

Changing Lives ... One Meal at a Time!



Tips, Recipes and Product Information



Since 1906

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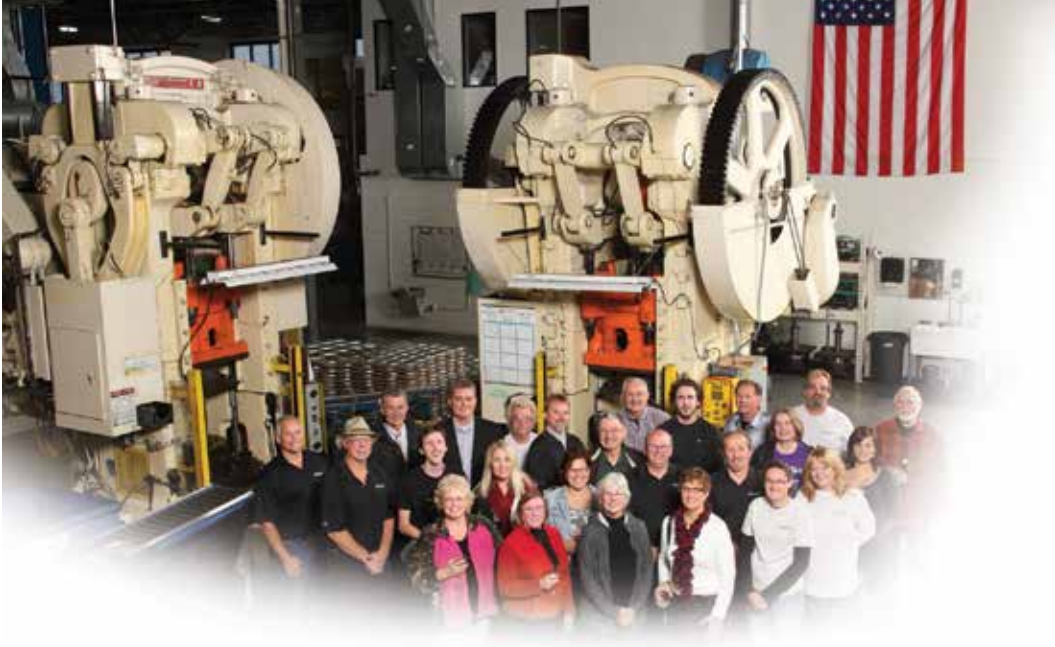


Welcome to the Kitchen Craft® Family Because you bought American, over 9,000 people have a job! Thank you!

From the moment you unpack your first Kitchen Craft Cookware, you will be holding an American made product crafted in our West Bend, Wisconsin manufacturing center. The high-quality surgical stainless steel used in our cookware, the recycled cardboard used to make our shipping boxes, our unique, state-of-the-art design, finish and durability – every component of the Kitchen Craft experience was engineered and constructed by American workers. Indeed, because of you, over 9,000 American families are working, paving the way to a brighter future for our country and its manufacturing industry. So thank you. In a crowded consumerist economy, you chose Made in the USA over everything else out there. Rest assured, it makes a difference. Everyday we are honored, thankful and proud to be in your kitchen, enabling you to make delicious, healthy meals for you and your family.

WARRANTY: You will automatically be registered and our warranty 800 number is engraved on every pan. We are with you forever!

***The most important appliance in your home and
the only appliance you will never need to replace!***



THE DIFFERENCE

Over 115 years ago, the original Kitchen Craft cookware was created through a unique process in which layers of metal were merged together across the bottom and up the sides of the pans. This merging of metals ensures that heat spreads smoothly and quickly without hot spots. Today, this process has been perfected, using multi-layers of metal and a thermal core made of .110 gauge T304 (inside layer) and T-400 (outer layer) stainless steel, which have greater resistance to pitting and corrosion than other grades of steel. This results in the most even heat conductivity imaginable and the best energy-efficient thermal core cooking system in the world.



INDUCTION
READY

Kitchen Craft
Cookware works
on any stovetop ...
electric, gas and
even induction!

Specifically designed to perform
perfection on the new induction ranges
using 50% less energy in half the time!

FEATURES & BENEFITS

Kitchen Craft Cooking Systems are a great investment because it is the last cookware you will ever need to buy. Your cookware will pay for itself time and time again and you can reap the savings for years to come. What if every appliance was guaranteed forever?



How Does Waterless Cooking Work?

Your Oven is a Waterless Cooker

So is Kitchen Craft



By merging several heat-conducting metals together and creating a thermal core, waterless cookware distributes the heat from the bottom up, the sides in and the top down, just like the oven that requires no grease or water.

By cooking without water, you retain 97% of the nutritional value of the food, using 1/2 the energy in half the time, making for healthier families.



Army



Navy



Air Force



Marine



Coast Guard



Firemen



Policemen

WE PROUDLY SUPPORT OUR MILITARY AND FIRST RESPONDERS!

Official military, police and firemen insignia knobs are now available for Kitchen Craft Cookware FREE with the purchase of our American made handcrafted waterless cookware.



*Thank you for keeping our
country and families safe!*



"This is quality
with a lifetime
warranty.

This company
supports
veterans!

It doesn't get any
better than that!"

Dan from **Belville, WA**

WHAT DOES WATERLESS AND GREASELESS COOKWARE SAVE?

Savings NO REPLACEMENT – Lifetime Warranty

Where would we be financially if everything we purchased lasted forever?

It's worth the money!
It might seem expensive at first, but you get your money back in the long run!

Dale from PA (45 year owner)



Savings COOKING AT HOME –

Family of 4 goes out for dinner – 20 minute drive, \$100 bill, \$20 tip, once a week is \$5000 a year / \$150,000 in 30 years!

The Healthiest, and Best Restaurant in Town is Your Kitchen!



Savings TIME – What is Our Time Worth?

If we can cook healthy meals at home, in half the time, it's worth a lot!

Savings STOVETOP BAKING –

Stovetop baking uses 90% less energy and cooler kitchen with 30% less meat shrinkage!



Scan the QR code to view our Facebook Class
"The Basics of Waterless Cooking".



Savings WATERLESS COOKING –

**The Quickest, Most Energy Efficient and
Healthiest Method of Cooking Ever!**

Retains the essential vitamins and nutrients
that keep our immune systems strong!

Half the Time, Half the Energy, 100% Healthier!



Savings GREASELESS COOKING –

Saves the cost
of fats and oils
and is much
healthier!



Chicken fried the Kitchen Craft way!



Savings WEIGHT LOSS –

When the vitamins and minerals stay in the food, less food fills
you up and you stay fuller longer. Ask a farmer the difference
between alfalfa and fescue.

**When we boil the food
and pour the juices
off, we're feeding our
families straw.**

I've lost 170 lbs. using Kitchen
Craft Cookware! Very healthy
cooking. Beats any kind of
diet! **Joan from Canada**

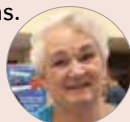


Savings HEALTH – **Our Health is Our Greatest Asset!**

We are what we eat
and if we can make
minor adjustments in
our lifestyles, we can
be much healthier.

They gave my husband only 6 months.
I have been cooking with these pots
years later and he is still here!

Paulette & Thomas from FL



Our health is our greatest asset!

VERY IMPORTANT QUICK START GUIDE

When your cookware arrives, remember this is High Performance Cookware! You do not need high heat!

MEDIUM TO LOW IS ALL YOU NEED TO KNOW! SAVE ENERGY!

You can continue using all of your current recipes, as well as oil, water and seasoning if you choose. However, with a few slight alterations, you can prepare delicious dinners that require little to no added fat or sodium.

- **IF YOUR COVER SEALS AND WON'T COME OFF THE PAN!**

Simply heat the pan up and it will release.

DO NOT PLACE LID ON FLAT STOVETOPS PLEASE! If you do, place a hot towel on top to warm the cover so it releases.

