



Fish Recipe

Fish - 3001 *use the 10 mm extrusion die




Ingredient	Group	Ratio%		Weight	Volume
Cod	Protein	30%		32 oz.	4 cups
Salmon	Protein	10%	50%	8 oz.	1 cup
Green Beans	Vegetable	10%		10 oz.	1.25 cups
Sweet Potato	Vegetable	10%		10 oz.	1.25 cups
Pumpkin	Vegetable	10%		10 oz.	1.25 cups
Carrots	Vegetable	10%	40%	10 oz.	1.25 cups
Brown Rice	Grain	10%	10%	10 oz.	1.25 cups
Water	Liquid	10%	10%	10 oz.	1.25 cups
				100 oz.	12.5 cups



Fish Operation

Fish: 35 minutes

The Fish cooking method could be operated in two ways. Raw fish can be added with all the ingredients and the cooking method started. When using canned fish such as Tuna, Salmon, Mackerel, Sardines... the fish could be added after Step 11. This is after main cooking and before Mix/Dispense cycle starts.

1. Cut ingredients into 3/4"-1" size pieces.
2. Measure ingredients to the amounts listed in the recipe using the measuring cups provided.
3. Assemble the unit for use.
4. Load the ingredients in the following order: Liquid, Grains, Proteins, and Vegetables.
5. Close the Lid.
6. Plug unit into a grounded 120v electrical outlet.
7. Press the Power On button.
8. Select Food Type button from the menu.  Press to highlight Fish Icon. 
9. Press the Start Button.
10. The Unit will heat to temperature and then the cooking timer will start.
11. After the Cooking cycle completes, Unit will beep.
12. If using canned fish or cooked fish, add at this step.
13. Place a round bowl of 4" height/2-3 quarts under the output.
14. Press Mix/Dispense button.  Unit will mix. When complete, paddle rotation will reverse, and dispensing process will start.
15. Rotate container to prevent overspill.
16. After the dispense process is complete, open lid and check for remaining mixture. Scrape if necessary.
17. After unit cools down, disassemble parts and wash.