

Panasonic

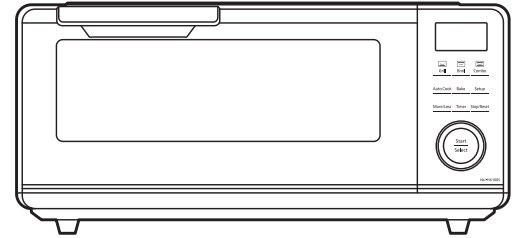
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Panasonic

**COUNTERTOP
INDUCTION
OVEN**

COOKBOOK



COUNTERTOP INDUCTION OVEN

COOKBOOK

Recipes developed by The Culinary Institute of America for Panasonic

A Message from Our Chef

Thank you for your purchase of the Panasonic Countertop Induction Oven.

With so much going on in our lives, “multi-tasking” has become a necessity – and that’s just what the Panasonic CIO helps you do more easily.

Panasonic is delighted to help you discover the power and convenience of Induction cooking. Panasonic’s CIO oven allows for a variety of cooking techniques as it combines Induction Cooking, Broiling, Baking and Grilling.

Best of all, your CIO can cook everything in a single aluminum grill pan with a proprietary non-stick coating that goes right in the dishwasher when you’re done.

We hope you’ll enjoy these recipes created for Panasonic by the Certified Master Chefs at The Culinary Institute of America (CIA). They are the result of months of research and testing by the CIA Master Chefs, and include culinary favorites typically prepared using several pans and cooking methods, which can now be prepared in one appliance in less time.

We believe these healthy, delicious meals and side dishes are sure to complement your busy lifestyle. Our step-by-step instructions are suitable for beginners and experts alike, and are written to help you prepare, cook and serve exciting meals quickly.

In the days and dinners to come I think you’ll be amazed to discover what the Panasonic Countertop Induction Oven is able to do. Every time you cook.

Happy Cooking. Bon appetit!



Ken Megarr,
MS,CCC
Director, Research & Development Test Kitchens
Panasonic

For more information about Panasonic Countertop Induction Ovens and nutritional ingredients, please visit

www.panasonic.com/CIO

Healthy, Delicious Meals For Everyone

Like most people with busy lives, you want your family to enjoy fresh, delicious and healthy meals. The Panasonic Countertop Induction Oven (CIO) simplifies the process of preparing and cooking healthy, great-tasting food.

With one unique, time-saving oven, you can create a variety of quick, flavorful meals and side dishes: chicken, beef, seafood, vegetables, sauces and more. Plus, classic baked favorites like deep-dish pizza and mac and cheese.

This Japanese engineered CIO is not a conventional oven or a grill. It uses rapidly generated, direct induction heat for precise cooking control to create food the entire family will enjoy. All you have to do is follow the simple, step-by-step preparation and cooking methods you'll find in this cookbook.



Quality Cooking Made Simple

Fast, Healthy, Delicious

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Superb Results with Minimal Effort



1 CUT



Prepare the ingredients

2 PLACE



Place them on the grill pan

Tips: Place meat and other food items you want to thoroughly heat in the center of the pan, and items such as vegetables near the edges of the pan.

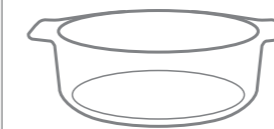
3 COOK



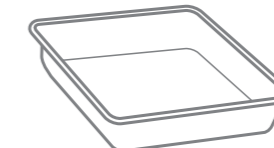
Select the Combination Cooking Method

- Combo 1: For simultaneously cooking meat and vegetables
- Combo 2: For cooking vegetables
- Combo 3: For cooking seafood
- Bake: For baking cakes and heating food
- Grill: For grilling meat

Cookware that can be used

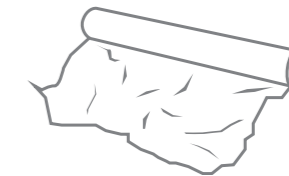


Heat Resistant Oven Glassware/Ceramic

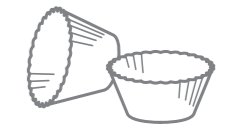


Aluminum and other metal containers

Use together with the Grill Plate. Metal containers with resin handles cannot be used.



Aluminum foil (Household aluminum foil)



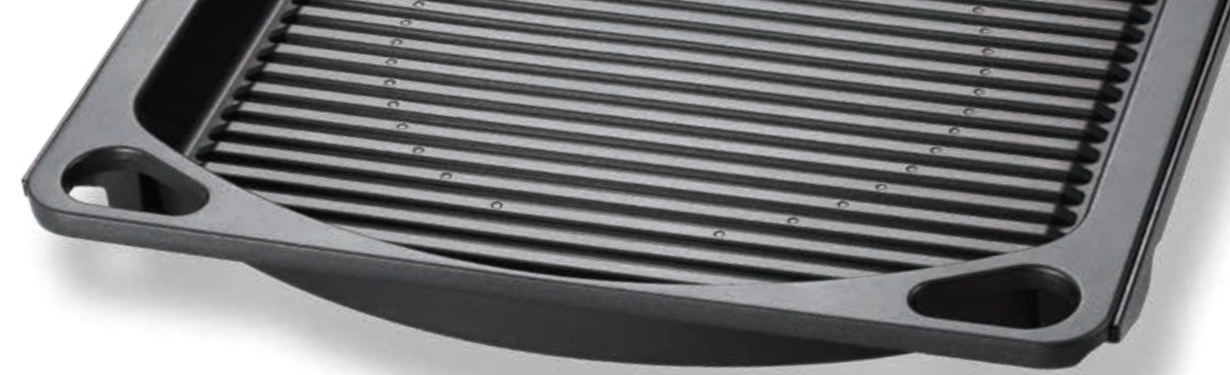
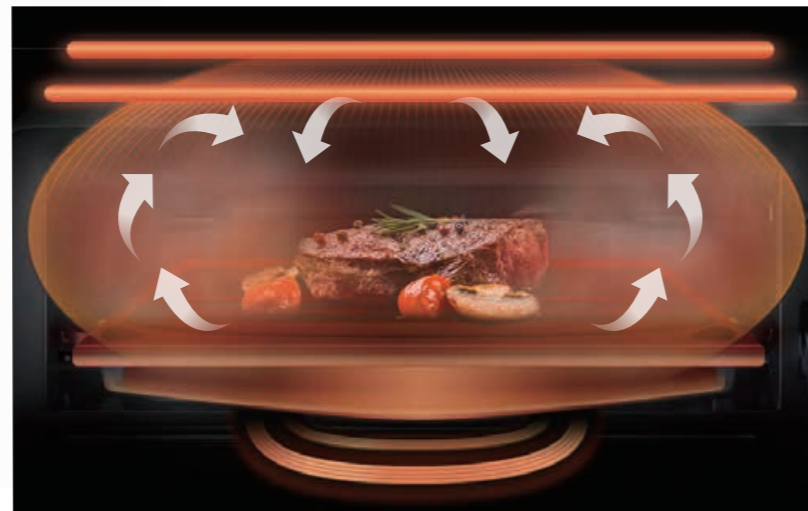
High Heat Silicon Containers

Only use in Bake mode. Check heat-resistant temperature of silica gel container before baking.



