



THE X-Chef COOK BOOK



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Thank You for Your Purchase

Thank you so much for your purchase of X-Chef Garlic Press & Peeler Set!

We create X-Chef with a single goal in mind: to offer the perfect blend of quality and functionality, for tasty results every time. We take the hard work out of a whole variety of tasks from blending to chopping to mixing to grilling, only to help you enjoy the great culinary joy. Just COOK LIKE AN ARTIST!

Someone may ask “DO I REALLY NEED A GARLIC PRESS?”

The short answer: YES.

Sure, you could use a knife to chop garlic into tiny bits or smash it into a paste, but if you’re aiming for speed, it’s a lot easier to use a press to crush garlic right into your salad bowl or frying pan. Just utilize the peeler to peel your garlic before crushing. You can store the pressed garlic in a glass container in the refrigerator for future use.

The design of your new Garlic Press and Peeler Set from X-Chef make the tasks of peeling garlic and crushing garlic cloves much easier and less messy. Roll the peeler to gently tug the papery skin off the cloves. A knob of peeled garlic goes in the hopper, swing the arm over, and squeeze. Stress relief, plus perfect garlic!

We’re proud of our kitchen utensils and we hope you are 100% satisfied. If for some reason our product did not meet your expectations, just return them within 30 days for a full refund. No questions asked, no hassle.

How to Use Your New Garlic Press & Peeler Set

The X-Chef Garlic Press is a great helper to mince garlic in one press effortlessly. But how to use this heavy-duty and well-constructed Garlic Press and Peeler Set?

1. Insert clove into the peeler.
2. Roll back and forth on the table or the countertop.
3. Tip out perfectly peeled clove.
4. Insert the clove into the presser, squeeze. Stress relief, plus perfect garlic!

Basic Features

1. **2 FOR THE PRICE OF 1:** Purchase the X-Chef Garlic Press and receive 1 FREE silicone garlic peeler.
2. **MULTIPLE USES:** Our Garlic Press does not just press garlic cloves. Consider using it with ginger and other small vegetables similar to garlic and ginger.
3. **SOLID STAINLESS STEEL:** The X-Chef Garlic Press is made of commercial grade solid stainless steel that lasts a lifetime without any corrosion.
4. **SIMPLE AND EASY TO USE:** A knob of garlic goes in the hopper, swing the arm over, and squeeze. Crush both peeled and unpeeled cloves.
5. **OUR CUSTOMER MONEY-BACK GUARANTEE:** If you are not satisfied with the Stainless Steel Garlic Press just return them within 30 days for a full refund. No questions asked, no hassle.

Tips & Tricks to Optimize Your Experience

Cleaning the Garlic Press

A Garlic Press is a common kitchen tool that helps the cook to release the full flavor of the garlic. But how do you clean this utensil to make it long-lasting? A few simple steps can help to get the garlic press sparkling clean without having to dismantle the entire thing.

- Get a tooth pick, food tie or unfolded paper clip.
- Poke the toothpick through the holes in the garlic press.
- Run the press through some warm water.
- Repeat until the press is clean.
- Rinse and dry.

Other tips & Tricks

The best place to store garlic is in a dry place at room temperature. To get the garlic smell off your hands, wash them with soap and water, and then rub them over a stainless steel item, like a soup spoon or your faucet. What's more, the X-Chef can be utilized to crush other small vegetables like ginger and potato.

Just follow all of these tips to optimize your experience!

Quick & Easy Main Courses

There is something irresistible about the aroma of roasted garlic. It is so captivating with its powerful notes, that it has long been used as a flavor booster in curries, stir-fries, pizza toppings, pastes, meat preparations, dips-you name it! It has the power to instantly liven up any dish and treat some of the most common ailments. Read on to unravel some surprising garlic recipes!

Recipe 1

Garlic Chicken with Sweet Potatoes



Serves: 4-6

Ingredients:

- 3 heads garlic
- 2 tablespoons olive oil
- 1 1/2 tablespoons snipped fresh rosemary
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1 3 - 3 1/2 - pound whole roasting chicken
- 3 medium sweet potatoes (1-1/2 to 1-3/4 pounds), peeled and cut into 1-inch pieces
- 1 large sweet onion (such as Vidalia, Maui, or Walla Walla), cut into wedges

Directions:

