

TURBO COOKWARE



Part 2

Fast & Easy

Cooking Guide



Chef in Charge	Randall Cornfield
Photography	Nathalie Maman
Graphics	Trevor Yardley-Jones
Food Stylist	Jaques Faucher
Nutritionist	Anette Gruenberg & Marlissa Brown
Editing	Ève Cornfield
Product Development	Randall Cornfield
Product Design	Ritchie Lisser

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Pasta

Helpful Hints:

- 1) If the consistency of your pasta is very thick, your cooking time may be longer than noted below.
- 2) As a general rule, add a few minutes to the cooking time for softer consistency.
- 3) If you use salt in cooking your pasta, add between ½ to 1 tsp. for good measure.

Times written in BLUE express cooking must be done with steam valve open, RED for cooking while valve is closed.



	Water	Oil (if desired)	Time	Max. Heat	Med. Heat
Bow Ties					
2 cups	3 cups	1 tbsp.	14 min.	8 min.	6 min.
4 cups	4 cups	2 tbsp.	17 min.	8 min.	9 min.
Egg Noodles					
2 cups	3 ¼ cups	1 tbsp.	16 min.	8 min.	8 min.
4 cups	4 cups	2 tbsp.	19 min.	11 min.	8 min.
Fusilli					
2 cups	3 cups	1 tbsp.	9 min.	8 min.	1 min.
4 cups	3 ¾ cups	2 tbsp.	11 min.	8 min.	3 min.
Macaroni					
2 cups	5 ¼ cups	1 tbsp.	18 min.	8 min. + 4 cups water	10 min. + 4 ¼ cups water
4 cups	7 cups	2 tbsp.	18 min.	10 min. + 5 cups water	8 min. + 2 cups water
Penne					
2 cups	3 cups	1 tbsp.	13 min.	8 min.	5 min.
4 cups	4 ½ cups	2 tbsp.	15 min.	11 min.	4 min.
Rotini					
2 cups	3 ¾ cups	2 tbsp.	11 min.	8 min.	3 min.
4 cups	3 ½ cups	2 tbsp.	12 min.	8 min.	4 min.
Shells (medium)					
2 cups	4 cups	1 tbsp.	14 min.	8 min.	6 min.
4 cups	4 ½ cups	2 tbsp.	16 min.	10 min.	6 min.
Fettuccini					
2 cups	4 cups	4 tbsp.	15 min.	7 min. + 3 cups water	8 min. + 1 cup water
4 cups	5 ¼ cups	6 tbsp.	17 min.	7 min. + 3 ½ cups water	10 min. + 3 ½ cups water
Spaghetti					
2 cups	4 cups	3 tbsp.	13 min.	6 min. + 3 cups water	7 min. + 1 cup water
4 cups	5 ¼ cups	4 tbsp.	14 min.	7 min. + 3 ½ cups water	7 min. + 1 ½ cups water
Cannelloni					
For 6	3 ½ cups	2 tbsp.	10 min.		10 min.
For 12	4 ¼ cups	4 tbsp.	10 min.		10 min.
Manicotti					
For 6	3 ½ cups	2 tbsp.	11 min.		11 min.
For 12	5 cups	4 tbsp.	13 min.		13 min.

Frozen Vegetables



Helpful Hints:

- 1) If you choose to eat your vegetables with a softer consistency, add a few minutes and 2 tbsp.- 1/4 cup of water at the end of your cooking time and procedure.
- 2) Temperature setting should be medium high.

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	Boiled Turbo Base	Time	Steamed Turbo Rack	Time
Asparagus				
8 oz.	N/A	N/A	2 ½ cups	12 min
16 oz.	N/A	N/A	3 cups	14 min
Beans (Green & Wax)				
8 oz.	1 ½ cups	9 min.	1 ¾ cups	9 min.
16 oz.	2 ¾ cups	12 min.	2 cups	13 min.
Broccoli (Cut into small heads)				
8 oz.	1 ¼ cups	9 min.	2 cups	8 min.
16 oz.	1 ½ cups	10 min.	2 cups	9 min.
24 oz.	1 ¾ cups	12 min.	2 ½ cups	10 min.
Brussel Sprouts				
8 oz.	1 ¼ cups	9 min.	2 cups	9 min.
16 oz.	1 ½ cups	12 min.	3 cups	14 min.
Carrots (Baby or Sliced)				
8 oz.	1 ¼ cups	8 min.	1 ½ cups	10 min.
16 oz.	1 cup	8 min.	1 ½ cups	10 min.
24 oz.	1 cup	12 min.	2 cups	14 min.
Cauliflower (Cut into small heads)				
8 oz.	3 ¼ cups	8 min.	2 cups	9 min.
16 oz.	3 ½ cups	10 min.	2 cups	12 min.
Corn on the Cob (5-6 oz. each)				
6-9 pieces	1 ¼ cups	10 min.	2 ¼ cups	13 min.
12-18 pieces	1 ½ cups	12 min.	2 ¾ cups	15 min.
Snow Pea				
8 oz.	1 ¼ cups	12 min.	2 ¼ cups	15 min.
16 oz.	1 ½ cups	14 min.	2 ¾ cups	17 min.
Spinach				
10 oz.	½ cup	5 min.	N/A	N/A
20 oz.	½ cup	8 min.	N/A	N/A
Squash				
16 oz.	1 cup	10 min.	N/A	N/A
32 oz.	1 cup	14 min.	N/A	N/A

Fresh Vegetables

Helpful Hints:

- 1) If you choose to eat your vegetables with a softer consistency, add a few minutes and 2 tbsp.- 1/4 cup. of water at the end of your cooking time and procedure.
- 2) Temperature setting should be medium high.

