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Thane Direct Canada Inc.
Mississauga ON L4W 5M6, Canada
www.thane.ca

Thane International, Inc.
Canton OH 44718, U.S.A.
www.thane.com

Thane Direct UK Ltd.
London WC2A 3LH
www.thane.tv

Danoz Direct Pty Ltd
Alexandria NSW 2015, Australia
www.danozdirect.com.au

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MADE IN CHINA

FlavorChef™ CBOOK ENG R4 140618



FlavorCHEF

Recipe Guide



Breakfast



Pineapple Upside Down Cake

Ingredients:

1 yellow cake mix
2 tbsp (29.6ml) butter, melted
1 cup (200g) brown sugar
1 can or 7 fresh pineapple rings
Maraschino cherries

TIP: Use the red silicone insert for this recipe.
Place silicone insert into the bottom part of the FlavorChef™ Cooker.
Pour melted butter in bottom and spread brown sugar evenly in the insert.
Mix cake batter according to instructions on box.
Pour cake mixture over brown sugar and smooth out.
Place pineapple rings in decorative ring with one in center.
Place piece of parchment over cake and close lid.
Turn on FlavorChef™ Cooker to 'HI'.
Bake for 18 to 25 minutes until cake springs back when touched in center.
Lift cake (with silicone insert) from FlavorChef™ Cooker and let it cool.
To remove cake from the silicone insert, place flat plate over insert and turn over.
Add Maraschino cherries in center of pineapples and top with whipped cream.



Cherry Crumble

Ingredients:

8 tbsp (113.4g) butter
2 cups (256g) flour
2 cups (400g) brown sugar
2 cups (180g) rolled oats
1 tsp salt (5.7g)
2 cans cherry pie filling (2 x 21oz/595g cans)
Spray oil

Spray the bottom of the FlavorChef™ Cooker.
In a bowl mix together flour, oats, salt and brown sugar.
Spread half of the oat mixture in bottom of FlavorChef™ Cooker.
Spread cherry pie filling on the top of the mixture.
Add remaining oat mixture on top of cherry filling.
Turn FlavorChef™ Cooker on 'HI' and close lid.
Cook until bubbly, about 15 minutes.
Serve warm over ice cream.



Western Frittata

Ingredients:

8 eggs
1 red bell pepper, cut into small cubes
1 green bell pepper, cut into small cubes
1/2 cup diced red onion (75g)
1/4 cup chopped cilantro, dried or fresh (4.23g)
2 cups cubed ham (453.6g)
2 cups shredded cheddar cheese (230g)
1 tbsp olive oil or butter (14.8ml)

Turn FlavorChef™ Cooker to 'MED' and set for 30 minutes.
Whisk eggs in a bowl.
Melt butter or oil in bottom of FlavorChef™ Cooker.
Add peppers, onions, cilantro and ham.
Stir until slightly browned.
Add eggs and cheese evenly over veggies.
Close lid and cook for 10 minutes or until eggs are set.



Western Omelet

Ingredients:

- 10 eggs
- 1 onion, diced
- 1 green pepper, diced
- 1 cup (226.8g) ham, diced
- 1 cup (115g) cheese, shredded

Whip eggs in bowl with wire whip incorporating air into them.
Once done, pour them into heated FlavorChef™ Cooker.
Cook for a minute to set eggs and add remaining ingredients.
Distribute evenly and close lid.
When almost cooked open lid and flip half of omelet over itself.
Serve with fruit.



Dessert



Steaks

Ingredients:

Strip Steaks
Rib Eyes
Filets
Seasoning of choice.

Season steaks.

Heat the FlavorChef™ Cooker to 'HI' and open to make two grilling surfaces.

Grill steaks on each side to desired temperature.

Steak fries can be sautéed on deep side while steaks are on flat grill.