The Secret of Delicious Flavors

The Panasonic induction heater (IH) rapidly raises temperature without preheating for precise cooking control. This direct heat quickly prepares foods that are crispy on the outside, juicy on the inside. The CIO's compact interior also circulates a fine shower of steam and flavors released by fresh ingredients during the cooking process – all of which heightens the savory taste of UMAMI (Japanese for deliciousness).



Induction heat (IH) technology combined with a dishwasher-safe die-cast aluminum grill pan, guides heat conducted from the center towards the edges of the pan. This enables foods requiring different heating times to be cooked simultaneously and efficiently.

Pre-programmed auto menus can ensure optimum cooking results. The simple push of a button is all you need for effortless meals and more.

Experience shorter cooking times with optimum interior space, direct heat from two sources and an airtight seal to prevent heat escape. Now you can enjoy delicious chef-quality meals at home.





Poultry



FAMILY CHICKEN DINNER

Yield: 4 Portions
INGREDIENTS

Chicken breasts, skin on bone in	4 ea. (about 2 lb.)
Carrots, 1/2" dice	1 cup
Onions, cipollini or pearl, peeled	1 cup
Celery, 1/2" dice	1 cup
Small red potatoes cut in quarters	2 cups
Olive oil	4 Tbsp. (divided use)

Spice mix

Kosher salt	1 tsp.
Ground black pepper	1/2 tsp.
Paprika	1/2 tsp.
Garlic powder	1/2 tsp.

METHOD

- 1 Combine Salt, Pepper, Paprika and Garlic powder. Mix well and reserve. Making some cuts on the skinless side of the Chicken breast will allow the seasoning to penetrate faster and deeper.
- 2 Brush the Chicken breasts with 2 Tbsp. Olive oil and season with 1 tsp. of the reserved Spice mix.
- 3 Combine vegetables together in a bowl. Toss with 2 Tbsp. Olive oil and the remaining Spice mix.
- 4 Arrange Chicken pieces in the center of the Grill pan skin side up. Place 1 1/4 cup of the vegetable mixture in each of the four corners of the Grill pan.
- 5 Cook on AUTO COOK 1 (Poultry with vegetables) – 2lb. When time is up, verify Chicken is cooked by using an instant read thermometer. Chicken should reach a minimum internal temperature of 165°F/75°C in the thickest part of the center. Add more time if necessary.

Chef's Tip: Additional flavorings or seasonings can be added. Try dotting the ingredients with 4 oz. Butter or squeezing the juice of 1/2 Lemon and 1/2 Orange over the vegetable mix before cooking.





SAUSAGE STUFFED CHICKEN BREAST

Yield: 4 Portions

INGREDIENTS

Chicken breast, "French cut"*	6 oz. each	4 ea.
Breakfast sausage, casing removed		8 links
Olive oil		2 Tbsp.

METHOD

- 1 Lift the Chicken skin near the wing joint and loosen enough to make a pocket.
- 2 Place 2 links of Breakfast sausage under the skin of each breast.
- 3 Brush each Chicken breast with about ½ Tbsp. Olive oil.
- 4 Place stuffed Chicken breasts in the Grill pan with the thicker sides towards the middle.
- 5 BROIL on MEDIUM for 10 minutes.
- 6 Finish cooking on COMBO 1 for an additional 10-15 minutes or until the Chicken is fully cooked (165°F/75°C).
- 7 Rest for an additional 5 minutes before serving.

*French cut is a trimmed Chicken breast where the skin is left on and the upper bone of the wing remains connected. Boneless breast will work, but remember to purchase it "Skin on".

Chef's Tip: Toss a 1 lb. bag of Frozen mixed vegetables with 2 Tbsp. melted Butter, ½ tsp Salt, and ¼ tsp. Ground black pepper and add around the outside of the Grill pan at step 6. Serve sliced Chicken breasts on a salad or sandwich or with your favorite tomato based sauce.

CORNISH HEN

Yield: 4 Portions

INGREDIENTS

Cornish hens, cut in half	2 ea. (about 2 lb.)
Kosher salt	2 tsp.
Old bay®	1 tsp.
Poultry seasoning	1 tsp.
Olive oil	2 Tbsp.

METHOD

- 1 Combine Salt, Old bay®, and Poultry seasoning.
- 2 Lightly brush the Hens with Olive oil and season liberally with spice mixture.
- 3 Place Hens in the Grill pan skin side up. BROIL on HIGH for 5 minutes.
- 4 Switch to COMBO 1 and cook for an additional 20 minutes.
- 5 Leave in the oven to "rest" for an additional 5 minutes when cooking is complete.
- 6 When time is up, verify Hens are cooked by using an instant read thermometer. Hens should reach a minimum internal temperature of 165°F/75°C in the thickest parts of the thigh. Add more time if necessary.

Chef's Tip: Combine the ingredients for Caramelized Root Vegetables (page 27) and place around the edges of the Grill pan at step 4. The vegetables may require more cooking time than the Hens. If so, remove the Hens from the pan and let them rest while the vegetables finish roasting on COMBO 1 - Move the vegetables to the center of the Grill pan for more color and flavor.



CHICKEN WITH GREEN OLIVES

Yield: 4 Portions

INGREDIENTS

Chicken legs and thighs, 8 pieces	2 lb.
Kosher salt	¼ tsp.
Ground black pepper	¼ tsp.
Olive oil	3 Tbsp.
Yellow onion, minced	½ cup
Garlic, minced	1 ½ tsp.
Ground black pepper	½ tsp.
Ginger, ground	½ tsp.
Turmeric	¼ tsp.
Cumin	¼ tsp.
Paprika	¼ tsp.
Chicken stock	1 cup
Green olives	½ cup
Lemon juice	1 Tbsp.
Parsley, chopped	3 Tbsp.
Cilantro, chopped	2 Tbsp.



