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Dinner Bootcamp

Recipes





Grilled Honey Garlic Chicken

SERVES 6

Prep Time: 10 mins Total Time: 30 mins

- ¼ cup (60 mL) honey
- 3 tbsp (45 mL) low-sodium, gluten-free soy sauce
- 3 garlic cloves, pressed
- ¼ tsp (1 mL) red pepper flakes
- 6 boneless, skinless chicken thighs (about 1¼ lbs./575 g)
- 2 tbsp (30 mL) vegetable oil, divided
- ¼ tsp (1 mL) salt, divided
- ¼ tsp (1 mL) black pepper, divided
- 1 lb. (450 g) broccoli florets or broccoli rabe
- Optional: Sesame seeds, sliced green onions, cooked rice

1. Insert the grill plates into the **Deluxe Electric Grill & Griddle** and press **PROBE**; set the plates to 400°F (200°C) and the doneness to 165°F (74°C).
2. Whisk together the honey, soy sauce, garlic, and red pepper flakes in a small bowl (see cook's tip). Set aside.
3. Brush the chicken with *1 tbsp (15 mL)* of oil and season with *⅛ tsp (0.5 mL)* each of salt and pepper.
4. When the grill is preheated, insert the probe into one piece of chicken and place all the chicken on the grill. Close the lid and cook until done, 4–5 minutes.
5. Remove the chicken and place in a shallow bowl. Pour the honey mixture over the chicken and cover (see cook's tip); set aside.
6. For the broccoli, set the Deluxe Electric Grill & Griddle to GRILL. Toss the broccoli with *1 tbsp (15 mL)* of oil and season with the remaining salt and pepper. When preheated, add the broccoli and cook in the Open position until lightly browned and tender, 6–8 minutes.
7. Remove the chicken from the sauce and top with sesame seeds and green onions, if you'd like. It can be served as is or over rice.

Cook's Tips:

For even more flavor, you can marinate the chicken in 3 tbsp (45 mL) of the sauce for several hours before cooking. When you're ready to grill, remove the chicken from the marinade and pat it dry.

Because honey and soy sauce burn easily, we added the sauce after cooking. This method lets you get all of the flavor and no burnt pieces.

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Chili Lime Pork With Charred Corn Salad

SERVES 4

Prep Time: 5 mins Total Time: 30 mins

- 1 tbsp (15 mL) vegetable oil
- 4 boneless pork chops (6-oz./175 g *each*)
- 1 tbsp (15 mL) + 2 tsp (10 mL) **Chili Lime Rub**, divided
- 2 ears corn, husks removed
- 1 medium red bell pepper
- 1 small red onion
- 1 medium zucchini
- 1 cup (250 mL) grape tomatoes
- 2 garlic cloves
- ½ cup (125 mL) queso fresco, crumbled (see cook's tip)
- ½ cup (125 mL) fresh cilantro leaves

1. Heat the oil in the **12" (30-cm) Cast Iron Skillet** over medium heat for 6 minutes.
2. Season the pork with *1 tbsp (15 mL)* of the rub. Remove the kernels from the cob with the **Kernel Cutter**. Chop the pepper and onion in the **Manual Food Processor**.
3. Place the pork in the skillet. Sear the pork, undisturbed, for 4 minutes. Flip and cook for about 4–6 minutes, or until the internal temperature reaches 140°F (60°C) for medium doneness. Remove the pork from the skillet.
4. Add the corn and cook, undisturbed, for 4 minutes.
5. Slice the zucchini into half-moons with the **Quick Slice** and halve the tomatoes with the **Close & Cut**.
6. Add the onion and bell pepper to the skillet and cook 4 minutes, stirring occasionally.
7. Add the zucchini and garlic pressed with the **Garlic Press** to the skillet; cook for an additional 2 minutes.
8. Remove the skillet from the heat. Stir in the remaining rub, tomatoes, queso fresco, and cilantro chopped with the **Herb Mill**. Serve with the pork chops.

Cook's Tip:

Queso fresco is a mild white cheese that crumbles easily. If you can't find it at your grocery store, you can use feta, ricotta salata, or any mild white cheese instead.

