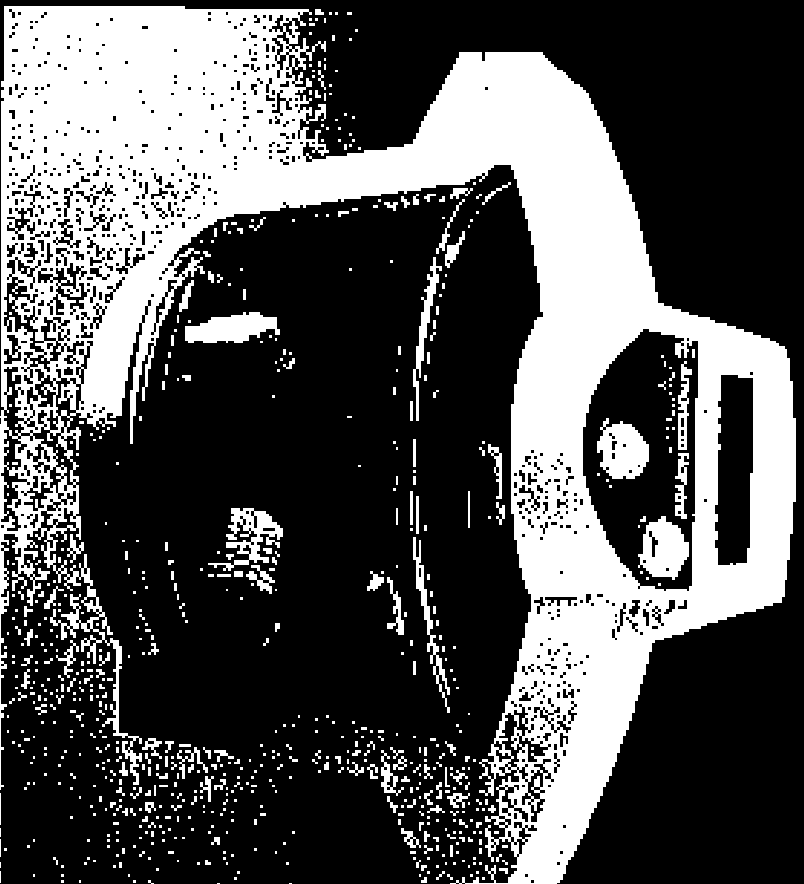


# Convection Perfection™



**Recipes & Instructions**



# Important Safeguards/Read All Instructions

*When using electric appliances, basic safety precautions should always be followed.*

1. For household use only. Do not use the Conversion Perfection™ Over for other than intended use.
2. Do not touch hot surfaces. Do not place on or use for electrical or gas burners, or on electric oven.
3. Do protect against electrical hazards. Do not immerse in liquid assembly, cord or plug in water or other liquid. Do not use outdoors.
4. Careful supervision is necessary when any appliance is used by or near children, when not in use and before cleaning. Allow to cool before cleaning or taking off parts.
5. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Remove appliance from nearest authorized service facility for examination, repair or adjustment.
6. Use only line voltage electrical receptacles recommended by American Harvest.
7. Do not let cord hang over edge of table or counter or touch hot surfaces.
8. The extreme caution when removing electrical parts and also when inserting an appliance into any plug that applies.
9. Always plug cord into the wall outlet before plugging the machine on. Do not unplug until switch to "OFF" position removes plug from wall outlet.
10. Do not have a cord kept by the plug. Check for signs, set your conversion cord on a cooling board and use cover when working. The heat generated from some cooking appliances may damage these types of counter tops.

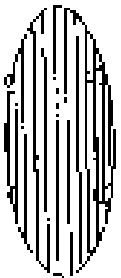
## **SAVE THESE INSTRUCTIONS.**

*Note: This appliance has a perforating plug, one blade is wider than the other. As a warning, the wide blade plug will fit in a polarized outlet only, one way of the plug does not fit fully. It is not to be reversed in plug. It is still used safely, connected through electrical circuit. Do not use the top of the cord as the safety feature.*

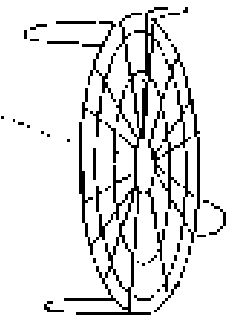
**Short Connections** — Short power supply cord as provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord. Extension cords may be used if care is taken to follow use. If an extension cord is used, the marked electrical rating of the cord should be at least equivalent to the electrical rating of the appliance. The longer cord should be arranged so that it will not drape over the table top where it can be pulled or by children or tripped over unintentionally.

## Accessories

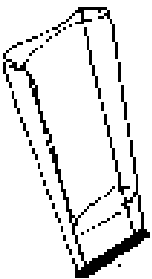
Your Convection Perfection™ Oven comes complete with these accessories:



- Bottom cooking rack



- Top cooking rack



- Set of tongs for picking up food



- 4 skewers



- Recipe/Instruction book

# Introduction



## Welcome to the family!

Congratulations on the purchase of your new **Competition Perfection™ Open**. Here at our International Headquarters in Cheshire, Vermont, we've been developing and producing our products for several years.

We're proud of our family. Our employees are the fastest and most skilled in the industry. Our **Competition Perfection™ Open** are the fastest in the market and the world's fastest one and only **Jet-Stream** Open, with patented "jet-like" coating system, allows a reduction in drying times, faster take-off, faster microcracks speed.

If you have a question, we'd like to tell you a lot more about ourselves. We started American Hammer™ (Home called Hammer Head) with 100 men members at the University of Vermont in 1976. Since then, we have worked hard to give you a lifetime dream:

To operate a highly successful and strikingly innovative, family-style corporation. One that nurtures and empowers its members to fulfill and support high-quality, patented home and commercial products.

Our people and our product represent America's best which you recognize these days. You have been not satisfied in the way that... What you own, **WILL** be yours.



As for the rest of your family at American Hammer, we don't find better people than our talented folks we work with.

Thank our people are our greatest asset. Don't make your American competitors and our industry of our people, we're one of the best!

On behalf of everyone here, we'd like to thank you. We're really pleased that while you started, our new open and joined our American Hammer family. We promise you each other to:

You'll be hearing from us in the future. We'd like to keep you informed on our latest innovations and have forward to serving you over the coming years.

*David W. Hambley, CEO, American Hammer*

David W. Hambley, CEO, American Hammer

*Customer Satisfaction*

1-800-288-4545

# Contents

*Before you begin,  
read and follow  
the instructions  
carefully.*

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# Safety/Use and Care

**Read and follow  
all directions  
carefully.**

**PYREX<sup>®</sup> Convection Bowl**  
Safety/Use & Care (See for Future  
Reference)

## Uses:

The PYREX glass bowl element of this "Convection Performance" oven should be used only as a component of the convection oven assembly for the preparation of food in accordance with the "Safety/Use & Care" section of this book.

## Care:

- If washing by hand, use a mild detergent and a soft sponge.
- To loosen hardened food, allow glass to cool then soak in warm, soapy water.
- If scrubbing is necessary, use only plastic or nylon cleaning pads.
- To clean and polish PYREX borosilicate glass products, use recommended SOAKING Detergent & Conditioner or other non-abrasive cleanser.
- Use Care when washing the PYREX bowl. Avoid bumping or dropping the bowl. Remember the bowl may become slippery. Handle it with care.

**CAUTION:** Failure to follow these instructions for the PYREX Convection Bowl can cause immediate or later breakage which can result in personal injury or property damage.

Pyrex is a registered trademark of Corning Incorporated, Corning, NY.

- NEVER USE ON TOP OF STOVE or under a broiler. Throw away any PYREX item shattered in this manner.

- DO NOT place the PYREX item on or near dried heat sources such as over fire or lit candles, heat sources, bear stoves, lit cigarettes or other open flames, heat sources, stoves, grills, etc.

- DO NOT subject a hot PYREX bowl to sudden cooling. For example, do not add liquid to a hot bowl, place a hot bowl on a cold or wet surface or in water, or fan a hot bowl with a wet cloth. When preparing food which may release liquid, add a small amount of liquid to dish prior to baking.

- DO NOT use the PYREX bowl to pop popcorn or to meltize sugar. Throw away any PYREX item molten or in this manner.
- DO NOT use sharp knives, sawing tools, or any object that will scratch the bowl.

- DO NOT continue to use if chipped, cracked, or noticeably scratched.

- DO NOT attempt to repair if broken or chipped.

- DO NOT use for deep fry frying. This is a dangerous use for any glass or ceramic vessel.

**Warning:** Glass bowl gets very hot! Use extra caution when taking food out of bowl. Take care not to touch sides of bowl when it is hot.

# Before You Begin

To keep your Convection Perfection Oven working good and functioning properly, it is important to follow the instructions below:

## **Never Restrict Airflow**

Air vents are located underneath the handles. It is important to keep the area clear to allow free flow of air to the motor.

## **Voltage Drop in Older Homes**

If you live in an older home you may experience a drop in power if the unit is run at the same time with another high wattage appliance such as a toaster or microwave oven. This is due to the limited amount of electrical current available in older kitchens with 15 amp service and is a common problem with all high-wattage appliances.

## **Preparing Your Unit**

1. Before using your Convection Perfection Oven for the first time, wash the glass bowl with warm, soapy water and dry thoroughly.
2. Place the glass bowl on the base and attach the lid. Make sure the lid is secure in place.
3. Plug in the oven and set temperature to 475° for 5 minutes, you will

smell a faint burnt odor as the small amounts of excess lubricants.

4. Turn off the oven and let it cool. After it has cooled, wipe out the bowl with a damp sponge or paper towel.

5. You are now ready to cook as you see Convection Perfection Oven.

Refer to page 12 & 13 for instructions on how to use in your Convection Perfection Oven.

## **Adapting Your Own Recipes**

We created Adapt your favorite recipes and see how much better they turn out in the Convection Perfection Oven. Generally, the cooking temperatures are the same; the cooking times will generally be less than conventional cooking. Experiment and record your times.

Use two handles when moving or carrying the oven.