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	Boiled Turbo Base	Time	Steamed Turbo Rack	Time
Artichokes				
2-8 oz.	3 ½ cups	31 min.	N/A	N/A 15 min. with 2 ¼ cups water + 8 min. 8 min. with ¼ cup water
Asparagus				
8 oz.	N/A	N/A	1 ½ cups	8 min.
Beans (Green & Wax)				
8 oz.	1 ½ cups	9 min.	2 cups	11 min.
Beets (cut in half, then in slices)				
24 oz.	2 cups	17 min.	2 ½ cups	20 min.
Broccoli (cut into small heads)				
8 oz.	¾ cups	6 min.	1 cups	8 min.
Brussel Sprouts				
8 oz.	3 cups	17 min.	3 cups	18 min.
Carrots (baby, slices)				
8 oz.	1 ¼ cups	8 min.	1 ½ cups	10 min.
Cauliflower (cut into small heads)				
8 oz.	1 ¼ cups	8 min.	2 cups	12 min.
Corn on the Cob (5-6 oz. each)				
2-4 pieces	1 ¾ cups	12 min.	3 ¾ cups	14 min.
Egg Plant				
16 oz.	1 ¼ cup	11 min.	N/A	N/A
Mushrooms (white)				<i>(if adding oil)</i>
16 oz. Slice	2 tbsp.	8 min.	N/A	N/A 5 min. 3 min. add 2 tsp. oil
16 oz. Quarters	¼ cup	8 min.	N/A	N/A 7 min. 1 min. add 2 tsp. oil
16 oz. Whole	¼ cup	9 min.	1 cup	8 min. 7 min. 2 min. add 2 tsp. oil

Fresh Vegetables (continued)

Times written in **BLUE** express cooking must be done with steam valve open,
RED for cooking while valve is closed.

	Boiled Turbo Base	Time	Steamed Turbo Rack	Time	
Peppers					
8 oz. strips	½ cup	8 min.	N/A	N/A	If adding oil, add 2 tsp. at end, for 2min. more
Potatoes					
16 oz.	2 ¾ cups	20 min.	N/A	N/A	If adding oil, add 2 tsp. at end, for 2min. more
Potatoes (Idaho)					
16 oz. cubed	1 ¾ cups	10 min.	N/A	N/A	If adding oil, add 2 tsp. at the beginning
12 oz. halved	2 ¾ cups	21 min.	N/A	N/A	
Potatoes (Sweet)					
16 oz.	1 ¾ cups	13 min.	N/A	N/A	If adding oil, add 2 tsp. at the beginning
Snow Pea					
8 oz.	¾ cups	7 min.	1 ¾ cups	9 min.	
Spinach					
10 oz.	N/A	N/A	1 cup	3 min.	
Squash					
16 oz.	1 cups	10 min.	N/A	N/A	
Tomatoes					
32 oz.	None	20 min.	N/A	N/A	10 min. stir twice 10 min. stir twice
Turnips					
16 oz.	1 cup	8 min.	N/A	N/A	
Zucchini					
16 oz.	¾ cup	7 min.	N/A	N/A	



Beef

Helpful Hints:

- 1) If you are cooking frozen meat, as a general rule, add an extra minute and 2 tbsp. to ¼ cup water to your cooking time and procedure.
- 2) If you choose to cook meat with bones, your cooking time and heat may need to increase. Please adjust accordingly.

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Water		Max Time	
Ground Beef			
1 ½ lbs	½ cup	8 min.	Place crumbled meat in base Maximum heat 2 min. Stir add ¼ cup water 2min. Stir again add ¼ cup water 2 min. + 2 min.
Medallions (½" thick)			
4 pieces (4-5 oz.)	¾ cups	9 min.	Place in base with ¼ cup water, maximum heat 5 min.(rare) Flip add ¼ cup water 2 min. (medium) Flip add ¼ cup water 1 min. (medium well) Flip 1 min. (well done)
Pepper Steak (½" thick)			
2 pieces 10-12 oz.	1 ½ cups	16 min.	Place in base with ¼ cup water, maximum heat 4 min. (rare), flip add ¼ cup water 4 min. (medium), flip add ½ cup water 4 min. (medium well), flip add ½ cup water 4 min. (well done)
Rib Steak (approx. ½" thick)			
16 oz.	1 ¾ cups	13 min.	Place in base with ¼ cup water, maximum heat 4 min. (rare), flip add ¼ cup water 4 min. (medium), flip add ½ cup water 4 min. (medium well), flip add ½ cup water 4 min. (well done)
Roast (Sirloin, Tenderloin & Rib, etc.)			
2 ½- 3 lbs	9 cups	45-60min (rare-well)	Place in base with 1 cup soup broth, maximum heat 10 min. Add 1 ½ cup broth, medium high 10 min. Flip add 1 ¾ cup broth, maximum heat 10 min. Add 1 ½ cup broth, med. high 10 min. (rare) Remove cooker from heat, drain & clean out base, flip roast add 2 ½ cup broth maximum heat 10 min. (medium well) Add ¾ cup broth, medium high 7-10 min. (well done)
* Broth adds more taste than water			
** Wine can also be used			
Round Steak Inside Round (1/4" thick)			
2 pieces 2- 2 ½ oz.	3 tbsp	4 min.	Place in base with 1 tbsp. water, maximum heat 2 min. flip add 2 tbsp. water 2 min.
Sirloin Steak (Tip Cut)			
10 oz.	None	3 min.	Place in base, maximum heat 2 min. Flip 1 min.

