Chef Connie Willis

9Minute Marinator™
Marinated & Cooked in 30 Minutes or Less

Instructional Manual & Recipe Guide

Distributed by:
Thane Direct Canada, Inc., Toronto, ON
Thane International, Inc., La Quinta CA 92253
Thane Direct UK Ltd., Admail ADM3966
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Important Safety Instructions

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions before using the appliance and keep for future reference.
2. Close supervision is necessary when any appliance is used by or near children.
3. To protect against risk of electrical shock do not put motor base in water or other liquid.
4. Never force the plug into an outlet. Check that the main voltage corresponds to the voltage indicated on the rating label, see specifications below:
   - ETL/cETL = UL/cUL 120V 60Hz 10W
   - TUV/UK 230V 50HZ 7W
5. Never disconnect the unit from the electrical outlet by pulling the cord. Always grasp the plug and pull to disconnect.
6. Unplug from outlet when not in use and before cleaning.
7. Avoid contacting moving parts.
8. Do not operate any appliance with a damaged core or plug or after the appliance malfunctions, or is dropped or damaged in any manner.
9. Do not allow the unit to touch any hot surfaces.
10. The 9-Minute Marinator is designed for household use only. Do not use outdoors.
11. Use this appliance for its intended use as described in this brochure. Do not use any other accessories or attachments not recommended by the manufacturer. They may result in fire, electrical shock, or injury.

Food Safety

Keep perishable foods in the refrigerator or freezer. Also refrigerate or freeze leftovers immediately.

- Thaw meat, fish or poultry in the refrigerator, never on the kitchen counter or in warm water. For quick thawing, use a microwave oven according to manufacturer's directions and then cook defrosted food immediately.
- Keep everything that touches food clean, such as hands, utensils, bowls and countertops.
- Keep juices from raw meat, poultry and fish from coming into contact with other foods, cooked or raw. Always wash contact surfaces and utensils with hot, soapy water immediately after preparing these products.
- Never eat raw seafood, meat, poultry or eggs.
- Do not use marinade as a sauce for cooked food without first boiling it for at least one minute.
- Cook meats thoroughly, to a uniform internal temperature as follows:

<table>
<thead>
<tr>
<th>Food</th>
<th>Temperature</th>
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<tbody>
<tr>
<td>ground meats</td>
<td>106 °F (71 °C)</td>
</tr>
<tr>
<td>ground poultry</td>
<td>165 °F (74 °C)</td>
</tr>
<tr>
<td>roasts, medium rare</td>
<td>145 °F (63 °C)</td>
</tr>
<tr>
<td>roasts, medium</td>
<td>160 °F (71 °C)</td>
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<tr>
<td>roasts, well done</td>
<td>170 °F (77 °C)</td>
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<tr>
<td>poultry</td>
<td>170 °F (77 °C)</td>
</tr>
<tr>
<td>pork</td>
<td>160 °F (71 °C)</td>
</tr>
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</table>
Welcome

Congratulations on your purchase of the 9 Minute Marinator.

The 9 Minute Marinator will help you infuse flavor to all your meats, fish, poultry and vegetable in 9 minutes or less.

Here’s how it works. Air is extracted from the canister and a vacuum is created using the pump. The vacuum causes the food fibers to stretch and open up, allowing the marinade to penetrate to the core.

Place the foods you want to marinate in the 9 Minute Marinator canister and add your favorite marinade. This could be any spices, rubs, olive oil, seasonings, salad dressings, fresh juices or your favorite bottle of marinade.

When the air is expelled from the canister the food fibers close back down trapping the marinade inside the food. The result, tastier more flavorful food.

Parts List

1. Pump
2. Rubber Stopper
3. Removable Tenderizing Plate
4. Canister
5. Pull Ring Mechanism
6. Support of Valve
7. Canister Lid
8. Valve Gasket
9. Drive Wheel
10. Control Panel
11. LED Light
12. Power Base
13. Power Cord
14. Power Switch
Operating Instructions

Before using the 9 Minute Marinator for the first time, wash it according to the cleaning instructions on page 6.

**FOLLOW THESE STEPS**

1. Stand the canister (4) upright and add the food you want to marinate to the canister (4) along with your favorite marinade. (Please refer to recipe guide.)
   
   **DO NOT** place more than 5 lbs of food in the canister (4).
2. Place canister lid (7) on top of canister (4). Make sure valve gasket (8) is secured.
3. Place pump (1) over pull ring mechanism (5) and push down firmly.
   
   Pump at least 12 times.
   
