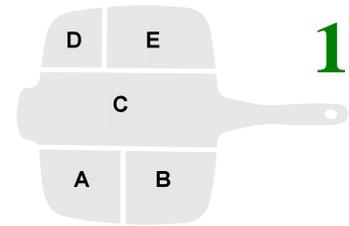


MASTER PAN[®]

Innovative Cookware

Recipes & Tips





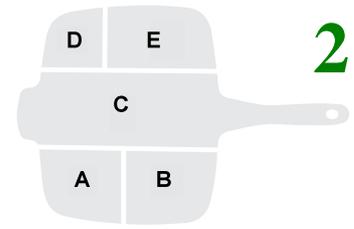
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- USEFUL TIPS -

- Use the section guide A-E on the outline of our 5 section pan shown at the top left of each page to see which section to use while following our recipes. I am sure after a few meals you will get the hang of it yourself and will become more familiar and creative with the pan.
- All ingredient measurements shown are for basic recipe guidance so final seasoning should be checked to your taste and adjusted if necessary at time of cooking for more salt or spice. You can mix-match the sauces in some of the recipes with different proteins to make dishes like kung pao beef instead of chicken or have it with noodles instead of rice. Or replace the meat/fish with vegetables, Soya meat or tofu for vegetarian options. The combinations are endless so get creative and have fun with your MasterPan.
- The grill section which is in the middle of the pan will always be 15-20% hotter then the side sections so its ideal to cook meats and fish in the centre section while the side sections remain slightly less hot to cook your vegetables, potatoes, eggs, pancakes, baked beans, boil water to make pasta, rice, or just boiled vegetables, etc.
- Medium to medium-high heat settings will yield the best results for most type of cooking depending on the size of your hob. Heating the pan on high for 2 minutes before you start cooking will ensure proper heat distribution. Cold food on a cold pan is a cooking no-no. Adjust heat accordingly if your pan is not hot enough or too hot or slide pan right or left over burner to have more or less heat on that side.
- Every pan heats and cooks differently so get to know your pan over the first few uses and how each section heats and cooks differently. Get creative as you can even boil water and make pasta or boiled vegetables in our pan as you will see over the next few pages.
- The 5 recipes included in this book were specially selected to teach you how to use all the different sections in our pan to cook rice and noodles, boil vegetables, make curries and sauces, and grill meats. Once you master these basic techniques you will be able to use these skills to cook almost anything else. We have not included recipes for breakfast or burgers as those are too simple and we are sure you have your own favourite recipes for those that you will enjoy cooking on the MasterPan.





COOKING RICE and PASTA

Rice and pasta require different cooking time so start cooking these first. Don't get discouraged by the detailed directions below as after your first try you will be cooking perfect rice or pasta every other time.

RICE

- 1 cup uncooked rice (brown or white) yields 3 cups cooked rice. Enough for 2-3 servings.
- Cut into half cup uncooked rice and use only 1 section if you need less rice.
- Add 1 cup of water each in section A and B and bring to a boil (pic 1). Add a pinch of salt into each section.
- Add 1/2 cup rice into section and spread evenly (pic 2). Reduce heat and bring to a simmer and cover with foil.
- Check in 10 minutes and stir lightly (pic 3).
- In another 5-10 minutes rice should be done (pic 4).
- If you think the rice is drying out add a few table spoons of water.
- Once rice is done remove to serving container or if you like a crusty base then leave in the pan.



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PASTA

- 8 ounces of dry or uncooked pasta yields enough cooked pasta for 2-3 servings.
- Cut quantity into half and use only 1 section if you need less pasta.
- Add 1 cup of water each in section A and B and bring to a boil (pic 1). Add a pink of salt into each section.
- Add 4 ounces of pasta into each section and spread evenly (pic 5).
- Reduce heat to medium and cook until al dente. Different pastas take different times to cook so start checking in about 10 minutes and remove once ready otherwise it may overcook and become soft.
- Break fettuccine or spaghetti into half so it fits (pic 6).
- Stir pasta loosely while it is cooking to avoid it sticking to each other (pic 7).
- Keep adding boiling water every 3-5 minutes into each section to keep water level at 80% until it is ready (pic 8).



