

CATHY MITCHELL

Copper Infused Ceramic



RED COPPERTM SQUARE

#1

**Best Selling
Dump Cookbook
Series Author**

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RED COPPERTM SQUARE

Recipe Guide

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Steaming in the Red Copper Square Pan

Steaming is a great way to cook vegetables, maintaining color and nutrition.

- You can steam with the Red Copper Square Pan steamer/roasting rack or the fry basket.
- When using the fry basket, remove the handle. Use a cup of steaming liquid; such as water, white wine, or broth and add aromatics such as lemon slices or peppercorns.
- Always use a lid and watch that the liquid does not boil away.
- Below are approximate steaming times for some of the more popular vegetables.



Ingredient	Steaming Time
Artichokes	25-40 minutes
Broccoli (trim stalks)	8-12 minutes
Brussel Sprouts (whole, trimmed)	8-15 minutes
Cabbage Wedges	6-10 minutes
Whole Baby Carrots	10-12 minutes
Cauliflower (florets)	5-10 minutes
Potatoes (new, whole, scrubbed)	15-20 minutes

Corn on the Cob



Directions:

1. Fill the Red Copper Square Pan with water and bring to a boil. Never salt the water. I like to add 2 tablespoons of sugar to the water.
2. Husk the corn just before cooking. Drop corn into the boiling water, cover and return to boil for another 3 to 4 minutes. Do not overcook.
3. Serve with butter and salt.

Easy Apple Pie



Ingredients:

- 2 tablespoons butter
- 3 pounds Granny Smith apples, peeled, cored and cut into 8 wedges each
- 1/4 cup granulated sugar
- 3 tablespoons cornstarch
- 2 teaspoons cinnamon
- 1 tablespoon lemon juice
- 1 sheet "Pepperidge Farm" puff pastry, thawed

Directions:

1. Melt butter in the Red Copper Square Pan over medium heat. Cut each apple wedge into 2 or 3 pieces, depending on thickness you like. Toss into pan, stirring occasionally.
2. Sprinkle remaining ingredients over apples, stir to mix. Cover and continue cooking over low heat until slices are tender. Taste and adjust sugar and cinnamon if needed.
3. When apples are tender and juices have thickened, remove from heat.
4. Cut puff pastry sheet into 9 squares. Prick generously with a fork to allow steam to escape and place over apples, leaving space between each square.
5. Bake in 400°F oven until pastry has puffed and browned, about 30 minutes.
6. Cool slightly and serve with ice cream.

Easy Cinnamon Crispers



Ingredients:

1/2 cup sugar
1 tablespoon cinnamon
Vegetable or other oil for deep frying
Rice noodles

Directions:

1. Place sugar and cinnamon into a bag.
2. Heat oil in the Red Copper Square Pan (350°F).
3. Place fry basket in hot oil.
4. Drop rice noodles into hot oil a few at a time. They will sink, then puff and float to the top when done.
5. Drain the noodles. Place in the bag with the sugar and cinnamon and shake.

Tip: Rice noodles are available in the Asian food section.
I use a "Taste of Thai" dry noodle about 1/2" wide. Do Not Boil First.

Steamed Salmon with Asparagus



Ingredients:

3/4 cup chicken or vegetable broth
1/4 cup white wine
1 green onion, sliced
1 lemon, thinly sliced
2-4 skinless salmon filets
Salt and pepper
1 bunch asparagus, lower stems removed
1 tablespoon cornstarch

Directions:

1. Place the Red Copper Square Pan over medium heat and add broth, white wine, green onion and lemon slices. Reserve a lemon slice for each salmon piece.
2. Cover, bring to a boil, and simmer for 5 minutes to blend the flavors.
3. Season the salmon with salt and pepper and place on the steaming/roasting rack with a lemon slice on each. Set the rack in the pan, reduce the heat to medium-low and cover. Steam the salmon for about 5 minutes.
4. Place the asparagus around the salmon on the rack. Cover and cook for about 2 minutes until salmon is opaque. Serve.
5. If desired, remove the lemon slices from liquid. Thicken with a tablespoon of cornstarch and 2 tablespoons of water, mix until smooth. Stir into steaming liquid until thickened, then pour liquid over the salmon.

