

LYON

Designed for versatility. Engineered for performance.

Steamed Fish

Prep Time **Total Time** **Servings**
10 minutes 40 minutes 2 servings

Ingredients

2 pieces of aluminum foil, large enough to make two packages for the fish, onions, and tomatoes
2 tablespoons olive oil
2 fish fillets (salmon, cod, tilapia or any fish of your preference)
Salt and pepper to taste
Juice of 1 lime
1 small yellow onion, thinly sliced
2 small tomatoes, diced
Italian parsley, chopped for garnish



Directions

1. Drizzle half the olive oil on the two pieces of foil.
2. Place fish fillets on each foil piece, season with salt and pepper. Pour divided lime juice on top of each filet.
3. Arrange the slices of onions, tomatoes and vegetables on top of the fish fillets.
4. Drizzle the remaining olive oil onto the fish fillets.
5. Close the foil over the fish. Fold and press the sides to seal the packages.
6. Place the nonstick cooking rack inside the LYON roaster and position the foil packages on the wire rack.
7. Cover and bake at medium heat on the stove top for 30 minutes.
8. Using pot holders, carefully remove the wire rack with the foil packages.
9. Carefully slide the packages onto a plate. Use a knife to pierce the foil to release steam prior to serving.

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Vegetable Frittata



Prep Time **Total Time** **Servings**
30 minutes 90 minutes 6 servings

Ingredients

- 1 bag (16 ounces) frozen mixed vegetables
(carrots, peas, green beans and corn) or assorted fresh raw vegetables
- $\frac{3}{4}$ cup unbleached all-purpose flour
- 1 cup parmesan cheese, shredded
- 3 tomatoes, diced
- 1 medium onion, chopped
- 1 small red pepper, diced
- 6 large eggs
- 1 cup whole milk
- 2 tablespoons flat parsley, chopped
- Salt and black pepper to taste
- 1 tablespoon olive oil

Directions

1. Empty the bag of frozen vegetables into a large bowl. Add flour and parmesan cheese and stir to combine.
2. Add tomatoes, onions and red pepper.
3. In a separate bowl, gently whisk the eggs and then pour over the vegetables.
4. Add milk and parsley and stir to combine the entire mixture.
5. Add salt and black pepper to taste.
6. Drizzle olive oil in the LYON roaster, Dutch oven or braiser and pour the vegetable and egg mixture into the pan.
7. Cover and bake at high heat on the stove top for 5 minutes.
8. Lower heat to medium and bake for an additional 50 minutes.

Cook's Note

Do not cook the vegetables. They should be used frozen, or if using fresh vegetables, they should be used raw.

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Pasta with Cheese Sauce

Prep Time	Total Time	Servings
15 minutes	35 minutes	4 servings



Ingredients

- 1 tub (10 ounces) Philadelphia Original Cooking Crème
- 4 cups water at room temperature
- 1 teaspoon nutmeg (optional)
- 2 cups shredded cheese (parmesan or mature cheddar), divided
- Salt to taste
- 1 pound uncooked pasta (penne or elbow)
- Black pepper to taste
- Fresh basil for garnish

Directions

1. Place the cooking crème in the LYON roaster, Dutch oven or braiser and add a small amount of the water, stirring to incorporate. Continue adding water and stirring until all the water is mixed with the cooking crème.
2. Add the nutmeg and 1 cup of the grated cheese.
3. Add salt to taste.
4. Add the pasta. Stir well to combine.
5. Cover the LYON pan and bring to a boil on the stove top.
6. Reduce heat to medium and bake for 20 minutes.
7. Prior to serving, sprinkle 1 cup reserved cheese over the pasta.
8. Garnish with black pepper and chopped basil leaves.

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Pan Pizza

Prep Time **Total Time** **Servings**
45 minutes 65 minutes 8 servings



Ingredients

Dough:

- 3 cups all-purpose flour, plus more for dusting
- 1 envelope dry yeast (rapid rise)
- 1 teaspoon salt
- 1 cup warm water
- 1 tablespoon olive oil for the pan

Toppings:

- 1 cup tomato sauce
- 8 ounces cheese, sliced (mozzarella, cheddar or provolone)
- 1 tomato, sliced
- Chopped basil leaves for garnish

Directions

Dough:

1. Combine flour, salt and yeast in a bowl.
2. Gradually add warm water, stirring until combined.
3. Dust the counter with some flour and knead dough until it becomes soft and smooth. Add a bit more flour if the dough is too sticky.
4. Using a rolling pin, roll dough to the size to fit the LYON roaster, Dutch oven or braiser.
5. Brush the bottom and sides of the pan with olive oil. Place the pizza dough inside the LYON pan.
6. Cover the pan and let the dough rise until double in size, approximately 30 minutes.

