



Recipes

GOURMAX **PRO**, every day, every way, cooking appliance!

Hi there!



Thank you for your purchase of the GOURMAX PRO, welcome to the family!

The GOURMAX PRO is a new way to cook your favorite dishes. An incredible kitchen hero the GOURMAX PRO combines a stove top, an air fryer, oven, and a grill!

The enclosed recipe cards provide basic preparation guidelines, cooking times, and instructions for a wide selection of popular dishes. Feel free to swap out ingredients or adjust quantities to taste.

Pro tip! By default, the GOURMAX PRO begins with a preheat phase and then prompts you to add food, however you can place your food in the GOURMAX PRO at any time. There's also a food thermometer to check for food temperature.

GOURMAX PRO, every day, every way, cooking appliance!

WARNING

Before you start please read the enclosed manual carefully.

More recipes at GOURMAXPRO.com

Grilled Fish



Ingredients

2 sea bass, gilt-head bream, or preferred fish (about 9 oz each)

Coarse salt, to taste

Olive oil

Parsley, to taste

Lemon slices

Preset Mode **Grill Press**

Grill Press mode provides even heat to cook fish thoroughly, enhancing flavor while retaining moisture.



See recipe on back.
More recipes at GOURMAXPRO.com

Grilled Fish

Cooking Time

15-20

Minutes

Total Time

25-30

Minutes

Servings

2

Steps

1. Make sure the fish is cleaned, with no scales or guts. Make small diagonal cuts in the fish for quicker cooking.
2. If serving with potatoes or vegetables, it's best to prepare these first in your GOURMAX Pro using the AIR FRYER function (for potatoes, sweet potatoes, eggplants, peppers, etc.) or the GRILL GRIDDLE function (for asparagus, mushrooms, etc.) Keep them warm in the pot with the lid on until the fish is cooked.
3. To cook the fish, attach the grill plates on both sides of your GOURMAX Pro and brush the base plate with oil. Place the fish on the grill one at a time, with lemon slices tucked inside or between the cuts in the fish.
4. Select the GRILL PRESS function and choose the FISH submenu (though the cooking time may be shorter than the preset). Move the fish slightly to ensure even cooking, and, if needed, flip it halfway through. Cooking time will vary based on the fish size.
5. Serve with the previously cooked potatoes or vegetables, garnished with parsley or herbs of your choice.

Breaded Fish



A crispy and flavorful breaded fish recipe, perfect with your choice of herbs for added taste.

Ingredients

2 fish filets (hake, cod, etc.) or fish loins (sea bass, gilt-head bream, etc.)

1 egg

2 tbsp flour

1 tsp aromatic herbs of your choice

$\frac{1}{3}$ cup water

1 tsp baking powder

Breadcrumbs or panko

Olive oil

Salt and black pepper

Preset Mode **Air Fryer**

The Air Fryer setting delivers a golden, crispy coating while keeping the fish tender and juicy.



See recipe on back.

More recipes at [GOURMAXPRO.com](https://www.gourmaxpro.com)

Breaded Fish

Cooking Time

8-10

Minutes

Total Time

40

Minutes

Servings

2

Steps

1. Make sure the fish pieces are of similar and even sizes for uniform cooking and ensure they are well-dried. Season with salt and pepper and set aside.
2. In a bowl, add the egg, then mix in the flour, herbs, and water. Whisk thoroughly to form a smooth batter for coating.
3. Dip each fish piece into the batter one at a time, then refrigerate for 30 minutes.
4. On a plate, spread out the panko or breadcrumbs, coat each fish piece, and place them in the pot of your GOURMAX Pro (you can line the base with parchment paper or brush it with oil if desired).
5. Spray the fish pieces with a bit of oil and select the AIR FRYER function, setting the temperature to 375°F. Cook for 8-10 minutes, turning halfway through.

Ribs with Barbecue Sauce



A delicious recipe for tender and flavorful BBQ ribs marinated in a homemade sauce.

Ingredients

4.5 lbs pork ribs
Olive oil

For the sauce:	1 tsp Worcestershire sauce
1/8 cup water	1 tbsp whole grain mustard
1/2 cup ketchup	1 tsp Tabasco sauce
2/3 cup brown sugar	1 tsp paprika
2 tbsp vinegar	1 tbsp salt

Preset Mode **Grill Press**

Uses high-intensity grill plates to cook evenly on both sides for tender and juicy meat.

