



FlavorCast™



RECIPE BOOK

BREAKFAST

BREAKFAST

Frittata
Breakfast Casserole
Sweet Potato Hash

POULTRY

Whole Chicken
Southern Skillet Chicken
Parmesan & Herb Chicken Fingers
Keto Fried Chicken

BEEF

Steakhouse Steak
Beef Pot Roast
Beef Stroganoff
Short Ribs in Guinness
Lasagna
Braised Beef Brisket

FISH & SEAFOOD

Lemon Zest Salmon with Asparagus and Hollandaise Sauce
Shrimp and Pasta
Mussels in White Wine Sauce

DESSERTS

Skillet Apple Pie
Caramel Sauce



Frittata



SERVING

8 PERSON



PREPARATION

10 MINUTS



COOKING

15 MINUTS



READY in

15 MINUTS

INGREDIENTS:

- 6 eggs
- $\frac{1}{3}$ 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
- $\frac{1}{2}$ onion, diced
- 2 green onions, chopped
- $\frac{1}{2}$ 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 the 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



Breakfast Casserole



SERVING
8 PERSON



PREPARATION
10 MINUTES



COOKING
15 MINUTES



READY in
15 MINUTES

INGREDIENTS:

- 2 cups (450g) shredded potatoes
- 4 eggs
- 1 cup (237ml) milk
- ½ cup (90g) multi-colored bell peppers
- ½ cup (75g) onions
- ½ lb (227g) of browned turkey sausage
- ¾ 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.

BREAKFAST



Sweet Potato Hash



SERVING
8 PERSON



PREPARATION
10 MINUTES



COOKING
15 MINUTES



READY in
15 MINUTES

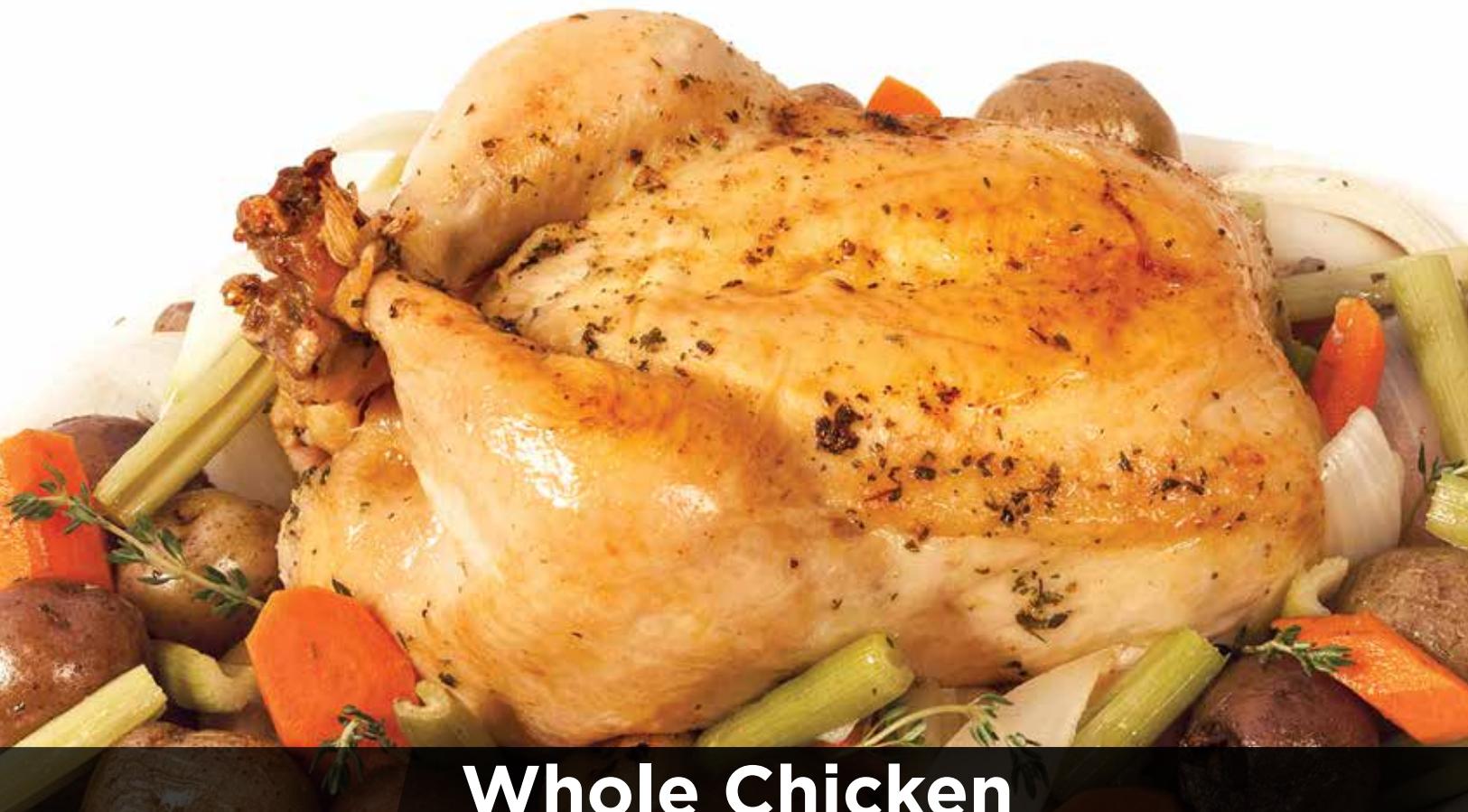
INGREDIENTS:

- ½ lb (227g) pound turkey bacon cut into ¼ inch (or ½cm) 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



SERVING
8 PERSON



PREPARATION
10 MINUTES



COOKING
15 MINUTES



READY in
15 MINUTES

- 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 Deep Deluxe Pan. Top with whole chicken.
 3. Bake uncovered for 1 hour or until a minimum internal temperature of 180°F/82°C.
 4. Remove from heat, and baste with drippings.

POULTRY



Southern Skillet Chicken



SERVING
8 PERSON



PREPARATION
10 MINUTES



COOKING
15 MINUTES



READY in
15 MINUTES

- 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.

POULTRY



Parmesan & Herb Chicken Fingers

SERVING
8 PERSONPREPARATION
10 MINUTESCOOKING
15 MINUTESREADY in
15 MINUTES**INGREDIENTS:**

- olive oil or vegetable oil
- 2/3 cup (100g) panko (Japanese style breadcrumbs)
- 1/4 cup (22g) Parmesan cheese, grated
- 2 tablespoons (30g) chopped fresh parsley (optional)
- 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.

POULTRY



Keto Fried Chicken

SERVING
8 PERSONPREPARATION
10 MINUTESCOOKING
15 MINUTESREADY in
15 MINUTES**INGREDIENTS:**

- 4 lb (1.8kg) whole chicken, cut into 8 pieces
- 5 oz (150g) bag BBQ pork rinds
- ¾ cup (67g) parmesan cheese
- 1 cup (96g) almond flour
- 1 cup (237ml) heavy cream
- 2 eggs

PREPARATION:

1. Set oven to start pre-heating to 375°F/190°C. While the oven pre-heats, prepare the chicken as follows.
2. Place pork rinds in a food processor to grind.
3. Then, in a shallow dish, mix pork rinds and parmesan cheese together.
4. In another shallow dish mix the eggs and heavy cream together.
5. Place almond flower into a third dish.
6. Begin dredging procedure. Dip each piece of chicken, one by one, into the almond flour, then the egg mixture, and finally into the pork rinds.
7. Brown each fully coated piece of chicken in your FlavorCast™ Deep Deluxe Pan.
8. Once this is done with all 8 pieces of chicken, place all of it back into your FlavorCast™ Deep Deluxe Pan and finish it off in the preheated oven for 30 minutes.

POULTRY



Chicken Soup



SERVING
8 PERSON



PREPARATION
10 MINUTES



COOKING
15 MINUTES



READY in
15 MINUTES

INGREDIENTS:

- 5 lb (2.3kg) chicken, cut into 8 sections
- 5 carrots, cut into ½ inch (or 1cm) pieces
- 4 celery, cut into ½ inch (or 1cm) pieces
- 1 white onion, quartered
- 1 teaspoon (6g) salt
- 1 teaspoon (2.3g) pepper
- 3 sprigs of thyme
- 3 sprigs of cilantro
- 1 bay leaf
- 1 teaspoon (5g) chicken bouillon
- 2 cups (134g) of kale, chopped
- 1 pc 15.5 oz (439g) can of kidney beans

PREPARATION:

1. Add all ingredients to the FlavorCast™ Deluxe Deep Pan, except the kidney beans, along with enough water to cover all the ingredients. Then simmer uncovered for about 90 minutes, until the chicken falls off the bone.
2. Remove the chicken from the pan, cool slightly, then remove the meat from the bone.
3. Skim off the fat from the broth, remove the vegetables and chop carrots and celery.
4. Strain the broth. Return the chopped vegetables, chicken and kale to the broth and add kidney beans.

BEEF



Steakhouse Steak



SERVING
8 PERSON



PREPARATION
10 MINUTES



COOKING
15 MINUTES



READY in
15 MINUTES

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



Beef Pot Roast



SERVING
8 PERSON



PREPARATION
10 MINUTES



COOKING
15 MINUTES



READY in
15 MINUTES

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 Deep Deluxe 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



Beef Stroganoff



SERVING
8 PERSON



PREPARATION
10 MINUTES



COOKING
15 MINUTES



READY in
15 MINUTES

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.

