



FlavorStone[®]

Diam[◇]nd Edition



THANK YOU

CONGRATULATIONS ON YOUR PURCHASE OF FLAVORSTONE® DIAMOND EDITION COOKWARE!

First and most importantly, thank you for purchasing FlavorStone® Diamond Edition Cookware! By doing so, you not only have a superb cooking vessel which will enrich and simplify your culinary endeavors, but you also have a unique piece of cookware that will give you the greatest pleasure and will last through years of use.

Millions of people enjoy the amazing, non-stick, original FlavorStone® Cookware. Now with the all new FlavorStone® Diamond Edition Cookware, cooking at home just got a whole lot easier! Its improved diamond particle infused surface is super durable and super non-stick. This means you can cook meals with little or no oil, and clean up is a breeze! The unique square design offers 27% more cooking surface than any round pan of the same size, so you can cook family sized meals with ease. The "easy-touch" removable handle lets you start a meal on the stove-top and finish it in the oven. This new feature also means that FlavorStone® Diamond Edition Cookware stores in just a fraction of the space of conventional cookware. Best of all, this new FlavorStone® Diamond Edition Cookware still has all the great features the original had: It's PFOA free, can be used on all types of cooking surfaces, heats evenly with no hot spots, saves energy because you only need medium or lower setting and makes clean up a breeze!

This recipe book contains 14 great recipes that are easy to follow and most importantly, they will take less time and energy to make because you will be using your new FlavorStone® Diamond Edition Cookware to make them.

Make sure to read the Cooking & Care Guide insert thoroughly prior to using your FlavorStone® Diamond Edition Cookware, and keep it near at hand, so that you will be able to refer to it on a regular basis.

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For even more top tips, videos and step by step family recipes and care instructions visit flavorstone.co.uk

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BREAKFAST



Frittata

Ingredients:

- 6 eggs
- 1/3 cup (80ml) milk
- 1 teaspoon (1.5g) dried basil
- 1 teaspoon (2.3g) onion powder
- 1 cup (150g) cherry tomatoes
- 1 cup (175g) diced peppers
- 1/2 onion, diced
- 2 green onions, chopped
- 1/2 cup (45g) grated cheese (optional)
- salt and pepper to taste

Preparation:

1. Pre-heat oven to 350°F/177°C.
2. On the stovetop, cook onions and peppers on medium heat until soft (about 5 minutes).
3. Stir in all other ingredients and cook on stovetop until edges of frittata start to pull from the sides of than pan (about 5-8 minutes).
4. Place pan in the middle rack of the oven and bake until the middle is completely set (about 15 minutes).
5. Remove from oven, let cool for about 10 minutes and serve.

Breakfast Casserole

Ingredients:

- 2 cups (450g) shredded potatoes
- 4 eggs
- 1 cup (237ml) milk
- 1/2 cup (90g) multi-colored bell peppers
- 1/2 cup (75g) onions
- 1/2 lb (227g) of browned turkey sausage
- 3/4 cup (42g) shredded cheddar cheese
- olive oil
- salt and pepper to taste

Preparation:

1. Pre-heat oven to 350°F/177°C.
2. On medium heat, lightly coat bottom of the Deluxe Deep Pan with olive oil.
3. Brown potatoes for 10 minutes and then flip.
4. In separate bowl, mix together eggs and milk.
5. Pour in eggs/milk mixture and add in peppers, onions, turkey sausage and cheese.
6. Bake in oven for 1 hour.

Sweet Potato Hash

Ingredients:

- 1/2 lb (227g) pound turkey bacon cut into 1/4inch (or 1/2cm) strips
- 2 medium onions, chopped
- 2 small jalapeno peppers, seeded and roughly chopped
- 1 large red bell pepper, julienned
- 2 lb (or 1kg) sweet potato, peeled and shredded
- 1 teaspoon (1g) Italian parsley and thyme, chopped

Preparation:

1. Pre-heat oven to 400°F/204°C.
2. Cook bacon over medium heat until crisp.
3. Add onion, bell pepper and salt and pepper, then sauté until onions are translucent (5-7 minutes).
4. Stir in sweet potatoes, then place in the pre-heated oven for 30 minutes or until browned to your liking.
Tip: For best results, stir occasionally for even browning.
5. Remove from oven, stir in thyme, parsley and pepper to taste.

