

## Fried Foods Without Fats



Any meat including chicken with or without skin, can be "fried" in your Saladmaster® cookware without added fat or oil. The secret is in preheating. Preheat the large or small skillet over medium heat 2 to 3 minutes until a few drops of water splashed on the surface bead and dance. Place meat firmly into preheated skillet and press down to ensure even searing. Brown the meat or chicken on all sides. If additional cooking is required, place the cover slightly ajar on top of the skillet and cook to desired doneness. Always choose the skillet large enough to hold the meat without crowding or cook the meat in small batches if necessary.

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