Cheesy Hash Browns

Ingredients:

1 bag (30 oz/850.5g) frozen hash browns
2 cups (473.2ml) sour cream
1/4 cup (59.15ml) butter, melted
1/4 cup (40g) onion
1 can (10.75 oz/305g) cream of chicken soup
2 cups (50g) corn flakes
2 cups (230g) cheese, shredded

Mix all ingredients together in a large bowl except for butter and corn flakes.

Place mixture into FlavorChef™ Cooker.

Mix melted butter and corn flakes together and spread over top of potato mixture.

Turn FlavorChef™ Cooker on 'HI' and make sure to turn the top plate off.

Close the unit and cook for 20 to 30 minutes, until golden brown.



Lunch



Pork Chops and Apples with Cinnamon

Ingredients:

4 pork loin chops
6 Granny Smith or Gala apples, sliced
1/2 cup (112.5g) sugar
2 tbsp (29.6g) cinnamon
Salt and pepper

Preheat FlavorChef™ cooker to 'HI'.
Season pork chops and start cooking in hot FlavorChef™ Cooker.
Close lid and cook for 25 to 30 minutes or until golden and meat starts to pull from bone.
Toss apple slices with sugar and cinnamon and place in next to pork chops.
Turn FlavorChef™ Cooker on 'HI'. Cook for 5 to 10 minutes until soft and caramelized.



BBQ Chicken

Ingredients:

4 chicken legs
4 chicken thighs
4 chicken breasts
2 cups (473.2ml) BBQ sauce
2 tbsp (29.6ml) olive oil
Salt, pepper, onion and garlic season

Wash and dry chicken pieces.
Season the chicken and turn FlavorChef™ Cooker to 'HI'.
Sear each piece until golden brown.
Turn FlavorChef™ Cooker to 'MED' setting.
Brush each piece with BBQ sauce and close lid.
Cook for 10 minutes and add more sauce. Repeat.
Continue to baste and cook until chicken is tender and cooked through, about 30 minutes.



Rueben Sandwich

Ingredients:

4 thick slices of dark or marble rye bread
1 lb (453.6g) deli sliced corned beef
1 cup (150g) prepared Sauerkraut
4 slices Swiss cheese
1/4 cup (59.15ml) Thousand Island dressing
1 tbsp butter (14.2g)

Turn FlavorChef™ Cooker to 'HI' and set for 30 minutes.
Lightly butter one side of each slice of bread.
Put Sauerkraut in bowl with paper towel and strain liquid.
Place 2 slices buttered bread side down in FlavorChef™ Cooker.
Lay 1 slice of cheese on each and build layers of corned beef, sauerkraut and dressing.
Top with another slice of Swiss cheese and top with slice of bread, buttered side up.
Close lid and cook until golden brown.

NOTE: Sandwich may be flipped halfway through cooking.



Burritos

Ingredients:

2 large burrito style tortillas
2 cups (400g) white or brown rice
1 cup (115g) Monterey Jack cheese
1 cup (226.8g) steak or chicken
1 cup (175g) red and green peppers, chopped
1/4 cup (40g) onion, chopped

Lay tortillas flat.

Split ingredients between the 2 tortillas and roll Fajita style.

Place in FlavorChef™ Cooker and grill on 'HI' for approximately 10 minutes, until golden brown.



Chicken Cordon Bleu

Ingredients:

4 boneless skinless chicken breasts
1/2 lb (226.8g) gruyere, grated
1/4 cup (32g) all-purpose flour
salt and freshly ground black pepper
1 cup (115g) bread crumbs
1 tsp (4.9g) fresh or dried thyme leaves
1 clove of garlic, peeled and finely minced
2 tablespoons (29.6ml) unsalted butter, melted
2 eggs

Lay the chicken breast between 2 pieces of plastic wrap.

Using the flat side of a meat mallet, gently pound the chicken to 1/4 inch (0.64cm) thickness. Remove the top sheet of plastic, and lay 1 slice of ham folded in half over chicken. Sprinkle a quarter of the cheese over the chicken. Tuck in the sides of the breast and roll up tight like a jellyroll inside the plastic wrap. Squeeze the log gently to seal and twist both ends tight to form a nice log. Repeat with remaining chicken.

