

# NUTRIMAX INTERNATIONAL

DEAR VALUED CUSTOMER,

We would like to take this opportunity to thank you for taking part in our promotion, and to congratulate you on your recent investment in the NUTRIMAX NUTRITION SYSTEM.

We would also like to remind you of the many benefits our products have to offer, and of the service provided by our company, to you, our valued customer.

The following guarantees apply automatically, to the original investors of these products:

LIFETIME GUARANTEE ON THE NUTRITION SYSTEM

LIFETIME GUARANTEE ON THE JUMBO SKILLET

LIFETIME GUARANTEE ON THE OIL CORE ELECTRIC SKILLET

LIFETIME GUARANTEE ON THE KNIFE SET

LIFETIME GUARANTEE ON ALL STYLES OF CUTLERY

25 YEAR GUARANTEE ON THE BOHEMIA FINE CHINA Against chipping, cracking, crazing, loss of pattern and colour, plus half price replacement for breakages.

Before using your new, user friendly NUTRITION SYSTEM, it is strongly suggested that you take 5-10 minutes to read through the first few pages of the personalized cookbook provided with the system, and also the notes which follow. These contain many useful recipes and handy hints, which will help you to use the system to it's full potential. You will be pleasantly surprised at how easy it is to adapt to your new NUTRIMAX NUTRITION SYSTEM.

As you are probably aware, ranges of accessory pieces are available to compliment both the Bohemia fine china and the Nutrition System. If you ever wish to invest in these, or any of our other products, these are available to you at 25% discount from our recommended retail price, and can easily be ordered by contacting either Head Office or your local branch.

Should you have any further queries or problems, please do not hesitate to contact your local branch or delivery consultant.

Finally, to assist in our advertising program and customer service department, if you find the time, we would love to hear from you after you have been using the system for some time, i.e. Your opinion on our product and the benefits you have experienced, plus how you felt about the service you received from the NUTRIMAX staff, if you could help us in this area, or with potential customers, it would be greatly appreciated.

You can forward any correspondence to our Head Office at Po Box 298, Albion Park, NSW 2527.

Once again, CONGRATULATIONS, and welcome to the fast growing family of NUTRIMAX delighted customers.

On behalf of the company,

We wish you many happy years of cooking in "NUTRIMAX"!

# COOKING TIPS FOR THE NUTRITION SYSTEM

## PLEASE REMEMBER

Prior to using the system the first time, it must be cleaned in vinegar to remove the manufacturing residues. Add 1 cup of brown or white vinegar to warm soapy water, and clean all pieces thoroughly. Once this has been done the first time, you never need to use the vinegar again.

### 1. NEVER USE HIGH HEAT

For most foods, low to medium heat is sufficient, depending on your individual stove temperature. The system is designed to heat quickly and evenly, and retain its heat for a long period of time, therefore reducing the cooking time and conserving energy.

### 2. RESIST THE URGE TO LIFT THE COVERS

Lifting the covers while cooking lets the heat escape and extends the cooking time. It also allows moisture and valuable nutrients to escape, and could cause food to dry out or even burn. The system will let you know when to reduce or turn the heat off through the whistle control, so there is no need to continuously check on the food – saving you time and effort in the kitchen.

### 3. FILL UNITS TO CAPACITY

The system cooks in a vacuum, so the units work best when they are at least  $\frac{3}{4}$  to totally full, therefore it is a good idea to always use the size that the food will fill the most. Do not, however, fill the unit so full that the cover does not fit easily, as this will hinder the formation of the vacuum seal.

#### 4. WHERE POSSIBLE USE FRESH AND FULLY DEFROSTED FOODS

Vegetables may be cooked normal if frozen, however it is best not to cook partially frozen meat. As the system is designed to retain moisture so that meats remain tender and shrinkage is minimized, if meat is partially frozen it can become “soggy” and will not brown and crisp.

#### 5. ALWAYS BEGIN COOKING WITH THE NUTRI-TONE OPEN

The Nutri-Tone is marked with open (when protruding from the left) and closed (when protruding from the right), and can also be noticed by looking at the gold bars on the top of the Nutri-Tone – thick bars on the left indicate an open valve, and the thinner bars on the right indicate it is closed. For most food, you begin cooking with the Nutri-Tone open, and close it when the whistle sounds. At this time you should also reduce or turn the heat off.