For the topping:

7. Once the dough has risen, spread the tomato sauce over the dough.
8. Cover and bake at medium low heat on the stove top for 25 to 30 minutes.
9. Remove the lid and carefully place the cheese slices over the dough. Decorate with the tomato slices. Turn off the heat and cover the pan, allowing cheese to melt.
10. Using pot holders, carefully remove pizza from pan. Garnish with the basil leaves, cut and serve.

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Fish and Shrimp Stew (Moqueca)

Prep Time

15 minutes

Total Time

45 minutes

Servings

4 servings



Ingredients

- 4 (1-inch) thick fish fillets
(red snapper, codfish, swordfish or any other firm flesh fish)
- 1 pound uncooked peeled shrimp
- Juice of 1 lime
- Salt and black pepper to taste
- 2 tablespoons olive oil
- 1 yellow onion, sliced
- 2 garlic cloves, sliced
- 1 red bell pepper, sliced
- 1/2 pound tomatoes, sliced
- 1 (13.5 ounce) can of coconut milk
- 1 small bunch of cilantro, chopped
- Fresh Italian parsley for garnish
- Red pepper flakes optional

Directions

1. In separate bowls, season the fish and shrimp with the lime juice, salt and pepper. Reserve. Note: Perform this step just prior to preparing the onions (step 2); otherwise the lime juice will start cooking the fish and shrimp if left too long.
2. Add olive oil to the LYON roaster or Dutch oven and sauté the onion over medium heat.
3. When onion is translucent, add the garlic. Stir and cook for 1 minute.
4. Add the red bell pepper and tomatoes. Cover, reduce heat to medium and cook for 5 minutes.
5. Add coconut milk and cilantro. Season the sauce with additional salt and pepper. Bring to a gentle boil.
6. Carefully add the fish fillets. Cover and cook for 10 minutes over medium heat.
7. Add the shrimp, cover and cook for another 5 minutes over medium heat.
8. Garnish with parsley and serve with white rice.

Cook's Note

Red pepper flakes can be used in the sauce for a spicier Moqueca.

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Caramel Flan



Prep Time **Total Time** **Servings**
10 minutes 4 hours, 50 minutes 10 Servings

Ingredients

- 1 cup sugar
- 4 large eggs
- 1 (14 ounces) can sweetened condensed milk
- 2 cans whole milk (use the empty can from the sweetened condensed milk to measure)
- 1 tablespoon all-purpose flour
- 3 cups warm water

Directions

Caramel

1. Add a small amount of the sugar to a sauce pan. Over medium heat, dissolve the sugar.
2. Keep adding sugar and swirling the pan until all the sugar has melted and created a nice dark caramel.
3. Pour the caramel inside the nonstick cake pan. Turn the pan so the caramel spreads over the bottom and sides of the pan. (There is no need for the caramel to come all the way up to the sides of the cake pan).

Flan

4. Combine the flour, eggs, condensed milk and whole milk in a blender for 1 minute.
5. Immediately pour over the caramelized sugar in the cake pan.
6. With lid on, preheat the LYON roaster or Dutch oven on medium heat for several minutes.
7. Place the cake pan into the roaster or Dutch oven.
8. Pour 3 cups water between the cake pan and LYON pan to make a water bath.
9. Cover and bake at high heat on the stove top for 5 minutes.
10. After 5 minutes, lower heat to medium and bake covered for 40 minutes. Do not open the pan during baking.
11. After 40 minutes, turn off the heat, remove the lid and let the flan cool inside the roaster.
12. Remove the cake pan and refrigerate at least 4 hours before turning the flan onto a serving plate.
13. Serve chilled.

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Glazed Lemon Cake

Prep Time **Total Time** **Servings**
15 minutes 95 minutes 8 Servings

Ingredients

Cake:

3 cups all-purpose flour
½ teaspoon baking soda
½ teaspoon salt
2 sticks unsalted butter, softened
1½ cups sugar
3 large eggs at room temperature
1 cup buttermilk
3 tablespoons lemon zest
2 tablespoons lemon juice

Lemon Glaze:

6 tablespoons lemon juice
2 cups powdered sugar, sifted



Directions

Cake:

1. Butter and flour the cake pan.
2. In a medium bowl, sift together the flour, baking soda and salt.
3. In a large bowl, using a mixer, cream the butter and sugar until light and fluffy.
4. To the butter and sugar mixture, add the eggs one at a time, blending well after each addition.
5. Add the dry ingredients, alternating with the buttermilk. Do this process in two stages, beginning and ending with the flour.
6. Add the lemon juice and the lemon zest, mix well.
7. With lid on, preheat the LYON roaster or Dutch oven on medium heat for 5 minutes.
8. Pour the batter into the nonstick cake pan and place inside the roaster or Dutch oven.
9. Cover and bake at high heat on the stove top for 10 minutes.
10. Lower the heat to medium low and bake for an additional 50 minutes to 1 hour. The top of this cake will be very light in color.
11. Using pot holders, remove the cake pan from the roaster or Dutch oven.
12. Let cool for 10 minutes before inverting cake onto a serving platter.

