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!

A Message from Our Chef

Recipes developed by The Culinary Institute of America for Panasonic

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

www.panasonic.com/CIO

Ken Megarr
MS, CCC
Director, Research & Development Test Kitchens
Panasonic
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
Superb Results with Minimal Effort

CUT

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

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.

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
- Aluminum foil (Uncoated aluminum foil)
- High Heat Silicon Containers

Use together with the Grill Plate. Metal containers with non-handle cannot be used.

Check heat-resist temperature of silica gel container before baking.

Heat Resistant Oven Glassware/Ceramic
Aluminum and other metal containers
Aluminum foil (Uncoated 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).

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

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.

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

METHOD

1. Combine Salt, Pepper, Paprika and Garlic powder. Mix well and reserve.

2. Brush the Chicken breasts with 2 Tbsp. Olive oil and season with 1 tsp. of the reserved Spice mix.


4. Arrange Chicken pieces in the center of the Grill pan skin side up. Place 1 ¼ 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 165ºF/75ºC 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 ½ Lemon and ½ Orange over the vegetable mix before cooking.
SAUSAGE STUFFED CHICKEN BREAST

INGREDIENTS
- Chicken breast, "French cut"*, 6 oz. each
- Breakfast sausage, casing removed
- Olive oil

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 (165ºF/75ºC).
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 without it remains a "skin-on".

Chef’s Tip: Add 1 lb. bag of frozen mixed vegetables with 2 Tbsp. melted butter, 1 tsp. salt, ½ tsp. pepper. Toss to coat and add around the outside of the Grill pan at step 6. Serve with Chicken breasts on a salad or sandwich or with your favorite tomato based sauce.

CORNISH HEN

INGREDIENTS
- Cornish hens, cut in half
- Kosher salt
- Old bay®
- Poultry seasoning
- Olive oil

METHOD
1. Combine Salt, Old bay®, and Poultry seasoning. Lightly brush the Hens with Olive oil and season liberally with spice mixture.
2. Place Hens in the Grill pan skin side up.
3. Switch to COMBO 1 and cook for an additional 20 minutes.
4. Leave in the oven to "rest" for an additional 5 minutes when cooking is complete.
5. When time is up, verify Hens are cooked by using an instant read thermometer. Hens should reach a minimum internal temperature of 165ºF/75ºC 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 cooking on COMBO 1. Move the vegetables to the center of the Grill pan for more color and flavor.
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 165ºF/75ºC 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. Check before the internal temperature.

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken legs and thighs, 8 pieces</td>
<td>2 lb.</td>
</tr>
<tr>
<td>Kosher salt</td>
<td>¼ tsp.</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>¼ tsp.</td>
</tr>
<tr>
<td>Olive oil</td>
<td>3 Tbsp.</td>
</tr>
<tr>
<td>Yellow onion, minced</td>
<td>½ cup</td>
</tr>
<tr>
<td>Garlic, minced</td>
<td>1 ¼ tsp.</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>Ginger, ground</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>Turmeric</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>Coriander</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>Paprika</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>Chicken stock</td>
<td>1 cup</td>
</tr>
<tr>
<td>Green olives</td>
<td>½ cup</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Parsley, chopped</td>
<td>3 Tbsp.</td>
</tr>
<tr>
<td>Cilantro, chopped</td>
<td>2 Tbsp.</td>
</tr>
</tbody>
</table>

Yield: 4 Portions
TANDOORI CHICKEN

INGREDIENTS

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

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 165ºF/75ºC 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.

ASIAN STYLE CHICKEN AND VEGETABLES

INGREDIENTS

- Chicken thighs, boneless, cut into ¼” cubes: 6 oz. (about 1 lb.)
- Soy sauce (Low sodium/Shoyu): ⅓ cup
- Chicken stock: ½ cup
- Mirin*: 2 Tbsp.
- Sugar: 1 ½ Tbsp.
- Sesame oil: ½ Tbsp.
- Scallions, greens, 1” pieces: 1 cup
- Cornstarch: 1 Tbsp.
- Mushrooms, quartered: 1 cup
- Broccoli florets: 1 cup
- Cauliflower florets: 1 cup
- Carrots, sliced: 1 cup
- Sesame seeds, toasted: 1 tsp.

METHOD

1. Combine all ingredients for Sauce and reserve until needed.
2. Preheat oven on GRILL-HIGH.
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 local large supermarkets.