1. Preheat oven to 375 °F.
2. Separate the cloves of garlic (you should have about 30 cloves) and peel. Mince four of the cloves with X-Chef Garlic Press. Set aside remaining garlic cloves.
3. Combine minced garlic with 1 tablespoon of the olive oil, 1 tablespoon of the rosemary, the ground black pepper, and 1/4 teaspoon of the salt. Rub minced garlic mixture over chicken.
4. Place six of the garlic cloves into the cavity of the chicken. Tie legs to tail. Twist wing tips under back. Place on a rack in a foil-lined shallow roasting pan. Insert oven-going meat thermometer into center of an inside thigh muscle. Do not allow thermometer tip to touch bone. Roast, uncovered, for 1-1/2 to 1-3/4 hours or until drumsticks move easily in their sockets and meat thermometer registers 180 degrees F.
5. Meanwhile, place sweet potatoes, onion wedges, remaining garlic cloves, 1/2 tablespoon of the rosemary, and 1/4 teaspoon of the salt in a foil-lined 13x9x2-inch baking pan. Drizzle vegetable mixture with remaining 1 tablespoon olive oil; toss to coat. Place in oven on a separate rack and roast, uncovered, for 50 to 60 minutes or until tender, stirring every 15 minutes.
6. Remove chicken from oven. Cover loosely with foil and let stand 15 minutes before carving. Serve chicken with vegetables. Carve chicken, discarding skin before serving. Makes 4 to 6 servings.

Recipe 2

Tricolor Penne



Serves: 6

Ingredients:

- salt and pepper
- 2 pt. grape tomatoes
- 1¼ lb. boneless, skinless chicken breast halves
- 1 tbsp. olive oil
- ¼ c. olive oil
- 1 lb. penne rigate
- 2½ oz. packed baby arugula (2 cups)
- ¼ c. freshly grated Parmesan cheese
- 1 small garlic clove

Directions:

1. Heat covered 6-quart pot of water to boiling on high. Add 2 teaspoons salt. Cut tomatoes in half and cut chicken into 1/2-inch chunks.
2. In 12-inch skillet, heat 1 tablespoon oil on medium-high until hot. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper. Add chicken to skillet in single layer; cook 4 minutes or until golden on both sides, stirring once halfway through. With slotted spoon, transfer to plate.
3. To same skillet, add tomatoes and 1/8 teaspoon salt. Cook 3 to 4 minutes or until tomatoes are soft, scraping up browned bits; stir chicken and any juices on plate into skillet and remove from heat.
4. Meanwhile, add pasta to boiling water in pot. Cook as label directs, stirring occasionally. Reserve 1/4 cup pasta cooking water. Drain pasta and return to pot, along with tomato mixture.
5. In blender, puree arugula, Parmesan, garlic, reserved pasta cooking water, 1/4 teaspoon salt, and remaining 1/4 cup oil until smooth. To pot, add arugula mixture, stirring until well combined.
6. To serve, sprinkle with additional grated Parmesan, if you like.

Recipe 3

Foil-Baked Lemon-Garlic Fish and Asparagus



Serves: 4

Ingredients:

- 4 (6-8 Oz) skinless white fish filets, about 1-inch thick
- 4 Tbsp. unsalted butter, at room temperature
- zest and juice of 1/2 lemon
- 1/2 tsp dried herbs de Provence
- 2-3 garlic cloves, finely minced
- pinch of red pepper flakes
- kosher salt and freshly ground black pepper
- 1 lb. asparagus, woody ends snapped off
- 4 lemon slices, plus more for serving.
- 4 Tbsp. dry white wine

Directions:

1. Preheat the oven to 450 degrees.
2. Cut 4 pieces of foil, each measuring about 10x14 inches.
3. Divide the asparagus evenly between the foil sprinkle lightly with salt and pepper, top with a lemon slice, and set aside. Pat the fish dry with paper towels, and season with salt and pepper.
4. Finely mince 2-3 garlic cloves with your X-Chef Garlic Press.
5. Using a fork, combine the butter, lemon zest and juice, herbs, garlic, pepper flakes, and salt and pepper to taste.
6. Spread 1 tablespoon of the butter on each piece of fish. Carefully transfer each piece of fish to the foil, and pour 1 tablespoon of wine over each piece. Wrap and seal the packets, and transfer to a baking sheet.
7. Bake until the fish is just cooked through and the asparagus is crisp-tender, 15-20 minutes. Open very carefully, as the steam will burn!
8. Serve the fish and asparagus with the accumulated juices in the packet and extra lemon.

Recipe 4

Garlic Shrimp on Spinach



Serves: 4

Ingredients:

- 8 ounces fresh or frozen medium shrimp in shells
- 2 teaspoons olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon finely shredded lemon peel
- 1/8 teaspoon ground black pepper
- 4 cups fresh spinach
- 1 tablespoon shredded Parmesan cheese
- Lemon wedges

Directions:

1. Thaw shrimp, if frozen. Peel and devein shrimp, leaving tails on if desired.
2. Unpeel garlic skin with the peeler and crush the cloves with your X-Chef Garlic Press.
3. In a small bowl, toss together shrimp, oil, garlic, lemon peel, and pepper. Place a steamer basket in a wok or large skillet with a tight-fitting lid. Add water to just below the basket.
4. Place shrimp in a single layer in steamer basket. Cover and place over medium-high heat. Steam for 5 to 6 minutes or until shrimp are opaque (start timing when wok is placed on the burner). Remove shrimp and keep warm.
5. Meanwhile, wash spinach. Arrange spinach evenly in steamer basket. Cover and steam about 2 minutes (start timing immediately) or until wilted. Divide spinach between two serving plates. If desired, thread shrimp onto 6- to 8-inch wooden skewers. Place shrimp on top of spinach. Sprinkle with Parmesan cheese. Serve with lemon wedges. Makes 2 servings.

