



PURELIFE
E S S E N T I A L S

**WATERLESS COOKWARE
INSTRUCTION BOOKLET**

Please read carefully before using.



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☞ **CONGRATULATIONS!** ☞

Thank you for investing in the world's finest set of coordinated kitchen utensils.

This attractive and versatile cooking system will provide healthy, flavorful, and nutritious foods that look great, taste great, and allow you the freedom from spending hours in the kitchen.

This quality set of T-304 surgical steel cookware has been designed as a result of years of research, using the most advanced tooling and machinery.

Please take a few moments and read this informative booklet. It has been designed to be a helpful tool in creating healthy and delicious meals with little practice.

We have refrained in this booklet from writing out long recipes but feel free to visit our web site for a wide array of healthy recipes at www.PureLife-Essentials.com and "like" us on Facebook at www.facebook.com/PureLifeEssentials.

Thank you again and we wish you many years of positive cooking experiences and healthy eating with the Pure Life Brand of products.

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Live Pure... Love Life

QUALITY PRODUCTS TO LAST A LIFETIME!



PURE LIFE
ESSENTIALS

CARE AND CLEAN

In the Beginning:

Please wash every piece of your new stainless steel cookware in a solution of hot soapy water mixed with about 1 cup of white vinegar and then dry completely with a towel. This will remove polishing oils from the factory. A good washing after each use should be all that's needed for a lifetime of quality use of your product.

In the case of any food residue that becomes burned in your pan, allow the pan to cool and fill with cool water and soak. In only a short period of time, food should be easily wiped out. In the case of a stubborn stain or burn, fill pan partly with water and boil. If stain persists, it can easily be removed with a good stainless steel cleaner. (Follow directions on can.)

A Tint, Hint:

If your pan develops a blue or purple or golden brown discoloration on the unit, this is an indication that you are using too high heat. Remove by using a good stainless steel cleanser and make adjustments to reduce heat at your next use.

No Time Warping Here:

Your stainless steel cookware features maximum strength quality and construction to prevent warping. Units are designed with maximum heating efficiency and will stay flat and in shape for a lifetime with the proper care.

Avoid putting cold water into a hot pan, heat gradually, and avoid high heat. These simple tips will provide for you a lifetime of lasting beauty.

LEARNING THE PERFECT TEMPERATURE

Waterless Cooking is a technique that allows you to prepare foods using lower temperatures, and can be used on any type of stove. Each stove, however, is slightly different and a small degree of experimentation may be necessary in the beginning. Following some simple rules along with a little practice will give you the results designed for a lifetime of healthy cooking.

Wherever possible, use the utensil that fits best with the heating element, but if part of the heating unit is exposed, it will not affect your cooking efficiency.

LOW HEAT-OR SIMMER

1. Use for cooking fruits and vegetables after the whistle has gone off.
2. Use for steaming foods over water, after the water had reached a boil.
3. Use for cooking roasts after the initial browning has occurred.

MEDIUM HEAT

1. Use as starting temperature when preparing fruits and vegetables. (*Until whistle goes off*)
2. Use as starting temperature when pan broiling thinner cuts of meat.

MEDIUM- HIGH HEAT

1. Use as starting temperature when pan broiling thick cuts of meat (3/4" and thicker)
2. Use as starting temperature for steaming dried foods over water, until water reaches a boil.
3. Use as starting temperature to sear or brown roasts.



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COOKING MADE SIMPLE

1. Select the utensil that is as closely matched in size as the amount of food you wish to prepare.
2. Rinse all fruits and vegetables in cold water and drain. Place fruits and vegetables in the pan and make sure they are nice and wet. A good tip in the beginning may be to simply add about ¼" of water just enough to cover the bottom of the pan.
3. **DO NOT USE HIGH HEAT.** Begin the cooking process by using only medium or medium low heat. Using too much heat will cause your food to burn. Remember, pans do not burn food...heat does.
4. When your pan reaches the right temperature your cover will whistle, indicating that it's time to reduce the heat to low or off. Give the lid a quick spin to lock in the nutritional seal. No steaming should be escaping at this point.
5. Do not remove the cover while cooking. Doing this releases steam and heat which extends cooking time. The moisture inside the pan is necessary for you to achieve the best results.
6. Follow all time charts and recipes for vegetables and meats, etc. to achieve the best results.
7. Occasional washing of your knobs is recommended. Simply remove by unscrewing the knob assembly from the cover, and washing in hot soapy water. Rinse and dry completely before re-assembling.

CHICKEN

The Food Safety and Inspection Service as well as the United States Department of Agriculture recommends that all poultry, including chicken, turkey, duck, goose-whole, parts or ground, be cooked to an internal temperature of a minimum of 165° F and hold that temperature for at least 15 seconds.