N.B. Always wait until the whistle has become a loud and even tone before closing the valve and adjusting the heat. There are a few exceptions, such as cakes and lasagne – these should be cooked with the valve closed from the start to remain maximum moisture.

#### 6. TIPS FOR GAS STOVES

As gas is generally hotter than electric stoves, it is best to use a slightly lower temperature than recommended. Using the smaller size burners is also a good idea. If you find the heat, even on low, to be too much, you can invest a few dollars in a flame-tamer, available from most outdoor or hardware stores.

#### OTHER TIPS...

To cook peas, corn kernels, etc. with other vegetables, place individual serves in eggcups and sit on top of the other vegetables. For food that requires deep-frying, such as chips and dim sims etc, still use oil but reduce the amount used as well as the cooking temperature. Food such as fish fingers, potato gems and oven fry chips can be cooked in the skillet with only a minimal coating of oil or a light spray of ‘Pure and Simple’, ‘Canola Spray’ or similar product. Although metal utensils cannot harm the system or effect its cooking in any way, they may scratch the surface. If you prefer, plastic utensils will keep the system looking new and scratch free!

## CLEANING THE SYSTEM

The system is constructed from high quality stainless steel that is easy to clean and very durable. It can be washed with a sponge as normal and is totally dishwasher safe. You will find that you do not need to use harsh scourers and steel wool on the units because of its ease in cleaning.

The following tips will help keep the system looking brand new forever: Exposure to heat the first few times may cause blue or brown/orange heat tints on stainless steel. These do not affect the cooking or the nutritional quality of the food in any way and are easily removed using the cleaning powder and a damp sponge or moist paper towel. You do not need to remove marks from the units after every cook, because due to the quality of the stainless steel the system is constructed from, nothing will cause a permanent stain, and can easily be removed whenever you desire.

If you have an accident and burn something, the easiest way to clean the units is to remove the food, then while the units are still VERY hot, add boiling water and place the cover on. Most of the burnt food will lift off the base, and any stubborn particles or heat tinges can be removed using the cleaning powder as described above. NB the powder should be used as a paste, not a liquid, so ensure the sponge used has most of the moisture wrung from it. If the unit has been left to cool, heat it up before adding boiling water to it. To ensure everlasting good looks of the system, you should never use steel wool, as this will scratch the base.

Occasionally, some food particles or fat may build up inside the Nutri-Tone. This will reduce the volume of the whistle, or if very clogged it may stop whistling totally. To prevent this from occurring, it is suggested to take the Nutri-Tones apart once a month, and give the pieces a thorough clean. Any blockages may be carefully removed with a knife or sharp instrument.

The handles of the system are also designed to be easily removed if cleaning around them is ever required. They should not loosen, however on initial exposure to heat, or due to transit they may loosen slightly at first. Don't panic, a screwdriver can easily tighten them up.

## BASIC COOKING METHODS

### VEGETABLES

Cut washed vegetables into serving size portions, and place into a unit which they will best fill up. Place heavier vegetables, such as corn, carrots and potatoes on the bottom, so as not to squash the lighter vegetables, such as broccoli, zucchini and mushrooms. Fill the unit with water and shake, then drain the water out, leaving approximately 2-3 tablespoons in the base. NB if the vegetables have been stored longer, you may need to add more water to replace moisture they have lost. Place the cover on with the Nutri-Tone in the open position, and place on a medium heat. When the whistle sounds, close the Nutri-Tone, turn the heat off, and let sit covered to desired softness.

## MEATS

Pre-heat the unit on approx.  $\frac{3}{4}$  heat until a sprinkle of water beads like mercury. Depending on the temperature of the individual stove and the element size,  $\frac{3}{4}$  heat is only an average – if meat burns on  $\frac{3}{4}$ , use a slightly lower heat next time, and if the meat does not brown and crisp as much as you desire, try a slightly higher temperature. No cooking oils or sprays are required, except for crumbed foods such as schnitzels and rissoles, where a small amount is required for binding of crumbs. Fresh fish and eggs cook best if a light cooking spray is used, as they are naturally dry products, which contain very little natural fat or moisture.

