

NutriWare™

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www.MyNutriWare.com

Tasty Turbo Oven
Recipe Book
www.MyNutriWare.com

NOTES:

NutriWare™

Delicious Recipes For Your Turbo

The following recipes are excellent ideas for fast and healthy meals using the Super Turbo Ovenfi. [Visit **nutriware.com** to see](http://www.nutriware.com) NutriWare CEO Peter Chang cook an entire chicken in under an hour.



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Cooking Chart

Fruits	Temp	Fresh Food	Frozen Food	Special Instructions
Baked Apples		20 m in	7 m in	Re m o v e c o r e
Baked Pears		25 m in	15 m in	C u t i n h a l f r e m o v e c o r e



BREAKFAST RECIPES



SIDE DISH RECIPES



ENTREE RECIPES



DESSERT RECIPES



- 3-5 egg whites
- Desired fillings, for example:
 - Shredded cheese
 - Minced fresh tomatoes
 - Chopped green onions
 - Salsa
- Diced bell pepper
- Leftover cold cuts
- Shrimp
- Mushrooms
- Spinach
- Zucchini or yellow squash

Healthy Omelets

Use the amount of eggs necessary for serving requirements. Pour beaten eggs into a pan (small enough to fit into the Glass Cooking Bowl .) Add spices and the desired filling(s) evenly. Place pan on the Low Rack . Set temperature to 350°F. The length of cooking time will depend upon the number of eggs used and the amount of filling. For example, a 2-egg recipe with minced onions and tomatoes in a layer cooks in about 12 minutes. Do not cook at high temperatures to avoid burning the exterior of the omelet while the interior is still uncooked. Use Glass Cooking Bowl to monitor the cooking process.



Cooking Chart

Vegetable	Temp	Fresh Food	Frozen Food	Special Instruction
Corn on the cob		10 m in		
Root Vegetables: Potatoes, Carrots, etc.		25 m in		Cut in 2 inch cubes. Spray with oil
Potatoes, Whole		45-60 m in		8 ounces each
French Fries		30 m in		
Sweet Potatoes		20 m in		8 ounces each
Roasted Onions		45-60 m in		
Roasted Garlic		10 m in		Cut 1/2 inch off top, brush with oil
Roasted Asparagus		12 m in		Varies with thickness
Acorn Squash		20-25 m in		Cut in half, remove seeds and membrane, place in shallow dish, brush with oil
Butter Nut Squash				
Eggplant, 1/2 inch slices				
Eggplant, Whole				

Cooking Chart

Shellfish	Temp	Fresh Food	Frozen Food	Special Instruction
Shrimps		5-7 m in	7-12 m in	Cook time may vary with size
Scallops, Sea		6 m in	8 m in	
Scallops, Bay		5 m in	6-7 m in	
Lobster, Live Maine		13-16 m in		Bring pot of water to a boil. Drop lobsters in and first Cook 2 m in before place in Super Turbo Oven
Lobster, Tails-4 oz		6 m in	8 m in	



Ingredients

- 7 oz. package of ready-mix blueberry muffins
- 1 pt. Fresh blueberries

Very Berry Muffins

Follow directions given on muffin mix package. Place papercup liner in pan. Fill each cup 1/2 full with the muffin batter. Top each with blueberries. Gently press blueberries into batter. Turbo-bake at 4 on the Low Rack .





- 2 medium sized zucchinis
- sea salt to taste
- 1-2 Tbsp extra virgin olive oil

Zucchini Fritters

Cut off the ends of zucchinis and discard. Cut zucchinis into french fry size strips. Toss zucchini strips in olive oil to evenly coat them. Season with sea salt to taste. Spread strips evenly on an oven safe pan or plate. Place "High Rack" inside of the air fryer bowl. Set pan with zucchini strips on the "High Rack" and turbo air fry at 425 degrees for 15-20 minutes or until zucchini strips start to turn golden brown. They go great with all your favorite dips and sauces.

Note: When cooking with the "High Rack" be sure to have a heat-safe surface handy to place hot power unit on when removing cooked food.