- **COOK THE WATERLESS WAY!**

Fill the correct size pan at least 2/3 full with veggies. Rinse and leave a tablespoon of moisture that is clinging to the veggies. Just rinse, cover and start on medium. When cover flutters or gets hot to touch, turn to low. If it's still fluttering, turn as low as burner will go.

- **DO NOT PEEK PLEASE!**

If you open the cover, you break the seal and will need to go back to medium heat. Give the veggies 12-15 minutes before peeking and potatoes 20 minutes.

- **GREASELESS COOKING IS AMAZING BUT ...**

Preheat the desired pan or skillet over medium-high heat. In 2-4 minutes, test to see if pan is ready by splashing a few droplets of water on the surface of the cookware. When the water scatters, the pan is ready to sear and brown meat. Place meats in the skillet slowly so that you don't cool the pan too quickly. Turn to medium.

Steak: 4 to 6 minutes, turning after 4

Pork Chops: 6 to 8 minutes, turning after 6

Chicken: 15 to 20 minutes, turning after 15

Seafood: medium heat 5 to 10 minutes

If the pan is full, tip the cover for the first 5 minutes so that steam can escape.

- **EGGS - MEDIUM / LOW**

Eggs have no natural oils, so you may use a small portion of butter, olive oil or we suggest "Olive Oil Spray" ... no fat and no cholesterol. Preheat pan on medium-low, then spray the inside of the pan, put the egg in, turn to low. Turn egg over and serve.



Kitchen Craft Collections

SAUCE PANS

Kitchen Craft sauce pans are ideal for a million and one everyday and special uses. From juicy proteins to tender yet firm vegetables, waterless cooking unlocks the natural, healthy deliciousness of all types of food – without the need to add fat or excess water.



1 QUART

The perfect starter piece to Waterless Cooking. Learn the art of cooking without added water, butter, and oil ... allowing the natural moisture in fresh foods to take the place of those unhealthy choices.

NEW



ALL IN ONE PAN 1-1/2 QUART

Stir fry, pan fry or cook the waterless way on your stove top or on your gourmet base. The All In One Pan will become your choice for all three meals of the day. It's perfect for making omelets, hash browns and sausage links. Enjoy a healthy quiche with your favorite ingredients for lunch, then bring the day to a close with a sweet treat by preparing a delightful cobbler for the evening's dessert on your stove top!



POPCORN



POT ROAST & VEGGIES



EASY ASIAN STIR-FRY

NEW



1-3/4 QUART

The deeper side walls give you more space to prepare your favorite sauces, pastas and soups. The vapor seal lid allows you to cook vegetables without water which retains the natural flavors and nutrients.



2 QUART

An essential for a family of four. Perfect for oatmeal, veggies, rice, or even a small roast.

NEW



2 QUART SAUCIER

The smooth, rounded cooking surface and wide-mouth design provides the perfect tool to prepare foods that require frequent stirring. Risotto, gravies, sauces, oatmeal and custards will cook smoothly and evenly in our multi-ply construction making it easier to prepare even the most challenging recipes. The ergonomic, stay cool handles make it easy to control while whisking and pouring your favorite sauces.



3 QUART

Want to taste the best corn ever? With our waterless cooking method, even frozen corn will taste fresh from the garden!

STOCK POTS

Kitchen Craft stock pots come in all your favorite sizes from 4 quart to 8 quart. Our stock pots are perfect for creating delicious roasts, stews, soups, pasta dishes, etc. for groups of 4 to a whole lot more! Each stock pot can be used as a stove-top oven to bake poultry, roasts, you name it.



4 QUART

The most versatile piece and perfect size for feeding the whole family. It not only works on the stove top as a regular pan, but also fits on the base of our Gourmet Cooker!



6 QUART

Ideal size for families of four or more. Imagine making delicious and healthy soups, chili and stews for your family from scratch, without all of the sodium and preservatives you find in pre-packaged soups ... the possibilities are endless!



8 QUART

Perfect size for larger families, giving you more room for those homemade soup and stew recipes. You're going to get perfect results no matter what you're cooking!

SAUTÉ SKILLETS

Best for everything you want to fry or sauté without adding fat, oil, or extra water. Sauté a medley of veggies, some juicy burgers or whatever you please, the Sauté Skillet Collection lets you cook foods together without overlapping flavors.



7" SAUTÉ SKILLET

The 7" Sauté Skillet will become your favorite pan. Make eggs with ease or sauté vegetables – it truly is an “everyday sauté!”



9" SAUTÉ SKILLET

The 9" Sauté Skillet combines ease of use with versatile size. Use it every evening for dinner or on the weekend for quick family meals.

NEW



10" SAUTÉ SKILLET

The medium-sized option in our 4-skillet collection, the 10" Sauté Skillet is perfectly sized for frittatas, omelets and so much more. Go ahead ... brown, sear, even gently fry ... this versatile piece will perform wonders.

NEW



12" SAUTÉ SKILLET

The 12" Sauté Skillet is the largest and holds enough food to feed a small army! The quality construction allows you to cook many different types of food without combining flavors.

COVERED SKILLETS

For general purpose sautéing,
pan frying and stir frying.

More options.

More convenience.

Less time, energy, and money.

Now you're cooking with

Kitchen Craft style!



10" COVERED SKILLET

Also known as the Medium Covered Skillet and 2.3 Quart Gourmet, this is quite simply the perfect pan! This is such a versatile piece, you'll want more than one! The 10" Covered Skillet can be used for steak, pork, chicken, fish, potatoes, vegetables, grilled cheese, and even stir fry. The list goes on and on! And it also fits on the Gourmet Cooker Base!



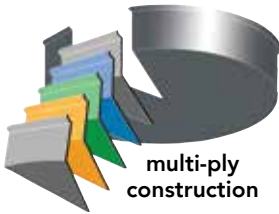
LARGE 12" SKILLET

Having a larger dinner crowd? Then the Large 12" Covered Skillet is right for you. This high-quality utensil does everything the 10" can do... and more! Its larger size can accommodate family-sized servings of your favorite casseroles, entrees and even desserts.



Sweet MEMORIES

KITCHEN CRAFT



multi-ply
construction

8 PIECE BAKE COLLECTION

This collection includes:

- ✓ 2 Round Cake Pans
- ✓ Jelly Roll Roaster Pan
- ✓ Large Cookie Sheet
- ✓ Medium Cookie Sheet
- ✓ Pie Pan
- ✓ Loaf Pan
- ✓ 9" x 13" Bake & Roast Pan



Won't
warp or
rust!



ROUND CAKE PAN

Our 9" Round Cake Pans, with our multi-ply construction, quickly and evenly disperse heat to bake moist, delicious cakes for every occasion! Doubles as a casserole dish with easy-to-carry handles.

NEW



JELLY ROLL ROASTER PAN

A great pan for roasting vegetables, one pan meals, making garlic toast, cooking homemade pizza, or even baking cookies. This will be your go-to pan!



9"x13" BAKE & ROAST PAN

A must have for family dinners and pot lucks. It's ideal for roasting meats, baking party-sized cakes, or serving up a hearty helping of lasagna. The easy-carry handles are a lifesaver when removing large casseroles from the oven and they make transporting dishes a breeze.



PIE PAN

Using this pan is as easy as pie! Worried your crust will burn, or the insides won't cook properly? There's no need to fret with our 12" Pie Pan, as it's multi-ply design heats quickly and evenly to ensure uniform cooking.

LARGE COOKIE SHEET

Our 14" x 17" Large Cookie Sheet accommodates large batches of cookies, pizza and appetizers. The lip on the cookie sheet makes the removal from oven easy. You don't have to worry about hot spots or warped pans and clean up is a breeze!

*Heats
Evenly*



MEDIUM COOKIE SHEET

Our multi-ply construction Medium Cookie Sheet will take care of your smaller baking needs. 12" x 12" fits most stovetop toaster ovens and RV ovens.