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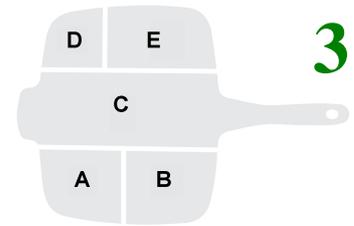
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COOKING ASIAN NOODLES and BOILING VEGETABLES

Noodles and boiling vegetables require different cook time so start cooking these first. Don't get discouraged by the detailed directions below as after your first try you will be cooking perfect noodles or vegetables every other time.

ASIAN NOODLES

- 4 ounces of dry Asian noodles yields enough cooked noodles for 2 servings.
- Cut quantity into half and use a smaller section if you need less noodles.
- Add 1 + 1/4cup of water into section E and bring to a boil.
- Add the 4 ounces of noodles into the section and spread evenly. Break noodles in half if too long.
- Reduce heat to medium and cook until ready. Between 5-10 minutes.
- Stir loosely while it is cooking to avoid the noodles sticking to each other.
- Keep adding boiling water every 2-3 minutes into the section to keep water level at 80% until it is ready.
- Noodles quick much faster then pasta so make sure you check it every 2-3 minutes so it does not over cook.



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STEAMING AND BOILING VEGETABLES

- You can boil any vegetable or potatoes in any of the sections just like you boil rice or pasta.
- Fill up the section you are using with 1/2 cup of water or even better vegetable or chicken stock as it adds to the flavor and bring to a boil. Add a pinch of salt to the water or stock if it does not have salt in it already.
- Add a piece of ginger or garlic as well to the water for additional flavor.
- Add the vegetable or potato in and cook until ready.
- For potatoes cut into small cubes for faster cooking. Takes about 15 minutes to cook so start right at the beginning.
- For Broccoli depending on how crisp or soft you want it cook for 5-10 minutes.
- For Chinese baby bok choy or kale you need only 5 minutes so cook these towards the end.



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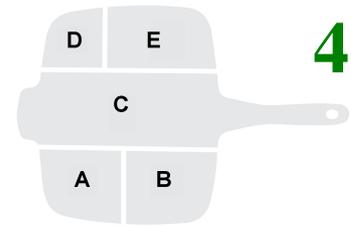
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GRILLED CHICKEN PESTO with Linguine, Bell Peppers, Mushrooms and Pesto Sauce



INGREDIENTS – serves 2

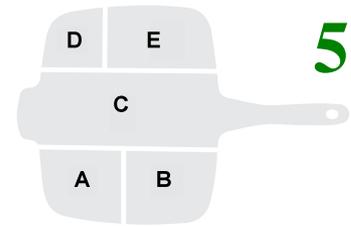
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| a. 8 oz chicken breast, boneless and skinless | e. 2 tbs olive oil |
| b. 4 oz sliced mushrooms (white, brown or portabella) | f. 2 tbs crushed garlic |
| c. 8 oz sliced bell peppers (red and yellow mixed) | g. ½ tbs each salt, black pepper and chili flakes |
| d. 8 oz linguine or any other pasta you like | h. 1/3 cup basil leaves, rolled and cut |
| | i. 1/3 cup Pesto Sauce (see page 8 for recipe) |

DIRECTIONS – prep time 30 minutes, cook time 15 minutes

- Season chicken with pinch of salt and pepper. Additional seasoning after you start grilling as well.
- Start off by preparing the pasta. See page 2 for detailed instructions.
- After pasta is 5 minutes into cooking add 1 tbs of the olive oil each into section C and E. Spread oil evenly.
- Pan should be on medium to medium high heat now.
- Place chicken in section C lower part, mushrooms in section C upper part and bell peppers in section E as shown above.
- Add 1 tbs of the garlic over the chicken and ½ tbs each over the mushrooms and bell peppers.
- Season chicken, mushrooms, and peppers with the salt, pepper, and chili flakes.
- Reduce heat to medium now to allow chicken to cook thoroughly.
- Cook for 5 minutes and turn chicken breast over to cook other side.
- Keep stirring both the mushrooms and bell peppers until ready.
- Now place the ½ cup pesto sauce into section D as this only needs 5 minutes to heat up.
- Once pasta is ready remove and place in serving dish. Top with ½ the heated pesto and basil leaves and mix.
- Once chicken is done (approx 5 minutes each side), remove and serve with the pasta, bell peppers and mushrooms. Serve with the balance of the pesto sauce.