Cooking Chart

Fish	Temp	Fresh Food	Frozen Food	Special Instructions
Filletts, 1/2 inch thick		4 m in	7 m in	150°F (65°C)
Steaks & Filletts 1 inch thick		8 m in	15 m in	150°F (65°C)
Whole Fish 3-4 inch thick		25 m in	45 m in	150°F (65°C)

Cooking Chart

Chicken	Temp	Fresh Food	Frozen Food	Special Instructions
Whole Poultry				
Pieces- Breasts, legs, thighs		8 m in side	12 m in	170F (76C)
Whole Chicken		15 m in side	25 m in	180F (82C)
Boneless / Skinless Breast		6 m in side	8 m in side	170F (76C)

Turkey	Temp	Fresh Food	Frozen Food	Special Instructions
Whole, 8-10 pounds		12 m in	15 m in	180F (82 C)
Breast, 5-7 pounds		12 m in	15 m in	170F (76 C)
Legs		45 m in	60 m in	170F (76 C)
Wings		45 m in	60 m in	170F (76 C)



Ingredients

- 3 lbs white chicken meat, thinly sliced
- 2 tbsp. soy sauce
- 2 tbsp. Worcestershire sauce
- 1 Whole lemon
- Onion salt, to taste
- Pepper, to taste
- Picante sauce, for serving
- Flour tortillas

Grilled Chicken Fajitas

If slicing the chicken, be sure the slices are not more than 1/2-inch meat thinly across the grain for best results. Combine soy sauce, onion salt, pepper and juice from lime in a bowl. Add chicken and over night, or as time permits. Place marinated chicken in a baking Low Rack . Set temperature to 475" and allow to cook for 5 minutes. picante sauce, if desired, and folded into warm flour tortillas.



- 3 pcs. boneless turkey breast
- lemon juice, to taste
- garlic salt, to taste
- ground pepper, to taste
- small jar red plum preserve

Red Plum Glazed Turkey Breast

Season each of the turkey breast slices surfaces with lemon juice, garlic salt, and ground pepper, to taste. Place turkey on a shallow pan, set the pan on the Low Rack. Roast at 400° for 15 minutes. Spread the plum preserve as a glaze over each slice. Allow to roast at 400° for an additional 5 minutes.

Cooking Chart

Pork	Temp	Fresh Food	Frozen Food	Special Instruction
Bacon		8 m in		
Breakfast Sausage Links		8 m in	10 min	
Patties		10 min	13 min	165°F (73°C)
Italian, Bratwurst		10 min	15 min	165°F (73°C)
Chops		12 min/inch	18-22m in/inch	160°F (71°C)
Roasts 3-7 Pounds		20-25 m in/inch	30 min/inch	160°F (71°C)
Tenderloin		20 min	35 min	160°F (71°C)
Spare Ribs		15 min/side	25 min/side	160°F (71°C)
Country Style Ribs		12 min/inch	18-20 m in/inch	160°F (71°C)

Cooking Chart

Beef/Lamb	Temp	Fresh Food	Frozen Food	Special Instructions
Patties 1/2 inch th		4 m in&ide	6 m in&ide	150F (65C)
Patties 1 inch thic		6 m in&ide	11 m in&ide	150F (65C)
Hot Dogs		5 m in	7-8 m in	
Steaks 1 inch thick		5 m in&ide 6 m in&ide 7 m in&ide 9 m in&ide	9 m in&ide 12 m in&ide 15 m in&ide 17 m in&ide	Rare 130F-139 (60 C) Med. Rare 140F-149 (63 C) Med 150F-159 (71 C) Well Done 160F-169 (73 C)
Steaks 2 inch thick		7 m in&ide 9 m in&ide 10 m in&ide 12 m in&ide	15 m in&ide 17 m in&ide 20 m in&ide 23 m in&ide	Rare 130F-139 (60 C) Med. Rare 140F-149 (63 C) Med 150F-159 (71 C) Well Done 160F-169 (73 C)
Roasts 3-5 Pounds		15 m in&ide 18 m in&ide 20 m in&ide 23 m in&ide	25 m in&ide 28 m in&ide 30 m in&ide 33 m in&ide	Rare 120F-129 (50 C) Med. Rare 130F-139 (57 C) Med 140F-149 (63 C) Well Done 150F-159 (66 C)



Ingredients

- 4 steaks (New York or t-bone) (approx. 1.5-2lbs)
- 2 tbsp. ground pepper
- ... tsp. dry basil
- ... tsp. garlic salt

Pepper Steak

Sprinkle pepper over both sides of each steak; pressing it into the meat with basil and garlic salt. Place steaks on Low Rack. Set temperature and allow to grill for 8-10 minutes or until desired level of doneness is reached.





4 boneless, skinless chicken breasts
 2 tbsp. soy sauce
 2 tbsp. brown sugar
 1 tsp. salt
 1 tbsp. slivers of ginger root
 1/2 tsp. black pepper
 1/2 cup mushrooms
 1 cup chestnuts
 Green onions, for garnish

Filipino-Style Chicken

In a bowl, combine soy sauce, brown sugar, salt and ginger. Add chicken breasts and allow to marinate for several hours in the refrigerator, or as time permits. After marinating, arrange chicken in a baking dish or shallow pan. Add mushrooms and chestnuts to dish. Pour remainder of marinade over the chicken, mushrooms and chestnuts. Set the dish on the Low Rack. Set temperature to 350° and allow to bake for 30 minutes or until cooked through. Add sprigs of green onion as garnish and serve.