LOAF PAN

Who doesn't love homemade banana bread or delicious zucchini bread? Our unique multi-ply design quickly disperses heat evenly to bake moist, delicious fresh breads. You'll never want store-bought bakery bread again!

Our Mini Loaf Pan is great for baking mini loaves, cakes or breads and grilling or roasting vegetables.

NEW



SPECIALTY ITEMS

Kitchen Craft cookware has created a range of specialty items to enhance your cooking experience. As you already know, cooking the Kitchen Craft way is designed to save you time, money, and energy!



11" SQUARE GRIDDLE

You'll be turning out the finest gourmet grilled cheese sandwiches with our classic Square Griddle. It heats evenly and quickly gives you a perfect toasted grilled cheese sandwich every time! Or maybe you like sweet, thick cut French toast or fluffy buttermilk pancakes? Whatever your choice, the Square Griddle will exceed your expectations and deliver delicious grilled treats!



WOK WITH COVER

Let's wok 'n' roll! Stir-fry out of this world! Fried rice, Kung Pao Chicken, Lo Mein... the list goes on and on! Stir up your favorite dishes in our 5 Quart Wok with just a small amount of healthy oil. Your dishes will cook quickly and evenly with our multi-ply design, and they won't stick! Break out the chop sticks!



*Great healthy
popcorn popper!*

NEW

6 QUART GOURMET COOKER

4 Quart too small for your hungry brood? Go big or go home as they say! We've got a 6 Quart Gourmet Cooker to suit your needs. Talk about being able to make a complete meal in one pot! Plus, it's ready to eat when everyone gets home at the end of the day!

The 6 Quart Gourmet Cooker comes with the 6 Quart Gourmet Stock Pot and the Gourmet Cooker Base, or you can purchase separately if you already have the 4 Quart Gourmet Cooker.



The Electric Base also works with the 10" Covered Skillet and the Wok



Bake cakes without turning on your oven!



Low Country Boil without water

To add to your collection, go to www.kitchencraftcookware.com

"Versatility"

GOURMET SLOW COOKER

**Cook on the Stovetop
or on your
Gourmet Cooker Base**

Most of our cookware pieces can be used on our Gourmet Cooker Base. They range from the 1 Quart to the 6 Quart Gourmet Slow Cooker!

Just for One
1 Quart



Just for Two
1-3/4 Quart
All in One Pan



Dinner for Four
2.3 Quart
10" Covered Skillet

Family Style
4 Quart



The Entertainer
6 Quart



INSTRUCTIONS FOR USE & CARE

CLEAN BEFORE USE

Before using your cookware the first time, wash each utensil in hot, soapy water. Use a sponge or dishcloth to remove any manufacturing residue. Rinse with hot water. Dry promptly to prevent formation of water spots.

WATERLESS COOKING

Although your cookware can be used for all kinds of cooking, it is specially designed to use the waterless cooking method. This method allows foods to be cooked at a low temperature in their own natural moisture. Each utensil is designed to form a "water seal" with its cover. The seal prevents vapor from escaping, and the moisture drops back into the pan to thoroughly baste foods. The waterless cooking method helps lock in flavor, color and vitamins.

USE LOW OR MODERATE COOKING TEMPERATURES

To ensure the success of minimum moisture cooking, it is important that only medium and low heat be used. Always begin cooking over medium heat, and then reduce to low for remainder of the cooking period. High heat will cause moisture to be driven out of the cookware preventing the water seal from forming and resulting in shrinkage, sticking and burning of foods. Electric range owners, remember that burners retain heat longer, therefore it may be necessary to remove the utensil until vapor subsides. Gas range owners, turn the flame down until you can hold your hand approximately 6 inches above the flame for 10 seconds and not feel the heat.

USE THE PROPER SIZE RANGE ELEMENT

The diameter of the range cooking element should correspond to the diameter of the utensil. If you are cooking on a gas range, the flame should not extend up the sides of the utensil.

USE LITTLE OR NO WATER

Fresh vegetables contain enough natural moisture to cook without adding water. Simply place them in the utensil and cover with cold water for a moment. Pour off water. The moisture that clings to the food is sufficient for minimum moisture cooking.

Meats can be cooked in their own natural juices as well. Add liquid or shortening only if it is specified in your recipe.

BE SURE THAT THE "WATER SEAL" FORMS BETWEEN COVER & UNIT

Place the unit containing food on range over medium heat. In about 3 to 5 minutes, vapor will begin to escape from the cover and it will be hot to the touch. Spin the cover, but do not lift it. If the cover spins freely, the water seal has formed. Reduce heat to low. After a few minutes vapor will stop escaping from the cover and the proper cooking temperature will have been reached.

- If vapor continues to escape over low heat setting, reduce to simmer.
- If there is excessive steam and spattering, there may be too much food and/or oil liquid in the unit.
- If the lowest setting on your gas range is too hot, use a flame tamer under the unit while cooking.
- If the cover does not spin freely, increase the heat slightly. Since temperature settings vary from one range to another, a few times of careful practice will tell you when heat is properly adjusted for minimum moisture cooking.
- **IMPORTANT:** If your lid ever locks down on your cookware, simply place the cookware on medium heat until the lid releases.

AVOID LIFTING COVER WHILE FOOD IS COOKING

Lifting the cover means breaking the water seal. Cooking time will be lengthened considerably each time this happens. The water seal must be reformed when the cover has been removed. Lift the cover just enough to insert a fork to see if food is sufficiently cooked. If food is not completely cooked, replace the cover as quickly as possible, and turn heat up to medium for about a minute to reform the water seal. If the pan is dry, add 1 to 2 tablespoons of water before reforming the water seal. Reset to low and continue cooking.

SPECIAL NOTE: TIPS FOR USING SALT

Although stainless steel is very durable, it is not indestructible. Pitting may result if undissolved salt is allowed to remain in the bottom of the unit. This pitting takes the form of small white spots that may appear. These spots do not affect the performance of the cookware in any way, nor are they a defect in the metal or workmanship. If salt is needed for flavor, add to boiling liquid in the unit, then stir to completely dissolve the salt. Do not allow acidic foods or foods that have been seasoned to remain in utensils for long periods of time.

CLEAN AFTER EVERY USE

To maintain the attractive appearance and cooking efficiency of the cookware, it is important that it be cleaned thoroughly after each use. Food films left on the cooking surface will cause discoloration when the utensil is reheated.

ROUTINE CLEANING

Let cookware cool completely. Extreme temperature changes may cause any metal to warp. Your cookware will not warp unless carelessly subjected to unnecessary abuse. Avoid the use of excessively high heat and do not pour cold water into a hot utensil. Wash utensil in hot soapy water, using a sponge, dishcloth, nylon net or plastic pad. Do not use a metal scouring pad or harsh scouring powder on the polished stainless steel finish. Rinse thoroughly with clear hot water. Dry promptly to prevent formation of water spots. Your cookware may be safely washed in an automatic dishwasher.

REMOVING BURNED-ON OR DRIED-ON FOODS

Let the unit cool, partially fill with warm water and bring to a boil over medium heat until food particles loosen. Let utensil cool again, then clean as usual.

REMOVING HEAT TINTS AND FOOD STAINS

Golden brown or blue heat tints may result from persistent overheating, or stains may result from action of minerals in foods. Sulphur-dried fruits should be cooked with the cover removed to prevent staining. Make a paste with water and a non-abrasive stainless steel cleaner. *Apply paste with a cloth or sponge, and rub lightly in a circular motion. Wash utensil again, rinse then dry promptly. Do not use oven cleaner on your utensils.