Season the flour with salt and pepper. Mix the bread crumbs with thyme, garlic and kosher salt, pepper, and melted butter. The butter will help the crust brown. Beat together the eggs and season so the flour, the eggs and the crumbs are all seasoned.

Remove the plastic wrap and lightly dust the chicken with flour, dip in the egg mixture and gently coat in the bread onto it. Place each roll in hot FlavorChef, close lid and bake on 'MED' for 20 to 25 minutes.



Filet Mignon and Sautéed Red Skinned Potatoes

Ingredients:

4-6 (8oz/226.8g) filets
4-6 bacon slices
Sea salt
Fresh minced or powdered garlic
10 small red potatoes

Preheat FlavorChef™ Cooker to 'HI'.
Once preheated, open the unit and lay flat.
Wash and quarter potatoes.
Toss in olive oil and sprinkle with salt and pepper.
Place in deep side of FlavorChef™ Cooker and sauté, stirring often.
Wrap filets in bacon and secure with toothpick.
Season both sides of filets.
Lay filets on griddle side of hot FlavorChef™ Cooker and roll on edges to crisp up bacon.
Then lay flat and cook to desired internal temperature - 160°F (71°C) for well done, 150°F (65.5°C) for medium, 140°F (60°C) for medium rare, from 4 to 8 minutes.



Panini Sandwiches

Ingredients:

4 slices sourdough bread
4 slices Muenster cheese
1 tomato, sliced
1/4 oz (7.14g) ham, deli sliced
1/4 ounce (7.14g) turkey, deli sliced
Red onion, as desired
Green pepper rings, optional
2 tbsp (29.6ml) olive oil or butter

Oil or butter one side of each slice of bread.
Layer cheese, meat, vegetables on 2 of the slices.
Top with condiments of choice and last slice of cheese.
Put the other 2 slices of bread on top and place in hot FlavorChef™ Cooker.
Close lid and grill until golden brown and melted, about 8 minutes.



Quesadilla

Ingredients:

- 1 large flour tortilla
- 1 1/2 cups (172.5g) shredded cheddar cheese
- 1 green, red, or yellow pepper cut into large dice
- 1 onion, diced
- 1 1/2 cups (340.2g) cooked chicken breast, shredded or cubed
- 1 cup (226.8g) cooked black beans, rinsed and pat dry

Place tortilla on hot FlavorChef™ Cooker and cook one side until slightly toasted.

Flip the tortilla and spread cheese evenly around tortilla.

Top with remaining ingredients, close lid and cook until cheese is melted as desired. Remove with spatula and cut on cutting board.



Shrimp Stir Fry

Ingredients:

- 1 lb (453.6g) large shrimp, peeled and deveined
- 2 whole carrots cut into julienned pieces
- 1 of each: red pepper & yellow pepper
- 12 white large mushrooms, sliced
- 12 oz (340.2g) snow peas or snap peas
- 6 green onions cut into 1 inch (2.5cm) pieces
- 1 cup (236.6ml) soy sauce
- 1 tbsp (14.8g) fresh ginger, minced
- 1 tbsp (14.8g) fresh garlic, minced
- 1 tbsp (14.8ml) peanut oil

Pour peanut oil in hot FlavorChef™ Cooker.

Add shrimp and cook quickly (about 3 minutes, until pink).

Remove to plate, add vegetables and stir fry until cooked slightly.

Add garlic and ginger and cook for 2 minutes.

Add soy sauce and cooked shrimp.

Toss all ingredients and cook an additional 2 minutes.

Serve over rice or noodles.



