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SWISS MADE NONSTICK COOKWARE



Simply **SOUTHERN!**

An *eCookbook* for easy southern recipes



Basic Jam Recipe, p. 2

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Hot 'N' Sassy Pork Shoulder, p. 9

Basic Jam Recipe

Katie Sargeant

Prep Time: 5 minutes

Cook Time: 15 minutes

Yield: 1 half-pint jar

Difficulty: Easy

Ingredients:

- 2 ½ cups fruit of your choice
- 1 lemon
- ¼ cup sugar, plus more as needed
- A pinch of salt

Instructions:

1. Place 2 or 3 metal spoons in the freezer. Dice fruit, discarding any pits or cores. Slice a 1-inch wedge from the lemon.
2. Combine fruit, sugar and salt in **Swiss Diamond 2.2-qt Nonstick Saucepan** with Lid. Squeeze in the lemon wedge and drop the rind into the saucepan. Mash the fruit lightly over medium heat until chunky.
3. Bring the fruit mixture to a boil, stirring frequently. After about 5 minutes, the bubbles will become small and thick in appearance.

4. Check to see if the jam has set by removing a spoon from the freezer and drizzling a bit of the jam over the spoon. Let cool a few seconds then run your finger across the spoon and through the jam. If it leaves a distinct track, the jam is finished cooking. If not, cook several more minutes and retest.
5. Taste the cooled jam. Add another tablespoon of sugar as needed for sweetness or another squeeze of lemon juice for acidity. Continue cooking another minute or until dissolved.
6. Turn off heat and carefully transfer the jam to the jar, removing the lemon rind(s). Set aside to cool, screw on the lid and store it in the refrigerator for up to three weeks. Enjoy!

Photo and Recipe Credit:

Katie Sargeant has contributed many wonderful recipes to SwissDiamond.com, including Summer Grilled Peach Pizza, Baked Coconut Shrimp, and Fish Tacos with Pineapple Cream Sauce.

To view more of Katie's wonderful recipes, go to www.swissdiamond.com/recipes.



Southwestern Breakfast

Swiss Diamond Chef

Prep Time: 10 minutes

Cook Time: 10 minutes

Yield: 2 servings

Difficulty: Easy

Ingredients:

- 1/2 tablespoon olive oil
- 1/2 red bell pepper, diced
- 1/2 green bell pepper, diced
- 1/c cup yellow onion, diced
- 2 large eggs
- 1/4 teaspoon cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon garlic powder
- Salt and pepper

Instructions:

1. Preheat a **Swiss Diamond 7-inch fry pan** over medium heat.
2. Add olive oil, onion and bell pepper. Cook until softened.
3. Whisk eggs, cumin, coriander, garlic, salt and pepper in a small bowl until yolks are combined.
4. Add to skillet. Cook, stirring occasionally, for 3-5 minutes until scrambled eggs reach desired consistency.

5. Serve with whole wheat tortillas or English muffins. Top with salsa and avocado!



Photo and Recipe Credit:

Swiss Diamond has chefs all over the world that are consistently coming up with fantastic recipes. From traditional to the most extreme, you are sure to find something you like.

Email us at marketing@swissgourmetusa.com if you have anything you would like our chefs to show you how to make!

Old Fashioned Apple Pie Oatmeal with Cran-Raisins

RJ Manoni

Prep Time: 5 minutes

Cook Time: 10 minutes

Yield: 1 servings

Difficulty: Easy

Ingredients:

- 1/2 cup old fashioned rolled oats
- 1/2 cup whole milk
- 1/2 cup water
- 1/8 tsp (heaping) cinnamon
- 1 pinch nutmeg
- 1 pinch ginger
- 1 pinch salt
- 1 tsp packed brown sugar
- 1/2 of a medium apple, small dice
- 1 Tbsp chopped raisin / dried cranberry blend
- 1 1/2 tsp cream

Instructions:

1. In a **Swiss Diamond Saucepan**, combine oats, almond milk, water, cinnamon, nutmeg, ginger and salt.
2. Heat over medium high heat, slowly bringing to a low roll boil, stirring constantly.
3. Let boil for 3 minutes or until thickened and the oats are soft.
4. Stir in brown sugar, apples, and raisin blend.
5. Allow to cool, then drizzle top with cream. Serve warm.



PRO TIP:

If you like your oatmeal creamier than it turns out, stir in a bit more milk before topping with cream.

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 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 us all to enjoy.

