

FlavorStone®

QUICK & EASY RECIPES
BY HERB MESA



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INGREDIENTS:

- 2 cups (500 ml) whipping cream
- 1 cup (200g) sugar
- 1/4 cup (60g) unsalted butter

PREPARATION:

1. Over medium-high heat, bring cream, brown sugar and butter to boil in sauce pan, stirring frequently.
2. Reduce heat to low and simmer for about 15 minutes, until sauce thickens, stirring occasionally.

INGREDIENTS:

- 1 cup (150g) sliced strawberries (raspberries, peaches or bananas)
- 1 1/2 cup (360ml) whipped cream
- 4 eggs
- 1/2 cup (60g) whole wheat flour
- 1/2 cup (60g) regular flour
- 1/2 cup (120ml) milk
- 1/2 cup (120ml) water
- 1/2 teaspoon salt
- 2 tablespoons (30ml) melted butter

PREPARATION:

1. Mix all ingredients in a large bowl.
2. Cover the mixture and let it sit for 1 hour.
3. Heat sauté pan on low heat. Measure about 1/4 cup (60ml) batter into the pan and tilt pan to spread batter.
4. Once crepe has lots of small bubbles, loosen any edges with spatula and flip crepe over. This side will cook quickly.
5. Once done, slide crepe from pan to plate and repeat until all of the batter is used up.
6. Fill crepes with whipped cream and fruit.
7. Top with caramel sauce and chocolate sauce.
8. Garnish with mint.

INGREDIENTS:

- 1 cup (200g) raw sugar
- 2/3 cup (70g) unsweetened cocoa powder
- 1 1/2 cups (360 ml) low fat milk
- 2oz (60g) dark chocolate (can use semi sweet)
- 1 1/2 teaspoons (7.5 ml) vanilla extract

PREPARATION:

1. Whisk sugar and cocoa powder in sauce pan.
2. Gradually whisk in milk until a smooth paste forms.
3. Bring to a simmer, whisking constantly.
4. Reduce heat to low and simmer, whisking constantly, for 4 minutes.
5. Add chopped chocolate and stir until melted.
6. Remove from heat and stir in vanilla extract.
7. Let cool slightly. Serve warm.

NOTE: If you make this sauce ahead of time, just cover it and refrigerate. It can be refrigerated for up to 4 days.

BREAKFAST



INGREDIENTS:

1/2lb (227g) pound turkey bacon cut into 1/4 inch (or 1/2cm) strips
 2 medium onions, chopped
 2 small jalapeno peppers, seeded and roughly chopped
 1 large red bell pepper, julienned
 2lbs (or 1kg) sweet potato, peeled and shredded
 1 teaspoon (5g) Italian parsley and thyme, chopped

PREPARATION:

1. Cook bacon over medium heat until crisp.
2. Transfer to paper towels, reserving fat in the sauté pan.
3. Add onions, bell pepper, 1/2 teaspoon (2.5g) of salt, and 1/2 teaspoon (2.5g) of pepper to sauté pan and cook, stirring occasionally, until vegetables are softened.
4. Stir in sweet potatoes and cook for 10 to 14 minutes, covered, stirring occasionally, until potatoes are tender and starting to brown.
5. Stir in thyme, parsley, bacon, and salt and pepper to taste.

INGREDIENTS:

6 eggs
 1/3 cup (80ml) milk
 1 teaspoon (5g) dried basil
 1 teaspoon (5g) onion powder
 1 cup (150g) cherry tomatoes
 1 cup (150g) diced peppers
 1/2 onion, diced
 2 green onions, chopped
 1/2 cup (45g) grated cheese (optional)
 Salt and pepper to taste

PREPARATION:

1. Cook onions and peppers in sauté pan until soft (about 5 minutes).
2. Add all other ingredients, cover, and cook on medium heat for approximately 15 minutes.

DESSERT

INGREDIENTS:

1 1/2 cups (300g) of medium shrimp shelled and deveined
 3 cloves garlic minced or sliced
 1/2 cup (75g) carrots, julienned
 1 1/2 cups (225g) peppers, julienned
 2 medium shallots, sliced
 1/4 cup (40g) fresh basil or flat leaf parsley, chopped
 1 tablespoon (15ml) olive oil
 Soy sauce to taste
 1lb (450g) cooked pasta

PREPARATION:

1. Heat deluxe deep pan to medium heat.
2. Add shrimp, carrots, peppers, garlic, shallots, salt and pepper to taste.
3. Cook for 8 minutes, and then add soy sauce.
4. Garnish with basil or parsley.
5. Serve with angel hair pasta.