**WARNING:** All glass surfaces of the oven get very hot. Touching these surfaces before they cool may cause a severe burn. Do not touch these surfaces before the oven has had a chance to cool.

*Read and follow  
all directions  
carefully.*

# Cleaning Instructions

*Do not use abrasive cleaning pads or cleansers; they will scratch the polished surfaces.*

## Cleaning

Your Convection Perfect on Conso is made of durable material. The glass bowl is dishwasher safe. Clean-up is quick and easy. Or, if you prefer, it may become necessary to soak burned-on foods. Nylon scrubbing pads may be used on the wire cooking racks for stubborn residue on foods. *Do not use abrasive metal cleaning pads or cleansers; they will scratch the polished surfaces.*

## Light Cleaning

1. Unplug the oven and let it cool.
2. Wipe out the glass bowl with a damp soapy sponge or cloth. Rinse thoroughly and dry.
3. Wipe the inside of the oven and the lid with a damp sponge or cloth.

*Note: Never immerse the lid in any liquid.*

## Normal Cleaning

1. Unplug the oven and let it cool.
2. Wash the glass bowl in warm soapy water and rinse well (the glass bowl may also be washed in the dishwasher). *Never wash the lid in the dishwasher.*

## "Turbo Wash" Cleaning

1. Place the bowl in the base of the oven. Fill glass bowl with 2 quarts of warm soapy water.
2. Place the lid securely on the bowl. Turn the timer dial up 10 minutes and the temperature dial to the lowest fan-petulate setting (clean racks, if desired). The timer washing action will clean bottom and remove food particles. If the bowl is very dirty, you may need to give it an additional 2-3 minutes of washing time.
3. To remove baked on particles you may need to scrub the inside of the bowl then grate, rinse and dry.



# Cleaning Instructions

## The Racks

Wash the racks in warm soapy water and rinse well (soak for a few minutes or use scrubbing pad.) Stubborn stains possibly leave them in the oven during Turbo Wash. **Do not use oven cleaner on non-stick metal surfaces.**

## The Fan

The fan requires little maintenance because it seldom gets dirty. In the event that it needs cleaning, wipe carefully with a damp cloth. **Never use abrasive cleaning pads, cleanser or oven cleaner to clean the fan.**

**Note:** Any servicing should be performed by an authorized service representative only. Never try to disassemble the fan. Call our Customer Satisfaction number if you need assistance with your fan.

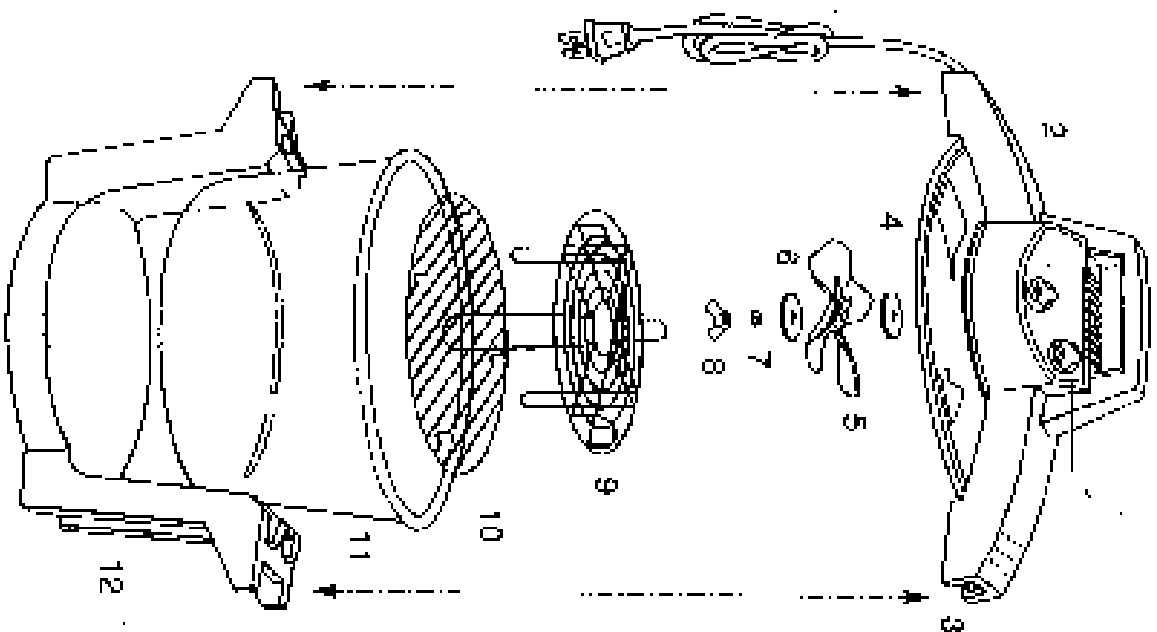
## Important Notes:

- Always make sure the oven is unplugged before cleaning.
- Always allow the glass bowl and lid to cool down before cleaning. Never wash the glass bowl or lid immediately after use.

**Do not immerse the lid assembly in water!**

- Never immerse the top section (lid) in water.
- Be careful not to allow water or other liquids to get inside the top section of the oven when cleaning.
- Never use solvents, abrasive cleaning powders, or metal or plastic scouring pads on the top section.

# Parts Diagram and Glossary of Terms



1. **Timer dial** - controls the timer setting.
2. **Temperature control dial** - controls the temperature.
3. **Lid assembly** - houses the mechanical components of the oven.
4. **Space washer** - keeps the fan blade disengaged from the fan assembly.
5. **Fan blade** - spins at 3600 RPM to cook food quickly.
6. **Space washer**
7. **Lock washer** - allows a snug fit of the fan blade.
8. **Nut** - secures fan blade to the lid assembly.
9. **Top grilling rack** - used for grilling foods and non-level cooking.
10. **Bottom rack** - used for cooking, baking and roasting foods.
11. **Pyrex connection bow** - used for housing food.
12. **Base** - holds glass bowl.

To order replacement parts call  
1 (800) 288-4745.

# Helpful Hints

## Using the Rack

- ◆ The "top" rack is usually used as a grilling rack or as a second level for two-level cooking.
- ◆ When two racks are shown, the recipe calls for two-level cooking.
- ◆ When baking small items, wrap rack with aluminum foil to keep food from browning.

◆ Always place food directly on bottom rack unless otherwise specified.

◆ When cooking individual items, i.e. baked potatoes or chicken fillets, arrange around outside of rack (toward front) to cook together.

◆ Spraying racks with a non-stick vegetable spray will make cleaning easier.

## Preheating

◆ If a recipe calls for preheating always preheat at 400° or higher for 5-8 minutes.

## Cooking Bacon

◆ Use caution, when preparing, to avoid splatter burns when lifting the lid.

## Using Foil

◆ Make a few holes in foil to allow air to circulate for better heating.

## Baking

◆ Do not preheat when cooking baked products.

◆ When baking cakes, you will get better results with a round or cube pan than with a square or round pan.

◆ When using baking pans, use a pan size that allows for maximum air flow around all sides of the pan.

◆ When baking custards or other foods with liquid fillings, cover the top of the food with aluminum foil until the custard begins to set.

## Broiling/Grilling

◆ Place foods directly on top rack in the upper position.

## Cooking a Complete Meal

◆ Use two levels of racks. Place food that takes longer to cook on bottom rack, then add additional food to the top rack.

## Determining Cooking Times

◆ Use the cooking times in left column and recipes as a guide. Watch for four size and circles. Generally, smaller and your personal preference for doneness all have bearing on actual cooking times.

## Converting Recipes

- ◆ As a rule of caution.
- ◆ Temperature will be the same.
- ◆ Time will be 1/2.

## Roasting Chicken

◆ First half of roasting time roast with breast down and turn breast up for second half.

## Cooking Meat

◆ As an option, lightly coat the meat with melted margarine or coating oil to add browning.

# Let's Get Started

---

*The both racks  
for ribeye meat  
cooking.*

## Cooking with your Convection Perfection Oven

The Convection Perfection Oven works by circulating hot air around the food that is being cooked. Hot should be placed in the center of the rack to allow for maximum airflow. Always make sure that the air can circulate freely around the food.

### Rack Use

The Convection Perfection Oven comes with two racks which allow maximum airflow around the food.

The size and consistency of the food being prepared determines the appropriate level and/or combination of racks to use.

Generally, the bottom rack is used for roasting and broiling; the top or upper rack is used for grilling.

Each placement is given for all recipes in this book; see "Guidelines at a Glance" on next page.

### Step by Step instructions

1. Place rack(s) in the oven in the position desired (depending on the levels being cooked).
2. Place food on rack(s) allowing a minimum of 1/2 inches of space between the pan and top of food.

3. Place the lid securely on the oven. Note: because of the automatic safety shut-off timer on the oven will not start if the lid is not seated properly on the base.

4. Set the temperature or desired setting.

5. Set the timer (see pg. 59). Note: the oven will not start if the timer is not set.

6. To stop the oven during cooking, if the lid or turn the timer dial to the rest position.

### Using the Timer (model CO 2001)

Your Convection Perfection Oven has a 60 minute electro-mechanical timer that automatically turns your oven ON and shows it off.

After food is placed in the Convection Perfection Oven and the lid is securely in place:

1. Turn the temperature control dial to desired setting.

2. Turn the timer dial to the desired setting. The oven will automatically start and shut off when the set time has passed.

Note: the oven will not start unless the timer dial has been set.

# Let's Get Started

## Follow the Guidelines at a Glance Instructions

In the recipe section of this book, you will find a quick reference guide for preparing each recipe. If conditions all the detailed information you will need for success, including rack use.

Study the example below to familiarize yourself with the components of the chart and you will see just how easy it is!

### Guidelines at a Glance

Preheat	Temp	Time	Rack Use	Yield
Yes	375	5-8	Bottom	✓
1	2	3	4	5

1. **Preheat** - Yes or No, depending on the recipe. Always preheat at set region not temperature for 5-8 minutes.

2. **Temp** - refers to the temperature setting. Turn the temperature dial until the arrow on the top corresponds to the desired temperature.

