



# Cod and Salmon Stew



\*Use the 10 mm extrusion die.

	Ingredient	Group	Ratio%	Volume Equivalent
24 oz.	Cod or Similar White Fish	Protein	21%	3.00 cups
16 oz.	Salmon Filet with Skin (boneless)	Protein	14%	2.00 cups
16 oz.	Turkey (ground)	Protein	14%	2.00 cups
8 oz.	Cauliflower	Vegetable	7%	1.00 cup
8 oz.	Celery	Vegetable	7%	1.00 cup
10 oz.	Potatoes (diced)	Vegetable	9%	1.25 cups
8 oz.	Green Cabbage (rough chop)	Vegetable	7%	1.00 cup
1.25 cups	White Rice	Grain	9%	1.25 cups
1.25 cups	Chicken Stock or Water	Liquid	9%	1.25 cups
4 oz.	Chia Seeds	Fiber	4%	0.50 cup
<b>Total: 114 oz. ( 7 lb. 2 oz.) or 15¼ cups</b>			<b>100%</b>	<b>15.25 cups</b>

## Fish Operation

**Fish: 35 minutes**

- Cut ingredients into ¾"-1" size pieces.
- Measure ingredients to the amounts listed in the recipe using the measuring cups provided.
- Assemble the unit for use.
- Load the ingredients in the following order: **Liquid, Grains, Proteins, Vegetables, Chia Seeds.**
- Close the Lid.
- Plug unit into a grounded 120v electrical outlet.
- Press the **Power On Button**. 
- Press the **Menu Button**  to select food type. Press to highlight **Fish**. 
- Press the **Start Button**. 
- The unit will begin to heat — once the correct temperature is achieved, the cooking timer will start automatically.
- Once the Cooking cycle completes, the Unit will beep.
- Place a round bowl of 4" height/2-3 quarts under the output.
- Press **Mix/Dispense Button**.  The Unit will mix and then automatically reverse direction and dispense the food.
- Rotate the bowl as food dispenses to prevent overspill.
- When dispensing is complete, open the lid and check for any remaining mixture. Scrape if needed.
- If food remains, Close the lid, press the **Dispense**  button, then press **Start**  to finish.
- Once the unit cools down, disassemble the parts and wash them thoroughly.