

## 1 Year Limited Warranty

Course Housewares, LLC warrants this Cook's Companion® cookware product to be free from manufacturer defect for up to 1 year from the original date of purchase. If a defect is found to exist, Course Housewares will, at its option, either repair or replace the product or the defective component, including labor. Replacement will be made with new or rebuilt product or components. This warranty does NOT cover (a) ordinary wear and tear (such as scratches, chips or stains), (b) impact damage or breakage, (c) heat discoloration, minor imperfections and slight color variations in the enamel or metals, which are a normal part of the craftsmanship, (d) extreme temperature changes (such as pre-heating cookware empty, letting liquids boil dry, immersing hot pot or lid into cold water) or resulting damage to the pot and/or other property, (e) improper cleaning methods causing scratches, or (f) accessories, even if sold with the cookware, (g) any unit that has been tampered with, (h) damages incurred through improper use and care and (i) faulty packaging by you or mishandling by any common carrier. Failure to follow the accompanying Care and Use instructions or commercial use will void this warranty.

Course Housewares' sole obligation and your exclusive remedy under this warranty is limited to repair or replacement, at its option, of the defective cookware. You will be responsible for any shipping and handling fees. Products returned to us that are not found to be defective in material or workmanship will be returned to you. If your particular product is found defective but is no longer available and cannot be repaired, a comparable product, at our discretion, will be sent as a replacement. This warranty extends only to the product's original purchaser, US residents only and does not cover damage caused by improper use or accidental damage. This warranty covers the cookware only.

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Some states do not allow limitations on how long an implied warranty lasts or the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may have other legal rights, which vary from State to State.

To Process a claim:

Do not return the product to the retailer from which it was purchased. Your retailer has no liability for this warranty. Please contact Course Housewares' customer service department for assistance and to ensure the fastest possible resolution to the problem. Please have your purchase information available to speed this process.

OR

Send your name, physical address, phone number, original purchase receipt and the safely packaged item prepaid to:

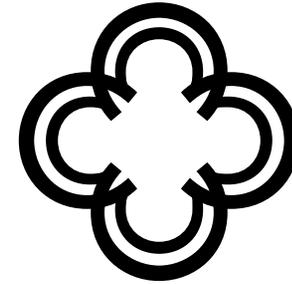
Course Housewares, LLC  
1715 Lake Drive West  
Chanhassen, MN 55317  
(866) 325-1659

Return shipping and handling charges may apply.

MADE IN CHINA

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**Patent Pending**



# COOK'S COMPANION®

## Proaster



**Patent Pending**



## PLEASE READ BEFORE USE AND SAVE THESE INSTRUCTIONS

*Thank you for purchasing Cook's Companion® Proaster. The interior uses PFOA/PTFE free Ceramic Coating. Cook's Companion® will perform best when used as intended. To ensure the best performance of your cookware, please consistently follow these instructions.*

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### Your Cook's Companion® Proaster includes:

9QT. Oval Proaster Base

3.5 QT. Oval Grill/Lid

2 Silicone Locks

1 Replacement Silicone Gasket for Grill/ Pressure Cooking Lid



9QT BASE



Grill/Lid



Silicone Locks



Replacement Gasket

### GETTING STARTED:

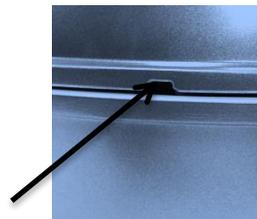
Before using, remove any labels and wash and dry each item in accordance with the care and use instructions.

### CARE & USE:

- Always preheat your cookware and for best performance, use low to medium heat when cooking food. This helps preserve the nutrients in food and the nonstick surface. Preheating requires oil, water or food to be in the pan. Heating without food, water or oil may cause damage to the pan or ceramic coating.
- As with all fine cookware, hand washing is recommended and will prolong the cookware's original appearance.
- Always allow your cookware to cool before submerging into water.
- When hand washing, use a soft towel or sponge and wash with warm soapy water. Do not use abrasive or harsh cleaners, steel wool or other abrasive cleaning pads.
- It is recommended that you use tools made of silicone, nylon, wood or melamine to protect the luster of the interior surface.
- Always use extreme caution when handling hot cookware and keep out of reach of children at all times.
- Do not let handles extend over a hot burner. Doing so may cause the handles or silicone locks to become hot or cause damage.
- Silicone locks are removable.
- Always use oven mitts or potholders when handling cookware.
- The Proaster is oven safe up to 450°F.
- Do not use your Proaster in the microwave.
- The Proaster is designed to be used with the Oval Grill as a lid or with each piece separately. To use Oval Proaster together with the Oval Grill/Lid, please follow the connection instructions.