See recipe on back.
More recipes at GOURMAXPRO.com



Ribs with BBQ Sauce

Cooking Time

25-30

Minutes

Total Time

1

Hour

Servings

4-6

Steps

1. Prepare the marinade sauce by mixing all sauce ingredients: water, ketchup, brown sugar, vinegar, Worcestershire sauce, mustard, paprika, salt, and Tabasco.
2. Cut the ribs into pieces to fit on the machine's griddle, then coat them on both sides with the prepared sauce. Let them marinate for half an hour.
3. Turn on your GOURMAX Pro and select the GRILL PRESS function, then choose the STEAK submenu. Make sure the grill plates are in place.
4. When the machine beeps, drain the ribs and place them on the base plate brushed with oil. Close the lid to cook both sides and press the selector.
5. Occasionally open the machine to check the browning of the ribs. If needed, adjust their position. Continue with the set program, and once it finishes, check if the ribs are tender. If not, add a few more minutes. You may brush them again with BBQ sauce, and if they're getting too charred, you can lower the temperature to 350°F or stop the machine at any point during cooking.
6. Let the ribs rest, covered with aluminum foil.

Creamed Spinach Au Gratin



A rich and creamy spinach dish topped with Parmesan cheese and lightly gratinéed to perfection.

Ingredients

1 lb cleaned spinach
3 garlic cloves
¼ cup flour
1¼ cups milk
¼ cup olive oil
Salt and white pepper
Grated Parmesan cheese

Preset Mode **Air Fryer**

The Air Fryer function provides a crisp, golden gratin topping while keeping the creamy spinach base warm and flavorful.

See recipe on back.
More recipes at [GOURMAXPRO.com](https://www.gourmaxpro.com)



Creamed Spinach Au Gratin

Cooking Time

10

Minutes

Total Time

1

Minutes

Servings

4

Steps

1. Peel and chop the garlic, then place it in the pot of your GOURMAX Pro along with the olive oil.
2. Select the STOVETOP function, then choose the SAUTE/GRILL submenu, and press the selector when the machine beeps.
3. Lightly sauté the garlic, turning it occasionally. Then, add the spinach in batches, as it takes up a lot of space. Sauté for about 5 minutes, seasoning with salt and pepper to taste.
4. Once the spinach is ready, add the flour—without stopping the machine—and stir to integrate it well with the spinach. After a few minutes, gradually add the warmed milk, stirring continuously, until a light, creamy sauce is achieved.
5. Stop the machine and add Parmesan cheese to taste.
6. Select the AIR FRYER function, set the temperature to 400°F, and cook for 5 minutes. Lower the machine's upper lid, ensuring the glass cover is removed, and allow the spinach to gratin.

Spaghetti with Bolognese Sauce

GOURMAX
PRO

A classic Italian spaghetti dish with a rich, savory Bolognese sauce, topped with Parmesan cheese.

Ingredients

10.5 oz spaghetti	¼ cup olive oil
3½ cups water	Oregano, to taste
10.5 oz mixed ground meat	Grated Parmesan cheese
½ onion	Salt and black pepper
2 garlic cloves	
⅓ cup white wine	
1 lb (2 cups) crushed tomatoes	

Preset Mode **Stovetop**

The Stovetop setting allows for versatile cooking, from sautéing aromatics and browning meat to simmering sauce and boiling pasta.

See recipe on back.
More recipes at [GOURMAXPRO.com](https://www.gourmaxpro.com)



Spaghetti with Bolognese Sauce

Cooking Time

20-25

Minutes

Total Time

30-35

Minutes

Servings

4

Steps

1. Peel and chop the onion and garlic, then place them in the pot of your GOURMAX Pro with the olive oil. Select the STOVETOP function and then the SAUTE/GRILL submenu. Sauté, stirring occasionally to prevent burning. Press the selector when the machine beeps to continue cooking.
2. Once the onion and garlic are softened, add the ground meat, seasoned with salt and freshly ground black pepper. Stir occasionally and cook until the meat is halfway done. Then, add the white wine and continue cooking for about three minutes with the lid off to allow the alcohol to evaporate.
3. Add the crushed tomatoes and oregano, continuing to cook until the tomato is fully reduced. Adjust salt if needed and add a pinch of sugar to reduce acidity if desired.
4. Once the Bolognese sauce is ready, set it aside.
5. Add the water and cook the pasta in the pot of your GOURMAX Pro, selecting the STOVETOP function and the PASTA submenu.
6. Serve the drained pasta topped with the Bolognese sauce and sprinkled with Parmesan cheese.