**Suggested Cleaners Include:*

Cook For Life® Stainless Steel Cleaner
(available at Kitchencraftcookware.com)

Barkeepers Friend®

Cameo®

Steel Glo®

(Do not use a cleaner that contains chlorine bleach)



OVEN COOKING

Oven temperatures up to 350 degrees Fahrenheit (177 degrees Celsius) will not damage the phenolic handles and cover knobs if the broiler unit is not on. The direct heat from the broiler unit in a gas or electric oven will cause the handles and knobs to blister. Before placing a utensil in the oven, make certain the oven is completely preheated. During the preheating period the oven temperature may exceed 350 degrees.

SOME ANSWERS TO YOUR QUESTIONS

IF THIS HAPPENS	POSSIBLE CAUSES	HOW TO CORRECT
Excessive steam and spattering when cooking; water seal will not form.	Heat too high. Too much food and/or liquid in the utensil.	Begin on medium heat, then reduce to low. Use proper size utensil for food. Add liquid only as stated in instructions.
Food sticks to bottom of utensil and/or utensil boils dry.	Persistent overheating, or removing cover during cooking process.	Let utensil cool completely. Partially fill with warm water and bring to a boil until food particles loosen. Let cool again. Clean in hot, soapy water.
Stains on inside or outside of utensil	Persistent overheating or action of food minerals.	Remove with non-abrasive stainless steel cleaner.

Timetable for Cooking Vegetables the Waterless Way

The cooking time of fresh vegetables varies in relation to maturity, freshness, quantity and size. The shorter the cooking time, the crisper the vegetables will be. The times that follow are only suggestions; after cooking vegetables once, write down the exact times you prefer for future reference. 4 to 6 servings.

FRESH VEGETABLES	MINUTES
Asparagus (<i>tips</i>)	12-15
Asparagus (<i>whole</i>)	20-25
Beans, green (<i>cut</i>)	8-10
Beans, wax (<i>cut</i>)	8-10
Beans, green, Lima (<i>shelled</i>)	10-15
Beets, small (<i>whole</i>)	12-15
Broccoli (<i>slit stalk</i>)	12-15
Brussels Sprouts	12-15
Cabbage (<i>shredded</i>)	10-15
Carrots (<i>sliced, 1/2 inch</i>)	10-15
Cauliflower (<i>whole</i>)	25-30
Cauliflower (<i>floweret</i>)	10-15
Celery (<i>1-inch lengths</i>)	10-15
Corn (<i>kernels</i>)	8-10
Corn (<i>on-the-cob</i>)	15-20
Onions (<i>whole, small</i>)	10-15
Parsnips (<i>sliced</i>)	12-15
Parsnips (<i>whole</i>)	25-30
Peas	8-10
Potatoes, white or red (<i>quartered</i>)	18-20
Potatoes (<i>whole, small</i>)	20-25
Potatoes, sweet (<i>quartered</i>)	10-15
Rutabagas (<i>cubed</i>)	12-15
Spinach	8-10
Squash, summer (<i>cubed</i>)	10-12
Squash, winter (<i>cubed</i>)	18-20
Tomatoes	10-15
Turnips (<i>whole</i>)	20-25

All cooking times are approximate. Foods from different parts of the country have varying qualities that determine the optimum cooking time. Begin cooking using the minimum times. If you think a food needs to cook a little longer, allow a minute or two extra.

FROZEN VEGETABLES	MINUTES
Asparagus	8-10
Broccoli	5-8
Brussels Sprouts	8-10
Carrots and Peas	6-8
Cauliflower	4-6
Chinese Pea Pods	2
Corn (<i>whole kernel</i>)	2-3
Green Beans	6-8
Lima Beans	15-18
Peas	4-5
Spinach	5-7

Scan the QR code to view our video,
"Eggs Cooked 5 Ways in Kitchen Craft Cookware".



RECIPES

In this section you will find "tried and true," delicious recipes from our distributors, which will get you off to a great start with your cookware collection! There are also endless healthy recipes on our website that you will love. As you use your cookware, you will wonder what you ever did without these fantastic kitchen tools!



EGGS OVER EASY

Butter Flavor Cooking Spray

2 Fresh Eggs

Salt and Pepper to taste

1. Preheat **Sauté** over MEDIUM heat for 2 to 3 minutes. Coat skillet with cooking spray.
2. Break eggs into preheated skillet. Cook on MEDIUM to MEDIUM-LOW heat for about 30 seconds. Flip over and season with salt and pepper.

Serves 1

Nutritional Facts: 76 calories, 2g fat, 1mg cholesterol, 749mg sodium, 4g carbohydrates, 11g protein.

To order additional items to add to your collection, go to www.kitchencraftcookware.com.



WATERLESS COOKED EGGS IN THE SHELL

6 Eggs

1 or 2 Paper Towels

1. Fold paper towel twice so that it will cover bottom of the **2 Quart Saucepan**. Soak towel with water but don't allow any extra water to stay in the pan; all water should be held by paper towel. Pour off excess water.
2. Place eggs in a single layer on wet towel. Cover and place over **MEDIUM** heat for 2 1/2 to 3 minutes.
3. When vapor escapes, reduce heat to **LOW**.
4. Cooking times will vary depending on your desired texture.

Soft cooked eggs	- 5 minutes
Medium cooked eggs	- 7 minutes
Hard cooked eggs	- 12 to 13 minutes
5. The suggested times are for eggs that have been refrigerated. Room temp. eggs will require 1 to 2 minutes less cooking time.
6. Run cold water over the hot eggs immediately after cooking for a moment to allow for easier shelling.

Serves 3

Nutritional Facts: 150 calories,
10g fat, 426g cholesterol,
126mg sodium, 1g carbohydrates,
13g protein.



2 Quart
Saucepan
w/Cover



Kathy Randolph - TN

62 Years 🍷 Kitchen Craft. Owner

TORTILLA SOUP

1 Red or Yellow Bell Pepper, diced
1 14-oz can Diced Tomatoes, reduced sodium
4 Chicken Breasts, diced
1 can Black Beans, drained
3 14-oz. cans Low Sodium Chicken Broth
1 teaspoon Granulated Garlic
1/4 teaspoon Pepper
1 Yellow Onion, diced
4 tablespoons Fresh Cilantro, chopped
1 small can Green Chilies
Tortilla Chips
Sour Cream
Lime



1. Cook diced chicken breasts in the **6 Quart Gourmet Cooker** unit on the range on **MEDIUM** heat until done.
2. Add bell pepper, onion, tomatoes, black beans, broth, pepper, and garlic to the chicken in the Gourmet Cooker unit.
3. Place the unit on the Slow-Cooker base, cover and cook on setting #2 for 7-8 hours.
4. Place a few tortilla chips in each bowl, add soup and top with cilantro, sour cream and a squeeze of lime juice.

Serves 8

Nutritional Facts: 98 calories, 9g protein, 8g carbohydrates, 3g fat, less than 1g saturated fat, 20mg cholesterol, 304mg sodium.

View hundreds of our amazing recipes at www.kitchencraftcookware.com



6 Quart
Gourmet Cooker

MULLIGAN STEW

A Family Favorite!

An old family recipe from the Irish heritage. Try it, you'll like it!

- 2 lbs. Lean Ground Beef or Ground Turkey
- 1 large Onion chopped
- 1 lb. bag Carrots scrubbed and sliced into 1/2" slices
- 6 medium Potatoes, peeled and cut into 1 inch cubes
- 1 head Green Cabbage, cut into 1 inch squares
- 2 cans Stewed Tomatoes (undrained)
- 2 Bay Leaves
- 1 cup Water
- 1 tablespoon Sugar
- Salt and Pepper to taste



1. Brown beef or turkey in the **8 Quart Stock Pot** unit over MEDIUM heat. Drain fat.
2. Add onions and cook until tender, about 3 minutes.
3. Add carrots, potatoes stewed tomatoes, water, salt and pepper and bay leaves.
4. Simmer covered on low for 30 minutes, stirring occasionally.
5. Add sugar and then cabbage, cover and simmer additional 30 minutes, stirring occasionally. Remove bay leaves.