Southern Blackened Catfish

RJ Manoni

Prep Time: 15 minutes

Cook Time: 10 minutes

Yield: 6 servings

Difficulty: Easy

Ingredients:

- 2 tablespoons paprika
- 2 1/2 teaspoons salt
- 2 teaspoons lemon pepper
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons ground pepper
- 1 1/2 teaspoons dried basil
- 1 teaspoon onion powder
- 1 teaspoon thyme
- 6 catfish fillets
- 1 cup unsalted butter, melted

Instructions:

1. Heat a **Swiss Diamond Fish Pan** (recommended) or heavy skillet over mid high heat for 5 minutes.

2. In a small bowl stir together first 8 ingredients.
3. Dip catfish into melted butter and coat both sides of fish with spice mixture, using about 1 tablespoon spice mixture for each fillet.
4. Place fish on waxed paper.
5. Place 3 fillets at a time in hot skillet.
6. Drizzle each fillet with 1 tablespoon melted butter.
7. Cook over high heat about 2 minutes per side or until fish flakes easily.
8. Serve immediately.

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Quick & Tasty One Pot Jambalaya

RJ Manoni

Prep Time: 20 minutes

Cook Time: 1 Hour

Yield: 6 servings

Difficulty: Medium

Ingredients:

- 1 lb. chicken breasts, cut into bite-size pieces
- 1 lb. andouille sausage, cut into ¼-inch thick slices
- 1/4 tbsp. olive oil
- 1 c. onion, chopped
- 1 large bell pepper, chopped
- 2 cloves of garlic, minced
- 1 - 14.5 oz can diced tomatoes (do not drain)
- 1 1/2 c. chicken stock
- 1 c rice (we used jasmine, but white rice works fine)
- 1/2 tsp. dried thyme
- 1 tbsp. parsley (fresh is preferable, but dried will do in a pinch!)
- 1 tsp. chili powder

Instructions:

1. Heat a **Swiss Diamond Sauté Pan** over medium heat. Once the pan is warm, add olive oil and swirl, using just enough to coat the bottom of the pan for flavor. Place the sausage and chicken in the pan and cook until chicken begins to brown. Remove meat from pan.
2. In the same pan, add onion, bell pepper and garlic; sauté until onion becomes translucent. Toss in diced tomatoes, chicken broth, thyme, parsley, chili powder and bay leaves and bring to a simmer. Cover and continue simmering for 20 minutes.

3. At this point your mixture should become fragrant and start to thicken just a bit. Stir in rice, chicken and sausage. Return to a slow boil and cover for 20 more minutes or until the rice is tender and fluffy.
4. Add salt and pepper and remove the bay leaf. Serve warm with a dash of hot sauce, or refrigerate for up to one week for a great lunch on-the-go.



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Sausage & Shrimp Southern Gumbo

Sumptuous Spoonfuls

Prep Time: 15 minutes

Cook Time: 1 Hours

Yield: 2 quarts of gumbo

Difficulty: Easy

Ingredients:

- 2 tablespoons butter
- 2 tablespoons oil
- 1/4 cup flour
- 1 large onion, peeled & chopped (a heaping cup)
- 2 - 3 stalks celery, chopped (about 1 cup)
- 2 - 4 cloves garlic, peeled & chopped
- 1 heaping cup of chopped bell pepper
- 2 tablespoons white wine
- 4 cups chicken or seafood broth - (or 4 cups water plus 1 1/2 - 2 Tablespoons Thai fish sauce)
- 1 15-oz. can of crushed tomatoes (or 1 pint of home-canned fire-roasted tomatoes)
- 1 - 3 teaspoons cajun seasoning (to taste)
- 4 - 5 bay leaves
- 6 oz. Andouille sausage, sliced
- 1 lb. shrimp, tails removed
- Salt and freshly ground pepper, to taste
- Cooked rice

Instructions:

1. Heat a **Swiss Diamond Soup Pot** over medium heat. Add the butter and oil and heat until the butter is melted. Stir in the flour. Cook, stirring frequently, until the mixture is about the color of milk chocolate, about 15 minutes.
2. Add the onion, garlic and celery and continue cooking, stirring frequently, until the mixture is dark brown, another 10 minutes. Add the peppers and cook for another 5 minutes. Add the wine and cook until the liquid is evaporated.

3. Stir in the broth (or water + fish sauce), tomatoes, cajun seasoning and bay leaves. Bring to a boil, then reduce heat to a simmer and cook for another 15 minutes.
4. At this point, you can pour the gumbo base in a jar and keep refrigerated until close to serving time. You'll need to heat the base again to hot when it's close to serving time.
5. Add the sausage, shrimp and rice, cook and heat until everything is nice and hot. Remove the bay leaves. Serve hot.



