop surface, especially flattop stoves. Use handles to lift the pan when moving to prevent scratches.

BBQ Outdoor Grill Use:

- Pan is safe to use on charcoal or gas grills using direct or indirect heat. Do not use on a campfire.
- Lid is not grill-safe. As an alternative, use heavy-duty aluminum foil to cover the top of the pan if needed.

Refrigerator and Freezer Use:

- Pan and lid are refrigerator- and freezer-safe. Cool completely prior to placing in refrigerator or freezer.
- Not intended for long-term storage of foods
- Do not take pan and lid directly from freezer to oven, stovetop, microwave or grill. Thaw food in pan prior to reheating.

Nonstick Sprays and Oils: *NEVER* use nonstick sprays on the cookware as they cause an invisible buildup and impair the performance. This will void the guarantee.

Utensils: Only use non-metal utensils, such as nylon, silicone, bamboo or wood. Metal utensils will cause permanent damage to the surface and will void the guarantee.

Cleaning

Standard Care:

- Wash prior to first use; lid and pan are dishwasher-safe. Dry completely after cleaning.
- Due to unglazed footring, leaving pan completely submerged in water for an extended period of time is not recommended.

Deep Cleaning – Pan:

- Remove food and cooked-on residues prior to dishwashing. For best results, fill pan with enough water to cover residues; bring to a boil. As needed, use a bamboo spoon to gently scrape residues to loosen. Turn off heat and allow water to sit until cooled. Remove water; clean using soapy water and non-abrasive sponge or kitchen brush.
- To remove burnt-on food residues or discoloration, use a non-bleach, all-purpose liquid or powdered cleanser that is safe for cookware. Do not use abrasive cleansers. Follow cleanser label direction for use.

Storage

- Invert lid to nest during storage
- Do not stack with other pots and pans to prevent scratching or chipping

Safeguards

- Do not leave pan empty on a hot burner for an extended period of time (beyond preheating time) or boil dry.
- Pan and lid handles are not designed to stay cool. Pan and lid handles will get hot during cooking. Always use a heat-resistant oven mitt or pad when handling hot pan or lid
- Always place hot pan and lid on a cooking rack; hot pad or trivet to avoid damage to countertops or tables.
- Dropping or hitting the pan or lid against a hard surface can cause shipping or breaking.
- Pan should not touch broiler heating element, side walls or doors of oven, microwave or grill when closed.

Guarantee

- Five-year guarantee for noncommercial use. Refer to sales receipt for details. Product returned is subject to inspection for proper use and care.

Table of Contents

- **Appetizers**

Cheesy Bruschetta.....	6
Hot Honey Mustard Wings.....	7
Jalapeno Popper Dip.....	8
Touchdown Taco Dip.....	9

- **Main Dishes**

Angie's Rockin Pot Pie.....	10
Asian Beef Stew.....	11
Baked Mac 'N Cheese with Shrimp.....	12
Baked Ziti.....	13
BBQ Oven-Baked Chicken.....	14
Beef Mexican Casserole.....	15
Biscuits & Gravy Casserole.....	16
Brisket Shepherd's Pie.....	17
Cashew Chicken.....	18
Cheeseburger Meatballs & Pasta.....	19
Cheesy Shells & Italian Sausage.....	20
Chicken & Gravy.....	21
Chicken Pasta.....	22
Chicken Tortilla Casserole.....	23
Chipotle Chii Cornbread Bake.....	24
Citrus Glazed Salmon Salad.....	25
Creamy One Pot Pasta.....	26
Deep Dish Stuffed Focaccia.....	27
Easy Chicken Pot Pie.....	28
Family Style Cheeseburger.....	29
French Onion & Mushroom Soup.....	30
Glazed Asian Pork Ribs.....	31
Gluten & Dairy Free Chicken Pot Pie.....	32
Homemade Hamburger Helper.....	33

Lazy Lasagna Soup.....	34
Mediterranean Braised Chicken.....	35
Mexican Nacho Casserole.....	36
Mexican Pork Stew with Salsa Verde.....	37
Mocha-Braised Short Ribs.....	38
Mushroom and Spinach Risotta.....	39
Mushroom Stuffed Chicken Breasts.....	40
Pasta Fagioli with Italian Sausage.....	41
Penne with Italian Sausage and Zucchini.....	42
Portabella Chicken Linguine Pasta.....	43
Red Wine-Braised Pork Ragout.....	44
Roasted Cauliflower & Brie Risotto.....	45
Roasted Vegetable Pasta Primavera.....	46
Rockin' Omlet.....	47
Rustic Grill-Braised Chicken.....	48
Shrimp & Chorizo Paella.....	49
Southern Style Chicken & Sausage.....	50
Spinach & Seafood Chowder.....	51
Vegetable Ribbon "Pasta".....	52
Veggie Fajitas.....	53
Veggie Taco Base.....	54
Zucchini Linguine.....	55

- **Desserts**

Bourbon Soaked Spoon Cake.....	56
Cherry Vanilla Cake.....	57
Quick Berry Crisp.....	58
Pecan Glazed Pumpkin Spice Cake.....	59
Pineapple Upside Down Cake.....	60
S'Mores Cake.....	61
Upside Down Cherry Cheesecake.....	62

Cheesy Bruschetta

INGREDIENTS

2 oz (60 g) mozzarella cheese
1 oz (30 g) fresh Parmesan cheese
3 tbsp (45 mL) butter, cut into pieces
1 garlic clove, pressed
10-12 (1/4-in./6-mm thick) slices French baguette
Toppers: prepared pesto, marinara sauce or tapenade (optional)



DIRECTIONS

- 1** Preheat broiler. Grate mozzarella with **Microplane® Adjustable Coarse Grater**. Grate Parmesan with **Microplane® Adjustable Fine Grater**. Combine cheeses in **(2-cup/500mL) Prep Bowl**; set aside.
- 2** Melt butter in **Rockcrok™ (2.5-qt./2.35-L) Everyday Pan** or **Rockcrok™ (4-qt./3.8-L) Dutch Oven** over medium-low heat. Press in garlic with **Garlic Press** stir. Arrange bread slices over butter mixture.
- 3** Toast bread 1-3 minutes or until bottoms begin to brown, rotating pieces as necessary to brown evenly. Remove pan from heat.
- 4** Sprinkle cheeses over bread. Place pan 2-4 in. (5-10 cm) from heating element. Broil 2-4 minutes or until cheese is light golden brown; remove from oven. Serve with desired Toppers.

Yield:

6 servings of

Nutrients per serving:

Calories 130, Total Fat 9 g, Saturated Fat 5 g, Cholesterol 25 mg, Sodium 240 mg, Carbohydrate 6 g, Fiber 0 g, Protein 5 g

U.S. Diabetic exchanges per serving: No information is currently available.

Cook's Tips: No information is currently available.

Hot Honey Mustard Wings

2 tbsp butter
3 tbsp Dijon mustard
2 tsp fresh lime juice
2 tsp cayenne pepper sauce
12 chicken wingettes or drumettes (about 2lbs)
1 green onion

1. Preheat broiler. Place butter in Classic Batter Bowl. Microwave, uncovered, on high 20 – 30 seconds or until melted. Add mustard, honey, lime juice and cayenne pepper sauce to batter bowl; whisk until blended.
2. Place wings in Rockcok Everyday Pan. Microwave, covered, on high 7 – 9 minutes or until internal temperature reaches 160F.
3. Carefully remove pan from microwave. Drain wings in Stainless Mesh Colander and return wings to pan. Add half of the sauce to wings and turn with Chef's Tongs until evenly coated. Place pan 2 -4 inches from heating element; broil 6 – 10 minutes or until wings begin to brown.
4. Meanwhile, finely slice green onion with Chef's knife. Remove pan from broiler. Pour remaining sauce over wings. Sprinkle with green onion and serve.

Jalapeno Popper Dip

This dip tastes just like jalapeno poppers without all the fuss of stuffing each one. You can use bacon or sausage. (If you use bacon 8 slices cooked crispy and diced)

8 oz Italian Sausage
8 oz Hot Sausage
2 - 8-oz packages of cream cheese, soft
1 cup of mayonnaise
4-6 jalapeno's, chopped and deseeded
1 cup of cheddar cheese, shredded
1/2 cup of mozzarella cheese, shredded
1/4 cup diced green onion

Topping:

1 cup of crushed crackers (Ritz work well)
1/2 cup parmesan cheese, grated
1/2 stick of butter, melted

Brown sausage or bacon in Everyday Rockcroc on stovetop. Use mix n chop to bread up sausage. Once browned, drain if needed. Add meat back to the Rockcroc. Turn heat onto lowest setting. Add rest of ingredients stirring until cheese is melted and well blended. Remove from heat and put in microwave for two minutes with lid on. Stir dip and return to microwave, heating until hot all the way through (depending on microwave, 2-3 additional minutes)

While dip is heating combine topping ingredients in batter bowl. Mix well. Turn oven on to Broil.

Once dip is heated pull out of microwave. Top dip with cracker topping. Place Rockcroc under broiler for 2-3 minutes until topping is browned.

Thank you to Kathy Yellets for this recipe.



Touchdown Taco Dip

Ingredients:

- 1 can (9 ounces) bean dip
- 4 ounces cream cheese, softened
- 1/2 cup sour cream
- 1 tablespoon taco seasoning mix
- 1 garlic clove, pressed 1/4 cup (1 ounce) shredded cheddar cheese
- 1/2 medium tomato, seeded and diced (about 1/2 cup)
- 2 green onions with tops, thinly sliced
- 1/4 cup pitted ripe olives, sliced
- 1 tablespoon finely chopped fresh cilantro or parsley
- Additional sour cream (optional)



Directions:

1. Preheat oven to 350°F. Using Small Mix 'N Scraper(R), spread bean dip over bottom of Rockcok. In Classic Batter Bowl, combine cream cheese, sour cream, taco seasoning mix and garlic pressed with Garlic Press; mix well.
2. Spread cream cheese mixture evenly over bean dip. Grate cheddar cheese over top using Rotary Grater. Bake 15-20 minutes or until cheese is melted.
3. Dice tomato and thinly slice green onions using Utility Knife. Slice olives using Egg Slicer Plus(R). Finely chop cilantro using Pizza Cutter. Sprinkle tomato, onions, olives and cilantro over dip. Garnish with additional sour cream, if desired.

Yield: 8 servings

Nutrients per serving: (1/4 cup dip): Calories 140, Total Fat 10 g, Saturated Fat 6 g, Cholesterol 35 mg, Carbohydrate 8 g, Protein 4 g, Sodium 330 mg, Fiber 0 g

Cook's Tips: Pantry Southwestern Seasoning Mix can be substituted for the taco seasoning mix, if desired.

Angie's Rockin Pot Pie

-4 CHICKEN BREAST HALVES (I USED BONELESS, SKINLESS)
-1 SMALL ONION
-2 STALKS OF CELERY
-2 MEDIUM CARROTS
-1 CUP FROZEN PEAS (IF DESIRED)
-2 TBSP CHICKEN BOUILLON
-2 TBSP GARLIC POWDER OR 2 CLOVES OF FRESH GARLIC
-3 HEAPING TBSP FLOUR
-1/2 CUP COLD WATER
-1 BOX OF 10 INCH DOUBLE PIE CRUSTS
(UNLESS YOU LIKE TO MAKE YOUR OWN)



**Good, hearty
comfort food!**

I USED THE NEW SPIRAL SLICER TO SLICE THE CELERY, CARROTS & ONION AND IT WAS PERFECT!