Enjoy with crusty rolls or cornbread

Yields 8 1-cup portions

Nutritional Facts:

104 calories, 3g protein,
20g carbohydrates, less than 1g fat,
less than 1g saturated fat,
0mg cholesterol, 974mg sodium.



8 Quart Stock Pot

GREASELESS FRIED CHICKEN

2 Whole Chicken Breasts
cut in half, skin removed
(can substitute Thighs)

1. Preheat **10" Covered Skillet** over MEDIUM heat.
2. Place chicken breasts in skillet. Brown for about 1 minute. Cover and crack lid 1/2" and cook for 10 additional minutes. The chicken will stick to the cooking surface at first but will release and turn easily when it is browned.
3. Turn chicken, crack lid again and cook for another 10 minutes.
4. Remove chicken from skillet and season to taste.



10" Covered Skillet

Serves 4

Nutritional Facts: 129.8 calories;
10% calories from fat; 1.5g total fat;
68.4mg cholesterol; 76.7mg sodium;
300.9mg potassium; 0.0g carbohydrates;
0.0g fiber; 0.0g sugar; 0.0g net carbs;
27.2g protein.

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"Since using this cookware, I lost 19 pounds and am no longer on cholesterol and high blood pressure pills. I recommend this cookware 100% ... 200%."

Randy from PA

STEAK NIGHT AT HOME

You do not have to go to the local steak house to enjoy a really great steak.

With Kitchen Craft, you can quickly obtain the same results in a single pan, saving time and money.

There are a few key points that will help you in getting great results.



- Allow your steak to come to room temperature and pat it dry.
- Season with salt and pepper.
- Preheat your pan and use the water drop test to make certain its ready. Add a droplet of water in the pan, if sufficiently heated, the droplet will bubble and dance a bit and evaporate quickly.
- Place the steak in the preheated pan and allow it to sear. This will seal in the juices. The steak will release once its sufficiently browned. Continue to sear all sides and cook until preferred doneness. If your steak is thick, you will want to sear the sides as well. This will vary depending on thickness of steak and your personal preference.
- Do not use a fork to turn or remove steak from pan as this will puncture the seared surface and allow juices to escape. Use tongs instead.
- Once you have reached desired doneness, lower the heat and add a tsp of butter to pan and any herbs your prefer, allow steak to sauté for just a moment, basting or turning often to absorb the flavors.
- Remove from pan and allow to rest for at least 5 minutes before serving.

LEMONY SHRIMP SCAMPI WITH ORZO & ARUGULA

1 pound Orzo Pasta, cook until tender but firm to the bite, stirring occasionally, 6-8 minutes. Reserve 1 cup of the pasta water

Vinaigrette:

1/3 cup Extra Virgin Olive Oil
Zest of 2 large Lemons
1/2 cup fresh Lemon Juice
(from 2 large lemons)
1/2 teaspoon Kosher Salt
1/2 teaspoon Freshly Ground Black Pepper
2 tablespoons Extra Virgin Olive Oil
1 large Shallot, chopped
1 pound large Shrimp, peeled and deveined
1 teaspoon Kosher Salt
1/2 cup Dry White Wine, such as Pinot Grigio
5 cups (6 ounces) Baby Arugula



1. For the vinaigrette: In a small bowl, whisk together the olive oil, lemon zest, lemon juice, salt and pepper until smooth. Set aside.
2. Preheat **5 Quart Wok** over **MEDIUM** heat. Heat the oil, then add the shallots and cook until soft, 2 to 3 minutes. Add the shrimp, salt and pepper.
3. Cook until the shrimp turn pink and are cooked through, 2 to 3 minutes. Remove the shrimp from the wok. Increase the heat to high. Add the wine and arugula. Using a wooden spoon, scrape up the brown bits that cling to the bottom of the pan. Cook for 1 minute until most of the liquid has evaporated and the arugula has wilted. Add the cooked pasta, cooked shrimp and vinaigrette to the wok. Toss until all the ingredients are coated, adding the reserve pasta water, if needed, to loosen the pasta.
4. Serve directly out of the wok.



5 Quart Wok & Cover

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at www.kitchencraftcookware.com*

PAN SEARED SALMON

- 4 Salmon Fillets, 4-6 ounces each
- 1 tablespoon Olive Oil
- 3 tablespoons Butter
- 1 1/2 teaspoons Minced Garlic
- 2 teaspoons Lemon Juice
- Salt and Pepper to taste
- 1 tablespoon Chopped Parsley



1. Heat the olive oil in the **12" Sauté Skillet** over MEDIUM heat. Season the salmon fillets with salt and pepper to taste.
2. Place the salmon fillets, skin side up, in the pan. Cook undisturbed for 5 minutes, or until a golden brown crust forms.
3. Carefully flip the salmon and cook for an additional 5-6 minutes or until fish is opaque and easily flakes.
4. Remove the salmon from the pan. Add the butter to the pan and melt.
5. Add the garlic to the pan and cook for 30 seconds, stirring constantly. Stir in the lemon juice and salt and pepper to taste.
6. Place the salmon back in the pan. Spoon the sauce over the top.
7. Sprinkle the parsley over the salmon, then serve.

Nutritional Facts: 349 calories, 33g protein, 18g fat, 7g saturated fat, 116mg cholesterol, 150mg sodium, 833mg potassium, 330IU Vitamin A, 1.3mg Vitamin C, 23mg calcium, 1.4mg iron.



12" Sauté Skillet

TIP: Salmon skin peels off easily once cooked. Start cooking it skin side down, then flip it and you can peel off the skin by using a wide flat spatula just before serving.

PORK CHOPS AND APPLES

4 1-inch thick Pork Chops
2 Apples, cored, peeled, and sliced into 8ths
Salt and Pepper to taste
1/2 teaspoon Apple Pie Spice or Cinnamon

1. Rinse pork chops under clear water, wipe with a paper towel to dry. Season to taste.
2. Preheat **12" Skillet with Cover** over MEDIUM heat.
3. Place chops in preheated skillet and brown well on both sides. Meat will turn easily when browned but will stick if turned too soon.
4. Place sliced apples on top of chops. Top the apples with a little Apple Pie Spice or Cinnamon. When vapor escapes, turn to LOW. Cook for an additional 10 minutes or until chops and apples are tender.
5. When chops are removed to serving plate, turn the chops over to show nice moist brown side, and arrange apples on platter to be eaten as a side dish with the chops.



Serves 4

Yields 1 chop and 1/2 apple each serving

Nutritional Facts: 159.8 calories;
15% calories from fat; 2.7g total fat;
62.4mg cholesterol; 208.7mg sodium; 590.7mg
potassium; 7.2g carbohydrates; 0.9g fiber;
5.6g sugar; 6.4g net carbs; 25.6g protein.

To order additional items to add to your collection, go to www.kitchencraftcookware.com



12" Skillet with Cover



"Over 40 years a diabetic, Kitchen Craft saved my health!"

STOVE TOP LASAGNA

- 1 lb. Lean Ground Beef or Turkey
- 1/2 box No-Boil Lasagna Noodles
- 1 28-oz jar Spaghetti Sauce
- 1 16-oz container Cottage Cheese, fat-free
- 1 lb. Mozzarella Cheese, part skim milk



1. Using the **12" Skillet with Cover**, brown the ground beef. Drain the fat and remove all but about 1/4 cup of beef from the skillet. Set meat aside.
2. Using the Kitchen Cutter and #2 cone, grate the mozzarella cheese. Set aside.
3. Add enough tomato sauce to the skillet to cover the beef. Top with a layer of the noodles, breaking noodles when necessary to form a complete layer. Top with 1/2 the remaining cooked beef, 1/2 the tomato sauce, 1/2 the cottage cheese, 1/2 the shredded cheese; repeat layer: noodles, beef, cottage cheese, and shredded cheese.
4. Cook covered on LOW heat for 20 minutes. Let sit 5 minutes before cutting.