Chef’s Tip: For a spicy version, add 1 tsp. of CHILES or 개념 to the sauce. Sesame gives it a Southeast Asian flair while Sambal or Sriracha adds more of a Korean flavor.

*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 local large supermarkets.

Chef’s Tip: For a spicy version, add 1 tsp. of CHILES or 개념 to the sauce. Sesame gives it a Southeast Asian flair while Sambal or Sriracha adds more of a Korean flavor.

*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 local large supermarkets.

Chef’s Tip: For a spicy version, add 1 tsp. of CHILES or 개념 to the sauce. Sesame gives it a Southeast Asian flair while Sambal or Sriracha adds more of a Korean flavor.
Vegetable
METHOD
1. Preheat the oven on GRILL-MED-HIGH.
2. Trim the ends off the Asparagus and peel if desired.
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.

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.

**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

METHOD
1. Preheat on GRILL-HIGH.
2. Combine Brussels sprouts with Salt and Pepper.
3. Cook on COMBO 2 for 5-8 minutes.
5. Continue to cook on BROIL-HIGH for 3 minutes.
6. Add additional time as desired.

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 Shallots for an Asian flavor profile. Add 2 Tbsp. of Hoisin sauce to the mixture.

Yield: 4-6 Portions

INGREDIENTS
- Brussel sprouts, trimmed and halved
- Salt
- Ground black pepper
- Maple syrup
- Butter
- Chestnuts
- Ground black pepper
- Kosher salt
- Ground black pepper

Yield: 4 Portions

INGREDIENTS
- Carrots, ¾" dice
- Yellow turnip, ¾" dice
- Parsnips, ¾" dice
- Fennel, ¾" dice
- Onions, pearl, peeled
- Beets, ¾" dice
- Peanut oil

CARMELIZED
ROOT VEGETABLES

METHOD
1. Combine all ingredients in a bowl and toss well to mix. Transfer to the Grill pan.
2. Cook on COMBO 2 for 10 minutes.
3. Stir gently and cook for an additional 10 minutes.
4. 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 Shallots for an Asian flavor profile. Add 2 Tbsp. of Hoisin sauce to the mixture.

INGREDIENTS
- Carrots, ¾" dice
- Yellow turnip, ¾" dice
- Parsnips, ¾" dice
- Fennel, ¾" dice
- Onions, pearl, peeled
- Beets, ¾" dice
- Peanut oil

2 cups
2 cups
2 cups
1 tsp.
1 tsp.
1 tsp.
1 tsp.
1 tsp.
1 tsp.
BAKED LEMON-STUFFED TROUT

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.


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.

INGREDIENTS

<table>
<thead>
<tr>
<th>Trout, butterflied, 12 oz. each</th>
<th>4 ea.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kosher salt</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>Lemons, sliced thin (16 slices)</td>
<td>2 ea.</td>
</tr>
<tr>
<td>Parsley</td>
<td>4 sprigs</td>
</tr>
<tr>
<td>Thyme</td>
<td>4 sprigs</td>
</tr>
<tr>
<td>Butter</td>
<td>4 Tbsp.</td>
</tr>
<tr>
<td>Red or Yellow potatoes (small or larger potatoes (quartered))</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Parsley, minced</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Olive oil</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Salt</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>½ tsp.</td>
</tr>
</tbody>
</table>
**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.

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Halibut fillet, 6 oz.</td>
<td>4 ea.</td>
</tr>
<tr>
<td>Pancetta, sliced thin</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Zucchini, sliced thin</td>
<td>1 ea.</td>
</tr>
<tr>
<td>Yellow squash, ½” bias cut slices</td>
<td>1 ea.</td>
</tr>
<tr>
<td>Kosher salt</td>
<td>½ tsp., or as needed</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>Olive oil</td>
<td>3 Tbsp.</td>
</tr>
<tr>
<td>Tomato, beefsteak, diced</td>
<td>1 ea.</td>
</tr>
<tr>
<td>Yellow onion, sliced thin</td>
<td>½ ea.</td>
</tr>
<tr>
<td>Garlic, minced</td>
<td>2 cloves</td>
</tr>
<tr>
<td>Basil, chopped</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Oregano</td>
<td>½ tsp.</td>
</tr>
</tbody>
</table>

Yield: 4 Portions

**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.
**SALMON ON LEEKS**

**METHOD**


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.