PREHEAT OVEN TO 365. PLACE CHICKEN, VEGETABLES, BOUILLON, GARLIC AND ENOUGH WATER TO COVER ALL INTO A LARGE POT AND BRING TO A BOIL. SIMMER FOR ABOUT 25 MINUTES (30-35 FOR BONE-IN CHICKEN). REMOVE CHICKEN FROM PAN AND LET COOL FOR ABOUT 10 MINUTES BEFORE DICING UP. WHILE CHICKEN IS COOLING, STRAIN THE VEGGIES FROM THE BROTH AND PUT BROTH BACK INTO YOUR PAN.* WHILE BRINGING BROTH TO A BOIL, MIX FLOUR & WATER UNTIL SMOOTH. SLOWLY POUR INTO BOILING BROTH WHILE STIRRING WITH WHISK. LOWER TO A SIMMER FOR JUST A FEW MINUTES AND THEN ADD VEGGIES BACK INTO BROTH. DICE UP THE CHICKEN AND STIR INTO THE BROTH MIXTURE ALONG WITH THE FROZEN PEAS. REMOVE FROM HEAT AND LET SIT FOR ABOUT 5 MINUTES

PLACE ONE OF THE PIE CRUST LAYERS INTO THE BOTTOM OF THE ROCKCROK AND GENTLY FORM IT TO THE SHAPE OF THE PAN. POUR CHICKEN MIXTURE INTO PAN AND PLACE SECOND PIE CRUST LAYER ON TOP OF THE MIXTURE (EDGES TUCK NICELY ALONG EDGES OF PAN TO MAKE A GOOD CRUSTED EDGE). MAKE 4-5 SLITS IN TOP TO ALLOW STEAM TO ESCAPE WHILE BAKING. BAKE UNCOVERED ON 365 FOR 45 MINUTES. PERFECT!

*FOR A QUICKER METHOD YOU CAN ALWAYS USE 2 CANS OF CONDENSED CREAM OF CHICKEN SOUP AND A BAG OF FROZEN MIXED VEGETABLES INSTEAD OF MAKING THE FILLING FROM SCRATCH LIKE I DID

Asian Beef Stew

(from the Dutch Oven Recipe collection)

Serves 8

Prep: 45 min Total : 2 hrs, 15 min

2 ½ Tbsp canola oil, divided
1 large head bok choy, cored
1 boneless beef chuck pot roast (2.5 – 3 lbs)
1 tsp salt
8 green onions
6 garlic cloves, pressed
1 Tbsp grated fresh gingerroot
1 ½ tsp Chinese five-spice powder
3 Tbsp flour
½ cup dry sherry
2 ½ cups beef stock
¼ cup reduced sodium soy sauce
1 ½ Tbsp brown sugar
6 medium carrots, peeled, cut into ¾ inch pieces
Hot cooked white rice (optional)

1. Heat ½ Tbsp of the oil in 4 qt Dutch oven over medium heat 3-5 minutes or until shimmering. Slice bok choy into 1 inch pieces; cook, uncovered, 7-9 minutes or until wilted and slightly charred, stirring occasionally. Remove bok choy; set aside.
2. Preheat oven to 325 degrees. Trim excess fat from beef; discard. Cut beef into 1 inch pieces; season with salt. Add ½ Tbsp of the oil and 1/3 of the beef to Dutch oven. Brown beef, uncovered, 6-8 minutes, turning once. Remove beef; repeat twice with additional oil and remaining beef.
3. Thinly slice green onions; set aside green tops for garnish. Add remaining ½ Tbsp oil, onion bottoms, garlic, ginger and five-spice powder to Dutch oven; cook 1 minute, stirring constantly. Add flour; cook and stir 1 minute. Add sherry; cook 30 seconds. Stir in stock, soy sauce, brown sugar and beef. Bake, covered, 45 minutes.
4. Stir in carrots; bake, covered, an additional 45-60 minutes or until beef is fork tender. Remove from oven. Skim fat from top of stew, if necessary; discard. Stir in bok choy. Serve over rice, if desired, and sprinkle with green onion tops.

Baked Mac 'N Cheese with Shrimp

(from the Everyday Pan Recipe collection)

1 ½ Lbs(700g) medium raw shrimp(25-30 per lb), peeled, deveined, tails removed
¾ tsp (4 ml) salt, divided
½ tsp (2ml) ground black pepper
6 tbsp (90 ml) butter(¾ stick), divided
6 tbsp (90 ml) dry sherry, divided
¼cup (50 ml) flour
3 ½ cups (875 ml) milk, divided
1 tbsp (15 ml) Dijon mustard
½ tsp (2 ml) cayenne pepper
8 oz (250 g) uncooked mezzi rigatoni pasta (2cups/500ml)
6 oz (175 g) sharp white cheddar cheese, shredded (1 ½ cups/375 ml) divided
4 oz (125 g) fontina cheese, shredded (1 cup/250 ml)
2/3 cup (150 ml) panko bread crumbs
¼ cup (50 ml) finely chopped fresh parsley

1. Season shrimp with ¼tsp of the salt, and pepper. Heat 2 tbsp of the butter in (2.5-qt/2.35-L) Everyday pan over medium heat 1-2 minutes or until bubbling. Cook shrimp 2-3 minutes or until pink and cooked through, turning once. Stir in 2 tbsp of the sherry; cook 30 seconds. Remove shrimp
2. Preheat oven 400F . Add remaining butter and flour to Pan; whisk 1-2 minutes or until smooth. Whisk in remaining milk, mustard, cayenne and remaining ½ tsp salt. Cook, covered, 3-5 minutes or until mixture comes to a simmer, whisking often; remove Pan from heat.
3. Stir in pasta, 1 cup of the cheddar and fontina. Bake covered, 30-35 minutes or until pasta is tender, gently stirring once halfway through baking.
4. Meanwhile, combine bread crumbs, parsley and remaining cheddar in small bowl.
5. Remove Pan from oven; preheat broiler. Stir in shrimp and remaining sherry; top with bread crumb mixture. Place Pan 2-4 in. from heating element. Broil 2-3 minutes or until top is golden brown. Remove from oven; let stand 5 minutes.

Baked Ziti

Ingredients:

1 pkg of Ziti/Penne noodles
1 can Spaghetti Sauce
1 lb 93% Lean Ground Beef
½ a small white onion
2 garlic cloves
Olive Oil
1/3 c. Sour Cream
1 cup Shredded Mozzarella
1/3 c. Parmesan Cheese



Directions:

In your **Rockcrok™**, sauté 1 tbsp of olive oil, 2 garlic cloves pressed using the **Garlic Press**, and onion chopped using the **Food Chopper**. Saute for one minute, stirring constantly. Add in the pound of ground beef. Cook until browned using **Mix 'n Chop**. (Make sure the bottom of the **Rockcrok™** is covered at all times to ensure there are no dry spots that could cause damage to the pan.)

Meanwhile, add noodles to the **Large Micro Cooker** and cover the noodles with water. Microwave on high for 8 minutes.

Once ground beef is cooked, add in your spaghetti sauce, parmesan cheese, and sour cream. Stir and heat until sauce is bubbling.

Take **Large Micro Cooker** out of the microwave and drain. Add noodles to the **Rockcrok™** and stir. Mix in ½ c. of the shredded mozzarella cheese. Once the cheese is mixed in, top the mixture with the rest of the mozzarella. Place **Rockcrok™** in the microwave and cook for 2 minutes to melt the cheese. Serve with garlic bread.



BBQ Oven-Baked Chicken

(from the Everyday Pan Recipe collection)

1 ½ tbsp (22 mL) butter
½ small onion, finely chopped
½ medium Granny Smith apple, peeled, finely chopped
1 cup (250 mL) Kansas City-style barbecue sauce
3 tbsp (45 mL) bourbon
1 tbsp (15 mL) canola oil
4 boneless, skinless chicken breasts (about 6-8 oz/175-250 g each)
¾ tsp (4 mL) ground black pepper
¼ tsp (1 mL) salt

1. Preheat oven to 325°F (160°C). Melt butter in **(2.5-qt./2.35-L) Everyday Pan** over medium heat. Cook and stir onion and apple 2-3 minutes or until most of the liquid is evaporated.
2. Add barbecue sauce to Pan; cook, uncovered, 1-2 minutes or until sauce reaches a gentle boil. *Reduce heat to low.* Cook, covered, and additional 2 minutes; stir in bourbon. Remove sauce to a small bowl.
3. Heat oil in Pan over medium heat 3-5 minutes or until shimmering. Season chicken with pepper and salt. Cook chicken, uncovered, 1-2 minutes or until very light golden brown, turning occasionally. Remove Pan from heat.
4. Pour sauce over chicken; turn chicken to coat evenly. Bake, uncovered, 10-12 minutes or until internal temperature reaches 130°F-140°F (54°C-60°C). Remove Pan from oven; turn chicken to coat evenly. Preheat broiler.
5. Place pan 4 in. (5 cm) from heating element; broil, uncovered, 2-4 minutes or until sauce is bubbling and internal temperature of chicken reaches 165°F (74°C). Remove from oven, let stand 5 minutes.

U.S. Nutrients per serving: Calories 390, Total Fat 12 g, Saturated Fat 4 g, Cholesterol 105 mg, Sodium 890 mg, Carbohydrate 26 g, Fiber 1 g, Protein 35 g

U.S Diabetic exchanges per serving: 1½ Fruit, ½ Vegetable, 5 Lean Meat (1½ Carb)

Beef Mexican Casserole



1 lb lean ground beef
1 TBSP Three Onion Rub or 1/2 cup onions chopped
1 can diced tomatoes with chilies, drained
1 can kernel corn, drained
1 can black beans, rinsed and drained
1-2 TBSP Southwest Seasoning or 1 pkg. taco seasonings
8 corn tortillas
3/4 cup nonfat sour cream or nonfat Greek yogurt
1/3 cup reduced fat Colby Jack cheese shredded
1/3 bunch cilantro chopped to taste
Jalapenos (optional if you want it spicy)

DIRECTIONS

Brown ground beef and onions together in Rock Crock
drain if needed

Add corn, beans, canned tomatoes and seasoning, mix well and simmer until heated.

Place mixture in a bowl to layer the recipe.

Place 4 tortillas on the bottom (use one more if you want the bottom covered)

Spoon half of beef mixture on top, then layer again.

Pre heat oven to 350 and bake for 25 minutes remove from oven and sprinkle with cheese then broil to brown cheese. Top with cilantro.

Biscuits & Gravy Casserole...in your RockCrok ...Everyday Pan

1 lb sausage
1.5 oz of peppered sausage gravy mix
1 cup shredded cheddar cheese
6 eggs
½ cup milk
Salt
Pepper
1 can biscuits

*preheat oven to 350 degrees

Cook sausage in **RockCrok** to done. Place in **Large Batter** bowl and set aside.
Scramble eggs in your favorite **Pampered Chef skillet or pan** and place in **Small Batter Bowl** that has the milk in it and set aside.
Grate Cheese with **Microplane Adjustable Coarse Grater** set aside.
Combine peppered sausage gravy mix as directed on package.

Butter or spray bottom and sides of **Rockcrok**. There will be sausage grease left over, so not much needs to be added to the vessel.
Cut biscuits into 1" cubes and line bottom of **Rockcrok**.
Cover biscuit cubes with cooked sausage
Sprinkle grated cheese over the sausage and biscuits
Pour the egg and milk mixture over this, and last and not least pour the gravy.

Bake for 40 minutes covered.
Turn on broiler place casserole uncovered in middle of the top rack for an additional 2-3 minutes until a wonderful yummy golden brown crust to develop.

Brisket Shepherd's Pie

(from the Everyday Pan recipe collection)

½ cup canola oil
1 beef brisket (2 ½ - 2 ¾ lbs) untrimmed
1 tbsp ground cumin
2 tsp salt, divided
1 tsp cayenne pepper
2 medium onions, coarsely chopped
8 garlic cloves, peeled
3 tbsp tomato paste
3 ½ tbsp brown sugar, divided
2 ½ cups beef stock, divided
2 pkg (12 oz each) frozen winter squash, thawed
½ cup instant mashed potato flakes
2 tbsp butter
2 tbsp flour
1 ½ cups frozen peas, thawed

1. Preheat oven to 325F. Heat oil in 2.5 qt Everyday Pan over medium heat 3 – 5 minutes or until shimmering. Coat brisket evenly with 1 ½ tsp of the salt, and cayenne. Brown brisket, fat-side down first, uncovered, 4 – 6 minutes, turning once. Remove brisket.
2. Cook and stir onions, garlic sliced with Garlic Slicer, tomato paste and 2 tbsp of the brown sugar in pan 2 – 3 minutes or until softened. Stir in 1 ½ cups of the stock, return brisket to pan. Remove from heat; bake, covered, 2 ½ - 3 hours or until fork tender. Transfer brisket to cutting board; let stand 10 minutes.
3. Meanwhile, combine squash, potato flakes, butter, remaining salt and 1 tbsp of the brown sugar in Classic Batter Bowl. Microwave, uncovered, on high 3 – 4 minutes or until hot; mix until smooth.
4. Return pan to stovetop over medium heat. Whisk flour and remaining stock until smooth. Whisk stock mixture into gravy; cook, uncovered, 2 – 3 minutes or until thickened, stirring occasionally. Preheat broiler.
5. Slice brisket thinly across the grain; cut slices in half. Sitr brisket and peas into gravy. Scoop squash mixture over brisket; spread evenly. Sprinkle with remaining brown sugar. Place pan 2 – 4 inches from heating element; broil 4 – 6 minutes or until sugar is melted.