12" Skillet with Cover

Servings 8

TIP: The no-bake noodles "cook" better if soaked in hot water while you construct the lasagna.

Nutritional Facts: 344.1 calories; 57% calories from fat; 21.7g total fat; 83.2mg cholesterol; 542.8mg sodium; 318.9mg potassium; 7.7g carbohydrates; 0.3g fiber; 3.8g sugar; 7.4g net carbs; 28.0g protein.

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MANGO COCONUT CHICKEN BREAST

- 4 small Boneless Skinless Chicken Breast
(can substitute Chicken Thighs)
- 1/2 tsp Salt
- 1/4 tsp Pepper
- 1 tbsp Olive Oil
- 1 tbsp Fresh Ginger Minced
- 1 can Coconut Milk
- 4 Green Onions, sliced thin
- 1/2 cup Basil, sliced thin
- 1 Mango, peeled and chopped
- 1/4 cup Miso
- 2 tsp Sriracha
- 2 cups Jasmine Rice (cooked)
- 2 Limes, sliced



5 Quart Wok & Cover

1. Sprinkle salt and pepper on chicken.
2. In the **5 Quart Wok**, heat oil over MEDIUM heat.
3. Brown chicken on both sides.
4. Add garlic and ginger and cook about 1 more minute.
5. Stir in coconut milk, mango, green onion, basil, miso and Sriracha.
6. Reduce temperature to MEDIUM-LOW. Continue cooking for about 20 minutes, stirring occasionally until sauce is slightly thickened and chicken thoroughly cooked.
7. Serve over hot jasmine rice and a squeeze of lime. You can garnish with additional chopped basil.
8. You can serve over cauliflower rice to reduce carbs.

Servings 4

*To order additional items to add to your collection,
go to www.kitchencraftcookware.com*

TASTY VEGETABLE ENCHILADAS

- 1 cup Cooked Lentils
- 1 cup Thinly-Sliced Carrots
- 1 teaspoon Chili Powder
- 2 cups Thinly-Sliced Zucchini
- 1 cup Chopped Tomato
- 1 4-oz. can Mild Green Chilies
- 1 Shredded Soy Cheddar Cheese
(or low fat cheese)
- 1/2 cup La Victoria Salsa



1. Place carrots and zucchini in **1-3/4 Quart Saucepan**. Rinse with water and drain. Cover and cook on MEDIUM heat until vapor escapes from the lid. Turn to low for five minutes. Remove from heat.
2. Stir lentils, tomatoes, chili powder, green chilies and 3/4 cups cheese into **1-3/4 Quart Saucepan**.
3. Gently mix; spoon 1/2 cup mixture into each tortilla and roll up. Spoon enough salsa into clean large **12" Covered Skillet** to cover bottom.
4. Place rolled enchiladas seam side down in skillet and cover on LOW heat for about 20 minutes.

Garnish with cilantro for some added color. Delicious served with guacamole.

Serves 8

Nutritional Facts: 217 calories, 15g protein, 20g carbohydrates, 9g fat, less than 1g saturated fat, 0mg cholesterol, 609mg sodium.



1-3/4 Quart
Saucepan
w/Cover



12" Skillet with Cover

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WEEKDAY SKILLET CASSEROLE

- 1 lb. Lean Ground Turkey
- 1 small Onion, chopped
- 1 Garlic Clove, or 2 tsps. Mrs. Dash® Garlic & Pepper Seasoning
- 1 16-oz jar Diced Tomatoes with Green Pepper and Onions (or other flavor of choice)
- 4 ounces Egg Noodles (about 3 handfuls)
- 1 12-oz can Cream of Mushroom Soup, Healthy Recipe or reduced sodium soup
- 4 slices Mozzarella Cheese, part low-fat milk
- 1 cup Water
- Spices to your liking such as seasoned salt, garlic, onion, etc.



1. In **12" Skillet with Cover**, brown ground turkey with garlic and onion over MEDIUM heat. Drain any grease that may accumulate.
2. Add tomatoes and spices. Reduce heat to LOW. Add water and egg noodles and mix well.
3. Cover and cook on LOW for 15 minutes. Stir and check for desired tenderness of noodles. Cover and cook additional 5 minutes if necessary.
4. Turn off heat, or remove from burner. Top the casserole with mozzarella cheese slices and replace cover on skillet to melt the cheese. Allow to sit 5 minutes while you put the remainder of your dinner on the table.
5. Enjoy with a green salad and fresh rolls for a quick & easy dinner.

Serves 6

TIP: Mozzarella cheese can be in slices, shredded or grated.

Nutritional Facts: 236.1 calories; 26% calories from fat; 6.8g total fat; 70.5mg cholesterol; 469.0mg sodium; 399.2mg potassium; 19.9g carbohydrates; 1.4g fiber; 2.9g sugar; 18.5g net carbs; 22.3g protein.



12" Skillet with Cover

GLAZED CORNED BEEF

3 pound Corned Beef, flat cut
1 Bottle Beer
2 tbsp Olive Oil

FOR THE GLAZE

1/2 cup Dijon Mustard
1/4 cup Brown Sugar
3 tbsp Maple Syrup



1. Place **4 Quart Gourmet Cooker Pan** on medium heat on stovetop. Add olive oil.
 2. Brown fat side of corned beef. Turn over and brown other side.
 3. Move the 4 Quart Gourmet Cooker Pan to electric slow cooker base and put on setting #2.
 4. Add beer and content of seasoning packet that comes with the corned beef.
 5. Allow corned beef to cook for about 9 hours. Cooking on low heat will make it more tender.
 6. Remove corned beef to cutting board, cover with foil and allow to rest about an hour.
 7. Stir together brown sugar, dijon mustard and maple syrup.
 8. Slice corned beef thinly against the grain and place on jelly roll roasting pan. Slightly part the slices.
 9. Brush the glaze on the top of the sliced corned beef.
 10. Place under broiler and watch carefully until glaze gets bubbly and starts to caramelize.
 11. Remove from oven and serve with roasted potatoes, carrots and cabbage.
- Serves 8



4 Quart
Gourmet Cooker

VEGETARIAN SPINACH & MUSHROOM LASAGNA

SAUCE:

- 1-1/2 pounds Cremini Mushrooms, roughly chopped
- 1/2 pound Shiitake Mushrooms, roughly chopped
- 1/4 tsp Salt
- 1 generous cup chopped Onions
- 1/4 cup Extra Virgin Olive Oil
- 4 cloves Garlic, chopped (about 4 teaspoons)
- 1 (6-ounce) can Tomato Paste
- 2 cups jarred prepared Tomato Sauce
- 1 (28-ounce) can Crushed Tomatoes
- 1 cup Water
- 1 tbsp dried Thyme
- 1/2 tsp Red Pepper Flakes
- 1 tbsp Sugar



LASAGNA:

- 2 (10-ounce) boxes frozen chopped Spinach, thawed and squeezed in clean towel for excess moisture
- 1 lb Lasagna Noodles (16-20 noodles), cooked according to package directions
- 1 (15 or 16-ounce) container Ricotta Cheese
- 1/4 cup chopped Fresh Basil
- 1/4 lb shredded Pecorino or Parmesan Cheese (about 1 cup)
- 1 lb shredded Mozzarella Cheese (about 4 cups)