GRILLED STEAK TACOS

with warm tomato salsa and chipotle harrisa

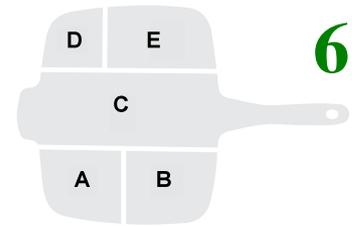


INGREDIENTS – serves 2

- a. 12 oz steak (sirloin, flank, or fillet) $\frac{3}{4}$ " thick.
- b. 6 small tortillas
- c. 4 oz (2 cups shredded lettuce or mixed green salad).
- d. 2 tbs canola oil
- e. 2 tbs lemon juice
- f. 2 tbs balsamic vinegar
- g. 8 oz sliced bell peppers (red and yellow mixed)
- h. 2 tbs extra virgin olive oil
- i. $\frac{1}{2}$ cup coriander for garnishing tacos
- j. $\frac{1}{4}$ cup chipotle harrisa for spreading over tacos
- k. $\frac{1}{4}$ cup corn chips crushed roughly for garnish
- l. $\frac{1}{4}$ onion and $\frac{1}{2}$ tomato diced finely
- m. 1 tbs each salt, pepper and chili flakes
- n. $\frac{1}{2}$ cup pickled cucumber for garnish
- o. $\frac{1}{2}$ cup mint and yogurt dressing

DIRECTIONS – prep time 30 minutes, cook time 15 minutes

1. Season steak with 1 tbs canola oil, 1 tbs lemon juice, $\frac{1}{2}$ tsp each salt, pepper and chili flakes or you can use 1 tbs of taco seasoning if you have that. You can season and marinate for upto 4 hours if you want but make sure it is at room temperature before grilling.
2. Prepare pickled cucumbers by dicing $\frac{1}{2}$ cup cucumber and mixing with 1 tbs of sugar and 1 tbs of white wine vinegar.
3. Prepare onion salsa by dicing the onion and tomato and seasoning with 1 tbs lemon juice and season with salt and pepper.
4. Prepare salad by mixing with balsamic vinegar and olive oil.
5. Prepare yogurt dressing by adding 2 tbs mint to $\frac{1}{2}$ cup yogurt and seasoning with salt.
6. Heat pan on medium to medium high heat for 2 minutes.
7. Put 1 tbs canola oil each into section C and E.
8. Place sliced bell peppers into section E and season with salt, pepper and the chili flakes.
9. Place tomato salsa into section D to heat.
10. Place steak onto section C and grill for 2 minutes on each side for Medium. 1 minute for medium rare or 3 minutes for medium well. As soon as steak is done remove and let rest for 2 minutes covered with foil.
11. Now start heating the tortillas in sections A and B. 15 seconds on each side. You just want to get them warm.
12. Once tortillas are all ready slice steak against the grain in thin $\frac{1}{4}$ " slices.
13. Smear the chipotle harrisa on each tortilla, add some shredded lettuce, then 2 strips of the bell pepper, then some of the pickled cucumber, then 4 slices of the steak, then top with the tomato salsa, and a drizzle of the yogurt dressing and garnished with the coriander and corn chips.



FISH AND SHRIMP YELLOW COCONUT CURRY

with brown rice, cumin potatoes and green beans

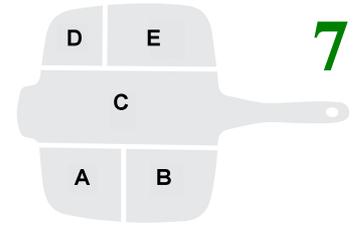


INGREDIENTS – serves 2

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| <ul style="list-style-type: none"> a. 9 oz any white boneless fish b. 3 oz shrimp or prawn (6-8 pcs) without head or shell c. 2 tbs olive or canola oil d. 2 tbs garlic and ginger paste. e. 1 tbs curry powder f. 2 tbs spice mix (ground cumin and coriander) g. 1/3 cup fresh coriander chopped h. 1/3 cup plain yogurt | <ul style="list-style-type: none"> i. 1/2 cup coconut milk j. 5 oz white onion chopped finely k. 6 oz cherry tomatoes cut into halves l. 1 cup rice (jasmine, basmati or brown, as you like) m. 8 oz potatoes, cut into small cubes n. 3 oz green beans, cut into 1" strips o. Salt and Pepper to taste |
|--|--|