Braised Short Ribs



Ingredients:

- 2 pounds beef short ribs
- 1 teaspoon Cathy's Crazy Salt (see pg. 9 for recipe)
- 1/4 cup all-purpose flour, in zipper bag
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 onion, sliced
- 1 teaspoon minced garlic
- 1 (12 fluid ounce) can or bottle of beer, sherry or red wine
- 1 cup beef stock

Directions:

1. Season the short ribs with Cathy's Crazy Salt. Place in the bag of flour and shake until coated.
2. Heat the olive oil and butter in the Red Copper Square Pan over medium-high heat.
3. Cook the ribs until browned on each side, about 5 minutes per side. Remove from pan and set aside.
4. Add the onions and garlic to the Red Copper Square Pan. Stir and cook until the onion is tender, about 5 minutes.
5. Pour in the beer or wine. Stir, scraping the bottom of the pan until all of the browned bits have mixed in with the liquid.
6. Pour in beef stock and stir.
7. Return ribs to the pan and cover. Simmer over low heat or place pan in a 350°F oven until ribs are very tender (about 2 hours).
8. Remove ribs and if needed, place the pan over a medium-high heat to thicken and reduce sauce.

Tip: Remember, the secret is to brown the short ribs well and cook them until they are fall apart tender.

Tempura Mix



Ingredients:

- You can use packaged Tempura mix (prepared as directed on package) or add together:
- 1 cup flour
 - 1 tablespoon baking powder
 - 1 tablespoon sesame oil
 - 1 1/4 cups ice water
 - 1/2 cup cornstarch, if needed in zipper bag (see tip)
 - Vegetable or other oil for deep frying

Great For:

- Green Bean Fries • Broccoli
- Asparagus • Mushrooms
- Onions Rings • Cauliflower
- Carrot Sticks • Shrimp • Chicken

Directions:

1. Mix flour with baking powder and sesame oil. Add the ice water and stir until smooth.
2. Dip vegetables, shrimp or chicken, a few pieces at a time, into Tempura mix.
3. Heat oil in the Red Copper Square Pan (350°F). Place fry basket into hot oil.
4. Gently lower vegetables into oil. Fry until golden.

Tempura Hints:

- Green beans, broccoli and asparagus will benefit from a one minute dip in boiling water, and then a plunge into ice water before frying. Drain and dry before dipping in Tempura mix.
- For a thicker coating, shake veggies in a zipper bag of cornstarch to coat before dipping in Tempura. Cook pieces in small batches.

Fish & Chips



Ingredients:

1 cup flour
1 teaspoon baking powder
1 teaspoon salt
1 teaspoon pepper
1 cup milk
1 egg
1-2 pounds cod filets
Vegetable or other oil for deep frying

Directions:

1. Mix together all ingredients (except fish) until smooth. Allow to stand for 15 minutes.
2. Cut fish into serving size pieces and dry with paper towels.
3. Heat oil in the Red Copper Square Pan (350°).
4. Dip pieces of fish in batter one piece at a time.
5. Place fry basket in hot oil.
6. Gently lower fish in the heated oil and fry fish until golden brown.

Boneless Country Ribs



Ingredients:

2½ pounds boneless country ribs
12 oz. can "Dr. Pepper"
Favorite BBQ sauce
Rib seasoning
Salt and pepper

Directions:

1. Season ribs with salt, pepper and rib seasoning. Place seasoned ribs in Red Copper Square Pan and cook over medium heat. Brown on all sides.
2. Add 12 oz. can of "Dr. Pepper" (diet is ok). Cover and simmer for 2 hours until liquid is almost gone. Pour on BBQ sauce, serve.

Easy Roast Chicken



Ingredients:

2 tablespoons olive oil
8 red potatoes, cut into halves or quarters (depending on size)
1 package baby carrots (16 ounces)
1 onion, coarsely chopped
1 whole chicken (4.5 pounds)
Cathy's Crazy Salt (see pg. 9 for recipe)

Directions:

1. Preheat oven to 350°F.
2. Pour olive oil into a large zipper bag. Toss potatoes, carrots, and onion in the oil to coat. Rinse chicken and pat thoroughly dry with paper towels and rub with olive oil. Generously season the chicken (inside and out) with Cathy's Crazy Salt.
3. Place the chicken on the roasting rack in the Red Copper Square Pan. Dump vegetables around the chicken. Roast chicken and vegetables in the preheated oven until the skin is browned and crisp. The vegetables should also be tender. Insert an instant-read meat thermometer into the thickest part of a thigh to check chicken temperature. It will be done when it reads 165°F (75°C) Chicken should be up to temperature in about 1 hour and 30 minutes. Let chicken rest for 10 minutes before carving and serving with vegetables.

