

Deep Covered Baker Recipes

Table of Contents

Deep Covered Baker Recipes	1
Table of Contents	1
30 Minute Chicken	2
Goulash	2
Bachelors Roast	3
Smothered Chicken with Garlic	3
Caramel Apple Bread Pudding	4
Apple Blossom Garnishes	5
Juiciest Roast Chicken	5
Roasted Pork & Potato Duet	6
Microwave Quick Turkey Chili	6
Barbecue Pork Tenderloin	7
Variations	8
Easy meals to make with the Barbecue Pork Tenderloin recipe.	8



30 Minute Chicken

Ingredients

1 4-5 pound chicken

Pampered Chef or McCormick seasonings

Directions

1. Wash chicken (4-5 pound) place in deep covered baker.
2. Sprinkle with favorite PC seasoning or McCormick rotisserie chicken seasoning
3. Put lid on baker
4. Microwave 30 minutes
5. Place deep covered baker on new trivet with silicone mitts
6. Use digital thermometer to make sure done.
7. Place chicken on large grooved board (will FILL with juices) or carving board using meat lifters
8. Cut up using utility knife
9. Put pieces back into baker with chef's tongs and let people serve themselves with them.

Goulash

Ingredients:

- 1 lb. ground beef, cooked in Family Skillet
- 1 cup onions chopped and sautéed
- 2 cups home canned tomatoes or diced variety from store
- 2 cups Elbow Macaroni (cook according to box)
- Drain and add to meat mixture, salt and pepper to taste
- 8 oz. Velveeta Cheese cut in chunks and stirred into mixture after you have added the cooked macaroni

Directions

1. Pour mixture into Oval Baker or Deep Covered Baker.
2. Top with slices of Velveeta cheese.
3. Bake in 350 degree oven until top is bubbly, (approximately 30 minutes).



Bachelors Roast

Ingredients

1 3-pound roast
1-2 onions
1 can of coke
2 cups of catsup

Directions

1. Place roast (about 3 pounds) in deep covered baker.
2. Add onions and/or fresh pressed garlic.
3. Pour 1 can of coke and 2 cups of catsup over it.
4. Put the lid on.
5. Cook for about 30 minutes/pound.

Cook's Tip: If there are any leftovers, just shred and mix with the sauce and you have BBQ for a couple of meals.

Smothered Chicken with Garlic

Ingredients

3 tbsp (45 ml) fresh rosemary or 1 tbsp (15 ml) dried rosemary, divided
1/2 tsp (2 ml) paprika
1/2 tsp (2 ml) salt
1/4 tsp (1 ml) ground black pepper
1 whole chicken (about 4 lb/1.8 kg)
1 lemon, cut into quarters
1 tbsp (15 ml) olive oil
2 heads garlic, peeled (about 40 cloves)

Directions

1. Preheat oven to 375°F (190°C). Lightly spray Deep Covered Baker with oil. Combine half of the rosemary with paprika, salt and black pepper in small bowl; set aside. Remove and discard giblets and neck from chicken cavity. Rinse chicken with cold water; pat dry with paper towels. Trim excess fat, if necessary. Place lemon quarters and remaining rosemary inside cavity of chicken. Tie ends of legs together with cotton string. Lift wing tips up toward neck, then tuck under back of chicken. Place chicken breast side up into baker.
2. Brush outside of chicken with oil; coat completely with seasoning mixture. Arrange garlic around chicken. Bake covered for 60 minutes. Carefully remove lid and continue roasting 25 -35 minutes or until Pocket Thermometer registers 180°F (82°C) in thickest part of thigh and juices run clear. Remove chicken from baker; let stand 10 minutes before carving. Remove garlic from drippings; serve with chicken.

