

COPPER X CHEF™

# All Around Cooking



with  
**Eric Theiss**

 Fusion Life Brands™





chef  
Eric Theiss



Eric Theiss's culinary savoir-faire started in northern New Jersey as a child when his Italian mother gave him his first cook book at age 6. As a young adult, he worked at The Culinary Renaissance under the rigorous tutelage of acclaimed chef Frank Falcinelli. He opened his own fine dining restaurant and bar called Meritage in West Chester, PA and earned rave reviews from prominent Philadelphia food critics.

Theiss moved on to the culinary broadcast world, working in product development for not only major live shopping networks, but for major celebrity lines as well as his own personal line of cool kitchen tools and cookware, Walah! Theiss remains as a key industry talent and established a successful new publishing company that publishes cook books and pamphlets.



# Table of Contents

Apple Pie.....	5
Cherry Pie.....	6
Brussel Sprouts.....	7
Caramel Sauce.....	7
Chicken.....	8
Fish 'N' Chips.....	9
Focaccia.....	10
Fried Chicken.....	11
Frittata.....	12
Chili.....	13
Cranberry Pecan French Toast.....	13
Inside Out Grilled Cheese.....	14
Lasagna.....	15
Mac 'N' Cheese.....	16
Mussels Marinara.....	17
Pork Chops.....	18
Egg Sandwich.....	19
Eric's Flambé with Ice Cream.....	19
Prime Rib.....	20
Rosemary Garlic Bread.....	21
Salmon.....	22
Short Ribs.....	23
Skillet Chicken Pot Pie.....	24
S'mores Cake.....	25
Steak Filets.....	26
Reuben.....	27
Shrimp Stir Fry.....	27

# Apple Pie



## Ingredients

- 5 cans apple pie filling
- 4 pie shells
- ¼ cup half and half

## Preparation

1. Preheat oven to 375 degrees.
2. Drape the pie shells on the bottom and sides of the Copper Chef pan leaving a large enough flap to cover the apples on top.
3. Pour the apples into the pie shells.
4. Cover the apple pie filling with the excess pie shell.
5. Brush the top of the pie with half and half.
6. Place the pan in the oven and cook for 45-60 minutes until the pie is golden.
7. Remove and let cool.
8. Serve.

# Cherry Pie



## Ingredients

- 5 cans cherry pie filling
- 4 pie shells
- ¼ cup half and half

## Preparation

1. Preheat oven to 375 degrees.
2. Drape the pie shells on the bottom and sides of the Copper Chef pan leaving 1 pie shell to make the lattice top.
3. Pour the cherry pie filling into the pan.
4. Cut 1" strips out of the remaining pie crusts and make a lattice top.
5. Brush the top of the pie with half and half.
6. Place the pan in the oven and cook for 45-60 minutes until the pie is golden.
7. Remove and let cool.
8. Serve.



# Brussel Sprouts



## Ingredients

2 lb. brussel sprouts, cleaned  
3 Tbsp. olive oil  
3 Tbsp. sweet soy sauce  
4 cloves garlic, peeled & minced

## Preparation

1. Place the Copper Chef pan on the stove over medium heat.
2. Add the olive oil and garlic and cook for 2 minutes.
3. Add the brussel sprouts.
4. Place the lid on the pan.
5. Cook for 4 minutes.
6. Add the sweet soy sauce.
7. Cook until tender.
8. Serve.

---



# Caramel Sauce



## Ingredients

3 cups sugar  
1 cup water  
3 cups heavy cream

## Preparation

1. Mix sugar and water together in the Copper Chef pan and bring to a boil.
2. Boil until it turns amber. Remove from heat and set aside.
3. Cool the sauce for about 10 minutes.
4. Add heavy cream slowly, so the sauce does not boil over.
5. Once the heavy cream is incorporated into the sauce, place the pan back on the stove.
6. Cook until all the sugar is dissolved.
7. Serve.

