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Fresh Takes

Recipes





Air Fryer Zucchini Fries

➤ SERVES 6

Prep Time: 10 mins Total Time: 25 mins

Zucchini Fries

- 2 small zucchinis, trimmed and cut in half
- 1 tbsp (15 mL) seasoning of your choice (see cook's tips)
- ½ cup (125 mL) almond flour
- ½ cup (125 mL) tapioca starch (see cook's tips)
- Oil for spritzing

Simple Aioli

- ⅓ cup (75 mL) mayonnaise
- 1 small garlic clove, pressed
- ¼ tsp (1 mL) smoked paprika
- ⅛ tsp (0.5 mL) salt

1. Cut the zucchini using the fry cut setting on the No. 8 thickness of the **Rapid-Prep Mandoline**. Toss the zucchini with the seasoning in a medium bowl and let stand for 5 minutes (see cook's tips). Drain the liquid from the zucchini.
2. Combine the almond flour and tapioca starch in a shallow bowl. Working in batches, toss the zucchini in the flour mixture (your hands will work best for this part!). Shake off the excess flour from the zucchini.
3. Spritz the **Deluxe Air Fryer** trays with oil, transfer the zucchini to the trays, and spritz the zucchini liberally with oil. Place the trays on the top and bottom racks. Cook on AIR FRY for 15 minutes, rotating the trays halfway through.
4. Meanwhile, combine the aioli ingredients in a small bowl. Serve the zucchini fries with the aioli.

Cook's Tips

We love using **Salt & Vinegar Seasoning** with the fries, but our **Garlic & Herb Rub**, **Three Onion Rub**, or **Lemon Garlic Rub** are all great options, too!

Tapioca starch, also called tapioca flour, is a grain-free alternative to cornstarch. If you can't find it in your store, then cornstarch, arrowroot starch, or arrowroot flour work great as well.

The salt in the seasoning draws the moisture out of the zucchini, helping it stay crispy. If your seasoning is salt-free, add ½ tsp (2 mL) of salt.

Eat these fries immediately for maximum crunch or cook on REHEAT for 5 minutes!

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Creamy Chicken and Asparagus

SERVES 4

Prep Time: 8 mins Total Time: 28 mins

- 1 tbsp (15 mL), plus 1 tsp (5 mL) vegetable oil, divided
- 4 boneless, skinless chicken breasts (8 oz./250 g each)
- 1 tsp (5 mL) smoked paprika
- ½ tsp plus ¼ tsp (3 mL) salt, divided
- 1 shallot
- 2 garlic cloves, peeled
- ½ cup (125 mL) chicken broth
- 8 oz. (250 g) reduced-fat cream cheese (Neufchâtel), softened
- 8 oz. (250 g) asparagus, trimmed and cut into 1" (2.5-cm) pieces
- ½ lemon, sliced
- Optional: Rice for serving

1. Heat *1 tbsp (15 mL)* of the oil in the **Rockcrok® Everyday Pan** over medium heat for 5 minutes.
2. Season the chicken with the paprika and *½ tsp (2 mL)* of the salt.
3. Cook the chicken until lightly browned, 2–3 minutes per side; set aside (the chicken will not be fully cooked).
4. Meanwhile, finely chop the shallot and garlic in the **Manual Food Processor**. Add the shallot, garlic, and remaining oil to the pan and cook until the shallot and garlic are translucent, 1–2 minutes.
5. Add the broth, cream cheese, and remaining salt. Cook for 2 minutes, stirring continuously to melt the cheese; remove from the heat
6. Nestle the chicken into the sauce. Top with the asparagus and lemon slices.
7. Microwave, covered, until the chicken reaches 165°F (74°C), 8–10 minutes. Stir the sauce to combine the mixture before serving. Serve over rice, if you'd like.

Cook's Tip

In grocery stores, each bunch of asparagus is usually about 1 lb. (450 g). If you don't have a scale, just use half of a bunch.