Yield: 4-6 servings

Nutrients per serving: Calories 600, Total Fat 35 g, Saturated Fat 9 g, Cholesterol 180 mg, Carbohydrate 11 g, Protein 58 g, Sodium 470 mg, Fiber 1 g



Caramel Apple Bread Pudding

Ingredients

- 1 loaf (16 ounces) egg bread, such as challah (about 12 cups cubed)
- 3 red baking apples such as Jonathan
- 1 lemon
- 1 tablespoon butter
- 2 cups plus 1 tablespoon milk, divided
- 1 cup heavy whipping cream
- 6 eggs, lightly beaten
- 1/2 cup firmly packed brown sugar
- 1 teaspoon Double-Strength Vanilla
- 1/4 teaspoon salt
- 1 package (14 ounces) caramels (about 48), unwrapped
- 1/2 cup toasted pecan halves
- Apple Blossom Garnishes (optional)

Directions

1. Lightly spray Deep Covered Baker with vegetable oil using Kitchen Spritzer. Slice bread into 1 - inch cubes using Bread Knife; set aside. Peel, core and slice apples using Apple Peeler/Corer/Slicer; cut slices into quarters using Utility Knife. Zest lemon using Microplane® Adjustable Grater to measure 1 teaspoon zest. Juice lemon using Juicer to measure 1 tablespoon juice. Melt butter in (10-in.) Skillet. Add apples, lemon zest and juice; cook and stir 3 -4 minutes or until apples are softened.
2. Meanwhile, combine 2 cups of the milk and cream in Easy Read Measuring Cup. Microwave on HIGH 2-3 minutes or until hot. In Stainless (6-qt.) Mixing Bowl, combine eggs, brown sugar, vanilla and salt; mix until well blended using Mix 'N Masher. Gradually add milk mixture to eggs while continually whisking. Gently stir bread cubes into milk mixture; toss gently to coat using Small Mix 'N Scraper®.
3. Place caramels and remaining 1 tablespoon milk in Large Micro -Cooker®. Microwave, uncovered, on HIGH 1-2 minutes or until melted and smooth, stirring after each 30-second interval. Set aside 1/4 cup of the caramel mixture. To assemble bread pudding, place half of the bread mixture into baker. Top with half of the apples and drizzle with remaining caramel. Top with remaining bread mixture and apples. Cover baker and microwave on HIGH 15-16 minutes or until Pocket Thermometer registers 155°F in center; let stand, covered, 10 minutes in microwave. (Temperature will rise to at least 160°F.) Uncover baker and drizzle with reserved caramel. Coarsely chop pecans using Chef's Knife; sprinkle over bread pudding. Serve immediately with Apple Blossom Garnishes, if desired.

Yield: 16 servings

Nutrients per serving: Calories 350, Total Fat 15 g, Saturated Fat 6 g, Cholesterol 120 mg, Carbohydrate 45 g, Protein 8 g, Sodium 300 mg, Fiber 1 g

Cook's Tip: If desired, 2 teaspoons vanilla can be substituted for the Double -Strength Vanilla.

To toast pecans, spread over bottom of Small Oval Baker. Microwave on HIGH 2 -3 minutes or until fragrant and lightly toasted, stirring after each 30-second interval.

For a quick sauce, melt vanilla ice cream and spoon onto serving plates. Top with bread pudding.



Apple Blossom Garnishes

Cut 1 red baking apple in half lengthwise using Santoku Knife; remove stem and seeds using Cook's Corer®. Cut each apple half crosswise into 1/4 -inch-thick slices, place cut side down into Small Oval Baker, keeping apple halves together. Microwave on HIGH 2 -2 1/2 minutes or until apple slices are softened. Roll up two apple slices together to create ea ch blossom shape.