# Chicken



## Ingredients

6 lb. chicken, rinsed  
½ onion, peeled & diced  
1 large celery stalk, diced  
1 carrot, peeled & diced  
4 red potatoes, quartered  
2 sprigs rosemary  
3 sprigs fresh thyme  
salt & pepper  
1 Tbsp. olive oil

## Preparation

1. Preheat oven to 375 degrees.
2. Season the chicken with salt, pepper, chopped thyme and rosemary.
3. Add olive oil to the Copper Chef pan and brown chicken on all sides. Remove and set aside.
4. Add vegetables and potatoes and cook for about 4 minutes.
5. Place the chicken back in the pan on top of the vegetables.
6. Place the pan in the oven and cook for 1½-2 hours.
7. Serve.



# Fish 'N' Chips



## Ingredients

- 6 pcs. tilapia
- 1 pack of fish fry mix
- 8 cups canola oil

## Preparation

1. Add oil to the Copper Chef pan and heat over medium heat to 365 degrees\*.
2. Place the fry basket into the pan.
3. Mix the fish fry batter according to the instructions on the box.
4. Dip the tilapia into the batter.
5. Carefully fry the tilapia, 3 filets at a time, in the hot oil until all filets are fried.
6. When done, remove fry basket and set on side of the pot to drain.
7. Place the fry basket on paper towels to absorb any excess oil.
8. Serve with tartar sauce.

\* Note: Be careful not to overfill the pan with oil to avoid oil overflowing onto the burner and creating a fire.

# Focaccia



## Ingredients

- 1 lb. pizza dough
- 1 tomato, sliced
- ½ red onion, peeled and sliced
- ½ cup mozzarella, shredded
- ½ yellow pepper, sliced into rings
- 3 Tbsp. grated Parmigiano cheese
- 2 Tbsp. olive oil

## Preparation

1. Preheat oven to 375 degrees.
2. Place the pizza dough into the Copper Chef pan and spread it out to fit the pan.
3. Let dough proof until it doubles in size.
4. Spread the rest of the ingredients on top of the dough.
5. Place the pan in the oven and cook for 30 minutes.
6. Serve.

# Fried Chicken



## Ingredients

4 chicken thighs  
6 chicken legs  
4 cups flour  
2 Tbsp. garlic powder  
2 Tbsp. onion powder  
2 Tbsp. cumin  
1 Tbsp. ground thyme  
2 Tbsp. salt  
2 Tbsp. black pepper  
1 qt. buttermilk  
8 cups canola oil

## Preparation

1. Soak the chicken in buttermilk for 6 hours.
  2. Mix the flour and seasonings.
  3. Add oil to the Copper Chef pan and heat over medium heat to 365 degrees\*.
  4. Place the fry basket into the pan.
  5. Dip the chicken into the flour.
  6. Carefully fry the chicken, 3 pieces at a time, in the hot oil for 15-20 minutes or until the internal temp is 160 degrees.
  7. When done, remove fry basket and set on side of the pot to drain.
  8. Place the chicken & fry basket on paper towels to absorb any excess oil.
  9. Serve.
- \* Note: Be careful not to over fill the pan with oil to avoid oil overflowing onto the burner and creating a fire.

# Frittata



## Ingredients

1 qt. liquid eggs or egg substitute  
½ green pepper, diced  
½ red pepper, diced  
1 red onion, peeled & diced  
½ lb. bacon, diced  
1½ lb. hash brown potatoes  
¾ cup cheddar

## Preparation

1. Preheat oven to 375 degrees.
2. Place the Copper Chef pan on the stove over medium heat and cook the bacon until almost crispy.
3. Add the potatoes and brown.
4. Add in the peppers and onions. Cook for about 4 minutes.
5. Add the eggs. Stir. Cook for 3 minutes.
6. Stir in the cheese.
7. Place the pan in the oven and bake until the eggs are cooked.
8. Serve.



