

## Helpful Hints for Beginners

### Cooking with Waterless Greaseless Cookware

Thank you again for your recent purchase of waterless/greaseless cookware. We know that you'll love it just as much as we do. Cooking with waterless/greaseless cookware is fun and easy. You can cook with your new cookware exactly as you have cooked with your cookware in the past (with grease and water); just remember, it will cook much quicker. And there is really no need to cook on high. You'll save electricity by cooking on lower temperatures and it will still cook faster than non-waterless cookware. Following are a few basic recipes to help you get started using your new cookware. This will help you get started. Enjoy!

#### Vegetables

Start with a cold pan. Place your vegetables in the pan. You can cook more than one vegetable in at a time. If you'd like to serve them separately place one vegetable on the left and the other on the right. Otherwise, you can mix the vegetables in the pan. (Remember, because we cook without water your corn will taste like corn and your carrots will taste like carrots- even when they are cooked in the same pan. There is no flavor exchange.) Once you have lined the bottom of the pan with your vegetables, add a tablespoon or two of water and turn your pan to medium. After 7-12\* minutes, your cover will start to flutter and your vegetables are done. Turn the burner off. If you like your vegetables softer, you may let the pan sit on the burner for 3-5 more minutes with the heat turned off. It will continue to cook, without heat, on your stove.

\* Stove temperatures vary. Some cook slower than others. The fluttering of the cover is the best measure of where you are in the cooking process.

#### Chicken

Turn your burner to medium or medium high. Pre-heat the skillet for 1-3 minutes. Test the temperature of the pan by dropping a few water drops in the pan. When the water beads up and dances around the pan, the skillet is ready for your meat. Place your chicken in the dry pan. Initially, it will stick. Place your lid on the pan. When the cover starts to flutter (approximately 6-9 minutes), flip your chicken. If the chicken doesn't flip easily, wait a couple of minutes. Flip your chicken and place the lid back on. Cook for the same amount of time on the opposite side. Boneless skinless chicken will take approximately 12 minutes. Bone in chicken will take approximately 20 minutes.

#### Steak

Follow the same recipe for chicken. Medium-to medium well will be around 10 minutes depending on the thickness of the meat. Add extra time for bone in meat.

#### Hamburger

Place in cool pan cook on medium until no longer pink in the center.

In addition, you can add any seasonings that you would like to any of the recipes. Just remember, have fun and be creative.