---

**INGREDIENTS**

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

Yield: 4 Portions

---

**PAN ROASTED SCALLOPS WITH SUN-DRIED TOMATO AND BASIL BUTTER**

**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.

---

**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: ¼ cup
  - Basil, chopped: ¼ cup
  - Garlic, roasted: 1 bulb
  - Parmesan cheese, grated: 1 cup

Yield: 4 Portions (5 scallops each)
**SHRIMP IN SILVER “PURSES”**

Photo: 2 pouches = 2 servings from each

**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”.

**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-inch diameter 2 ea.
- Shallots, minced 2 Tbsp.
- Asparagus, cut in 1" lengths 2 cups
- Mushrooms, quartered 2 cups
- Green onions, sliced thin 1/4 cup
- White wine 1/4 cup

**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. Don’t forget about the leftover wine!
MISO GLAZED SALMON
WITH WARM ASIAN COLE SLAW

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.

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salmon fillets, skin on, 6 oz. each</td>
<td>6 ea.</td>
</tr>
<tr>
<td>Marinade</td>
<td></td>
</tr>
<tr>
<td>White (shiro) miso</td>
<td>½ cup</td>
</tr>
<tr>
<td>Rice vinegar</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Green onions, minced</td>
<td>2 Thsp.</td>
</tr>
<tr>
<td>Ginger, minced</td>
<td>1 ½ Thsp.</td>
</tr>
<tr>
<td>Warm Asian cole slaw</td>
<td></td>
</tr>
<tr>
<td>Broccoli cole slaw mixture</td>
<td>1 ea. (12 oz. bag)</td>
</tr>
<tr>
<td>Green onions, sliced thin</td>
<td>½ cup (packed)</td>
</tr>
<tr>
<td>Sweet chili sauce</td>
<td>2 Thsp.</td>
</tr>
<tr>
<td>Lime juice</td>
<td>1 Thsp.</td>
</tr>
<tr>
<td>Rice wine vinegar</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>Light soy sauce</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Cilantro, chopped</td>
<td>2 Tbsp.</td>
</tr>
</tbody>
</table>

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

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 165ºF/75ºC 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.

INGREDIENTS

Striploin steaks, 6-8 oz. each

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

Sauce
Cornstarch 2 Tbsp.
Water 2 Tbsp.
Chicken stock 1% cup
Teriyaki sauce 1% cup
Green onion, minced 1% cup
Sake 2 Tbsp.
Mirin* 2 Tbsp.
Sugar 2 Tbsp.
Rice wine vinegar 1 tsp.
Garlic, minced 1 tsp.

Yield: 4 Portions

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.

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

*Ingredients are typical, but may vary depending on the brand. Please adjust as needed.
JERK PORK CHOPS WITH TROPICAL FRUIT SALSA

**INGREDIENTS**

**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.

**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

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 325ºF/160ºC.
5. Toss Onions, Carrots, Garlic, and Tomato paste together and add to the Grill pan.
6. Cook on BAKE 325ºF/160ºC for 5 minutes.
7. Add Wine and Chicken broth and stir.
8. Add Shanks back to the pan. BAKE at 325ºF/160ºC 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.

INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
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<tbody>
<tr>
<td>Veal shanks, cut 1” thick</td>
<td>4 ea.</td>
</tr>
<tr>
<td>Kosher salt</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Pepper</td>
<td>1 ½ tsp</td>
</tr>
<tr>
<td>Olive oil</td>
<td>3 Tbsp.</td>
</tr>
<tr>
<td>Onions, diced</td>
<td>1 cup</td>
</tr>
<tr>
<td>Carrots, diced</td>
<td>1 cup</td>
</tr>
<tr>
<td>Garlic, minced</td>
<td>4 Tbsp.</td>
</tr>
<tr>
<td>Tomato paste</td>
<td>3 Tbsp.</td>
</tr>
<tr>
<td>White wine</td>
<td>1 cup</td>
</tr>
<tr>
<td>Chicken broth</td>
<td>2 cups</td>
</tr>
<tr>
<td>Lemon zest, grated</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Parsley, minced</td>
<td>3 Tbsp.</td>
</tr>
<tr>
<td>Anchovies, chopped</td>
<td>2 ea.</td>
</tr>
</tbody>
</table>

Yield: 4 Portions
IN INDIAN LAMB
PATTIES
WITH PORTABELLA MUSHROOMS
AND SPICY YOGURT SAUCE

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 meet your desired doneness level.