METHOD

- 1 Season Chicken with Salt and Pepper. Coat lightly with Olive oil.
- 2 Arrange Chicken in the center of the Grill pan, and place Onions and Garlic to the sides. Cook on BROIL-HIGH for 10 minutes.
- 3 Toss the remaining ingredients together and add to Grill pan and cook on COMBO 1 for 10 minutes.
- 4 When time is up, verify Chicken is cooked by using an instant read thermometer. Chicken should reach a minimum internal temperature of 165°F/75°C in the thickest portion. Add more time if necessary.
- 5 Serve with Couscous or Rice pilaf cooked in a Panasonic Rice Cooker.

Chef's Tip: This recipe works best with Chicken legs and thighs. Chicken breasts may be included but the cooking time may need to be decreased. Always check the internal temperature.



TANDOORI CHICKEN

Yield: 4 Portions

INGREDIENTS

Chicken, cut in 8 pieces	2 ½ lb.
Lemon juice	2 Tbsp.
Kosher salt	5 tsp., or as needed
Saffron	1 tsp.
Water	2 oz.
Yogurt	1 cup
Cumin	½ oz.
Cardamom	1 Tbsp.
Coriander	3 tsp.
Ginger, minced	2 oz.
Garlic cloves	4 ea.
Cayenne	½ oz.



METHOD

- 1 Combine all ingredients and pour over Chicken in a large bowl or plastic container. Let the Chicken marinate refrigerated for at least 2 hours or overnight.
- 2 Remove Chicken from the marinade and lightly drain the excess. Arrange the Chicken in the center of the Grill pan.
- 3 Cook on COMBO 1 for 20 minutes.
- 4 When time is up, verify Chicken is cooked by using an instant read thermometer. Chicken should reach a minimum internal temperature of 165°F/75°C in the thickest part. Add more time if necessary.
- 5 Serve with Jasmine rice or toasted Naan bread.

Chef's Tip: This recipe works well with Lamb. Substitute 1 ½ lb. boneless Lamb leg cut into 1" cubes for the Chicken. Cook to 155°F/70°C in the thickest pieces.

ASIAN STYLE CHICKEN AND VEGETABLES

Yield: 4-6 Portions

INGREDIENTS

Chicken thighs, boneless, cut into ¼" cubes	6 ea. (about 1 lb.)
For sauce	
Soy sauce (Low sodium/Shoyu)	⅓ cup
Chicken stock	½ cup
Mirin*	2 Tbsp.
Sugar	1 ½ Tbsp.
Sesame oil	½ Tbsp.
Sambal or Sriracha	½ tsp.
Cornstarch	1 Tbsp.
Vegetable mix	
Mushrooms, quartered	1 cup
Broccoli florets	1 cup
Cauliflower florets	1 cup
Carrots, sliced	1 cup
Scallions, greens, 1" pieces	1 cup
Garlic, minced	1 Tbsp.
Ginger, minced	1 Tbsp.
Sesame seeds, toasted	1 Tbsp.

Chef's Tip: For a spicy version, add 1 tsp. of Chili paste to the sauce. Sriracha gives it a Southeast Asian flair while Gochujogn adds more of a Korean flavor.



METHOD

- 1 Combine all ingredients for Sauce and reserve until needed.
- 2 Preheat oven on GRILL-HIGH.
- 3 Toss Vegetables, Garlic, and Ginger together.
- 4 Add Vegetable mixture to the Grill pan. Change mode to COMBO 2 and cook for 7 minutes.
- 5 Add the Chicken to the Grill pan, stir the sauce and add it to the center of the Grill pan and toss gently. Cook additional 10 minutes on COMBO 1.
- 6 Toss gently again. Add additional time on COMBO 1 to ensure Chicken is fully cooked.
- 7 Sprinkle with toasted Sesame seeds and serve with White or Brown rice.

*Mirin is a sweet rice wine used in a number of Asian cuisines especially in Japan. It can be found in the Asian section of most large supermarkets.



Vegetable



PARMESAN ROASTED ASPARAGUS WITH OLIVE OIL

Yield: 4 Portions

INGREDIENTS

Asparagus	1 bu. (about 1 lb.)
Extra virgin olive oil	3 Tbsp. (divided use)
Kosher salt	½ tsp.
Ground black pepper	¼ tsp.
Thyme, fresh chopped	½ tsp.
Parmesan cheese, shaved	1 Tbsp.



METHOD

- 1 Preheat the oven on GRILL-MED-HIGH.
- 2 Trim the ends off the Asparagus and peel if desired.
- 3 Toss Asparagus with 2 Tbsp. Olive oil, Salt, and Pepper.
- 4 Place Asparagus in the Grill pan. Switch to COMBO 2 for 5 minutes.
- 5 Turn the Asparagus and add Thyme. Cook for an additional 5 minutes.
- 6 Transfer Asparagus to a warm serving dish. Drizzle with additional 1 Tbsp. Olive oil and sprinkle with shaved Parmesan cheese.

Chef's Tip: Look for Asparagus that are about as thick as your little finger. The heads should be tight and firm and not starting to blossom. The lower ½" of thicker Asparagus spears may be peeled with a vegetable peeler to remove the fibrous skins.

MAPLE GLAZED BRUSSELS SPROUTS WITH CHESTNUTS

Yield: 4 Portions

INGREDIENTS

Brussels sprouts, trimmed and halved	1 ½ lb.
Salt	to taste
Ground black pepper	to taste
Maple syrup	½ cup
Butter	2 Tbsp.
Chestnuts	¾ cup

METHOD

- 1 Preheat on GRILL-HIGH.
- 2 Combine Brussels sprouts with Salt and Pepper.
- 3 Cook on COMBO 2 for 5-8 minutes.
- 4 Add Maple syrup, Butter, and Chestnuts. Toss to incorporate and stir gently.
- 5 Continue to cook on BROIL-HIGH for 3 minutes.
- 6 Add additional time as desired.



CARAMELIZED ROOT VEGETABLES

Yield: 4-6 Portions

INGREDIENTS

Carrots, ¾" dice	2 cups
Yellow turnip, ¾" dice	2 cups
Parsnips, ¾" dice	2 cups
Fennel, ¾" dice	1 ea.
Onions, pearl, peeled	1 cup
Beets, ¾" dice	1 cup
Kosher salt	1 tsp., or as needed.
Ground black pepper	1 tsp.
Peanut oil	1 Tbsp.

METHOD

- 1 Combine all ingredients in a bowl and toss well to mix. Transfer to the Grill pan. Cook on COMBO 2 for 10 minutes.
- 2 Stir gently and cook for an additional 10 minutes.
- 3 Stir again and cook for an additional 5 minutes or as needed to cook the Vegetables until fork tender.