INGREDIENTS:

1/2 cup (45g) quick cooking oats
 1/2 cup (55g) whole wheat flour
 1 teaspoon (5g) cinnamon
 1 teaspoon (5ml) vanilla extract
 1 tablespoon (15g) cane sugar
 1 teaspoon (5g) baking powder
 1/2 teaspoon (2.5g) salt
 1/2 cup (120g) plain yogurt
 1/2 cup (120g) cottage cheese
 4 egg whites

PREPARATION:

1. Place all ingredients in a large bowl and mix well. This mixture can also be blended for a smoother consistency.
2. Cook in sauté pan on medium-high heat using a 1/4 cup (60ml) of mixture for each pancake.

LUNCH



CHICKEN FRICASSEE

INGREDIENTS:

- 2 tablespoons (30ml) Olive Oil
- 1 medium onion, sliced
- 1 green pepper, sliced
- 2 teaspoons (10ml) minced garlic or 4 cloves of garlic, minced
- 1 1/2 teaspoons (7.5g) cumin
- 1 1/2 teaspoons (7.5g) paprika
- 1 teaspoon (5g) dried oregano
- 2 sprigs of fresh cilantro, chopped
- 3 lbs (1.36kg) chicken thighs
- 1/2 cup (120 ml) tomato sauce
- 1 bay leaf
- 1 tablespoon (15ml) white wine vinegar
- 2 medium potatoes, peeled and cut in 1/2 inch (or 1 cm) cubes

PREPARATION:

1. Heat oil in deluxe deep pan over medium heat. Then add the chicken.
2. Brown the chicken over medium heat for 2 minutes per side.
3. Add the cumin, paprika, onion, pepper, garlic, oregano, and cilantro.
4. Reduce heat to medium-low and cook for 10 minutes, stirring occasionally.
5. Stir in tomato sauce, bay leaf, vinegar, and potatoes with water to equal 2 1/2 cups (500ml).
6. Add the mixture to the chicken in the deluxe deep pan and mix well.
7. Bring to a boil, cover and reduce heat to low.
8. Cook for 20 minutes until chicken is tender. Stir occasionally.
9. Cook uncovered for 5 minutes or until sauce reaches desired consistency.

SALMON & HEIRLOOM TOMATOES

INGREDIENTS:

- 2 salmon filets (6-8oz, 170-225g each)
- 1 cup (150g) tri colour tomatoes, cut in halves
- 1 medium purple onion sliced
- 1 tablespoon (15ml) olive oil
- 2 tablespoons (30ml) balsamic vinegar
- 3 tablespoons (45g) basil, chopped
- Salt and pepper to taste

PREPARATION:

1. Coat the salmon fillets with 1 tablespoon of olive oil, and salt and pepper.
2. Heat sauté pan to medium heat and cook fish for 3 minutes per side.
3. Add tomatoes, onions, vinegar, salt and pepper.
4. Cook for another 4 minutes and garnish with basil.

DINNER



SEARED SEA BASS WITH FENNEL & LEEKS CREAM SAUCE

INGREDIENTS:

- 2lbs (or 1kg) sea bass
- 2 cups (300g) fennel, chopped
- 2 cups (300g) leeks, chopped
- 1/4 cup (27g) flour
- 1/2 cup (120ml) skim milk
- 1/4 cup (60ml) white wine
- 1 teaspoon (5g) butter

PREPARATION:

1. Coat sea bass with a little olive oil and salt and pepper and cook on medium-high heat, 3 minutes per side.
2. Once done, remove it and set aside.
3. On medium heat add white wine, fennel and leeks and cook for 3 minutes.
4. Mix flour, milk and butter. Add the mixture to the fennel and leeks and cook for 2 minutes.
5. Add fish and cook everything for another 3 minutes.

NOTE: This meal normally requires a lot of butter and cream, but there is no need for that with FlavorStone® cookware.