French Onion Sliders

SERVES 6

Prep Time: 10 mins Total Time: 35 mins

- Oil for brushing
- 1 small onion, halved and thinly sliced
- 8 oz. (250 g) sliced deli rare roast beef
- ¾ tsp (4 mL) dried thyme leaves, divided
- 2–3 tbsp (30–45 mL) prepared horseradish
- 2 tbsp (30 mL) mayonnaise
- 1 pkg (12 oz./340 g) Hawaiian sweet rolls
- 2 oz. (60 g) Swiss cheese, coarsely grated (½ cup/125 mL)
- ½ tbsp (7 mL) butter, melted
- 1 large garlic clove

1. Set the **Deluxe Electric Grill & Griddle**, with the griddle plates, to CUSTOM for 5 minutes at 350°F (180°C).
2. Once the griddle has preheated, brush the bottom plate with the oil. Place the onion in an even layer. Cook in the Closed position until browned, 3–4 minutes, stirring occasionally.
3. Meanwhile, coarsely chop the beef, then add it to the griddle and sprinkle with *½ tsp (2 mL)* of the thyme. Cook in the Closed position for 1 minute, press **CANCEL,** and remove the beef mixture from the griddle.
4. Set the griddle to CUSTOM for 10 minutes at 275°F (140°C).
5. Combine the horseradish and mayonnaise in a small bowl. Without separating the rolls, cut the bread in half horizontally. Spread the mayonnaise mixture on the bottom half of the bread. Add the beef, onions, and cheese. Place the remaining bread on top.
6. Melt the butter in a microwave-safe bowl for 30 seconds; add the garlic and remaining thyme and stir. Brush the butter mixture onto the top of the bread.
7. Once the griddle has preheated, carefully move the sliders onto the bottom plate (see cook's tip). Adjust the height of the griddle so it touches the tops of rolls and cook until the cheese has melted and the sandwiches are heated through.

Cook's Tip

An easy way to transfer the sandwiches onto the griddle is to build the sandwich on a cutting board and then use a turner to slide the sandwich onto the griddle.



Hibachi Shrimp & Veggies With Yum Yum Sauce

SERVES 4

Prep Time: 10 mins Total Time: 20 mins

Yum Yum Sauce

- ¼ cup (60 mL) mayonnaise
- 1 tbsp (15 mL) ketchup
- 1 tbsp (15 mL) milk
- 1 tsp (5 mL) toasted sesame oil
- 2 garlic cloves, pressed
- ½ tsp (2 mL) Sriracha sauce
- ¼ tsp (1 mL) fresh grated ginger

Shrimp

- 1 lb. (450 g) large shrimp (31–40 per pound), peeled, deveined, and tails removed
- 1 tsp (5 mL) toasted sesame oil
- 1 tsp (5 mL) reduced-sodium soy sauce
- ½ tsp (2 mL) fresh grated ginger

Vegetables

- 2 cups (500 mL) broccoli florets
- 2 large carrots, peeled and thinly sliced (1½ cups/375 mL)
- ½ medium yellow onion, cut into ½" (1-cm) wedges (1 cup/250 mL)
- 1 tbsp (15 mL) vegetable oil
- ⅛ tsp (0.5 mL) salt
- To serve: Steamed rice and sliced green onion

1. For the sauce, combine all the ingredients in a small bowl; cover and refrigerate.
2. Set the **Deluxe Electric Grill & Griddle**, with the griddle plates, on GRILL for 10 minutes.
3. Toss the shrimp, sesame oil, soy sauce, and ginger together in a medium bowl. Set aside.
4. Toss all the vegetables together in a medium bowl.
5. Once the grill has preheated, add the vegetables to the bottom plate in an even layer. Close the lid and cook for 2 minutes.
6. Place the grill in the Flat position. Add the shrimp in a single layer to the empty side of griddle; cook until the shrimp are lightly browned and pink, 1–2 minutes per side. Flip the vegetables while the shrimp cooks.
7. Serve the shrimp and vegetables with the rice, sliced green onion, and sauce.

