

Welcome to the family! You have made a wise decision in choosing to equip your kitchen with the Nutri-Stahl Cooking System. Your investment will in turn pay lifelong dividends in healthy, flavorful and cost-effective meals for you and your family. Please take a few minutes to read through use and care of your cookware.

## HOW TO USE

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### ① UNBOXING

Once you receive your cookware, please register your lifetime warranty online by visiting [www.nutristahl.com/warranty](http://www.nutristahl.com/warranty), so we can continue to make sure you have an exceptional cookware experience for generations to come.

Before first use, wash your new cookware with warm soapy water to remove any trace amounts of manufacturing oils or polishing compounds. Snap a picture of your new premium tools and tag us on social with #nutristahlcooking, too. We love seeing our customers taking steps to improve their family's health with our innovative cooking systems!

### ② COOKING

The Green Zone is the perfect zone! Cook your food on low-medium heat. When the TempAlert knob reaches the green zone turn the heat to low for air shrinkage, creating a semi-vacuum that seals aroma, moisture and most importantly, heat inside your cooking unit. By keeping energy and moisture sealed, your foods will cook faster and naturally be juicier and tender!

Skip the water, grease, fats or oils that steal your food's nutrients. Your foods will now retain up to 10x more nutrients than traditional food preparation by not boiling, steaming or microwaving away that goodness!

### ③ CLEANING & CARE

To maintain the beautiful finish of cookware and avoid unnecessary scratches, we recommend hand washing with hot soapy water and a soft blue scour scrub sponge to clean. If dishwasher use becomes necessary, these are dishwasher safe.

However, please understand over time dishwasher detergents will dull the finish of your cookware. TempAlert knobs must be removed prior to washing which can be challenging to reattach. Never use a steel wool sponge as it will scratch your cookware. If you see any burnt spots on pan from heat, use a Bar Keeper's Friend or Steel Glo cleanser to keep your skillets looking like new.

For video tutorials on how to use your new kitchen tools, check out [www.nutristahl.com](http://www.nutristahl.com).

## FAQS

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### Q: WHY AM I BURNING MY FOOD?

A: Your new Nutri-Stahl stainless steel cookware heats up much quicker than average cookware, since it conducts more heat. You must heat the pans on medium and no higher. When it's time to cook, turn the heat down to low.

### Q: HOW DO I GET MY REPLACEMENT PARTS?

A: Knobs and side handles are covered under the lifetime warranty. You are only responsible for the shipping cost of the replacement knob or side handle. To order replacements, please visit [www.nutristahl.com/warranty](http://www.nutristahl.com/warranty).

### Q: HOW DO I PREPARE FRESH OR FROZEN VEGETABLES?

A: Fill your unit at least 2/3 full with veggies in pot then, rinse well in cold water, pour off water and cover unit. When cooking, set unit on a similar sized burner. When heat indicator reaches 40-60 Celsius, reduce heat down to low. Most vegetables will take approximately 10-12 minutes per quart after reducing heat. See our cooking chart on back.

### Q: HOW DO I PREPARE MEATS WITHOUT OIL?

A: Preheat covered unit on medium heat for about 5 minutes. Flick some water from your hand onto the surface of the pan. When it beads up and rolls around like marbles, place meat or poultry into unit, press firmly, leaving the lid cracked open for approx. 4-6 minutes. Keep the heat at medium. Meat or poultry will adhere to skillet while searing. Lift cover and turn meat with fork/spatula and press down. Most chops, chicken, burgers, etc. need to cook for about 4-8 minutes per side. When cooking steaks, the average rule is 6 minutes per side.

# COOKING

## DETERMINING THE CORRECT COOKING TEMPERATURES:

Waterless cooking is a low-temperature method which can be used on any type of stove. Since the degree of heat on different stoves will vary, it may be necessary for you to experiment. However, by following these general rules, along with little practice at heat regulations and you'll be delighted at the results. Remember, waterless cooking is a low-temperature method and requires lower heat than ordinary cooking methods.

### MEDIUM HEAT

1. For Heating Utensils to brown or sear roasts.
2. For steaming dried foods over water until water boils.
3. For pan broiling thick steaks or chops (3/4" and thicker).

### LOW HEAT (OR SIMMER)

1. For cooking roasts after browning.
2. For cooking fresh vegetables and fruits after perfect cooking zone is reached.

## MEAT PREPARATION AND COOKING

Always preheat the skillet or grill pan on medium to heat. Check for desired temperature by sprinkling a little water in the pan. Water should pearl or bead if the pan is the correct temperature. If it just evaporates it is not hot enough yet. Pat the meat dry with a paper towel to prevent sticking. Place the meat in the pan and let fry for 5-8 minutes depending on the thickness of the meat. Turn the meat and continue to fry until desired preference is reached. Add seasonings or sauces before serving.

## VEGETABLE PREPARATION AND COOKING

Wash and remove vegetable blemishes. Do not peel unless recipe calls for it, doing so may cause a loss in food value. Place vegetables in unit at least 2/3 full. Add 1/4 cup of water and let sit for 5-10 minutes, then drain. This process freshens the vegetables while bringing back the natural moisture content and garden crispness. Cover and cook over medium heat until heat indicator reaches 40-60 Celsius, then turn heat to low. See cooking chart for temperature guidance.

FRESH VEGETABLES: COOKING TIME IN MINUTES ON LOW HEAT			
Asparagus	5 - 10	Onions (whole)	5 - 10
Beans, green or wax	10 - 15	Parsnips (sliced)	15 - 20
Beans, lima	35 - 39	Peas	10 - 15
Beets, whole	15 - 20	Potatoes, white (quartered)	20 - 25
Broccoli	10 - 15	Potatoes, sweet (top stove baked)	20 - 25
Brussel Sprouts	15 - 20	Potatoes, (baked) medium	50 - 55
Cabbage (shredded)	10 - 15	Spinach	5 - 8
Carrots (sliced)	15 - 20	Potatoes, summer (cubed)	15 - 20



## RECIPE FEATURE:

### HOT CRAB DIP

#### INGREDIENTS:

- ½ cup Parmesan cheese, grated
- 2 cups fat free or low-fat mayonnaise
- 1 6 ounce can Dungeness crab meat
- 1 green onion, diced
- 1 13-ounce jar artichoke hearts, drained and chopped
- ½ teaspoon cayenne pepper
- Tortilla chips

#### DIRECTIONS:

Combine Parmesan cheese, mayonnaise, crab and artichokes in stockpot, heat set at medium-low, about 15 minutes. Place crab mixture in serving bowl, top with green onions and cayenne pepper. Serve with tortilla chips.

For more recipes, visit our website at [www.nutristahl.com/recipes](http://www.nutristahl.com/recipes).