Serves 8

Prep 30 minutes

Total 3 hours, 5 minutes

Rockcroc Cashew Chicken



Ingredients:

- 2 lbs (4 small) boneless & skinless chicken breast (thin cut)
- 1 cup cashews (divided)
- 1 garlic clove, minced
- 4 tbsp rice wine vinegar
- ¼ cup brown sugar
- 2 tbsp olive oil
- 1 tsp grated fresh ginger root
- ¼ cup all purpose flour
- ½ cup soy sauce
- 1 tsp black pepper
- 1 tsp Asian Seasoning (can substitute red pepper flakes)
- 2 tbsp ketchup

Directions:

1. On your stovetop, heat oil in Rockcroc Everyday Pan over medium heat. Meanwhile, mix flour & pepper in Coating Tray. Coat chicken with flour mixture, then add to pan to sear until juices of chicken run clear (about 10-15 minutes). Turn chicken every 5 minutes using Chef's Tongs to ensure even cooking.
2. While chicken is cooking, grate the ginger root using the Microplane Adjustable Fine Grater, combine rice wine vinegar, brown sugar, ginger, soy sauce, ketchup, garlic, ginger and Asian seasoning in the Classic Batter Bowl. Whisk ingredients together using Stainless Whisk. Set aside.
3. Using the Manual Food Processor, crush ½ cup Cashews. Set aside.
4. Using Silicone Oven Mitts, remove Rockcroc Everyday Pan from the stove on to the Stackable Cooling Rack. Take chicken out and place on Cutting Board to rest 5 minutes. Pour sauce from Classic Batter Bowl into the Rockcroc, using the Master Scraper to ensure all sauce gets out of the bowl and into the pan (it will bubble slightly). Place lid on Rockcroc and put in microwave to cook for 1-2 minutes (on high setting) for sauce to incorporate.
5. Slice chicken into ½" strips using 5" Utility Knife.
6. Remove Rockcroc from the microwave using the Microwave Grips.
7. Add chicken to the Rockcroc. Sprinkle crushed cashews over the chicken and toss using Master Scraper. Add remaining cashews and toss into the sauce.
8. Optional: Serve over rice prepared in the Rice Cooker Plus and or with choice of vegetables prepared in the Micro-Cooker.

Cheeseburger Meatballs & Pasta



Ingredients:

- 2 slices white sandwich bread, torn into pieces
- 1 small onion, finely chopped
- 1 egg
- $\frac{3}{4}$ tsp (4 mL) each salt and ground black pepper
- 12 oz (350 g) 90% lean ground beef
- 1 tbsp (15 mL) canola oil, divided
- 3 cups (750 mL) chicken stock
- 2 tbsp (30 mL) flour
- 6 oz (175 g) uncooked campanelle pasta (1 1/2 cups/375 mL)
- 4 oz (125 g) chive & onion 1/3 less fat cream cheese spread
- 6 oz (175 g) sharp cheddar cheese, shredded (1 1/2 cups/375 mL), divided
- 2 cups (500 mL) broccoli florets

Directions:

1. Combine bread, onion, egg, salt and pepper in a large bowl; mix until a smooth paste forms. Add beef; mix gently but thoroughly. Using a level Small Scoop, scoop beef mixture, forming about 36 meatballs.
2. Heat 1/2 tbsp (2 mL) of the oil in (2.5-qt./2.35-L) Everyday Pan over medium heat 2-4 minutes or until shimmering. Cook half of the meatballs 3-4 minutes or until browned, turning occasionally. Remove from Pan. Repeat with remaining oil and meatballs; remove from Pan.
3. Whisk stock and flour until smooth; add to Pan. Stir in pasta; cook, covered, 9-11 minutes or until pasta is almost tender, stirring occasionally. Stir in cream cheese spread and half of the cheddar until sauce is smooth. Stir in broccoli and meatballs. Cook, covered, 2-3 minutes or until broccoli is tender; remove from heat.
4. Top with remaining cheddar; cover and let stand 1-2 minutes or until cheese is melted.

Yield: 6 servings

U.S. Nutrients per serving: Calories 450, Total Fat 23 g, Saturated Fat 11 g, Cholesterol 110 mg, Sodium 890 mg, Carbohydrate 30 g, Fiber 2 g, Protein 28 g

CHEESY SHELLS & ITALIAN SAUSAGE



8 oz (250 g) bulk hot Italian pork sausage (see Cook's Tip)
3 garlic cloves
3 cups (750 mL) unsalted chicken stock
1 jar (24 oz/680 mL) marinara sauce (2½ cups/625 mL)
12 oz (350 g) medium shell pasta
4 oz (125 g) reduced-fat cream cheese (Neufchâtel)
¼ cup (50 mL) fresh basil leaves
1 cup (250 mL) seasoned croutons
2 oz (60 g) fresh Parmesan cheese (½ cup/125 mL grated)

1. Preheat broiler. Cook sausage in Rockcrok™ (2.5-qt/2.35-L) Everyday Pan or Rockcrok™ (4-qt/3.8-L) Dutch Oven over medium heat 4-6 minutes, breaking into crumbles with Mix 'N Chop.
2. Remove Rockcrok™ from oven and place on stove. Turning on to medium heat. Press garlic with Garlic Press into Pan. Cook 30-60 seconds or just until fragrant.
3. Stir in stock, marinara and pasta to Pan. Increase heat to high; cover and bring to a boil. Reduce heat to medium and cook, stirring occasionally, 7-9 minutes or until pasta is cooked but firm.
4. Meanwhile, chop basil with Chef's Knife. Process croutons in Manual Food Processor until finely chopped; place in Classic Batter Bowl. Grate Parmesan with Microplane® Adjustable Fine Grater over batter bowl. Mix crouton/Parmesan mixture well.
5. Remove Pan from heat. Stir in cream cheese and basil until blended. Sprinkle cheese mixture evenly over pasta. Place Pan 2-4 in. (5-10 cm) from heating element. Broil 1-2 minutes or until top is golden brown.

Serves 8

U.S. Nutrients per serving: Calories 370, Total Fat 15 g, Saturated Fat 4.5 g, Cholesterol 30 mg, Sodium 830 mg, Carbohydrate 43 g, Fiber 3 g, Protein 18 g

Cook's Tip: 8 oz (250 g) Italian turkey sausage (2 links, casings removed) or 8 oz (250 g) 90% lean ground beef can be substituted for the bulk Italian pork sausage, if you'd like.

Chicken & Gravy Recipe



1 each 5lb chicken

2 tbs olive oil

Smokey Applewood rub (apply till chicken is covered)

1/3 cup water

Place chicken in Large Rockcrok. Rub chicken with olive oil and Applewood rub. Add water and COVER. Place in microwave and cook for 30 minutes.

Remove chicken from Rockcrok and make gravy with the drippings. Mix together 3-4 tablespoons of flour with 1/4 cup of warm water. Add to the drippings and bring to a low boil. Stir until thickened.

Rockcrok Chicken Pasta!



Love simple meals? This is done in 15 minutes! So easy and soooo good!

What you'll need:

2 lbs chicken breasts, boneless & skinless (I used one package of breasts)
12 oz whole wheat pasta (we used angel hair)
1-14.5 oz can diced tomatoes with juice (can use plain, roasted, zesty red pepper, or whatever's in your pantry: we had diced with garlic)
1 large sweet red onion, cut in strips
2-5 pressed cloves of garlic
1 tbs of Pampered Chef Italian seasoning
1 package of fresh basil chopped
4 C chicken broth (one carton low sodium)
2 Tbsp olive oil, divided (I used the Pampered Chef garlic infused oil)
Parmesan cheese for garnish (I used mixed Italian blend)
Salt & pepper to taste

Step 1: In a large Rock Crock pot over medium-high heat, add 2 Tbsp olive oil to pan to heat. Or to save time zap in the microwave for 6 mins without oil. (Drain)

Step 2: While pan is heating, rinse chicken breasts and cut into bite sized pieces. Add chicken to pot and season with salt and pepper.

Step 3: Once chicken has browned, add remaining ingredients, excluding the parmesan cheese. Cover and bring to a boil.

Step 4: Once boiling, reduce heat to a simmer, keep covered and cook for 10 minutes, stirring every 2 minutes to avoid pasta from sticking. Very Important to STIR!!

Step 5: After cooking for 10 minutes, remove from heat, remove lid and let set 5 minutes to cool and thicken. Sprinkle parmesan cheese as garnish and place lid on to melt!

Step 6: Try not to eat too much!!

Chicken Tortilla Casserole



Ingredients:

- 1 can of diced tomatoes (use rotel for some heat)
- 1 cup of corn (can, frozen or fresh)
- 1 can (10 3/4 oz) cream of chicken soup
- 1 can cream of mushroom soup
- 2 TBSP of The Pampered Chef Chipotle Rub
- 2 garlic cloves, pressed with garlic press
- 2 cups diced chicken
- 12 corn tortillas
- 2 cups shredded cheese

Optional: Cilantro

Directions:

1. In Batter Bowl, mix tomatoes, corn, cream of mushroom and chicken soups, Chipotle Rub, garlic and chicken. Mix well.
2. In Deep Covered Baker or RockCrok, cover bottom with a layer of corn tortillas. Note: I "dipped" the bottom of the tortillas in chicken mixture before placing into my RockCrok. Top tortillas with chicken mixture, then grate cheese over chicken. Repeat layers.
3. If your chicken is cooked, microwave for 8 minutes, covered. If you use diced raw chicken, then microwave for 15 minutes.

Dinner is done!

Chipotle Chili Cornbread Bake



Ingredients

- 1 medium green bell pepper
- 6 green onions with tops, divided
- 1 lb 90% lean ground beef
- 1 can (16 oz) chili beans in sauce, undrained
- 1 cup chunky salsa
- 2 tbsp
- 1 pkg (8.5 oz) corn muffin mix (see Cook's Tip)
- 1 container (8 oz) sour cream
- 1 egg
- 1/2 cup shredded cheddar cheese (optional)
- 1 plum tomato, seeded and diced (optional)

Directions

1. Coarsely chop bell pepper Food Chopper. Thinly slice green onions using color coated chef's knife, separating white and light green bottoms from tops. Reserve 1 tbsp of the onion tops for garnish. Place remaining tops into Classic Batter Bowl.
2. In Dutch Oven Rockcok, combine bell pepper, onion bottoms and beef; mix well. Microwave, covered, on HIGH 7-9 minutes or until beef is no longer pink, breaking into crumbles halfway through using Mix N Chop. Remove from microwave using oven mitts; carefully pour off juices. Add beans, salsa and rub to beef mixture; mix well. Cover; microwave on HIGH 5 minutes or until hot.
3. Meanwhile, combine muffin mix, sour cream and egg in batter bowl; mix well. Scoop muffin mixture evenly over chili; spread to edges of baker using small spreader. Microwave, covered, on HIGH 7-9 minutes or until center of cornbread springs back when lightly pressed. Remove from microwave. Sprinkle cheese over cornbread, if desired; cover and let stand 5 minutes. Garnish with reserved onion tops and tomato, if desired.

Yield: 8 servings

Nutrients per serving: Calories 360, Total Fat 15 g, Saturated Fat 7 g, Cholesterol 85 mg, Carbohydrate 37 g, Protein 18 g, Sodium 960 mg, Fiber 5 g

Cook's Tips: If desired, 1 tbsp (15 mL) finely chopped chipotle peppers in adobo sauce can be substituted for the Chipotle Rub.