Maple Bacon Baked Beans



Ingredients:

6 strips Applewood thick bacon, divided
1 small Granny Smith apple, peeled, cored & diced
1 small onion, diced
4 or 5 (15 ounces) canned beans (like Great Northern or Navy beans), drained & rinsed
1/2 cup maple syrup
1 cup BBQ sauce
1/4 cup apple cider vinegar
1/4 cup brown sugar

Directions:

1. Dice 3 strips of bacon. Cut the remaining 3 strips into large pieces (4 pieces per strip). Reserve for garnish.
2. Place bacon in the Red Copper Square Pan and sauté till crisp, remove the larger pieces and set aside.
3. Add the diced apple and onion to the remaining bacon and stir till softened.
4. Add the beans, syrup, BBQ sauce, vinegar and sugar. Stir, cover and simmer for 45 minutes.
5. Uncover for 15 minutes. Top with reserved bacon and serve.

Easy Bread

Ingredients:

- 1 envelope dry yeast
- 2¼ cups warm water
- 3 tablespoons sugar
- 1 tablespoon salt
- 2 tablespoons oil
- 6 - 7 cups flour

Hints:

- Water should be baby bottle warm.
- If your oven has a 100°F setting, that is perfect for rising dough.
- If you have a standing mixer, the entire mixing process can be done with the dough hook.
- Cover dough with a damp linen or cotton towel while rising

Directions:

1. In a bowl, dissolve yeast in warm water. Add sugar, salt, oil and 3 cups flour. Beat until smooth. Add enough of the remaining flour (1/2 cup at a time) to make a soft dough.
2. Dump dough onto a floured surface and knead until elastic (about 8 - 10 minutes).
3. Place in a greased bowl, turning to grease the top. Cover and let rise in a warm place until it doubles (about 1½ hours).
4. Punch dough down and return to a floured surface. Divide dough in half and form into 2 loaves.
5. Place loaves in the Red Copper Square Pan side by side and allow to rise until just the top of the pan.
6. Place loaves in a 350°F oven for 30 minutes until brown. Butter the top if desired. Slice and serve.

Easiest Bread

Ingredients:

- 1 package of frozen bread dough (3 loaf package).

Directions:

1. Place 2 loaves in Red Copper Square Pan.
2. Allow to thaw and rise. Bake as directed on package. It's okay, No One Will Know!



Cathy's Crazy Salt

Ingredients:

- 4 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon onion powder
- 1 tablespoon pepper
- 1 tablespoon celery salt
- 1 tablespoon dried parsley

Directions:

1. Mix together and store in empty jar or shaker.
2. Use anywhere you would use salt and pepper (I use on vegetables, meat, pasta, and most soups and sauces).

One of my favorite seasonings...
saves finding 6 different jars

Cathy's Favorite Chili Seasoning

Ingredients:

- 1/2 cup instant mix flour, like "Wondra"
- 2 tablespoons chili powder
- 1 tablespoon crushed red pepper
- 1 tablespoon granulated garlic
- 2 teaspoons sugar
- 2 teaspoons cumin
- 2 teaspoons salt
- 2 teaspoons dried parsley

Directions:

1. Mix all ingredients together in a jar with a lid.

5 Can Chili



Ingredients:

1 pound ground beef , browned
1 onion, chopped
1 can diced tomatoes
8 ounce can tomato sauce
1 can black beans, drained
1 can pinto beans, drained
1 can kidney beans, drained
Cathy's Favorite Chili Seasoning to taste
(see pg. 9 for recipe)

Directions:

1. Place Red Copper Square Pan over medium heat, brown ground beef with onion until no longer pink and onion is translucent. Swirl a wadded paper towel thru meat with a wooden spoon to pick up excess grease.
2. Add tomato sauce, beans and Cathy's Favorite Chili Seasoning. Stir to mix. Cover and simmer over lowest heat for 30 minutes, stirring occasionally.
3. Serve with cornbread and chopped onion, and garnish with shredded cheese.

Sirloin Mac n Cheese



Ingredients:

16 ounce package elbow macaroni
4 tablespoons butter
16 ounces sirloin steak, cut into thin strips
2 teaspoons minced garlic
2 tablespoons fresh parsley, minced
4 tablespoons flour
1 teaspoon salt
2 cups milk
2 cups shredded cheddar cheese

Directions:

1. Boil the pasta in the Red Copper Square Pan using the fry basket according to package directions. Drain pasta when done and empty water from the Red Copper Square Pan.
2. Melt 4 tablespoons butter in the Red Copper Square Pan over medium heat.
3. Add steak strips, stirring and flipping after a few minutes. Cook for another 1-2 minutes (or until steak is done).
4. Add the garlic and parsley, stirring for one minute. Add in the flour and salt. Stir to coat the meat with the flour mixture. Slowly add the milk, whisking to incorporate milk with the flour mixture.
5. Simmer for 10 - 15 minutes until sauce is bubbling and has thickened slightly. Add the cheese and stir until melted.
6. Stir the pasta together with the cheese sauce and steak. Add a little extra milk if needed for texture.