# Chili



## Ingredients

- 3 lb. ground beef
- 2 jars salsa
- 1 24 oz. can kidney beans
- 1 pack taco seasoning

## Preparation

1. Place the Copper Chef pan on the stove over medium heat.
2. Brown the ground beef.
3. Pour in the taco seasoning and stir.
4. Add the rest of the ingredients.
5. Place the lid on the pan and simmer for 45 minutes.
6. Serve.

---



# Cranberry Pecan French Toast



## Ingredients

- 2 loaves challah bread sliced thick
- 8 eggs
- 3 cups half and half
- 1 ½ cup sugar
- 1 tsp. vanilla extract
- ½ stick butter melted in the pan
- ¾ cups pecans
- ¾ cups cranberries

## Preparation

1. Preheat oven to 375 degrees.
2. In a large bowl mix together all the ingredients except for the bread. Mix.
3. Place the bread into the Copper Chef pan and pour the mix over the bread.
4. Lightly lift the bread to soak.
5. Place the lid on the pan.
6. Place the pan in the oven and cook for 20 minutes.
7. Serve.

# Inside Out Grilled Cheese



## Ingredients

- 8 slices bread
- 16 slices asiago cheese

## Preparation

1. Preheat the Copper Chef pan for 3 minutes on medium heat.
2. Assemble the 4 sandwiches in the following order: 1 slice of cheese, 1 slice of bread, 2 slices of cheese, 1 slice of bread, 1 piece of cheese.
3. Place the 4 sandwiches carefully into the pan.
4. Cook each side of the sandwiches on medium heat for about 3-4 minutes.
5. Place the lid on the pan to help make the cheese melt faster.
6. Serve.

# Lasagna



## Ingredients

- 3 lb. ground beef, browned
- 3 cups tomato sauce
- 3 cups ricotta
- 3 eggs
- 2 cups mozzarella, shredded
- 1 pack ready bake lasagna noodles
- 1 cup grated Parmigiano cheese

## Preparation

1. Preheat oven to 375 degrees.
2. Mix the ricotta cheese, eggs, ½ cup Parmigiano, 1¼ cup mozzarella and set aside.
3. Pour ¾ cup of tomato sauce into the Copper Chef pan.
4. Place a layer of lasagna noodles on top of the sauce.
5. Spoon half of the ricotta mix on top of the noodles.
6. Add another layer of noodles pressing the ricotta mix gently to spread it.
7. Place the meat on top of the noodles and pour 1 cup of sauce on top of the meat.
8. Place another layer of noodles and the rest of the ricotta mix on top.
9. Add the final layer of noodles and press gently to spread the mix.
10. Pour the rest of the sauce on top and spread evenly.
11. Sprinkle the remainder of the cheese on top.
12. Place the pan on the stove over low heat for 1 ½ hours or place in the oven for 1 hour on 375 degrees.
13. Serve.

# Mac 'N' Cheese



## Ingredients

- 1 lb. elbow macaroni
- 2 cup shredded cheddar
- 1 qt. heavy cream
- 1 Tbsp. cornstarch
- 1 cup water

## Preparation

1. Place all the ingredients in the Copper Chef pan.
2. Place the lid on the pan.
3. Place the pan on the stove over low heat.
4. Cook until creamy and the noodles are done.
5. Serve.



# Mussels Marinara



## Ingredients

2 lb. PEI mussels  
1 24 oz. can crushed tomatoes  
½ onion, peeled & diced  
3 cloves garlic, peeled & minced  
½ cup white wine  
6 basil leaves, chopped  
½ tsp. black pepper  
2 Tbsp. olive oil

## Preparation

1. Place the Copper Chef pan on the stove over high heat.
2. Add olive oil, onions and garlic and cook for 2-4 minutes.
3. Add the mussels, wine, basil, pepper & crushed tomatoes.
4. Place the lid on the pan.
5. Cook until all of the mussels are open.
6. Serve.