   You will know now a vacuum is created when you encounter moderate resistance in the pump (1) and the canister lid (7) cannot be lifted from the canister (4).
4. Place the power base (12) on a flat, dry surface and plug the power cord (13) into a standard electrical unit and turn on the power switch (14) ‘ON’ on the pack of the power base (12). The LED light (11) should turn RED.
5. Make sure the outside of the canister (4) is clean and dry and free of grease and any remaining marinade juices.
6. Place canister (4) on the drive wheel (9). It should fit firmly on the base.
7. Press the ‘ON’ button on the control panel (7). The motor will begin to rotate the canister (4) and automatically stop in 9 minutes.
8. Some foods do not require a 9 minute cycle such as, fish and other delicate foods.
   
   Press the ‘OFF’ button on the control panel (10) to stop the 9 Minute Marinator before cycle ends.
9. Remove canister (4) from drive wheel (9) and place in upright position.
10. Release the air from the canister by lifting the pull ring mechanism (5). DO NOT pull to hard on this. You should hear the air being expelled. Once the air is expelled you should easily be able to remove the canister lid (7).
11. Your food is now fully marinated and ready to be cooked or served.
   
   (See recipe guide.)

**NOTE:** NUMBERS IN BRACKETS REFER TO PARTS – SEE PAGE 5 FOR PARTS LIST

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**Trouble Shooting**

1. What if canister stops rotating before the 9 minute cycle?
   
   If the canister stops rotating before 9 minute cycle, press the “OFF” button on the control panel and remove plug from outlet. Check the power base and canister are clean and dry. Wipe with damp cloth if necessary and allow drying.

2. What if canister does not rotate at all?
   
   If the canister does not rotate at all, perhaps there is too much food in the canister. Remove some food from the canister. The weight capacity must NOT exceed 5lbs.

3. What if the LED light does not turn red when you plug it in?
   
   Check power switch on the back of the power base is ON. Make sure electrical cord is plugged into an outlet. If doesn’t work try another outlet to make sure the fuse isn’t blown.
Cleaning and Maintenance

Clean the 9 Minute Marinator after each use according to the following instructions.

The Power Base

1. Unplug the power base before cleaning.
2. Wipe off the power base using a damp cloth
   DO NOT immerse the power base in water and DO NOT bring it into
   contact with water.

The Canister, lid, pump and valve gasket

1. Remove the valve gasket from the lid by pulling gently
2. Wash the lid, valve gasket and pump by hand using dishwashing soap.
3. Wash canister using dishwashing soap or place in the dishwasher

NOTE – MAKE SURE POWER BASE AND CANISTER IS COMPLETELY CLEAN
AS THIS WILL INTERRUPT THE ROTATION OF THE CANISTER.
USE MILD SOAP ONLY; ABRASIVE CLEANERS SHOULD NOT BE USED.

<table>
<thead>
<tr>
<th></th>
<th>Microwave Safe</th>
<th>Dishwasher Safe</th>
<th>Hand Wash Only</th>
<th>Damp Cloth Only</th>
<th>Refrigerator &amp; Freezer Safe</th>
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</thead>
<tbody>
<tr>
<td>Canister (4)</td>
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<td>3</td>
<td>3</td>
<td>3</td>
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<tr>
<td>Canister Lid (7)</td>
<td>3</td>
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<td>3</td>
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</tr>
<tr>
<td>Pump (1)</td>
<td>3</td>
<td>3</td>
<td></td>
<td>3</td>
<td></td>
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<tr>
<td>Valve Gasket (8)</td>
<td>3</td>
<td>3</td>
<td></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Power Base (12)</td>
<td></td>
<td>3</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

NOTE: NUMBERS IN BRACKETS REFER TO PARTS – SEE PAGE 5 FOR PARTS LIST

Marinated & Cooked in
30 Minutes or Less

RECIPE GUIDE

Chef Connie Willis

GENERAL NOTE
Add any store bought marinades/homemade marinades,
barbeque sauces, rubs, seasonings, salad dressings, etc and
place inside the 9 Minute Marinator with meats, fish, poultry,
pork, etc to instantly infuse with flavors.

When marinating fish or delicate foods always remove
tenderizing plate first.

Serving size for all recipes 4-6 people.
Oriental Chicken
4-6 boneless chicken breasts 4oz. each
1/4 cup soy sauce
“1 lime, juiced”
1 tablespoon raw ginger
1/4 cup sesame oil
Salt and pepper to taste
Place all ingredients in food canister. Push “ON.” When 9 minute cycle stops, remove chicken from food canister. Grill chicken over preheated grill for 8-10 minutes per side. Serve immediately.

