

The **new** way of cooking

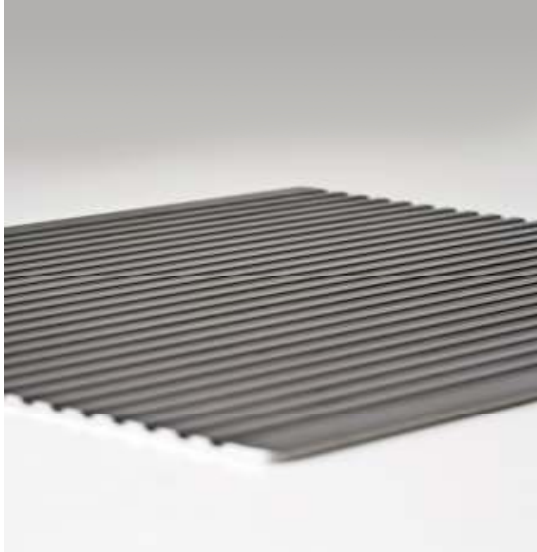
Good, healthy food **so** easy to prepare!



So good, so easy, so fat free. With our new patented oven products you can get excellent cooking results every time, frying or grilling, starting from fresh or deep frozen food!

iDinium

Products



GFB (Grill-Fry-Bake)

The GFB is produced using the patented iPinium aluminum alloy, and its surfaces are optimal for grilling on one side and for frying or baking on the other.

Cooking time varies depending on the food being prepared and can be found on each product recipe either on this brochure or online at www.iPiniumusa.com

UP Universal Pan

The UP is produced using the patented iPinium aluminum alloy.

It's characteristics make it ideal for cooking or barbecuing all types of meats, fish, poultry and vegetables right in your oven for astounding results each time!

Cooking times and recipes can be found on this brochure or online at www.iPiniumusa.com



Handling Instructions

Place the GFB or UP in the cold oven and set the temperature to 450F. When the temperature has reached the set value (approx. 20') follow the handling instructions as directed by the recipe.

Cleaning of the GFB and the UP is very easy and can be done better when there is still some residual heat left (lukewarm) using running water and a plastic bristle brush if necessary. One can also use a dishwasher with mild detergent.

The new way of cooking

iPinium's oven products make it possible to grill food in the oven in a very healthy way, with little or no fat, with practically no smoke.

iPinium's specially crafted and patented aluminum alloy has unique heat absorption and retention properties. For these reasons it is possible to prepare good food in a fast and simple way. Heating is so effective that grilled food can have a nice crisp crust with beautiful grill marks.

One of the many obvious advantages, besides being able to cook without adding any fat, is the possibility of cooking in the oven a considerable variety of meals using only one tool: the **GFB**.

With the **GFB** (Grill-Fry-Bake) it is easy to fry, in the oven, meat chicken fish and vegetables. Just following the respective cooking times one can place on the flat side of the **GFB** the different ingredients of a given recipe and easily prepare a nice and healthy (no frying grease) meal with very little smoke. Instead of juggling several utensils, pots and pans, the only thing one has to do is to watch cooking times. One can also use the flat surface of the **GFB** as a baking stone to get perfect crisp crusts.

When it comes to frozen food the **GFB** can be simply fantastic! From our own tests we have found that with properly handled deep frozen food it is possible to just place meat, chicken or fish directly from the freezer on to the **GFB** at room temperature and put it in the preheated oven. That's all the work needed to perfectly grill frozen food with nice grill marks.



Meat

With the **GFB** grill it is possible to perfectly grill all sorts of meats and cuts to the desired degree of doneness by simply following the cooking times recommended. To better control the result one can use a digital thermometer inserted into the thickest part of the cut.

Grilled entrecote with eggplants



Ingredients (for two people): 2 boneless steaks 8/10 oz/each 1" thick at room temperature, 6 eggplant slices, 1/2" thick.

Preheat oven, with the **GFB** inside, to 450F, put steaks and the eggplant slices on the **GFB** and quickly close the oven. Wait 10'/12' without turning the steaks. Place each steak on a warm plate flipping it over to show the nicely grilled side, add the eggplant and sprinkle with olive oil, salt and pepper to taste.

Veal chops with asparagus spears

Ingredients (for two people): 2 veal chop steaks 8/10 oz/each 2/3" to 1" thick, 6/8 asparagus spears.

Preheat oven, with the **GFB** inside, to 450F, put steaks on the **GFB** and quickly close the oven. After 4'/5' place the asparagus spears on the **GFB**. Cook for 6' more then place each steak on a plate flipping it over to show the nicely grilled side, add the asparagus and sprinkle a little oil, salt and pepper to taste.



Fish

With iPinium **GFB** and **UP** it is possible to easily cook, in a very short time, healthy fish dishes from simple grilled fish steak to fancy preparations such as salmon with agrodolce (sweet-sour) sauce.

All is done without adding any cooking fat and yet the fish, will turn out moist, flaky and full of flavor.