Soups

Recipe 1

Red Tomato-Garlic Soup



Serves: 8

Ingredients:

- 1 medium fennel bulb with tops
- 1 tablespoon olive oil
- 1 tablespoon butter or margarine
- 1 large onion, quartered and thinly sliced
- 10 garlic, minced
- 1 28 - ounce can diced tomatoes, undrained
- 1 14 - ounce can reduced-sodium chicken broth
- 1 8 - ounce can tomato sauce
- 1 cup hot-style vegetable juice or vegetable juice
- 1 teaspoon dried basil or dried Italian seasoning, crushed

Directions:

1. Reserve some of the fennel leaves to garnish the soup. Remove any tough or bruised outer leaves from the fennel bulb. Trim off the root end and the stems; discard. Thoroughly rinse the trimmed bulb and quarter the bulb lengthwise; remove and discard the core. Chop remaining fennel bulb.
2. In a 4-quart Dutch oven, heat olive oil and butter over medium-high heat. Add fennel, onion, and garlic. Reduce heat to medium-low and cook, covered, for 25 minutes, or until onions are tender, stirring occasionally. Uncover; cook and stir over medium-high heat for 3 to 5 minutes more or until onions are golden.
3. Add the undrained tomatoes, broth, tomato sauce, vegetable juice and dried basil. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes more. Garnish each serving with the reserved fennel leaves. Makes 8 side-dish servings.

Recipe 2

Cream of Baked Squash and Garlic Soup



Serves: 6

Ingredients:

- 2 medium acorn squash (about 3 pounds total)
- 2 tablespoons maple syrup or maple-flavored syrup
- 4 teaspoons margarine or butter
- 1 head garlic, cloves separated and peeled
- 1 carrot, cut into 1-inch pieces
- 1 onion, cut into wedges
- 4 cups chicken broth
- 1 cup whipping cream

Whole or snipped fresh basil leaves or Italian parsley sprigs (optional)

Directions

1. Cut each squash in half lengthwise. Scoop out and discard seeds. Place squash halves, cut side up, in a shallow roasting pan. Place one-fourth of the maple syrup and 1 teaspoon margarine or butter in the cavity of each squash half. Arrange garlic, carrot, and onion around squash. Pour 2 cups of the chicken broth in pan; cover tightly with aluminum foil. Bake in a 350°F oven for 2 hours or until vegetables are very tender.
2. Remove pan from oven; let vegetables cool slightly. Scoop pulp from squash shells and stir into vegetable mixture.
3. Place half of the squash mixture in a blender container or food processor bowl. Cover and blend or process until smooth. Repeat with remaining squash mixture. Transfer entire squash mixture to a large saucepan; stir in remaining chicken broth. Heat and stir until mixture boils. Stir in whipping cream. Do not boil. Season to taste with salt and pepper. If desired, garnish each serving with basil or parsley. Makes 6 servings.

Side Dishes

Recipe 1

Garlic Mashed Potatoes



Serves: 6

Ingredients:

- 8 Oz soft tofu, drained
- 1/2 cup crumbled basil-and-tomato feta cheese
- 6 medium red potatoes (about 2 lb.)
- 8 cloves garlic, peeled
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Milk (optional)
- 2 tablespoons finely shredded Parmesan cheese

Directions:

1. Let tofu and feta cheese stand at room temperature while preparing the potatoes. Quarter potatoes. In a large saucepan cook potatoes and garlic, covered, in lightly salted boiling water for 20 to 25 minutes or until tender.
2. Meanwhile, place tofu in a blender container or food processor bowl. Cover and blend or process until smooth. Set aside.
3. Drain potatoes and garlic; transfer to a large bowl. Mash potatoes and garlic with a potato masher or beat with an electric mixer on low speed. Stir in pureed tofu, olive oil, salt, and pepper. If needed, add milk, one tablespoon at a time, until potatoes are light and fluffy. Stir in feta and Parmesan cheeses. Makes 6 servings.