Seafood Bake

Ingredients:

- 10 large shrimp, peeled and deveined
- 4 king crab legs
- 10 fresh clams
- 2 corn on cob, cut into 2 inch cobbettes (5cm)
- 1 seafood seasoning package
- 2 cups (473.2ml) water

Break crab legs at joint to fit in FlavorChef™ Cooker.
Arrange seafood and corn to fit in unit.
Add water and spice packet.
Close lid and turn FlavorChef™ Cooker to 'HI'.
Let seafood steam for 8 to 10 minutes.
Serve with seafood sauce and melted butter.



Philly Steak and Cheese

Ingredients:

- 1 lb (453.6g) top sirloin steak
- 6 hoagie rolls
- 1 onion, sliced
- 1 green pepper, sliced
- 1 cup (236.6ml) cheese sauce
- 1 tbsp (14.8ml) olive oil

Pre-heat FlavorChef™ Cooker to 'HI'.
Slice steak into thin slices.
Sauté onions and peppers in olive oil.
Add steak and continue cooking for 1 minute.
Divide meat and veggie mixture between rolls.
Top with cheese sauce.



Dinner



Brats

Ingredients:

8 bratwurst sausages
2 green bell peppers, sliced
2 red bell peppers, sliced
1 white onion, sliced
Buns

Cook the brats in FlavorChef™ Cooker on 'HI', turning often. When browned evenly, close lid and continue cooking for 5 minutes.
Add peppers and onions and close lid.
Cook for another 5 minutes, or until done.
Toast buns and place brats in buns with veggies.



Burgers

Ingredients:

1 lb (453.6g) lean ground beef
4 slices of cheese
4 buns

Preheat FlavorChef™ Cooker to 'HI'.

Shape ground beef into 4 patties.

Cook on 'HI' until brown and juicy.

Top with cheese and close lid for 1 minute.

Open FlavorChef™ Cooker unit and place buns on flat side to toast.

Add favorite burger toppings (tomato, onion, etc.)



Steak Shish Kabob

Ingredients:

4 kabobs - 8 inch skewers (20cm)
2 lbs top sirloin steak (907.2g)
2 medium zucchini
2 yellow squash
1 red onion
8 campari (or small plum) tomatoes
Garlic salt

Heat the FlavorChef™ Cooker to 'HI'.

Cut steak into 2 inch (5cm) cubes and dust with garlic salt

Cut remaining vegetables into large pieces.

Divide pieces into 4 piles and slide all ingredients onto skewers.

Place in heated FlavorChef™ Cooker and sear meat, turning as it cooks.

When meat is seared, close the lid and cook for 4 minutes.



Steak and Chicken Fajitas

Ingredients:

1 lb (453.6g) sirloin steak
1 lb (453.6g) boneless skinless chicken breast
1 each red, green, yellow bell peppers, sliced vertically
1 large white onion, sliced in strips
Fajita size flour tortillas

Heat the FlavorChef™ Cooker to 'HI'.

Place steak and chicken on one side and sear for 4 minutes.

Remove steak and close lid to continue baking chicken.

After 10 minutes, remove chicken breast to cutting board and allow to rest.

Slice steak and chicken into thin strips.

With FlavorChef™ Cooker open, place peppers and onions in deep side and sauté until tender.

Add chicken and steak strips and toss gently.

Warm up fajita size tortillas on flat side of the FlavorChef™ Cooker.



Pizza

Ingredients:

Fresh pizza dough
1 cup (236.6ml) pizza sauce
2 cups (230g) mozzarella cheese
8 oz pepperoni slices (226.8g)
4 oz (113.4g) black olives, sliced or cut in half
2 cups (350g) red, green, yellow or orange bell peppers, sliced
1 onion, sliced

Spread pizza dough in the base of the FlavorChef™ Cooker.

Spread pizza sauce up to 1/4 inch (0.6cm) to edge of dough.

Distribute 2/3 of the mozzarella cheese evenly over pizza.

Place pepperoni slices on pizza and distribute additional ingredients evenly over pie.

Sprinkle remainder of the cheese over top.

Turn FlavorChef™ Cooker to 'HI' and close lid.

Check pizza after 10 minutes.

Cook to desired doneness.