Mac & Cheese



A creamy and cheesy classic made easy with the GOURMAX Pro.

Ingredients

7 oz macaroni

1³/₄ cups water

1³/₄ cups whole milk

3¹/₂ tbsp butter

1/4 cup all-purpose flour

1¹/₂ cups shredded Cheddar cheese

1³/₄ cups grated Parmesan cheese

Salt, to taste

Preset Mode **Stovetop and Air Fryer**

The Stovetop setting creates a smooth, creamy sauce; the Fondue setting ensures even, gentle melting of cheeses while thoroughly blending ingredients; and the Air Fryer function provides a golden, crispy top layer.

See recipe on back.

More recipes at GOURMAXPRO.com



Mac & Cheese

Cooking Time

15-20

Minutes

Total Time

25-30

Minutes

Servings

4

Steps

1. Cook the pasta in your GOURMAX Pro for a shorter time since it will finish cooking later. Place the pasta, a pinch of salt, and water in the pot. Select the STOVETOP function, then the PASTA submenu, and reduce the time to 5 minutes. Set aside.
 - Note: You can also use the AIR FRYER function, cooking for 15 minutes at 400°F.
2. Clean the pot, add the butter, and select the STOVETOP function, setting the temperature to 215°F. Once the butter melts, add the flour and stir well with a silicone or wooden spatula. Gradually add the warmed milk, stirring continuously to form a smooth, light béchamel sauce without lumps.
3. When the sauce is ready, stop the cooking and add the cheeses, stirring with the machine off. Although residual heat might melt the cheeses, it's recommended to select the FONDUE function and add the reserved pasta. Cook everything for about 6 minutes in this setting to blend the ingredients well, then stop cooking.
4. For a final touch, sprinkle Parmesan cheese on top and gratin. Select the AIR FRYER function and set it to 5 minutes at the AIR FRY temperature.
 - Reminder: For this function, close the machine and remove the glass lid.
5. Serve immediately.

Rice with Parmesan

A creamy risotto-style rice dish enriched with Parmesan cheese, mushrooms, and optional Iberian ham.

Ingredients

12.3 oz Arborio rice or risotto rice	3.5 oz diced Iberian ham (optional)
3 cups broth	3.5 tbsp olive oil and 1.5 tbsp butter
2 large garlic cloves	Salt and black pepper, to taste
1 onion	1 ripe tomato, diced
2/3 cup quality white wine	(optional)
3.5 oz Parmesan cheese	Chopped parsley, for garnish
8.8 oz mushrooms	

Preset Mode **Stovetop**

The Stovetop setting allows for precise control of sautéing and slow cooking, perfect for achieving a creamy, risotto-style consistency.

See recipe on back.
More recipes at GOURMAXPRO.com



Rise with Parmesan

Cooking Time

25-30

Minutes

Total Time

35-40

Minutes

Servings

4

Steps

1. Peel and finely chop the garlic and onion (into brunoise) and place in the pot of your GOURMAX Pro. Add the olive oil and select the STOVETOP function, then the SAUTE/GRILL submenu to start sautéing. When the machine beeps, continue with the sauté. Clean and chop the mushrooms, then set aside.
2. Once the sauté is ready, add the diced ham (if using) and the mushrooms. Add salt (if needed) and freshly ground black pepper. Sauté for a few minutes.
3. Add the white wine and let it cook for a few minutes to allow the alcohol to evaporate.
4. Add the rice and sauté for a couple of minutes, stirring well to combine.
5. Gradually add the broth, a little at a time. Stir constantly to ensure the rice cooks evenly and achieves a creamy consistency.
6. When the rice reaches the desired consistency, add a small knob of butter and the Parmesan cheese. Stir well to incorporate, then turn off the machine, cover with the lid, and let rest for five minutes. Serve garnished with chopped parsley, if desired.

Vegetable Pizza

A homemade pizza with a crisp crust and delicious vegetable toppings.