Chef's Tip: Any mixture of firm vegetables can be used with this recipe. Try some different blends like Cauliflower and Broccoli, or Asparagus and Shallot. For an Asian flavor profile, add 2 Tbsp. of Hoisin sauce to the mixture.





Seafood



BAKED LEMON-STUFFED TROUT

Yield: 4 Portions
INGREDIENTS

Trout, butterflied, 12 oz. each	4 ea.
Kosher salt	1 tsp.
Ground black pepper	½ tsp.
Lemon juice	8 tsp.
Lemons, sliced thin (16 slices)	2 ea.
Parsley	4 sprigs
Thyme	4 sprigs
Butter	4 Tbsp.

Red or Yellow potatoes (small) or larger potatoes (quartered)	1 lb.
Parsley, minced	1 Tbsp.
Olive oil	1 Tbsp.
Salt	½ tsp.
Ground black pepper	¼ tsp.



METHOD

- 1 Season Trout inside with Salt and Pepper. Sprinkle 1 tsp. Lemon juice inside each Trout. Add one sprig of Thyme and Parsley, and two slices of Lemon to the inside as well. Close the Trout.
- 2 Season the outsides with Salt and Pepper. Sprinkle the remaining Lemon juice over the outside. Top each Trout with 1 Tbsp. Butter and two additional Lemon slices.
- 3 Potatoes toss with Parsley, Olive oil, Salt, and Pepper. Place the Potatoes in the edge of the Grill pan.
- 4 Place Trout in the center of the Grill pan and cook on COMBO 3 for 25-30 minutes.
- 5 When cooking time is up, verify that Trout and Potatoes are done to your liking. Adjust time as needed.

Chef's Tip: To "fillet" the Trout after it is cooked, slice through the skin along the back and, using a spatula gently pull the flesh up and away from the bones. Turn over and repeat. Using a fork "roll" off the skin from the tail to the head. Use the Sun-dried Tomato Basil Butter from the pan roasted Scallops to season the Potatoes in this dish.

PANCETTA WRAPPED HALIBUT WITH SUMMER VEGETABLES

Yield: 4 Portions

INGREDIENTS

Halibut fillet, 6 oz. each	4 ea.
Pancetta, sliced thin	8 oz.
Zucchini, bias cut slices	1 ea.
Yellow squash, 1/2" bias cut slices	1 ea.
Kosher salt	1/2 tsp., or as needed
Ground black pepper	1/2 tsp.
Olive oil	3 Tbsp.
Tomato, beefsteak, diced	1 ea.
Yellow onion, sliced thin	1/2 ea.
Garlic, minced	2 cloves
Basil, chopped	1 Tbsp.
Oregano	1/2 tsp.

Chef's Tip: Try this dish with Bacon wrapped Shrimp. Cut Bacon strips length wise and place in the Grill pan during preheat mode (step 1) to soften. Wrap one strip of Bacon around each piece of jumbo Shrimp. 1 lb. of jumbo Shrimp (26-30 count) will serve 4 people (about 6 Shrimp each). Brush the Shrimp with your favorite BBQ sauce for a zestier flavor.

METHOD

- 1 Preheat oven on GRILL-MEDIUM.
- 2 Place Pancetta slices between two pieces of parchment paper or plastic wrap, slightly overlapping. Roll Pancetta with a rolling pin to slightly flatten.
- 3 Wrap each Halibut fillet with Pancetta and set aside until needed.
- 4 Season Zucchini and Yellow squash with Salt, Pepper, and Olive oil – toss together in a mixing bowl (keep the bowl handy).
- 5 Grill Zucchini and Yellow squash on GRILL-MEDIUM for 3-5 minutes on one side in the center of the Grill pan.
- 6 Flip the Squashes and move to the edges of the Grill pan.
- 7 Put Tomatoes, Onions, Garlic, Basil, and Oregano into the mixing bowl and mix. Place in the center of the Grill pan.
- 8 Place wrapped Halibut fillets (without parchment paper or plastic wrap) on top of the Vegetable mixture.
- 9 Cook on COMBO 3 for 15-18 minutes.
- 10 When cooking time is up, verify fish is done to your liking. Adjust time if necessary.



SALMON ON LEEKS

Yield: 4 Portions

INGREDIENTS

Salmon fillet, 6 oz. each	4 ea.
Kosher salt	½ tsp.
Ground black pepper	½ tsp.
Leeks, sliced thin	1 cup
White wine	¼ cup
Lemon juice	2 Tbsp.
Butter	2 Tbsp.



METHOD

- 1 Combine Leeks, White wine, Lemon juice, and Butter. Place in the center of the Grill pan. Cook on COMBO 2 for 3 minutes.
- 2 Season Salmon fillets with Salt and Pepper.
- 3 When Leeks are done, place Salmon fillets on top of the Leeks in the Grill pan and continue to cook for an additional 15-18 minutes on COMBO 3 (9-12 Minutes for thinner fillets). Serve with Rice or boiled Potatoes.



METHOD

- 1 Prepare Compound Butter by combining Butter, Sun-dried tomatoes, Basil, Garlic, and Parmesan cheese in a stand mixer with a paddle attachment until smooth. Use wax paper and roll the Butter into a log and wrap with plastic wrap. Refrigerate or freeze until needed.
- 2 Combine the Scallops, Salt, Pepper, Parsley, and Olive oil with about 4 Tbsp. of the Butter that has been melted. Gently toss together in a bowl.
- 3 Arrange the Scallops in a circle in the center of the Grill pan. Cook on COMBO 3 for 10 minutes. Add additional time as needed to cook the fish through.

Chef's Tip: This recipe makes more Compound butter than needed. Wrap the unused portion in plastic wrap and freeze for a later date or for use in other recipes. This Butter makes a great addition to grilled Vegetables, roasted Potatoes, or even Pasta.

PAN ROASTED SCALLOPS WITH SUN-DRIED TOMATO AND BASIL BUTTER

Yield: 4 Portions (5 scallops each)

INGREDIENTS

Sea scallops, about 20 pieces	1 lb.
Kosher salt	1 tsp.
Ground black pepper	½ tsp.
Parsley, minced	1 Tbsp.
Olive oil	1 Tbsp.

