YIELD 2-3 SERVINGS
SETTING STEW
COOKING TEMPERATURE 194˚
COOKING TIME 1 HOUR
PREP TIME 15 MINUTES
TOTAL TIME 1 HOUR 15 MINUTES

INGREDIENTS

**Meatballs**
- 1 POUND GROUND BEEF
- ¼ CUP UNSEASONED BREADCRUMBS
- ¼ CUP GRATED PARMESAN CHEESE
- 1 LARGE EGG
- 1 TABLESPOON CHOPPED FRESH PARSLEY
- 1 TABLESPOON CHOPPED FRESH BASIL
- 2 LARGE GARLIC CLOVES, MINCED
- 1 TEASPOON KOSHER SALT
- 1 TEASPOON BLACK PEPPER

**Tomato Sauce**
- 1 MEDIUM YELLOW ONION, DICED
- 2 LARGE GARLIC CLOVES, MINCED
- 1 – 28 OUNCE CAN + 14.5 OUNCE CAN CRUSHED TOMATOES
- 2 TEASPOONS DRIED OREGANO
- 1 ½ TEASPOON KOSHER SALT
- 1 TEASPOON BLACK PEPPER
- ½ TEASPOON CRUSHED RED PEPPER

**Additional**
- ADDITIONAL PARMESAN CHEESE FOR SERVING
- FRESH BASIL FOR GARNISH
- ¼ BOX SPAGHETTI OR OTHER PREFERRED PASTA TYPE

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**Spaghetti and Meatballs**

**Directions**

In a medium bowl, combine the ground beef, breadcrumbs, parmesan cheese, egg, parsley, basil, garlic, salt and pepper. Mix well with a wooden spoon, or your hands but try not to overmix the meat or it will be tough. Grab about 2 tablespoons of meat and form into meatballs. You should end up with about 9. Set them aside. Insert the stirring arm into your robotic cooker, add the onions and cover the lid. Press the stew button and play button to begin cooking; the timer will be set to 1 hour. Cook the onions for 6-7 minutes or until they start to sweat and soften, then lift the lid to add in the garlic. Cook for another 3 minutes. At the 50 minute mark, press the pause button and then carefully add in the tomato sauce, oregano, salt, pepper and red pepper flakes. Arrange the meatballs in the pan. Cover the Robotic Cooker, press the stew button, then the set button to lower the temperature to 148 degrees. You may have to adjust the time down again to 50 minutes. Press play and continue cooking until the cooker beeps.

Bring a large pot of salted water to boil and cook the spaghetti or pasta of your choice according to the packaging directions. Drain and serve the meatballs and sauce over the pasta.
Balsamic Roasted Mushrooms

**Directions**

Remove the stems from the mushrooms and cut into quarters. Add them to the robotic cooker, fitted with the stirring arm and drizzle the extra virgin olive oil into the pan. Season with kosher salt and black pepper.

Set the Robotic Cooker to Stir Fry, press set twice, then use the (-) to reduce the time to 15 minutes. Press the play button and lower the cover to begin cooking. Once the timer has finished, the machine will beep. Add the minced garlic, balsamic vinegar and leaves from the sprigs of thyme. Press the Stir Fry button again, then the set button twice, and use the (-) to reduce the time to 5 minutes. Press play to finish cooking. When done, taste and adjust seasoning as preferred.

**Note:** These roasted mushrooms can be used to top burgers, steaks, as a side dish or to accompany the Goat Cheese Polenta (See recipe on page 4).

**INGREDIENTS**

- **16 OUNCES CRIMINI OR BABY BELLA MUSHROOMS, CLEANED**
- ½ **TABLESPOON EXTRA VIRGIN OLIVE OIL**
- 1 **LARGE GARLIC CLOVE, MINCED**
- 2 **TABLESPOONS BALSAMIC VINEGAR**
- 2 **SPRIGS FRESH THYME**
- KOSHER SALT AND BLACK PEPPER

**YIELD** 2-3 SERVINGS

**SETTING** STIR FRY

**COOKING TEMPERATURE** 428°F

**COOKING TIME** 20 MINUTES

**PREP TIME** 5 MINUTES

**TOTAL TIME** 25 MINUTES
Creamy Goat Cheese Polenta

**Directions**

In the Robotic Cooker fitted with the stirring arm add the polenta, water, salt and pepper and close the lid. Press the Stew button, then the set button twice, and use the (-) to reduce the time to 15 minutes. Press play to begin cooking. Once the time has ended the machine will beep.