BEEF



Short Ribs in Guinness



SERVING
8 PERSON



PREPARATION
10 MINUTES



COOKING
15 MINUTES



READY in
15 MINUTES

INGREDIENTS:

- 4 lb (1.8kg) bone in beef short ribs
- ¼ teaspoon (1.5g) salt
- ¼ teaspoon (0.6g) pepper
- 1 large white onion, sliced
- 3 cloves of garlic
- 4 cups (946ml) Guinness beer (or another comparable dark brew)
- 3 sprigs of thyme

PREPARATION:

1. Set oven to start pre-heating to 325°F/163°C. While the oven pre-heats, prepare the ribs as follows.
2. Season short ribs with salt and pepper.
3. In batches, brown the short ribs in the FlavorCast™ Deep Deluxe Pan and then return all back into the pan.
4. Add onions, garlic, Guinness and thyme sprigs and bring to a simmer.
5. Cover the pan with aluminum foil, place into the pre-heated oven and cook for 2½ hours.

BEEF



Lasagna



SERVING
8 PERSON



PREPARATION
10 MINUTES



COOKING
15 MINUTES



READY in
15 MINUTES

INGREDIENTS:

- 1 pack of ready lasagna sheets from refrigerator section
- 1 lb (or 500g) ground beef
- 2 pc 24 oz (710ml) jars of marinara sauce
- 30 oz (850g) ricotta cheese
- 4 cups (900g) mozzarella cheese, shredded
- 1 cup (90g) parmesan cheese
- 1 egg
- 1 teaspoon (4g) sugar
- ½ cup (10g) basil leaves, sliced

PREPARATION:

1. Set oven to start pre-heating to 375°F/190°C. While the oven pre-heats, prepare the lasagna as follows.
2. Brown ground beef in FlavorCast™ Deep Deluxe Pan.
3. Add 2 cups (473ml) of marinara sauce and stir in to make the meat sauce. Then remove the meat sauce from the pan, place it in a separate bowl and wipe the pan clean.
4. In another bowl, mix all of the ricotta, 2 cups (450g) of mozzarella cheese and ½ cup (45g) of parmesan cheese.
5. Start layering the lasagna into the clean FlavorCast™ Deep Deluxe Pan. Add some marinara sauce on the bottom, lay down the lasagna sheet(s) to cover the base of the pan and top with a layer of the meat sauce. Next, lay down another layer of lasagna sheet(s), add a layer of the cheese mixture on top, and add a little marinara sauce.
6. Keep repeating step 5, alternating the meat sauce and cheese mixture layers with lasagna sheet layers in between and ending with a lasagna sheet layer.
7. Top the last lasagna sheet layer with marinara sauce and the remainder of the mozzarella cheese and parmesan cheese.
8. Cover the pan with aluminum foil, place into the pre-heated oven and bake for 40 minutes.