DIRECTIONS – prep time 30 minutes, cook time 15 minutes

1. Heat pan on medium high heat for 2 minutes.
2. Start cooking rice. See page 2 for detailed instructions.
3. Reduce heat now to medium.
4. Add 1 tbs oil to section C and 1/2 tbs oil each to section D and E.
5. Place diced potatoes in section E and start cooking for 2 minutes. Add 1/2 tbs of the spice mix and salt and pepper to taste. Add 3 tbs of water for moisture.
6. Place onions into section C and sauté for 2 mins. Add 1 1/2 tbs garlic ginger, 1 tbs spice mix, 1 tbs curry powder and stir.
7. Now place beans into section D and add 1/2 tbs of the spice mix and garlic ginger and salt and pepper to taste.
8. Place the fish and shrimp into section C and stir slowly to coat with all the spices and onion mix. Add salt and pepper to taste.
9. Make sure you keep stirring the potatoes and the beans so they are being cooked evenly.
10. Add the yogurt and the coconut milk into section C and mix thoroughly and let simmer.
11. Once rice is ready (about 15-20 minutes) everything else should also be ready to serve at the same time.



KUNG PAO CHICKEN

With baby bok choy and mushrooms

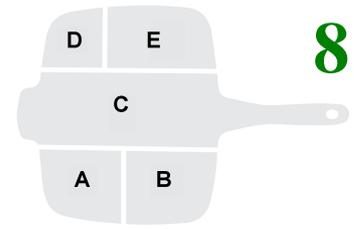


INGREDIENTS – serves 2

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| <ul style="list-style-type: none"> a. 8 oz chicken breast, cut into cubes b. 2 tbs olive or vegetable oil c. 1 tbs fish sauce d. 2 tbs chili paste e. 3 tbs crushed peanuts f. 1 tbs coriander g. 2 sprigs spring onions, chopped finely h. 1 tbs Chinese black vinegar i. 2 tbs oyster sauce j. 2 tbs soya sauce k. 1 tbs cooking wine | <ul style="list-style-type: none"> l. 1 tbs hoisen sauce or 2 tbs brown sugar m. 6 oz mushrooms sliced n. 2 tbs garlic and ginger paste o. 1/3 cup onion chopped finely p. 6 oz baby bok choy q. 5 oz red bell peppers cut into squares r. 1 oz dry red chillis, soaked in water for 5 minutes s. 1 cup rice (jasmine, basmati or brown, as you like) t. ½ cup chicken stock |
|--|---|

DIRECTIONS – prep time 30 minutes, cook time 15 minutes

1. Marinade chicken cubes in 1 tbs each the oyster sauce, soya sauce and cooking wine for atleast 15 minutes
2. Prepare sauce mixture with balance fish sauce, chili paste, coriander, spring onions, vinegar, oyster sauce, soya sauce, garlic ginger paste, and hoisen sauce.
3. Heat pan on medium high heat for 2 minutes.
4. Start cooking rice. See page 2 for detailed instructions.
5. Reduce heat to medium.
6. Add 1 ½ tbs oil into section C and balance ½ tbs oil into section D.
7. Add onions into section C and fry for 2 minutes after which add dry chili.
8. Place chicken cubes into section C and sauté for 5 minutes.
9. Add chicken stock into section E and bring to a boil.
10. Add bell peppers into section C and mushrooms into section D and stir.
11. Season mushrooms with salt and pepper.
12. Add the baby bok choy into section E and let cook in the chicken stock.
13. Add sauce mixture now into section C and mix so all the chicken and bell peppers are coated evenly.
14. As soon as rice is done check chicken by cutting one piece in half as should be cooked now if not cook for a few more minutes. Once ready turn heat off and top with peanuts and serve.



GRILLED TERRIYAKI SALMON

With soba noodles, baby bok choy and pickled cucumbers

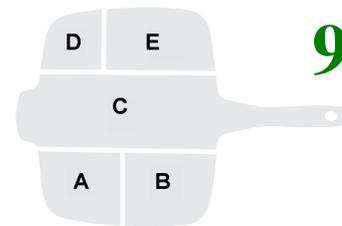


INGREDIENTS – serves 2

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| <ul style="list-style-type: none"> a. 2 pcs 6 oz each salmon fillets b. 1 tbs olive oil c. 1 tbs sesame oil d. 1 tbs sesame seeds e. 1 tbs garlic minced f. 3 tbs teriyaki sauce g. 1 spring onion chopped h. 4 tbs Japanese sesame dressing (see page 8 for recipe or available in any oriental store) | <ul style="list-style-type: none"> i. 1/2 cup pickled cucumber j. 4 oz Japanese soba noodles (can substitute any oriental noodles) k. 6 oz baby bok choy l. Salt and pepper to taste m. 1 cup chicken or vegetable stock for boiling bok choy |
|---|--|