# Pork Chops



## Ingredients

4 thick pork chops  
salt & pepper

## Preparation

1. Preheat the Copper Chef pan for 2 minutes on medium heat.
2. Season the pork chops with salt and pepper.
3. Place the pork chops in the pan and cook for 4-5 minutes on each side or until desired doneness.
4. Serve.

# Egg Sandwich

## Ingredients

9 biscuits, from the tube, juniors  
9 eggs  
½ cup cheddar

## Preparation

1. Place the biscuits on the bottom of the Copper Chef pan covering the bottom.
2. Make a thumb print in the center of each biscuit.
3. Crack the eggs over each biscuit.
4. Sprinkle the cheese over the top.
5. Place the lid on the pan.
6. Place the pan on the stove over medium heat and cook for 13-15 minutes.
7. Serve.

---

# Eric's Flambé with Ice Cream

## Ingredients

2 bananas, sliced  
½ cup chocolate chips  
1 cup marshmallows  
2 oz. 151 rum  
2 oz. orange liquor  
½ stick butter  
your favorite ice cream

## Preparation

1. Place the Copper Chef pan on the stove over medium heat.
2. Add butter, chocolate chips, marshmallows, bananas and orange liquor to the pan.
3. Add rum and cook for 2 minutes.
4. Scoop the ice cream into dishes and pour the hot flambé over the ice cream.
5. Serve immediately.

# Prime Rib



## Ingredients

- 3 lb. boneless rib eye roast
- 4 cloves garlic peeled & minced
- 2 sprigs rosemary, chopped
- 4 sprigs thyme, chopped
- 1 Tbsp. sea salt
- ½ Tbsp. ground black pepper
- 2 Tbsp. olive oil

## Preparation

1. Preheat oven to 375 degrees.
2. Preheat the Copper Chef pan for 4 minutes on medium heat.
3. Place the roast in the pan and sear the roast on the meat side or the bottom.
4. Chop the garlic.
5. Mix the garlic, salt, pepper, herbs and olive oil in a bowl.
6. Carefully flip the roast over and rub the garlic herb mix on top.
7. Place the pan in the oven and cook for 1½-2 hours or until the internal temp is 125 degrees.
8. Let roast sit for 20 minutes.
9. Serve.

# Rosemary Garlic Bread



## Ingredients

3 lb. frozen bread dough, thawed  
5 cloves garlic, peeled & minced  
2 Tbsp. extra virgin olive oil  
4 sprigs rosemary, chopped  
½ cup parmesan cheese, grated  
1 Tbsp. sea salt

## Preparation

1. Preheat oven to 375 degrees.
2. Place the thawed bread into the Copper Chef.
3. Let proof until it doubles in size.
4. Spread the rest of the ingredients on top of the bread.
5. Place the pan in the oven and cook for 30 minutes.
6. Serve.

# Salmon



## Ingredients

2 lb. salmon, with skin  
salt & pepper  
10 pc asparagus, cleaned  
1 yellow squash, sliced  
2 Tbsp. sweet chili Sauce  
3 Tbsp. white wine

## Preparation

1. Preheat the Copper Chef pan for 4 minutes on medium heat.
2. Place salmon, skin side down, in the pan and cook for 5 minutes.
3. Add the yellow squash and asparagus around the sides of the pan.
4. Add sweet chili sauce and wine.
5. Place the lid on the pan.
6. Cook on medium heat until desired doneness or about 10-15 minutes.
7. Serve.