Lift the cover, and with an oven glove remove the stirring arm and pan from the Robotic Cooker. Stir in the butter and goat cheese until completely melted. Taste and adjust the seasoning as needed. Transfer the polenta to a serving bowl and if desired, top with Balsamic Roasted Mushrooms (See recipe on page 3).

**INGREDIENTS**

- **Creamy Goat Cheese Polenta**
  - 1 CUP MEDIUM OR COARSE CORNMEAL/POLENTA
  - 4 CUPS WATER
  - 1 TEASPOON KOSHER SALT AND BLACK PEPPER
  - 2 TABLESPOONS UNSALTED BUTTER
  - 3.5 OUNCES GOAT CHEESE, ROOM TEMPERATURE

**YIELD** 4 SERVINGS  
**SETTING** STEW  
**COOKING TEMPERATURE** 198°  
**COOKING TIME** 15 MINUTES  
**PREP TIME** 5 MINUTES  
**TOTAL TIME** 20 MINUTES  

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Sausage and Vegetable Egg Scramble

**YIELD** 4 SERVINGS

**SETTING** STIR FRY

**COOKING TEMPERATURE** 428˚

**COOKING TIME** 25 MINUTES

**PREP TIME** 10-15 MINUTES

**TOTAL TIME** 40 MINUTES

**INGREDIENTS**

Sausage and Vegetable Egg Scramble

- 1 – 8 OUNCE PACKAGE BREAKFAST TURKEY, PORK OR CHICKEN SAUSAGE, CUT INTO ½ INCH PIECES
- 1 YELLOW AND 1 ORANGE BELL PEPPER, CUT INTO ½ INCH DICE
- 1 MEDIUM YELLOW ONION, DICED
- 1 SMALL ZUCCHINI, CUT INTO ½ INCH HALF MOON SLICES
- 8 LARGE EGGS
- 1 CUP FETA CHEESE
- KOSHER SALT AND BLACK PEPPER
- 1 HASS AVOCADO, SLICED

**Directions**

Place the diced breakfast sausage, bell peppers, onion and zucchini in the Robotic Cooker fitted with the stirring arm. Drizzle 1 tablespoon of extra virgin olive oil over it and season with salt and pepper. Press the Stir Fry button and press play to begin cooking. The time should automatically be set to 20 minutes. Once the time is complete the machine will beep.

In a medium bowl, combine the eggs and feta cheese and season with salt and pepper. Whisk together until the yolks are broken up and frothy. Pour the eggs into the Robotic Cooker, cover and press the Stir Fry button. Press set twice, then use the (−) to adjust the time down to 5 minutes. Press play to begin cooking. After 5 minutes you should have a soft scramble. If you prefer your eggs more well done, add an additional 1-2 minutes of cooking time. Lift the cover and scoop out the scramble into a serving bowl. Top with sliced avocado before serving.
Grilled Hamburgers
With Spinach and
Feta Yogurt Sauce

**Directions**

Divide the ground beef into two 8 ounce patties and generously season on both sides with kosher salt and black pepper. After seasoning, let them sit at room temperature for about 10 minutes. Place the hamburgers in the Robotic Cooker, close the lid and press the Grill button. Press the set button twice, then use the (-) to reduce the time to 15 minutes for rare, 17 minutes for medium-rare and 20 minutes for medium. Press play to begin cooking. Halfway through, lift the lid and very carefully flip the burgers. Lower the lid and finish cooking. When the time runs out the machine will beep. Remove the burgers and let sit, tented with foil for 5 minutes.