BEEF STIR FRY WITH PEANUT SAUCE

INGREDIENTS:

- 3/4 cup (180ml) water
- 2 tablespoons plus 1-1 1/2 teaspoons (35-38g) chunky peanut butter
- 4 tablespoons (60ml) reduced-sodium soy sauce, divided
- 1-1 1/2lbs (450-680g) beef top sirloin steak, thinly sliced
- 1/4 teaspoon (1.25g) pepper
- 1 each medium green, sweet red and yellow pepper, julienned
- 1 can (8oz, 240ml) bamboo shoots, drained
- 1/2 cup (75g) julienned carrot
- 1/2 teaspoon crushed red pepper flakes
- 1-1 1/2 teaspoons (5-7.5g) minced garlic
- 1-1 1/2 teaspoons (5-7.5g) minced ginger

PREPARATION:

1. Mix together peanut butter and 3 tablespoons (45ml) of soy sauce and set the mixture aside.
2. In the deluxe deep pan stir-fry the beef, pepper and remaining soy sauce in water until meat starts to brown.
3. Add the peppers, bamboo shoots, carrot and pepper flakes.
4. Stir-fry for 2-3 minutes or until tender.
5. Add garlic and ginger and cook for 1 minute longer.
6. Add peanut butter mixture to the pan.
7. Cook and stir for 1 minute or until thickened.
8. Serve with rice.

INGREDIENTS:

Olive oil or vegetable oil cooking spray
 2/3 cup (100g) panko (Japanese style breadcrumbs)
 1/4 cup (22g) Parmesan cheese, grated
 2 tablespoons (30g) chopped grated fresh parsley (optional)
 1/4 teaspoon (1.25g) ground black pepper
 2 egg whites
 1lb (450g) chicken tenders

PREPARATION:

1. In a shallow bowl, stir together breadcrumbs, Parmesan cheese, parsley (if using), and pepper.
2. In another shallow bowl, whisk together mustard and egg whites until frothy and opaque.
3. Dip each chicken tender in egg white mixture, then in breadcrumb mixture to coat all sides.
4. Cook on medium heat, about 7 minutes per side, until breadcrumb coating is golden brown and crisp and chicken is no longer pink at the center.
5. Serve immediately.

INGREDIENTS:

1 white onion chopped
 2 cloves garlic chopped
 2 tablespoons (30g) ground ginger
 4 teaspoons (20g) curry powder
 1lb (450g) skinless boneless chicken breasts cubed
 1 small head broccoli, chopped
 1 red pepper, julienned
 2 medium carrots, julienned
 1 cup (150g) snow peas
 2 1/2 tablespoons (38g) yellow curry powder
 1 can (14oz or 400ml) unsweetened coconut milk
 1/3 cup (80ml) chicken stock
 Cilantro, chopped

PREPARATION:

1. Heat oil in casserole pan over medium heat. Then add the chicken.
2. Brown the chicken over medium heat for 2 minutes per side.
3. Add onion, curry powder garlic, ginger, chicken stock and coconut milk.
4. Reduce heat to medium-low and cook for 10 minutes, stirring occasionally.
5. Add the rest of ingredients and cook for 10 minutes until chicken is tender. Stir occasionally.
6. Cook uncovered for 5 minutes or until sauce reaches desired consistency.
7. Add fresh cilantro.

MEATBALL INGREDIENTS:

1/2 cup (75g) breadcrumbs
 1/2 cup (75g) finely chopped onion
 1/3 cup (50g) chopped fresh basil
 1/4 cup (40g) chopped fresh parsley
 2 tablespoons (30ml) egg substitute
 1/2 teaspoon (2.5g) freshly ground black pepper
 1/4 teaspoon (1.25g) salt
 2 garlic cloves, minced
 1 large egg
 1lb (450g) ground sirloin

REMAINING INGREDIENTS:

1 jar pasta sauce (22oz, 650ml)
 1/2 cup chopped fresh parsley
 1/3 cup chopped fresh basil
 1lb (450g) hot cooked spaghetti
 1/2 cup (2oz, 60ml) grated fresh Parmesan cheese
 Fresh parsley sprigs (optional)

PREPARATION:

1. Combine all meatball ingredients listed above in a bowl.
2. Mix well and with wet hands, shape mixture into meatballs.
3. Brown meatballs over medium heat for around 5 minutes, turning them so that all sides are browned.
4. Add pasta sauce and serve over spaghetti.
5. Sprinkle with cheese and garnish with parsley sprigs, if desired.