Citrus Glazed Salmon Salad

(from the Everyday Pan recipe collection)

2 ½ tbsp orange zest (2 oranges)

2/3 cup fresh orange juice (from zested oranges)

¼ cup fresh lemon juice, (1 lemon)

4 ½ tbsp canola oil, divided

3 tbsp honey

¾ tsp salt, divided

3 tbsp white balsamic vinegar

½ tbsp Dijon mustard

4 salmon filets (4 oz each)

½ tsp ground black pepper

2 romaine lettuce hearts, cut in half lengthwise

1 medium avocado, diced

½ small red onion, thinly sliced, slices cut in half

¼ cup toasted macadamia nuts, coarsely chopped

1. For marinade, whisk zest, orange juice, lemon juice, 3 tbsp of the oil, honey and ¼ tsp of the salt in small bowl until blended. Whisk together 2/3 cup of the marinade, vinegar and mustard in another small bowl until blended; set aside for dressing.
2. Place salmon and remaining marinade in large resealable plastic bag; deal bag. Marinate in refrigerator 45 minutes.
3. Remove salmon from marinade; pour marinade into Small Batter Bowl. Season salmon with remaining ½ tsp salt, and pepper. Heat ½ tsp of the oil in 2.5 qt Everyday Pan over medium heat 3 – 5 minutes or until shimmering. Cook half of the romaine 2 – 3 minutes or until lightly charred, turning once; remove. Repeat with an additional ½ tsp oil and remaining romaine; remove from pan.
4. Preheat broiler. Add remaining ½ tbsp oil to pan. Cook salmon 4 minutes, turning once; remove from heat. For glaze, microwave marinade in Small Batter Bowl, uncovered, on high 3 – 5 minute or until very thick. Brush salmon with glaze.
5. Place pan 2 – 4 inches from heating element; broil 2 – 3 minutes or until glaze is caramelized. Remove from oven. Serving salmon with romaine; sprinkle with avocado, onion and nuts; drizzle with dressing.

Serves 4

Prep: 20 minutes

Total: 1 hour, 30 minutes

Creamy One Pot Pasta



Ingredients

- 4 large garlic cloves, peeled
- 1 jar (7 oz) sun-dried tomatoes in oil, undrained
- 3 cans (14.5 oz each) chicken broth – 5 ¼ cups)
- 1 lb uncooked mezze penne pasta
- 1 head broccoli (2 cups small florets)
- 2 medium carrots, peeled (can use short-cut carrots)
- 4 oz reduced-fat cream cheese
- ¼ tsp salt
- ½ tsp coarsely ground black pepper
- Small Block of fresh Parmesan cheese
- ¼ cup Panko bread crumbs (optional)

Directions

1. Preheat oven to broil. Peel garlic using Garlic Peeler. Slice using Garlic Slicer.
2. Heat Rockcrock Dutch Oven over medium high heat. Add 1 Tbsp of oil from sun-dried tomatoes into Rock Crock. Add sliced garlic and cook over medium heat 2-3 minutes or until garlic is golden brown, stirring occasionally. Add broth and pasta. Turn off heat and remove from heat.
3. Add lid to Rock Crock and place in the microwave for 14 minutes, stirring half-way through.
4. Meanwhile, cut broccoli into small florets. Slice carrots using the Spiral and Slice. Drain sun-dried tomatoes; pat dry with a paper towel. Cut into thin strips using Kitchen Shears.
5. Cut cream cheese into cubes. Add vegetables, cream cheese, salt and pepper to Rockcrock. Stir until cream cheese is melted and fully incorporated. Cover and cook an additional 2-4 minutes or until vegetables are tender.
6. Grate Parmesan cheese with Microplane Adjustable Grater to measure about ¼ cup. Combine with Panko crumbs and sprinkle on top of pasta mixture. Place under the broiler for 30 seconds – 1 minute until topping is golden brown.
7. Serve immediately and enjoy!

"Deep Dish" Stuffed Focaccia

(from the Dutch Oven Recipe collection)

Serves 8

Prep 20 min.

Total: 1 hr. 45 min

- 1 pkg (16 oz) hot roll mix (including yeast packet)
- 1 tbsp herbes de Provence
- 1 cup hot water (between 120F-130F)
- 1 egg
- 2 1/2 tbsp olive oil, divided
- 12 oz (350g) cooked Italian chicken sausage links (4 links), coarsely chopped
- 1 medium red bell pepper, diced
- 6 oz mozzarella cheese shredded (1 1/2 cups)
- 2 oz fresh Parmesan cheese, grated (1/2 cup), divided
- 2.5 oz (71 g) sun-dried tomatoes in oil (about 14), drained, patted dry, diced, divided
- 3/4 tsp red pepper flakes

1. Brush bottom and sides of Dutch Oven with olive oil. Combine hot roll mix, yeast and herbes de Provence in large bowl; mix well. Prepare dough according to package directions, substituting 2 *tbsp* of the olive oil for the butter.
2. After kneading and allowing dough to rest for the 5 minutes, divide in half. Pat half of the dough in to a 9-in. circle on Pastry Mat using fingertips. Place dough in to Dutch Oven; cover with kitchen towel. Pat remaining dough into a 9 in. circle on Pastry Mat; cover with plastic wrap. Let rise 30 minutes.
3. Meanwhile, combine sausage, bell pepper, mozzarella *half* of the Parmesan, *half* of the tomatoes and red pepper flakes in large bowl; mix well.
4. Preheat oven to 350F. Spoon sausage mixture evenly over dough in Dutch Oven, leaving a 1/2-in. border. Carefully transfer remaining dough over sausage mixture. Using fingertips, press down firmly around dough to seal edges. Press down over top of dough to create dimples and distribute filling evenly. Brush top with remaining 1/2 *tbsp* oil; sprinkle with remaining Parmesan and tomatoes.
5. Bake, covered, 25 minutes. Uncover; bake an additional 23-26 minutes or until top is golden brown. Remove Dutch Oven and invert focaccia onto cooling rack. Let stand 10 minutes.

U.S. Nutrients per serving: Calories 440, Total Fat 19g, Saturate Fat 5g, Cholesterol 75 mg, Sodium 920 mg, Carbohydrate 44 g, Fiber 1 g, Protein 25 g.

U.S. Diabetic exchanges per serving: 3 Starch, 2 Med-Fat Meat, 1 Fat (3 Carb)

Easy Chicken Pot Pie

Pampered Chef Deep Covered Baker Cookbook



½ cup butter (1 stick) melted
½ cup all-purpose flour
3 cups chicken stock
1 tsp. salt
½ tsp. black pepper
1 medium onion
2 tsp. finely chopped fresh thyme leaves*
2 garlic cloves*
3 cups diced cooked chicken breasts**
1 cup 2% milk*
2 cups frozen mixed peas and carrots***
½ package frozen puff pastry sheets (1 sheet) thawed*
1 egg*
1 tbsp. water*

* I omitted these ingredients. When I added the milk before, it tended to be too watery. We did not like the Thyme either.

** I used a roasted chicken already cooked from the grocery store. 2 if doubling.

*** I used mixed vegetables with corn, etc. Also used a bag of broccoli florets. I cooked the 2-3 minutes in the microwave first.

Preheat oven to 375. Add butter and flour and whisk until smooth. Cook over medium-high heat until mixture is light brown, whisking occasionally. Add stock, whisking constantly until smooth. (Add thyme, pressed garlic, salt and black pepper. And add onion if desired.) Simmer and cook uncovered 6-8 minutes or until sauce is thickened. Remove from heat. Stir in chicken and (milk – I omitted).

Add vegetables and chicken. Stir.

Topping is from the Pampered Chef Cookbook, It is Good for You (discontinued)

Turkey Vegetable Cobbler:

Biscuit Topping:

1 ¼ cups all-purpose baking mix (calls for reduced-fat)

½ cup 2% milk

1 egg white

Combine and stir until dry ingredients are moistened and mixture forms soft dough. Drop scoops of dough over top.

Bake for 30-35 minutes, uncovered.

Family-Size Cheeseburger & Fries

4 oz cheddar cheese
1 piece white sandwich bread, torn into pieces
1 egg
3 tbsp Three Onion Rub
1 lb 90% lean ground beef
1/4 tsp black pepper
3 garlic cloves, pressed
1/2 cup ketchup, divided
1 1/2 tbsp yellow mustard
2 small dill pickles
1 1/4 cups canned shoestring potatoes or coarsely crushed potato chips
chopped fresh parsley (optional)

Grate cheese using Microplane® Adjustable Coarse Grater. Process bread in Manual Food Processor until finely chopped. Add egg and 2 tbsp of the rub; process until well combined. Remove to large Bamboo Fiber Bowl.

Add beef, pepper, garlic pressed with Garlic Press, 1/4 cup of the ketchup, half of the cheese, and mustard to bread mixture in bamboo bowl. Mix well using gloved hands.

Form beef mixture into a ball, packing firmly; transfer to Rockcrok™ (2.5-qt./2.35-L) Everyday Pan. Press into a patty to within 1/2-in. from edges of Pan to an even thickness. Cook, covered, over medium heat 3-6 minutes or until meat begins to sizzle on the sides.

Remove Pan from heat; transfer to microwave. Microwave, covered, on HIGH 3-4 minutes or until internal temperature reaches 160°F in center of patty.

Meanwhile, combine remaining 1 tbsp rub and remaining 1/4 cup ketchup in (1-cup) Prep Bowl; mix well. Thinly slice pickles using Utility Knife.

Mix together remaining cheese and potatoes in Classic Batter Bowl.

Carefully remove Pan from microwave. Blot excess moisture from top of patty with paper towel and drain, if necessary. Spread ketchup mixture evenly over patty and top with pickles. Top with cheese and potato mixture.

Microwave, uncovered, an additional 2-3 minutes or until cheese is melted. Sprinkle with parsley, if desired.

Yield: 8

Nutrients per serving: Calories 330, Total Fat 19 g, Saturated Fat 8 g, Cholesterol 95 mg, Sodium 860 mg, Carbohydrate 15 g, Fiber 1 g, Protein 21 g

Cook's Tip: You may use 1/4 cup (50 mL) finely chopped onion in the meat mixture and 1 tbsp finely chopped onion in the ketchup mixture in place of the Three Onion Rub.

French Onion & Mushroom Soup

6 tbsp (90 mL) butter ($\frac{3}{4}$ stick), divided
6 oz (175 g) French bread, sliced into ($\frac{1}{2}$ -in./1-cm) slices
8 oz (250 g) cremini mushrooms, quartered
5 large sweet onions
3 garlic cloves, pressed
1 tbsp (15 mL) sugar
1 cup (250 mL) dry red wine (such as Cabernet Sauvignon)
3 tbsp (45 mL) flour
8 cups (2 L) unsalted beef stock
2 tsp (10 mL) salt
1 tsp (5 mL) ground black pepper
3 sprigs fresh thyme, plus 1 tbsp (15 mL) leaves
6 oz (175 g) Gruyère cheese, shredded ($1\frac{1}{2}$ cups/375 mL)



6. Melt 1 *tbsp (15 mL)* of the butter in (**4-qt./3.8 L**) **Dutch Oven** over medium heat. Toast bread 1-2 minutes per side or until light golden brown; remove bread; set aside.
7. Add 1 *tbsp (15 mL)* of the butter and mushrooms to Dutch Oven; cook, uncovered 8-9 minutes, or until mushrooms are deep golden brown, stirring occasionally. Remove mushrooms.
8. Meanwhile, slice onions with **Simple Slicer** on #2 setting. Add remaining 4 *tbsp (60 mL)* butter, onions, garlic and sugar to Dutch Oven; cook, uncovered, 25-30 minutes or until onions are dark brown, stirring occasionally.
9. Add wine; cook, uncovered, 5-7 minutes or until liquid is no longer visible, but onions are still moist. Stir in flour, cook 1 minute. Stir in stock, salt, pepper and mushrooms. Insert thyme sprigs into **Herb Infuser**; add to soup. *Increase heat to medium-high*. Cook, covered, 8-10 minutes or until soup comes to a gentle boil. Remove from heat and remove Herb Infuser.
10. Preheat broiler. Arrange toasted bread over soup; sprinkle evenly with cheese. Place Dutch Oven 2-4 in. (5-10 cm) from heating element; broil 2-4 minutes or until cheese is bubbling. Remove from oven; sprinkle with thyme leaves.