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Sous Vide Stuffed Burgers

SERVES 4

Prep Time: 15 mins Total Time: 2 hrs, 15 mins

Pimiento Cheese Dip

- 1 green onion, cut in 3 pieces
- ¼ cup (60 mL) 2% plain low-fat Greek yogurt
- ½ jar (4 oz./125 g) diced pimientos (about ¼ cup/60 mL), drained
- ⅛ tsp (0.5 mL) black pepper
- 2 oz. (60 g) reduced-fat sharp cheddar cheese, coarsely grated (½ cup/125 mL), divided
- 2 oz. (60 g) Monterey Jack cheese, coarsely grated (½ cup/125 mL), divided

Burgers

- 1½ lbs. (700 g) 85% lean ground beef
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) black pepper
- 1 tbsp (15 mL) oil
- 4 potato buns
- 8 slices of tomato, about 2 large
- 4 pieces of romaine lettuce
- 8 slices cooked bacon

1. Fill the inner pot of the **Deluxe Multi Cooker** with water 1" (2.5 cm) below the 1/2 fill line. Lock the lid and select sous vide. Set the temperature to 140°F (60°C) for medium burgers (see cook's tip), and the timer for 2 hours; press and hold ⏻. While preheating, make the dip.
2. For the dip, process the onion in a food processor until finely chopped. Add the yogurt, pimientos, and pepper; process until combined. Add *half* of the grated cheeses; process to combine, scraping down the sides of the bowl as needed. Repeat with the remaining cheese; set aside.
3. Divide the ground beef into eight equal portions, about 3 oz. (90 g) each. Flatten each into a 4"–5" (10–13-cm) patty. Gently make a very shallow well in each patty about 2½" (6 cm) in diameter.
4. Place 2 tbsp (30 mL) of cheese dip into each well of four patties. Cover with the remaining patties. Carefully press the sides together to seal the edges.
5. Place the burgers in a single layer in a large resealable freezer bag with space between each burger, remove the air, and seal. When you hear three beeps and Add is displayed on the Deluxe Multi Cooker, open the lid and submerge the bag with the seal above the water. Lock the lid; press ⏻. When the timer is up, press ✕. Carefully remove the bag.
6. Heat the oil in a cast iron skillet on medium-high heat for 3 minutes. Remove the burgers from the bag, pat dry, and sear until well browned, about 1 minute per side.
7. To assemble the burgers, place a patty on a bun and top with lettuce, tomato, and bacon.

Cook's Tips:

Cooking burgers sous vide gives you the doneness you want. If you prefer, you can set to 130°F (54°C) for medium-rare or 145°F (63°C) for medium-well. For serving flexibility, the burgers will maintain their temperature in the water bath for up to two hours after cooking.

Store any leftover dip in the fridge. You can also serve it with crackers, pretzels, or veggies.

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Chili Lime
Enrobage au piment rouge et à le citron vert
Gluten-Free • Sans Gluten
NET WT/POIDS NET 56 g

Baja Cod Air Fryer Tostadas

SERVES 4

Prep Time: 20 mins Total Time: 30 mins

Pineapple Salsa

- 1 small red bell pepper, seeded and quartered
- 1 jalapeño pepper, seeded and quartered
- 1 lime, juiced
- ½ tsp (2 mL) salt
- ⅓ cup (75 mL) cilantro leaves, loosely packed
- 2 cups (500 mL) cubed fresh pineapple

Fish

- 1 lb. (450 g) cod filets, fresh or frozen (thawed), cut into 4 pieces
- 2 tsp (10 mL) **Chili Lime Rub**

Cabbage Slaw

- ½ cup (125 mL) sour cream
- 2 limes, juiced
- 1 tsp (5 mL) Chili Lime Rub
- ½ head napa cabbage, shredded (4 cups/1 L)

To Serve

- 8 corn tostadas
- 2 ripe avocados, smashed
- Optional topping: Chopped cilantro

1. To make the salsa, place the bell pepper, jalapeño, lime juice, and salt in a food processor and pulse about 8 times or until coarsely chopped. Add the cilantro and top with the pineapple (this helps to evenly blend), and pulse about 12 times or until coarsely chopped and well blended.
2. Pat the fish dry with paper towels; season the top with the rub.
3. Spray one tray of the **Deluxe Air Fryer** with oil; add the cod in a single layer and place on the top rack. Cook on ROAST for 9 minutes, or until the fish flakes easily with a fork.
4. To make the slaw, combine the sour cream, lime juice, and rub in a medium bowl; fold in the cabbage.
5. To assemble, spread each tostada shell with smashed avocado, then top with flaked fish, cabbage slaw, and pineapple salsa. Sprinkle with chopped cilantro, if you'd like.

Cook's Tip:

We chose cod for its mild, buttery flavor that works with a variety of ingredients. And, we like how it flakes into juicy, bite-sized pieces. Because it's a saltwater fish, it can have a slightly salty flavor. If you prefer, you can substitute tilapia or another mild white fish.

