

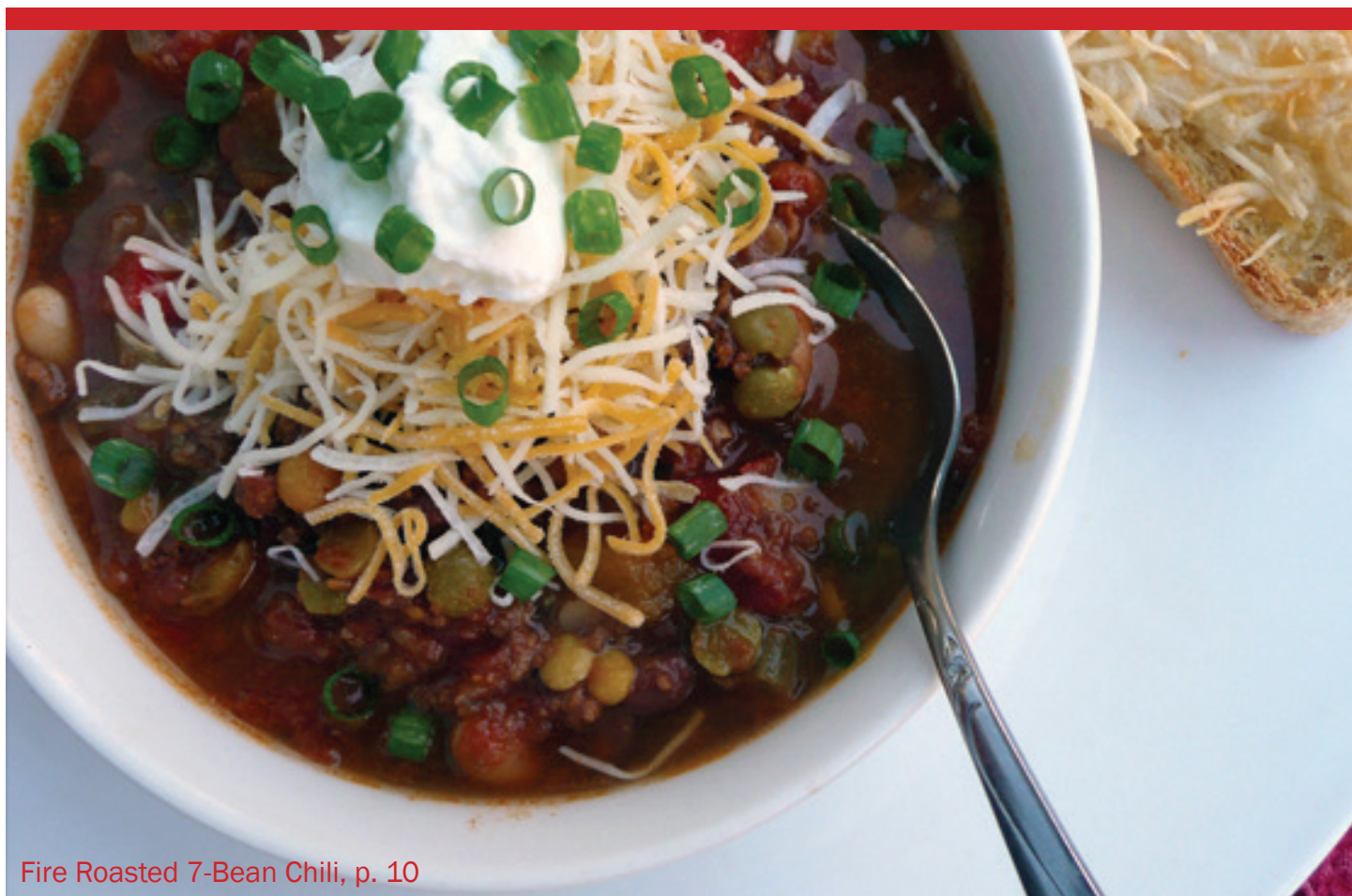


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What's in Your **STOCK POT** ?

An eCookbook for soup, stews and more!