Sausage

Helpful Hints:

- 1) If you are cooking frozen meat, as a general rule, add an extra minute and 2 tbsp. to $\frac{1}{4}$ cup water to your cooking time and procedure.
- 2) If you choose to cook meat with bones, your cooking time and heat may need to increase. Please adjust accordingly.

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	Water	Max Time	
Beef			
2	$\frac{1}{2}$ cup	8 min.	Place in base with $\frac{1}{3}$ cup water, medium high 4 min. Flip, medium high 2 min. (medium done), 2 min. (well done)
4	$\frac{1}{4}$ cup	8 min.	Place in base with $\frac{1}{4}$ cup water, medium high 4 min. Flip, medium high 2 min. (medium done), 2 min. (well done)
Breakfast (Pork & Beef)			
6	1 cup	10 min.	Place in base with $\frac{1}{2}$ cup water, medium high 5 min. Flip, add $\frac{1}{2}$ cup water, medium high 4 min. Flip, 1 min.
Hot Dogs			
3-6 (in base)	1 cup	11 min.	Place in base with 1 cup water, maximum heat 6 min. Roll hot dogs, add $\frac{1}{2}$ cup water 5 min.
3-8 (on grill)	1 cup	12 min.	Place on steam rack, add water, maximum heat 12 min.
Jumbo Hot Dogs			
6 (in base)	$\frac{3}{4}$ cup	8 min.	Place in base with $\frac{1}{3}$ cup water, maximum heat 5 min. Roll hot dogs, add $\frac{1}{3}$ cup water 3 min.
6-12 (in base)	1 $\frac{1}{2}$ cups	12 min.	Place on steam rack, add water, maximum heat 12 min.

Hamburger

Beef (Patties-medium and lean)			
2-4 patties $\frac{1}{4}$ lb	$\frac{3}{4}$ cup	11 min.	Place in base with $\frac{1}{2}$ cup water, medium high 4 min. Flip, push down slightly on patties, reduce heat to medium 3 min. (rare) Flip add $\frac{1}{4}$ cup water 2 min. (medium) 2 min. (well done)



Pork



Helpful Hints:

- 1) If you choose to cook your meat from frozen, add 2 tsp. to ¼ cup of water and 2-3 minutes to the first stage of cooking.
- 2) If you choose to have a fried texture to your meat, you can add ½ tsp. of oil, and ¼ cup water and an additional 1 minute to your cooking time (at last stage).
- 3) As a general rule if you are cooking 2 or more ingredients at the same time, use the water amount and cooking time of the ingredient that takes the longest. As time elapses, add the other foods according to their cooking times (the water amount from the "main" food ingredient should be enough to cook additional food items).

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Water Max Time

Chops (Center Cut with bone ½" thick)			
2 pcs. 4-5oz.	8 tbsp.	6 min.	Place in base with 3 tbsp. water, max. heat 3 min. Flip add 3 tbsp. water 2 min. (medium done) 1 min. add 2 tbsp. water (well)
Chops (Center Cut, no bone butterfly ¼" thick)			
2 pcs. 3-4oz.	6 tbsp.	5 min.	Place in base with 2 tbsp. water, max. heat 2 min. Flip add 2 tbsp. water 2 min. (medium done) 1 min. add 2 tbsp. water (well)
Medallions (¾" thick)			
2 pcs. 3-4oz.	½ cup	6 min.	Place in base with ¼ cup water, max. heat 3 min. Flip add ¼ cup water 2 min. (medium done) 1 min. add 2 tbsp. water (well)
2 pcs. 4-5oz.	½ cup	7 min.	Place in base with ¼ cup water, max. heat 4 min. flip add ¼ cup water 2 min. (medium done) 1 min. add 2 tbsp. water (well)
4 pcs. 5-6oz.	½ cup	8 min.	Place in base with ¼ cup water, max. heat 4 min. flip add ¼ cup water 3 min. (medium done) 1 min. add 2 tbsp. water (well)
Roast (front shoulder without bone)			
2 ½ - 3 lbs	4 ¾ cups*	45-60min. (rare-well)	Place in base with 1 cup *soup broth, maximum heat 10 min. Add 1 ½ cup broth, reduce heat to medium high 10 min. (rare) Add 1 ½ cup broth, flip, maximum heat 15 min. Add 1 cup broth, reduce heat to medium high 10 min. (medium-well) 7-10 min ½ cup (well)
* Broth adds more taste than water ** Wine can also be used			
Roast (loin with bone)			
3 - 3½ lbs	3 ¾ cups*	36-46min. (rare-well)	Place in base with 1 cup *soup broth, maximum heat 10 min. Add 1 ½ cup broth, reduce heat to medium high 10 min. Add ¾ cup broth, flip, maximum heat 8 min. Add ½ cup broth, reduce heat to medium high 8 min. (medium-well) 7-10 min ½ cup (well)
* Broth adds more taste than water ** Wine can also be used			

Lamb

Helpful Hints:

- 1) If you choose to cook your meat from frozen, add 2 tsp. to ¼ cup of water and 2-3 minutes to the first stage of cooking.
- 2) If you choose to have a fried texture to your meat, you can add ½ tsp. of oil, and ¼ cup water and an additional 1 minute to your cooking time (at last stage).
- 3) As a general rule if you are cooking 2 or more ingredients at the same time, use the water amount and cooking time of the ingredient that takes the longest. As time elapses, add the other foods according to their cooking times (the water amount from the "main" food ingredient should be enough to cook additional food items).