**Note:** When using the Proaster, position the vent hole away from you or toward the backside of the stove or oven. Vent hole and correct position pictured below.

**Vent Hole should face away from user.**



Vent Hole



### WARNING:

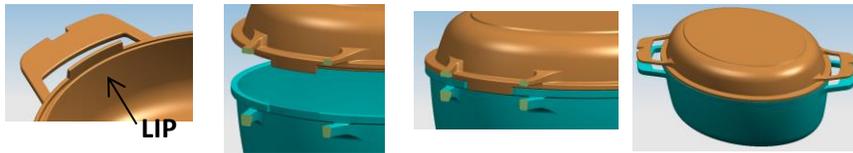
- STEAM FROM VENT HOLE IS EXTREMELY HOT

## CONNECTION INSTRUCTIONS:

**Step 1:** Place the 9QT Oval Proaster Base on a flat surface with the handles and Silicone Locks as pictured.



**Step 2:** Place the Grill Lid directly on top of the Proaster Base with the color exterior facing upward and align the Grill Lid handles directly above the base as pictured. There are two lips on either side of the lid. Ensure the lips are nesting in the intended area before attempting to lock. The lips on the lid help to position the lid correctly and assist in locking into place.



**Step 3:** Turn the Silicone Locks upward from the base handles until they lock over the Grill lid handles. You may need to apply downward pressure on the grill lid for the silicone locks to secure into position. The locks should swing directly into position and hold the lid in position over the base as pictured.



**Note:** The Silicone Gasket located within the Oval Grill Lid is designed to help seal the Grill Lid with the 9QT Oval Base. The Silicone Locks pull the Grill lid down slightly to create a small amount of pressure and form the seal.

Please also Note: Your Proaster Includes one extra gasket for your convenience. Please store it in a safe place along with these instructions for future reference.

## TIPS FOR SUCCESS:

The Proaster, when used with the Base and Grill Top connected together, retains heat and steam, which in turn can speed up your cooking times. Cooking times vary by the temperature you are cooking at and the amount of liquid or moisture in what you are cooking. To formulate a cooking time, estimate approximately 20%-50% faster than traditional cooking time. When cooking with added liquid the cooking time will be faster than when cooking without.

The Proaster is safe for the stovetop or oven and each will provide different results.

**Stovetop:** Place the Proaster on the stovetop with the vent hole facing away from you. Bring the Proaster to pressure over medium high heat until you see the steam coming out the back. Then lower the temperature to medium.

If cooking with added liquid, check the amount of liquid in the pan half way through cooking, making sure there is enough liquid based on what food is being cooked.

**Oven:** Place the Proaster in the oven with the vent hole facing away from you or toward the rear of the oven. Remove the Grill Lid approximately 10 minutes before the item is done to its desired temperature to increase browning.

One of the best parts of Proaster cooking is you can add ingredients at any time or open it easily to check the contents, unlike traditional pressure cooking where you would have to wait until all the pressure is released.

Use the below cooking times for reference. Cooking times will vary.

Food	Quantity	Time	Liquid
Beef for Pot Roast	6-8 pounds	2- 2.5 hours	4 cups liquid
Chicken for soup	5-6 pounds	1-1.5 hours	8 cups liquid
Pork Spare Ribs	4-6 pounds	1-1.5 hours	2 cups liquid
Squash	2-4 pounds	30-45 minutes	2 ½ cups liquid
Corn on the cob	1-10 ears	12 minutes	2 cups of liquid



Induction



Gas



Electric



Ceramic Glass

## ROASTED CHICKEN WITH ROASTED BALSAMIC PEACHES



### INGREDIENTS

- 1 3 1/2- to 4-pound chicken
- 3 tablespoons olive oil
- 2 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 4 peaches, quartered (peeled, if desired)
- 4 small shallots, halved
- 1 tablespoon balsamic vinegar
- 6 sprigs fresh thyme

