

Learning to Cook with

SHAO  TM

**Smart
Cooker**

One Pot Mac and Cheese

2/20/2020

100

Yield: 8 Cups		Portion: 1 Cup
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>
Ingredients Elbow Pasta, Not Cooked Whole Milk Evaporated Milk Cheddar Cheese, Sharp Shredded American Cheese (Velveeta) Salt Black Pepper Butter, cubed	1 lb. 3 Cups 12 oz 8 oz 16 oz 1 tsp. ½ tsp. 4 Tbsp.	<ul style="list-style-type: none"> • Spray the Induction cooktop with cooking spray. • Grate the cheddar cheese fresh. • Cube the velvetta. • Add all the ingredients to the cooker, stir well and turn on, select the slow cooker option at 190 degrees. Cook for a total of two hours. Stir well after 30 minutes of cooking. • Have all ingredients measured ahead and in small glass bowls.



Cajun Jambalaya

2/20/2020

101

Yield:		Portion:
Ingredients	Quantity	Method
Ingredients Chicken Thighs Olive Oil Salt, kosher Black Pepper, ground Chipotle Powder	1 lb. 3 Tbsp. To Taste To Taste ½ tsp.	<ul style="list-style-type: none"> • Dice the chicken in ½ in dice. • Season with the salt, pepper and chipotle powder. • Turn the smart cooker to 400 degrees on the “sear” mode. • Brown the chicken in the oil and reserve. •
Andouille Sausage	12 oz.	<ul style="list-style-type: none"> • Brown the sausage and reserve
Green Bell Pepper, diced Celery, diced Yellow Onion, diced Garlic, minced	1 cup 1 cup 2 cups 1 Tbsp.	<ul style="list-style-type: none"> • Sauté the vegetables until translucent in the oil remaining from the sausage and chicken.
Rice, white Bay Leaf Cayenne Pepper Oregano, dried Thyme, dried Paprika Chili Powder Chicken Broth Shrimp	2 cups 2 each ½ tsp ½ tsp ½ tsp 1 tsp. ½ tsp 3.5 cups 1 pound	<ul style="list-style-type: none"> • Add the remaining ingredient to the pot with the reserved chicken and sausage. • Turn the smart cooker to the “Braise” setting and Cook at 250 degrees for 25 minutes covered.
Green Onions	½ cup	<ul style="list-style-type: none"> • Add chopped green onions and serve.



Ribs

2/20/2020

102

Yield:		Portion:	
Ingredients	Quantity	Method	
Paprika Chili powder Cumin Garlic, granulated Sugar, light brown Salt , kosher Pepper Black, ground fresh Thyme, dried leaves Onion Powder Cayenne Pepper	½ cup 4 Tbsp. 1 Tbsp. 2 Tbsp. ½ cup 4 Tbsp. 2 Tbsp. 1 Tbsp. 1 Tbsp. 1 Tbsp.	<ul style="list-style-type: none"> Mix all of the dry spices well. 	
Pork St. Louis Ribs Mustard, yellow	2 Racks ¼ cup	<ul style="list-style-type: none"> Smear the mustard on the ribs. Sprinkle each rack liberally with the reserved dry spice. Let the ribs sit to absorb the spices overnight if possible. 	
Apple Juice Yellow Onion Garlic, cloves	½ cup 1 each 4 each	<ul style="list-style-type: none"> Slice the onion and lay in the bottom of the smart cooker. Add the garlic cloves and the apple juice. Circle the racks in the cooker so the bones are upright. Place in the smart cooker on the “slow cooker” setting at 190 degrees for 2 hours. 	
BBQ Sauce	2 cups	<ul style="list-style-type: none"> When the ribs are done, take out of the smart cooker and brush on BBQ Sauce. Place sauced ribs in the airfryer for 12 minutes at 400 degrees on the “French fry” setting to glaze. Serve on platter. 	