3. **Time in min.** - the time is always given in minutes.

4. **Rack Use** refers to the bottom or top rack.

5. **Yield** number of servings or individual pieces per recipe.

In recipes with 2 and 3 steps, the Guidelines at a Glance chart will have 2-3 sets of instructions. Each step consists of "Time, n M.L." which is the amount of time needed for each step.

For example, if the first step requires 10 minutes and the second step requires 15 minutes, the total cooking time is 25 minutes.

Usually, a two step recipe consists of placing one food in the oven first (usually the one that takes longer to cook), and cooking it for the set amount of time for step 1. Then, adding a second food and cooking both foods for the set amount of time indicated in step 2. **Notes** Each step has a specific cooking time.

In the example below, note that the steps are numbered in the preheat box. The numbers correspond to the steps referenced in the body of the recipe.

### Guidelines at a Glance

Preheat	Temp	Time	Rack Use	Yield
1. Yes	375	10	Bottom	2
2. No	425	15	Top	2

# Appetizers

---

*Use the "top" rack for grilling foods and as a second level for two level cooking.*

Good news has a delicious twist! The Convenience Perfection Oven makes most of your small appetizers in just minutes! It's perfect for parties because the cooking process is usually entertaining. Your guests will enjoy watching your food transform before their eyes and delight in the taste.

In addition to the following recipes, and any you may have of your own, you will find many frozen appetizers that will cook up better than you've ever tasted before. Refer to the same guidelines referenced in the "Convenience Foods" section for preparing packaged foods.



# Appetizers

## Pizza

1 9-inch frozen pizza (12-16 oz.)

Place pizza on pan or metal tray and cook according to guidelines and cheese is melted and pizza is red browned.

*Guidelines of a Glance*

Method	Temp	Time	Resting	Yield
Broil	475°	8-12	10 min.	1



## Shrimp Kabobs

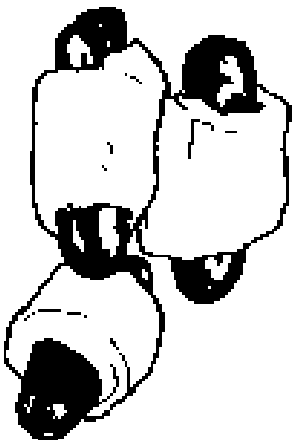
1 lb. shrimp (peeled and deveined)

2/3 cup sweet and sour sauce  
1 8 oz. can pineapple chunks, drained  
1 medium green pepper, cut into 1 inch chunks

Place shrimp, pineapple and pepper chunks or skewers and marinate with sweet and sour sauce. Place on bro rack in oven and grill according to guidelines until shrimp turns pink.

*Guidelines of a Glance*

Method	Temp	Time	Resting	Yield
Broil	475°	5-7	10 min.	4



# Appetizers



## Sweet & Sour ribs

- 1 1/2 lbs. baby back pork ribs
- Pepper to taste
- 1/2 cup sweet & sour sauce
- 1 teaspoon soy sauce
- 1/2 teaspoon grated ginger root

Combine sweet & sour sauce, soy sauce and ginger root. Cut ribs into one-rib portions and season with pepper.

Spray broiler rack with no stick vegetable spray. Place ribs on broiler rack. Cook according to guidelines until tender and done, basting with sauce during last 4-5 minutes.

### Guidelines at a Glance

Season	Temp.	Broiler	Time
Yes	400°	12-15	12-20 min.

## Mangoes Chicken Wings

- 1 1/4 to 1 1/2 lbs. chicken wings, tips removed
- 1/3 cup soy sauce
- 1 tablespoon sugar
- 2 teaspoons curry powder
- 1 clove garlic, minced
- 1/4 teaspoon pepper

Combine soy sauce, sugar, curry powder, garlic and pepper. Pour into zip-top bags; add chicken wings. Seal bag and refrigerate 8-12 hours or overnight. Turn bag occasionally.

Spray broiler rack with non-stick spray. Remove wings from marinate and place on broiler rack. Cook according to guidelines until done.

### Guidelines at a Glance

Pre-heat	Temp.	Broiler	Time
Yes	400°	12-18	20-25 min.



# Appetizers

## Baked Mushrooms

- 1 lb fresh mushrooms, stems removed
- 3 tablespoons chopped parsley
- 3 tablespoons olive oil
- 2 tablespoons parmesan cheese
- 1 teaspoon lemon pepper
- 1 clove garlic, minced

Combine all ingredients in 8" x 8" baking dish. Place dish on roasting rack and bake according to guidelines.

*Guidelines at a Glance*

Preheat	Temp	Time	Position	Yield
Yes	375°	15-18	bottom	4

## Cheese Crisps

- 1/2 cup finely shredded cheddar cheese
- 2 tablespoons margarine or butter, softened
- 2 teaspoons milk
- 2 teaspoons spicy mustard
- 1/2 cup finely crushed potato chips
- 6 tablespoons flour

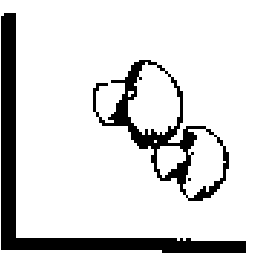
Cover lower rack with foil and pierce in several places.

Combine cheese, margarine, milk and mustard; mix well. Use chips and flour together. Stir into cheese mixture until balls formed.

Shape into 18 small balls; flatten each to 1/4 inch thick. Place on bottom rack and bake according to guidelines. Remove from rack and cool.

*Guidelines at a Glance*

Preheat	Temp	Time	Position	Yield
No	350°	15-18	bottom	18



# Cooking Guide

## Meats

Item	Quantity	Preheat		Time	Flare		Helpful Hints
		400° High	Temperature		Use	Use	
Beacon	5 slices	Yes	500°	8-10 min.	Bottom	Use cooking spray	
Beefsteak	4	Yes	475°	8-10 min.	Top		1/2 cup of
		Yes	500°	5-8 min.	Top		
Cloven Breast, boned	4 (2 oz.)	Yes	500°	5-8 min.	Top		
Chicken, broiler	3 (2-4 lb.)	Yes	325°	30-35 min.	Bottom	1/2 cup breast sauce	1/2 time breast up
Coated Sauté Meat	2 (24 oz. can.)	Yes	350°	40-45 min.	Bottom		
Fast Filet (baked)	1 lb.	Yes	425°	8-10 min.	Bottom	In cooking pan with sauce	
Ground Beef, turkey burgers	1 lb.	Yes	350°	5-7 min.	Top	Oil on top rack	
Ham, pre-cooked, boneless	2 or 2 1/2 #.	Yes	350°	40-50 min.	Bottom	Place in casserole dish	and liquid
Hot dogs	4	Yes	500°	4-5 min.	Top		
roaster milk	4 (5 oz.)	Yes	350°	7-9 min.	Top		
Roastluf	1 lb.	Yes	300°	20-25 min.	Bottom	2" x 4" loaf pan	
Pork chops, breaded	4	Yes	400°	12-14 min.	Bottom		
roast Saus	23 lb.	Yes	325°	30-35 min. per lb.	Bottom	Acid 1 cup water to give liquid	
Saltore breaks	4	Yes	375°	12-14 min.	Top	Optional: brush seasoned vegetable oil	
Saute beef, broiler	4 (6 oz.)	Yes	375°	6-10 min.	Top		

## Meat, Fish and Poultry

Your new Convection Perfection Oven is perfect for meat. The Cooking Action quickly sears in juices, allowing the outside to get brown while the inside stays moist. In addition to the exceptional taste, the Convection Perfection Oven takes the effort out of preparation. There is no turning because both sides cook at once.

Because the cooking process is entirely enclosed, there is no splattered grease, messy broiler pans or charred grills to clean. Use the timer given as a guide and adjust them according to your own preference for doneness.

*Brush meat, poultry or fish before cooking with melted margarine or cooking oil to aid in browning.*



# Meat, Fish and Poultry



## Barbecued Meatloaf

- 1 lb. lean ground beef
- 1 cup barbecue sauce
- 1 cup soft bread crumbs
- 1 egg, beaten
- 2/3 cup minced onion
- 1 clove garlic, minced
- 1/4 teaspoon pepper

Reserve 2 tablespoons barbecue sauce, combine remaining ingredients. Press mixture into 9" X 4" inch loaf pan. Place pan on bottom rack and bake until done.

Spread top of meatloaf with remaining barbecue sauce during last 10 minutes of baking.

### Guidelines at a Glance

Number	Temp.	Bake Minutes	Approx. Wt.	Yield
1	350°	25-30	3000 gm	4

## Broiled Lobster Tails

- 4 4 to 5 oz. lobster tails
- 4 teaspoons melted margarine or butter
- Paprika

Split lobster tails from wide end to tail end; loosen meat. Brush with melted margarine and sprinkle with paprika. Broil on top rack and broil for 8 to 10 minutes.

### Guidelines at a Glance

Number	Temp.	Time		Yield
		Preheat	Broiling	
4	350°	1-2	10-15	4

# Meat, Fish and Poultry

## Prime Rib of Beef

- 1 (3-5 lb.) prime rib of beef
- Worcestershire sauce
- Salt and pepper to taste

Brush meat with Worcestershire sauce and sprinkle with salt and pepper.

Spray bottom rack with no-stick spray; place meat on rack (cover until desired doneness is reached). Let meat stand 15-20 minutes before slicing.

### Internal Temperature:

- 135° - 140°F - rare
- 145° - 150°F - medium rare
- 160°F - medium
- 170°F - well

### Guidelines at a Glance

Method	Temp	Time	Rest	Yield
Roast	350°	10-20 per lb.	10 minutes	2-1.5

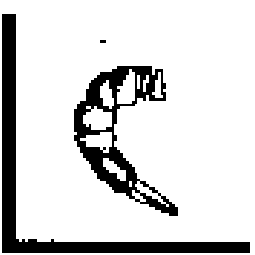
## Shrimp Scampi

- 1 lb large shrimp, peeled and deveined
- 1/4 cup margarine or butter melted
- 1/4 cup fresh lemon juice
- 2 tablespoons chopped parsley
- 1 tablespoon minced onion
- 2 cloves minced garlic
- 1/4 teaspoon paprika
- 1/4 teaspoon black pepper

Combine all ingredients in 8" x 8" casserole. Set stove for 10 to 15 minutes to allow flavors to blend. Place tent on top rack. Bake according to guidelines.