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	Water	Max Time	
Chops			
3 pcs. 2¾-3¼ oz.	½ cup	10 min.	Place in base with ¼ cup water, medium high 3 min. Flip, add 1/4 cup water 2 min. (medium done), 3 min. (well)
Stew Cubed (1"x 1" thick)			
1 lb.	3 ½ cups	30 min.	Place in base with 1 cup water, maximum 10 min. Stir, add 1 ½ cup water, reduce heat to medium high 10 min. Stir, add 1 cup water, raise heat to maximum 10 min.
2 lbs.	4 ½ cups	40 min.	Place in base with 1 ¼ cup water, maximum 13 min. Stir, add 1 ¼ cup water, reduce heat to medium high 15 min. Stir, add 1 ½ cup water, raise heat to maximum 12 min.

Veal

Cutlets Scalloped (¼" thick)			
2 pcs. 3-3 ½ oz.	8 tbsp.	8 min.	Place in base with 2 tbsp. water, medium high 2 min. Flip, add 2 tbsp. water, reduce heat to medium 2 min. Turn off heat, add 4 tbsp. water, recover and let stand for 3 min. to tenderize.
Roast (Round and tied with bones)			
1½ - 2 lbs.	6 cups*	40-50min. (rare-well)	Place in base with 1 cup *soup broth, maximum heat 10 min. Add 1 ½ cup broth, reduce heat to medium high 10 min. Flipp, add 1 ¼ cup broth, maximum heat 10 min. Add 1½ cup broth, reduce heat to medium high 7 min. Remove cooker from heat, drain and clean out base, flip roast add ¼ cup broth, maximum heat 6 min. (medium), 5-7 min. (well done)
* Broth adds more taste than water ** Wine can also be used			
2½ - 3 lbs.	7 ½ cups*	45-60min. (rare-well)	Place in base with 1 cup *soup broth, maximum heat 10 min. Add 1 ½ cup broth, reduce heat to medium high 10 min. Flipp, add 1 ¼ cup broth, maximum heat 10 min. Add 1½ cup broth, reduce heat to medium high 10 min. Remove cooker from heat, drain and clean out base, flip roast add 1 ½ cup broth, maximum 7-10 min. , ¼ cup (well done)
* Broth adds more taste than water ** Wine can also be used			

Poultry



Helpful Hints:

- 1) If you choose to cook your meat with skin, the fat may splatter. Please watch and reduce your heat accordingly.
- 2) If you choose to cook your meat with bones, be aware that it may take longer to heat your meat.
- 3) If you choose to cook your meat from frozen, add 2 tsp. to ¼ cup of water and 2-3 minutes to the first stage of cooking.

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	Water	Max Time	
Chicken Breast (skinless, boneless)			
4 pcs. 4-5oz.	1 cup	12 min.	Place in base, max. heat 4 min. with ¼ cup water. Flip, add ¼ cup water 3 min. Add ¼ cup water 2 min.
4 pcs. 5-6oz.	1 cup	14 min.	Place in base, max. heat 3 min. add ½ cup water 5 min. Flip, add ½ cup water 3 min. Add ½ cup water 2 min.
Chicken Drum Stick (with skin- approx. ½" thick)			
2 pcs. 4-5oz.	2½ cups	20 min.	Place in base with 1 cup water, max. heat 5 min.
4 pcs. 4-5oz.	1 ¾ cups	24 min.	After 5min. , flip. Add 1 cup water (¼ cup for 4 pcs.), reduce heat to med. 8min. Flip, add ¼ cup water 2 min.
Chicken Legs (skinless and with skin)			
2 pieces (skin) (12- 14 oz.) 2 pieces (no skin) (9- 11 oz.)	2 ½ cups	22 min.	Place in base-meat side down with ¾ cup water, max. heat 9 min. Flip, add ½ cup water, reduce heat to med. high 5 min. Flip, drain fat, add ¾ cup water, max. heat 5 min. Add 1/4 cup water 3-4 min. (well)
4 pieces (skin) (12- 14 oz.) 4 pieces (no skin) (9- 11 oz.)	2 ½ cups	22 min.	Place in base-meat side down with ¾ cup water, max. heat 10 min. Flip, add ½ cup water, reduce heat to med. high 6 min. Flip, drain fat, add ¾ cup water, max. heat 4 min. Add 1/4 cup water 3-4 min. (well)
Chicken Thighs (skinless, boneless)			
2 pieces 2- 2 ½ oz.	½ cup	7 min.	Place in base, max. heat 2 min. Add ¼ cup water 3 min. , Flip, add ¼ cup water 2 min. , *For a fried textures – Add ¼ cup water 1 min.
Whole Chicken (roasted/BBQ)			
3-4 lbs	1½ cups	34 min.	Place in base breast down with ½ cup water, max. heat 10 min. 5 min , add ¼ cup water flip and turn twice in liquid, Reduce heat to medium high 5 min. Add ½ cup water 10 min. Add ¼ cup water flip and turn 2-4 min. * depending on weight.
5-6 lbs	3½ cups	45 min.	Place in base breast down with 1/2 cup water, max. heat 10 min. Add ¾ cup water 10 min. Add ¾ cup water flip and turn twice in liquid, reduce heat to medium high 10 min. Add 1 cup water 10 min. Add ¼ cup water, flip and turn 3-5 min. * depending on weight.