POULTRY



Whole Chicken

Ingredients:

- 3-4 lb (1.4-1.8kg) whole chicken, giblets removed
- ½ cup (115g) cut potatoes
- ½ cup (75g) cut carrots
- ½ cup (115g) cut celery
- ½ cup (75g) onion sliced
- salt and pepper to taste
- 3 sprigs of thyme
- 1 sprig of rosemary

Preparation:

1. Pre-heat oven to 375°F (191°C).
2. Place vegetables in bottom of the Deluxe Deep Pan. Top with whole chicken.
3. Bake uncovered for 1 hour or until a minimum internal temperature of 180°/82°C.
4. Remove from heat, and baste with drippings.

Southern Skillet Chicken

Ingredients:

- 4 chicken breasts
- 1 sliced onion
- ½ cup (40g) sliced mushrooms
- ½ cup (56g) mozzarella shredded cheese
- salt and pepper to taste

Preparation:

1. On medium heat, brown chicken on one side for 10 minutes.
2. Flip chicken, add onions and mushrooms, then cover with lid.
3. Cook for an additional 10 minutes or until center is cooked through.
4. Remove lid and add shredded cheese.
5. Melt cheese in pre-heated 350°F (177°C) degree oven for 3 minutes.

Parmesan & Herb Chicken Fingers

Ingredients:

- olive oil or vegetable oil
- $\frac{2}{3}$ cup (100g) panko (Japanese style breadcrumbs)
- $\frac{1}{4}$ cup (22g) Parmesan cheese, grated
- 2 tablespoons (30g) chopped fresh parsley (optional)
- $\frac{1}{4}$ teaspoon (1.25g) ground black pepper
- 2 egg whites
- 1 lb (450g) chicken tenders

Preparation:

1. In a shallow bowl, stir together breadcrumbs, Parmesan cheese, parsley (if using), and pepper.
2. In another shallow bowl, whisk together mustard and egg whites until frothy and opaque.
3. Dip each chicken tender in egg white mixture, then in breadcrumb mixture to coat all sides.
4. Cook on medium heat, about 7 minutes per side, until breadcrumb coating is golden brown and crisp and chicken is no longer pink at the center.
5. Serve immediately.



Steakhouse Steak

Ingredients:

- 2 pcs 8 oz (227g) New York strip steaks
- 2 tablespoons (30ml) olive oil
- 2 tablespoons (34g) salt
- 2 tablespoons (14g) coarse black pepper
- 4 tablespoons (57g) butter

Preparation:

1. Pre-heat oven to 400°F/204°C.
2. Heat pan at medium heat on stovetop.
3. Pat steaks dry, then brush with olive oil and liberally season with salt and pepper.
4. Sear steaks on both sides (about 2 min per side).
5. Top each steak with 2 tablespoons of butter and place in pre-heated oven until the internal temperature reaches desired doneness:
 - Rare - 130°F/54°C
 - Medium - Rare - 140°F/60°C
 - Medium - 150°F/66°C
 - Well Done - 165°F/74°C
6. Let steaks rest for 5-10 minutes prior to serving.

Beef Pot Roast

Ingredients:

- 3 lb (1.36kg) beef rump roast
- ½ cup (75g) sliced carrots
- ½ cup (115g) cubed potatoes
- ¼ cup (40g) sliced onion
- ½ cup (60g) flour
- 1 cup (237ml) beef broth
- salt and pepper to taste

Preparation:

1. Pre-heat oven to 325°F/163°C.
2. In the Deluxe Deep Pan, season and sear roast on all sides.
3. Mix together broth and flour.
4. Add in carrots, potatoes and onions.
5. Place rump roast on top of vegetables.
6. Cook in oven for 2-3 hours or until the roast shreds with a fork. Baste with juices occasionally.

