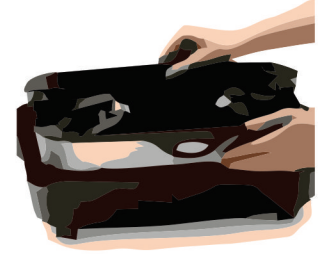


# E-Skillet Cooking

with Mark Kruer BRN 18757  
Rock Springs Int'l 2023



Equipment- I Use a 16" Presto Foldaway E-Skillet model as it stores nicely in our Airstream. I use a simple wire rack which expands the capability of the e-skillet to become an oven, as well as raise ,pizza, brownies, bacon and burgers off the skillet surface. I have found that I can grill, bake, smoke, slow cook, fry and do just about everything that a much heavier piece of cooking equipment can do.

## E-Skillet Pizza Recipe

### Ingredients

- 1 can of Pizza Crust, Thin or Reg
- 1 small jar pizza sauce -14 oz
- 1 teaspoon minced garlic
- 1 tablespoon of chopped onion
- 1 teaspoon of Italian Seasoning
- 2 cups mozzarella cheese - shredded
- 3 mushrooms - sliced -Optional
- ½ cup mini pepperoni slices
- ¼ cup oil-packed sun-dried tomatoes, drained and chopped
- Fresh Spinach 6 leaves -Optional
- Deli sliced Ham -Optional
- ¼ cup oil-packed sun-dried tomatoes - drained and chopped

### INSTRUCTIONS

Prepare and measure out all of the toppings ahead of time.

Preheat e-skillet to 375°F.

Open can of Pizza crust and spread over the bottom of the e-skillet

Cook for 1-3 minutes or until the bottom is golden. Lift crust up and place wire rack under the crust

Immediately add the sauce, Italian seasoning, cheese and other toppings.

Cover and cook for 5-7 minutes or until the cheese is melted and the bottom of the pizza is golden brown.

Transfer pizza carefully onto a cutting board. Let it rest for 1 minute. Slice into pieces and serve.

## E-Skillet Brownies

1 Box of Brownie Mix - Splurge!

2 Eggs

¼ Cup of oil

3 tbsp water

Mix per instructions

Set e-skillet to max temp 375

Use metal rack to elevate pan.

Use tooth pick to check doneness.

Cooking time will be longer but worth it.

## E-Skillet Chicken Enchiladas

### Ingredients

- 3 tbsp. olive oil
- 1 cup onions - finely chopped
- 1 jalapeno - half finely chopped + half thinly sliced for topping
- 3 cups tomato passata - or tomato sauce 1-1/2 cans
- 1 tbsp. Tabasco sauce
- 1 tbsp. taco seasoning
- 8-10 flour tortillas - (7" to 8")
- 2 cups chicken breast - cooked and shredded
- ½ cup black olives - sliced
- ½ cup green onions - finely chopped
- 1 cup cheddar cheese - shredded
- 1 cup mozzarella cheese - shredded
- 2 tbsp. fresh cilantro - chopped
- Salt and pepper - to taste

### INSTRUCTIONS

In a large e-skillet over medium-high heat (350°F), cook onion and chopped jalapeno with olive oil, stirring often until softened, about 5 minutes.

Turn the heat down to medium-low (250°F) and carefully add the tomato passata, Tabasco and taco seasoning. Cook with the lid on for 15 mins. Turn the electric skillet off.

Remove the sauce from the skillet. Season with salt and pepper to taste, if needed. Spread ½ cup of the sauce in the bottom of the electric skillet and reserve the rest.

Take each tortilla individually and dip them into the reserved sauce until thinly coated on both sides (it is helpful to have the sauce in a shallow dish for this part). Fill with chicken breast, black olives and green onions (reserving some of the black olives and green onions for topping). Top with grated cheddar. Roll them up. Then place them in the e-skillet, seam-side down.

Repeat with the remaining tortillas. Pour whatever sauce is remaining on top. Sprinkle on the rest of the cheeses, jalapeno slices, green onions and black olives.

Cook the enchiladas covered at 250°F for 20 minutes, or until bubbly. Sprinkle chopped cilantro on top. Serve.