# Short Ribs



## Ingredients

20 half short ribs  
2 Tbsp. tomato paste  
3 cups beef stock  
2 Tbsp. olive oil  
salt & pepper  
1 carrot, peeled & diced  
1 onion, peeled & diced  
1 shallot, peeled & minced  
2 cloves garlic, peeled & minced  
1 stalk celery, diced  
1 cup red wine  
2 Tbsp. tomato paste  
3 cup beef stock  
2 Tbsp. olive oil  
2 sprig thyme  
4 oz of red wine

## Preparation

1. Preheat oven to 375 degrees.
2. Add oil to the Copper Chef pan and brown the short ribs.
3. Remove the short ribs and set aside.
4. Brown the vegetables.
5. Add tomato paste and cook for 3 minutes.
6. Add red wine and reduce.
7. Place the ribs back into the pan and cover with beef broth.
8. Add the rest of the ingredients.
9. Place the lid on the pan.
10. Bring to a simmer.
11. Place the pan in the oven and cook for about 1½ -2 hours until short ribs are tender.
12. Serve.

# Skillet Chicken Pot Pie



## Ingredients

- 1 26 oz. can cream of chicken soup
- 3 chicken breasts, diced
- 4 red potatoes, quartered
- 1 onion, peeled & diced
- 1 cup cream
- 3 carrots, peeled & sliced
- 1 tube of biscuits

## Preparation

1. Preheat oven to 350 degrees.
2. Combine the cream and soup together in the Copper Chef pan and cook over medium heat.
3. Add the rest of the ingredients except for the biscuit.
4. Simmer for 20 minutes.
5. Place the biscuits on top.
6. Place the pan in the oven and cook until biscuits are golden.
7. Serve.



# S'mores Cake



## Ingredients

- 1 box chocolate cake mix
- 8 graham crackers cut in half
- ½ bag marshmallows mini
- 1 bag chocolate chips

## Preparation

1. Preheat oven to 350 degrees.
2. Mix the cake mix with ingredients on the box.
3. Place 9 half graham crackers on the bottom of the Copper Chef pan.
4. Pour the cake mix on top. Sprinkle half the chips into the cake.
5. Place into the oven and cook until done. Place a tooth pick into the center of the cake and it should come out clean.
6. Crush the rest of the graham crackers.
7. Take the cake out of the oven.
8. Sprinkle the marshmallows, rest of the chocolate chips and crushed graham crackers on the cake.
9. Put it back into the oven for another 10 minutes until marshmallows are melted.
10. Cool and serve.

# Steak Filets



## Ingredients

4 8 oz. filets  
salt & pepper

## Preparation

1. Preheat oven to 400 degrees.
2. Season the filets with salt & pepper.
3. Place filets in the Copper Chef pan and cook for 4 minutes on each side.
4. Place the pan in the oven and cook for 10-15 minutes.
5. Let filets sit for 10 minutes.
6. Serve.



# Reuben



## Ingredients

2 sub rolls  
1 lb. sliced corned beef  
6 Tbsp. Russian dressing  
6 slices swiss cheese  
½ cup sauerkraut  
2 Tbsp. margarine, melted

## Preparation

1. Assemble the reuben on the sub rolls in the following order:  
1 slice swiss cheese, corned beef, sauerkraut, Russian dressing, corned beef, 1 slice swiss cheese.
2. Brush the sandwiches with margarine.
3. Place the sandwiches in the Copper Chef grill pan.
4. Place the pan on the stove over medium heat.
5. Place the panini press on top of the sandwich and cook for about 4 minutes on each side.
6. Serve.

---



# Shrimp Stir Fry



## Ingredients

1 lb. large shrimp, peeled & deveined  
4 scallions, chopped  
½ tsp. ginger, peeled & minced  
2 cloves garlic, peeled & minced  
20 snow peas  
6 mushrooms, sliced  
1 red pepper, seeded & sliced  
1 small can water chestnuts, drained  
½ cup stir fry sauce  
2 Tbsp. grape seed oil

## Preparation

1. Place the Copper Chef pan on the stove over high heat.
2. Add the oil and the all the ingredients except the sauce to the pan.
3. Cook for about 3-5 minutes.
4. Add stir fry sauce.
5. Cook until vegetables are tender and the shrimp are cooked.
6. Serve.



**©2016 Tristar Products, Inc. All rights reserved.  
Distributed by: Tristar Products, Inc. Fairfield, NJ 07004**