Pasta Salad
1 - 16 oz. box pasta (cook as directed)
11 oz. can of chickpeas
1 large carrot chopped
1/2 of a red bell pepper cut in small cubes
1/2 of a yellow bell pepper cut in small cubes
1 bottle of Italian salad dressing
Salt and pepper to taste
Place all ingredients in food canister. Push “ON.” When 9 minute cycle is stops, serve immediately or store in refrigerator covered with vacuum seal lid until ready to serve.

Note: You can add any ingredients of your choice such as: sun dried tomatoes, mozzarella squares, scallions, etc.

Balsamic Salmon
6 (5 ounce) salmon fillets with skin removed
1/3 cup balsamic vinegar
1/4 cup of sesame oil
4 cloves garlic minced
1 teaspoons honey
4 teaspoons Dijon mustard
Salt and pepper to taste
Remove tenderizing plate from inside canister. Place all ingredients in food canister. Push “ON.” Remove salmon after a few minutes. Place marinated salmon over hot coals or on a well-oiled grill. Cook 3-5 minutes per side or until done to your taste.

Teriyaki Steak
4 - 6 steaks 1 inch thick (any cut you desire)
1/4 cup of Worcestershire sauce
1 tablespoon olive oil
3 tablespoons light brown sugar
1 clove garlic, peeled and minced
1/2 teaspoon ground black pepper
Place all ingredients in food canister. Push “ON”. When 9 minute cycle is finished remove steak from food canister. Grill on hot grill or in pre-heated broiler in oven for about 3 minutes per side or until done to your taste.
**Pork Dijon**

1 1/2 pounds pork tenderloin  
2 teaspoons Dijon or other mustard  
1 tablespoon extra virgin olive oil  
3 cloves garlic, minced  
Fresh ground pepper to taste  
1 cup maple syrup  

Place all ingredients in food canister. Push “ON.” When 9 minute cycle is done remove pork from food canister. Roast in preheated oven at 350 degrees in a shallow pan, uncovered for 25 –30 minutes or until internal temperature reaches 170 degrees. Serve immediately.

**Caprese Salad**

10 oz of fresh mozzarella cheese, cut in 1 inch cubes  
1 container cherry tomatoes  
8 leaves fresh chopped basil  
1/4 cup balsamic vinegar  
1/4 cup extra virgin olive oil  
4 cloves fresh garlic, crushed  
Salt and freshly ground pepper to taste  

Remove tenderizing plate and place all ingredients in food canister. Push “ON.” When 9 minute cycle is finished, serve immediately or store in refrigerator covered with vacuum seal lid until ready to serve.

**Herbed Chicken**

4-6 chicken breast halves (bone in or bone out)  
1 package of dry salad dressing mix (any flavor)  

Add vinegar, olive oil and water as directed on package. Place all ingredients in the food canister and push “ON”. When cycle is done remove chicken from food canister and cook as desired.

**Grilled Vegetables**

Use favorite fresh vegetables such as zucchini, eggplant, mushrooms, peppers, corn on the cob. Keep corn and small vegetables like mushrooms whole. Slice larger vegetables like eggplant and zucchini into thick pieces.  

2 lbs fresh vegetables prepared as above  
1/4 cup red wine vinegar  
2 tablespoons balsamic vinegar  
1/4 cup extra virgin olive oil  
2 lemons, juiced  
8 leaves fresh chopped parsley  
3-4 leaves fresh chopped oregano  
salt and freshly ground pepper to taste  

Place all ingredients into food canister push “ON.” When 9 minute cycle is done remove vegetables from food canister and cook as desired.

**Barbecue Rub for Meat**

Flank steak, spareribs, baby back ribs, pork shoulder, beef brisket or London broil;  
For 4-5 lbs of meat:  
1/2 cup firmly packed dark brown sugar  
2 tablespoons coarse-grain salt  
1/4 cup course ground black peppercorns  
1/4 cup hot paprika powder  
1 tablespoon onion powder  
2 tablespoons garlic powder  
1 to 2 teaspoons ground cayenne pepper (optional)  
2 tablespoons of Olive Oil  

Place all ingredients into food canister, stir with a spoon and add meat push “ON.” When 9 minute cycle is done remove meat from food canister and cook as desired.
Macerated Strawberries
Use on top of cakes, ice cream, and whip cream or by itself.
1 quart sliced strawberries
2 tablespoons granulated sugar (or more to taste)
3 tablespoons orange juice
2 teaspoons grated orange rind

Place all ingredients in the food canister and push “ON”. Use one or two
9 minute cycles according to your taste, for a stronger flavor use a two
cycles. CONTD 10 - Serve immediately or store in refrigerator covered
with vacuum seal lid until ready to serve.