Fish

Helpful Hints:

- 1) If you should choose to use oil, as a general rule, you should add ½ the amount required at the beginning and ½ the amount at the end of your cooking time.
- 2) On breaded fish- make sure to put water only on open areas at base so breading is not soaked.

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Water Oil (if desired)

Fish (Bass, Grouper, Salmon(steak), Snapper, Trout and White Fish)

No Skin, in base 4 to 6 oz.	¼ cup	1 tsp.	Place in base add water, maximum heat 2 min. Flip, reduce heat to medium 3 min. * If adding oil, add at last 30 seconds/each side
Breaded, in base 1-2 pieces 4 to 6 oz.	½ cup	2 tsp.	Place in base add water*, maximum heat 1 min. Add ¼ cup water*, reduce heat to medium 2 min. , Flip, add ¼ cup water* 2 min. If adding oil, add at last 30 seconds/each side. * Add water only in open areas of base
Steamer Rack 1-2 pieces 4 to 6 oz.	1 cup	N/A	Add water, (in base) steamer rack in position, max. heat 5 min. Without removing the cover reduce heat to medium 4 min.
Steamed/Poached 1-2 pieces 4 to 6 oz.	1 cup	N/A	Add water, (in base), steamer rack in position and steamer/poacher on top rack, maximum heat 6 min. Don't remove cover reduce heat medium 5 min.

Fish (Cod, Flounder, Haddock, Halibut (steak), Mackerel, Perch, Sword Fish, Tuna)

No Skin, in base 4 to 6 oz.	¼ cup	1 tsp.	Place in base add water, maximum heat 4 min. , Flip, reduce heat to medium high 3 min. * If adding oil, add at last 30 seconds/each side.
Steamer Rack 1-2 pieces 4 to 6 oz.	1½ cup	N/A	Add water, (in base) steamer rack in position, max. heat 5 min. Without removing the cover reduce heat to med. 10 min.
Steamed/Poached 1-2 pieces 4 to 6 oz.	1 ½ cup	N/A	Add water, (in base), steamer rack in position and steamer/poacher on top rack, maximum heat 6 min. Don't remove cover reduce heat med. 12 min.

Seafood

12 Shrimps (Jumbo White Shelled & de-veined)	1 cup	8 min.	On steamer rack, max. heat 5 min. Reduce heat to medium 3 min. * If cooking rice below the ratio is 1½ cups water for 1½ cups rice
1lb. Shrimp (In/Out of Shell)	½ cup	6 min.	In base, maximum heat 3 min. Flip 3 min.
1/2 lb. Scallops (Washed and cut in half)	½ cup	4 min.	On steamer rack, maximum heat 4 min.
1/2 lb. Scallops (Washed and cut in half)	¼ cup	2 min.	In base, maximum heat 1 min. , flip 1 min.

Rice, Grains & Beans



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	Water	Medium-High	Medium	Low
Basmati				
1 cup	2 ¾ cups	6 min.	6 min.	2 min.
1 ½ cups	3 ½ cups	7 min.	6 min.	3 min.
2 cups	4 ½ cups	8 min.	7 min.	3 min.
Long Grain				
1 cup	2 cups	5 min.	5 min.	2 min.
1 ½ cups	3 ¾ cups	7 min.	7 min.	3 min.
2 cups	4 ¾ cups	8 min.	8 min.	3 min.
Instant				
1 cup	1 ½ cups	4 min.	2 min.	1 min.
1 ½ cups	1 ½ cups	4 min.	2 min.	1 min.
2 cups	4 ¼ cups	5 min.	2 min.	1 min.
Brown				
1 cup	3 ½ cups	4 min.	2 min.	1 min.
1 ½ cups	4 ½ cups	4 min.	2 min.	1 min.
2 cups	2 ½ cups	5 min.	2 min.	1 min.
For Softer Rice				
1 cup	¾ cup	water at end for 1-2 min. more		
1 ½ cups	½ cup	water at end for 1-2 min. more		
2 cups	¾ cup	water at end for 2-3 min. more		
Bulgur		MAXIMUM	MEDIUM	
1 cup	3 ½ cups	6 min. - 2 cups water	6 min. - 1 ½ cups water	
2 cups	4 ½ cups	8 min. - 2 ½ cup water	8 min. - 2 cups water	
Lentils		MAXIMUM	MEDIUM	
1 cup	4 cups	10 min. - 2 cups water	13 min. - 2 cups water	
2 cups	4 ¾ cups	10 min. - 2 ½ cup water	12 min. - 2 ½ cups water	
Lima		MAXIMUM	MEDIUM	
1 cup	4 ½ cups	13 min. - 2 ½ cups water	19 min. - 2 cups water	
2 cups	6 cups	13 min. - 2 ½ cup water	17 min. - 2 ½ cups water	
Split Pea		MAXIMUM	MEDIUM	LOW
1 cup	4 ¾ cups	7 min. - 1 ½ cups water	5 min. - ¾ cups water	20 min. - 2 ½ cups water
2 cups	7 cups	13 min. - 2 ½ cup water	7 min. - 1 ½ cups water	17 min. - 3 cups water

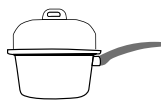
Simple Meal Ideas using Multiple Turbo Cookers

Quick Breakfast:

Sausage, Cubed Potatoes & an Omelette

1- Start the potatoes in the sauce pan.