### EXAMPLE: STEAKS, CHOPS, SAUSAGES AND CHICKEN BREASTS

Pre-heat unit until water beads.

Place meat directly on the surface. It will stick initial, until the natural juices are released, so place pieces carefully.

Cover with Nutri-Tone open and wait for whistle.

When whistle sounds, lift cover and turn meat over so as to brown both sides. Replace the cover and reduce heat to low, depending on the thickness of the meat and the desired 'doneness'.

Sausages may stick due to the synthetic skin, but a sprinkle of water will help to lift and turn them over.

### EXAMPLE: ROAST MEAT

Pre-heat unit until water beads.

Place roast onto surface and cover (with Nutri-Tone if using Whistle control). Reduce heat to medium.

Leave for approximately 15-20 minutes, remove cover and turn roast over. Add any baking vegetables at this stage if desired.

Replace cover (with Temp-Tone closed if applicable) and leave for 40-45 minutes on low heat. Cooking time depends on size and type of roast, as well as individual stove temperature. NB if using the dome cover – If the cover splutters or rattles after you have reduced the heat, it is still too high. If you find the cover is becoming sealed, the temperature is too low and you need to increase it slightly. When you have the correct temperature, the cover should "float" easily.

## RICE AND PASTA

Rinse rice or pasta with water to remove starch, which is normally removed when draining. Put rice/pasta into unit and cover with water approx. 1cm above rice or 3cm above pasta. Cover with Nutri-Tone open and place on a medium heat. When whistle sounds, close Nutri-Tone and

turn heat off. Let it sit for approximately 6-7 minutes before removing cover. All the water will be absorbed with no need for draining.

## EGGS

Add a few sheets of wet paper towel to the base of a unit. Put in the desired amount of eggs, and then cover with Nutri-Tone open. Place on medium heat until whistle sounds. Close the Nutri-Tone and turn the heat off. Let sit for the desired time, depending on the consistency you require.

## USING THE EGG CUPS

Spray cups lightly with cooking spray, or lightly grease with margarine. This will allow the eggs to drop out easily.

Break eggs into the cups, place cups into the utility rack in the skillet, cover with Nutri-Tone open on a medium heat. If cooking bacon as well, this can be done by pre-heating the skillet first, placing bacon on base and then sitting utility rack on top.

When whistle sounds, close Nutri-Tone and reduce heat to low.

Let sit for a few minutes, and eggs will be done. If you wish to crisp up the bacon, increase the heat slightly and leave the cover off for a few minutes.

1 Minute Soft 2-3 Minutes Medium 4-5 Minutes Hard

# RECIPES

## Garlic Pork chops with apple

### Ingredients:

- 1 pork chop 3-5 cm thick
- 1 large red apple cored, peeled and sliced
- 1 tablespoon powdered garlic Salt and pepper

### Directions:

- 1: Pre-heat skillet to medium heat
- 2: Sprinkle pork chops with garlic
- 3: Season chops with salt and pepper
- 4: Brown chops on both sides
- 5: Add apples into skillet
- 6: Cover and cook until valve whistles
- 7: Reduce heat and cook 15-20 minutes

## Roasted chicken, potatoes and corn

### Ingredients:

1 Roasting chicken (1.3-1.8 kgs)

Salt and Pepper

6 spring potatoes/red potatoes

4 Cobs of Corn

¼ Tablespoon olive oil

### Directions:

- 1: Cut corn into bite size pieces (2inches long)
- 2: Cut potatoes into halves
- 3: Add potatoes and broccoli into pan
- 4: Rub oil over chicken and season
- 5: Place chicken into pan and cook over medium heat
- 6: When valves whistles, reduce heat
- 7: Cook 30-40 minutes. (10 minutes per 500g)
- 8: Release pressure and remove chicken

## Roasted Pork Tenderloin

### Ingredients:

1 Pork roast

1 Teaspoon salt

1 Teaspoon fresh

### Directions:

1: Run roast with salt, pepper and ginger

2: Brown meat in unit.