### INSTRUCTIONS

- Heat oven to 400° F.
- Pat the chicken dry with paper towels. Rub the chicken with 1 tablespoon of the oil and season with 1 1/2 teaspoons of the salt and 1/4 teaspoon of the pepper. Place in the Proaster Base.
- In a small bowl, combine the peaches, shallots, vinegar, thyme, and the remaining oil, salt, and pepper.
- Scatter the peach mixture around the chicken.
- Cover the Proaster with the Grill/Lid and roast until the chicken is cooked through (approximately 1 hour/180° temperature when taken at thigh)

## CUBAN STYLE PORK ROAST



### INGREDIENTS

- 3/4 cup extra-virgin olive oil
- 1 tablespoon orange zest
- 3/4 cup fresh orange juice
- 1/2 cup fresh lime juice
- 1 cup cilantro, finely chopped
- 1/4 cup lightly packed mint leaves, finely chopped
- 8 garlic cloves, minced
- 1 tablespoon minced oregano (2 teaspoons dried oregano)
- 2 teaspoons ground cumin
- Kosher salt and pepper
- 3 1/2 pounds boneless pork shoulder, in one piece

### INSTRUCTIONS

#### THE NIGHT BEFORE:

- In a large storage bag, combine olive oil, orange zest, orange juice, lime juice, chopped cilantro, chopped mint, minced garlic, oregano, and cumin. Shake it around a bit to mix it up and then add the pork shoulder.
- Place the sealed bag in a baking dish, and put it in the fridge overnight, or several hours at least.
- Preheat oven to 425° F.
- Place the pork in the Proaster Base and discard the marinade. Salt and pepper the pork well.
- Roast the pork for 30 minutes uncovered. It should be lightly browned.
- Turn the oven down to 375 degrees F. Roast for another approximately 1 hour with the grill lid attached until a meat thermometer reads 160° F.
- Transfer to a cutting board, cover with aluminum foil and let rest at least 20 minutes.

## GRILLED AHI TUNA THAI SALAD



### INGREDIENTS

- 2 (6-ounce) Yellow fin tuna steaks (about 1 inch thick)
- 1/4 teaspoon salt
- 1/8-teaspoon black pepper
- 4 cups thinly sliced Napa (Chinese) cabbage
- 1 cup thinly sliced cucumber
- 1/2-cup matchstick-cut carrots
- 1/3-cup pre-sliced red onion
- 1 navel orange, sectioned and chopped
- 1-tablespoon sugar
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 2 tablespoons rice vinegar
- 1/2-teaspoon dark sesame oil
- 1/4 teaspoon ground fresh chili paste or hot chili sauce

### INSTRUCTIONS

- Coat the Proaster Grill Top Lid with a small amount of olive oil and preheat over medium-high.
- Sprinkle fish evenly with salt and pepper and add fish to Grill Pan; cook 2 minutes on each side or until desired degree of doneness.
- Transfer to a cutting board.
- Combine cabbage and next 4 ingredients (through orange) in a large bowl.
- Combine sugar and remaining ingredients in a small bowl, stirring well with a whisk.
- Reserve 1 tablespoon dressing.
- Drizzle remaining dressing over salad; toss gently to coat.
- Divide salad mixture evenly between 2 plates.
- Cut each tuna steak across the grain into 1/4-inch slices; arrange over salad mixture. Drizzle 1 1/2 teaspoons reserved dressing over each serving.

## BEEF STEW RECIPE



### INGREDIENTS

- 1 -1 1/2 lb. cubed beef stew meat
- 1/2 cup flour
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1/4 cup vegetable oil
- 1 onion, chopped fine
- 1 carrot, chopped fine
- 1/4 cup finely chopped celery, with a few minced leaves
- 1 tablespoon dried parsley
- 1 pinch thyme
- 3 1/2 cups beef broth
- 2 medium potatoes, diced
- 2 carrots, diced
- 2 onions, diced

### INSTRUCTIONS

- Put flour, salt and pepper in a large plastic storage bag.
- Heat oil over medium heat in the Proaster Base.
- Place meat in bag with the flour and shake until well coated.
- Shake off excess flour and add meat pieces to the oil, stirring until slightly browned.
- Add remaining flour from the bag and the finely chopped onion. Stir until well browned.
- Add finely chopped carrot, chopped celery, parsley, thyme, and beef broth.
- Cover with Grill Lid, and secure the Silicone Locks.
- Cook over low heat for 1 1/2 hours (stirring every 15 minutes).
- Add diced potatoes, diced carrots, and diced onions, cook for another 30-45 minutes or until potatoes are tender.