### Guidelines at a Glance

Method	Temp	Time	Rest	Yield
Yes	400°	5-8	Upset	4



# Meat, Fish and Poultry



## Lime Dill Salmon Steaks

- 4 (8 oz.) salmon steaks
- 1 tablespoon olive oil
- 1 tablespoon fresh lime juice
- 1/2 teaspoon dried dill weed
- 1/4 teaspoon pepper

Combine olive oil, lime juice, dill-weed and pepper. Brush on both sides of salmon steaks. Let stand at room temperature 30 minutes. Place on broiler rack and grill according to guidelines until fish flakes when pierced with fork.

### Guidelines at a Glance

Method	Temp	Time	Area Use	Time
Yes	375°	3-14	broiler	4

## Herb Roasted Chicken

- 3 1/2 - 4 lb. whole roasting chicken
- 1/4 cup minced onion
- 1 tablespoon minced fresh parsley
- 1 tablespoon minced fresh basil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Combine onion, parsley, basil, salt and pepper. Stuff mixture under skin of chicken breast and thighs.

Place chicken, breast side down on broiler rack and cook according to guidelines. Turn chicken after half the cooking time.

### Guidelines at a Glance

Method	Temp	Time	Area Use	Time
Yes	375°	3-44	broiler	4-6

# Meat, Fish and Poultry

## PORK ROAST

- 4-3 lb. pork roast
- 1 tablespoon onion powder
- 2 teaspoons sugar
- 4 teaspoon ground allspice
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

Combine all seasonings and rub over surface of meat. Spray bottom rack with non-stick spray. Place meat on bottom rack. Pour 1 cup hot water into glass bowl.

Cook according to guidelines until internal temperature registers 161-170°F. Remove roasts from oven and cover with foil. Let stand 15 to 20 minutes before slicing.

**Guidelines at a Glance**

Meat	Temp	Time Approx.	Roast Use	Yield
Yes	161-170	30-45 per lb	Bottom	5oz

## Honey Poppy Seed

### Cornish Hens

- 2 (2 1/2 oz.) Cornish Hens
- 1/4 cup honey
- 4 teaspoons poppy seeds
- 1 teaspoon dry mustard
- 1/2 teaspoon ground ginger
- 1/2 teaspoon pepper
- 1/8 teaspoon salt

Combine honey, poppy seeds, mustard, ginger, pepper and salt.

Spray bottom rack with non-stick spray. Brush mixture over hens and place on bottom rack. Roast according to guideline. Cut hens in half to serve.

**Guidelines at a Glance**

Meat	Temp	Time Approx.	Roast Use	Yield
Yes	200	30-45	Bottom	2



# Meat, Fish and Poultry



## Onion Burgers

- 1 lb. lean ground beef
- 2 tablespoons minced onion
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Combine all ingredients and shape into 4 patties about 3 1/2 inches in diameter.

Spray top rack with no-stick spray. Place burgers on rack and grill according to guidelines until done.

### Guidelines at a Glance

Product	Item Name	Temp. (min.)	Cooking Time	Yield
Yes	99*	5-7	10p	4

## Mediterranean Turkey Patties

- 1 lb. ground turkey
- 3 tablespoons minced green onion
- 1 teaspoon dried oregano
- 1/2 teaspoon lemon pepper seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried dill
- 1/4 teaspoon dried parsley

Combine all ingredients and shape into 4 patties about 4 inches in diameter.

Spray top rack with no-stick spray. Place burgers on rack. Cook according to guidelines until well done.

### Guidelines at a Glance

Product	Item Name	Temp. (min.)	Cooking Time	Yield
Yes	305*	5-7	10p	4



# Meat, Fish and Poultry

## Chicken Salsa

- 4 (4 oz.) boneless, skinless chicken breasts
- 1/2 cup salsa
- 2 teaspoons Worcestershire
- 1 teaspoon oil
- 1 teaspoon chopped chives

Remove chicken breasts between plastic wrap to 3/4 inch thickness; place in zip top bag. Combine salsa, Worcestershire sauce, oil and chives; pour over chicken. Seal bag and marinate in refrigerator for 30 minutes.

Spray rack with no-stick spray. Place chicken on rack and grill according to guidelines.

### Guidelines at a Glance

Preheat / Grill Time	Grill In Time	Preheat Use	Notes
Preheat to 400°	5-6 min.	Preheat	

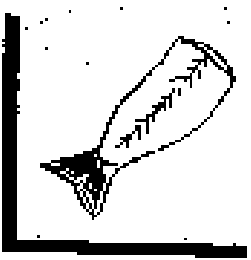
## Baked Fish Fillets

- 1 lb. Boneless or other white fish fillets
- 1/4 cup mayonnaise
- 2 teaspoons lemon juice
- Salt and pepper to taste
- 1/2 cup fine cracker crumbs
- Paperella

Combine mayonnaise, lemon juice, salt and pepper; spread on both sides of fish. Coat with cracker crumbs and sprinkle with paprika; spray top with no-stick spray. Place on top rack and bake according to guidelines until fish flakes easily.

### Guidelines at a Glance

Preheat / Grill Time	Grill In Time	Preheat Use	Notes
Preheat to 400°	15-20 min.	Preheat	



# Meat, Fish and Poultry



## Herb Grilled Steaks

- 4 (6 oz.) rib eye steaks, 3/4 inch thick
- 4 teaspoons margarine or butter, softened
- 1 teaspoon minced fresh chives
- 1/2 teaspoon minced fresh tarragon
- 1/4 teaspoon pepper

Combine margarine, chives, tarragon and pepper; spread on one side of each steak.

Spray top rack with no-stick spray. Place steaks on top rack and grill to desired doneness.

### Guidelines at a Glance

Preparer	Temp	Time	Top	Bottom	Yield
Yes	325°	4-10	Top		4

## Twyn Meatloaves

- 1 lb. lean ground beef
- 1 small onion, chopped
- 1/3 cup oatmeal
- 1 egg, beaten
- 1 1/2 teaspoons Italian seasoning
- Salt and pepper to taste
- 1/2 cup sliced fresh mushrooms

Combine ground beef, onion, oatmeal, egg, Italian seasoning, salt and pepper; mix well. Shape mixture into 2 loaves about 5 inches long and 1 1/2 inches thick.

Cover bottom rack with foil; place several holes in the foil with a knife. Place loaves on rack and cook according to guidelines, adding mushrooms to top of loaves after 30 minutes.

### Guidelines at a Glance

Preparer	Temp	Time	Top	Bottom	Yield
Yes	350°	5-20	Bottom		2

# Meat, Fish and Poultry

## Spicy Cajun Pork Chops

- 3/4 pork chops, about 3/4 inch thick
- 1/2 cup fine cracker crumbs
- 2 teaspoons chili powder
- 1 1/2 teaspoons onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon red pepper
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt

Combine seasoning and place in flat dish. Moisten pork chops with water; shake off excess. Press crumbs into chops, coating completely.

Spray bottom rack with no-salt spray. Place chops on rack and bake until done.

### Guidelines at a Glance

Preheat Time	Broil Time	Broil Rack	Yield
450°	15-20	Side	4

## Lemon Tarragon Chicken Legs

- 8 chicken legs, about 2 pounds
- 2 tablespoons lemon juice
- 1/2 cup fine cracker crumbs
- 1 teaspoon crushed tarragon
- 1 teaspoon lemon pepper seasoning
- 1/2 teaspoon onion powder

Combine cracker crumbs, tarragon, lemon pepper seasoning and onion powder in flat dish.

Moisten chicken with lemon juice; press into crumbs, coating completely.

Spray bottom rack with no-salt spray. Place chicken legs on rack and bake according to guidelines until done.