MEAT

Preheat pan over medium heat until unit is thoroughly preheated. Test by carefully splashing a few drops of water on the pans surface. When the water "beads up and dances" the pan is preheated.

Add a single layer of meat (cutlets, steaks, chops, fish, fowl), cook uncovered until browned.

(Remember, meat will initially stick, but will loosen as it browns.) When you are able to, turn food and brown other side.

You may also cover and leave the whistle in the open position, until the whistle sounds, then close valve and reduce heat to low.

STEAKS

Cook steaks at medium with cover slightly ajar, and the valve in the open position according to recommended temperatures below.

Inside temperature	1st Side	2nd Side
Rare (red 140° F) not recommended	4	3
Med Rare (dark pink 150° F)	5	4
Med (light pink 160° F)	6	5
Well Done (dry 170° F)	7	6

EGGS

Eggs can be prepared with ease in your Pure Life pans because of the even heating capacity and quality construction.

To prepare eggs, you must preheat the pan dry before placing anything in the pan.

Test the pan by carefully sprinkling a few drops of water as discussed earlier.

After the pan is preheated, place on a medium to medium low heat and coat the bottom of the pan with whatever method of butter or margarine or cooking oil that you prefer. We suggest healthy alternatives such as coconut oil or any other Trans-fat Free Option.



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USING PURE LIFE EVERYDAY

Using the Pure Life Waterless cooking method, you can prepare almost every recipe you are used to with very little change in technique. Overcooking however, will give you less than desirable results, so it's important to use only medium or low cooking temperatures for most methods of cooking.

VEGETABLES:

Prepare your favorite vegetables by using little or no water over medium and low heat, before being added to your favorite dishes. Simply scrub, not peel, before cooking.

BAKING:

One of the great advantages of the Pure Life cooking system is the ability to do stove top cooking for many of the dishes such as roasts and casseroles that used to be prepared in the oven. This reduces cooking time and also saves energy.

MARINATING:

Pure Life cookware affords you the ability to marinate foods right in the pan because of the high quality surgical steel used in construction. You may also store prepared foods directly in the pans because of the sanitary property of the steel.

FATS AND OILS:

When preparing a recipe where using grease or oil cannot be eliminated, such as breaded foods, you will find that only small amounts are needed. Simply reduce the amounts of oil, or use a cooking spray to coat the pan. No grease or oil is needed when preparing meats or poultry. Simply brown meats without adding butter or oil and drain off any fat before combining with other ingredients. After you have browned meats or poultry, simply continue with the directions in your recipe.

MAKING HEALTHY CHOICES IN THE KITCHEN

Common Ingredients	Healthy replacements*
Bread, white	Whole-grain bread
Bread crumbs, dry	Rolled oats or crushed bran cereal
Butter, margarine, shortening or oil in baked goods	<p>Applesauce or prune puree for half of the called-for butter, shortening or oil; butter spreads or shortenings specially formulated for baking that don't have trans fats</p> <p><i>Note: To avoid dense, soggy or flat baked goods, don't substitute oil for butter or shortening. Also don't substitute diet, whipped or tub-style margarine for regular margarine.</i></p>
Cream	Fat-free half-and-half, evaporated skim milk
Cream cheese, full fat	Fat-free or low-fat cream cheese, Neufchatel, or low-fat cottage cheese pureed until smooth
Eggs	Two egg whites or 1/4 cup egg substitute for each whole egg
Flour, all-purpose (plain)	<p>Whole-wheat flour for half of the called-for all-purpose flour in baked goods</p> <p><i>Note: Whole-wheat pastry flour is less dense and works well in softer products like cakes and muffins.</i></p>

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Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
Ground beef	Extra-lean or lean ground beef, chicken or turkey breast (make sure no poultry skin has been added to the product)
Lettuce, iceberg	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress
Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise
Meat as the main ingredient	Three times as many vegetables as the meat on pizzas or in casseroles, soups and stews
Milk, evaporated	Evaporated skim milk
Milk, whole	Reduced-fat or fat-free milk
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
Pasta, enriched (white)	Whole-wheat pasta
Rice, white	Brown rice, wild rice, bulgur or pearl barley
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars
Seasoning salt, such as garlic salt, celery salt or onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped herbs or garlic, celery or onions
Soups, creamed	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening agents

Soups, sauces, dressings, crackers, or canned meat, fish or vegetables	Low-sodium or reduced-sodium versions
Sour cream, full fat	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt
Soy sauce	Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce
Sugar	In most baked goods you can reduce the amount of sugar by one-half; intensify sweetness by adding vanilla, nutmeg or cinnamon
Syrup	Pureed fruit, such as applesauce, or low-calorie, sugar-free syrup
Table salt	Herbs, spices, citrus juices (lemon, lime, orange), rice vinegar, salt-free seasoning mixes or herb blends
Yogurt, fruit-flavored	Plain yogurt with fresh fruit slices