Note: You may add 1/4 cup Champagne, white or red wine (in place
of orange juice) or 3 tablespoons of your favorite liquor along with the
orange juice to the food canister.

Ceviche
Use very fresh (sushi-grade) white-fleshed ocean fish, such as grouper,
wahoo, sea bass, shrimp or red snapper.

1-2 lbs of fish cut into 1/4 inch pieces
1/2 cup fresh lime juice
2 tablespoons finely diced yellow bell pepper
2 tablespoons finely diced red bell pepper
1 1/2 tablespoons minced red onion
2 tablespoons chopped fresh cilantro leaves
1 tablespoon good quality extra-virgin olive oil
1/2 teaspoon kosher salt

Remove tenderizing plate and place all ingredients in the food
canister and push “ON”. Use one 9 minute cycle or less according
to the thickness of the fish. Place in refrigerator covered with vacuum
seal lid until well chilled.

Indian style Yogurt Marinade
This Indian-style marinade is great for fish or chicken.
Choose one of the following:
4 –6 Salmon filets about 6oz. each
4 chicken breast halves, legs or thighs (bone in or out)
6-8 chicken kabobs on bamboo skewers

For the marinade:
1 tablespoon peeled grated fresh ginger
2 tablespoons plain yogurt
2 1/2- 3 tablespoon of olive oil
2 cloves garlic, chopped
1 1/2 teaspoons red curry powder or gram marsala
Salt and pepper to taste

Note: add a pinch of cayenne pepper if you like a spicier flavor. For fish
remove the tenderizing plate and reduce the cycle time – you will only
need a few minutes.

Place all ingredients for marinade in food canister, stir with a spoon just to
make sure all ingredients are incorporated. Add fish or chicken to food
canister and push “ON.” When 9 minute cycle (less for fish) is done,
remove fish or chicken from food canister and cook over hot coals or on a
well-oiled grill.
Marinated Feta Cheese (Greek)
16oz. Greek feta cheese, cut into 1 inch cubes
1 cup olive oil
2 teaspoons fresh ground black pepper
1/2 teaspoon dried Greek oregano leaves
1 Bay leaf
2 Cloves garlic, minced
2 tablespoons fresh parsley, chopped
8 oz. pitted Greek kalamata olives

crusty bread or pita bread chips, to serve

Remove tenderizer plate from inside food canister. Place all ingredients except bread in food canister. Push “ON”.

Serve immediately or store in refrigerator covered with vacuum seal lid until ready to serve. Serve with crusty rustic bread or pita bread chips.

Provencal Salmon (Europe)
6 (6 ounces) pieces of Salmon fillet
1 cup olive oil
1/2 lemon, zested or grated
1 tbsp. minced fresh chives
1 tbsp. minced tarragon salt, pepper and cayenne pepper to taste

Remove tenderizer plate from inside food canister. Place all ingredients in food canister. Push “ON”.

Push “OFF” remove salmon after five minutes. Place marinated salmon over hot coals or on a well-oiled grill. Cook 3-5 minutes per side or until done to your taste.

GENERAL NOTE
Add any store bought marinades/homemade marinades, barbeque sauces, rubs, seasonings, salad dressings, etc and place inside the 9 Minute Marinator with meats, fish, poultry, pork, etc to instantly infuse with flavors.

When marinating fish or delicate foods always remove tenderizing plate first.

Serving size for all recipes 4-6 people.
Cucumber-Tomato Raita (India)
16 oz. plain yogurt
1/2 lb cucumber, grated and peeled
1 tbsp. mint leaves (minced)
2 Tomatoes cut in small pieces
1 tsp. green chili, minced
1 teaspoon ground cumin salt and pepper (to taste)
Remove tenderizer plate from inside food canister.
Place all ingredients except bread in food canister. Push “ON”.
Serve immediately or store in refrigerator covered with vacuum seal lid until ready to serve. Serve cold with spicy lamb, chicken or fish dishes.

Lamb Kebab Marinade (Middle East)
2 tablespoons lemon juice
1/2 cup olive oil
1 teaspoon garlic, minced
1/2 teaspoon cumin
1/4 teaspoon turmeric pinch of ground red pepper or cayenne (or more if desired, depending on how spicy you desire)
2 – 3 lbs of lamb cut into 2 inch cubes
Place all ingredients in food canister. Push “ON”.
Thread meat onto skewers and grill.