### Guidelines at a Glance

Preheat Time	Broil Time	Broil Rack	Yield
450°	18-22	Bottom	4

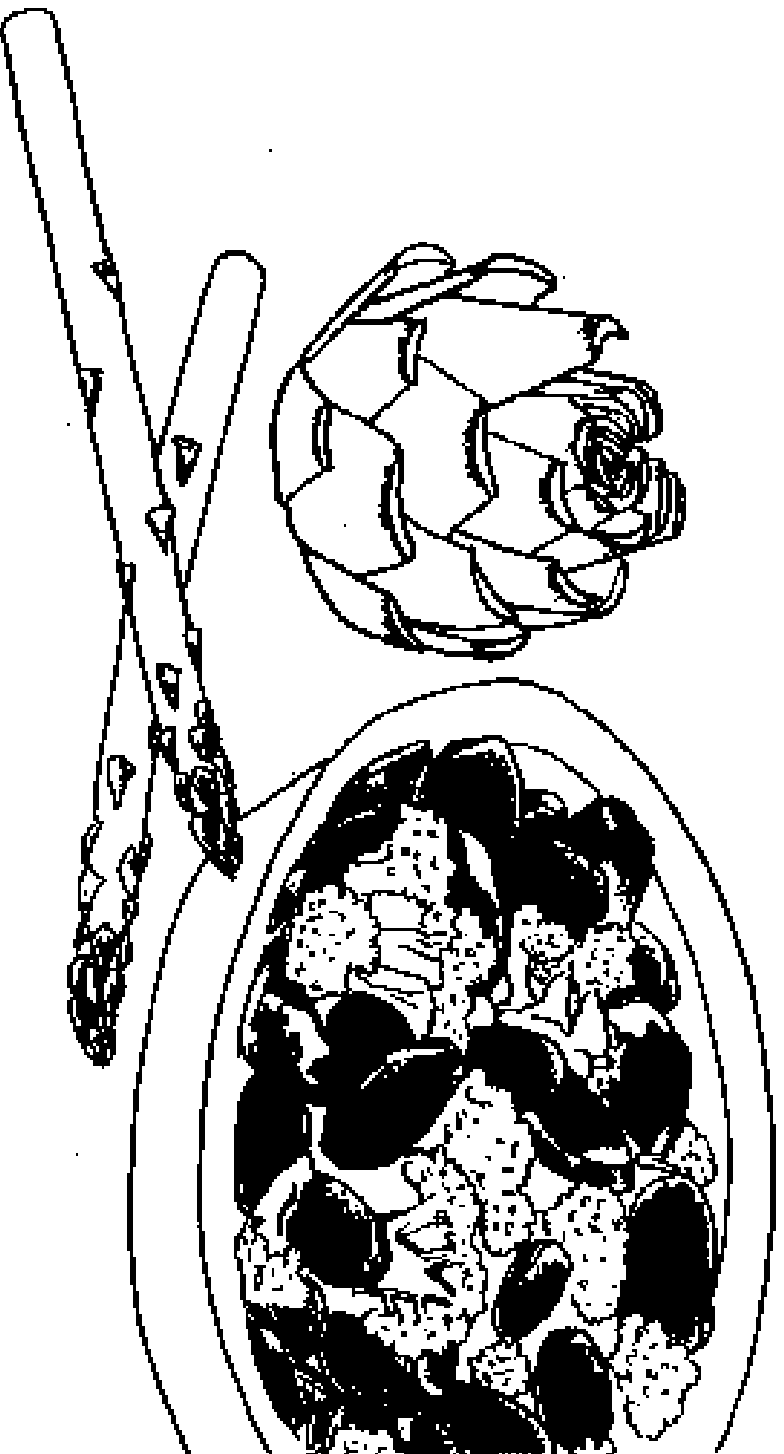


# Cooking Guide

Vegetables	Prepared	Temperature	Time	Recipe	
				See	Manual Page
Asparagus	Yes	350°F	10-15 min	Brown	Steam or boil
Brussels Sprouts	Yes	350°F	12-15 min	Brown	Boil or steam
Broccoli	Yes	350°F	10-15 min	Brown	Boil or steam
Carrots	Yes	350°F	15-20 min	Brown	Boil or steam
Peppers, Bell	Yes	350°F	15-20 min	Brown	Boil or steam
Peas	Yes	350°F	15-20 min	Brown	Boil or steam
Spinach	Yes	350°F	15-20 min	Brown	Boil or steam
Tomatoes	Yes	350°F	15-20 min	Brown	Boil or steam
Yucca	Yes	350°F	15-20 min	Brown	Boil or steam
Beans	Yes	350°F	15-20 min	Brown	Boil or steam
Onions	Yes	350°F	15-20 min	Brown	Boil or steam
Garlic	Yes	350°F	15-20 min	Brown	Boil or steam
Herbs	Yes	350°F	15-20 min	Brown	Boil or steam
... (many more rows) ...	...	...	...	...	...

## Vegetables

The Competition Recipebook (over) offers a new and exciting technique for cooking vegetables. Air frying provides the crisp taste of fried foods without the grease that traditionally goes along with them. In the following recipes you will discover some interesting applications of this new process. Recipes for example, can be fried and serve like french fries without the fat. In addition you can prepare your favorites in advance! Keep the convenience alive for a complete meal, combine vegetables and meat.



# Vegetables



## Baked Potatoes

4 (6 - 8 oz.) white or sweet potatoes  
Oil

Wash potatoes with oil and pierce in several places with a fork. Place in sack and bake according to guidelines or until done.

### Guidelines at a Glance

Prep	Serv	Time	How up	Yield
Wash	375	25-35	Bottom	4

## Oven Roasted Potatoes

4 (6 - 8 oz.) baking potatoes, cut into halves, length wise  
1/4 cup melted margarine  
1/2 teaspoon seasoned salt  
1/2 teaspoon pepper  
1/4 teaspoon garlic powder

Combine all ingredients in zip top bag; shake to evenly coat. Place on rack and cook according to guidelines or until well-browned and tender.

### Guidelines at a Glance

Prep	Serv	Time	Position	Yield
Wash	425	30-35	Bottom	4

# Vegetables

## Individual Potato Kugels

- 2 cups grated potatoes, patted dry
- 2 eggs, well beaten
- 1/4 cup flour
- 2 tablespoons cooking oil
- 2 tablespoons grated onion
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon baking powder

Combine all ingredients and spread into 4 greased custard cups. Place on rack. Bake according to guidelines on unit's oven thermometer and scale insert in center boxes on steam.

### Guidelines at a Glance

Method	Temp in oven	Soak time	Time
Yes	325°	18-21	30-35 min

## Steamed Vegetable Bundles

- 2 cups broccoli pieces, about 1 inch in size
- 1 cup cauliflower pieces, about 1 inch in size
- 2 medium carrots, peeled and thinly sliced
- 1/4 cup chicken broth
- 1/2 teaspoon dried basil leaves
- Salt and pepper to taste

Test four pieces of aluminum foil. Combine vegetables. Place about 1 cup of vegetable mixture on each square of aluminum foil.

Shape foil around vegetables and sprinkle with seasonings. Add 1 tablespoon chicken broth to vegetable and nest foil tightly to seal. Place on rack and cook according to guidelines.

### Guidelines at a Glance

Preparation	Temp in oven	Soak time	Time
Yes	400°	11-14	20-25 min



# Vegetables



## Wild Rice Casserole

- 1 cup sliced fresh mushrooms
- 1/2 cup chopped onion
- 2 tablespoons margarine or butter
- 2 cups cooked wild rice
- 1/3 cup chopped pecans
- 2 tablespoons minced fresh parsley
- 1 teaspoon chicken bouillon granules dissolved in 1/4 cup hot water
- 1/4 teaspoon black pepper

Spray 1 quart casserole dish with non-stick spray.

Melt margarine in skillet; add mushrooms and onion and cook until tender. Stir in remaining ingredients; mix well.

Pour mixture into casserole dish and cover securely with foil. Bake on broom rack according to guidelines.

## Stuffed Zucchini

- 4 small zucchini, about 6 inches long
- 1/2 cup dry bread crumbs
- 3 tablespoons melted margarine or butter
- 2 tablespoons Parmesan cheese
- 1/2 teaspoon lemon pepper seasoning

Cut zucchini in half; lengthwise. Core; remove remaining ingredients and spread over tops of zucchini halves. Place on broom rack and cook according to guidelines until tender.

### Guidelines at a Glance

Method	Temp.	Time (Min.)	Broom Rack	Shield
Bake	325°	15-16	Upstream	4

### Guidelines at a Glance

Method	Temp.	Time (Min.)	Broom Rack	Shield
Bake	400°	14-16	Downstream	4



# Vegetables

## Rice Stuffed Peppers

- 4 small/medium green bell peppers
- 3 cups cooked rice
- 10 3/4 oz. can low sodium cream of chicken soup, divided
- 2 oz. jar chopped pimientos
- 1/4 teaspoon pepper
- 1/2 cup milk

Cut tops off peppers and remove seeds and membranes. Place peppers in boiling water 4 or 5 minutes drain. Combine rice, 1 cup chicken soup, chives, pimientos and pepper.

Stuff mixture into peppers. Award gopher upright in casserole dish. Continue remaining soup and milk and pour around peppers; cover. Place on bottom rack and cook according to guidelines, removing cover after 20 minutes.

## Dried Squash

- 1 lb. yellow, crookneck squash
- 2 tablespoons oil
- 2 teaspoons dried thyme
- 4 teaspoons margarine or butter

Cut squash into 1/2 inch cross strips. Sprinkle with oil, weed and onion. Bake to eat.

Twelve squash among 4 squares of aluminum foil, add one teaspoon margarine to each. Shape foil into a pouch and seal. Place on bottom rack and bake according to guidelines.



### Guidelines at a Glance ..

Method	Temp	Type	Rack use	Time
Yes	350°	20-25	Bottom	4

### Guidelines at a Glance ..

Method	Temp	Rack	Rack use	Time
Yes	350°	2-3	Bottom	4

# Cooking Guide

## Baked Goods

Item	Quantity	Preheat		Time	Bake use	Helpful Hints
		400° High	Temperature			
Apples	3 medium	Yes	375°	10-25 min.	Bottom	Place on heating rack; add liquid
Bread (oven)	1 loaf	No	375°	19-23	Tray/rack	
Bread pudding	4	No	325°	15-18	Tray/rack	Custard eggs
Bread Crust Mix	26 slices	No	350°	35-40 min.	Bottom	1/2 cup liquid; salt
Coffee Cake	6 slices	Yes	375°	15-18 min.	Bottom	1/4 cup oil; nut
Corn Bread	9 pieces	Yes	325°	19-26 min.	Braised	1/2 x 8 pan
Quick Bread Mix	8 pieces	No	350°	25-30	Bottom	
Refrigerated						
Microw	5-10 egg size	No	400°	4-10 min.	Bottom	
Biscuits	~10 1/2" size	No	350°	10-13 min.	Braised	
Cucumber Rolls	5-8	No	375°	4-10 min.	Tray/rack	
Tray Turnover	12 oz pkg.	No	375°	24-30 min.	Bottom	

# Baked Goods



**Dave's Fast Apples and Frozen Yogurt**  
 3 Granny Smith apples  
 Cinnamon sugar  
 Frozen Vanilla Yogurt

Cut apples in half, down through stem (removed seeds). Scoop out each half with a melon baller. Sprinkle with cinnamon sugar. Bake according to guidelines. Top with low-fat frozen yogurt.

## BORING Nut Ring

2/3 cup sugar  
 1/4 cup margarine, softened  
 1 egg  
 3/4 cup mashed bananas (2 med.)  
 1/4 cup buttermilk  
 1/2 teaspoon vanilla  
 1 1/4 cups flour  
 1/2 teaspoon baking soda  
 1/4 teaspoon salt  
 1/3 cup chopped nuts

Grease and flour bottom of 6 cup ring pan. Combine sugar and margarine in mixing bowl; beat until creamy. Stir in egg until well blended. Add bananas, buttermilk and vanilla; beat until smooth. Stir in remaining ingredients just until combined. Pour into pan. Place on boron sack and raise according to guidelines or until wooden pick inserted in center comes out clean. Cool in pan 15 minutes. Remove from pan and cool on rack before slicing.