BEEF



Braised Beef Brisket



SERVING
8 PERSON



PREPARATION
10 MINUTES



COOKING
15 MINUTES



READY in
15 MINUTES

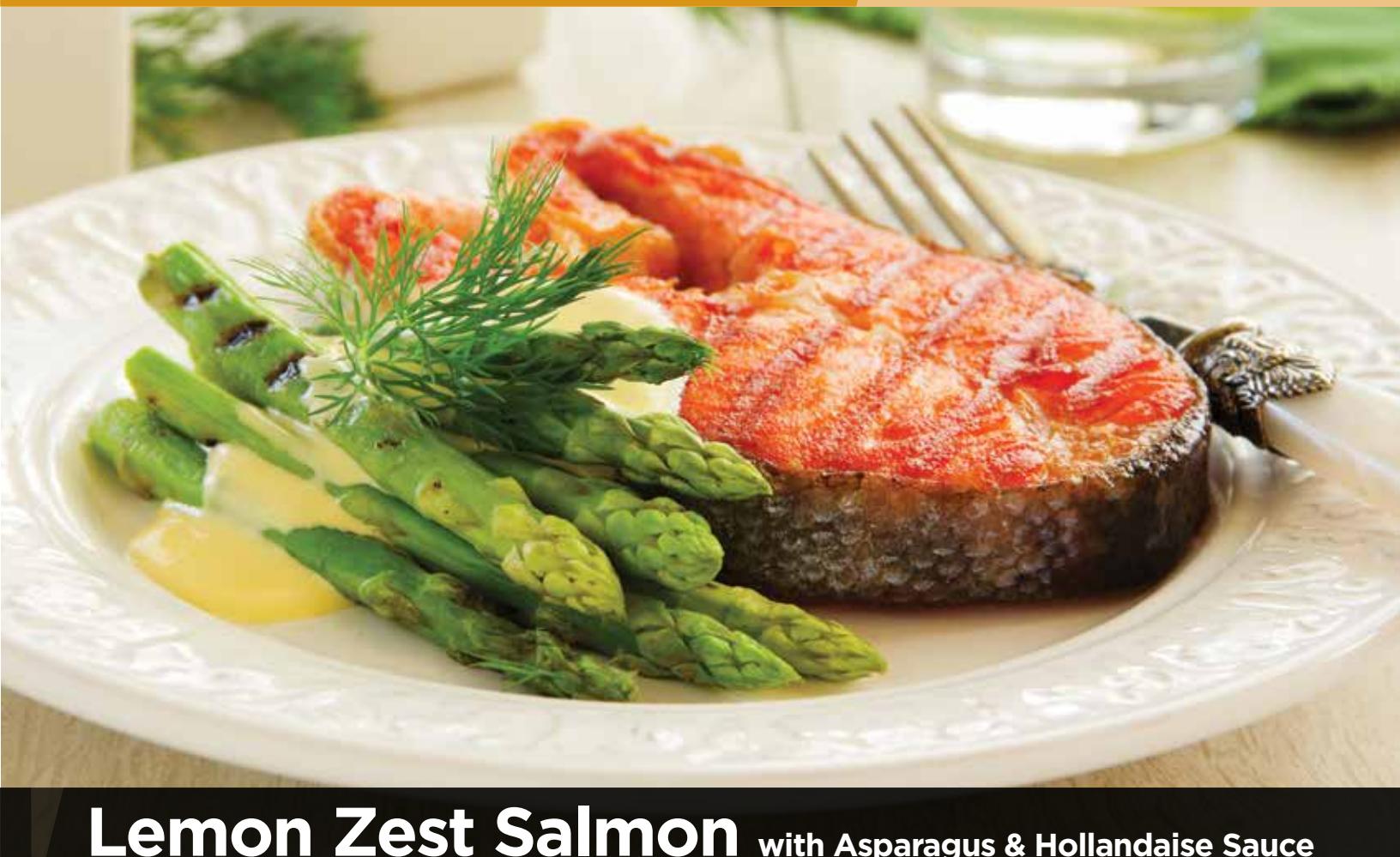
INGREDIENTS:

- 4 lb (1.8kg) beef brisket, 1st cut
- ¼ teaspoon (1.5g) salt
- ¼ teaspoon (0.6g) pepper
- 3 cloves of garlic
- 2 red onions, quartered
- 1 bay leaf
- 3 sprigs of parsley
- 3 sprigs of rosemary
- 2 cups (473ml) beef broth
- 2 cups (256g) carrots, chopped
- 1 cup (100g) celery, chopped

PREPARATION:

1. Set oven to start pre-heating to 325°F/163°C. While the oven pre-heats, prepare the brisket as follows.
2. Season the brisket with salt and pepper.
3. Brown both sides in the FlavorCast™ Deep Deluxe Pan.
4. Add garlic, onions, bay leaf, parsley, rosemary and broth to the pan and bring to a simmer.
5. Cover the pan with aluminum foil, place into the pre-heated oven and cook for 2½ hrs.
6. After 2½ hours, add the carrots and celery and continue cooking in the oven for another hour.

FISH & SEAFOOD



Lemon Zest Salmon with Asparagus & Hollandaise Sauce



SERVING
8 PERSON



PREPARATION
10 MINUTES



COOKING
15 MINUTES



READY in
15 MINUTES

Lemon Zest Salmon

INGREDIENTS:

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

Hollandaise Sauce

INGREDIENTS:

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

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.

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.

FISH & SEAFOOD



Shrimp and Pasta



SERVING
8 PERSON



PREPARATION
10 MINUTES



COOKING
15 MINUTES



READY in
15 MINUTES

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 Deep Deluxe 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.

FISH & SEAFOOD



Mussels in White Wine Sauce



SERVING
8 PERSON



PREPARATION
10 MINUTES



COOKING
15 MINUTES



READY in
15 MINUTES

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 Deep Deluxe 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.

DESSERTS



Skillet Apple Pie



SERVING
8 PERSON



PREPARATION
10 MINUTES



COOKING
15 MINUTES



READY in
15 MINUTES

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 Deep Deluxe Pan.
3. Add in sliced apples, sugar, and cinnamon.
4. Top with pie crust.
5. Bake in oven for 45 minutes.

DESSERTS



Caramel Sauce



SERVING
8 PERSON



PREPARATION
10 MINUTES



COOKING
15 MINUTES



READY in
15 MINUTES

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.

NOTES

NOTES



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