Compound butter

Butter, soft	1 lb.
Sun-dried tomato, minced	½ cup
Basil, chopped	¼ cup
Garlic, roasted	1 bulb
Parmesan cheese, grated	1 cup



SHRIMP IN SILVER “PURSES”

Yield: 2 Pouches – 2 servings from each

INGREDIENTS

Jumbo shrimp (26-30 ct)	1 lb.
Kosher salt	1 tsp.
Ground black pepper	1 tsp.
Butter (divided use)	6 Tbsp.
Aluminum foil circles 12” diameter	2 ea.
Shallots, minced	2 Tbsp.
Asparagus, cut in 1/2” lengths	2 cups
Mushrooms, quartered	2 cups
Green onions, sliced thin	1/2 cup
White wine	1/4 cup



METHOD

- 1 Using about 2 Tbsp. Butter, liberally Butter one side of each aluminum foil circle.
- 2 Combine Shallots, Asparagus, Mushrooms, and Green onions.
- 3 Place half of the Vegetable mixture in the lower third of each circle. Drizzle White wine over each mound.
- 4 Peel and devein the Shrimp. Season with Salt and Pepper. Divide the Shrimp among each of the Vegetable mounds. Top with 1 Tbsp. of Butter.
- 5 Fold the aluminum foil over and roll up the edges to seal the package.
- 6 Place the packages in the center of the Grill pan. Cook on COMBO 3 for 15-20 minutes.
- 7 Serve the Shrimp and Vegetable from each “Purse”.



Chef's Tip: This is a fun recipe that makes a great “Date Plate” for 2 couples. Each “Purse” can be shared. Baking fish or shellfish in paper is a traditional French technique to preserve their delicate flavors and textures. Here we use foil because of the high temperature elements at the top of the oven. Serve the Shrimp with some gently cooked Potatoes by dividing 1 lb. of small red or white potatoes into each of the four corners of the Grill pan. Cook the Potatoes with the Shrimp packages. Don't forget about the left over wine!



MISO GLAZED SALMON

WITH WARM ASIAN COLE SLAW

Yield: 4 Portions

INGREDIENTS

Salmon fillets, skin on, 6 oz. each 4 ea.

Marinade

Shiro (white) miso ¼ cup
 Mirin* ¼ cup
 Rice vinegar 2 Tbsp.
 Green onions, minced 2 Tbsp.
 Ginger, minced 1 ½ Tbsp.

Warm Asian cole slaw

Broccoli cole slaw mixture 1 ea. 12oz. bag
 Green onions, sliced thin ½ cup (packed)
 Sweet chili sauce ¼ cup
 Lime juice 2 Tbsp.
 Rice wine vinegar 1 Tbsp.
 Light soy sauce 1 tsp.
 Cilantro, chopped 2 Tbsp.

*Mirin is a sweet rice wine used in a number of Asian cuisines especially in Japan. It can be found in the Asian/Ethnic section of most large supermarkets.



METHOD

- 1 Mix the Marinade ingredients together and coat the Salmon. Cover and refrigerate for at least 30 minutes (and up to 2 hours) turning occasionally.
- 2 Place the Cole slaw mixture into the Grill pan and cook on COMBO 3 for 5 minutes to wilt the mixture. Transfer the mixture to a bowl and toss with remaining ingredients. Reserve for later use.
- 3 Wipe excess Marinade off Salmon.
- 4 Place the Salmon fillets in the middle of the Grill pan skin side up. Cook on COMBO 3 for 15-18 minutes (9-12 Minutes for thinner fillets).
- 5 Serve with reserved slaw.

Chef's Tip: Miso comes in a number of varieties. White is the mildest and sweetest. If you prefer a stronger miso flavor, try Yellow or Red miso. Miso pastes are available at most Asian markets and in some larger grocery stores.



Meat

BEEF STEAK TERIYAKI

Yield: 4 Portions

INGREDIENTS

Striploin steaks, 6-8 oz. each 4 ea.

Marinade

Soy sauce (Low sodium/Shoyu) ¾ cup
 Peanut oil ¾ cup
 Sherry ¼ cup
 Orange zest 2 Tbsp.
 Honey 4 tsp.
 Garlic, minced 1 Tbsp.
 Ginger, grated 1 Tbsp.

Sauce

Cornstarch 2 Tbsp.
 Water 2 Tbsp.
 Chicken stock ¾ cup
 Tamari sauce ⅓ cup
 Green onion, minced ¼ cup
 Sake 2 Tbsp.
 Mirin* 2 Tbsp.
 Sugar 2 Tbsp.
 Rice wine vinegar 1 Tbsp.
 Ginger, minced 1 tsp.
 Garlic, minced 1 tsp.

*Mirin is a sweet rice wine used in a number of Asian cuisines especially in Japan. It can be found in the Asian/Ethnic section of most large supermarkets.

METHOD

- 1 Combine ingredients for Marinade. Marinate Beef refrigerated for up to 8 hours.
- 2 Remove Beef from Marinade and pat dry with towels.
- 3 Preheat oven on GRILL-HIGH.
- 4 When preheated, Cook Steaks for 3 minutes on the first side.
- 5 Flip Steaks and grill for an additional 2 minutes.
- 6 When cooking time has ended, allow the Steaks to rest in the oven for an additional 3-5 minutes.
- 7 To prepare Sauce, mix Cornstarch and Water together until smooth. Combine with remaining ingredients in a small sauce pan and bring to a boil.

Note: Times indicated here will produce a medium rare doneness in a ¾" thick strip steak. Please adjust cooking time to reach your desired doneness level.

Chef's Tip: This recipe works very well with Chicken or even Tofu. For Chicken, be sure to check the internal doneness temperature. Chicken must be cooked to an internal temperature of 165°F/75°C in the thickest parts. Use boneless Thighs for the most succulent Chicken Teriyaki. For Tofu, use a firm or brined variety. Slice the Tofu into ½" – ¾" thick slices and reduce the cooking time to about 1 minute per side.





JERK PORK CHOPS WITH TROPICAL FRUIT SALSA

Yield: 4 Portions

INGREDIENTS

Pork chops, 5.5-7 oz. each 4 ea.

Jerk spice mixture

Green onions 2 cups
 Olive oil ½ cup
 Habanero chilies 1 ea.
 Thyme dry 2 Tbsp.
 Cider vinegar 2 Tbsp.
 Allspice 1 Tbsp.
 Cinnamon 1 Tbsp.
 Nutmeg 1 ½ tsp.
 Sugar 1 Tbsp.
 Kosher salt 2 tsp.
 Ground black pepper 1 tsp.

Fruits salsa

Frozen tropical fruit blend 12 oz. bag
 Cilantro 3 Tbsp.
 Jalapeño pepper, minced 1 ea.
 Green onions, minced 3 Tbsp.
 Red bell pepper, small diced ½ ea.
 Lemon juice 2 Tbsp.
 Lime juice 2 Tbsp.