U.S. Nutrients per serving ($1\frac{1}{3}$ cups/325 mL soup, 2 toasts) Calories 330, Total Fat 16 g, Saturated Fat 10 g, Cholesterol 45 mg, Sodium 1,020 mg, Carbohydrate 28 g, Fiber 3 g, Protein 16 g

U.S Diabetic exchanges per serving: 2 Starch, 1 High-Fat Meat, $1\frac{1}{2}$ Fat (2 Carb)

Glazed Asian Pork Ribs

6 bone-in country style pork ribs (6-8 oz/175-250 g each)
6 green onions, very finely chopped
6 garlic cloves, pressed
½ cup (125 mL) reduced-sodium soy sauce
1 tbsp (15 mL) grated fresh gingerroot
¼ cup (50 mL) rice vinegar
⅓ cup (75 mL) packed brown sugar
1½ tbsp (22 mL) sesame oil
2½ tbsp (37 mL) chili garlic paste
¼ cup (50 mL) apple cider
3 tbsp (45 mL) cornstarch

Grilling Tips:

For indirect cooking on a gas grill with two burners, turn off one of them. For a gas grill with more than two burners, turn off the center burner(s).

For a charcoal grill, place coals to one side of the fire gate.

1. Prepare grill for indirect cooking over medium-high heat (see Grilling Tips). Place ribs on grid of grill over direct heat. (If using charcoal, place ribs over coals.) Grill, covered, 5 – 7 minutes or until grill marks appear on all sides; remove ribs.
2. For braising liquid, combine onions, garlic, soy sauce, ginger, vinegar, brown sugar, oil and chili garlic paste in 2.5 qt Everyday Pan. Place pan on grill over direct heat; cook, uncovered, 2-3 minutes or until simmering, stirring often.
3. Whisk cider and cornstarch in small bowl until smooth; stir into pan. Cook and stir 1 – 2 minutes or until very thick and shiny. Reduce heat to medium-low. (If using charcoal, add additional coals, if necessary, to side of grill with charcoal.)
4. Place ribs in pan; cover pan tightly with heavy-duty aluminum foil (do not use glass lid). Place pan over indirect heat; cook, covered 30 – 45 minutes or until ribs are tender. Remove pan from grill.
5. Increase heat to medium-high. Remove ribs from pan to grid of grill over direct heat. Grill ribs, covered, 4 – 5 minutes, basting occasionally with sauce; remove pan and ribs from grill. Serve ribs with remaining sauce.

Serves 6

Prep 5 minutes

Total 1 hour, 25 minutes

Gluten & Dairy Free Chicken Pot Pie, Dumpling Style



- 1 ½ pounds of boneless/skinless chicken breasts (or more)
- 3-4 carrots cut into bite sized pieces
- 2-3 celery stalks cut into bite sized pieces
- 1 medium onion cut up into bite sized pieces
- 2 Tbsp. bouillon (or use veggie or chicken stock instead of water)
- 2 cloves of fresh garlic pressed
- 1-2 cups of quartered mushrooms
- 3 Tbsp. Tapioca Flour (or other gluten free flour) mixed in with ½ cup water.

Put first 6 ingredients in Rockcrock on medium high heat with water (or broth) to just cover the veggies & chicken. Bring to a boil & then simmer for about 20 minutes until chicken is cooked through. Remove chicken & once cooled enough to handle, use Salad choppers to cut chicken into bite sized pieces. While veggies & broth are continuing to simmer, pour the flour/water combo in to thicken stock. Add chicken back in & add in mushrooms at this time.

Top with gluten free “biscuit” mixture (read below). Bake at 400 for 16-20 minutes until biscuits are browned to your liking.

To make biscuits, I used Gluten Free Bisquick from the grocery store & followed directions on their box except where they added milk, I added plain water.

Homemade Hamburger Helper



Ingredients:

- 1-2 TBS olive oil
- 1 clove garlic
- 1 onion, chopped
- 1 lb. ground beef or turkey
- 1 (14oz.) can low salt. beef stock
- 1 (14 oz.) can Italian-style diced tomatoes
- 2 1/2 cups uncooked pasta, such as rotini, elbows, or bowtie
- 1 cup cheddar or mozzarella cheese, grated

Directions:

1. Heat olive oil in small RC over medium heat until shimmering. Press garlic into pan and add onion, sauté briefly. Add ground meat and brown, breaking into crumbles with Mix 'N Chop. Drain fat if necessary.
2. Add stock, tomatoes with juice and pasta. Add a little water, if needed, to just cover the pasta. Bring to a boil, then reduce heat and simmer until pasta is done and most of the liquid is absorbed (about 15 min.)
3. Remove from heat, sprinkle cheese on top and cover with lid for 2 minutes or until cheese melts.

Lazy Lasagna Soup

(This is an adaptation of the “Lazy Lasagna Chili” from the Soups, Stews & Chilis recipe card collection)

- 1 small zucchini
- 1 small onion
- 1 pound Italian turkey sausage (or turkey sausage)
- 2 cloves garlic
- 1 jar pasta sauce
- 32 oz. beef stock
- 6 oz. radiatore pasta (I like Trader Joes veggie pasta)

1 Finely dice onion with Manual Food Processor and add to Dutch Oven RockCrok

2 Press garlic into RockCrok using Garlic Press

3 Add turkey sausage to RockCrok, season with salt & pepper and mix well

4. Microwave covered for 3 ½ minutes, stir and crumble with Mix ‘N Chop, and microwave another 3 minutes until no longer pink. Crumble again using Mix‘N Chop

5 Add pasta, sauce, and beef stock. Stir and microwave for 7 minutes. Remove using Micro Grips to stir and microwave again for 3 ½ minutes.

6 Trim ends from Zucchini and slice into thirds, then quarter each section of zucchini. Half of the zucchini will fit in the Spiral & Slice at a time. Slice the whole zucchini into the RockCrok. Stir until combined. Microwave uncovered 4 minutes.

7 Allow to rest 5 minutes before serving

Mediterranean Braised Chicken

(from the Everyday Pan recipe collection)

2 tbsp olive oil, divided
6 bone-in, skin-on chicken thighs (6 oz each)
 $\frac{3}{4}$ tsp each salt and ground black pepper
2 shallots, finely chopped
5 garlic cloves, pressed, divided
 $\frac{1}{2}$ cup white wine
 $\frac{1}{2}$ cup chicken stock
1 tbsp each lemon zest and fresh lemon juice (1 lemon)
1 tbsp butter
1 container (10 oz) grape tomatoes (about 2 cups), sliced in half lengthwise
1 can (14 oz) quartered artichokes, drained
 $\frac{1}{2}$ cup pitted kalamata olives, cut in half lengthwise
2 tbsp chopped fresh parsley
4 oz tomato & basil feta cheese, coarsely crumbled
Hot cooked orzo pasta (optional)

1. Heat $\frac{1}{2}$ tsp of the oil in 2.5 quart Everyday Pan over medium heat 3 – 5 minutes or until shimmering. Sprinkle chicken with salt and pepper. Brown chicken 4 – 6 minutes, turning once; remove from pan.
2. Add $\frac{1}{2}$ tsp of the oil, shallots and 4 of the garlic cloves to pan. Cook and stir 1 minute. Stir in wine; cook 1 – 2 minutes or until reduced in half.
3. Stir in stock, zest, juice and butter. Add chicken to pan; microwave, covered, on high 6 – 8 minutes or until internal temperature reaches 165F. Remove pan from microwave.
4. Preheat broiler. Meanwhile, combine tomatoes, artichokes, olives, parsley, remaining oil and garlic. Spoon tomato mixture over chicken; top evenly with feta cheese.
5. Place pan 3 – 4 inches from heating element; broil 5 – 7 minutes or until cheese is light golden brown. Remove from oven; let stand 5 minutes. Serve over orzo, if desired.

Serves 6

Prep 10 minutes

Total 30 minutes

Mexican Nacho Casserole

1 lb Lean Hamburger, seasoned with salt & Pepper
1 can of Mexicorn corn kernels, drained
1 (15-ounce) can black beans, rinsed and drained
Juice of 1 lime
½ half of a green bell pepper
½ of a small onion
2 cloves of garlic
1 ½ cup chunky salsa, divided (save ½ cup)
8 ounces (about 2 cups) grated sharp Cheddar cheese
8 corn tortillas
2 tablespoons pickled jalapeños or sliced fresh jalapeños
1 tsp Tex Mex Rub
1 tsp. Southwestern Seasoning mix
1 tsp Chipotle Rub
Jalapenos for garnish (optional)

Cook Hamburger in the RockCrok in the Microwave on High for 6-8 Minutes. Chop up hamburger using the Mix n Chop. Place hamburger in Large Batter Bowl.

Add ½ cup of salsa over the bottom of the Dutch Oven RockCrok.

Using Manual Food Processor, chop onion & green bell pepper till fine. In the Large Batter bowl, combine, onion, green pepper, pressed garlic, corn, beans, remaining salsa and rubs. Juice lime and add to batter bowl; mix well.

Place 2 tortillas in the bottom of the baker overlapping to fit, top with 1/4 cup of the cheese and then 1/3 of the Hamburger mixture. Repeat the process two more times. Finish with a tortilla. Cook on stovetop covered with lid for 15 minutes (or Microwave 5 minutes) or until bubbling. Add the remaining cheese and top with jalapeños. Broil in oven until cheese is bubbly and golden brown.

Let sit 5 minutes before serving.

From Chrystal Cassa

Mexican Pork Stew with Salsa Verde

(from the Dutch Oven Recipe collection)

Serves 8

Prep: 15 minutes

Total: 50 minutes

3 ½ tbsp canola oil, divided
2 pork tenderloins (about 1 lb/450g each) cut into 1-in pieces
4 tsp ground cumin, divided
2 tsp each salt and black pepper, divided
6 tomatillos, husked, diced
1 large onion, thinly sliced
6 cloves of garlic, pressed
1 jalapeno pepper, coarsely chopped
¼ cup flour
3 cups chicken stock, divided
1 container (10oz) grape tomatoes (about 2 cups) sliced in half lengthwise
2 tbsp brown sugar
2 cups frozen corn, thawed
1 cup cilantro leaves, coarsely chopped
2 medium avocados, diced

1. Heat 1 tbsp of the oil in (4qt./3.8L) Dutch Oven over medium heat 3-5 minutes or until shimmering. Season pork with half the cumin and half the salt and black pepper. Brown one-third of the pork, uncovered, 2-3 minutes, turning once. Remove pork, repeat twice with additional oil and remaining pork. Remove pork.
2. Add remaining ½ tbsp oil to Dutch Oven. Cook tomatillos, onions, garlic, jalapeno and remaining cumin, uncovered, 3-4 minutes or until softened, stirring occasionally.
3. Sprinkle vegetables with flour; cook and stir 1 minute. Slowly add 1 cup of the stock, stirring constantly until thickened. Stir in remaining stock, tomatoes and brown sugar, Microwave covered on high 10-12 minutes or until mixture is simmering.
4. Remove Dutch Oven from microwave. Stir in corn, cilantro, pork and remaining salt and pepper, cover and microwave an additional 2-3 minutes or until hot. Divide stew among serving bowls, top with avocado.

Mocha-Braised Short Ribs

(from the Dutch Oven Recipe collection)

½ tbsp canola oil
4 lbs beef short ribs, cut into 16 pieces
1 ¼ tsp each salt and ground black pepper
1 large onion, finely chopped
4 garlic cloves, pressed
2 tbsp chipotle peppers in adobo sauce, finely chopped plus 3 tbsp sauce
1 tbsp brown sugar
3 tbsp flour
1 tsp ground cumin
2 ½ tbsp instant coffee granules
1 can (14.5 oz) diced tomatoes
1 cup beef stock
4 oz bittersweet chocolate, coarsely chopped
2 limes, cut into wedges
Flour tortillas (optional)

1. Preheat oven to 325F. Heat oil in 4-Qt Dutch Oven over medium heat 3 – 5 minutes or until shimmering. Season ribs with salt and pepper. Brown half of the ribs, uncovered, 6 - 8 minutes, turning once. Remove from Dutch Oven; repeat with remaining ribs.
2. Drain drippings into a small bowl. Add ½ tbsp of the drippings, onion, garlic, chipotle peppers, adobo sauce, brown sugar, flour and cumin to Dutch Oven; cook and stir 2 minutes.
3. Dissolve coffee in 2 cups hot water. Stir coffee, tomatoes and stock into vegetables in Dutch Oven; cook uncovered, until simmering.
4. Remove from heat. Stir in ribs; bake, covered, 2 hrs – 2 hrs and 15 minutes or until ribs are fork tender and falling off the bone.
5. Remove ribs. Skim fat from top of sauce; discard. Stir in chocolate until melted. Divide ribs and sauce among serving plates. Serve with lime wedges and tortillas, if desired.