3: Place meat in stainless steel unit and cook on medium heat

4: When Nutri-Tone whistles, reduce heat to low

5: Continue cooking for about 30 minutes

6: Serve roast immediately

## Juicy Chicken and Potato

### Ingredients:

6 legs, thighs, wings or combination of the parts, remove some skin salt and pepper

4-6 small potatoes quartered

1 onion halved and quartered

### Directions:

1. Heat the Nutrimax skillet at medium heat until water beads form when dripped in skillet.
2. Add chicken pieces and brown all sides.
3. Add potatoes and onions.
4. Cover and heat until Nutri-Tone whistles.
5. Reduce heat to low until vegetables are cooked as preferred.

## Honey Roasted Chicken and Vegetables

Ingredients: 1 whole chicken

4 medium red potatoes, peeled and quartered

6 carrots cut into 1/2 inch pieces

2/3 cup honey

1/3 cup Dijon mustard

3 tablespoons butter

2 tablespoons finely chopped onion

2 1/2 teaspoons curry powder

1/2 teaspoon salt

1/4 teaspoon red pepper flakes

1/4 teaspoon ground ginger

1/4 teaspoon finely chopped garlic

12 whole fresh mushrooms

2 apples, cored and quartered

Directions:

1. Heat the Nutrimax skillet until water beads from when dripped in unit.
2. Place the chicken breast side down in the unit, and brown with cover on.
3. Turn the chicken on its bottom and do the same.
4. Place the potatoes and carrots in the unit around the chicken.
5. Place Nutri-Tone cover on and cook for about 40 minutes on low.
6. In another Nutrimax unit, mix the honey, mustard, butter, onion, curry powder, salt, cayenne pepper, ginger, and garlic. Bring to a boil, stirring constantly.
7. Remove from heat, and set aside. Drizzle the chicken and vegetables with the honey mixture.
8. Put apples in pot. Continue cooking 20 minutes uncovered, or until the glaze has browned.
9. The chicken meat should reach an internal temperature of 82 degrees Celsius.

## Lemon Sesame Chicken

### Ingredients:

4 skinless chicken breasts

1 fresh lemon

1-tablespoon sesame seeds

1-teaspoon oregano

### Directions:

1. Preheat large skillet until water beads form when dripped in pan.
2. Place skinless chicken breast-side down in the pan, on a medium heat.
3. Cover the unit and leave Nutri-Tone open or leave cover slightly ajar.
4. Cook 10 minutes on one side until browned, turn the chicken over, cover and cook for another 5-7 minutes or until done.
5. Place on serving dish
6. Squeeze the fresh lemon over the chicken and sprinkle it with sesame seeds and oregano. Serve Immediately.

## Potato Pancakes

### Ingredients:

2 large Potatoes

1/2 medium grated Onion

1/2 fresh Lemon Juice

1 egg

1/2 teaspoon fresh ground Pepper

2 tablespoons Flour, all-purpose

2 tablespoons Matzo-crackers, grated fine

1 tablespoon fresh Parsley, chopped

4 teaspoons Sour Cream

### Directions:

1. Combine all ingredients, except parsley, in a mixing bowl. With your hands, or a large serving spoon, form potato mixture into four equal round servings.
2. Place potato mixture in a medium heat skillet.
3. Cover, open Nutri-tone, and cook 4-5 minutes until golden brown. Turn, cover, and brown on other side.
4. Serve immediately. Makes 4 Servings

## Meatloaf

### Ingredients:

- 1kg ground turkey or ground beef
- 1 medium white onion
- 1 medium chopped green pepper
- 1 sliced stalk celery
- 1 cup grated cracker meal, or bread crumbs
- 1 tablespoon Italian seasoning
- 1 medium red potato
- 1 grated medium carrot
- 1 cup grated tomato sauce
- 2 egg whites
- 2 cloves garlic
- 120 grams cheddar cheese, low fat, grated