Chef's Tip: This recipe uses a frozen fruit mixture for convenience. You can substitute any combination of fresh fruits to make the salsa. Place the fruit in the oven during the preheat cycle where noted and add more time as desired to wilt the fruit.

METHOD: PORK CHOP

- 1 Combine all ingredients for the Jerk spice mixture in a Panasonic Blender and puree until smooth.
- 2 Rub mixture on Pork chops and allow to marinate (refrigerated) for up to 8 hours.
- 3 Drain off excess liquid from Pork chops.
- 4 Preheat oven on GRILL-HIGH (See Salsa step 1 below).
- 5 Grill Chops in the center of the Grill pan for 5 minutes.
- 6 Flip Chops and grill for an additional 5 minutes.
- 7 Flip Chops a second time and grill for an additional 3 minutes.
- 8 Rest in the oven for 5 minutes.

METHOD: SALSA

- 1 Place the Frozen fruit blend in the Grill pan during the preheating step 4 (above).
- 2 At the end of the preheat cycle, transfer the Fruit (chopped in dice) and Juices to a bowl and combine the rest of the ingredients. Reserve for later use.

Note: Times indicated here will produce a medium well doneness in a 1" thick Pork chop. Please adjust cooking time to reach your desired doneness level.



OSSO BUCO MILANESE

Yield: 4 Portions

INGREDIENTS

Veal shank, cut 1" thick 4 ea.
Kosher salt 1 tsp
Pepper ½ tsp
Olive oil 3 Tbsp.

Onions, diced 1 cup
Carrots, diced 1 cup
Garlic, minced 4 Tbsp.
Tomato paste 3 Tbsp.

White wine 1 cup
Chicken broth 2 cups

Lemon zest, grated 1 tsp.
Parsley, minced 3 Tbsp.
Anchovies, chopped 2 ea.



METHOD

- 1 Season Veal shanks with Salt and Pepper. Toss lightly with Olive oil.
- 2 Preheat oven on GRILL-HIGH. Grill Shanks for 2 minutes on each side in the center of the Grill pan.
- 3 Remove Shanks and hold on the side.
- 4 Preheat the oven on manual BAKE at 325°F/160°C.
- 5 Toss Onions, Carrots, Garlic, and Tomato paste together and add to the Grill pan.
- 6 Cook on BAKE 325°F/160°C for 5 minutes.
- 7 Add Wine and Chicken broth and stir.
- 8 Add Shanks back to the pan. BAKE at 325°F/160°C for 30 minutes.
- 9 Turn Shanks and bake for an additional 30 minutes or until the meat is fork tender.
- 10 Remove Shanks from the Grill pan and set aside.
- 11 Carefully transfer the liquid and Vegetables to a Panasonic Blender and puree until smooth. Strain this sauce if desired.
- 12 Combine Lemon zest, Parsley, and Anchovy.
- 13 Serve Shanks in a pool of sauce topped with a tablespoon of Anchovy mixture.

Note: This will result in Medium Well doneness with fork tender consistency.

Chef's Tip: Try this dish with Lamb shanks, Pork shanks, Ox tails or even Monkfish steaks.



INDIAN LAMB PATTIES

WITH PORTABELLA MUSHROOMS AND SPICY YOGURT SAUCE



Yield: 4-6 Burger Patties

INGREDIENTS

Patties

Ground lamb	2 lb.
Eggs	2 ea.
Breadcrumbs, fresh white	6 Tbsp.
Water	¼ cup
Vegetable oil	2 Tbsp.
Onions, minced	3 Tbsp.
Garlic	1 ½ tsp.

Pine nuts, toasted	3 Tbsp.
Parsley	1 bu.
Tahini	2 Tbsp.
Ginger, grated	2 Tbsp.
Cumin	2 Tbsp.
Coriander	¼ tsp.
Fennel	¾ tsp.
Kosher salt	1 ½ tsp.
Ground black pepper	¾ tsp.

Mushrooms

Portabella mushrooms, de-gilled	4 ea.
Garlic powder	½ tsp.
Cumin powder	1 tsp.
Shallots, minced	1 tsp.
Olive oil	2 Tbsp.
Salt	¼ tsp.
Black pepper	¼ tsp.

Yogurt sauce

Greek yogurt	½ cup
Turmeric powder	1 tsp.
Cumin powder	¼ tsp.
Coriander, ground	¼ tsp.
Salt	¼ tsp.
Black pepper	¼ tsp.
Harissa	½ Tbsp.
Lemon juice	1 Tbsp.

METHOD: LAMB PATTIES

- 1 Combine all Patty ingredients and mix well. Divide into 4-6 Patties as desired. Patties should be about ¾" thick.
- 2 Preheat the oven on GRILL-HIGH (See Mushrooms step 2 below).
- 3 Grill Patties on the first side for 5 minutes.
- 4 Flip Patties and grill for an additional 5 minutes.
- 5 Rest in the oven for 5 minutes.

METHOD: MUSHROOMS

- 1 Combine all the ingredients for the Marinade in a bowl and coat the Mushrooms.
- 2 Place the Mushrooms in the Grill pan during the preheat cycle (step 2 above). When the preheat cycle is completed, flip the Mushrooms and move to the corners of the Grill pan and continue to grill with the Patties until done.

METHOD: YOGURT SAUCE

- 1 Combine all the ingredients for the sauce and allow to "marry" for at least 30 minutes before using.

Note: Times indicated here will produce a medium doneness in a ¾" thick Patty. Please adjust cooking time to reach your desired doneness level.

Chef's Tip: Use white stuffing Mushrooms, and make smaller Patties for a tasty Lamb slider. Serve in Pita pockets or mini Brioche buns.



GRILLED FLANK STEAK “CHERMOULA”

Yield: 4-6 Portions

INGREDIENTS

Flank steak	1 ea. (about 3 lb.)
Kosher salt	1 tsp.
Ground black pepper	½ tsp.
Olive oil	2 Tbsp.
Olive oil	½ cup
Lemon juice	¼ cup
Parsley, minced	1 bu.
Cilantro, minced	1 bu.
Garlic, minced	1 ½ tsp.
Paprika	¾ tsp.
Cumin	¾ tsp.
Salt	¾ tsp.
Ground black pepper	¼ tsp.
Cayenne pepper (optional)	½ tsp.

Chef's Tip: Chermoula is a sauce traditionally served in Northern Africa. It can be used on a variety of items including Beef, Chicken, Lamb, and Vegetables. Try this sauce with an assortment of Vegetables grilled in the CIO oven. Also, toast up some Pita pockets using BROIL mode and serve along-side the Steak or Vegetables.