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Pressure Cooker Steak Chili

SERVES 10

Prep Time: 10 mins Total Time: 1 hour 10 mins

- 1½ tsp (7 mL) oil
- 1 large onion, chopped
- 1 green bell pepper, seeded and chopped
- 2 garlic cloves, pressed
- 2 tsp (10 mL) salt
- 1 boneless beef chuck pot roast (2 lbs./1 kg), trimmed, cut into 1" (2.5-cm) pieces
- 1½ tbsp (22 mL) chili powder
- 1 tbsp (15 mL) ground cumin
- 1½ tsp (7 mL) dried oregano
- 1 tsp (5 mL) black pepper
- 1 can (28 oz./796 mL) diced tomatoes, undrained
- 1 can (6 oz./156 mL) tomato paste
- 2 cans (16 oz./454 mL *each*) red kidney beans, drained and rinsed
- Optional: Sliced green onions, sour cream, shredded cheese, jalapeño slices

1. Set the **Deluxe Multi Cooker** to SEAR on low, press and hold start. Add the oil and heat for 3 minutes. Add the onion, bell pepper, garlic, and salt. Cook uncovered for 4 minutes, stirring frequently. Press Cancel.
2. Add the remaining ingredients. Lock the lid and select soup; press and hold .
3. When the time is up, let the steam release naturally for 10 minutes, then press . Press . The chili will thicken after standing for 5–10 minutes. Serve with toppings, if you'd like.

Cook's Tip:

You can use 1 cup (250 mL) of dried beans in place of the canned beans. Just add 2 cups (500 mL) of water in step 2 and increase the cooking time to 50 minutes.

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Eggplant Meatballs

SERVES 6

Prep Time: 10 mins Total Time: 30 mins

Meatballs

- 2 tbsp (30 mL) olive oil, plus additional for spraying
- 1 large eggplant (1–1½ lbs./450–700 g), cubed, skin on (see cook's tip)
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) pepper
- ½ cup (125 mL) water
- 2 cups (500 mL) panko breadcrumbs
- 2 oz. (60 g) Parmesan cheese, finely grated (1 cup/250 mL)
- 3 eggs, beaten
- 2 garlic cloves, pressed
- 2 tbsp (30 mL) chopped basil leaves

Sauce

- 2 tbsp (30 mL) olive oil
- 3 garlic cloves, pressed
- 1 tsp (5 mL) dried oregano
- 1 can (28 oz./794 g) crushed tomatoes
- ¼ tsp (1 mL) salt
- ⅓ cup (75 mL) ricotta cheese
- Optional toppings: Chopped basil, grated Parmesan cheese, red pepper flakes

1. Heat the oil in a large nonstick skillet over medium heat for 1–3 minutes. Season the eggplant with salt and pepper and add to the skillet with the water. Cook until softened and browned, 8–10 minutes. Transfer to a large bowl and let cool slightly.
2. Place the eggplant in a food processor and pulse a few times until roughly chopped. Return to the bowl, add the breadcrumbs, Parmesan, eggs, garlic, and basil; mix until combined.
3. Spray the trays of the **Deluxe Air Fryer** with oil. Form the eggplant mixture into 22–26 balls and place on the trays. Place the trays on the top and bottom racks. Cook on BAKE for 16 minutes, until golden brown, rotating the trays halfway through.
4. Meanwhile, to prepare the sauce, heat the oil in the same skillet on medium heat for 1–3 minutes. Add the garlic and oregano and cook until fragrant, about 30 seconds. Add the crushed tomatoes and salt; simmer for 15 minutes.
5. When the meatballs are done, add to the skillet and spoon dollops of ricotta into the sauce. Bring to a simmer and cook until hot, 2–3 minutes. To serve, top with basil, Parmesan, and red pepper flakes, if you'd like.

Cook's Tips:

We like keeping the skin on the eggplant for added texture and color, but you can peel the eggplant if you'd like.

For a gluten-free version, instead of using panko breadcrumbs, you can use gluten-free panko or another breadcrumb substitution.