12" Sauté Skillet



9"x13" Bake & Roast Pan

1. Sauté mushrooms in **12" Sauté Skillet** over MEDIUM heat. Sprinkle with salt. Once mushrooms release water into the pan, stir in chopped onions. Cook until mushrooms are no longer releasing moisture and the water has boiled away, about 5 more minutes.
2. Add the olive oil to the mushrooms and stir to coat. Sauté mushrooms and onions for about a minute. Add garlic and cook for another minute.
3. Stir in tomato paste, cook for a minute longer. Reserve 1 cup of the tomato sauce for the bottom of the baking pan, and put the remaining cup of tomato sauce into skillet with mushrooms. Add crushed tomatoes and 1 cup of water.
4. Stir in thyme, sugar, and red pepper flakes. If you are using dried basil instead of fresh, add it now. Lower the heat and simmer for 20 minutes.
5. Boil and drain lasagna noodles according to package directions.
6. Assemble Lasagna: Starting with reserved tomato sauce on bottom of **9"x13" Bake & Roast Pan**, then layer with noodles (overlapping), ricotta, spinach, mozzarella and pecorino cheese. Spoon 1/3 mushroom sauce over mozzarella, then sprinkle fresh basil. Repeat layers. Bake 350°F covered with foil for 25 minutes. Remove foil and bake uncovered for an additional 25 minutes. Let rest for 10 minutes before cutting. Serves 8 - 10

TRADITIONAL POT ROAST

3-4 lbs. Chuck Roast, boned, trim off fat
2 cups Yellow Onions, peeled and sliced in 1/2" slices
3 medium Potatoes, scrubbed and cut in quarters
3 large Carrots, scrubbed and cut into pieces
Salt & Pepper to taste

1. Preheat **6 Quart Gourmet Slow-Cooker** unit over MEDIUM heat on the range.
2. Put roast into pan and brown for 5 to 10 minutes, uncovered. The meat will stick at first but will loosen as it browns. Turn the meat until it is thoroughly browned.
3. Cut onion into slices and put onion slices on top of the roast. Add potatoes and carrots and cover.
4. Transfer unit to Slow-Cooker base and cook on #3 for 6 hours or #2 for 8 hours. Longer cooking times will make the meat more tender.
5. Remove meat and vegetables from the unit. If desired, mix 2 tablespoons of cornstarch or flour in 1/2 cup cold water and shake. Add to drippings in pot to thicken into gravy. Place the top Slow-Cooker pan on the range on medium heat and bring liquid to a boil, stirring as it thickens. Season to taste.



Serves 6

Nutritional Facts: 553.4 calories; 58% calories from fat; 35.3g total fat; 106.0mg cholesterol; 115.4mg sodium; 1073.1mg potassium; 29.1g carbohydrates; 3.9g fiber; 5.2g sugar; 25.3g net carbs; 29.3g protein.

**Nutritional analysis determined without gravy.*



ROASTED VEGETABLES

- 1 lb. Brussel Sprouts, cut in half
- 1 lb. Sweet Potatoes, peeled and cubed
- 2 Garlic Cloves, smashed
- 1/2 cup Pecan Halves
- Olive Oil
- Cumin
- Salt and Pepper to taste
- Red Wine Vinegar



Jelly Roll
Roaster Pan

Optional: Fresh Thyme

1. Preheat oven to 400°F.
2. Place brussel sprouts, sweet potatoes, garlic cloves and pecan halves in a bowl and drizzle with olive oil.
3. Place veggies on **Roaster Pan** and roast for 30-40 minutes.
4. Drizzle with vinegar and sprinkle cumin and salt and pepper to taste.

Serves 4

ONE PAN ITALIAN TURKEY SAUSAGE & VEGGIES

- 2 Carrots (2 cups)
- 2 Red Potatoes (2 cups)
- 1 Zucchini (2-1/3 cups)
- 2 Red Peppers, (2 cups)
- 1 Broccoli (1-1/2 cups)
- 16 oz. Italian Turkey or Chicken Sausage

Seasonings:

- 1/2 Tbsp. each: dried basil, oregano, parsley, garlic powder
- 1/2 tsp. each: onion powder, thyme
- 1/8 tsp. red pepper flakes (optional)
- 1/3 cup parmesan cheese (freshly grated, optional)
- 4-1/2 tablespoons olive oil

Optional: fresh parsley, salt and pepper

1. Preheat oven to 400°F. Place all veggies and sausage on **Roaster Pan**.
2. Pour seasoning and oil mixture on top and thoroughly toss to coat. Roast for 15 minutes. Toss again and bake for 10-20 minutes or until veggies are crisp tender.



Jelly Roll Roaster Pan

Serves 4

HASH BROWNE POTATOES

Butter Flavor Cooking Spray
3 cups Raw, Shredded Potatoes
1 medium Onion
Salt and Pepper to taste



1. Coat **10" Covered Skillet** with olive oil cooking spray, then preheat over **MEDIUM** heat for 2 to 3 minutes.
2. Use Kitchen Cutter cone #1 to shred 2 or 3 medium potatoes. Use #2 cone to shred 1 small onion. Rinse and drain shredded potatoes and onion. Dry thoroughly.
3. Place shredded potatoes in skillet, completely covering the bottom of the pan. Cover and cook on **MEDIUM** until vapor escapes. Reduce heat to **LOW** and continue cooking 5 to 7 minutes or until potatoes are browned.
4. Turn, cover and repeat for other side.
Season to taste.

Serves 8

Nutritional Facts: 250 calories, 1g fat, 0mg cholesterol, 45mg sodium, 35g carbohydrates, 4g protein.



10" Covered Skillet

WATERLESS CORN ON THE COB

6 Ears Fresh Sweet Corn

1. Peel off husks, remove corn silks, rinse and place husks on bottom of **3 Quart Saucepan with Cover** forming a couple of layers.
2. Rinse corn with water and layer in pan.
3. Cover and cook over **MEDIUM** heat until wisps of steam begin to escape from under the lid, about 5 minutes.
4. Spin the lid to engage the vapor seal then immediately reduce the heat to low. Cook until tender, about 15 minutes.



3 Quart
Saucepan
with Cover

Cooking without water retains the natural flavors and sweetness of the corn.

FRESH VEGGIE MEDLEY

This is an easy way to add more veggies to your diet.

- | | |
|-------------------------|--------------------|
| 2-3 Carrots, sliced | 1 Zucchini, sliced |
| 6 Broccoli Crowns | 1 Ear of Corn, |
| 1 Yellow Squash, sliced | cut into 6 slices |



Place vegetables in **1 Quart Saucepan with Cover**, rinse with water, drain and cover. Cook on medium until vapor escapes. Turn heat down to LOW and cook approximately 8 minutes.

Serves 2-4

Nutritional Facts: 146 calories, 1g fat,
0mg cholesterol, .45mg sodium,
35g carbohydrates, 4g protein.



1 Quart Saucepan
with Cover

YAPPLES (YAMS & APPLES)

- | | |
|----------------------------------------------|--------------------------------|
| 1-2 Sweet Potatoes
(cut into 1" chunks) | 1/2 cup Raisins or Cranberries |
| 1-2 Whole Apples | 1 tablespoon Brown Sugar |
| 20-ounce can of Pineapple
Chunks in Juice | 1/4 teaspoon Ground Cloves |
| | 1/4 teaspoon Nutmeg |
| | 1 teaspoon Cinnamon |

1. Wash sweet potatoes and cut into 1" chunks.
2. Wash, core, peel and cut apples into quarters. Hold the apple quarter in the palm of your hand flesh side down and use cone #4 or #5 of your Kitchen Kutter. The Kutter will slice the apples and leave the skin behind.
3. Add pineapple with the juice, raisins or dry cranberries and spices. Pan should be 2/3 full.
4. Cover **All in One Pan with Cover** and cook on MEDIUM until vapor escapes then turn to LOW. Cook for another 10 - 15 minutes. Serve with a sprinkle of cinnamon and brown sugar on top.



Serves 6

Nutritional Facts: 191.8 calories, 0.3g total fat,
0mg cholesterol, 40.3mg sodium, 48.8g
carbohydrates, 2g protein.