*Source..Mayo Clinic Staff; 2013



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CUSTOMER FAVORITE RECIPES



SKILLET BAKED LASAGNA:

Lasagna meat sauce:

1 lb ground beef
1 cup chopped onion
1 tsp Italian seasoning
2 tsp salt
1 26 oz jar spaghetti sauce
6-8 Lasagna noodles

Cheese mixture:

1- $\frac{1}{4}$ cups ricotta cheese
 $\frac{1}{4}$ cup milk
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ cup grated Parmesan cheese
1- $\frac{1}{2}$ cup shredded mozzarella cheese

Brown hamburger at medium heat. Drain. Add onion, seasoning, and salt. Brown. Add sauce and heat with lid on for 5 minutes with heat turned to low. Mix together all cheese ingredients except for 1 cup of shredded mozzarella for topping. Set aside.

Remove lid from pan. Dip 1- $\frac{1}{2}$ cups sauce out of the skillet. Cover the remaining sauce with a layer of noodles. Spread on a layer of cheese mixture, then add a layer of noodles and then the remaining sauce. Cover and simmer on low for 15 minutes. Remove lid and sprinkle mozzarella cheese on top. Cover until cheese is melted. Uncover and let stand for 3 minutes. Serve. Tip: Most any recipe for the oven can be done on top of the stove in your waterless cookware. It will taste better, save energy and create less clean up.



JUICY FRIED CHICKEN AND POTATO SKILLET:

6 legs, thighs, wings or combination (with some skin removed)
4-6 small potatoes quartered
1 Onion quartered

Heat pan at medium heat until water beads form when dripped in pan. Salt and pepper chicken. Add chicken pieces and brown all sides. Add potatoes and onions.

Cover and heat until steam tries to escape. Reduce heat to low. Cook for 20-25 minutes until potatoes are done.



PINEAPPLE UPSIDE DOWN CAKE:

½ cup brown sugar
1 -12 oz can pineapple rings
1 yellow cake mix
1 cup liquid (from fruit)

1 stick butter
1 6 oz can maraschino cherries
3 eggs

In large skillet melt butter at medium heat with lid on. Stir in brown sugar until melted. Arrange pineapples and maraschino cherries on top of brown sugar mixture. Reserve juices from fruit for the cake mix.

Cover and heat on medium to medium low while mixing cake ingredients. Combine juices from pineapple and cherries and add enough water to make 1 cup of liquid. Mix together cake mix, 3 eggs, and liquid.

Add cake mixture to the hot pan and cover. Keep heat at medium to medium-low for 5 minutes then reduce heat to low for 15 additional minutes. Remove from heat and leave covered for 5 minutes. Remove lid. For best results do not lift lid during baking process.

Tip: You can try any type of cake in these pans. The key is to get the pan hot by adding a small amount of water and placing the lid on the pan with heat at medium to medium high.

Once the pan is thoroughly heated and the steam from the water is trying to escape add a small amount of melted butter or oil (3 tbsp) to keep the cake from sticking. Add mixture then repeat the baking steps listed in the pineapple upside down cake recipe.



ALL NATURAL SWEET APPLESAUCE (SKILLET BAKED):

6 cored apples cut up
2 tsp cinnamon

Cover the bottom of the 8 Qt. Dutch oven with 1/8 inch water. Add apples and cover. Heat at medium to medium high until pan and apples are hot and steam is trying to escape. Turn to low and simmer for 15 minutes or until apples are very soft. Remove lid and mash apples with masher. Remove skins from pan. *(Apple peels can be removed before or after the cooking, however, cooking with the skins add flavor and nutrients.)* Add cinnamon. Chill or serve hot.



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**PURE LIFE ESSENTIALS/
AMERICA'S BEST COOKWARE, INC.
FULL LIFETIME WARRANTY**

Pure Life Essentials/America's Best Cookware, Inc. has manufactured each piece of your surgical steel cooking system to be free from defects in material, construction and workmanship for the lifetime of the original purchaser. This warranty is expressly granted in lieu of all other warranties.

Should a defect occur, send the item with a description of the claimed defect to the address below. Defective items will be repaired or replaced at our discretion and without charge during the full warranty period. All transportation charges and shipping expenses are the purchasers' responsibility.

This warranty gives you specific legal rights and you may have other rights which vary from state to state. This warranty does not cover cosmetic damage or damage due to acts of God, accident, misuse, abuse, negligence, or modification of or to any part of this product. Scratches, stains, discoloration, color damage, caused by automatic dishwasher use, or damaged caused by overheating are not covered by this warranty. Additionally, minor imperfections and slight color variations are normal. This warranty does not cover any incidental or consequential damages whether direct or indirect. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Pure Life cookware is only sold through authorized representatives and obtaining the product from any unauthorized means negates all of the above stated warranties.

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