(Example of Time required and instructions from the guide)



Fresh Vegetables

Potatoes (Idaho)
16 oz. (cut into cubes)

In Cooker Base	Time
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1 ¾ cups (water)

10 min.

If you add oil, add 2 tsp at the end, cook for an additional 2 min.

2- 1 min. into the potatoes- Start sausages in the fry pan.

(Example of Time required and instructions from the guide)



Sausages

6 Breakfast Sausages
(Pork and Beef)

Water	Max. Time
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1 cup

10 min.

Place in the base with ½ cup of water, turn stove to medium-high **5 min.** Flip, add ½ cup of water, medium-high **4 min.** Flip, **1 min.**

3- In 10 minutes the potatoes and sausages should be done. Remove the sausages (fry pan) from the burner. Check the potatoes, season to taste (if not soft enough to your taste recover them and if needed add a small amount of water) when ready turn off the heat and leave covered. Place the sausages on the steam rack, put the rack into the fry pan with the potatoes so they stay hot.



+ Steam Rack

4- Clean out the pan and start your omelette.



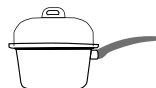
The Turbo Dome Cover retains heat in the sauce pan and keeps potatoes and sausages warm.

Simple Lunch:

Chicken Breasts, Pasta and Vegetables

1- Start the pasta in the sauce pan.

(Example of Time required and instructions from the guide)



Pasta

Macaroni

2 cups
4 cups

Water	Oil (optional)	Time
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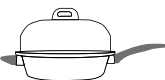
5 ½ cups
7 cups

1 tbsp.
2 tbsp.

18 min. 8 min. 4cups of water, 10 min. add 1 ¼ cups
18 min. 10 min. 5cups of water, 8 min. add 1 ¼ cups

2- 4 min. into the potatoes- Start chicken in the Jumbo Skillet.

(Example of Time required and instructions from the guide)



Poultry

Chicken Breast

4 pcs. 5-6 oz. (skinless, boneless)

Water	Max. Time
-------	-----------

1 cup	14 min.
-------	---------

Place in the base with ½ cup of water, turn stove to high **5 min.** Flip, add ½ cup of water **3 min.** Add ½ cup of water, **2 min.**

3- Put the Asparagus on the rack and after the chicken has been cooking for 4 minutes, put the rack into the skillet.

(Example of Time required and instructions from the guide)



+ Steam Rack

Fresh Vegetables

Asparagus
8 oz.

Vapour (on rack)	Time
------------------	------

1 ½ cups

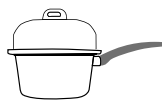
8 min.

Fish & Sides:

Poached Salmon, Green Beans & Lentils

1a- Start the lentils in the sauce pan.

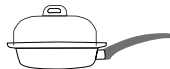
(Example of Time required and instructions from the guide)



Rice, Grains and Beans	Water	Medium-High	Medium
1 cup	3 ½ cups	6 min. - 2 cups water	6 min. - 1 ½ cups of water
Lentils	2 cups	8 min. - 2 ½ cups water	8 min. - 2 cups of water

1b- Put the Green Beans on the rack and put the rack into the sauce pan (at start of the lentils cooking).

(Example of Time required and instructions from the guide)



+ Steam Rack

Frozen Vegetables	Vapour (on grill)	Time
Beans	8 oz.	1 ¾ cups of water 9 min.
(green and yellow)	16 oz.	2 cups of water 13 min.

2- Put the salmon onto the steam rack, put the rack into the Jumbo Skillet and follow the directions for poaching the fish.

(Example of Time required and instructions from the guide)



+ Steam Rack

Fish

Filet (Bass, Grouper, Salmon(steak),

Snapper, Trout and White Fish)

Steamed/Poached

1-2 pcs. 4-6 oz.

Water	Oil (optional)
1 cup	Add all the water in the base, with steam rack in place; poach fish on rack on max. heat 6 min. Without removing the cover, reduce to med. 4 min.



Sunday Roast:

Roast of Beef, New Potatoes & Broccoli

1- Start the roast in the dutch oven.



Beef

Roast (Sirloin, Tenderloin & Ribs)

2 ½ - 3 lbs.

*Broth adds more flavour than water

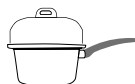
Water	Max. Time
-------	-----------

9 cups*	45-60 min.
---------	------------

(rare-well done)

Place in base with 1 cup soup broth, maximum heat **10 min.** Add 1 ½ cup broth, medium high **10 min.** Flip add 1 ½ cup broth, maximum heat **10 min.** Add 1 ½ cup broth, med. high 10 min. (rare) Remove cooker from heat, drain & clean out base, flip roast add 2 ½ cup broth maximum heat **10 min.** (medium well) Add ¾ cup broth, medium high **7-10 min.** (well done)

2- 25 Minutes into the Roast start the potatoes in the sauce pan.



Fresh Vegetables

Potatoes

16 oz.

