

WonderCooker™



15 *minute meal* *recipes*

Spicy Wonder Chicken Wings

INGREDIENTS:

1-cup flour

15 raw chicken wings

Salt and pepper to season

Your favorite hot sauce

PREPARATION:

Set to flash fry

Pour oil into the WonderCooker™ unit to the marked fill line and set to flash fry

Season the flour with salt and pepper

Dredge the wings in the flour and fry for 10 to 12 minutes

Drain on a paper plate with a towel and toss with your favorite hot sauce

Serve with ranch or blue cheese dressing

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Rigatoni and Sausage

INGREDIENTS:

4 Links of Italian sausage cut into slices
1 pound dried rigatoni pasta
1 24 ounce can tomato sauce
1 quart water
Salt and pepper to season

PREPARATION:

Set to sauté/grill
Brown the sausage until cooked half way
Add pasta, water and sauce
Season with salt and pepper, stir and cover
Cook on sauté for 15 minutes until pasta is tender

Down Home Sweet Potato Chips

INGREDIENTS:

1 Large Yam

Salt, pepper and Cajun seasoning

PREPARATION:

Set to flash fry

Slice the sweet potato thin with a vegetable peeler

Fry until crispy

Drain onto a paper towel and season with salt, pepper and Cajun seasoning

Tony's Tempura Shrimp

INGREDIENTS:

(Use pre-breaded shrimp)

Sesame seeds

PREPARATION:

Set to flash fry

Fry shrimp crispy

Drain onto a paper towel

Sprinkle with sesame seeds

Serve with dipping sauce

Beef Fajita

INGREDIENTS:

2 Green or Red peppers sliced

1 White Onion sliced

1 pound sliced raw beef

Fajita seasoning

Salt and pepper to season

PREPARATION:

Set to sauté/grill

Sauté the beef and add the peppers and onions

Cook peppers and onions until tender

Season with fajita seasoning and serve with salsa, tortillas, and guacamole

Warm the tortillas on the rack while cooking the beef

Chicken Fajita

INGREDIENTS:

2 Green or Red peppers sliced

1 White Onion sliced

1 pound sliced chicken

Fajita seasoning

Salt and pepper to season

PREPARATION:

Set to sauté/grill

Sauté the sliced chicken until cooked, add the peppers and onions and sauté until tender

Season with fajita seasoning and serve with salsa, tortillas, and guacamole

Warm the tortillas on the rack while cooking the chicken

Light and Fluffy Cheese Quesadilla

INGREDIENTS:

2 10-inch flour tortillas

¼ cup shredded jalapeno jack cheese

1 tablespoon chopped red peppers

1 tablespoon chopped cilantro

Pico de gallo and sliced avocado for garnish

PREPARATION:

Set to sauté/grill

Grill one tortilla in WonderCooker™ unit; sprinkle cheese on top of tortilla

Sprinkle red peppers and cilantro on top of cheese

Once the cheese melts, fold the tortilla in half

Remove from WonderCooker™ unit, cut and serve with pico de gallo and sliced avocado

Repeat steps for an additional Quesadilla

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Better Beer Battered Onion Rings

INGREDIENTS:

- 1 ½ cup all purpose flour
- 2 cups beer room temperature
- 2 large onions peeled and cut into rings
- 4 cups of oil for frying
- Salt and pepper for seasoning

PREPARATION:

- Set to flash fry
- Combine the beer, flour and salt and pepper and mix thoroughly
- Rest in the refrigerator for 2 hours
- Pre heat the WonderCooker™ unit on flash fry; add the oil
- Dip the onion slices into the batter and then into the fryer
- Cook until golden brown
- Drain onto a paper towel and season with salt and pepper

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Sesame Stir Fry Shrimp

INGREDIENTS:

- 15 medium shrimp peeled and cleaned
- 1 package of stir fry vegetables defrosted
- ½ tablespoon sesame oil
- 1-tablespoon soy sauce
- ½ teaspoon chopped garlic
- 1-tablespoon sesame seeds
- Salt and pepper to season

PREPARATION:

- Set to sauté/grill
- Sauté shrimp with sesame oil for 2 minutes
- Add vegetables and garlic, sauté for 2 more minutes
- Add soy sauce, sesame seeds, salt and pepper and sauté for 2 additional minutes
- Serve over steamed rice if desired

Lightly Lemon Poached Snapper

INGREDIENTS:

2 filets of snapper bones removed

2 quarts of water

1 lemon cut in ½

½ cup white wine

Salt and pepper to season

PREPARATION:

Set to sauté/grill

Combine all the ingredients except the fish and bring to a simmer

Add the fish and poach for 7 minutes

Serve immediately with lemon and tartar sauce

Classic Grilled Cheese and Tomato

INGREDIENTS:

4 slices of sour dough bread

1 cup shredded cheddar cheese (or cheese of choice)

4 slices tomato

Room temperature butter

PREPARATION:

Set to sauté/grill

Spread the butter on 2 slices of bread and place them in the WonderCooker™ unit butter side down

Sprinkle shredded cheese on the bread, lay sliced tomatoes on top of the cheese and top with 2 more buttered pieces of bread