While the burgers are cooking, drizzle ½ tablespoon extra virgin olive oil into a medium sauté pan over medium heat. Add the minced garlic and cook for 20 seconds. Add the 4 cups of baby spinach and cook for 3-4 minutes or until it is wilted down. Remove from the heat and set aside. In a small bowl, combine the yogurt, lemon zest, juice, feta cheese and season with salt and pepper. To build your burgers, toast the buns and divide the spinach between both buns, placing it on the bottom. Place the burger on top of the spinach and top with the yogurt sauce and top half of the bun.

**INGREDIENTS**

**Grilled Hamburgers**
- 16 OUNCES GROUND BEEF
- KOSHER SALT AND BLACK PEPPER
- 4 CUPS BABY SPINACH, WASHED
- 1 LARGE GARLIC CLOVE, MINCED
- ½ TABLESPOON EXTRA VIRGIN OLIVE OIL

**Feta Yogurt Sauce**
- ½ CUP GREEK YOGURT
- JUICE AND ZEST FROM ½ LEMON
- 3 TABLESPOONS FETA CHEESE
- KOSHER SALT AND BLACK PEPPER

**HAMBURGER BUNS**

**YIELD 2 SERVINGS**

**SETTING GRILL**

**COOKING TEMPERATURE 428˚**

**COOKING TIME 15-20 MINUTES**

**PREP TIME 10 MINUTES**

**TOTAL TIME 30 MINUTES**
Seasoned French Fries

**Directions**

Scrub the potatoes and cut them into ¼ inch thick matchsticks, then place in a large bowl fill with cold water to soak for 20 minutes. Drain the water and completely dry the potatoes.

In a small bowl, combine the salt, paprika, chili powder, pepper, garlic powder and cumin. Toss the potatoes with the oil and seasoning and arrange in the Robotic Cooker pan with the removable stirring arm inserted. It is best to try and arrange the potatoes in a single layer if possible. Cover the Robotic Cooker and press the stir fry button, then the set button twice. Then use the (+) to adjust the time up to 45 minutes, and press play to begin cooking.

Once the machine beeps that it is finished, very carefully lift the lid and use tongs to remove the fries from the cooker. Season with salt and serve hot with your favorite dipping sauce. Wait until the machine is completely cool to remove the stirring arm to clean.

**INGREDIENTS**

- 2 LARGE RUSSET POTATOES
- 1 TABLESPOON CANOLA, GRAPESEED OR AVOCADO OIL
- 2 TEASPOONS KOSHER SALT
- 2 TEASPOONS PAPRIKA
- 1 ½ TEASPOONS CHILI POWDER
- 1 TEASPOON BLACK PEPPER
- 1 TEASPOON GARLIC POWDER
- ½ TEASPOON GROUND CUMIN

**YIELD** 4 SERVINGS

**SETTING** STIR FRY

**COOKING TEMPERATURE** 428°F

**COOKING TIME** 45 MINUTES

**PREP TIME** 30 MINUTES

**TOTAL TIME** 1 HOUR 15 MINUTES
Very Berry Apple Crisp

**Directions**

In a medium bowl, combine the chopped apples, mixed berries, cane sugar, lemon juice and cornstarch. Divide the filling between 6 and 4 ounce ramekins and set aside. In a small bowl combine the flour, oats, butter, brown sugar, cane sugar, cinnamon and salt. Using your fingers, work the butter into small pieces so that it resembles coarse meal or pebbles.

Top each of the ramekins with the topping and place in the Robotic Cooker pan. Cover the cooker and hit the grill button. Tap the set button twice, then use the (+) to adjust the time to 30 minutes, then press play. Once the cooking has finished, the Robotic Cooker will beep. Carefully lift the lid, and using a towel or pot holder remove the ramekins from the cooker. Let cool for 10-15 minutes before enjoying.