Mile High Lasagna



Ingredients:

1/2 pound ground beef
1/2 pound Italian sausage
2 teaspoons crushed garlic, divided
5 cups marinara sauce
16 ounce carton ricotta cheese
1 egg
1 teaspoon oregano
8 ounces shredded mozzarella cheese, divided
8 ounces fresh baby spinach
1 package no boil lasagna noodles (15 pieces)

Directions:

1. Brown beef and sausage in the Red Copper Square Pan over medium heat with 1 teaspoon of garlic.
2. Add marinara sauce. Stir and remove from pan, leaving enough sauce to cover the bottom of pan (about 1½ cups).
3. In a separate bowl, mix ricotta cheese, egg, remaining garlic, oregano and half of the mozzarella cheese together. Set aside.
4. To assemble lasagna, place 3 lasagna noodles over the leftover sauce in base of the Red Copper Square Pan.
4. Spread half of the ricotta mixture and half the baby spinach over the lasagna noodles.
5. Lay 3 lasagna noodles over the spinach, going in the opposite direction and add 1/2 of the meat sauce and a layer of mozzarella cheese.
6. Place 3 more lasagna noodles in the opposite direction and top with remaining ricotta mixture and remaining spinach.
7. Place 3 more lasagna noodles, top with remaining meat sauce and remaining cheese.
8. Bake in a 400°F oven for 15 minutes. Reduce heat to 350°F and bake for an additional 45 minutes to an hour until heated thru and bubbling.

Cathy's Favorite Low Carb Mock Potato Soup



Ingredients:

1 onion, chopped
3 strips bacon, cut in 1/2" pieces
1 cup celery, chopped
1 cup carrots, chopped
1 head cauliflower, chopped in 1/2" squares
2 cups water with 2 cubes chicken bouillon
1 can corn, liquid included
1 can evaporated milk
1½ teaspoons Cathy's Crazy Salt
(see pg. 9 for recipe)

Directions:

1. Brown onion and bacon in the Red Copper Square Pan over medium heat.
2. Add celery and carrots, stir and sauté for a few minutes.
2. Add cauliflower and chicken broth. Cover and cook until vegetables are tender.
3. Add the can of corn (liquid included), the can of evaporated milk and 1½ teaspoons (or more to taste) Cathy's Crazy Salt.

Clam Chowder



Ingredients:

4 slices bacon, diced
2 tablespoons butter
2 teaspoons garlic, minced
1 onion, diced
3 tablespoons all-purpose flour
1 can evaporated milk
1 cup chicken stock
1 bottle clam juice
2 - (6.5 ounce) cans chopped clams (with juice)
2 cups of frozen style hash brown potatoes
1 teaspoon Cathy's Crazy Salt (see pg. 9 for recipe)
Oyster crackers

Directions:

1. Heat the Red Copper Square Pan over medium heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate, reserving 1 tablespoon of excess fat; set aside.
2. Melt butter in the Red Copper Square Pan. Add garlic and onions, stirring frequently. Cook until the onions have become translucent, about 2-3 minutes.
3. Stir in flour until smooth, about 1 minute. Gradually whisk in milk, chicken stock, and clam juice. Cook, stirring frequently for about 1-2 minutes until slightly thickened. Stir in potatoes.
4. Bring to a boil; reduce heat and simmer until potatoes are tender, about 15 minutes.
5. Add in clams. Cook until heated through, about 1-2 minutes. Season with salt and pepper to taste. Adjust thickness of broth with more milk if needed.
6. Serve immediately, garnished with bacon and oyster crackers.

One Pot Italian Pasta



Ingredients:

1 tablespoon olive oil
1 pound sweet Italian sausage
2 teaspoons minced garlic
1/4 teaspoon red pepper flakes
Salt and pepper, to taste
1 can crushed Italian tomatoes (28 ounces)
12 ounces package of uncooked pasta (ziti or rotini)
3/4 cup grated Parmesan cheese
1 can evaporated milk (5 ounces)
1 cup shredded Mozzarella cheese
1/4 cup fresh basil leaves for garnish

Directions:

1. Heat olive oil in the Red Copper Square Pan over medium heat.
2. Add Italian sausage and cook until crumbled and browned, about 3-5 minutes.
3. Stir in garlic and red pepper flakes. Cook about 1 minute.
4. Season with salt and pepper, to taste.
5. Stir in tomatoes and simmer until slightly thickened, about 8-10 minutes.
6. Stir in pasta and 3 cups water. Bring to a boil and cover. Reduce heat and simmer until pasta is cooked through, about 12 to 15 minutes.
7. Remove from heat; stir in the Parmesan cheese and evaporated milk.
8. Top with mozzarella cheese and cover until cheese is melted.
9. Garnish with basil and serve.