

## COOKING TIMER AND TEMPERATURE GUIDE

The recipes provided in this booklet are examples and can be adjusted to fit your individual cooking habits and methods. Please use the information provided as a reference.

You can use your favorite conventional oven recipes with this unit by adjusting the temperature or time slightly. Convection cooking uses circulated hot air and the Nano-Carbon technology will save energy and cooking time by approximated 25~30%.

### Tips:

- If the baking time of original recipe is less than 15 minutes: keep the original baking time but reduce temperature by 25~30°F.
- If the baking time of original recipe is more than 15 minutes: bake at the original temperature, but reduce the cooking time by 25~30%.
- Always preheat (3 to 5 minutes), unless your recipe indicates otherwise.

Food	Temperature (°F)	Time (Minutes)	Quantity
Whole Chicken	400	35	3 lb
Drumsticks	375	15	8 pieces
Steak	400	10 ~ 15	16 oz
Pork Loin	400	20	2 lbs
Shrimp	450	5	1 lb
Corn	375	10	4 pieces
Cake	300	15	1 box

## GARDEN FRESH PIZZA

- 1 baked pizza crust (10 oz / 12")
- 2 Tbsp cider vinegar
- 1 Tbsp olive oil
- 1/2 clove garlic (minced)
- 2 tsp shallots (minced)
- 2 tsp chopped fresh basil leaves
- 1/2 tsp of fresh thyme leaves
- 1/2 tsp chopped fresh rosemary leaves
- 1 cup mushrooms (sliced)
- 1 cup yellow squash (sliced)
- 3/4 cup Roma tomatoes (sliced)
- 1/2 cup bell pepper (diced)
- 1/2 cup green onions (thinly sliced)
- Salt
- 1 cup shredded mozzarella cheese
- 1/4 cup grated parmesan cheese

1. In bowl, mix vinegar, olive oil, garlic, shallots, basil, thyme, and rosemary.
2. Place crust on pan or baking sheet. Brush with all but 1 Tbsp of the vinegar mixture.
3. Preheat oven for 3 minutes at 455°F.
4. Layer vegetables over crust. Sprinkle lightly with salt.
5. Spread mozzarella and Parmesan cheeses equally.
6. Place on short rack and bake at 419°F for 10 minutes.  
Drizzle with remaining vinegar mixture.

*Makes 4 to 6 servings.*

## **PORTABELLA SOUFFLES**

- 4 portabella mushrooms (approx. 1/4 lb each)
  - 2 ½ Tbsp butter
  - 3 Tbsp dried breadcrumbs (finely crumbed)
  - 1 ½ Tbsp garlic (minced)
  - ¼ cup all-purpose flour
  - ¼ tsp salt
  - ¼ tsp ground pepper
  - ¾ cup low-fat milk
  - 1 ¼ cup shredded sharp cheddar cheese
  - 2 Tbsp fresh chives (chopped)
  - 4 large eggs (separated)
  - Aluminum foil
1. Rinse and drain mushrooms. Trim stems off.
  2. Trim off tip of stems and finely chop stems, set aside.
  3. Place caps (cup side up) on baking sheet.
  4. Cut 4 sheets of foil (12" x 16"). Fold each sheet lengthwise in half and half again. Generously butter 1 side of each foil and dust with breadcrumbs. Wrap each foil strip (crumb side in) tightly around a mushroom cap. Overlap ends and secure.
  5. In a medium sized pan, melt 2 Tbsp butter over medium heat. Add garlic and mushroom stems and cook until stems are browned (approx. 8 minutes). Add flour, salt

- and pepper, stir for 1 min. Remove from heat and whisk in milk until smooth. Stir over high heat until boiling.
6. Remove from heat and add 1 cup of cheese. Stir until melted. Add chives and egg yolks and blend well.
  7. In bowl, whip egg whites with mixer on high speed until stiff, peaks form. Stir 1/3 of whites into cheese mixture. Then gently fold cheese mixture into remaining whites till blended.
  8. Preheat oven for 3 minutes at 401°F.
  9. Spoon mixture equally into mushroom caps. Sprinkle remaining cheese.
  10. Bake on short rack for 25 minutes at 374°F.
  11. Remove foils and transfer soufflés to plates with a wide spatula.

**Makes 4 servings.**

## **ROASTED GARLIC BUTTER CRAB**

- 2 Whole crabs (approx. 1 lb each)
  - ½ medium onion (sliced)
  - ¼ cup garlic (sliced)
  - 1 red chili (sliced)
  - Aluminum foil (large enough to wrap crab)
  - 2 Tbsp butter
  - 1 Tbsp milk
  - 2 Tbsp cooking wine
  - 1 Tbsp black pepper
  - Dash of salt
1. Clean crabs and cut into 8 pieces. Marinate with salt and cooking wine for approx. 15 minutes.
  2. Spread butter on aluminum foil. Place crabs in the center. Fold sides of foil up but do not seal.
  3. Mix onion, garlic, chili, milk, pepper and salt in medium bowl. Pour over crab and seal aluminum foil.
  4. Preheat oven for 3 minutes at 455°F.
  5. Place on short rack and bake at 401°F for 12 minutes.