METHOD

- 1 Season Flank steak with Salt and Pepper, and rub with Olive oil.
- 2 Preheat oven on GRILL-HIGH.
- 3 Grill Flank steak for 5 minutes on the first side.
- 4 Flip Flank steak and grill for an additional 5 minutes on GRILL-HIGH.
- 5 When cooking time is completed, rest in the oven for an additional 5 minutes.
- 6 Carve and serve with the sauce. Slice across the grain of the Steak.
- 7 For the sauce, combine all ingredients and mix well. Sauce is best if made one day in advance and allowed to rest in the refrigerator.

Note: Times indicated here will produce a medium rare doneness in a ¾ - 1" thick Flank steak. Please adjust cooking time to reach your desired doneness level.



Serving suggestion

METHOD

- 1 Combine all ingredients to make the Spice Mixture. Add Lamb cubes and toss with spices. Marinate (refrigerated) for up to 8 hours.
- 2 Preheat oven on GRILL-HIGH. Remove Lamb cubes from the Marinade and drain off excess liquid. Divide Lamb cubes onto 4 skewers.
- 3 Grill Kabobs on GRILL-HIGH on one side for 1 minute.
- 4 Roll Kabobs ¼ turn and grill for an additional 1 minute.
- 5 Repeat until all four sides of the Kabobs are cooked for 1-2 minutes on each side.
- 6 Rest in the oven for an additional 2-3 minutes.

SPICY LAMB KABOBS

Yield: 4 Portions

INGREDIENTS

Lamb leg, cut into 1" cubes	3 lb.
Skewers	4 ea.
Spice Mixture	
Garlic, minced	5 Tbsp.
Olive oil	¼ cup
Lemon juice	¼ cup
Parsley	4 tsp.
Fresh oregano, minced	2 Tbsp.
Coriander	1 Tbsp.
Ginger	2 tsp.
Paprika	2 tsp.
Kosher salt	2 tsp.
Ground black pepper	1 tsp.
Turmeric	½ tsp.
Cayenne	½ tsp.
Saffron	¼ tsp.

Note: Times indicated here will produce a medium doneness with 1" thick Lamb cubes. Please adjust cooking time to reach your desired doneness level.

Chef's Tip: Serve with sliced cucumbers, yogurt, and fresh mint leaves.

ALBUQUERQUE PORK TENDERLOIN WITH STUFFED POBLANO PEPPERS

Yield: 4-6 Portions

INGREDIENTS

Pork tenderloin 3 lb.
Olive oil (Rub the pork) 1/8 cup.

Spice rub mixture

Coriander seed, ground 1 Tbsp.
Chili powder 6 Tbsp.
Onion powder 1 Tbsp.
Garlic powder 2 tsp.
Mexican oregano 2 tsp.
Kosher salt 2 tsp.
Ground black pepper 1/2 tsp.

Sauce

Pomegranate juice 1 cup
Molasses 1/4 cup
Sherry vinegar 1/4 cup

Stuffed peppers

Poblano peppers, cut in half longwise, seeded 2 ea.
Black bean, canned, drained 1/2 cup
Frozen corn 3/4 cup
Pepper jack cheese, grated 1/4 cup
Small jalapeño pepper, seeded 1 ea.
Garlic, minced 1/2 tsp.
Shallot, minced 1 tsp.
Pork spice rub, from above recipe 1/2 Tbsp.
Green onion, sliced thin 1 Tbsp.
Cilantro, chopped 1 Tbsp.
Salt 1/4 tsp.
Black pepper 1/8 tsp.

METHOD: PORK

- 1 Combine all ingredients for the Spice rub. Set aside 1/2 Tbsp. for Stuffed peppers. Rub the Pork tenderloin with the Spice mixture very well.
- 2 Combine the ingredients for the sauce in a small sauce pan. Bring to a boil and continue to reduce to half of the volume.
- 3 Preheat the oven on GRILL-MED-HIGH (See stuffed Pepper step 2, p53).
- 4 Grill the Pork tenderloin for 5 minutes.
- 5 Flip the Tenderloin and baste with the sauce. Grill for an additional 5 minutes.
- 6 Flip the Tenderloin a second time and baste with sauce. Add the Stuffed peppers at this time (See Step 5, p53). Grill for an additional 5 minutes.
- 7 Flip the Tenderloin a third time and baste with sauce. Rest in the oven for 5 minutes.
- 8 Slice and serve with additional sauce as desired.

Note: Times indicated here will produce a medium well doneness in a 2 - 2 1/2" thick tenderloin. Please adjust cooking time to reach your desired doneness level.



METHOD: STUFFED PEPPERS

- 1 Cut the Pepper lengthwise and remove the seeds.
- 2 Place Peppers in the Grill pan cut side down during the preheating (step 3, p52).
- 3 Combine all the ingredients for the stuffing.
- 4 Remove Peppers and when the Peppers are cool enough to handle, fill each Pepper with Corn mixture.
- 5 Place Stuffed peppers in each corner of the Grill pan during the last 5 minutes of grilling (step 6, p52).



Chef's Tip: The Spice rub can be made in larger quantities in advance and used for a variety of dishes. Or you can substitute a pre-made Taco seasoning or Southwestern seasoning for the ingredients here.



Bakes



EGGPLANT PARMESAN

Yield: 6 Portions

INGREDIENTS

Eggplants	1 lb. (2 medium Eggplants)
Kosher salt	2 tsp.
Bread crumbs	1 cup
Olive oil	4 Tbsp.
Ricotta cheese	1 cup
Parmesan cheese	1 cup
Mozzarella cheese, shredded	1 ½ cups (divided use)
Parsley, minced	½ cup
Nutmeg, ground	½ tsp.
Eggs (Large)	2 ea.
Tomato sauce	3 cups



METHOD

- 1 Peel Eggplants and cut into ½" slices. Toss Eggplant with Salt and place on paper towels to drain for about 10 minutes.
- 2 While the Eggplant slices are draining, place Breadcrumbs on a metal tray or aluminum foil. Place it on top of the Grill pan. BROIL on MEDIUM for 3-5 minutes or until golden brown. Set aside when done.
- 3 Preheat the oven on GRILL-MED-HIGH. Brush the drained Eggplant slices with Olive oil to lightly coat on both sides.
- 4 Continue to grill the Eggplant slices for 3 minutes on each side on GRILL-MED-HIGH. Remove to a tray and reserve. This will take 2 or more batches to grill all the Eggplant slices.
- 5 Combine the Ricotta, Parmesan, and 1 cup of Mozzarella with the Parsley, Nutmeg, and Eggs. Mix well to combine.*
- 6 To assemble the dish, preheat the oven on manual BAKE at 325°F/160°C.
- 7 Spread ¾ cup of Tomato sauce in the bottom of a 9"x6" baking dish.
- 8 Add a layer of sliced Eggplant, and spread about 1 cup of Cheese mixture* on top. Sprinkle about ¼ cup of Breadcrumbs on top of the Cheese.
- 9 Repeat twice more for a total of three layers of Eggplant.*
- 10 Top with the remaining Tomato sauce, Breadcrumbs, and the remaining ½ cup of Mozzarella cheese.
- 11 BAKE at 325°F/160°C for about 30 minutes or until the top is brown and the center is hot (Min 175°F/80°C).
- 12 Rest for 5 minutes before cutting and serving.