### Directions:

1. Cut celery, carrot, potato, onion, crackers directly into pan.
2. Mix well with ground turkey, add Italian seasoning, garlic and egg whites.
3. Form into loaf. Garnish with tomato sauce, cheese and pepper rings.
4. Cook until Nutri-Tone whistles approx 40 minutes.
5. Serve hot from skillet. Makes 12 Servings

## Evening Parmesan Chicken

### Ingredients:

6 skinned chicken breast halves

3/4 cup fine dry bread crumbs

1/2 cup Parmesan cheese, grated

3 tablespoons fresh parsley, chopped

1/4 teaspoon pepper

1/2 cup (120 ml) Italian dressing (reduced calorie may be used)

### Directions:

1. Preheat large skillet over medium heat until water drops "dance" when sprinkled in the pan.
2. Add chicken, cover and brown first side, turning after chicken release itself from pan (5-8 minutes), then turn to brown second side. Remove chicken to platter.
3. Combine dry ingredients, set aside. Dip chicken in salad dressing then roll in breadcrumb mixture.
4. Return breaded chicken to pan, cover and cook over low heat 30 minutes.

## BBQ Baby Back Ribs

### Ingredients:

5 L water

1 onion, cut into 1" (2.5 cm) chunks

4 celery ribs, cut into 1" (2.5 cm) chunks

2 cups (480 ml) burgundy cooking wine Barbeque sauce

1/2 cup green pepper, chopped

1 onion, chopped

1/4 cup (60 ml) water

1 1/2 cups brown sugar

1 cup (240 ml) molasses

1/4 cup (60 ml) mustard

2 tablespoons Tabasco sauce

1/4 teaspoon liquid smoke

2 teaspoons Worcestershire sauce 2 cups (480 ml) prepared barbecue sauce

1 1/4 cups (420 ml) ketchup

### Directions:

1. Put whole racks of ribs into 7 L Nutrimax unit and cover with water.
2. Add the onion, celery and Burgundy wine.
3. Cover, until Nutri-Tone whistles and simmer for approx 1 hour or until meat is tender and pulls easily away from the bones.
4. For the sauce, run green pepper and onion through blender with the water until smooth.
5. Pour into 2L Nutrimax unit. Add all other ingredients; stir and cook over low heat uncovered for 45 minutes.
6. When ribs are tender, drain and remove form Nutrimax unit to dry.
7. Dip whole rib rack into BBQ sauce or paint on with brush, place in large skillet and simmer lightly.

9. When BBQ sauce has simmered, remove from heat to cool. Both items may be made in advance and refrigerated until needed.

10. Place cooked rib rack on cutting board. Cut between the bones. Serve entire rack on a plate with a side of BBQ sauce for dipping.

## Roast Beef Dinner On Top of the Stove

### Ingredients:

300 grams Beef Bottom Round Roast

1 large onion, diced

1 stalk celery, diced

1 medium carrot, diced

1 bay leaf, stem removed and crushed fine

1 teaspoon dried thyme

1 tablespoon chopped fresh parsley

1-tablespoon tomato paste

10 medium whole red potatoes

5 medium carrots cut in quarters

2 whole onions cut in quarters

2 cups low sodium veal or beef stock

2 tablespoons light roux

### Directions:

1. In a medium heat Nutrimax 7L or Jumbo Skillet oven using no oil, sear the roast on all sides turning the meat as it releases easily from the pan, about 1520 minutes.
2. To the Nutrimax unit (around the roast beef) to create the gravy (brown sauce) add the diced onions, celery and carrots, thyme, bay leaf and parsley and mix well.
3. Around the roast, place the whole potatoes, quartered carrots and onions. Cover the Nutrimax unit with the Nutri-Tone cover and reduce the heat to medium-low.
4. When roasting meat on top of the stove, tiny bubbles should appear around the rim. If the pan spits moisture, the heat is too high. If tiny bubbles do not appear around the rim, the heat is too low. Adjust the heat and roast; 10 minutes per pound for medium-rare; 11 minutes per pound for medium; 12 minutes per pound for medium-well.
5. When finished cooking, remove the quartered onions and carrots, and whole potatoes to a warm platter and keep warm. Remove the roast to a cutting board and allow to rest.