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Orecchiette With Brussels Sprouts & Broccoli

SERVES 4

Prep Time: 10 mins Total Time: 30 mins

- 8 oz. (250 g) orecchiette or medium shell pasta
- 3 garlic cloves, peeled
- 1 small head broccoli (10–12 oz./250–350 g) including stems
- 10 oz. (300 g) Brussels sprouts, trimmed
- ¼ cup (60 mL) olive oil
- ½–1 tsp (2–5 mL) red pepper flakes
- ½ tsp (2 mL) salt
- 1 cup (250 mL) frozen peas
- 1 oz. (30 g) Parmesan cheese, finely grated (½ cup/125 mL), plus additional for serving
- 1 lemon
- ½ cup (125 mL) fresh parsley leaves, finely chopped

1. Bring a pot of salted water to a boil. Cook the pasta for 1 minute less than the instructions on the package recommend and reserve ¼ cup (60 mL) of the pasta water.
2. Slice the garlic on the No. 1 thickness of the **Rapid-Prep Mandoline**. Slice the broccoli and Brussels sprouts on the No. 6 thickness of the mandoline.
3. Heat the oil in a 12" (30-cm) skillet over medium heat for 5 minutes. Add the garlic and red pepper flakes and cook until the garlic starts to turn golden brown, 1–2 minutes. Watch closely so the garlic doesn't burn.
4. Add the sliced vegetables and salt to the skillet. Increase the heat to medium-high and cook until the vegetables are crisp-tender, 5–7 minutes. Add the peas during the last 2 minutes.
5. Transfer the pasta and reserved pasta water to the skillet. Add the Parmesan and reduce the heat to medium-low. Simmer until the water is absorbed.
6. Zest the lemon and juice half of it. Just before serving, stir in the zest, juice, and parsley. Serve with more Parmesan, if you'd like.

Cook's Tips

The sliced garlic's flavor softens significantly as it cooks.

For more flavor, add 1 tbsp (15 mL) of **Lemon Garlic Rub** to the veggies in step 4 and omit the salt.

For added protein, you can serve this recipe with chickpeas, cooked shrimp, or chicken.



Cake Pop Cones

SERVES 12

Prep Time: 10 mins Total Time: 30 mins

- 1¾ cups (425 mL) white cake mix with sprinkles (about half of a 15½ oz. or 515 g box)
- ½ cup (125 mL) milk
- ¼ cup (60 mL) vegetable oil, plus more for spritzing
- 2 egg whites
- 1½ cups (375 mL) white chocolate morsels
- 2 tsp (10 mL) coconut oil
- 2 tbsp (30 mL) rainbow sprinkles
- 12 ice cream sugar cones
- Oil for brushing

1. Preheat the oven to 350°F (180°C).
2. Whisk the cake mix, milk, vegetable oil, and egg whites until combined.
3. Brush or spritz the **Donut Hole Pan** with oil. Divide the batter (about 1 tbsp/15 mL) into the wells of the pan. Bake until golden brown and a toothpick inserted in the cakes comes out clean, 10–12 minutes; let cool.
4. Meanwhile, microwave the white chocolate and coconut oil until they have melted, about 1–2 minutes, stirring every 30 seconds. Allow the chocolate to cool. Add ½ tsp (2 mL) melted white chocolate and ¼ tsp (1 mL) sprinkles into the bottom of each cone.
5. Press one cake into each cone. Then place another cake on top with the rounded side up (this is the part you'll decorate).
6. Glaze the top of each cone with the remaining white chocolate, about 1 tbsp (15 mL) per cone, and top with sprinkles.
7. Allow the chocolate to cool and harden before serving.

Cook's Tip

Use a baking rack with parchment paper underneath to hold the cones while you glaze the cakes with white chocolate.

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