Apple Crumble

2/20/2020

103

Yield:		Portion:
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>
Apples (granny smith) A.P. Flour Brown Sugar Cinnamon Nutmeg Allspice Salt, Kosher Heavy cream Butter	10 each 1 cup 1 cup 1 tsp. 1/8 tsp. 1/8 tsp. 1 tsp. 1/2 cup 4 oz.	<ul style="list-style-type: none"> • Peel and slice all apples removing the skin and cores. • Place all ingredients into a large mixing bowl and mix together. • Spray the smart cooker pan. • Place all ingredients in the smart cooker pan.
A.P. Flour Brown Sugar Cinnamon Nutmeg Allspice Salt , kosher Butter Heavy cream Oatmeal	1 cup 1 cup 1 tsp. 1/8 tsp. 1/8 tsp. 1/2 tsp. 4 oz. 1/2 cup 1/2 cup	<ul style="list-style-type: none"> • Mix all dry ingredients and blend together well. • Slowly cut in butter and cream alternating and mixing into the dry mixture until all liquids are in incorporated in the dry mixture. • Distribute topping over the apple mixture evenly. • Turn on the smart cooker on the bake mode for 1 hour and 30 minutes at 240 degrees.
<u>Action</u>		<ul style="list-style-type: none"> • Shaquille can peel apples or make the crumble with his hands.



BBQ Smoked Chicken Mac & Cheese Dish

Want a non-traditional dish to serve that'll wow your family or guests? Yes, you read that right! Smokey, BBQ heaven in one bite and you don't have to fire up the grill!

Prep Time 15 minutes

Cook Time 25 minutes

Marinated Chicken Breasts 1 hour

Servings 4 people

Ingredients

- 1 lb. Rigatoni
- 1 tsp Dried Parsley
- 1 cup Pickled Red Onions
- 1/2 cup BBQ Sauce for topping

BBQ/Smoked Chicken Marinade

- 1 tsp Favorite Season All
- 1 tsp Paprika
- 1/2 tsp Pepper
- 1/2 tsp White Pepper or black pepper
- 1.5 tsp Liquid Smoke
- 2 tb Water

Smokey/Spicy Cheese Sauce

- 1.5 cups Heavy Cream
- 1 tsp Butter
- 1 tsp Garlic
- 1/2 cup Sharp Cheddar + 1/3 cup for topping
- 1/3 cup Smoked Gouda
- 1/4 cup Spicy Pepper Jack
- 4.5 oz Can Diced Green Chilies

Pre-Instructions

- Prepare pickled onions
- Prepare rigatoni according to package instructions.



Instructions: Grilled/Smoked BBQ Chicken Breasts

1. Preheat oven to 350 degrees.
2. Pound chicken breasts to 1" thick.
3. Massage marinade into chicken breasts, marinate for up to one hour.
4. Grill chicken on high heat for 2-3 minutes. Flip, sear 1-2 minutes and place in oven until done.

Instructions: Smokey/Spicy Mac & Cheese

1. In a large sauté pan, add butter and garlic paste.
2. Sauté for 30 seconds and add heavy cream, whisk.
3. Slowly add in all cheese stirring until thick and bubbly, season with white pepper.
4. Add green chiles and stir.
5. Mix rigatoni and cheese sauce, place in a baking dish and top with cheddar cheese.
6. Broil for 3-5 minutes until bubbly and golden.
7. To assemble; place sliced chicken on top of mac and cheese, drizzle with BBQ sauce, garnish with dried parsley and top with pickled onion. Enjoy!



Citrus and Black Strap Molasses Glazed Salmon

Prep Time 10 minutes

Cook Time 15 minutes

Total Time 25 minutes

Servings 6

Ingredients

- 6 salmon fillets
- 2 tbsp Canola oil
- 1 1/2 tablespoon black strap molasses
- 1 tbsp brown sugar
- 1/2 cup pineapple juice
- 2 teaspoon dried basil
- 4 tablespoons white balsamic vinegar
- 3 cloves minced garlic
- salt & pepper to taste

Instructions

1. Combine black strap molasses, pineapple juice, white balsamic vinegar and garlic into a small bowl and mix thoroughly.
2. Place the salmon fillets into the marinade mixture in a container or freezer bag and place in the fridge for two hours.
3. Remove the fillets from the marinade and pour the remaining mixture into a small pot and bring it to a boil. Once the mixture has thickened, turn off the pot and set aside and allow to cool.
4. Season salmon with salt, pepper and blackened fish seasoning.
5. Heat canola oil in a pan on med-high heat and sear the salmon for 5-7 minutes on each side, dusting the marinade on each side ensuring that both sides are glazed.
6. After cooking for 7-8 minutes on one side, flip the salmon over and glaze the remaining side with the mixture and sear for 7-8 more minutes. Serve and enjoy!

Recipe Notes

If you are using salmon that has the skin on the bottom, start with a cold skillet and add the 2 tbsp of canola oil and lightly salt the bottoms of the pan.

This way the bottom of the salmon has a chance to heat evenly throughout on both sides.