Fire Roasted 7-Bean Chili, p. 10

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La Vignarola | Roman-Syle Vegetable Stew

Chef Paola Bottero

Prep Time: 30 minutes

Cook Time: 6 minutes

Yield: 6 servings

Difficulty: Medium



Ingredients:

- 2 lemons, halved
- 5 large artichokes (about 12 ounces each)
- 1 1/2 cups shelled fresh or frozen fava beans
- 1/4 cup extra-virgin olive oil, plus more as needed
- 1 large onion, thinly sliced
- 2 ounces guanciale or pancetta, slivered (optional)
- Salt
- 2 cups shelled fresh or frozen baby peas
- 1/4 cup chopped parsley
- 2 tablespoons chopped mint
- teaspoon lemon juice, plus more to taste
- Freshly ground black pepper

Instructions (For the Artichokes):

1. Fill a large bowl halfway with cold water. Squeeze the lemons into the water and add the rinds to the bowl.
2. Using a serrated knife, cut off the top third of an artichoke. Pull back and snap off the dark green, leafy blades, one by one, until only the pale yellow leaves remain.

3. Using a paring knife, trim the artichoke bottom and stem to the pale green flesh, then cut it in half lengthwise.
4. Drop into the water (to keep the artichoke from turning brown) and repeat with the remaining artichokes.
5. Using a spoon, scoop out the prickly leaves and hairy choke. Cut each half into 4 wedges and return to the water until ready to use.

Instructions (For the Stew):

6. Heat a **Swiss Diamond Braiser** over medium heat. Add 1/4 cup olive oil and when hot, add the onion, (and guanciale).
7. Cook, stirring occasionally until the onion and guanciale are translucent, about 10 minutes.
8. Drain artichokes and add to the pan, along with 2 cups water and 1 1/4 teaspoons salt.
9. Bring the liquid to a boil, then reduce heat to a simmer and cook until artichokes are just tender, about 25 minutes.
10. If using frozen favas, add them and cook for 2 minutes. If using fresh favas add them, along with the peas, and cook until warm and tender, about 5 minutes more.
11. Sprinkle in parsley and mint. Season with lemon juice, freshly ground black pepper and, if desired, additional salt. Drizzle with extra-virgin olive oil and serve.

Notes:

Serve by its self as a first course, or pair with your favorite light fish for a perfect main course that is sure to impress all your friends and family.

Photo and Recipe Credit:

Chef Paola Bottero is the owner of Paola's Restaurant on Madison and 92nd Street in New

Vegan Vegetable Soup

Swiss Diamond Chef

Prep Time: 10 minutes

Cook Time: 1 Hour

Yield: 6-8 Cups

Difficulty: Easy



Ingredients:

- 1 tablespoon olive oil
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 2 ribs celery, chopped
- 2 medium carrots, peeled and chopped
- 1 cup fresh green beans, snapped and cut in half
- 1 small can yellow corn, drained
- 4 cups vegetable broth
- 1 16-ounce can diced tomatoes (do not drain)
- 1/2 teaspoon Italian seasoning
- Salt and pepper
- 2 cups pearl barley (optional)
- 2 cups spinach leaves (optional)

Instructions:

1. Wash and chop your vegetables. For best results, chop large pieces – you want to be able to identify what vegetable you are eating! But make sure the pieces are fairly uniform in size, so they will cook at the same rate. To retain nutritional value, leave the skins on.
2. Preheat a **Swiss Diamond soup pot** over medium heat for 2 minutes. Add olive oil, onions and garlic. Heat for 1-2 minutes, until garlic starts to brown.
3. Add carrots and celery. Season with salt and pepper. Heat for 4-5 minutes, until celery becomes translucent around the edges.
4. Add vegetables, cooking liquid and seasonings – in this case, green beans, corn, the can of tomatoes with its juice, vegetable broth, and Italian seasoning. If using barley, add it also. Stir to combine. Bring to a boil, cover, then reduce heat to simmer.
5. Cook for 30-40 minutes, or until carrots are cooked through. Overcooking reduces the nutritional value, so monitor the last ten minutes. If using spinach, stir it in and heat for one more minute.
6. Serve immediately. Refrigerate leftovers for up to 5 days. Freezes well.

Notes:

Adapted from About.com. Original recipe: Jolinda Hackett

Photo and Recipe Credit:

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Chic Seafood Bisque

RJ Manoni

Prep Time: 20 minutes

Cook Time: 15 minutes

Yield: 8 servings

Difficulty: Easy

Ingredients:

- 2 medium finely minced shallots
- 2 sticks unsalted butter
- 1/2c flour
- 1 quart water
- 1 tablespoon seafood base (chicken base works if you can't find seafood base)
- 1 (14 ounce) can baby clams, with juice
- 1/2lb uncooked shrimp, cleaned, shelled, deveined
- 1/2lb crab, shelled and picked clean
- 2 lobster tails, deshelled and left whole
- 2/3lb salmon, skinless, boneless, leave in one piece
- 1 cup heavy cream
- 1 cup half-and-half
- 1/2c dry sherry
- Salt & pepper to taste
- Chopped parsley for garnish