* For ease of constructing this dish, the Cheese mixture can be put into a plastic food-storage bag. A corner of the bag is cut off and the mixture is easily "piped" onto the layers.

Chef's Tip: Alternately peel each of the Eggplant for added fiber and nutrients. This recipe uses jarred sauce for convenience. Feel free to use your favorite brand or make your own. Meat sauces are great here as well.

CHICAGO STYLE SAUSAGE AND CHEESE PIZZA

Yield: 1 Pizza -4-6 Portions (one portion for a real Pizza Lover!)

INGREDIENTS

Pizza dough	14 oz.
Mozzarella cheese, sliced	8 oz.
Italian sausage meat	1 lb.
Tomato sauce	2 ½ cups



METHOD

- 1 Allow the Dough to rise to double its size.
- 2 Roll Pizza dough out to and even ¼" thickness.
Lay Dough over the cold Grill pan so the Dough extends up the sides.
- 3 Cover the bottom of the Dough with Cheese.
- 4 Flatten the Sausage meat into thin (¼") patties and lay on top of the Cheese.
- 5 Pour in sauce and evenly distribute over the top of the Sausage.
- 6 Place Grill pan in cold oven and set on manual BAKE 350°F/180°C.
After preheating time, open and close the door and add 25 minutes of manual BAKE time at 350°F/180°C.
- 7 When cooking time is completed, add additional time as necessary if desired.
- 8 Remove Grill pan from the oven and rest for 5 minutes.
- 9 Gently lift Pizza from the pan and transfer to a cutting board.
- 10 Slice and serve.

Chef's Tip: Any number of fillings can be used for this dish. In general, fillings should not be too wet to prevent the Dough from getting soggy. Pre-cook Vegetables and allow them to drain before using. When using Meats in the Pizza, be sure to verify the doneness with an instant read thermometer in the thickest part of the Meat (165°F/75°C).





RUSTIC FRUIT GALETTE

INGREDIENTS

Peaches, Apples, Pears, etc.	1 ½ lb. (about 4 whole fruit)
Lemon juice	2 Tbsp.
Sugar	2 Tbsp.
Cinnamon	1 tsp.
Nutmeg	½ tsp.
Butter, melted	2 Tbsp.
Puff pastry sheet	1 ea.
Lady fingers, crushed or Graham cracker crumbs	½ cup
Coarse sugar	2 Tbsp.
Eggwash	
Egg	1 ea.
Milk	2 Tbsp.



METHOD

- 1 Preheat oven on GRILL-MEDIUM.
- 2 Peel, core, and cut Fruit into about 8 wedges each. All Fruit should be about the same size.
- 3 Toss Fruit with Lemon juice, Sugar, Cinnamon, Nutmeg, and melted Butter.
- 4 Place Fruit in Grill pan and cook on GRILL-MEDIUM for 3 minutes.
- 5 Flip gently toss / stir Fruit and grill for an additional 3 minutes .
- 6 Remove Fruit and reserve.
- 7 Wipe out the Grill pan and preheat the oven on BAKE 400°F/200°C.
- 8 On a small cutting board dusted with Flour, cut the Puff pastry dough into an 8" circle.
- 9 Sprinkle ground Lady fingers or Graham cracker crumbs in the center of the Dough.
- 10 Lay fruit wedges around the circle, overlapping slightly, with the thicker portions in the middle of the Dough. Be sure to leave a 1" border on the sides of the circle.
- 11 Combine Egg and Milk and mix well to make an Egg wash. Brush Egg wash along the 1" border. Fold the Dough edges in toward the center, over the Fruit, pinching and folding it to seal the edge and create a pleated border (See picture).
- 12 Brush Egg wash on the top of the Dough border and sprinkle with Coarse sugar and additional Cinnamon if desired.
- 13 Carefully slide the assembly into the Grill pan. BAKE for about 8 minutes or until the Dough is brown and the Fruit is fully cooked (fork tender).
- 14 Rest for 5-10 minutes before slicing and serving.

Chef's Tip: Serve with your favorite ice cream or vanilla custard sauce.

ADULT MACARONI AND CHEESE

Yield: 4-6 Portions

INGREDIENTS

Elbow macaroni	8 oz.
Panko breadcrumbs	1 cup
Heavy cream	1 cup
Milk	1 cup
Swiss cheese, grated	½ cup
Gruyere cheese, grated	½ cup
Blue cheese, crumbled	¼ cup
Parmesan cheese, grated	½ cup
Ground black pepper	¼ tsp.

METHOD

- 1 Place Breadcrumbs in a metal tray or aluminum foil. Place it in the oven on top of the Grill pan. BROIL on MEDIUM for 3-5 minutes or until golden brown. Set aside when done.
- 2 Preheat oven on manual BAKE 325°F/160°C.
- 3 Combine Heavy cream and Milk in a small sauce pan and bring to a boil. Remove from the heat.
- 4 Combine Cheeses, Pepper, and Macaroni in a large bowl. Toss well to combine.
- 5 Place Cheese mixture into a 9" x 6" baking dish.
- 6 Add Milk cream mixture to the dish. Stir gently.
- 7 Place baking dish into the Grill pan.
- 8 Cover the dish with an aluminum foil cover.
- 9 BAKE at 325°F/160°C for 20-30 minutes.
- 10 Remove cover and gently stir the mixture.
- 11 Top with Breadcrumbs and return to the oven for an additional 5 minutes at 325°F/160°C.
- 12 When cooking time is completed, remove baking dish from the Grill pan and rest for 5 minutes before serving (Internal temperature should be 175°F/80°C).

Chef's Tip: Add 6-8 oz. of diced shrimp, lobster, crab meat or scallops in Step 4 of the method. For the kids, make this recipe using only 2 cups of cheddar or substitute any of your favorite melting cheeses.