Ingredients

1 $\frac{2}{3}$ cups bread flour (preferably)	For the toppings: 5.3 oz mozzarella cheese
$\frac{1}{2}$ cup warm water	7 oz grated cheese for topping
3 $\frac{1}{2}$ tbsp olive oil	$\frac{1}{3}$ cup tomato sauce
1 tsp bread yeast	1 small eggplant
1 tsp salt	$\frac{1}{2}$ zucchini
	1 red onion
	Olive oil
	Oregano and salt

Preset Mode **Air Fryer**

The Air Fryer function cooks the pizza evenly, providing a crispy crust and perfectly melted cheese.

See recipe on back.
More recipes at GOURMAXPRO.com



Vegetable Pizza

Cooking Time

15

Minutes

Total Time

2 ½

Hours

Servings

2

Medium Pizzas

Steps

1. Peel and finely chop the garlic and onion (into brunoise) and place in the pot of your GOURMAX Pro. Add the olive oil and select the STOVETOP function, then the SAUTE/GRILL submenu to start sautéing. When the machine beeps, continue with the sauté. Clean and chop the mushrooms, then set aside.
2. Once the sauté is ready, add the diced ham (if using) and the mushrooms. Add salt (if needed) and freshly ground black pepper. Sauté for a few minutes.
3. Add the white wine and let it cook for a few minutes to allow the alcohol to evaporate.
4. Add the rice and sauté for a couple of minutes, stirring well to combine.
5. Gradually add the broth, a little at a time. Stir constantly to ensure the rice cooks evenly and achieves a creamy consistency.
6. When the rice reaches the desired consistency, add a small knob of butter and the Parmesan cheese. Stir well to incorporate, then turn off the machine, cover with the lid, and let rest for five minutes. Serve garnished with chopped parsley, if desired.

Bacon & Cheese Fries

Crispy fries topped with melted cheese and crispy bacon, served with homemade ranch sauce.

Ingredients

1 lb potatoes	Ranch Sauce:
Olive oil	$\frac{2}{3}$ cup mayonnaise
Salt	1 tsp onion powder
$\frac{2}{3}$ cup bacon	1 tsp garlic powder
7 oz grated cheese (Maasdam, Gouda, Cheddar, etc.)	Fresh herb mix (chives, parsley, and dill)
	2 tbsp Greek yogurt
	Juice of 1 lemon
	Salt and black pepper

Preset Mode **Air Fryer and Grill Griddle**

The Air Fryer function creates golden, crispy fries, while the Grill Griddle function crisps bacon to perfection.

See recipe on back.
More recipes at [GOURMAXPRO.com](https://www.gourmaxpro.com)



Bacon & Cheese Fries

Cooking Time

20-25

Minutes

Total Time

1

Hour

Servings

4

Steps

1. Prepare the fries: Peel the potatoes, slice them into sticks, and soak them in water for at least 30 minutes to release the starch. Drain and dry thoroughly (use paper towels if needed). Season with salt, place the potatoes in the pot of your GOURMAX Pro, add two tablespoons of olive oil, and toss to coat.
 - Note: You can also use frozen fries
2. Close the top lid, select the AIR FRYER function, set the temperature to 400°F (200°C), and the cooking time to 15 minutes. Press the selector to start cooking. When the machine beeps and displays "Add Food," press the selector to resume cooking. Stir the potatoes halfway through to ensure even frying.
3. Once the fries are cooked, keep them warm in the pot with the glass lid on. Prepare the bacon: Place the griddle plate on the upper section of your GOURMAX Pro and add the bacon strips. Select the GRILL GRIDDLE function at 400°F for 5 minutes with heat on the left side. Cook the bacon to your desired crispness, flipping halfway through. Remove the bacon and set aside.
4. Carefully remove the griddle plate with tongs, taking care not to spill any accumulated grease on the heating element. Add the grated cheese to the pot with the fries and select the AIR FRYER function to gratin at 400°F for 5 minutes.
5. Once the fries and cheese are ready, transfer to a serving dish and top with chopped bacon pieces.
6. Prepare the ranch sauce: Combine all sauce ingredients in a bowl. Serve the ranch sauce alongside the bacon and cheese fries.

Cookies



Classic cookies with a hint of almond and vanilla, packed with chocolate chips.

Ingredients

1 egg	1 tsp cinnamon
½ cup brown sugar	(optional)
1 cup flour (oat or wheat)	⅓ cup chocolate chips
½ cup butter	½ tsp baking powder
⅓ cup ground almonds	½ tsp vanilla extract
	Pinch of salt

Preset Mode **Air Fryer**

The Air Fryer function bakes cookies evenly, creating a crispy exterior and a soft, chewy center.