All in One Pan
with Cover

STOVETOP PINEAPPLE UPSIDE-DOWN CAKE

- 1 Yellow Cake Mix (without pudding)
- 1 20-ounce can Sliced Pineapples,
drained (reserve juice)
- 2 Eggs
- 8 Maraschino Cherries
- 1/2 cup Brown Sugar
- 1/2 cup Real Butter



1. In mixing bowl, combine cake mix with reserved pineapple juice, eggs and 2 chopped pineapple rings. Blend until smooth.
2. Preheat **12" Skillet with Cover** on MEDIUM heat and melt the butter. Add brown sugar and stir to dissolve. Arrange pineapple slices in bottom of skillet. Place a cherry in center of each slice. Pour cake batter evenly into skillet.
3. Cover, turn to LOW and bake for 15 to 20 minutes. Remove from heat and keep cover on skillet for 5 additional minutes.
4. Uncover and place a large plate or tray over skillet and carefully invert skillet to unmold cake. Serve warm with whipped cream.

Serves 8

Nutritional Facts: 282 calories,
1g fat, 0mg cholesterol, 45mg sodium, 35g carbohydrates,
4g protein.



12" Skillet with Cover

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BLUEBERRY ZUCCHINI BREAD

2 Large Eggs	1 teaspoon Baking Soda
1 cup Dark Brown Sugar	1 teaspoon Baking Powder
2/3 cup Vegetable Oil	1/2 teaspoon Salt, or to taste
1/2 cup Granulated Sugar	1/2 cup Flour for Mixing with Blueberries
1/2 cup Sour Cream	2 cups fresh Blueberries
2 teaspoons Vanilla Extract	2 cups Coarsely Shredded or
2 cups All-Purpose Flour	Grated Zucchini, don't pack down

1. Preheat oven to 350°F degrees.
2. Spray your **Kitchen Craft Loaf Pan** with floured cooking spray and set it aside for later.
3. Add eggs, granulated sugar, brown sugar, vanilla extract, sour cream and vegetable oil to a large mixing bowl and whisk to combine. Be sure to mix until there are no more lumps of sugar.
4. Add to the wet mixture, flour, baking powder, baking soda, salt, and stir until combined; be careful not to over mix. (Over mixing will cause your bread to be dense and can affect its rise).
5. Fold the zucchini into the batter and set it aside.
6. In a small separate bowl, add the blueberries, 1/2 cup flour (helps prevent them from sinking while baking), and toss to coat.
7. Add the blueberries and most of the flour to the large bowl with the batter (it is not necessary to add all of the loose flour to the mix if you feel your mix is becoming too dry) and stir until just combined; don't over mix.
8. Evenly pour batter into the prepared pan, smoothing the top lightly with a spatula. TIP: Evenly sprinkle the surface with 1 to 2 tablespoons blueberries for an extra pop of color and extra blueberry flavor.
9. Bake for about 1 hour and 10 minutes or until the top is golden, the center is set, and a toothpick inserted in the center comes out clean.
10. Allow bread to cool in pan for about 15-20 minutes before turning out on a wire rack to cool completely before slicing and serving.



Loaf Pan

Serves 8

What's New!

at



Kitchen Craft
WATERLESS COOKWARE

ALL IN ONE PAN 1.5 QUART

This versatile 1.5 Quart Sauce Pan is a Saucier, Stir Fry and a Dome Cover with the 3 Quart.

This is a must have utensil for beginner and master chefs and will soon become one of your favorite tools in the kitchen! See catalog page 9



10" SAUTÉ SKILLET

The 10" Sauté is perfect for frittatas, omelets and so much more. Go ahead ... brown, sear, even gently fry ... this versatile piece will perform wonders. See catalog page 12



1-3/4 QUART SAUCE PAN

The size and versatility of the 1.75 quart sauce pan will quickly make it one of your favorite essential tools in the kitchen.

This is the perfect size for side dishes like

macaroni and cheese, mashed potatoes and small casseroles. The deeper side walls give you more space to prepare your favorite sauces, pastas and soups.

See catalog page 10



12" SAUTÉ

The 12" Sauté holds enough food to feed a small army! Cook a steak, pork chop and a few burgers in the same skillet, and it will taste as if they were cooked separately. Cook more food in less time, using less energy, and save more money. See catalog page 12



2 QUART SAUCIER

The smooth rounded cooking surface and wide-mouth design provides the perfect tool to prepare foods that require frequent stirring. Risotto, gravies, sauces, oatmeal and custards will cook smoothly and evenly. As an added bonus, the saucier doubles as a lid for your 2 quart and 3 quart saucepans.

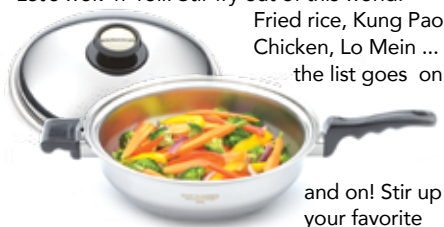
See catalog page 10



5 QUART WOK & COVER

Let's wok 'n' roll! Stir-fry out of this world!

Fried rice, Kung Pao
Chicken, Lo Mein ...
the list goes on



and on! Stir up
your favorite

dishes in our Wok with just a small amount of
healthy oil. Your dishes will cook quickly and
evenly with our design and they won't stick!
Break out the chop sticks! See catalog page 16

8 QUART STOCK POT & COVER



Perfect for large families, giving you a little
more room for those homemade soup recipes
or maybe some healthy and flavorful chicken
wings! See catalog page 11

JELLY ROLL ROASTER PAN

A great pan for roasting vegetables, one
pan meals, making garlic toast, cooking
homemade pizza, or even baking cookies.
This will be your go-to pan!

See Bakeware section on catalog page 15



6 QUART GOURMET COOKER

Your time is valuable. Let our 6 Quart
Gourmet Cooker do the work for you!
Slow simmer a delicious pot roast or
chicken with fresh vegetables that will
have the whole family running to the
dinner table! You'll love the effort and
energy you save, leaving more time to
spend with family and less time in the
kitchen! See catalog page 17



MINI LOAF PAN

Expand your baking and grilling
capabilities by adding the Kitchen Craft
Cookware Stainless Steel Mini Loaf Pan
to your collection. Great for grilling or
baking in the oven meatloaf, roasting
vegetables and baking cakes or breads.

See Bakeware
section on
catalog page 15



My Wish List



1 Quart

I Have I Want

☐☐

1-1/2 Quart
All in One Pan

☐☐

1-3/4 Quart

☐☐

2 Quart

☐☐

2 Quart
Saucier

☐☐

3 Quart

☐☐

4 Quart

☐☐

6 Quart

☐☐

6 Quart Gourmet Cooker

I Have I Want

☐☐

3 in 1 Roasting Pan

☐☐

8 Quart

☐☐

7" Sauté Skillet

☐☐

9" Sauté Skillet

☐☐

10" Sauté Skillet

☐☐

12" Sauté Skillet

☐☐

I Have I Want



Square Griddle

☐☐

10" Covered Skillet

☐☐

12" Covered Skillet

☐☐

Wok

☐☐

Kitchen
Kutter

☐☐

Pan
Handler

☐☐

I Have I Want



Cake Pan

☐☐

Pie Pan

☐☐

9"x13"
Bake & Roast Pan

☐☐

Medium Cookie Sheet

☐☐

Large Cookie Sheet

☐☐

Jelly Roll Roaster Pan

☐☐

Loaf Pan

☐☐

Mini Loaf Pan

☐☐

**When you buy from an American
Mom and Pop business,**

**you are helping a little girl
get dance lessons,
a little boy get his team jersey,
a mom or dad put food on the table,
a family pay a mortgage,
a student pay for college.**

**My customers are my shareholders and
they are the ones I strive to make happy
with my “Lifetime Support Guarantee”.**

**Thanks for buying from this
Mom and Pop business!**

YOUR REP IS:

NAME

PHONE NUMBER



Kitchen Craft®
WATERLESS COOKWARE

To order additional items to add to your collection,
call your rep or 800-800-2850 or go to
kitchencraftcookware.com

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