DIRECTIONS – prep time 30 minutes, cook time 15 minutes

1. Marinade salmon fillets with 1 tbs sesame oil, and salt, pepper to taste
2. Prepare pickled cucumbers by dicing 1/2 cup cucumber and mixing with 1 tbs of sugar and 1 tbs of white wine vinegar and let marinate for 15 minutes.
3. When ready to start cooking heat pan on medium high heat for 2 minutes. Once pan is hot start cooking.
4. Start cooking noodles. See page 3 for detailed instructions.
5. Add 1 tbs olive oil in section C and spread evenly.
6. Add minced garlic and sauté for 10 seconds.
7. Add the salmon fillets in section C skin side down and sear for 2 minutes.
8. Start cooking baby bok choy in section A and B. See page 3 for detailed instructions on boiling vegetables. Will take 5 minutes to cook.
9. Turn salmon fillets over and pour the teriyaki sauce over the top and cook for another 3 minutes.
10. Place pickled cucumber into section D to now warm for 3 minutes.
11. Once noodles are ready divide into 2 portions and pour 2 tbs of sesame dressing over each portion.
12. Remove bok choy and divide into 2 portions and place next to noodles.
13. Remove Salmon and place 1 fillet on top of each portion of noodle and drizzle with warm pickled cucumber and then top with spring onions and sesame seeds.



SAUCES AND MISC. - use pre-made sauces from a store or make your own home made fresh ones!

FRESH BASIL PESTO

INGREDIENTS – makes 1 cup. Can be stored in fridge for up to 7 days in an air tight container.

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| a. 2 cups fresh basil leaves, packed (can sub half the basil leaves with baby spinach) | c. 1/2 cup extra virgin olive oil |
| b. 1/2 cup freshly grated Romano or Parmesan-Reggiano cheese (about 2 ounces) | d. 1/3 cup pine nuts (can sub chopped walnuts) |
| | e. 3 garlic cloves, minced (about 3 teaspoons) |
| | f. Salt and freshly ground black pepper to taste |

DIRECTIONS

1. Place the basil leaves and pine nuts into the bowl of a food processor and pulse a several times.
2. Add the garlic and Parmesan or Romano cheese and pulse several times more.
3. Scrape down the sides of the food processor with a rubber spatula.
4. While the food processor is running, slowly add the olive oil in a steady small stream. Adding the olive oil slowly, while the processor is running, will help it emulsify and help keep the olive oil from separating.
5. Occasionally stop to scrape down the sides of the food processor.
6. Stir in some salt and freshly ground black pepper to taste.

CHIPOTLE HARRISA

INGREDIENTS – makes 1 cup.

Can be stored in fridge for up to 30 days in an air tight container. Cover top layer with enough olive oil if storing.

- | | |
|---------------------------------|-----------------------------|
| a. 16 dried chipotle chillis | e. 2 tbs cumin |
| b. 6 cloves garlic | f. 1 tbs brown sugar |
| c. 4 tbs extra virgin olive oil | g. 1/2 tbs salt |
| d. 2 tbs coriander | h. 1 tbs white wine vinegar |

DIRECTIONS

1. Soak the chipotles in hot water for 20 minutes. Carefully remove the stems, seeds, and inner membranes.
2. Place all the ingredients in a mini blender, spice grinder or food processor and puree until a smooth paste is formed.
3. You can adjust seasoning to taste by increasing salt, sugar or vinegar for tartness.

JAPANESE SESAME DRESSING

INGREDIENTS – makes 1 cup. Cut portions to make less.

Can be stored in fridge for up to 7 days in an air tight container. Cover top layer with enough olive oil if storing.

- | | |
|--|--------------------------------|
| a. 1/2 cup extra-virgin olive oil. | e. 2 tbs honey or brown sugar. |
| b. 1/4 cup balsamic vinegar or white wine vinegar. | f. 2 tbs grated ginger. |
| c. 2 tbs low-sodium soy sauce. | g. 1 tsp sesame oil. |
| d. 2 cloves garlic, made into a paste. | h. 1 tbs toasted sesame seeds |

DIRECTIONS

1. Place all the ingredients into a bowl and whisk until all the ingredients are mixed evenly.