

## Culinary Basket Recipe: Preparing a Roast



*By "Chef" Pete Updike, Authorized Saladmaster Dealer*

Here is a new creative recipe we came up with using the incredible new 6 Qt. (5.6L) culinary basket that Saladmaster introduced in 2014. Combining with the 10 Qt. (9.5L) roaster involves making a huge beef and vegetable medley that will serve a large group and well only take a few minutes of your time in terms of hands-on preparation.

Start by preheating the 10 Qt. (9.5L) roaster on medium heat. Place roast (roast should not be thicker than 1-3/4", such as a chuck roast, which is normal for many roasts) into the pre-heated pan. Season (your choice) your roast and place cover ajar. After about 10 - 12 minutes of searing, turn roast, season other side and place a few cut onions around the edges.

Fill the 6 Qt. (5.6L) culinary basket with approximately 56 ounces (1.6kg) of frozen vegetables (stir fry blend, southwestern blend, pepper blends are all good). The culinary basket holds a lot so this allows you to cook lots of veggies to compliment your meal. Obviously, you could also fill with a fresh blend of vegetables you have prepared with your Saladmaster Machine, or a mix of both fresh and frozen.

Insert the basket filled with vegetables over the roast and cover. When Vapo-Valve™ clicks actively, gradually reduce heat until valve clicks only every few seconds. This method turns the whole assembly into a divided slow cooker unit; the roast will tenderize to the point of falling apart but the vegetables will stay colorful because they are kept separate from the roast. Nothing is being cooked in water or being steamed - just live vapor over the roast! You can then serve the roast and vegetables separately or you can cut up the meat and mix into the vegetables. Season to taste or add your favorite sauce (stir-fry, mushroom cream sauce, white sauce, etc.). The flavor variations are limitless!

If there was ever a time to compliment your set, this would be a terrific occasion since it adds several new dimensions to your cooking arsenal. Saladmaster is continuing to be at the cutting edge of cooking technology that is not duplicated anywhere else - and you are the reason why. Enjoy!

### Rating:



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