© The Pampered Chef, Ltd., 2001

Juiciest Roast Chicken

Ingredients

- 1 tablespoon all-purpose flour
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 1/4 teaspoon dried thyme leaves
- 1 whole chicken (3 1/2-4 1/2 pounds)
- 1 tablespoon olive oil

Directions

1. Preheat oven to 450°F. Lightly spray Deep Covered Baker with oil using Kitchen Spritzer. Combine flour, garlic powder, paprika, salt, black pepper and thyme in Prep Bowl; mix well. Remove and discard giblets and neck from chicken cavity. Rinse chicken with cold water; pat dry with paper towels. Trim excess fat using Kitchen Shears, if necessary. Tie ends of legs together with cotton string. Lift wing tips up toward neck, then tuck under back of chicken.
2. Brush outside of chicken with oil using Chef's Silicone Basting Brush; coat completely with seasoning mixture. Place chicken, breast side up, in baker. Roast, uncovered, 50 -60 minutes or until Pocket Thermometer registers 180°F in thickest part of thigh and juices run clear. Remove from oven; let chicken stand 10 minutes before carving.

Yield: 4-6 servings

Nutrients per serving: Calories 500, Total Fat 31 g, Saturated Fat 8 g, Cholesterol 155 mg, Carbohydrate 2 g, Protein 50 g, Sodium 440 mg, Fiber 0 g

Cook's Tip: A 4-pound chicken will yield about 3 cups of cooked meat and is the perfect starting point for Portobello-Chicken Panini, Gruyère Chicken en Croûte or Harvest Chicken Salad.

© The Pampered Chef, Ltd., 2001



Roasted Pork & Potato Duet

Ingredients

2 teaspoons rubbed sage
1 garlic clove, pressed
1 teaspoon dried thyme leaves
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 center loin pork roast, rolled and tied (3 1/2 -4 pounds)
1 1/2 pounds sweet potatoes cut into fourths (2 -3 large)
1 1/2 pounds russet potatoes cut into large chunks (3 -4 medium)

Directions

1. Preheat oven to 350°F.
2. In Small Batter Bowl, combine sage, garlic, thyme, salt and black pepper.
3. Rub all but 2 teaspoons of the herb mixture evenly over the surface of pork roast.
4. Place roast in Deep Covered Baker.
5. Toss potatoes with remaining herb mixture; arrange potatoes around roast.
6. Cover with Lid.
7. Bake 1 hour, 15 minutes.
8. Using Oven Mitts, pull out oven rack and carefully remove Lid, lifting away from you.
9. Bake roast and potatoes, uncovered, 15 -30 minutes or until Pocket Thermometer inserted into meat registers 155°F for medium or 165°F for well done.
10. Remove potatoes to serving platter; set aside.
11. Remove roast to cutting board.
12. Loosely tent with aluminum foil.
13. Let roast stand 10 minutes before carving.

Yield: 10 servings

Microwave Quick Turkey Chili

This quick and easy turkey chili is packed with flavor and can be made in less than 30 minutes.

Ingredients

1 jalapeño pepper, seeded and chopped	2 tablespoons all-purpose flour
1 cup diced green bell pepper	1 can (28 ounces) diced tomatoes, un-drained
1 pound 99% lean ground turkey	1 can (15 ounces) black beans, drained and rinsed
2 tablespoons olive or canola oil	1 can (16 ounces) chili beans in sauce, un-drained
3 garlic cloves, pressed	1/2 cup hot water
3/4 teaspoon salt	
2 tablespoons Southwestern Seasoning Mix	



Directions

1. Using Food Chopper, chop onion and jalapeño pepper. Dice bell pepper using Santoku Knife. Place vegetables in Deep Covered Baker; microwave, uncovered, on HIGH 4 -5 minutes or until tender.
2. Add turkey, oil, garlic and salt; mix well. Microwave, uncovered, an additional 5 -6 minutes, stirring halfway through and breaking turkey mixture into crumbles.
3. Add seasoning mix and flour; mix well to coat. Stir in tomatoes, beans and water. Microwave, uncovered, an additional 12-14 minutes or until slightly thickened, stirring once halfway through cooking.

Yield: 6 servings

(Light) **Nutrients per serving:** Calories 280, Total Fat 6 g, Saturated Fat 0 g, Cholesterol 30 mg, Carbohydrate 27 g, Protein 25 g, Sodium 970 mg, Fiber 8 g

Barbecue Pork Tenderloin

Our Deep Covered Baker allows you to cook a pork tenderloin in the microwave, giving you a head start on speedy sandwiches and salads.