*Makes 2 servings.*

## **GRILLED SALMON**

- 4 cloves garlic (minced)
  - ¾ cup olive oil
  - 2 tsp dried basil
  - 2 tsp salt
  - 2 tsp ground black pepper
  - 2 Tbsp fresh lemon juice
  - 2 Tbsp fresh parsley (chopped)
  - 4 salmon fillets (approx. 6 oz each)
  - Aluminum foil
1. In medium bowl, mix garlic, olive oil, basil, salt, pepper, lemon juice and parsley.
  2. Place salmon fillets in bowl and marinate for at least 1 hour, refrigerated, turning occasionally.
  3. Preheat oven for 3 minutes at 401°F.
  4. Arrange fillets in baking pan and pour marinate over salmon. Cover with aluminum foil.
  5. Place on short rack and bake at 374°F for 25 to 30 minutes, until easily flaked with a fork.

*Makes 4 servings.*

### **TENDER LEMON CHICKEN**

- 4 boneless chicken breast halves
  - 1/3 cup fresh lemon juice
  - ¼ cup olive oil
  - 1 Tbsp Dijon mustard
  - 2 large cloves garlic (finely chopped)
  - 2 Tbsp red bell pepper (finely chopped)
  - ½ tsp salt
  - ¼ tsp ground black pepper
1. In medium bowl, mix lemon juice, olive oil, mustard, garlic, bell pepper, salt and pepper.
  2. Place chicken in bowl and marinate for at least 20 minutes, refrigerated.
  3. Preheat oven for 3 minutes at 455°F.
  4. Arrange chicken on shallow bake pan. Pour about ¼ cup of marinate over chicken.
  5. Place bake pan on short rack and bake at 401°F for 10 to 15 minutes.
  6. Garnish with lemon slices.

*Makes 4 servings.*

### **ROAST CHICKEN**

- 1 whole chicken (approx. 4 lbs)
  - 2 Tbsp soy sauce
  - 2 Tbsp cooking wine
  - 1 Tbsp garlic (minced)
  - 2 tsp salt
  - 1 tsp sugar
  - 1 tsp ginger (minced)
  - 1 tsp sesame oil
1. Mix soy sauce, cooking wine, garlic, salt, sugar, ginger, and sesame oil.
  2. Marinate chicken in mixture for at least one hour, refrigerated.
  3. Preheat oven for 3 minutes at 347°F.
  4. Roast chicken at 329°F for 30~35 minutes.

*Makes 4 servings.*

### **HONEY GLAZED HAM**

- 1 ready-to-eat ham (approx. 4 lb)
  - 3 Tbsp whole cloves
  - 3 Tbsp dark corn syrup
  - 1 ½ cups honey
  - ½ cup butter
1. Score ham and stud with whole cloves.
  2. Place ham in foil lined baking pan.
  3. Preheat oven for 5 minutes at 329°F.
  4. Heat corn syrup, honey and butter.
  5. Brush glaze over ham and bake for 50 minutes at 320°F.
  6. Baste ham every 10 minutes with glaze.
  7. Turn temperature up to 482°F for the last 5 minutes.

*Makes 8 servings.*

### **CREAMY LEMON PIE**

- 20 Nilla wafers (crushed)
  - ½ cup flour
  - ¼ cup firmly packed brown sugar
  - ½ stick cold margarine
  - 1 package (8 oz.) Neufchatel cheese (softened)
  - ½ cup granulated sugar
  - 2 eggs
  - 2 Tbsp flour
  - 3 Tbsp grated lemon peel
  - ¼ cup fresh lemon juice
  - ¼ tsp baking powder
  - 2 tsp powdered sugar
1. Line 9" bake pan with foil (extending over sides).
  2. Preheat oven for 3 minutes at 383°F.
  3. Mix wafer crumbs, ½ cup flour and brown sugar in bowl.
  4. Cut in margarine with pastry blender until mixture becomes coarse crumbs. Press firmly to bottom and side of pan. Bake for 10 minutes at 347°F.
  5. Beat cheese and sugar with electric mixer on medium speed until well blended.
  6. Add eggs and 2 Tbsp flour. Mix well.
  7. Blend in 1 Tbsp lemon peel, lemon juice and baking powder. Pour over crust.
  8. Bake at 347°F for 20 ~ 25 minutes or until center is set.
  9. Cool completely. Cover and refrigerate for at least 2 hours.
  10. Garnish with powdered sugar and remaining grated lemon before serving.

*Makes 6 to 8 servings.*

## **DARK CHOCOLATE CHEESE CAKE**

- 1 ½ cups all-purpose flour
  - 1 cup sugar
  - ¼ Tbsp unsweetened cocoa powder
  - 1 tsp baking soda
  - Dash of salt
  - 1 cup hot water
  - 1 ½ tsp instant coffee powder
  - ¼ cup vegetable oil
  - 1 Tbsp white vinegar
  - 1 tsp vanilla extract
  - 1 egg
  - 2 Tbsp sugar
  - 1 jar ready-to-spread Cream Cheese Frosting
1. Preheat oven for 3 minutes at 383°F.
  2. Grease and flour baking pan.
  3. In bowl, mix flour sugar, cocoa, baking soda and salt.  
Combine hot water and coffee powder and add to mixture along with oil, vinegar, vanilla and egg.
  4. Mix until smooth and well blended.
  5. Spread evenly into prepared pan. Sprinkle with sugar.
  6. Bake at 347°F for 20 ~ 25 minutes, until inserted toothpick comes out clean.
  7. When cooled, spread with frosting.

*Makes 10 to 12 servings.*

## **EMERGENCY**

1. Please unplug the unit immediately if any unusual circumstances occur.
2. If there is any crack to the glassware and glass lid, please clean with glove immediately to avoid any injury.