Carne Asada Marinade (Central America)
2- 4 lbs flank steak or skirt steak
1/4 cup lime juice
1/4 cup lemon juice
1/4 cup orange juice
1/4 cup fresh chopped cilantro leaves
1 teaspoon ground cumin
1 tablespoon honey
3 cloves of garlic minced
2 or more sliced jalapeno chilies
1 small onion sliced thinly
1/4 cup of olive oil salt & Pepper to taste
Insert tenderizer plate inside food canister.
Place all ingredients in food canister. Push “ON”.
Place marinated meat over hot coals or on a well-oiled grill. Cook 5 –8 minutes per side or until done to your taste.
Note: Slice steak very thin, serve with tortillas, salsa and guacamole.

Spicy Grilled Tuna, Cuban Style (Caribbean)
(6 ounces) 6-8 pcs of tuna fillet
3 large shallot, minced
2 tbsp. ground cumin
1 bunch cilantro, finely chopped
Remove tenderizer plate from inside food canister. Place all ingredients in food canister. Push “ON”. Push “OFF” remove tuna after five minutes.
Place marinated tuna over hot coals or on a well-oiled grill. Cook 3-5 minutes per side or until done to your taste.
French pickles (France)
2 tablespoons fine French herbs*
1 shallot, thinly sliced
1 bay leaf, crushed
2 small dried chili pepper cut into to fourths
1 tablespoon pickling salt
1/4 cup champagne or white wine vinegar
10 tri color peppercorns crushed
1 1/2 lbs of pickling cucumbers

Remove tenderizer plate from inside food canister. Place all ingredients in food canister. Push “ON”. Serve immediately or store in refrigerator covered with vacuum seal lid until ready to serve.

Note: French Herb mixture can be purchased in specialty markets. It is a mixture of any or all of these herbs: tarragon, chervil, sage leaves, thyme, rosemary, dried chives, dried orange rind and ground celery seed.

Churrasco with Chimichurri (South America)
1 lb. flank steak
1 cup cilantro leaves, chopped
1 cup flat-leaf parsley, chopped
6 cloves fresh garlic, peeled and chopped
1 cup extra-virgin olive oil
1/3 cup water salt & pepper to taste

Insert tenderizer plate inside food canister. Place all ingredients in food canister. Push “ON”. Place marinated meat over hot coals or on a well-oiled grill. Cook 5 –8 minutes per side or until done to your taste.

Beer Marinated Chicken (German)
1/2 cup oil
1 teaspoon German mustard
1 cup dark German beer
4 cloves garlic, minced
1 1/2 tsp salt
1 teaspoon black pepper
1 teaspoon minced fresh basil
1 teaspoon fresh thyme leaves
3 1/2 to 4 1/2 lbs chicken parts

Insert tenderizer plate inside food canister. Place all ingredients in food canister. Push “ON”. Place marinated meat over hot coals or on a well-oiled grill. Cook 15 minutes per side or until done to your taste.

Shrimp on the Barbi (Australia)
1/2 cup butter, melted
1/4 cup olive oil
1/4 cup minced parsley
1/4 cup minced thyme
1/4 minced cilantro
1/2 fresh lemon cut into small wedges
3 large garlic cloves, crushed
1 tablespoon minced shallot
Salt and pepper to taste
1 1/2 pounds large shrimp, peeled
Spinach leaves
Lemon slices

Remove tenderizer plate from inside food canister. Place all ingredients in food canister except spinach and lemon slices. Push “ON”.

Place marinated shrimp over hot coals or on a well-oiled grill. Cook 2-3 minutes per side or until done to your taste. Line platter with spinach. Arrange skewers on platter. Garnish with lemon and serve.
Cucumber-Zucchini Salad (Africa)

2 cucumbers, thinly sliced
2 zucchini, thinly sliced
1 small sweet onion, thinly sliced
1/3 cup vinegar
1/4 cup sugar
1/2 tablespoon salt
1 tsp. coarse black pepper
1 pinch red pepper flakes

Remove tenderizer plate from inside food canister. Place all ingredients in food canister. Push “ON”.
Serve immediately or store in refrigerator covered with vacuum seal lid until ready to serve.

Japanese Steak (Asia)

1 3/4 to 2 lb. sirloin steak, 3/4 inch thick
1/4 cup sake or dry sherry
3 tablespoons soy sauce (light or regular)
3 tablespoons rice vinegar
1 tablespoons molasses
1 tablespoon sesame oil
2 Tbs. peeled and finely chopped fresh ginger
1/4 to 1/2 tsp. red pepper flakes
1/2 teaspoon powdered ginger
1 lemon, juiced salt & pepper to taste

Insert tenderizer plate inside food canister. Place all ingredients in food canister. Push “ON”.
Place marinated meat over hot coals or on a well-oiled grill.
Cook 5 –8 minutes per side or until done to your taste