For the lemon glaze:

13. Combine 2 cups powdered sugar with 4 to 6 tablespoons of lemon juice, depending on how thick or thin you prefer the glaze. Drizzle over the cake.

Cook's Note

If the cake is still hot when glazing, most of the glaze will be absorbed by the cake.

Prep Time	Total Time	Servings
20 minutes	70 minutes	Two loaves
		8 servings each

Ingredients

- ¾ cup unsalted butter, softened
- 1 ½ cups sugar
- 1 teaspoon vanilla
- 2 eggs at room temperature
- 2 mashed bananas
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- ½ cup buttermilk
- 1 cup walnuts, rough chopped



Directions

1. Using a mixer, cream butter and sugar for 3 minutes.
2. Add eggs and vanilla to the butter and sugar mixture and mix well.
3. Add mashed bananas, mix well.
4. In a small bowl, sift together the flour, baking soda, and salt.
5. Add ½ of the sifted dry ingredients to the banana mixture, mix well.
6. Add buttermilk, mix well.
7. Add the remaining dry ingredients and nuts. Mix until just combined.
8. Butter and flour two loaf pans. Place loaf pans inside LYON roaster.
9. With lid on, preheat the roaster at medium heat on the stove top for several minutes.
10. Carefully remove lid from cookware, pour batter equally into loaf pans.
11. Cover with lid and bake at low to medium heat on the stove top for 50 minutes, or when a toothpick inserted in the center comes out clean.
12. Using pot holders, carefully remove loaf pans from the roaster and cool for 10 – 15 minutes in the pans.
13. Invert onto serving tray.

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Cornbread

Prep Time	Total Time	Servings
10 minutes	45 minutes	Two loaves
		8 servings each

Ingredients

- 1 cup cornmeal
- 1 cup milk
- 1 cup all-purpose flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/3 cup white sugar
- 1 egg
- 1/3 cup vegetable oil



Directions

1. Butter two loaf pans. Place loaf pans inside LYON roaster.
2. With lid on, preheat the roaster on medium heat for several minutes.
3. Meanwhile, in a small bowl, combine cornmeal and milk; let stand for 5 minutes.
4. In a large bowl, whisk together flour, baking powder, salt and sugar. Mix in the cornmeal mixture, eggs and oil until smooth.
5. Carefully remove lid from cookware, pour batter equally into loaf pans.
6. Place lid onto cookware and bake for 30 – 35 minutes on medium heat, or until a toothpick inserted into the center of the cornbread comes out clean.

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Baked Cornish Hens with Gravy



Prep Time **Total Time** **Servings**
15 minutes 60 minutes 2 servings

Ingredients

2 (20- ounce) Cornish hens	Gravy:
salt and pepper to taste	1/4 cup all-purpose flour
1 tablespoon olive oil	1/4 cup white wine
1 tablespoon butter	1 cup chicken stock
salt and pepper to taste	1 lemon, quartered
2 sprigs fresh rosemary	
1/2 cup lemon juice	
1/8 cup butter or margarine, melted	
1/8 teaspoon paprika	
1/2 teaspoon salt	
1/4 teaspoon pepper	
1/2 teaspoon dried thyme	
1/2 teaspoon garlic powder	

Directions

1. Season hens inside and out with salt and pepper.
2. Heat olive oil and butter in Lyon roaster until hot. Sear hens in roaster on medium high heat until brown on all sides. Take hens out of roaster and place onto rack. Do not rinse out roaster.
3. Place two lemon wedges and 1 sprig rosemary in cavity of each hen.
4. Place rack with hens into roaster.
5. In a small bowl, combine the lemon juice and butter. Pour over the hens.
6. In another small bowl, combine the paprika, salt, pepper, thyme and garlic powder; sprinkle over hens.
7. Bake covered at medium heat on the stove top for approx. 45 minutes or until the meat is tender and the juices run clear.
8. Using pot holders, carefully lift out rack from the roaster.
9. Add the flour to the drippings in the pan and stir for 1 minute. Add the white wine and chicken stock. Stir until it bubbles and thickens. Add more chicken stock for desired consistency. Season with salt and pepper to taste.