Recipe 2

Garlic Bread



Serves: 8

Ingredients:

- 2 bulbs garlic, each about 3 or 4 Oz
- 1 teaspoon olive oil

Garlic Butter:

- 2 sticks unsalted butter, softened (1 cup)
- 2 tablespoons Parmesan cheese
- 1 1/2 teaspoons garlic, crushed
- 1 1/2 teaspoons Italian seasoning
- 1 1/2 teaspoons fresh chopped parsley
- 1/2 teaspoon crushed red pepper flakes

Tomato Basil Salsa:

- 1/4 cup extra-virgin olive oil
- 3 tablespoons minced garlic (6 cloves)
- 2 cups chopped Roma tomatoes (about 4)
- 3 tablespoons basil, cut into strips
- 1/2 teaspoon sea salt

- 1/2 teaspoon cracked black pepper

Bread:

- 1 sourdough bread loaf (about 1-3/4 pounds), cut in half lengthwise
- 4 ounces sun-dried tomatoes, chopped
- 2 tablespoons grated Parmesan cheese

Directions:

Heat oven to 350 degrees. Slice tops off of garlic bulbs and drizzle each with 1/2 teaspoon olive oil. Wrap in foil and bake at 350 degrees for 1 hour.

While garlic is roasting, prepare Garlic Butter:

In a medium-size bowl, combine butter, Parmesan, crushed garlic, Italian seasoning, parsley and red pepper flakes. Refrigerate.

Prepare Tomato Basil Salsa:

1. In a medium-size sauté pan over medium heat combine oil and garlic. Cook until lightly browned, about 2 minutes. Add tomatoes and heat through. Stir in basil, salt and pepper and remove from heat.
2. Remove roasted garlic from oven, unwrap foil and cool. Once cooled, squeeze cloves from papery skin. Set aside.
3. Spread 1/2 cup garlic butter over bread (reserve remaining 1/2 cup for another use). Bake at 350 degrees for 20 minutes, until browned. Top with tomato salsa, roasted garlic, sun-dried tomatoes and Parmesan cheese. Slice into pieces and serve.

Recipe 3

Garlic-Mustard Green Beans



Serves: 12

Ingredients:

- 2 1/4 pounds fresh green beans (or two 9-ounce packages and one 16-ounce package frozen whole or cut green beans)
- 3 slices bacon
- 1 medium onion, thinly sliced (1-1/4 cups)
- 3 cloves garlic, minced
- 4 teaspoons brown mustard
- 3/4 teaspoon lemon-pepper seasoning or 1/2 teaspoon fresh ground black pepper
- 1/4 teaspoon salt

Directions:

1. Wash and trim fresh beans, if using. Cook, covered, in very large saucepan with a small amount of boiling water for 20 to 25 minutes or until crisp-tender. (Cook frozen beans according to package directions.) Drain beans; rinse with cold water and set aside.
2. Meanwhile, cook bacon in skillet until crisp. Remove bacon from pan, reserving drippings in skillet. Drain bacon on paper towels, crumble, and set aside. Cook onion and garlic in drippings over medium heat for 3 minutes or until tender. Stir in mustard, seasoning or pepper, and salt. Cook about 30 seconds more. Toss beans with onion mixture; heat through. Sprinkle with bacon. Makes 12 side-dish servings.
3. Cook beans to crisp-tender and refrigerate, tightly covered, up to 8 hours. To serve, cook bacon and proceed with recipe.

Sauces, Marinades and Rubs

Recipe 1

Charred Chili Sauce



Ingredients:

- 2 large plum tomatoes
- 1 yellow onion, cleaned and cut into chucks
- 1 chili - how spicy do you want it? Habanera? Scotch Bonnet?
- 2 cloves Romanian Red garlic, peeled
- 1-2 tablespoons olive oil
- ¼ cup fresh cilantro
- 1 tablespoon fresh thyme
- 2 tablespoons fresh mint
- 2 tablespoons soy sauce
- 1/3 cup sesame oil

Directions:

1. Preheat oven to 450°F
2. Toss the vegetables with the olive oil, place on rimmed baking sheet and bake until charred, about 30 minutes. Shake the pan periodically to expose all surfaces of the vegetables
3. In food processor, puree vegetables and fresh herbs until coarsely ground then drizzle in sesame oil and soy sauce.
4. This sauce can be used to marinate shrimp or meat for grilling.

Recipe 2

Greek Marinade



Ingredients:

- 1 cup olive oil
- 1/4 cup freshly squeezed lemon juice
- 3 cloves garlic, minced
- 2 tablespoons Dijon mustard
- 2 tablespoons dried oregano
- 1 tablespoon chopped fresh thyme leaves or 1 teaspoon dried thyme
- 2 tablespoons chopped fresh parsley
- 1 teaspoon freshly ground black pepper
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary

Directions:

1. In a small bowl, mix together all the marinade ingredients.
2. Pour over lamb, beef, poultry, or fish, and marinate in the refrigerator for 1-2 hours before cooking.

Preferred Customer Discount

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