Chef’s Tip: Use while stuffing Mushrooms, and make smaller Patties for a tasty Lamb slide. Serve in Pita pockets or mini Brioche buns.
**Grilled Flank Steak “Chermoula”**

**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.
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.

**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 alongside the Steak or Vegetables.

**Variations**
- **Spicy Lamb Kabobs**
  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.
  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.

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

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**Ingredients**

**Grilled Flank Steak “Chermoula”**
- 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 tbsp.
- Garlic, minced: 1 ½ tsp.
- Paprika: 1 tsp.
- Cumin: ½ tsp.
- Salt: ¼ tsp.
- Ground black pepper: ½ tsp.
- Cayenne pepper (optional): 1 tsp.

**Yield:** 4-6 Portions

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

**Yield:** 4 Portions

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**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.
**METHOD: PORK**

1. Combine all ingredients for the Spice rub. Set aside ½ 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.

**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).

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**ALBUQUERQUE PORK TENDERLOIN WITH STUFFED POBLANO PEPPERS**

**INGREDIENTS**

- **Pork tenderloin**: 3 lb.
- **Olive oil (Rub the pork)**: ¼ 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: ½ tsp.
- **Sauce**:
  - Pomegranate juice: 1 cup
  - Mollusc: ½ cup
  - Sherry vinegar: 1 tsp.
- **Stuffed peppers**:
  - Poblano peppers, cut in half lengthwise, seeded: 2 ea.
  - Black bean, canned, drained: ½ cup
  - Frozen corn: ½ cup
  - Pepper jack cheese, grated: ½ cup
  - Smoked jalapeno pepper, seeded: 1 ea.
  - Garlic, minced: 1 tsp.
  - Shallot, minced: 1 tsp.
  - Pork spice rub, from above recipe: ½ Tbsp.
  - Green onion, sliced thin: 1 Tbsp.
  - Cilantro, chopped: 1 Tbsp.
  - Salt: ¼ tsp.
  - Black pepper: ½ tsp.

**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.
Eggplant Parmesan

**METHOD**

1. Peel Eggplant 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 Bread crumbs 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. Spread ½ cup of Tomato sauce in the bottom of a 9”x6” baking dish.

7. Add a layer of sliced Eggplant, and spread about 1 cup of Cheese mixture* on top. Sprinkle about ¼ cup of Bread crumbs on top of the Cheese.

8. Repeat twice more for a total of three layers of Eggplant.*

9. Top with the remaining Tomato sauce, Bread crumbs, and the remaining ½ cup of Mozzarella cheese.

10. **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).**

11. 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:** Alternatively, 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.

**INGREDIENTS**

- Eggplant: 1 lb. (2 medium Eggplant)
- 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

Yield: 6 Portions
METHOD

1. Allow the Dough to rise to double its size.
2. Roll Pizza dough out to an 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 350ºF/180ºC.
   - After preheating time, open and close the door and add 25 minutes of manual BAKE time at 350ºF/180ºC.
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 (165ºF/75ºC).

INGREDIENTS

- Pizza dough 14 oz.
- Mozzarella cheese, sliced 8 oz.
- Italian sausage meat 1 lb.
- Tomato sauce 2½ cups

Yield: 1 Pizza - 4-6 Portions (one portion for a real Pizza Lover!)
Chef’s Tip: Serve with your favorite ice cream or vanilla custard sauce.

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
1 ea.

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. Gently toss 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 400ºF/200ºC.

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.
ADULT MACARONI AND CHEESE

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 saucepan 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 Bread crumbs 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).

INGREDIENTS

<table>
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<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elbow macaroni</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Panko/breadcrumbs</td>
<td>1 cup</td>
</tr>
<tr>
<td>Heavy cream</td>
<td>1 cup</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup</td>
</tr>
<tr>
<td>Swiss cheese, grated</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Gruyere cheese, grated</td>
<td>1/4 cup</td>
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<tr>
<td>Blue cheese, crumbled</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Parmesan cheese, grated</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>1/4 tsp.</td>
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</table>

Chef’s Tip: Add 6-8 oz. of diced shrimp, lobster, crab meat or clams 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.

Vidal 3-5 Portions

Yield: 4-6 Portions