(Diane's note. . .less chocolate, and DON'T forget the limes)

Mushroom and Spinach Risotto



Ingredients:

1 tbsp butter

1 pint/package mushrooms (small cremini or button), quartered or wedged with Veggie Wedger

1/2 onion, processed small with Manual Food Processor

~~~~~

2 tbsp olive oil

1-2 cloves pressed garlic

1-1/2 cups Arborio rice, uncooked

1 cup dry white wine (Sauvignon Blanc is good)

4 cups or 32 oz of stock (chicken or veggie)

1 wedge of Brie or Camembert Cheese (5 oz or more ... CK prefers Camembert)

1/2 bag of baby spinach (washed)(add as much spinach as you would like)

1 tbsp lemon juice

salt and pepper to taste

### Directions:

Take Rockcok (RC) and preheat on med high for approx 1-2 minutes. Add 1 tbsp butter and melt. Using Bamboo Spoon or Mix'N Scraper, saute mushrooms and onion, moving constantly until juices are almost gone, mushrooms browned, onion soft.

Remove Rockcok from heat and remove veggies to separate 3 cup Prep Bowl.

Replace RC back on heat, add 2 tbsp olive oil, pressed garlic using Garlic Press and rice to pan, cook 2 minutes, stirring rice.

Add wine and cook 2-3 minutes until wine is reduced by half, stirring occasionally.

Remove pan from heat and add stock, stir, and micro on high for 15-17 minutes or until most of liquid is absorbed and rice is tender.

Meanwhile, cut rind from cheese and cut into cubes (discard rind). Juice lemon into Mini Measure Cup using Citrus Press.

Remove pan from micro, stir rice, add cheese, lemon juice, salt and pepper.

Incorporate sauteed veggies and stir in spinach until wilted.

## Mushroom Stuffed Chicken Breasts

(from the Everyday Pan Recipe collection)

2 tbsp. (30mL) olive oil divided  
2 shallots, finely chopped  
6 oz. (175 g) white mushrooms coarsely chopped  
½ tbsp. (7 mL) finely chopped fresh rosemary, plus 3 sprigs, divided  
8 garlic cloves, peeled divided  
¼ cup (50 mL) dry sherry  
2 oz. (60 g) fresh Parmesan cheese, grated (1/2 cup/125 mL)  
4 bone-in, skin-on chicken breasts (8-10 oz./250-300 g each)  
¾ tsp. (4 mL) salt  
½ tsp. (2 mL) ground black pepper  
½ cup (125 mL) water  
1 tbsp. (15 mL) cornstarch

1. Heat half of the oil in **(2.5-qt/2.35-L) Everyday Pan** over medium heat 3-5 minutes or until shimmering. Add shallots, mushrooms and chopped rosemary; press in 4 garlic cloves. Cook and stir 2-3 minutes or until mushrooms are softened. Add sherry; cook, uncovered, 2-3 minutes or until liquid is absorbed, stirring occasionally. Remove Pan from heat; transfer to medium bowl and stir in cheese.
2. Gently loosen skin from chicken; season with salt and pepper. Spoon one-fourth of the mushroom mixture under the skin; cover with loosened skin. Add remaining garlic sliced with **Garlic Slicer** to Pan. Place rosemary sprigs in Pan; top with chicken. Brush chicken with remaining oil.
3. Microwave, covered, on HIGH 12-14 minutes or until internal temperature reaches 165°F (74°C), rotating breasts halfway through cooking. Remove Pan from microwave; preheat broiler.
4. Place Pan 2-4 in. (5-10 cm) from heating element; broil 1-2 minutes or until chicken is golden brown. Transfer Pan to stovetop. Remove chicken and rosemary; discard rosemary. Heat Pan over medium heat until broth is gently simmering. Whisk water and cornstarch until smooth; whisk into broth. Cook 1-2 minutes or until thickened. Serve chicken with gravy.



# Pasta Fagioli with Italian Sausage

## INGREDIENTS

- 1 1/2 tbsp (22 mL) olive oil, divided
- 8 oz (250 g) bulk mild Italian sausage
- 1 large onion
- 2 medium carrots
- 2 celery stalks
- 2 containers (10 oz/300 g each) grape tomatoes (about 4 cups/1 L)
- 4 garlic cloves, pressed
- 4 sprigs fresh rosemary
- 4 cups (1 L) chicken stock
- 2 cans (15.5 oz or 540 mL each) cannellini beans, drained, rinsed
- 3 oz (90 g) uncooked ditalini pasta (3/4 cup/175 mL)
- 3/4 tsp (4 mL) each salt and ground black pepper
- 2 oz (60 g) fresh Parmesan cheese, grated (1/2 cup/125 mL)
- 1/2 cup (125 mL) fresh basil leaves, finely chopped



## DIRECTIONS

- 1 Heat 1/2 tbsp (7 mL) of the oil in **Rockcrok (4-qt./3.8-L) Dutch Oven** over medium heat 3-5 minutes or until shimmering. Cook sausage, uncovered, 2-4 minutes or until browned, stirring occasionally and breaking into crumbles using **Mix 'N Chop**.
- 2 Meanwhile, chop onion, carrots and celery. Add remaining oil, onion, carrots, celery, tomatoes and pressed garlic to Dutch Oven; cook and stir 2 minutes. Place rosemary into **Herb Infuser**; add to Dutch Oven. Add stock, beans, pasta, salt and pepper.
- 3 Increase heat to *medium-high*. Cover and bring mixture to a boil. Reduce heat to *medium*; cook 8-10 minutes or until pasta is tender.
- 4 Remove Herb Infuser from Dutch Oven; let stand 5 minutes. Divide soup among serving bowls. Sprinkle evenly with cheese and basil.

### Yield:

8 servings servings of 1 1/4 cups/300 mL

### Nutrients per serving:

Calories: 290, Total Fat 14 g, Saturated Fat 5 g, Cholesterol 25 mg, Sodium 940 mg, Carbohydrate 27 g, Fiber 5 g, Protein 16 g

**U.S. Diabetic exchanges per serving:** No information is currently available.

## Penne with Italian Sausage and Zucchini



- 1 box of penne pasta
- 3/4 lb ground Italian sausage or turkey sausage
- 2 small zucchini, sliced with **Spiral & Slice**
- 1 cup cherry tomatoes, sliced in half
- 2 cloves garlic
- 1 jar of marinara sauce
- 1 T 3 onion rub
- 1 T Italian seasoning
- 2 cups mozzarella cheese , grated
- 1/2 cup Parmesan, finely grated

1. Add box of penne to water in **DUTCH OVEN ROCKCROK** and boil in MICROWAVE, about 15 min.
  2. Drain pasta in **Stainless Mesh Colander**.
  3. Add to **Large Stainless Bowl**. Add jar of marinara , 2 cloves garlic pressed with **Garlic press**. Add **3 onion rub** and **Italian Seasoning**. Mix well.
  4. Cook Sausage until browned using **mix and chop** Scoop sausage with **Drain and Scoop** and add to pasta mixture. Discard excess fat.
  5. Add sliced zucchini and tomatoes to Pasta Mixture.
  6. Preheat Broiler.
  6. Grate Mozzarella with **Coarse Grater**. Grate parmesan with **Fine grater** or **microplane Zester**.
  7. Add 1 CUP grated mozzarella to pasta mixture and pour mixture back into ROCKCROK. Microwave 2-3 minutes until Zucchini is Crisp tender and cheese is melted
  8. Remove from Microwave and top with remaining mozzarella and Parmesean.
  9. Broil until cheese is golden brown and bubbly, about 5 minutes, check frequently.
-

## Portabella Chicken Linguine Pasta RockCrok Version

1 8oz. Portabella Mushrooms  
1 lb Linguine Pasta ( pasta of choice will do )  
1 can Garlic Petite Diced Tomatoes  
1 cup Frozen Garden Peas  
1 Jar Alfredo Sauce  
4 cups (32 oz.) chicken broth  
1/2 cup Grated Parmesan Cheese  
1 1/2 lbs boneless skinless chicken  
3 garlic cloves  
1 small onion  
Crushed Peppercorn and Garlic Rub  
Italian Seasoning Mix  
Salt/Pepper if desired

1. Cut chicken into bite size pieces. Cut onion using **Spiral and Slicer**, then dice into smaller pieces.
2. Place Chicken in **Rockcrok™(4-qt.) Dutch Oven**, sprinkle with Italian Seasoning and Crushed Peppercorn Rub. Cook chicken over medium heat 4-6 minutes, until browned. Add onions to pan using **Handy scrapers**
3. Press one clove of garlic with **Garlic Press** into Pan. Peel remaining two gloves using the **Garlic peeler** then Slice using the **Garlic Slicer**. Cook 30-60 seconds or just until fragrant.
4. Open broth & diced tomatoes using **Can opener** Stir in broth, tomatoes, Alfredo and pasta (broken into thirds) to Pan. Increase heat to high; cover and bring to a boil. Reduce heat to medium and cook, stirring occasionally, 7-9 minutes or until pasta is cooked but firm.
5. Meanwhile, Slice mushrooms, measure peas. Grate Parmesan with **Microplane® Adjustable Fine Grater**
6. . Once pasta is cooked, Stir in mushrooms and peas until blended. Sprinkle cheese mixture evenly over pasta.

## Red Wine-Braised Pork Ragout

(from the Dutch Oven Recipe collection)

Serves 12

Prep: 30 minutes Total: 1 hr, 45 min

6 slices uncooked bacon, cut into ¼ inch pieces  
1 boneless pork shoulder roast (3 – 3.5 lbs)  
2 tsp salt, divided  
1 large onion, finely chopped  
1 medium carrot, peeled, cut into ½ inch pieces  
1 celery stalk, cut into ½ inch pieces  
6 garlic cloves, pressed  
1 Tbsp each finely chopped fresh rosemary AND fresh thyme leaves  
2 cups dry red wine such as Cabernet Sauvignon  
2 cups chicken stock  
2 cans ( 15 oz cans ) crushed tomatoes  
1 ½ Tbsp sugar  
1 tsp ground black pepper  
8 cups hot cooked penne pasta  
Chopped fresh parsley (optional)

1. Cook bacon in 4 qt Dutch oven, uncovered, over medium heat 10-12 minutes or until crisp, stirring occasionally. Remove bacon; set aside. Drain bacon drippings into a small bowl.
2. Meanwhile, cut pork into 1 inch pieces; season with half of the salt. Trim excess fat from pork; discard. Add ½ Tbsp of the drippings to Dutch oven. Brown one-third of the pork, uncovered, 4-6 minutes, turning once. Remove pork and repeat twice with additional drippings and remaining pork.
3. Add remaining drippings, onion, carrot, celery, garlic, rosemary and thyme to Dutch oven; cook and stir 2-3 minutes or until vegetables are softened.
4. Preheat oven to 325 degrees. Return pork to Dutch oven; stir in wine. Cook, uncovered, over medium heat 10-12 minutes or until liquid is reduced by half, stirring occasionally. Stir in bacon, stock, tomatoes, sugar, remaining salt, and pepper; cook, covered, until mixture comes to a simmer. Remove from heat; bake, covered, 60-75 minutes or until pork is fork tender.
5. Remove from oven; let stand 10 minutes. Skim fat from top of ragout, if necessary; discard. Serve over pasta and sprinkle with parsley, if desired.

## Roasted Cauliflower & Brie Risotto

(from the Everyday Pan Recipe collection)

Serves 6

Prep: 15 min.

Total: 30 min.

3 tbsp (45 mL) olive oil, divided  
3 cups (750 mL) small cauliflower florets  
3 shallots, finely chopped  
3 garlic cloves, pressed  
1 ½ cups (375 mL) uncooked Arborio rice  
1 cup (250 mL) dry white wine (such as Sauvignon Blanc)  
4 cups (1 L) chicken stock  
5 oz (150 g) Brie cheese, rind removed  
1 tbsp (15 mL) fresh lemon juice  
2 tbsp (20 mL) snipped fresh chives  
½ tsp (2 mL) salt  
¼ tsp (1 mL) ground black pepper  
½ cup (125 mL) toasted slivered almonds

1. Heat 2 tbsp (30 mL) of the oil in **(2.5-qt./2.35L) Everyday Pan** over medium heat 3-5 minutes or until shimmering. Add cauliflower; cook, uncovered, 8-10 minutes or until charred and tender, stirring occasionally. Remove cauliflower; set aside.