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Confetti Surprise Cake

➤ SERVES 8

Prep Time: 15 mins Total Time: 25 mins

Cake

Oil (or butter) and flour for greasing pans

1 pkg (14–16.25-oz. or 396–461-g) confetti cake mix (or white cake mix plus 2 tbsp/30 mL rainbow sprinkles), plus the ingredients to make the egg white or whole egg version

Frosting

1½ cups (375 mL) butter, softened (3 sticks)

2 tsp (10 mL) vanilla extract

⅛ tsp (0.5 mL) salt

6 cups (1.5 L) powdered sugar, divided

3 tbsp (45 mL) milk

Optional: Colored sugar for decorating

Filling

½ cup (125 mL) assorted sprinkles, colored sugar, nonpareils, or any small candies

1. Preheat the oven to 350°F (180°C). Grease and flour both **Secret Center Cake Pans** and the insert with the small individual wells. Place the insert in one of the pans and set aside.
2. Prepare the cake mix according to the package instructions. If using a plain white cake mix, stir in the rainbow sprinkles.
3. Pour 2 cups (500 mL) of batter into the cake pan with the insert. Add the remaining batter into the other cake pan. Bake for 22–26 minutes, or until a toothpick inserted in the center comes out clean. (The pan without the insert may take an additional 2–3 minutes to bake.)
4. Remove the cakes from the oven and let cool in the pans for 10 minutes. Invert the cakes onto a cooling rack and cool completely.
5. For the frosting, beat the butter, vanilla, and salt with an electric mixer on medium speed until light and fluffy, about 1 minute. Add *3 cups (750 mL)* of powdered sugar and beat on medium speed until combined, 1–2 minutes. Add the milk and continue beating until blended, then scrape down the sides of the bowl. Add the remaining powdered sugar and beat on medium-high speed until well blended and fluffy, about 2 minutes.
6. To assemble, trim the rounded tops (crown) off the cake layers, if necessary for easier assembly. Place the layer with the secret center wells on a plate or cake board. Frost or pipe around each of the wells and in the center of the cake. Spoon 1 tbsp (15 mL) of sprinkles or candies into each of the wells. Place the second cake layer on top. Frost the outside of the cake and decorate as desired.

Cook's Tips:

When using a white cake mix, only add rainbow jimmies or confetti sprinkles to the batter. Colored sugar or nonpareils will melt into the cake.

You'll have enough frosting to make to fill and frost the cake and make buttercream decorations.

If you'd like to pipe frosting to decorate, you can get a better decorating consistency by substituting shortening for half of the butter.


Caramel Latte Bread
Donut Holes

Strawberry Sprinkle Donut Milkshakes

SERVES 4

Prep Time: 10 mins Total Time: 40 mins

Donut Holes

- Oil for brushing
- 1 cup (250 mL) milk
- ¼ cup (60 mL) melted butter or vegetable oil
- 1 pkg **Donut Mix**
- 1 12-oz. (340-g) container strawberry or vanilla frosting
- Rainbow sprinkles

Milkshakes

- 1½ qt. (1.5 L) strawberry ice cream
- ½ cup (125 mL) whole milk
- 12 strawberries, destemmed
- ¼ cup (60 mL) rainbow sprinkles

Toppings

- Strawberry syrup
- Whipped cream
- Rainbow sprinkles
- 4 strawberries, destemmed

1. Preheat the oven to 350°F (180°C). Brush the **Donut Hole Pan** lightly with oil.
2. Combine the milk and butter in a medium bowl; add the **Donut Mix** and stir until smooth.
3. Fill each well until ⅔ full. Tap the pan several times on the counter to release any air bubbles.
4. Bake until the donuts spring back when lightly pressed, about 10–12 minutes. Let cool for 10 minutes before removing from the pan.
5. When the donuts have cooled completely, spread one side of each donut hole with *1 tbsp (15 mL)* of the frosting and coat with sprinkles. Slide 3 donut holes on a wooden skewer for each milkshake.
6. Add the remaining frosting to a microwave-safe bowl. Microwave for about 10–15 seconds, or until melted. Dip your serving glasses into the frosting and let it drip down the sides. Add more sprinkles, if you'd like. Drizzle 1 tbsp (15 mL) of strawberry syrup on the inside walls of each glass.
7. Add all the milkshake ingredients to the **Deluxe Cooking Blender** in the order listed. Replace and lock the lid. Press the wheel to start the CUSTOM BLEND setting. Blend on speed 6 for 2 minutes.
8. Pour the milkshakes into the prepared glasses and top each generously with whipped cream, a donut hole skewer, strawberry, extra syrup, and sprinkles. Serve immediately.

Cook's Tips:

The easiest (and least messy) way to fill your pan is by using a resealable plastic bag with a corner snipped, or using a Decorating Bag.

It's best to cool the donuts completely before frosting.

You can decorate your glasses ahead of time and store them in the freezer until you're ready to mix up your shakes.

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Dips & Sauces

Avocado-Lime Crema



A great dip for veggies or topper for burgers and tacos.