Toast on one side and flip to repeat the process

Serve with soup or chips

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Wondrous Spinach Dip

INGREDIENTS:

2-pound bag of frozen spinach thawed, squeeze the water out so it is dry
8 ounces cream cheese
1-cup chicken broth
1-cup Parmesan cheese
1/2 cup whipping cream
Salt and pepper to season
Ground nutmeg for seasoning

PREPARATION:

Set to sauté/grill
Heat the cream cheese, cream and Parmesan on sauté/grill until melted
Add spinach and simmer for 10 minutes
Season with salt, pepper and nutmeg
Serve with pita chips or tortilla chips

You Don't have to be Irish, Irish Oatmeal

INGREDIENTS:

2 cups steel cut Irish oats

1 cup sliced dried apricots

½ cup sliced almonds

1-tablespoon brown sugar

5 cups water

½ cup half and half or whipping cream

PREPARATION:

This recipe is started at night, before you go to bed so it is ready in the morning when you wake

Combine all ingredients in the WonderCooker™ unit, cover and slow cook for 7-8 hours

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Smoked Turkey and Mozzarella Wrap

INGREDIENTS:

3 slices thin-sliced deli smoked turkey
2 thin-sliced deli mozzarella
1 12-inch tortilla
2 slices tomato
½ cup shredded lettuce
Honey mustard to season

PREPARATION:

Set to sauté/grill
Lay the tortilla flat on the counter
Layer the turkey, mozzarella, lettuce, tomato and mustard
Fold the ends over and wrap like a burrito
Warm on sauté /grill until the outside is crispy and the center is warmed
Serve with chips or a side salad

On-the-Go Breakfast Frittata (Sandwich)

INGREDIENTS:

4 Kaiser Rolls or 4 muffins
6 eggs cracked and scrambled
1 cup frozen diced potatoes or hash browns
½ cup diced potatoes
6 asparagus chopped
½ cup grated Parmesan cheese
Salt and pepper to season

PREPARATION:

Set to sauté/grill
Sauté/grill the potatoes with no fat until browned
Add asparagus and cheese
Add cracked eggs and top with Parmesan cheese
Simmer until cooked approximately 12 minutes
Warm the kaiser rolls or muffins on the rack to make sandwiches

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Classic Chicken Stir Fry

INGREDIENTS:

2 boneless skinless chicken breasts cubed small
1 teaspoon chopped garlic
1 teaspoon chopped ginger
1 8-ounce package stir-fry vegetables
2 tablespoons teriyaki sauce
1 teaspoon toasted sesame oil
1-teaspoon sesame seeds
Salt and pepper to season

PREPARATION:

Set to sauté/grill
Sauté/grill chicken in sesame oil until cooked
Add the vegetables, ginger and garlic and sauté for 2 minutes
Finish with teriyaki and sauté for an additional minute
Season with salt and pepper and finish with sesame seeds

French Toast

INGREDIENTS:

- 1 loaf of Panatone™ or other variety of fruit and nut bread
- 3 eggs cracked and scrambled
- 1 teaspoon vanilla extract
- 1 tablespoon orange juice
- ½ cup milk
- Powdered sugar for dusting
- Warm syrup and berries for garnish
- Vegetable spray

PREPARATION:

- Set to sauté/grill
- In a mixing bowl combine the eggs, vanilla, orange juice and milk
- Set the WonderCooker™ unit on sauté/grill and spray the bottom to prevent burning
- Dip the bread into the egg wash and then to the cooker
- Turn once to cook both sides
- Finish with warm syrup, berries and sprinkle with powdered sugar

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Classic Sloppy Joe

INGREDIENTS:

2 pounds lean ground beef
2-cup tomato sauce
1 ½ cup BBQ sauce
1 cup chopped onions
1-teaspoon paprika
Salt and pepper to season
4 hamburger buns

PREPARATION:

Set to sauté/grill
Sauté onions with no fat until browned
Add ground beef and cook thoroughly
Add tomato sauce, BBQ sauce, and seasonings and simmer for 10 minutes
Warm buns on the rack while simmering

Corn Beef Reuben

INGREDIENTS:

- 1 pound thin sliced corn beef
- 1 can sauerkraut drained
- 1 cup thousand island dressing
- 8 slices of swiss cheese
- 8 slices rye bread or your favorite bread
- Room temperature butter

PREPARATION:

- Set to sauté/grill
- Lightly grill the corn beef to warm and remove
- Spread butter on the bread and place butter side down in the WonderCooker™ unit
- Layer cheese, corn beef, sauerkraut, dressing, cheese and top with another piece of bread
- Grill until golden brown and turn over and repeat the process
- Keep warm on the elevated rack

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Grilled Pork Chops

INGREDIENTS:

4 frozen boneless pork chops

8 ounce bag of mixed frozen vegetables

4 red potatoes sliced thin

½ white onion peeled and sliced thin

1 ½ cup dry white wine or chicken broth (water will work also)

salt and pepper to season

PREPARATION:

Set to sauté/grill

Season the pork chops with salt and pepper and sear on both sides turning often

Set the chops on the grill rack and add the vegetables and potatoes

Add cooking liquid, cover and cook for 15 minutes

Check the liquid level half way through, additional liquid may be required