Instructions:

1. Melt butter and sauté minced shallot over medium heat in a **Swiss Diamond skillet**.
2. Add the flour and stir with silicone whisk for 5 minutes on low heat, set aside.
3. In a **Swiss Diamond soup or stock pot** bring one quart of water to a boil
4. Add seafood base, clams, crab, shrimp, lobster and whole pieces of salmon.
5. Return to boil, lower heat and simmer for 5 minutes.
6. Strain the stock back into the pot, reserving the seafood.



7. Stir the shallot mixture into the stock.
8. Add the heavy cream and half and half to the stock, bring to a simmer on low heat and cook until thickened, about 5 minutes.
9. Chunk the lobster and salmon; add all of the seafood back into the soup pot.
10. Add the sherry and heat through, no more than 3 minutes.
11. Top with parsley and serve or freeze right away.

Photo and Recipe Credit:

RJ Manoni's culinary background stems all the way back to his high school days when he "took the cooking class for free food." After completing culinary school, he has worked as head Chef in a couple of high scale restaurants.

Now he spends more time on the computer than in the kitchen, but is still turning out great recipes for all to enjoy.

The Best Holiday Mashed Potatoes

A Spicy Perspective

Prep Time: 20 minutes

Cook Time: 30 minutes

Yield: 10-15 servings

Difficulty: Easy

Ingredients:

- 5 pounds Yukon Gold Potatoes
- 4 cloves garlic, minced
- 1 cup unsalted butter (2 sticks)
- 1 cup half & half
- 2 cups shredded fontina cheese
- Salt and pepper
- Chopped chive for garnish

Instructions:

1. Peel the potatoes and cut into 1 inch cubes. Place the potato cubes and minced garlic in a large **Swiss Diamond Stockpot**, then cover with cold water.

2. Add 1 tablespoon salt to the water and bring the water to a boil. Once boiling, lower the heat and simmer for 10-14 minutes, until you can easily cut the potatoes with a butter knife.
3. Drain the potatoes and immediately mash until almost completely smooth.
4. Place the butter and half & half in a microwave-safe bowl and warm so that the butter melts into the half & half.
5. Once the potatoes are mashed, add the butter mixture to the potatoes and mix to incorporate.
6. Mix in the cheese and salt and pepper to taste.

Photo and Recipe Credit:

I'm Sommer... Wife. Mom. Travel Enthusiast.
Resident Cookery Queen of A Spicy Perspective.

I'm here to help make meal time memorable, and life a little spicy! Visit my blog for more delicious recipes. <http://www.aspicyperspective.com>



Creamy Black-Eyed Peas

Swiss Diamond Chef

Prep Time: 25 minutes

Soak Time: 3-24 Hours

Cook Time: 1 Hour

Yield: 6 servings

Difficulty: Medium

Ingredients:

- 1 lb dry black-eyed peas
- 1 medium yellow onion (diced)
- 2 cloves garlic (minced)
- 1 bunch collard greens (chopped)
- ¼ cup sour cream (using low fat or fat free will not produce the desired creaminess)
- 3 tbsp butter (divided)
- 1 tbsp curry powder
- 1 tsp dried basil
- ¼ tsp paprika
- ½ tsp red pepper flakes
- dash hot sauce

Instructions:

1. Put dried black-eyed peas in a bowl and cover with enough water to cover plus ½ inch. Cover the bowl and place in fridge for at least 3 hours, but preferably overnight.
2. Drain and thoroughly rinse your black-eyed peas, rinse for 2 minutes longer than you feel you need to insure that all the dirt particles are cleaned out of the black-eyed peas.
3. Place black-eyed peas in a large **Swiss Diamond pot** and submerge with water. Place the pot over medium heat and bring to a boil, once boiling, reduce heat to low and cover.
4. In a medium **Swiss Diamond fry pan**, heat butter over medium heat. Once melted cook onions and garlic until translucent and fragrant.
5. Add onion mixture, along with the collard greens to the black-eyed peas. Stir to combine.