2 eggs
 1/2 cup cooking oil
 1 1/2 cups cake flour
 ... cup raisins
 1/2 cup walnuts, chopped with skin
 2 cups apples, chopped & unpeeled
 1/2 tsp. baking soda
 1 tsp. cinnamon
 1/2 tsp. nutmeg
 1/2 tsp. baking powder
 1/2 tsp. lemon juice
 1/2 tsp. salt
 1 cup sugar

High Fiber Apple Cupcakes

In a mixing bowl, blend cooking oil, eggs and sugar. Add cake flour, baking soda, cinnamon, nutmeg and baking powder. Mix well. Add raisins, walnuts and apples (while chopping apples, add lemon juice to them). Pour mixture into a cupcake pan. Place pan on the Low Rack. Set temperature to 350° and cook for 20 minutes.



3-5lbs. whole chicken fryer	1	1	1	1	1
1/2 cup cooking sherry (or rum)	1/2	1	1	1	1
1/2 cup barbeque sauce	1/2	1	1	1	1
1/2 cup soy sauce	1/2	1	1	1	1
		4			

1 tsp. fresh ginger root, minced
 1/2 cup brown sugar
 1/2 cup pineapple juice
 4 small pineapple rings

Polynesian Broiled Chicken

Combine sherry, barbeque sauce, soy sauce, ginger, brown sugar and pineapple juice in a large bowl. Add chicken to bowl, baste with mixture and allow to marinate, as time permits. Place chicken on Low Rack. Set temperature to 475" and allow to cook for 30 minutes. Place pineapple rings atop chicken and baste with remaining marinade. Allow to cook for another 10-15 minutes at 475", until golden brown and cooked through.

Note: For a healthier option, remove the skin prior to cooking.



5 lbs. whole young chicken
 Extra virgin olive oil
 Fresh rosemary, to taste
 Salt and pepper, to taste

Peter Chang Rosemary

Apply a light coat of olive oil over the entire chicken, to brown extra flavor. Sprinkle salt and pepper to the desired amount all over. Break up rosemary and spread the desired amount over the chicken. Season seasoned chicken on the Low Rack. Set temperature to 400" and allow to cook for 50 minutes.

Note: For a healthier option, remove the skin prior to cooking.



- 3/4 lb of peeled uncooked shrimp (41-50 size)
- 1 minced garlic clove
- sea salt
- cracked pepper
- 2 tsp lemon juice
- 2 tsp olive oil

Garli Broiled Shrimp

Place rinsed and peeled shrimp in a large bowl. Add rest of ingredients and stir together so shrimp gets evenly coated. Spread out shrimp evenly on an oven safe pan or plate. Place "High Rack" inside the "Glass Bowl" . Set the pan with shrimp on top of the "High rack". Turbo broil at 450" for 6 minutes.

Note When cooking with the "High Rack" be sure to have a heat-safe surface handy to place hot power unit on when removing cooked food.



- 1/2lb. lean beef, thinly sliced
- 1/2tsp. soy sauce
- 1 tsp. rice wine
- 2 tsp. cornstarch
- 1-&cloves garlic, minced
- 1/2tsp. sugar
- 1/2lb. chopped broccoli

Beef & Broccoli

Mix soy sauce, rice wine, cornstarch, garlic and sugar in a large bowl. Coat beef and allow to marinate for 30 minutes. Place beef in a covered pan. place the dish on the Low Rack . Add 1 cup water to the Glass Co. the temperature to 350" and allow to turbo-steam for 10 minutes. A allow to steam covered for another 10-12 minutes at 350", add water



3/4 lb fresh salmon fillet or steak
 1 tbsp extra virgin olive oil
 sea salt
 cracked pepper

Grilled Salmon steak

Lightly brush the surface of the salmon with the olive oil. Season with sea salt and fresh cracked pepper. Place High Rack inside the Glass Bowl set the salmon on the High Rack Turbo broil at 475" for 13-15 minutes.

Note When cooking with the "High Rack" be sure to have a heat-safe surface handy to place hot power unit on when removing cooked food.



3/4 lb of Mahi or similar fish
 3/4 cup water
 sea salt to taste
 cracked pepper
 1 lemon cut in wedges

Lemon Pepper Steamed Fish

Season all surfaces of fish with sea salt and cracked pepper. Squeeze two lemon wedges onto seasoned fish. Let sit for 5 minutes to absorb seasoning. Add the water to the Glass Bowl. Place fish on Lower Rack turbo steam at 400" for 12 minutes or until its cooked through. Just before done squeeze remaining lemon wedges over cooked fish. Serves 2-3