

## Oil Belongs in the Spa – Not the Kitchen



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

This is another Chef Pete "tips-and-tricks" and – YES – you really CAN cook without oil in Saladmaster! Here are some tips to help you fine-tune your skills that I've used over many years cooking food oil-free that non-Saladmaster owners need to use fatty butter or oil in order to cook.

Keep in mind, and I can't say this enough, that most difficulties tie back to using too much or too little heat. And don't forget – it's normal to make mistakes – mistakes are good things because they are teaching moments.

### **Oil free pancakes and French toast:**

Preheat 11" Square Griddle over medium heat on large element or preheat Electric Oil Core Skillet to 375°F/190°C. Pour pancake batter onto the preheated utensil. Flip pancake when the top of the batter has bubbles evenly across it. If pancake sticks and burns, lower the heat. If the pancake sticks and seems to take too long, raise the heat. Once you've found the correct setting, it's simple the next time. You may leave the oil or butter out of the batter as well!

### **No butter grilled cheese sandwich:**

Preheat skillet over medium heat. Place sandwich on skillet, then cover with undersized lid and check occasionally for desired doneness. Flip and repeat.

### **Oil free fried egg:**

Preheat skillet over medium heat. Crack egg directly onto skillet then cover with undersized lid. Add 1 teaspoon (5 mL) water under lid when covering. When the pores in the egg have seared, use Saladmaster metal turner to release the egg. You will experience some sticking with fried eggs due to the nature of the proteins.

### **Oil-less stir-fry method:**

If using the Wok, preheat over medium heat then just before

beginning to cook increase the heat to medium-high. Add onions, meat and hard vegetables first, followed by more sensitive vegetables such as broccoli and peppers. You may stir-fry as usual or make use of the vacuum seal to do a “still-fry”. To still-fry, simply sear the meat and harder vegetables then after adding all remaining ingredients (sauces, etc.) cover fully then reduce to low when the Vapo-Valve™ clicks.

#### **Oil free hash browns:**

Frozen: Preheat skillet over medium heat. Do water test to check for proper preheat temperature - when several drops of water sprinkled in skillet skitter and dissipate. Place hash browns in skillet, then flip when golden brown.

Fresh: Grate potatoes using the Saladmaster Machine on Cone #2. Rinse and drain well, then dry on a towel. Place potatoes on preheated griddle, flip when brown. *Tip: frying with some onions will help hash browns to release more easily.*

#### **Tip:**

For oil free frying, a strong thin edged stainless spatula is best. Plastic and Teflon spatulas tend to push the food rather than lift it effectively. Contact your local Saladmaster Dealer to find out how to get your Saladmaster made in U.S.A. Stainless Steel Turner.

#### **Rating:**