Water in Base	Time
---------------	------

2 ¾ cups	20 min.
----------	---------

If you add oil, add 2 tsp. at the end, cook for an additional **2 min.**

3- Put the Broccoli onto the steam rack and 8 minutes before the potatoes are finished put the steam rack into the sauce pan.



+ Steam Rack

Fresh Vegetables

Broccoli

8 oz.

Chopped

Vapor (on grill)	Time
------------------	------

1 cup	8 min.
-------	--------

Roasted Chicken:

Chicken, Rice & Carrots

1- Start the chicken in the dutch oven.



Poultry

Whole Chicken

3- 4 lbs.

Water	Max. Time
-------	-----------

1 ½ cups	34 min.
----------	---------

Place in base breast down with ½ cup water, max. heat **10 min. 5 min.**, add ¼ cup water flip and turn twice in liquid, Reduce heat to medium high **5 min.** Add ½ cup water 10 min. Add ¼ cup water flip and turn **2-4 min.** * depending on weight.

2- 15 Minutes into the chicken, start the rice in the sauce pan.



Rice, Grains and Beans

Long Grain

1 cups

1 ½ cups

2 cups

Water	Medium-High	Medium	Low
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2 cups	5 min.	5 min.	2 min.
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3 ¾ cups	7 min.	7 min.	3 min.
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4 ¾ cups	8 min.	8 min.	3 min.
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3- Put the Carrots onto the steam rack and 7 minutes before the rice is finished put the steam rack into the sauce pan.



+ Steam Rack

Fresh Vegetables

Carrots

Baby or Chopped

8 oz.

Water in Base	Time	Vapor (on grill)	Time
---------------	------	------------------	------

1 ½ cups	8 min.	1 ½ cup	10 min.
----------	--------	---------	---------



Main Ingredients:

4 (4-oz.) salmon steaks
 1 large leek, cut in thin strips
 2 medium carrots, cut in thin strips
 4 oz. snow peas, cut in thin strips
 1 green zucchini, cut in thin strips
 1 green zucchini, cut in thin strips
 2 tsp. minced fresh ginger
 1 tbsp., rice vinegar
 2 tbsp. brown sugar
 2 tsp. cornstarch

Dry Ingredients:

1/2 tsp. salt
 1/4 tsp. pepper

Liquid Ingredients:

1 2/3 cups water

In a small bowl, mix cornstarch with 1/2 tsp. salt, 1/4 tsp. pepper and 1/3 cup water.

- 1- Place salmon and 1/3 cup water into base. Cover (valve closed) and cook on high heat 3 minutes.
- 2- Turn salmon, add 1/4 cup water. Cover (valve closed) 2 minutes.
- 3- Reduce heat to medium high. Place salmon on steam rack with carrots. Clean base with paper towel. Place ginger, rice vinegar, leeks, brown sugar and the remaining 1/3 cup water into base and place rack in position. Cover (valve closed) 3 minutes.
- 4- Stir in snow peas, zucchini and the cornstarch mixture and place rack in position. Cover (valve closed) 3 minutes.

Lamb chops with Onions

15 minutes



Main Ingredients:

8 boneless lean lamb chops
 2 medium onions, finely diced
 10 oz. fresh green beans
 1 cup medium couscous
 1/4 cup diced parsley
 1/2 tomato, cubed
 1 tsp. low sodium chicken bouillon concentrate

Dry Ingredients:

1 tsp. salt
 1/4 tsp. pepper

Liquid Ingredients:

3 1/2 cups water

Place couscous and 2 cups water into a bowl and let sit 15 minutes. Stir in 1 tsp. chicken bouillon then stir. Place bowl on rack, put green beans around bowl.

- 1- Place lamb & 1/4 cup water in base. Cover (valve closed) cook on high 3 minutes.
- 2- Flip meat, add 1/4 cup water. Place rack and cover (valve closed) 3 minutes.
- 3- Flip meat, add onions, 1/2 cup water. Place rack & cover (valve closed) 5 minutes.
- 4- Stir in snow peas, zucchini and the cornstarch mixture and place rack in position. Cover (valve closed) 3 minutes.

Beefy Burritos

9 minutes



Main Ingredients:

1 lb. lean ground beef
8 soft tortillas

Toppings:

1 onion, cut in small strips
1 cup grated low fat cheddar cheese
2 red tomatoes, cut into thin slices
1/2 cup low-fat sour cream
1/2 cup salsa

Dry Ingredients:

1-1/2 oz. package burrito seasoning

Liquid Ingredients:

1 ½ cups water

Place the tortillas onto the steam rack.

- 1- Place the beef in base. Cover (valve closed) and cook on high heat 3 minutes.
- 2- Chop up meat, add ¼ cup water and cover 2 minutes.
- 3- Add in the seasoning and 1¼ cups water, stir well. Place the steam rack (with tortillas) into position and cover 2 minutes.
Turn off heat and leave on the stove for 2 minutes.

Gourmet Omelet Muffins

20 minutes



Main Ingredients:

6 eggs, beaten
¼ cup green pepper, diced finely
¼ cup onion, diced finely
1/3 cup grated low-fat cheddar cheese
3 cups frozen (small cubes) breakfast potatoes
6 (1 oz) lean breakfast sausages
non-stick spray

Dry Ingredients:

½ tsp. salt
¼ tsp. baking soda
¼ tsp. garlic powder
½ tsp. parsley

Liquid Ingredients:

2 ½ cups water

Spray muffin pan with non-stick. Whisk eggs, vegetables, ½ cup water and all seasonings. Pour mixture into muffin pan, sprinkle cheese. Place muffin pan onto steam rack.