**INGREDIENTS**

- 2 GRANNY SMITH APPLES, PEELED, CORED AND DICED INTO ½ INCH PIECES
- 1 CUP FROZEN MIXED BERRIES
- 2 TABLESPOONS CANE SUGAR
- 1 TABLESPOONS LEMON JUICE
- 1 TEASPOON CORNSTARCH
- ½ CUP UNBLEACHED ALL-PURPOSE FLOUR
- ½ CUP OLD FASHIONED OATS
- 4 TABLESPOONS COLD UNSALTED BUTTER
- ¼ CUP LIGHT BROWN SUGAR
- 1 TABLESPOON CANE SUGAR
- ¼ TEASPOON GROUND CINNAMON
- PINCH OF SALT
Steamed Vegetable Medley

Directions

Pour in 1 cup of water into the pan and insert a steaming basket. Arrange the vegetables in the steamer and close the top of the cooker. Press the steam button, then the set button twice, and use the (−) to reduce the time to 15 minutes. Press play to start cooking. Once the cooker has finished, it will beep to notify you time as run out. If you prefer vegetables a little less al dente, adjust the cook time accordingly.

Very carefully lift the cover making sure to watch for steam, and remove the steaming basket. Transfer the vegetables to a platter and season with salt and pepper. Serve immediately. Let the cooker cool completely before removing the pan to clean.

YIELD 4 Servings
SETTING STEAM
COOKING TEMPERATURE 212°
COOKING TIME 15-20 MINUTES
PREP TIME 10 MINUTES
TOTAL TIME 30 MINUTES

INGREDIENTS

Steamed Vegetable Medley
1 Medium Zucchini, cut into ½ inch rounds
1 Cup Baby Carrots
1 Cup Green Beans, trimmed and halved

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Beef Stir Fry

**Directions**
Slice the flank steak against the grain into 1 inch thick strips and then cut the strips into 1 ½ to 2 inch sized pieces. In a zip top bag, add the soy sauce, rice wine vinegar, honey, sesame oil, minced ginger, garlic, white pepper, and chopped scallions. Add the steak to the marinade, seal the bag, releasing as much air as possible, and mix everything together.

Marinade the steak for at least 30 minutes or overnight. While the steak is marinating, prepare your vegetables. Cut the bell peppers into ¼ inch thick slices. Clean and remove the stems from the mushrooms before slicing them. When vegetables are ready to cook, insert the stirring arm into the Robotic Cooker and arrange the vegetables on the bottom of the pan. Remove the steak from the marinade and place on top of the vegetables. Discard any remaining marinade. Lower the lid, then press the stir fry button, then the play button to begin cooking. Once the Robotic Cooker is finished cooking it will beep. Carefully lift the lid and scoop out the beef and vegetables onto a serving platter. Serve over steamed rice.
Steamed Asparagus With Lemon Dill Butter and Poached Egg

YIELD 2 SERVINGS
SETTING STEAM
COOKING TEMPERATURE 212˚
COOKING TIME 12 MINUTES
PREP TIME 5 MINUTES

INGREDIENTS

Asparagus With Lemon Dill Butter and Poached Egg

1 POUND ASPARAGUS, ROUND ENDS TRIMMED
2 TABLESPOONS UNSALTED BUTTER
1 TABLESPOONS LEMON JUICE
1 TEASPOON FRESH DILL, CHOPPED
2 LARGE EGGS

Directions

Pour 2 cups of water in the pan of your Robotic Cooker and insert a steaming basket. Arrange the trimmed asparagus on the basket and close the lid. Press the steam button and set button twice, then use the (-) to reduce the time 12 minutes. When the cooking time is finished the machine will beep. Very carefully, lift the lid of the Robotic Cooker. Please be careful of steam and use a towel or pot holder to avoid any burns. Use tongs to remove the asparagus. Divide the asparagus between two plates and set aside. While the asparagus is cooking in a small pan or in your microwave, melt the butter and mix it with the lemon juice and dill. During this time, either poach or fry 2 eggs to be placed on top of the asparagus.

To serve, pour the sauce over the two plates and top each with an egg. If desired, sprinkle a little black pepper and sea salt on top before serving.