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## E-Skillet Paella

### INGREDIENTS

2 (14 ounce) cans chicken broth  
3/4 cup white wine  
1/4 cup vermouth  
1 teaspoon turmeric  
2 teaspoons paprika  
1 lb boneless skinless chicken thighs, cut into strips  
1/2 lb Italian sausage, we prefer the hot type (2 links)  
1 tablespoon olive oil  
1 large green bell pepper, cut into thin slices  
1 large red bell pepper, cut into thin slices  
1 large white onion, halved and sliced thin  
2 jalapeno peppers, seeded and chopped  
5 cloves garlic, minced  
1 teaspoon thyme  
1 teaspoon oregano  
1/2 teaspoon ground coriander  
2 cups rice (short grain works best)  
1 lb medium shrimp, raw, shells and tails removed  
4 roma tomatoes, chopped  
1 1/2 cups fresh green beans or 1 1/2 cups frozen green beans, sliced into 1/2 inch pieces  
1/2 cup black olives, sliced

### INSTRUCTIONS

Add broth, wine, vermouth, turmeric, and paprika to a saucepan and bring to simmer, stirring occasionally.  
Squeeze sausage out of casings, break into dime-sized pieces, and brown in a large electric skillet – remove.  
Brown chicken strips – remove.  
Add olive oil and sauté onions, peppers, and garlic until limp.  
Don't overcook as the garlic will bitter.  
Stir spices into hot wine mixture.  
Return browned meat to skillet and pour in hot wine mixture – stir to blend.  
Bring to a low boil for 2-3 minutes then add the rice – stir gently to spread out the rice.  
Spread the shrimp, tomatoes, beans, and olives on top – use spatula to "tuck" the shrimp into the mixture – DO NOT STIR THE MIXTURE.  
Boil for 4-5 minutes, then cover (with lid vent closed).  
Turn heat down to 225-250 and simmer 20 minutes – DO NOT LIFT COVER OR STIR.  
Turn heat OFF and rest for 10 minutes – DO NOT LIFT COVER OR STIR.  
Ok, now you can peek- ENJOY!

## E-Skillet Smoked Honey-Mustard Glazed Salmon

### INGREDIENTS

1 lb. wild salmon fillets - with skin  
 3 tbsp. whole grain mustard  
 3 tbsp. liquid honey  
 1 tbsp. olive oil  
 1/4 cup fresh parsley - chopped  
 Salt and pepper - to taste

### INSTRUCTIONS

Heat e-skillet to 325°F.  
In a bowl, mix the mustard and honey. Reserve half of it for serving.  
Rinse the fillet, pat dry and place it on piece of foil, skin side down.  
Brush the other 1/2 of the honey-mustard glaze over the top of the salmon fillets (not the skin side).

Set up the e-skillet for smoking.  
Use the wire rack or make a riser out of aluminum foil. Cut a piece of heavy-duty aluminum foil 18 inches wide and 3 times as long as the width or diameter of the rack. Center the foil in the pan and press it against the surface. Sprinkle a large handful of fine hardwood smoking chips. Use only smoking fuel intended for cooking, either hardwood chips sold for grilling or special smoking dusts packaged by manufacturers of smokers. A delicious Chinese alternative is combining 1 heaping Tbsp. each raw rice, tea leaves and sugar; the mixture will smolder and release its own fragrant smoke. Place the chips or alternative mixture in the in the middle of the foil set the rack or riser on top. Set the e-skillet on 350 degrees F.

Bring the edges of the foil up and crimp together to form a tent over the fillet, allowing space for the smoke to circulate and leaving a small vent open.

Smoke the salmon  
Warm the e-skillet over medium-high heat until smoke begins to emerge from the vent. Reduce the heat to medium-low, crimp the vent closed and cook the salmon for about 10 minutes. Open the foil to check for doneness; the salmon should be opaque throughout. If necessary, reseal and continue to cook until done.

Divide the fillet into 4 portions or serve whole and carve at the table.

Serve with chopped fresh parsley and the rest of the honey-mustard glaze.