6. To prepare the gravy; add the stock and roux to the drippings in the Nutrimax unit. Increase the heat to medium-high and stir until the gravy thickens. Remove from the heat and serve as prepared or strain through a fine sieve.

7. With a butcher knife, slice the roast 1-2 cm thick and serve.

## Marinated Flank Steak

### Ingredients:

- 1 kg flank steak
- 2 cloves garlic, minced
- 1/4 cup onion, minced
- 1/4 cup (60 ml) olive oil
- 1 lemon (juice)
- 1/2 cup (120 ml) red wine
- 3 tablespoons balsamic vinegar
- 1 tablespoon dried oregano
- 3 tablespoons dried parsley

### Directions:

1. Lightly score flank steak on both sides against the grain of the meat. Mix all other ingredients in bowl to marinate meat.
2. Place steak in bowl, turning to coat, cover and refrigerate until ready to cook. The longer the steak marinates the better; however, 30 minutes flavours the meat well.
3. Preheat large skillet over medium-high heat until water drops "dance" when sprinkled in pan. Remove flank steak from marinade and place in hot pan, allowing some garlic and onion to remain on steak.
4. Sear meat until it releases from first side, approximately 4 minutes. Turn; reduce heat, and sear second side, cover for 4 minutes for rare, or longer to desired doneness.

## Angel Eggs

### Ingredients:

6 Eggs Mayo, low fat

2 tablespoons Mustard Pickle Relish,

Optional Ham, Bacon or Canadian bacon, diced,

Optional Dash Paprika or if you like things hot, sprinkle lightly with red pepper

### Directions:

1. Hard cook the eggs the waterless way: place a folded paper towel in the bottom of Nutrimax unit, add water to wet the towel, pour off excess water.
2. Gently place 6 eggs on the towel. Cover. Cook with Nutri-Tone open on medium until it whistles.
3. Close the Nutri-Tone and turn to low; cook for 5-10 minutes.
4. At end of time, remove from heat, immediately add very cold water to cool the eggs and remove the paper towel.
5. Pour off all but a small amount of water.
6. Cover and shake to break and loosen shells. Uncover and remove shells
7. Cut the eggs in half length-wise. Allow cooling. Remove yolk.
8. In a small mixing bowl mash cooked yolks, add mayo, mustard, and optional ingredients of chose.
9. Mix until smooth. Fill cut eggs. Sprinkle with paprika, or if you like things hot, sprinkle with red pepper.

## Mexi-Corn Lasagna

### Ingredients:

0.45kg ground beef  
1 can corn, drained  
1 can tomato sauce (no salt)  
1 can olives, sliced  
1 cup picante sauce  
1 tbs. chilli powder  
1 1/2 tablespoons Cumin  
960g low-fat cottage cheese  
2 eggs, slightly beaten  
1/4 cup grated Parmesan  
1 tablespoon Oregano  
1 tablespoon garlic powder  
12 small tortillas, (fajita size)  
1/3 cup shredded cheddar cheese

### Directions:

1. If using beef, brown in Nutrimax skillet and drain off fat.
  2. Add corn, tomato sauce, 1/2-cup picante sauce, olives, chilli powder and cumin.
  3. If using meat substitute simply add it to pan followed by corn, tomato sauce, 1/2-cup picante sauce, olives, chilli powder and cumin. (No need to brown and drain fat).
  4. Simmer, stirring frequently, 5 minutes.
  5. In a bowl combine cottage cheese or mashed tofu, eggs, (if using), Parmesan, oregano, and garlic powder.
4. Remove meat mixture from skillet. Place 1/2 cup picante sauce on bottom of skillet. Arrange 4 tortillas, overlapping as necessary. Top with meat mixture. Spread cottage cheese or tofu mixture on next. Arrange another layer of tortillas, repeat layers 3 times. End with meat mixture. Top with cheese. Cook in electric skillet 25-30 minutes, 300 degrees with lid on and Nutri-Tone closed.

## Penne With Pesto & Pine Nuts

### Ingredients:

360g Pasta (Penne, Spirals)

2 tablespoons Olive Oil

1/2 cup sun-dried tomatoes (packed in olive oil and herbs)

1/2 a cup chopped basil 3 tablespoons.