➤ SERVES 16

Prep Time: 5 mins **Total Time: 10 mins**

- 1 lime
- 1 large, ripe avocado, peeled and pitted
- ½ cup (125 mL) sour cream or Greek yogurt
- ½ cup (125 mL) loosely packed fresh cilantro leaves
- ¼ tsp (1 mL) salt

1. Juice the lime into the **Manual Food Processor**, then add the remaining ingredients and process until smooth. Cover and refrigerate until ready to use.

Nacho Cheese Sauce



An easy homemade sauce that will take your nacho game to a whole new level.

➤ SERVES 12

Prep Time: 5 mins **Total Time: 45 mins**

First Stage

- 1½ cups (375 mL) milk
- 1 tsp (5 mL) taco seasoning
- ¼ tsp (1 mL) black pepper
- 1 jalapeño pepper, seeded and veins removed
- 1 garlic clove, peeled

Second Stage

- ¼ cup (60 mL) all-purpose flour

Add-In

- 8 oz. (250 g) cheddar cheese, cut into cubes
- 3 tbsp (45 mL) butter

To Serve

- 1 party-size bag tortilla chips
- 1 cup (250 mL) pico de gallo
- ¼ cup (60 mL) sour cream
- ¼ cup (60 mL) fresh cilantro leaves
- Jalapeño slices

1. Add the first stage ingredients, in the order listed, to the **Deluxe Cooking Blender**. Replace and lock the lid. Turn the wheel to select the SAUCE setting; press the wheel to start.
2. Meanwhile, add the flour and butter to a microwave-safe bowl and microwave on HIGH for 1½ minutes, stirring every 30 seconds, to make a roux.
3. When prompted to “Add,” remove the vented lid cap and carefully add the roux to the pitcher. Replace the cap and press the wheel to start .*
4. When the timer is up, press CANCEL. Remove the cap and carefully add the add-in. Replace the cap and blend on speed 3 of the CUSTOM BLEND setting for 1 minute, or until the cheese is fully incorporated.**

* The pitcher will be hot during and after cooking. Do not touch the hot glass.

** Use the pitcher handle and helper handle to tilt and lift the pitcher up from the base. Remove the lid away from your body and use the pitcher handle to pour the food.

Dips & Sauces

Fried Pickle Dip

A crowd-pleasing dip to share at any occasion.



SERVES 16

Prep Time: 5 mins **Total Time: 20 mins**

Dip

- ½ cup (125 mL) refrigerated dill pickle spears or chips, cut into pieces
- 2 tsp (10 mL) dried dill
- 1 pkg (8 oz./250 g) cream cheese, softened
- ½ cup (125 mL) sour cream
- 2 tbsp (30 mL) pickle juice
- ¼ cup (60 mL) crispy fried onions, plus additional for topping

Dill Breadsticks

- 1 pkg (13.8 oz./391 g) refrigerated pizza dough
- 2 tbsp (30 mL) butter
- 1 tsp (5 mL) dried dill
- ⅛ tsp (0.5 mL) salt

Optional dippers: Crinkle-cut carrots, cucumbers, pretzel crisps

1. For the breadsticks, preheat the oven to 350°F (180°C).
2. Add the pickles to the **Flex+** Food Processor fitted with the multiuse blade. Pulse until coarsely chopped. Add the remaining dip ingredients and blend until combined, 30–40 seconds. Refrigerate until ready to serve.
3. Unroll the pizza crust onto a cutting board. Cut into 8 slices widthwise, then in half.
4. Microwave the butter until melted, about 30 seconds; add the dill and salt. Brush each piece of dough with the dill butter. Twist each piece of dough and brush the remaining dill butter over the top.
5. Bake on a baking sheet until light golden brown, 14–16 minutes. To serve, sprinkle additional fried onions on the dip and serve with the dill breadsticks, or any other dippers you'd like.

Cook's Tip

We found that refrigerated pickles offer more flavor than other types, but you can use any variety you like.

Peri-Peri Sauce

A spicy sauce that's great on chicken, fish, and more.



SERVES 16

Prep Time: 5 mins **Total Time: 10 mins**

- 2 red bell peppers, seeded and cut into chunks
- ½–1 habanero pepper, seeded and cut into chunks (see cook's tip)
- 1 small onion, cut into chunks
- 8 garlic cloves, peeled
- 2 tsp (10 mL) salt
- 3–4 fresh basil leaves
- 1 tbsp (15 mL) fresh oregano leaves
- 1 tbsp (15 mL) paprika
- 1 lemon, juiced
- ½ cup (125 mL) olive oil

1. Add the ingredients in the order they're listed to the **Deluxe Cooking Blender**. Blend on speed 8 of the CUSTOM BLEND setting until smooth, about 1 minute.