### Guidelines at a Glance

Product	Temp	Time (Min.)	Rack Use	Yield
No.	325°	25-30	Bottom	6

### Guidelines at a Glance

Product	Temp	Time (Min.)	Rack Use	Yield
No.	300°	12-15	Bottom	4

## Baked Goods

When baking, the Convection Perfection Oven combines the best of both worlds. It provides the Browning capabilities of a conventional oven with shorter cooking time. Fresh dough products are especially well suited and raise higher than they would in your oven! The circular motion of the fan creates a vacuum which actually pulls the dough upward increasing the volume.

**A 12-cup  
bunndt pan  
works great  
for cakes**

Because of the shorter cooking times, it is best not to preheat the oven when baking so that a crust does not form too quickly. This will allow maximum rising and prevent the surface from becoming too brown while the interior reaches the desired doneness.



# Baked Goods

## Strawberry Cake

18 1/2 oz. pkg. yellow cake mix.  
10 oz. carton frozen strawberries,  
thawed  
3 eggs or 3/4 cup egg substitute  
1/2 cup plain non-fat yogurt  
3 tablespoons cooking oil

Grease and flour a 12-cup fluted pan

Combine all ingredients in mixing bowl  
beat on high speed for 3 minutes. Pour  
into prepared pan. Bake according to  
directions. Use wooden pick inserted in  
center comes out clean

Cool 15 minutes; remove from pan and  
cool completely on wire rack.

## Bread Pudding

4 slices white bread, cut into cubes  
1/4 cup raisins  
3 tablespoons brown sugar  
1 cup milk  
1 tablespoon margarine or butter  
1 teaspoon grated orange peel  
3/4 teaspoon vanilla  
1 egg, beaten  
1 egg white, beaten  
Cinnamon

Place 1/2 of bread cubes in 4 greased  
cups; top sprinkle with raisins and  
1/2 of brown sugar. Add remaining bread  
cubes; sprinkle with remaining brown  
sugar.

Quinine, milk, margarine, orange peel  
and vanilla in small saucepan. Stir over  
medium heat until margarine is melted.  
Slowly stir in beaten egg and egg white.  
Pour mixture over bread cubes; sprinkle  
with cinnamon. Bake according to guide-  
lines until golden brown and puffy and  
knife inserted in center comes out clean.

## Cuddles at a Glance "

Product	Servo	Time Mins.	Box Use	Yield
NO	200*	15-20	Between	15

## Cuddles at a Glance "

Standard	Time	Yield Boxes	Box Use	Yield
NO	200*	15-18	Between	4



# Baked Goods



## Fruit-topped Coffee Cake

- 1 3/4 cups low-fat all-purpose baking mix
- 3/4 cup low-fat milk
- 1/4 cup sugar
- 1 egg
- 1 tablespoon oil
- 1/2 teaspoon vanilla
- 1/2 cup prepared pie filling, any flavor
- Cinnamon

Combine all ingredients, except pie filling and cinnamon, and beat just until smooth, about 30 seconds.

**COOK :** Grease round pan with non-stick vegetable spray. Spread batter in pan, drop pie filling by spoonfuls on top. Sprinkle with cinnamon. Bake according to guidelines or until done. Serve warm.

### Guidelines at a Glance

Pre-heat Time	Cook Time	Prep. time	Yield
Var.	30-45	10-15	8

## Sunshine Cake

- 16 oz. can frozen-packed apricots
- 18 1/2 oz. package yellow cake mix
- 2 eggs or 1/2 cup egg substitute
- 3 tablespoons cooking oil
- 1/4 teaspoon almond extract

Grease and flour a 12 cup round pan

Blend apricots with juice in blender or food processor until smooth; pour into mixing bowl. Add remaining ingredients. Beat on high speed 2 to 3 minutes until smooth. Pour into prepared pan. Place pan on bottom rack and bake according to guidelines until wooden pick inserted in center comes out clean.

**COOL :** 15 minutes; remove from pan and cool completely on wire rack. Sprinkle with powdered sugar if desired.

### Guidelines at a Glance

Pre-heat Time	Cook Time	Prep. time	Yield
Var.	30-40	10-15	8

# Baked Goods

## Blueberry Cobbler

- 1/3 cup margarine
- 3/4 cup flour
- 3/4 cup sugar
- 3/4 cup milk
- 3/4 teaspoon baking powder
- 1/4 teaspoon grated lemon peel
- 2 cups fresh blueberries

Melt margarine in 3" x 9" baking dish in the Convection Perfection Oven while it is preheating.

Combine flour, sugar, milk, baking powder and lemon peel. Pour mixture into baking dish and top with blueberries on top of batter.

Place on bottom rack and bake according to guidelines and well covered.

### Guidelines at a Glance

Power	Temp	Time	Position	Yield
Preheat	350	20-25	Bottom	5

## Whole Wheat Quick Bread

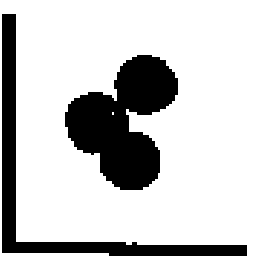
- 1 3/4 cup whole wheat flour
- 1 1/4 cup all purpose flour
- 1/2 cup chopped nuts
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1 1/4 cup milk
- 1/3 cup honey
- 2 eggs
- 1 egg white
- 3 tablespoons oil

Combine dry ingredients in mixing bowl stir well.

Beat together milk, honey, eggs, egg white and oil; pour over dry ingredients. Stir just until moistened. Mixture will be lumpy. Divide batter among 3 greased 3" x 5" loaf pans. Bake on bottom rack according to guidelines or until wooden toothpick inserted in center comes out clean. Remove pans from oven and cool on wire rack.

### Guidelines at a Glance

Power	Temp	Time	Position	Yield
Preheat	350	20-25	Bottom	5



# Baked Goods and Desserts



## Chocolate Cherry Cake

- 1 18 1/2 oz. pkg. chocolate cake mix
- 2) oz. can lite prepared cherry pie filling
- 2 eggs or 1/2 cup egg substitute
- 3 tablespoons cooking oil
- 1/4 teaspoon almond extract

(Grease and flour a 12-cup bundt pan)

Combine all ingredients in mixing bowl; beat on high speed for 3 minutes. Pour into prepared pan. Bake according to guidelines until wooden pick inserted in center comes out clean.

Cool 15 minutes; remove from pan and cool completely on a wire rack.

### Guidelines at a Glance

Prepared	Serve	Yield	Food Uses	Yield
Yes	200*	18-20	Relaxed	16

## Mexican Cornbread

- 1 cup cornmeal
- 1 cup flour
- 1 tablespoon sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1 cup milk
- 1/4 cup oil
- 1 egg

1/2 cup shredded cheddar cheese  
 4 oz. can chopped green chilies,  
 drained

Combine dry ingredients. Beat together milk, oil and egg and stir into dry ingredients until smooth. Pour 1/2 of batter into greased 8" x 8" baking pan.

Sprinkle with cheese and green chilies. Pour in remaining batter. Place on rack and bake according to guidelines until wooden pick inserted in center comes out clean.

### Guidelines at a Glance

Prepared	Serve	Yield	Food Uses	Yield
Yes	200*	1-2	USDA**	9



# Baked Goods

## Whole Wheat Raisin Bread

- 1 1/2 to 1 3/4 cups wheat flour
- 1 1/2 cups all-purpose flour
- 5 teaspoons sugar
- 1 pkg. rapid rise or quick rise yeast (not active dry yeast)
- 1 teaspoon salt
- 3/4 cup water
- 1/4 cup milk
- 1 tablespoon margarine or butter
- 1/2 cup raisins

In mixing bowl, combine 1 1/4 cups wheat flour, sugar, yeast and salt.

Level water table and margarine until very warm (120-130°F). Gradually add mixture to dry ingredients, beat 1/2 minutes at medium speed, scraping bowl occasionally. Add 1/2 cup wheat flour, beat 1 1/2 minutes at high speed, scraping bowl occasionally.

With a spoon, stir dough, remaining all purpose flour to make soft dough; stir in raisins, knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover.

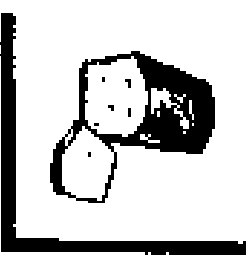
While dough is rising, heat perforator cover on Greer at 300° F for 10 minutes. Turn oven off after 200 deg and leave the lid on.

Roll dough to a 12 x 7 inch rectangle. Beginning at short end, roll up tightly as for jelly roll. Pinch seam and ends to seal. Place seam side down in greased 7 1/2 x 4 1/2 inch loaf pan.

Place loaf in heated oven on bottom rack and let rise until doubled, about 35 to 45 minutes. Turn oven on and bake bread according to guidelines and will brown and done. Remove from pan and cool on wire rack before slicing.

### Griddlefries at a Glance

Method	Serv	Time prep.	Total time	Yield
no	200*	5-12	bottom	



# Baked Goods and Desserts



## White bread

- 3 to 3 1/4 cups all-purpose flour
- 5 teaspoons sugar
- 1 pkg. rapid rise or quick rise yeast (not active dry yeast)
- 1 teaspoon salt
- 3/4 cup water
- 1/4 cup milk
- 1 tablespoon margarine or butter

In mixing bowl, combine 1 1/4 cups flour, sugar, yeast and salt.

Heat water, milk and margarine until very warm (120-130°F). Gradually add mixture to dry ingredients; beat 2-2 1/2 minutes at medium speed, scraping bowl occasionally. Add 1/4 cup flour; beat 1-2 minutes at high speed, scraping bowl occasionally.

With a spoon, stir in enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic about 8 to 10 minutes. Cover.