See recipe on back.
More recipes at [GOURMAXPRO.com](https://www.gourmaxpro.com)

Cookies

Cooking Time

15

Minutes

Total Time

45

Minutes

Servings

12-15

Cookies

Steps

1. Melt the butter and mix it with the brown sugar until it forms a creamy consistency. Set aside.
2. Beat the egg and add it to the butter mixture along with the vanilla, a pinch of salt, and cinnamon if desired. Set aside.
3. In a bowl, mix the sifted flour, ground almonds, and baking powder. Gradually add this to the butter mixture, ensuring it's well incorporated.
 - Note: If using oat flakes, grind them first to make a fine flour.
4. Finally, add the chocolate chips to the dough, mix well, and refrigerate the dough for 30 minutes.
5. After chilling, roll out the dough on a surface and cut portions to form cookies of your preferred shape and size.
6. Place a sheet of parchment paper on the base of your GOURMAX Pro pot and arrange the cookies on it, spaced apart.
7. Select the AIR FRYER function at 350°F (180°C) for 15 minutes. Flip the cookies halfway through cooking for even baking.

Pancakes with Homemade Granola

Fluffy pancakes served with a crunchy homemade granola for added texture and flavor.

Ingredients

For the granola:

1½ cups rolled oats

½ cup raw, unsalted nuts

3 tbsp chia seeds

¼ cup honey or agave syrup

2 tbsp olive or coconut oil

1 tsp vanilla extract

1 tsp ground cinnamon

⅓ cup dried cranberries or raisins

Pinch of salt

For the pancakes:

1 cup flour (wheat or oat)

2 eggs

¾ cup milk

3½ tbsp butter, melted

2 tbsp sugar

1 tsp baking powder

½ tsp salt

Preset Mode **Air Fryer and Grill Griddle**

The Air Fryer function toasts the granola to a perfect crunch, while the Grill Griddle cooks pancakes evenly with a light, fluffy texture.

See recipe on back.

More recipes at [GOURMAXPRO.com](https://www.gourmaxpro.com)



Pancakes with Homemade Granola

Cooking Time

15-20

Minutes

Total Time

30-35

Minutes

Servings

4

Steps

1. For the granola: Chop the nuts and mix with oats and chia seeds. Stir in cinnamon, honey, oil, salt, and vanilla. Spread the mixture evenly in the base of your GOURMAX Pro (without the rack). Select the AIR FRYER function, set to 300°F (150°C) for 6 minutes, stirring occasionally for even toasting. Once cooled, add dried cranberries or raisins and store in a glass jar.
2. For the pancakes: In a bowl, mix eggs, milk, and sugar, then add the melted butter, sifted flour, baking powder, and salt. Stir to combine, then add a couple of tablespoons of granola, mixing to incorporate.
3. Attach the griddle plate to both sides of the machine and select the GRILL GRIDDLE function with heat on both sides. When hot, spoon the batter onto the griddle to form the pancakes. Once bubbles start to appear (about 1½ minutes), carefully flip them.
4. Serve the pancakes drizzled with honey and topped with extra granola, if desired.

Friday Night Burger

Simple and delicious easy burgers, level up with sesame buns, and couple with bacon fries!

Ingredients

ground beef (80/20 blend preferred)

salt & pepper

garlic powder

paprika

buns of your choice

Optional toppings include cheese, lettuce, tomatoes, and your favorite condiments.

Preset Mode **Grill Press**

Uses high-intensity grill plates to cook evenly on both sides for tender and juicy meat.

See recipe on back.

More recipes at GOURMAXPRO.com



Friday Night Burger

Cooking Time

10-14

Minutes

Total Time

24

Minutes

Servings

2-4

Steps

1. Preheat the GOURMAX Pro to 390°F using the GRILL PRESS function. Make sure the grill plates are in place.
2. For the pancakes: In a bowl, mix eggs, milk, and sugar, then add the melted butter, sifted flour, baking powder, and salt. Stir to combine, then add a couple of tablespoons of granola, mixing to incorporate.
3. Attach the griddle plate to both sides of the machine and select the GRILL GRIDDLE function with heat on both sides. When hot, spoon the batter onto the griddle to form the pancakes. Once bubbles start to appear (about 1½ minutes), carefully flip them.
4. Serve the pancakes drizzled with honey and topped with extra granola, if desired.