- 1- Place sausages, ½ cup water into base and place steam rack into position.
Cover (valve closed) and cook on medium high heat 5 minutes.
- 2- Reduce heat to medium. Flip sausages, add 1/3 cup water and replace steam rack back into position. Cover (valve closed) 3 minutes.
- 3- Add 1/3 cup water, flip sausages. Replace rack, cover (valve closed) 2 minutes.
- 4- Add 2 tbsp. water, stir to coat sausages. Remove sausages, place on either side of muffin pan (on steam rack). Clean pan, put potatoes in base, add 1/3 cup water. Replace steam rack back into position, cover (valve closed) 5 minutes.
- 5- Add 1/4 cup water, flip potatoes, replace rack, cover (valve closed) 3 minutes.
- 6- Add remaining 1/4 cup water, replace rack, cover (valve closed) 2 minutes.

Turn off the heat and serve.



Main Ingredients:

1 cup fresh basil leaves
 ½ cup fresh parsley
 ¼ cup grated fat free
 Parmesan cheese
 ¼ cup flaked almonds
 1 clove garlic
 ¼ cup olive oil
 12 oz. linguini, cut in half

Dry Ingredients:

1 ½ tsp. salt

Liquid Ingredients:

4 2/3 cups water

Place basil, parsley, ½ cup Parmesan, almonds, garlic clove and ½ tsp. salt into a food processor. Blend until well ground, then slowly add olive oil making a smooth paste. Set remaining salt aside for stage 2 and remaining Parmesan for stage 4.

- 1- Place pasta and 3 ½ cups water into base (separate pasta with spatula). Cover (valve open) and cook on medium high 7 minutes..
- 2- Reduce heat to medium. Stir pasta, add remaining 1 cup water and 1 tsp. salt (separate pasta with spatula). Cover (valve closed) for 4 minutes.
- 3- Stir (separate pasta with spatula) cover (valve closed) 3 minutes.
 Turn off heat, blend pesto and remaining Parmesan. Cover and let stand 2 minutes.

Light and Fluffy Flap Jacks

16 minutes



Main Ingredients:

1 egg
 1 cup skim milk
 Non stick spray
 1 cup flour

Dry Ingredients:

2 tbsp. sugar
 ¼ tsp. salt
 ½ tsp. baking soda

Liquid Ingredients:

14 tbsp. water

Add flour and dry ingredients into a bowl (except for the baking soda). Blend in the egg and then slowly blend in the milk. Add the baking soda when ready to start cooking.

- 1- Spray non-stick, pour ¼ of batter form a 8" pancake. Cover (valve closed) and cook on maximum heat 1 minute
- 2- Reduce heat to medium. Pour 2 tbsp. of water around open areas of the base and cover (valve closed) 1 minute.
- 4- Flip pancake, add 2 tbsp. water into open areas. Cover (valve closed) 2 minutes.
- 5- Remove the pancake, place on steam rack. Spray non-stick spray, pour ¼ of batter form another 8" pancake. Place steam rack in position, add 2 tbsp. of water around open areas. Cover (valve closed) 2 minutes
- 6- Repeat previous steps until all pancakes are made.

Incredible Cherry&Cola Chocolate Muffins 10 minutes



Main Ingredients:

1-18 oz. boxed chocolate cake mix
(Split the mixture into thirds)
1 egg
1-21 oz. can of cherry pie filling (optional)
Non-stick spray

Liquid Ingredients:

1- 12 oz. can of diet cola

Measure out 1 cup and 2 tbsp. of the cake mix (1/3 of the box) place in a bowl. Mix in ½ cup of the cola, the egg and blend smooth. Keep remaining cola for Step 1. Spray a 6 cup muffin pan with non stick spray and fill the cake mix in. Place the muffin pan onto the steam rack.

1- Add remainder of diet cola into the base. If adding the pie filling blend it in. Place the steam rack in position. Cover (valve closed) and cook on high heat 10 minutes.

To serve, put a hot muffin on plate, split open and pour the hot sauce over.

Cream of Mushroom Soup

17 minutes



Main Ingredients:

6 cups sliced white mushrooms
1 celery stalk, diced
1 medium onion, diced
2 tbsp. low-sodium chicken bouillon concentrate
½ cup 2% milk
3 tbsp. cornstarch
3 tsp. flour

Dry Ingredients:

½ tsp. salt
¼ tsp. pepper
¼ tsp. granulated garlic

Liquid Ingredients:

6 cups water

In a small bowl mix cornstarch, flour and 2 ½ cups of water. Set aside for step 5.

- 1-** Place onions, mushrooms and ¼ cup water into base. Cover (valve closed) and cook on high heat 3 minutes.
- 2-** Stir in celery and ¼ cup water. Cover (valve closed) 3 minutes.
- 3-** Stir in remaining 3 cups water. Cover (valve closed) 7 minutes.
- 4-** Reduce heat to medium. Stir in cornstarch mixture. Cover (valve closed) 4 minutes.

Let sit 5 minutes.

Pour into a blender, add milk, bouillon and all the spices (salt, pepper and granulated garlic). Process until desired consistency. Reheat and serve.

Warranty Registration:

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5723-A Sunrise
Montreal, Quebec
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