While dough is rising, pre-heat oven. Convection Oven at 300° F for 10 minutes. Turn off oven after heating and leave the lid on.

Roll dough to a 12 x 7 inch rectangle. Beginning at short end, roll up tightly as for jelly roll. Pinch seam and ends to seal. Place seam side down in greased 8 1/2" x 5 1/2" inch loaf pan.

Place loaf in heated oven on bottom rack and let rise until doubled, about 35 to 45 minutes. Turn oven on and bake bread according to guidelines until well browned and done. Remove from pan and cool on a wire rack before slicing.

## Guidelines at a Glance

Product	Yield	Prep. Time	Cooking Time	Total Time	Yield
No.	200	15-22	30-40	1	1

## Baked Goods

### Apricot Crescent

- 2 1/4 to 2 1/2 cups all purpose flour
- 3 tablespoons sugar
- 1 pkg. rapid rise or quick rise yeast (not active dry yeast)
- 1 1/2 teaspoon salt
- 1/2 cup milk
- 3 tablespoons margarine or butter
- 2 tablespoons water
- 1 egg
- 12 oz. can apricot filling, divided
- Glaze
- 1/2 cup apricot filling
- 1/2 cup powdered sugar
- 3 tablespoons sliced almonds

In mixing bowl, combine 3/4 cup flour, sugar, yeast and salt.

Four nine margarine and water until warm (105-115°). Gradually add to dry ingredients, beat 1 1/2 minutes at medium speed, scraping the bowl occasionally. Add egg and 1/4 cup flour, beat 1 1/2 minutes at high speed.

With a spoon, stir to encourage rising. Knead flour to make a soft dough. Knead

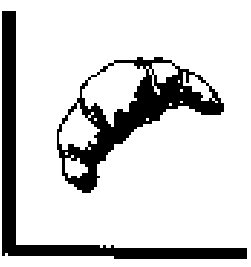
on lightly floured surface until smooth and elastic, about 4-5 min. Cover. While dough rests, heat Perfecton Convection oven at 300° F for 10 minutes. Turn oven off after heating and leave lid on. Cover lower rack with foil, preheat with fat and eat rest, no stick spray.

Roll dough to a 14 X 6 inch rectangle. Spread evenly with 3/4 cup apricot filling, leaving a 1 inch border on all sides. Roll up jelly roll fashion from long side. Pinch to seal seam and ends. Shape into crescent on bottom rack and place in heated oven. Let rise until doubled in size, about 25-35 min. Turn oven on and bake crescent according to guidelines until golden brown.

Remove from oven. Continue 1/2 cup apricot filling and powdered sugar spread over crescent while warm. Sprinkle with sliced almonds.

### Crabmeats at a Glance

Recipe	Amount	Time	Temp
	Yield	Min.	F
No.	300*	20-25	350-375



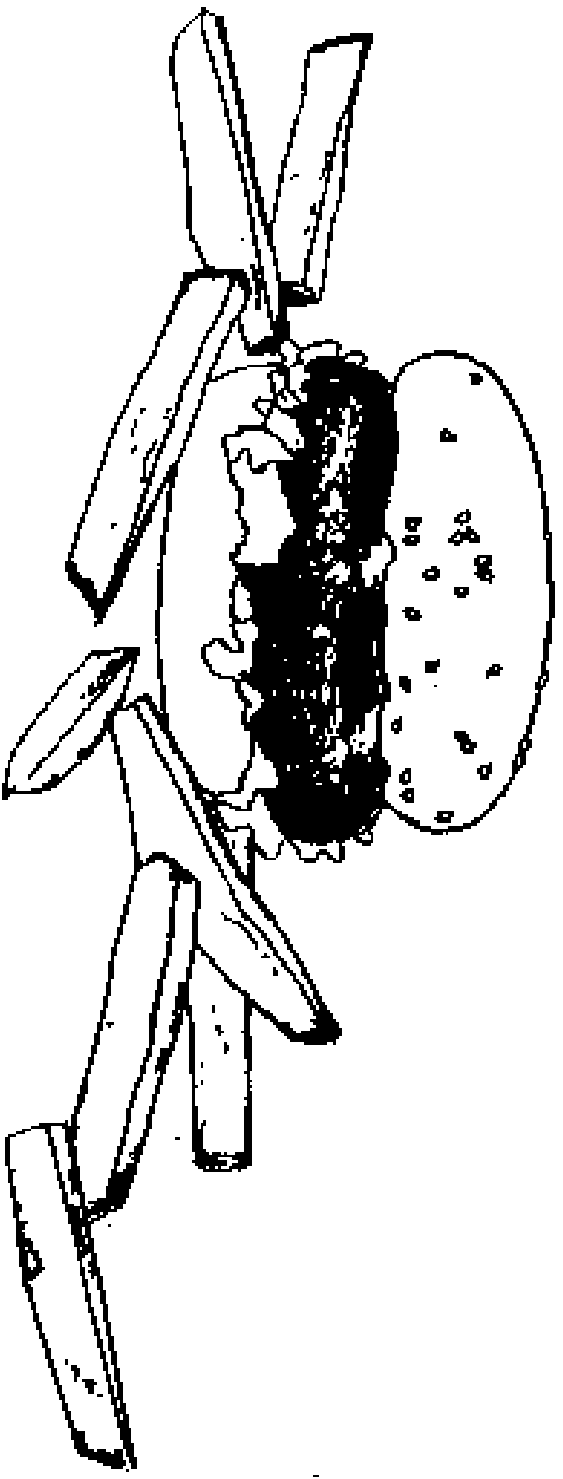
# Quick Combos™ and Casseroles

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**Combine several foods to prepare an entire meal**

Perhaps one of the most exciting features of the Connection Perfection Oven is its ability to prepare an entire meal at one time, in one container! It is possible, for example, to cook chicken, potatoes, and bread together with one *Miraculous MenuItem!* When finished, instead of cleaning 3 containers, you simply place your Connection Perfection glass bowl in the dishwasher.

There are innumerable combinations of Quick Combo meals left only to your imagination. We've assembled some ideas from recipes and foods listed on the previous pages to get your creative juices going. Experiment with your favorite foods. In time, you will no doubt come up with countless combinations of your own.



# Quick Combos™ and Casseroles

## Grilled Lamb Chops and

### Vegetables

- 8 lamb chops (1 inch thick)
- 1 tablespoon honey
- 2 teaspoons orange juice
- 1 teaspoon grated orange rind
- 1/2 teaspoon dried mint
- 8 or 10 oz. pouch frozen vegetables

**Step 1:** Pierce vegetable pouch and place on bottom rack. Cook according to guidelines.

**Step 2:** Combine honey, orange juice, orange rind and mint. Brush on both sides of lamb chops. Cook top rack with microwave spray, add chops. Place in over and grill according to guidelines or until chops are desired doneness.

**Guidelines at a Glance**

Power	Time	Rack use		Yield
		High	Low	
100%	20*	2	Bottom	2
20%	2:00*	2-4	BT	2

## Breakfast Meal

- 8 thin-sliced bacon strips
- 4 eggs
- 7 oz. can of 5 refrigerated cinnamon rolls.

**Step 1:** Place bacon on bottom rack and cook according to guidelines.

**Step 2:** Place top rack in oven, add eggs and cinnamon rolls. Cook according to guidelines or to preferred doneness.

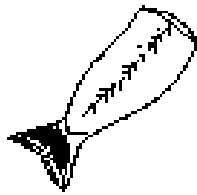
- Hard boiled - 12-15 min.
- Med. boiled - 10-11 min.
- Soft boiled - 6-9 min.

**Guidelines at a Glance**

Power	Time	Rack use		Yield
		High	Low	
100%	1:20*	3	Bottom	4
20%	2:00*	4-11	BT	4



# Quick Combos and Casseroles



Fish, Parmesan and Steamed

Asparagus

1 lb fresh asparagus, cut into 1 inch pieces

Lemon pepper seasoning

Water

1 lb. Fish fillets. Dried or other thin white fish

1/2 cup no-fat sour cream

2 tablespoons parmesan cheese

3 minced green onions

1 teaspoon lemon juice

Dash hot pepper sauce

Paprika

Tear 4 pieces of aluminum foil, each 12" x 12"

Step 1. Place 1/2 of asparagus on each foil square. Sprinkle with lemon pepper seasoning and 1 teaspoon of water. Shape foil around asparagus so form a pouch. Seal. Place packets on bottom rack and cook according to guidelines.

Step 2. Coat a 9' x 9" pan with non-stick spray. Turn foil to prepared pan. Combine sour cream, Parmesan cheese, onion, lemon juice and hot pepper sauce, spread over fish. Sprinkle with paprika. Place pan of top rack and add a oven rack according to guidelines so foil foil takes easily when removed with fork.

## Guidelines at a Glance

Power	Temp	Moist	Top rack	Time
1 1/2	425°	1/2	Bottom	4
2 No	425°	1/2	Top	4

# Quick Combos and Casseroles

**Chicken Omelet, twice baked potatoes and veggies**  
 2 (5 oz. ea.) frozen twice baked potatoes  
 9 or 10 oz. frozen vegetable pouch  
 2 (5 oz.) refrigerated marinated chicken breasts

**Step 1:** Use pressure and vegetable pouch on bottom rack cook according to guidelines.

**Step 2:** Place chicken on veg rack and cook according to guidelines.

### Guidelines at a Glance

Pressure Cooker	Temp. (°F)	Pressure	Time
1 qt.	307	High	10
2 qt.	307	High	15
3 qt.	307	High	20
4 qt.	307	High	25

**Enrillo Casserole**  
 1 lb. processed cheese food  
 10 oz. can tomatoes and green chilies, divided  
 1 lb. lean ground beef, cooked, drained and crumbled  
 1 1/2 oz. can refried beans  
 16 oz. can refried beans  
 6 8-inch flour tortillas

Put cheese into cubes and place in 9x9 square. Reserve 3 tablespoons tomatoes and green chilies and pour remaining over cheese. Stir over low heat until cheese is melted and mixture is well combined.