Photo and Recipe Credit:

Ann, of the blog "Sumptuous Spoonfuls" has contributed many wonderful recipes to SwissDiamond.com, including Creamy Feta Chicken Artichoke Dip and Purple Potato Latkes (Potato Pancakes).

To view more of Ann's wonderful recipes, go to www.sumptuouspoonfuls.com.

Oven-Baked Home Fries

Katie Sargeant

Prep Time: 10 minutes

Cook Time: 35 minutes

Yield: 6 Servings

Difficulty: Easy

Ingredients:

- 2.5 pounds red potatoes, cut into chunks
- 2.5 pounds red potatoes, cut into chunks
- ½ onion, peeled and roughly chopped
- 2 bell peppers, seeded and roughly chopped
- 1/8 cup olive oil
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- Salt and black pepper, to taste

Instructions:

1. Preheat the oven to 425°F.
2. In a large bowl, combine the potatoes, garlic, onion, bell peppers, olive oil, salt, and cayenne pepper.
3. Spread potatoes evenly across **Swiss Diamond Double Burner Grill**. Bake for 20 minutes, tossing the potatoes once to prevent burning.
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. Increase the heat to 500°F and bake 15 more minutes, or until brown and crispy. Sprinkle with a little more salt and pepper before serving.



Photo and Recipe Credit:

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Hot 'N' Sassy Pork Shoulder

Gerry Gollwitzer

Prep Time: 24 Hours

Cook Time: 60-90 minutes

Yield: 6-8 servings

Difficulty: Easy

Ingredients:

- ¼ Cup Lime Juice
- ¼ Cup Soy Sauce
- ¼ Cup Olive Oil (I have used a garlic/chili pepper oil and have used olive oil)
- 1 Tbsp Rosemary (dried)
- 1 Tbsp Garlic Powder
- 1 tsp Black Pepper
- 1 tsp Crushed Red Pepper Flakes or Cayenne
- 3 – 4 lb Pork Shoulder Roast

Instructions:

1. Combine first 6 ingredients (though red pepper), and marinate pork in mixture in a non-reactive container for several hours or overnight in the refrigerator.
2. Remove pork from marinade. Reserve marinade.
3. Put meat in a covered **Swiss Diamond Grill Pan** with low heat. Cook for 15 – 20 minutes per pound.
4. Heat the reserved marinade in a **Swiss Diamond skillet** until boiling (we recommend the skillet because the wider base will boil faster).

5. Baste meat with reserved marinade while grilling every 10 minutes or so.
6. Once finished, loosely cover the meat and let rest for about 15 minutes.
7. Slice and serve.

Photo and Recipe Credit:

Gerry Gollwitzer submitted this “Hot ‘N’ Sassy Pork Shoulder” recipe as part of our “Your Recipe Can Make You Famous” promotion.

If you love spice and pork, look no further for your next meal! Using simple ingredients that are found in almost every kitchen, you can make an amazing dinner in a lot less time than you may think!



Memphis BBQ Jerk Burger

Three Jerks Jerky

Prep Time: 10 minutes

Cook Time: 20 minutes

Yield: 8 Servings

Difficulty: Easy

Ingredients:

- 2 lb. ground beef
- Hearty handful of Three Jerks Jerky's Memphis BBQ flavor Filet Mignon Beef Jerky
- Large squirt of ketchup
- Smaller squirt of mustard
- A few good glugs of Worcestershire sauce
- Salt and pepper to taste

Toppings:

- 8 slices sharp cheddar cheese
- 2 avocados, sliced
- 1 medium tomato, sliced
- Leaf lettuce
- 8 hamburger buns, toasted

Instructions:

1. Chop the beef jerky into small pieces. If desired, chop additional jerky for topping the burgers.

2. Mix all ingredients together until well combined. Form into 8 patties.
3. Preheat a **Swiss Diamond double-burner griddle** over medium heat. When hot, add the patties and cook until underside of the patty is browned. Flip the patties and cook until browned on the opposite side and cooked to desired doneness.
4. Top with tons of cheddar cheese, lettuce, tomato, and avocado.

Photo and Recipe Credit:

Using only real ingredients (no nitrates, no gluten, no preservatives), Three Jerks Jerky yearns for the highest quality, purest and most delicious jerky.

To insist that our beef jerky is delectable would be putting it modestly.

See more at: www.threejerksjerky.com



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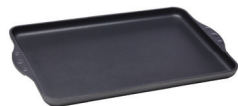
Featured Products

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.



Simply Southern Recipe Book

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