Garlic, minced (for garlic lovers-use less if you are not) 3 tbs.

Parmesan cheese 1/8 tablespoon.

Crushed red pepper (to crush finely place in coffee grinder)

1/8 cup pine nuts

1 tablespoon of Salt

### Directions:

1. Pour pasta into Nutrimax unit.
2. Cover pasta with water 2-3 cm over pasta level.
3. Put on medium-low heat with Nutri-Tone open until whistle.
4. After unit whistles allow pasta continue to cook with no power with retained heat.
5. Drain pasta. Rinse and toss them gently with cold water to avoid sticking, set aside in another bowl.
6. Heat 1 tablespoon of olive oil at medium to low heat in separate Nutrimax unit for 1 minute.
7. Add sun-dried tomatoes, basil, garlic, parmesan, red pepper and pine nuts, keeping burner temperature just below medium. You may add a little water if mixture gets to dry, while constantly stirring, sauce for approximately 3 minutes.
8. Cover pasta in sauce and serve hot. Also, delicious when reheated in Nutrimax!

## Pork Stir-Fry

### Ingredients:

500g Boneless Pork Loin, cut into strips for stir-fry

1 tablespoon Fresh Ginger, grated

1/2 whole Red Pepper, cut into 1 inch squares

1/2 whole Green Pepper, cut into 1 inch squares 1 cup Fresh Mushrooms, sliced 6 whole Plums, seeded and cut in half

1 cup Peach Nectar

1/3 cup Lime Juice

1 tablespoon Cornstarch

2 tablespoon Soy Sauce, Low Sodium, ¼ tablespoon Ground Cinnamon

½ tablespoon Dry Mustard, 1 tablespoon Fresh Orange Peel, grated

2 cups Cooked Rice

½ cup Rice Noodles

### Directions:

1. Pre-heat Nutrimax skillet until water beads when water is poured in unit.
2. Add pork strips and ginger place Nutri-Tone cover on and let cook for about 3 minutes.
3. Add pepper and mushrooms, mix, and let cook another 3 minutes with Nutri-Tone cover on.
4. Add plums and remaining ingredients, mix, and cook 2 minutes with Nutri-Tone cover on,
3. Add remaining ingredients, mix well and cook while gently stirring until mixture bubbles and thickens.
4. Serve over cooked rice. When serving, sprinkle with crispy rice noodles.

## Pineapple Upside-Down Cake

### Ingredients:

½ cup brown sugar

1 stick butter

1 can pineapple rings

1 can maraschino cherries

1 yellow cake mix

3 eggs

1 cup liquid (from fruit)

### Directions:

1. In the Nutrimax skillet melt butter at medium heat with Nutri-Tone cover on.
2. Stir in brown sugar until melted.
2. Arrange pineapples and maraschino cherries on top of brown sugar mixture.
3. Reserve juices from fruit for the cake mix. Place on Nutrimax cover and heat on medium to low while mixing cake ingredients.
4. Combine juices from pineapple and cherries and add enough water to make 1 cup of liquid.
5. Mix together cake mix, 3 eggs, and liquid. Add cake mixture to the hot Nutrimax unit and cover.
6. Keep heat at medium to low for 5 minutes then reduce heat to low for 15 additional minutes.
7. Remove from heat and leave on Nutri-Tone cover for 5 minutes. Remove Nutri-Tone cover
8. For best results do not lift Nutri-Tone cover during baking process.

## All Natural Sweet Applesauce

### Ingredients:

6-cored apples cut up

2 tablespoon cinnamon

### Directions:

1. Cover the bottom of the Nutrimax unit with ½ cm of water.
2. Add apples and place Nutri-Tone cover on.3.Heat at medium until Nutrimax unit and apples are hot and whistle sounds.
3. Turn to low and simmer for 15 minutes or until apples are very soft.
4. Remove Nutri-Tone cover and mash apples with masher. Remove skins from Nutrimax unit. (Apple peels can be removed before or after the cooking, however, cooking with the skins adds flavour and nutrients.)
5. Add cinnamon. Chill or serve hot.