Stir together cooked ground beef, refried beans and 3 tablespoons tomatoes and green chilies. Spread 1/8 of bean/cheese mixture over each tortilla; roll up. Place rolled tortillas in 9" x 9" greased pan, seam side down. Cover with cheese sauce. Place dish on bottom rack and bake according to guidelines.

### Guidelines at a Glance

Pressure Cooker	Temp. (°F)	Pressure	Time
1 qt.	307	Bottom	1



# Quick Combos and Casseroles



## BURGERS AND FRIES

- 4 (4 oz. ea.) hamburger patties
- 3 cups frozen french fries
- 4 hamburger buns

Step 1. Place hamburger patties on hot cook rack; cook according to guidelines.

Step 2. Place french fries on hot rack; add to oven. Cook according to guidelines.

Step 3. Lay hamburger patties on french fries and heat according to guidelines.

### Guidelines at a Glance

Product	Temp. (F)	Position	Time
1. ME	300°	3	5
2. ME	300°	6	30
3. ME	300°	15	30

## Hot Dogs and Beans

- 4 hot dogs
- (16-20 oz.) can baked beans
- 4 hot dog buns

Step 1. Pour beans; beans into 1 quart casserole dish. Place on bottom rack.

Arrange hot dogs around casserole dish. Cook according to guidelines.

Step 2. Place hot dog buns on top rack and add to oven. Cook according to guidelines.

### Guidelines at a Glance

Product	Temp. (F)	Position	Time
1. ME	300°	3	5
2. ME	300°	15	30

## HAM & YAMMS

- 2 lb. precooked boneless ham
- 8 oz. can crushed pineapple
- 6 marshmallow cherries, halved
- 4 (8 oz. ea.) yams or sweet potatoes

Place ham in small, shallow baking dish. Spread crushed pineapple on ham and use wet dieties. Place on bottom rack. Pierce potatoes in several places and add to rack; bake according to guidelines.

### Guidelines at a Glance

Product	Temp. (F)	Position	Time
1. ME	300°	bottom	6



# Quick Combos and Casseroles

## Chicken Patties, Onion Rings and

### APPLES

- 4 (2 1/2 oz ea.) Frozen breaded chicken patties
- 2 baking apples, cut in half and cored
- 4 teaspoons brown sugar
- 2 teaspoons margarine or butter
- Cinnamon
- 8 oz. pkg. frozen onion rings

**Step 1.** Place chicken patties on bottom rack. Fill centers of apples with frozen sugar and margarine; sprinkle with cinnamon. Add to rack and cook according to guidelines.

**Step 2.** Place onion rings on upper rack, add to oven. Cook according to guidelines.

### Guidelines at a Glance

Product	Temp.	Time	Amount	Yield
1. App.	450°	5	8oz. pkg.	4
2. On.	450°	10-2	Top	4

## Cheese Strata

- 1 1/3 cup shredded Cheddar cheese
- 2 tablespoons sliced green onions
- 1 tablespoon chopped fresh parsley
- 1 1/2 cups milk
- 3 eggs
- 1/4 cup margarine or butter, melted
- 1/4 teaspoon dry mustard
- 1/4 teaspoon Worcestershire sauce
- 1/4 teaspoon salt & pepper
- 8 slices white bread, crusts removed

Coat an 8x8" pan with no-stick spray. Combine cheese, onion and parsley.

Beat together milk, eggs, margarine, onion, Worcestershire sauce, salt and pepper until well combined. Place 2 bread slices in pan. Sprinkle with cheese mixture and pour 1/2 half of milk mixture. Add remaining bread and pour in remaining milk mixture. Cover and refrigerate.

Bake uncovered, according to guidelines or until knife inserted in center comes out clean. Serve warm.

### Guidelines at a Glance

Ingredient	Amount	Temp.	Time	Amount	Yield
1. App.	300°	450°	10 min.	1 portion	5





# Convenience Foods

*The Connection Perfection Oven is designed to prepare packaged convenience foods beautifully. Although a meal made from scratch is always preferred, it is not always convenient or possible. Prepared foods definitely have their place in our lives. The Connection Perfection oven will prepare convenience products in 1/2-3/4 the package instruction time for conventional cooking. Below are a few guidelines for converting instructions.*

1. When the package calls for preheat, e.g. 350, the temperature at the temperature indicated on the package and heat for 5-8 minutes.
  2. Cook for about 1/2-3/4 the conventional time.
  3. Use the 'top' and 'bottom' racks together to cook on two levels.
  4. When cooking small items cover the rack with aluminum foil and pierce holes in the foil to allow for better air circulation.
  5. Small tin foods quickly crisp and brown when covered on the top rack.
  6. If food browns too quickly, turn the temperature down by 25°.
- In the class on the adjacent page, we've

associated a sampling of food products that you can, particularly well in the Connection Perfection oven. You will also find many convenience products in the charts throughout the previous sections. These are in no way a complete listing; use them as a guide to discovering your own favorites.

# Troubleshooting Guide

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**Our Customer Satisfaction Department is here to help you.**

**Symptom** (Oven will not turn on.)

## Procedure

- Check to make sure the oven is plugged into the electrical outlet.
- Check to make sure the bifassessibility is securely attached to the base.
- Turn the timer dial past the off mark.
- Check to make sure the thermostat is at the correct temperature setting.

Oven will not heat.

Please, don't hesitate to call our Customer Satisfaction Department if you have any questions.

<p><b>Appetizers</b></p> <p>Baked Mushrooms ..... 15</p> <p>Cheese Chips ..... 11</p> <p>Advanced Chicken Wings ..... 6</p> <p>Fries ..... 15</p> <p>Stromboli ..... 15</p> <p>Soyuz &amp; Sour Cream ..... 11</p> <p>Convenience Food Guide ..... 30</p> <p><b>Baked Goods</b></p> <p>Annular Crustent ..... 43</p> <p>Baked Apples ..... 36</p> <p>Quince Nur Soup ..... 36</p> <p>Bread Fudding ..... 37</p> <p>Blueberry Loaflet ..... 39</p> <p>Chocolate Cherry Cake ..... 41</p> <p>Flour-enriched Coffee Cake ..... 34</p> <p>Mexican Cornbread ..... 40</p> <p>Strawberry Cake ..... 37</p> <p>Sunshine Cake ..... 38</p> <p>White Bread ..... 42</p> <p>Whole Wheat Quick ..... 39</p> <p>Whole Wheat Raisin Bread ..... 41</p> <p>Baking Guide ..... 34</p> <p>Convenience Food Guide ..... 30</p> <p><b>Beef</b></p> <p>3-rib Roast Beef ..... 20</p> <p>Four Obedient Steaks ..... 26</p> <p>Quick Burgers ..... 24</p> <p>Prime Rib of Beef ..... 23</p> <p>Soyuz &amp; Sour Cream ..... 16</p> <p>Twin Meatloaves ..... 25</p>	<p>Quick Burgers</p> <p>Burger Casserole ..... 17</p> <p>Hot-rye and Eggs ..... 48</p> <p>Meat Cooking Guide ..... 19</p> <p><b>Casseroles</b></p> <p>Bunche Casserole ..... 45</p> <p>Cheese Strain ..... 49</p> <p>Wild also (Casseroles) ..... 32</p> <p><b>Eggs</b></p> <p>Egg Weakest ..... 43</p> <p><b>Fish/Seafood</b></p> <p>Almond Fish Slices ..... 25</p> <p>Hotrye Lollup Tail ..... 20</p> <p>Hotrye Dill Salmon Steaks ..... 22</p> <p>Soyuz Kabobs ..... 15</p> <p>Stump Squid ..... 21</p> <p>Quick Cornish Fish Parmesan and Steamed Asparagus ..... 36</p> <p>Convenience Food Guide ..... 30</p> <p>Meat Cooking Guide ..... 19</p> <p><b>Fruit</b></p> <p>Apricot Casserole ..... 34</p> <p>Baked Apples ..... 36</p> <p>Banana Nur Soup ..... 36</p> <p>Blueberry Cobbler ..... 39</p> <p>Fruit-enriched Coffee Cake ..... 34</p> <p>Strawberry Cake ..... 37</p> <p>Sunshine Casserole ..... 34</p> <p><b>Lamb</b></p> <p>Grilled Lamb Chops and</p>	<p>Vegetables ..... 45</p> <p><b>Pizza</b></p> <p>Pizza ..... 15</p> <p><b>Pork</b></p> <p>Pork Roast ..... 23</p> <p>Soyuz Capon Pork Chops ..... 27</p> <p>Quick Casserole</p> <p>Hotrye Meat ..... 49</p> <p>Hotrye Soyuz and Beans ..... 48</p> <p>Hotrye &amp; Beans ..... 48</p> <p>Meat Cooking Guide ..... 19</p> <p><b>Poultry</b></p> <p>Chicken Sate ..... 25</p> <p>Terb Steamed (Sticks) ..... 22</p> <p>Terb Soyuz Stead</p> <p>Chicken Heas ..... 23</p> <p>Lemon Soyuz Chicken Legs ..... 47</p> <p>Marinated Chicken Wings ..... 15</p> <p>Meat-soyuz Turkey Series ..... 24</p> <p>Quick Cornish Chicken Breast, Twice Baked Potatoes and Vegetables ..... 47</p> <p>Chicken Cakes or on eggs and apples ..... 40</p> <p>Convenience Food Guide ..... 30</p> <p>Meat Cooking Guide ..... 19</p> <p><b>Quick Casserole</b></p> <p>Hotrye Meat ..... 45</p> <p>Hotrye and Fries ..... 46</p> <p>Bunche Casserole ..... 47</p> <p>Cheese Strain ..... 49</p> <p>Chicken Breast, Twice Baked Potatoes and Vegetables ..... 47</p> <p>Chicken Cakes or on eggs and apples ..... 40</p> <p>Convenience Food Guide ..... 30</p> <p>Meat Cooking Guide ..... 19</p> <p>Quick Casserole</p> <p>Hotrye Meat ..... 45</p> <p>Hotrye and Fries ..... 46</p> <p>Bunche Casserole ..... 47</p> <p>Cheese Strain ..... 49</p>
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