6. Cook 15 minutes more, or until the black-eyed peas are tender. Drain bean mixture, reserving ½ cup of water.
7. Place bean mixture and reserved water back in the pot, and turn heat up to medium. Add the rest of the ingredients to the pot. Stir to combine.
8. Heat 5 minutes or until warmed throughout. This recipe is best served warm, but will hold in refrigerator for up to 1 week.
9. Get creative with the garnish. We recommend chopped fresh cilantro, red bell pepper cut into thin strips, or fresh jalapeno pepper slices.



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Slow-Cooker Sweet Potatoes with Bacon, Pecans & Caramelized Onions

RJ Manoni

Prep Time: 5 minutes

Cook Time: 6 Hours

Yield: 8 servings

Difficulty: Medium

Ingredients:

- 4 pounds sweet potatoes, peeled and cut into 1-inch-thick slices
- 1/2 cup frozen orange juice concentrate, thawed
- 4 tablespoons butter, melted
- 2 1/2 tablespoons brown sugar
- 1 teaspoons salt
- 4 bacon slices
- 1/2 red onion sliced
- 1/2 cup roasted pecans
- 2 teaspoons chopped fresh rosemary
- 2 teaspoons cornstarch
- 1 tablespoon orange zest
- 2 garlic cloves, minced
- 1 tablespoon cold water

Instructions:

1. In a bowl mix the sweet potatoes and the next 4 ingredients in a bowl to coat
2. Place sweet potatoes in a slow cooker, pour the remaining juice mixture over the potatoes
3. Cover and cook on LOW for 5 1/2 to 6 hours or until potatoes are tender.
4. When the potatoes have about 20 minutes left add rosemary, cornstarch and water in a **Swiss Diamond saucepan** Cook, whisking constantly, 3 to 5 minutes or until sauce thickens. Spoon sauce over potatoes.
5. Meanwhile, heat a medium **Swiss Diamond sauté pan** over medium heat. Add bacon and cook.

6. Once Bacon is cooked remove from pan, and crumble.
7. Add Onions and pecans to the pan with the bacon grease in the sauté pan. Cook over medium heat for 10 minutes stirring.
8. Garnish with orange zest and garlic

PRO TIP:

This sweet-and-salty side could not be easier to prep on Thanksgiving morning, but also stores and reheats well. Best part? It's made in the slow cooker, so you're saving valuable stovetop space.



Photo and Recipe Credit:

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The Best Corned Beef N' Cabbage This Side of the Blarney Stone

RJ Manoni

Prep Time: 20 minutes

Cook Time: 2-4 Hours

Yield: 6-8 Servings

Difficulty: Medium

Ingredients: Corned Beef

- 4 lb corned brisket of beef
- 3 large carrots, cut into large chunks
- 6 to 8 small onions
- 1 teaspoon dry English mustard
- large sprig fresh thyme and some parsley stalks, tied together
- 1 cabbage
- salt and freshly ground pepper
- 1/4 teaspoon red pepper flakes
- 1 ¼ teaspoons salt, divided
- 1 ½ cups toasted bread crumbs, divided
- 1/4 cup finely grated Parmesan

Ingredients: Cabbage

- Olive oil
- 1 medium yellow onion, chopped
- 1 clove garlic, minced
- 1 large head of cabbage, sliced into 3/8-inch to 1/2-inch wide slices

Instructions:

1. Put the brisket into a **Swiss Diamond Stock Pot** with the carrots, onions, mustard and the herbs.
2. Cover with cold water, and bring gently to a boil. Simmer, covered, for 2 hours.
3. Discard the outer leaves of the cabbage, cut in quarters and add to the pot. Cook for a further 1 to 2 hours or until the meat and vegetables are soft and tender.
4. In a **Swiss Diamond Saute Pan**, add 2 cups of the corned beef stock, the cabbage, onion, and garlic. Taste the liquid. If it is too salty, add more water to the pot.

5. Raise the heat until the liquid is simmering well. Simmer until the cabbage and any other vegetables are cooked through, 15-30 minutes.
6. Place vegetables in a serving bowl, add a little of the cooking liquid to the bowl.
7. Serve the corned beef in slices, surrounded by the vegetables and cooking liquid. Serve with lots of floury potatoes and freshly made mustard.