Mediterranean Roasted Vegetables



A quick and easy way to enjoy a variety of flavorful, mediterranean inspired vegetables.

Ingredients

bell pepper

zucchini

red onion

carrots

cherry tomatoes

olive oil (1-2 tablespoons)

sea salt (1 teaspoon)

Optional: black pepper, garlic powder, smoked paprika,
dried oregano or herbs for extra flavor

Preset Mode **Air Fryer and Roast**

The Air Fryer roast setting keeps the vegetables
flavorful, tender and juicy.

See recipe on back.

More recipes at [GOURMAXPRO.com](https://www.gourmaxpro.com)



Mediterranean Roasted Vegetables

Cooking Time

10-15

Minutes

Total Time

25

Minutes

Servings

2-4

Steps

1. Cut the vegetables into uniform bite-size pieces.
2. Toss the veggies in a bowl with olive oil, sea salt, and any additional seasonings.
3. Preheat the air fryer to 380°F (193°C). Place the vegetables in the air fryer basket in a single layer.
4. Cook for 10-15 minutes on ROAST, shaking the basket halfway through to ensure even crispiness.
5. The veggies are ready when they are tender and slightly crispy on the edges.

Moms Grilled Chicken



A simple and healthy way to enjoy juicy and flavorful chicken breasts.

A touch of brown sugar adds a hint of sweetness, making this dish a family favorite.

Ingredients

chicken breasts

olive oil

garlic powder

onion powder

smoked paprika

salt

pepper

optional brown sugar for a touch of sweetness.

Preset Mode **Air Fryer**

The Air Fryer Grill setting delivers a golden, crispy coating while keeping the chicken tender and juicy.

See recipe on back.

More recipes at [GOURMAXPRO.com](https://www.gourmaxpro.com)



Moms Grilled Chicken

Cooking Time

15-20

Minutes

Total Time

20-30

Minutes

Servings

2-4

Steps

1. Preheat GOURMAX Pro at 375-390°F
2. Pat chicken dry, coat with oil and seasonings.
3. Add to GOURMAX Pro and cook flipping halfway.
4. Ensure the internal temperature reaches 165°F.

Baked Veggie Frittata



Loaded with nutritious vegetables and protein-packed eggs, this easy frittata is perfect for brunch or lunch. Customize the vegetable mix to your preference.

Ingredients

- 9 large eggs
- ¼ cup heavy cream or half-and-half
- 1 cup shredded Jack or Cheddar cheese
- 1 tbsp olive oil
- 1 small red onion, cut into wedges
- 8 oz brown mushrooms, halved
- 1 bell pepper, seeded, cored, and thinly sliced
- 8-10 stalks broccolini, tough ends removed and sliced lengthwise
- ½ tsp salt and ½ tsp black pepper

Preset Mode **Bake and Stovetop**

The Bake function provides consistent heat, ensuring a fully set frittata, while the Stovetop setting sautés vegetables to bring out their natural flavors.

See recipe on back.
More recipes at GOURMAXPRO.com



Baked Veggie Frittata

Cooking Time

25-35

Minutes

Total Time

40-45

Minutes

Servings

6-8

Steps

1. In your Gourmax Pro, add olive oil and select the STOVETOP function, choosing the SAUTE/GRILL setting. Once heated, add the onion, mushrooms, and bell pepper. Sauté, flipping every few minutes, until the vegetables are golden brown at the edges. Set the vegetables aside.
2. In a mixing bowl, whisk together the eggs, cream, salt, and pepper. Gently fold in the shredded cheese.
3. Prepare an 8"x8" glass or metal baking dish by spraying with cooking spray or brushing lightly with oil. Pour the egg mixture into the dish and add the sautéed vegetables, pressing them gently to submerge halfway into the egg mixture.
4. Place the baking dish onto the rack in the Gourmax Pro. Select the BAKE function and set the temperature to 350°F (180°C) for 25-35 minutes, or until the eggs are set in the center.
5. Allow the frittata to cool for a few minutes before slicing and serving.

Grilled Fish



Ingredients

2 sea bass, gilt-head bream, or preferred fish (about 9 oz each)

Coarse salt, to taste

Olive oil

Parsley, to taste

Lemon slices

Preset Mode **Grill Press**

Grill Press mode provides even heat to cook fish thoroughly, enhancing flavor while retaining moisture.



See recipe on back.
More recipes at GOURMAXPRO.com