2. Add remaining oil, shallots, garlic and rice to Pan. Cook and stir 1-2 minutes or until shallots are softened. Stir in wine; cook, uncovered, 2-3 minutes or until wine is reduced by half, stirring occasionally.
3. Remove Pan from heat. Stir stock into rice; microwave, covered, on HIGH 15-17 minutes or until most of the liquid is absorbed and rice is tender.
4. Meanwhile, cut Brie into ½-in. (1 cm) pieces. Carefully remove Pan from microwave. Add Brie, lemon juice, chives, salt and pepper; mix until Brie is completely melted. Stir in cauliflower; sprinkle with almonds.

## Roasted Vegetable Pasta Primavera

(from the Dutch Oven Recipe collection)

Serves 8

Prep: 15 minutes

Total: 50 minutes

1½ tablespoons canola oil, divided  
1 lb asparagus, trimmed  
1 large red bell pepper  
¼ cup butter (½ stick), cut into pieces  
8 cloves of garlic  
4 cups vegetable broth  
1½ cups water  
1 lb uncooked fettuccine noodles  
6 oz feta cheese, crumbled (1 ½ cups)  
1 cup fresh basil leaves  
4 green onions  
¾ teaspoons each salt and ground black pepper

1. Slice asparagus into 1-in pieces. Slice bell pepper into 2-in pieces. Slice zucchini using Simple Slicer on #3 setting; cut slices in half. Heat ½ tbsp of the oil in 4qt. Dutch Oven over medium heat 3-5 minutes or until shimmering.
2. Add asparagus to Dutch Oven, increase heat to medium-high. Cook uncovered, 3-4 minutes or until lightly charred. Remove. Repeat with additional ½ tbsp oil and bell pepper. Repeat with remaining oil and zucchini. Remove vegetables, set aside.
3. Cook and stir butter and garlic in Dutch Oven until butter is melted. Add broth and water; bring to boil over high heat. Break fettuccine noodles in half; add to Dutch Oven. Reduce heat to medium-high, cover and cook 12-14 minutes or until noodles are tender, stirring occasionally.
4. Remove from heat; stir in feta cheese, basil green onions, salt, black pepper and vegetables. Toss until combined.

## Rockin' Rockcrok Omelet\*

2 medium potatoes  
1 small onion  
1 red bell pepper  
2 tbsp butter  
8 oz cheddar jack cheese  
8 eggs  
2 tbsp Three Onion Rub or Bell Pepper Rub  
½ cup heavy cream  
2 green onions with tops  
6 slices bacon

Microwave bacon in Small Ridged Baker, then cut into strips with Kitchen Shears (or cut with shears first, then sauté in 8" sauté pan). Blot excess grease as needed.

For a nice even diced potato, use French Fry Cutter, then cut crosswise with Utility Knife for cubes. Use Veggie Wedger to wedge onion, and cut bell pepper into smaller wedges to fit into Manual Food Processor. Chop onion and bell pepper in Manual Food Processor to desired size (should be comparable to potato size). Add all chopped veggies to RockCrok. Add ½ tsp salt and pepper each, and rub to veggies; mix well. Cut butter and lay over veggies in chunks or slices. Microwave for 6 minutes, then test potatoes to be fork tender. Microwave longer if needed.

Top with ½ of the grated cheese. Whisk eggs, add cream, whisk again. Pour over top of cheese. Microwave 14 – 16 minutes covered until set.

Slice green onions, including the tops. Top with remaining cheese, bacon, and sliced green onion.

\*This can also be made in the Deep Covered Baker

---

## Rustic Grill-Braised Chicken

(from the Dutch Oven Recipe collection)

Prep: 20 min

Total 1hr 30 min

Serves 8

8 medium carrots, peeled, cut in half crosswise  
4 small onions, cut in half crosswise  
4 small vine-ripened tomatoes, cut in half crosswise  
8 bone-in, skin-on chicken thighs (6oz each)  
1 1/2 tsp *each* salt ground black pepper, divided  
1 tsp paprika  
1 cup chicken stock  
2/3 cup white wine  
8 garlic cloves, pressed  
1 tbsp finely chopped fresh rosemary  
1 French baguette, cut into 8 slices

1. Prepare grill for indirect cooking over medium-high heat (see Grilling Tips.) Place vegetables on grid of grill over direct heat. (If using charcoal, place vegetables over coals.) Grill, covered, 5-7 minutes or until grill marks appear, turning occasionally. Transfer to Dutch Oven.
2. Season chicken with 1 *tsp each* of the salt and pepper, and paprika. Place chicken on grid of grill over direct heat. Grill, covered, 5-7 minutes, or until grill marks appear, turning occasionally. *Reduce heat to medium-low.* (If using charcoal, add additional coals, if necessary, to side of grill with charcoal.)
3. Combine stock, wine, garlic, rosemary and remaining salt and pepper in medium bowl; pour mixture over vegetables in Dutch Oven. Arrange chicken over vegetable mixture; cover Dutch Oven tightly with heavy-duty aluminum foil (do not use glass lid).
4. Place Dutch Oven over indirect heat; cook, covered, 45-50 minutes until internal temperature reaches 165F and chicken is fork tender. Remove Dutch Oven from grill. Grill baguette slices over direct heat, uncovered, 1-2 minutes or until grill marks appear, turning once; remove from grill. Remove chicken and skim fat from top of broth if necessary; discard. Serve chicken, vegetables and broth with baguette.



# Shrimp & Chorizo Paella

(from the Everyday Pan Recipe collection)

2½ cups (625 mL) chicken stock  
1 pouch (.022 oz/625 g) saffron powder or ⅛ tsp (0.5 mL) saffron threads  
8 oz (250 g) pork chorizo sausage, casings removed  
½ tbsp. (7 mL) olive oil  
1 medium onion, finely chopped  
1 medium red bell pepper, finely diced  
4 garlic cloves, pressed  
1 ½ cups (375 mL) uncooked long grain white rice  
2 tbsp (30 mL) fresh lemon juice  
1 lb (450 g) large raw shrimp (21-25 per pound), peeled, deveined, tails intact  
1 cup (250 mL) frozen peas, thawed  
½ tsp (2 mL) *each* salt and ground black pepper  
Chopped fresh parsley (optional)

11. Preheat oven to 350°F (180°C). Whisk stock and saffron in a medium bowl until saffron is dissolved.
12. Cook chorizo in **(2.5-qt./2.35-L) Everyday Pan** over medium heat 4-6 minutes or until browned, stirring occasionally and breaking chorizo into pieces using **Mix 'N Chop**. Add oil, onion, bell pepper and garlic; cook and stir 1-2 minutes or until vegetable are softened. Add rice; cook and stir 2 minutes.
13. Stir stock/saffron into rice mixture in Pan; cover and bring to a simmer, stirring occasionally. Remove from heat; bake, covered, 16-18 minutes or until most of the liquid is absorbed and rice is tender. Remove Pan from oven.
14. Stir lemon juice, shrimp, peas, salt and pepper into rice. Cover and bake an additional 2-3 minutes. Remove Pan from oven; sprinkle with parsley, if desired.

**U.S. Nutrients per serving:** Calories 300, Total Fat 9 g, Saturated Fat 3.5 g, Cholesterol 95 mg, Sodium 970 mg, Carbohydrate 34 g, Fiber 2 g, Protein 18 g

**U.S Diabetic exchanges per serving:** 2 Starch, 1 Vegetable, 1½ Med-Fat Meat (2 Carb)

## **Southern-Style Chicken & Sausage**

(from the Dutch Oven Recipe collection)

Serves 12, Prep Time: 20 min., Total Time: 1 hr. 15 min.

6 slices uncooked bacon, cut into 1/4-inch pieces  
1 lb. collard greens, ribs removed  
3 lbs. boneless skinless chicken thighs, cut into 1-inch pieces  
1 tsp each salt and ground black pepper  
8 garlic cloves, peeled  
1 medium onion, thinly sliced  
1 tbsp fresh thyme leaves, finely chopped  
1 tsp red pepper flakes  
1/4 cup flour  
3 cups unsalted chicken stock, divided  
1 lb. cooked smoked kielbasa sausage, cut into 1/4-inch rounds  
1 can (15.5 oz) black-eyed peas, drained, rinsed  
1 medium red bell pepper, cut into 2-inch strips

1. Cook bacon in (4-qt) Dutch Oven, uncovered, over medium heat 10-12 minutes or until crisp, stirring occasionally. Remove bacon; set aside. Drain bacon drippings into a small bowl.
2. Meanwhile, cut greens crosswise into 3/4-inch pieces. Add 1/2 tbsp of the drippings to the Dutch Oven. Add half of the greens; cook and stir 4-5 minutes or until slightly charred. Remove greens; repeat with an additional 1/2 tbsp drippings and remaining greens; remove from Dutch Oven and set aside.
3. Add 1/2tbsp of the drippings to Dutch Oven. Season chicken with salt and black pepper. Brown half of the chicken, uncovered 4-6 minutes, turning once. Remove chicken; repeat with an additional 1/2tbsp of the drippings and remaining chicken.
4. Slice garlic with Garlic Slicer. Add remaining drippings to Dutch Oven. Cook and stir garlic, onion, thyme and red pepper flakes until onion is softened. Sprinkle flour over vegetables; cook and stir 1 minute. Slowly stir in 1 cup of the stock until thickened. Stir in remaining stock, sausage, peas, chicken and bacon; remove from heat.
5. Microwave, covered, on HIGH 12-14 minutes or until mixture is simmering. Remove from microwave; stir in red pepper and greens; let stand 5 minutes.

## **Spinach & Seafood Chowder**

(from the Dutch Oven Recipe collection)

Serves 10, Prep Time: 10 min, Total time: 1 hr. 5 min.

1/4 C. (50 ml) butter (1/2 stick)  
1 large onion, finely chopped  
6 garlic cloves, pressed  
1 fennel bulb, thinly sliced, plus 1/4 C. (50ml) chopped fronds, divided  
8 oz. (250g) small red potatoes, cut into eighths  
3 bottles (8 oz.236 ml each) clam juice  
2 cans (14.5 oz or 398 ml each) fire-roasted diced tomatoes, undrained  
1/2 t (2 ml) cayenne pepper  
1 lb (450 g) raw medium shrimp, peeled, deveined, tails removed  
1 lb (450 g) bay scallops  
2 oz (60 g) fresh parmesan cheese, grated (1/2 C/125 ml)  
1 cup (250 ml) panko bread crumbs  
1 bag (6 oz/175 g) fresh baby spinach leaves (about 8 cups/2L)

1. Melt butter in (4 qt/3.8 L) Dutch Oven over medium heat. Cook onion and garlic, uncovered, 1-2 minutes, stirring occasionally. Add fennel slices, cook 2 minutes. Add potatoes, clam juice tomatoes and cayenne. Cover, bring mixture to a boil over medium-high heat. Cook, covered, 25-30 minutes or until potatoes are fork tender.

2. Preheat broiler. Stir in shrimp and scallops. Cook, covered, 1-2 minutes or until shrimp are pink and cooked through; remove Dutch Oven from heat.

3. Combine cheese, bread crumbs and fennel fronds in small bowl. Top soup with spinach; sprinkle with bread crumb mixture.

4. Place Dutch Oven 2-4 in. (5-20 cm) from heating element. Broil 2-3 minutes or until golden brown; remove from oven.

## Vegetable Ribbon ‘Pasta’

2 oz fresh Parmesan cheese (1/2 cup) grated  
3 oz reduced-fat cream cheese  
¼ cup lightly packed fresh basil  
2 tbsp Garlic & Herb Rub  
6 slices uncooked turkey bacon  
1 tbsp canola oil  