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Renowed Spaghetti with Red Sauce

Swiss Diamond Chef

Prep Time: 25 minutes

Cook Time: 1 Hour

Yield: 10-14 servings

Difficulty: Medium

Ingredients:

- 1 Small Chopped Onion
- 2-3 Garlic Cloves, Minced
- 1 (28 ounce) can of diced tomatoes
- 2 (6 ounce) cans of tomato paste
- 2 (15 ounce) cans of tomato sauce
- 2 cups of water (requires 1 hour of simmering)
- 2 teaspoons dried parsley flakes
- 3 teaspoons basil
- 1 ½ teaspoons brown sugar
- 1 teaspoon salt
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon fresh coarse ground black pepper
- ¼ cup red wine
- 1lb thin spaghetti
- Parmesan cheese

Instructions:

1. Heat a **Swiss Diamond Stock Pot** over medium heat, once hot add onions and garlic, and continue to stir until onions soften
2. Add garlic, tomatoes, tomato paste, tomato sauce and water
3. Add parsley, brown sugar, basil, crushed red peppers, salt, and black pepper
4. Stir in red wine
5. Simmer **Swiss Diamond Stock Pot** on low, stirring frequently for atleast 1 hour to prepare your sauce, keeping a close eye so your sauce does not burn
6. Prepare and cook your Spaghetti according to package directions
7. Spoon sauce over drained spaghetti noodles and add parmesan cheese of your liking



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Fire Roasted 7-Bean Chili

Swiss Diamond Chef

Prep Time: 2 hours

Cook Time: 45 minutes

Yield: 3 Quarts

Difficulty: Medium

Ingredients:

- 1/4 cup dry Great Northern beans
- 1/4 cup dry red kidney beans
- 1/4 cup dry black beans
- 1/4 cup dry pinto beans
- 1/4 cup dry garbanzo beans
- 1/4 cup dry split peas
- 1/4 cup dry red lentils
- 1 bay leaf
- 6 cloves garlic, peeled and chopped
- 6 cups water
- 6 medium tomatoes
- 1 large bell pepper
- 2 serrano peppers
- 2 serrano peppers
- 1 medium onion, chopped
- 2 stalks celery, chopped
- 3 cups beef broth
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 1 teaspoon seasoned salt

Instructions:

1. At least two hours before you plan to eat, place dry beans in a colander and rinse well. Add beans, bay leaf, half the garlic and 6 cups of water to your **Swiss Diamond chili pot** over medium-high heat. Bring to a rolling boil, then reduce heat to low, cover, and simmer for 90 minutes or until larger beans are tender.
2. Cut tomatoes and peppers in half, removing stems. Core and seed peppers. Line a baking sheet with parchment paper and place tomatoes and peppers on it, cut side down. Move an oven rack to the highest position and turn on broiler. Broil until skins are blistered and blackened, about 5-10 minutes. Rotate the pan every 3-5 minutes, so they roast evenly.
3. Allow the tomatoes and peppers to cool while you preheat a large **Swiss Diamond fry pan** over medium-high heat. Brown the ground beef until almost no pink is left. Drain off any fat. Add remaining garlic, onions and celery, and sauté until onions are translucent. Remove from heat.
4. Check the beans for doneness. When beans are tender, drain into a colander and rinse well. Pour beans back into the chili pot and add ground beef mixture, broth and seasonings. Remove and discard skins from roasted vegetables. Chop vegetables and add to pot, with juices. Stir to mix. Reduce heat, cover, and simmer for 15 - 20 minutes, stirring occasionally. Remove the bay leaf and add seasonings to taste.



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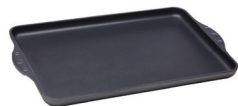
Featured Products

Swiss Diamond 12.5" fry pan (shown above)

Swiss Diamond's largest fry pan, the 12.5" (32 cm) skillet is perfect for burgers, pork chops and more.

Also available with tempered glass lid

Swiss Diamond double-burner griddle



The double burner griddle allows you more room to cook your favorite foods without the hassle of an electric griddle. It also serves as a baking sheet - guaranteed never to warp!

Swiss Diamond grill pan



If the weather isn't right for an outdoor cook-out, enjoy grilling indoors with the grill pan. The ridged base cooks off fat for a healthier meal.

Swiss Diamond 4.3-qt sauté pan



The 4.3-quart (11") saute pan is perfect for meat, vegetables, sauces, and more. Includes tempered glass lid with adjustable steam vent.

Swiss Diamond 3.2-qt saucepan



The 3.2-quart (8") saucepan is ideal for gravy, spaghetti sauce, and more. A heavy-duty cast aluminum bottom ensures even heat transfer and prevents scorching. Includes tempered glass lid.

Swiss Diamond 5.5-qt soup pot



The 5.5-quart (9.5 inch) soup pot is designed for making soups, stocks, and stews, and is big enough for boiling pasta. Includes lid.



What's in Your Stock Pot Recipe Book

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