Grilled swordfish with Salmoriglio sauce

Ingredients (for two people): 2 **frozen** swordfish steaks 8 oz/each 2/3" thick, Salmoriglio sauce (wisk together 2 Tbs olive oil, 1 Tbs fresh lemon juice, 1Tbs minced parsley, salt and pepper to taste).

Preheat oven to 450F, put steaks on cold **GFB** slightly brushed with olive oil and place in the oven. Wait 18' without turning the steaks. Place each steak on a plate flipping it over to show the nicely grilled side, add vegetables of your choice and sprinkle with Salmoriglio sauce.

Grilled salmon with agrodolce sauce

Ingredients (for two people): 2 salmon steaks 8 oz/each 2/3" thick with skin, agrodolce sauce (sauté' for 6' in a large skillet at medium-high heat with 2 Tbs olive oil, one large red onion split in 8 pieces. Stir in 1/3 cup balsamic vinegar, 1/2 tsp sugar and 1/4 tsp salt; cook for 2'), 4 potato slices, with skin, 1/2" thick.

Preheat oven, with the **GFB** inside, to 450F, put steaks and potato slices on the **GFB** and quickly close the oven. Wait 10'/12' without turning the steaks. Spoon the agrodolce sauce on a warm serving plate and top with the salmon, skin side down, add the potatoes and other vegetables of your liking cooked separately (boiled, stewed etc.).



Fry

Another amazing cooking opportunity offered by the **GFB**, is the possibility of preparing at the same time crunchy and moist food without using any cooking fat.

In this way you can prepare very healthy and tasty food by just using the flat side of the **GFB**



Chicken cutlets.

For this recipe you can use either fresh or frozen and thawed chicken.

Ingredients (2 people): 2 chicken breasts (12/14 oz total) split in half, 1 whole egg, 2 Tbs milk and plain bread crumbs plus salt, pepper and one lemon. Cut 4 1/2" thick slices from a large eggplant.

Wisk the egg, add the milk and salt and pepper to taste. Dip, one at the time, the chicken breasts and coat with all the bread crumbs they will take (you can repeat this if you like a thicker crust). Do the same with the eggplant slices.

Preheat the oven to 450F (20'), place quickly the breaded chicken breasts and eggplant slices on the flat side of the **GFB** (see picture above). Cook for 5'/6' then flip over and cook for another 5'/6'.

Place on a serving plate and decorate with lemon wedges adding 2/3 capers if you like to.

For additional recipes check our web site www.iPiniumusa.com

Gourmet Pizza

Using the **GFB** grill it is possible to bake gourmet pizzas, with the crisp crust typical of a wood burning oven, by simply using store dough or dough made from scratch using the simple recipe found on our website. As far as the ingredients are concerned, just follow your fantasy and taste!

Just two examples:

Prosciutto and Arrugola Pizza



Ingredients: 8 oz of pizza dough at room temperature, 2 Tbs olive oil, 1/2 cup chopped or grated mozzarella, 1/2 cup grated Asiago cheese, 1/2 cup cottage cheese, 1 cup fresh arrugola, 4 oz thin sliced prosciutto. Salt and pepper to taste.

Buy or prepare the dough (see our web site), and roll it on a cornmeal sprinkled surface to approx 12" round and sprinkle it with some olive oil. Preheat the oven with the **GFB** inside to 450F, place the rolled dough on the **GFB** and grill it, following the instruction on the web site, for 5'/6'. Take the crust out using tongs and flip it. Place mozzarella, Asiago, cottage cheese and back on the **GFB** in the oven for 8'/10'. Take it out, add the arrugola, drizzle some olive oil and add the prosciutto.

Cheese and Broccoli Pizza

Ingredients: 8 oz of pizza dough at room temperature, 2 Tbs olive oil, 1 cup tomato sauce (check recipe on the web site) 1/2 cup chopped or grated mozzarella, 1/2 cup grated Asiago cheese, 1/2 cup cottage cheese, 1/2 lb of broccoli crowns. Salt and pepper to taste.

Prepare and grill the first side of the dough following the instructions on the web site. Take the crust out using tongs and flip it. Spread the tomato sauce, mozzarella, Asiago cheese, cottage cheese and the broccoli crowns and put it back in the oven for 8'/10'.



For more recipes check our web site: www.iPiniumusa.com

Frozen Pizza

You can also prepare delicious dishes using frozen pizza and baking it on the flat side (the Fry Baking side) at 400F for 10' to 12'.

Limited Warranty

iPinium products are covered by a Limited Warranty:

iPinium Inc. guarantees the products to be free from defects in material and workmanship under normal household use for the lifetime of the product.

During the guarantee period **iPinium** promise to replace, to the original purchaser, any defective product or part.

Scratches, stains, discoloration or damage caused by cooking sprays or overheating, are not covered by this warranty.

Additionally, this warranty does not cover damages caused by accident, misuse, abuse, commercial use or incidental or consequential damages.

For a warranty replacement inspection or determination the product will have to be mailed, together with proof of purchase, to the address notified by **iPinium**.



www.iPiniumusa.com

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