3 medium zucchini  
1 can (15 oz) no-salt added cannellini beans, drained and rinsed  
2 oz reduced fat feta cheese, crumbled (1/2 cup)



1. Grate Parmesan with Microplane Adjustable Fine Grater. Place cream cheese in 2-cup Prep bowl; microwave, uncovered, on high 15 – 20 seconds or until softened. For cream cheese mixture, place Parmesan, cream cheese, basil and rub in Manual Food Processor. Process until basil is finely chopped and mixture is blended.
2. Stack bacon slices and cut crosswise into ¼-inch pieces with Utility Knife. Place bacon and oil in Rockcrock Everyday Pan. Cook over medium heat 7 – 8 minutes, stirring occasionally, until lightly browned.
3. Meanwhile, cut ends off of zucchini. Cut zucchini crosswise into 2 ½ inch pieces. Spiral cut zucchini with Spiral & Slice into large Bamboo Fiber Bowl.
4. Remove pan from heat. Add beans and cream cheese mixture to pan with bacon and gently stir until mixture begins to soften and combine. Add zucchini to pan; cover. (Pan will be very full; gently press down on zucchini. Zucchini will cook down.)
5. Microwave, covered, on high 5 – 7 minutes or until zucchini on top just begins to wilt; zucchini will continue to soften and cook. Add feta to pan and stir with Small Mix n Scraper until sauce begins to form and coats “pasta”.

## Veggie Fajitas

4 large Bell Peppers

1 Large onion

1 large zucchini

2 TBS Tex-Mex

You can also use Cumin and Coriander.

Cook in the Microwave for 10 minutes covered, stir, cook an additional 5 minutes covered. Serve on tortillas with lettuce, tomato, avocado, and olives.



## Veggie Taco Base



- 1 onion
- 2-3 carrots
- 1 small squash
- 1 small container sliced portabella mushrooms
- 1 can black beans, drained & rinsed
- 1 can of diced/crushed tomatoes
- 1-2 TB homemade taco seasoning OR Tex Mex Rub, Chipotle Rub, etc.

1. Process onion in Manual Food Processor, and dice carrots – add to preheated Rockcrok (on stove) – with a LITTLE water to soften. Meanwhile, process squash and mushrooms, doing one at a time (it won't all fit otherwise). Add to Rockcrok, along with taco seasoning, and let moisture release and reduce from mushrooms and squash.  
(OR, haven't tried this, but I'm sure it would work: Dice carrots with Santoku Knife and process onion, squash, mushrooms in MFP). Add all to Rockcrok with taco seasoning, cover, and microwave until softened).
2. Add tomatoes, and black beans to Rockcrok and stir. Cook on stovetop on medium until liquid is reduced to taco filling consistency.
3. Add to taco shells with vegan sour cream.

### **Taco Salad:**

Cut romaine lettuce and add to Salad & Berry Spinner. Rinse in colander, spin to dry. Transfer to serving platter. Add can of drained corn, sliced avocado, and taco mixture. Combine vegan sour cream with juice of lime, and 1 TB of Chili Lime Rub – put in Ziploc and squirt over salad (if thick enough). Put tortilla chips in the bottom of each serving bowl before serving the salad for the crunch.

---

## Zucchini Linguine



Quick and Easy! ZUCCHINI LINGUINE MARINARA in the new Pampered Chef Rockcrock!

1. Using Julienne Peeler julienne 2 small/medium zucchini. Using Garlic Slicer thinly slice 4 cloves garlic.
2. Heat Rockcrock on medium. Add 1 Tbsp Olive oil and cook garlic until fragrant. Add zucchini and salt & pepper to taste. Cook 2 minutes.
3. Pour a little marinara sauce over the top and stir until heated through. Enjoy!



## **Bourbon Soaked Spoon Cake**

(from the Everyday Pan Recipe collection)

### **Cake and Soaking Syrup**

1¼ (300 mL) cups boiling water  
1 cup (250 mL) old-fashioned oats  
1 ½ cups (375 mL) flour, sifted  
1 ½ tsp. (7mL) pumpkin pie spice  
1 tsp. (5mL) baking soda  
½ tsp. (2mL) salt  
½ cup (125 mL) butter (1 stick) softened  
1 cup (250 mL) granulated sugar  
1 1/3 cup (325 mL) packed brown sugar divided  
2 eggs  
2 tsp. (10mL) vanilla extract  
¾ cup (175 mL) half and half  
¼ cup (50 mL) bourbon

### **Topping**

2 cups (500 mL) sweetened flaked coconut  
½ cup (125 mL) packed brown sugar  
1/3 cup (75 mL) butter melted  
3 tbsp. (45 mL) half and half

1. Grease **(2.5-qt/2.35-L) Everyday Pan** with butter. Sprinkle bottom and sides with flour, shaking out excess; set aside. Pour water over oats in small bowl; let stand 20 minutes. Preheat oven to 350 degrees°F (180°C). Combine flour, pumpkin pie spice, baking soda and salt in medium bowl.
2. Using electric hand mixer on medium speed, beat butter in large bowl until creamy. Slowly beat in granulated sugar and 1 cup (250 mL) of the brown sugar. Beat in eggs and vanilla; mix until well blended. Beat in oat mixture until well blended. Beat in flour mixture; mix until well blended. Pour batter into prepared Pan; bake, uncovered, 42-45 minutes or until wooden pick inserted in center comes out clean.
3. Meanwhile, for soaking syrup, combine remaining 1/3 cup (75 mL) brown sugar, half and half and bourbon in **2 cup (2-cup/500-mL) Easy Read Measuring Cup**. Microwave, uncovered, on HIGH 30-45 seconds or just until sugar is dissolved (do not boil)
4. Remove cake from oven; preheat broiler. Slowly drizzle syrup over cake. Combine ingredients for topping; spoon evenly over cake. Place Pan 2-4 in. from heating element; broil 4-6 minutes or until topping is golden brown and edges begin to bubble Remove from oven; cool 1 hour.



## CHERRY VANILLA CAKE



*Cherry Vanilla Cake  
1 can Cherry Pie Filling  
1 box Jiffy Golden Cake*

*Spread pie filling in bottom of RockCrok; Prepare Jiffy cake as directed  
and pour on top; Swirl with butter knife and micro covered for 10 minutes  
(makes 8 servings)*

## **Pecan Glazed Pumpkin Spice Cake**

1 Spice cake mix  
3 eggs  
1 can (15 oz) pumpkin  
6 tbs butter  
½ cup brown sugar  
½ cup chopped pecans

Mix cake mix with 3 eggs and can of pumpkin until combined. Pour cake mix into Rockcok and microwave 9 – 11 minutes or bake at 350F for 30 – 35 minutes. Pat down on the center so the top would be even. Topping - Mix together 6 tbsp melted butter, 6 tbsp brown sugar, 1/2 cup chopped pecans. Spread on top and broil for 2 minutes.



## **Quick Berry Crisp**

### Filling

¼ cup packed brown sugar

3 tbsp cornstarch

1 lemon

2 pkg (12 oz each) frozen mixed berries, thawed (about 4 cups)

### Topping

1/3 cup butter

18 vanilla wafer cookies

1/3 cup sliced almonds

1/3 cup flour

1/3 cup packed brown sugar

1. Place oven rack 8-inches from heating element. Preheat broiler. For filling, combine brown sugar and cornstarch in 2-Cup Prep bowl; mix well.
2. Zest lemon with microplane zester to measure 1 tsp. Juice lemon with Juicer to measure 1 tbsp.
3. In Rockcok Everyday Pan, combine berries, zest, juice and brown sugar mixture; mix gently with small mix n scraper. Cook, uncovered, over medium heat, 10 – 12 minutes, stirring frequently, until mixture is bubbly, thickened and clear.
4. Meanwhile for topping, place butter in small batter bowl. Microwave, uncovered, on high 45 – 60 seconds or until melted. Place cookies in large resealable plastic bag. Using Baker's Roller, coarsely crush cookies. Add cookies, almonds, flour and brown sugar to batter bowl; mix with mini mix n scraper until well blended.
5. Remove pan from heat. Sprinkle cookie mixture evenly over top of berries.
6. Place pan 4 – 6 inches from heating element; broil 2 – 4 minutes or until topping is golden brown and crisp. (watch closely so topping does not burn.)

## **Quick Pineapple Upside-Down Cake**



1/4 cup butter (1/2 stick), cut into small pieces  
1/3 cup packed brown sugar  
7 canned pineapple slices  
7 maraschino cherries without stems  
1 pkg (15.25-16.5 oz) yellow cake mix  
3 eggs  
1 cup water  
1/3 cup vegetable oil  
Directions:

Melt butter and brown sugar in Rockcrok™ (2.5-qt./2.35-L) Everyday Pan or Rockcrok™ (4-qt./3.8-L) Dutch Oven over medium heat 1-2 minutes or until mixture begins to bubble, stirring occasionally.

Arrange pineapple slices in pan; place cherries in centers of slices.

Prepare cake mix according to package directions in Classic Batter Bowl. Slowly pour batter over pineapple.

Microwave, covered, on HIGH 8-10 minutes or until center is firm and springs back when pressed.

Remove pan from microwave. Immediately invert cake onto Large Grooved Cutting Board or serving platter.

Yield: 12 servings

Nutrients per serving: Calories 330, Total Fat 16 g, Saturated Fat 4 g, Cholesterol 55 mg, Sodium 310 mg, Carbohydrate 44 g, Fiber 1 g, Protein 3 g

Cook's Tips: To prepare this recipe in a conventional oven, preheat oven to 350°F (180°C). Prepare recipe as directed in Steps 1, 2 and 3. Bake, uncovered, 28-30 minutes. Remove from oven and invert as directed in Step 5.

## S'More Cake

Featured in Pampered Chef's Seasons Best Cookbook Fall/Winter 2013

### Ingredients:

3 dark chocolate candy bars (1.55 oz each), broken into squares  
1 small pkg (9 oz) devil's food cake or 1 2/3 cups from a regular-size package  
1 egg  
1 container (8 oz) sour cream  
1 bag (10 oz) regular-size marshmallows or 4 cups mini marshmallows  
3 whole graham crackers, coarsely crushed

### Directions:

Place oven rack in middle of oven; preheat broiler.

Microwave chocolate in 2-cup Prep Bowl on HIGH 30-60 seconds or until mostly melted. Stir until smooth; set aside.

Combine cake mix, egg and sour cream in Classic Batter Bowl; mix using Small Mix 'N Scraper® until blended. Pour batter into Rockcrok™ (2.5-qt./2.35-L) Everyday Pan or Rockcrok™ (4-qt./3.8-L) Dutch Oven.

Microwave, covered, on HIGH 4-5 minutes or until center of cake is firm and springs back when pressed.

Remove pan from microwave; arrange marshmallows in an even layer over cake. Broil 30-60 seconds or until marshmallows are golden brown.

Remove from broiler; sprinkle with crackers and drizzle with chocolate.

Yield: Serves 12

Nutrients per serving: Calories 290, Total Fat 10 g, Saturated Fat 5 g, Cholesterol 30 mg, Sodium 280 mg, Carbohydrate 48 g, Fiber 1 g, Protein 4 g



## UPSIDE-DOWN CHERRY CHEESECAKE



1 box (9 oz.) white cake mix

1 cup of sour cream

1 egg

Combine all 3 ingredients above and pour into Everyday Rockcrok; spread evenly on bottom.

### **For cheesecake filling,**

4 oz. softened cream cheese,

3 TBS powdered sugar

$\frac{1}{4}$  tsp vanilla.

Stir until smooth then drop evenly over top of cake with Small Scoop. Press a cherry into each cheesecake dollop as well as in between dollops.

Microwave for 6 minutes.

\*Variation: Can also be made with strawberries