Beef Stroganoff

Ingredients:

- 12 oz (340g) cooked egg noodles
- 1 lb (0.9kg) ground beef
- ½ chopped onion
- 1 cup (80g) sliced mushrooms
- ¼ cup (57g) butter
- 1 cup (237ml) of milk

Preparation:

1. On medium heat, brown ground beef and chopped onion in the Deep Deluxe Pan, then drain.
2. Add in mushrooms and butter. Cook until butter melts and mushrooms are soft.
3. Add in milk and egg noodles. Stir together and cook for an additional 2-3 minutes.



FISH & SEAFOOD



Lemon Zest Salmon

Ingredients:

- salmon fillets
- ½ lemon to juice
- ½ lemon, sliced
- asparagus
- salt and pepper to taste

Preparation:

1. On medium-low heat, place salmon, skin side down, into pan, and let brown for 3-4 minutes.
2. Flip salmon and add asparagus. Then add in lemon slices and lemon juice. Cover and cook for an additional 3-4 minutes.
3. Plate salmon and asparagus and leave remaining juice in pan for next step.

Hollandaise Sauce

Ingredients:

- ½ cup (118ml) lemon juice
- 3 egg yolks
- ½ stick (57g) butter

Preparation Continued:

4. On low heat, leave remaining salmon/lemon juice mixture in pan.
5. Add in additional lemon juice and butter, and cook until butter melts.
6. Add egg yolks and whisk until mixture thickens (about 2 minutes).
7. Serve hot over salmon and asparagus.

Shrimp and Pasta

Ingredients:

- 1 ½ cups (300g) of medium shrimp shelled and deveined
- 3 cloves garlic minced or sliced
- ½ cup (75g) carrots, julienned
- 1 ½ cups (225g) peppers, julienned
- 2 medium shallots, sliced
- ¼ cup (40g) fresh basil or flat leaf parsley, chopped
- 1 tablespoon (15ml) olive oil
- soy sauce to taste
- 1 lb (450g) cooked angel hair pasta

Preparation:

1. Heat the Deluxe Deep Pan to medium heat.
2. Add shrimp, carrots, peppers, garlic, shallots, salt and pepper to taste.
3. Cook for 8 minutes, and then add soy sauce.
4. Garnish with basil or parsley.
5. Serve with angel hair pasta.

Mussels in White Wine Sauce

Ingredients:

- 2 lb (0.9kg) mussels
- ¼ cup (38g) chopped onion
- 4 garlic cloves, minced
- 2 tablespoons (28g) butter
- ½ lemon, squeezed
- 1 cup (237ml) white wine
- fresh parsley

Preparation:

1. On medium heat, using the Deluxe Deep Pan, melt butter, then sauté the onions and garlic.
2. Once the onions are translucent, add mussels and white wine.
3. Mix ingredients together, cover and cook until shells open (about 3 minutes).
4. Garnish with parsley to taste and serve with bread for dipping.

DESSERT



Skillet Apple Pie

Ingredients:

- 2 cups (350g) sliced apples
- ½ cup (113g) butter
- 1 cup (180g) brown sugar
- 1 cup (200g) sugar
- 2 teaspoon (11g) cinnamon
- 1 refrigerated pie crust

Preparation:

1. Pre-heat oven to 350°F/177°C.
2. Melt butter and brown sugar over medium heat until smooth in the Deluxe Deep Pan.
3. Add in sliced apples, sugar, and cinnamon.
4. Top with pie crust.
5. Bake in oven for 45 minutes.

Caramel Sauce

Ingredients:

- 2 cups (473ml) whipping cream
- 1 cup (225g) sugar
- ¼ cup (57g) unsalted butter

Preparation:

1. Over medium heat, bring cream, brown sugar and butter to boil in sauce pan, stirring frequently.
2. Reduce heat to low and simmer for about 15 minutes, until sauce thickens, stirring occasionally.



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