Ingredients

1 pork tenderloin (about 1 pound)
1 tablespoon vegetable oil
2 tablespoons Sweet & Smoky Barbecue Rub

Directions

On Large Grooved Cutting Board, trim fat and silver skin from pork tenderloin using Utility Knife. Brush pork with oil using Chef's Silicone Basting Brush. Place pork into Deep Covered Baker, tucking smaller end under to create a uniform thickness. Evenly rub pork with barbecue rub.

Cover baker; microwave on HIGH 6-10 minutes, checking temperature at 6 minutes and then at every 2-minute interval or until Pocket Thermometer registers 150 °F. Remove baker from microwave; let stand, covered, 10 minutes (temperature will rise to 160 °F for medium doneness).

Yield: 4 servings

Nutrients per serving: Calories 190, Total Fat 10 g, Saturated Fat 2.5 g, Cholesterol 75 mg, Carbohydrate 0 g, Protein 23 g, Sodium 300 mg, Fiber 0 g

Cook's Tip: This recipe can be doubled easily. Place two tenderloins in Deep Covered Baker; microwave on HIGH 8-12 minutes as directed above.



Variations

Here are other flavor variations which use the pork tenderloin cooked in the Deep Covered Baker.

Jerk Pork Tenderloin with Rice:

Slice 1 medium red bell pepper into thin strips, arrange evenly over bottom of baker. Prepare pork as directed, substituting Jamaican Jerk Rub for the barbecue rub. Slice pork; serve over rice. Sprinkle with sliced green onions.

Southwest Pork Fajitas:

Slice 1 medium onion and 1 medium green bell pepper; arrange evenly over bottom of baker. Add 1 pressed garlic clove to baker. Prepare pork as directed, substituting Southwestern Seasoning Mix for barbecue rub. Slice pork into strips, return to baker and toss with onion and pepper. Serve with warm tortillas. Garnish with shredded cheese, salsa, sour cream and guacamole, if desired.

Easy meals to make with the Barbecue Pork Tenderloin recipe.

Miniature Barbecue Pork Sandwiches

Cut 1 medium onion into ¼-inch-thick slices. Arrange onion slices over bottom of baker. Prepare pork as directed above; place over onion slices and microwave as directed. Cut pork into ¼-inch-thick slices. Arrange sliced pork evenly on 8 small rolls; top pork with onions. Spread about 1 teaspoon Smoky Barbecue Sauce over top half of each roll; top sandwiches and serve. An excellent topping for these sandwiches is Onion-Cranberry Marmalade from The Pampered Chef® Cooking for Two & More. For other unique flavors, substitute Citrus & Basil Rub or Crushed Peppercorn & Garlic Rub for barbecue rub and top with Roasted Red Pepper Aioli from The Pampered Chef® Season's Best® Recipe Collection.

Yield: 8 mini sandwiches

Nutrients per serving (1 mini sandwich): Calories 200, Total Fat 6 g, Saturated Fat 1.5 g, Cholesterol 35 mg, Carbohydrate 20 g, Protein 15 g, Sodium 380 mg, Fiber 1 g

Barbecue Pork Salad

Prepare pork as directed. For dressing, combine ¼ cup ranch salad dressing and 1 teaspoon Sweet & Smoky Barbecue Rub. Cut pork into strips. Thinly slice half of a medium red onion. In Simple Additions® Dots Large Round Bowl, combine 1 package (7 ounces) iceberg lettuce salad mix and 2 cups coleslaw mix; top with onion, 1 cup thawed frozen corn and pork. Drizzle with dressing.

Yield: 4 servings

Nutrients per serving: Calories 320, Total Fat 18 g, Saturated Fat 3.5 g, Cholesterol 80 mg, Carbohydrate 15 g, Protein 26 g, Sodium 500 mg, Fiber 3 g

