

RAPID SKILLET



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INSTRUCTION MANUAL & RECIPE GUIDE

MODEL DRG001



DASH RAPID SKILLET

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Please Read and Save this Instruction and Care Manual

When using electrical appliances, basic safety precautions should be followed, including:

- Read all instructions.
- Remove all bags and packaging from appliance before use.
- Never leave appliance unattended when in use.
- Make sure the appliance is cleaned thoroughly before using.
- This appliance is intended for household use only.
- Never touch the Base while Skillet is in use.
- For maintenance other than cleaning, please contact StoreBound directly at 1-800-898-6970 from 7AM - 7PM PST Monday - Friday or by email at info@storebound.com.
- Make sure the Handles are properly fastened to the Base before using the Rapid Skillet.
- Do not operate any appliance with a damaged cord or plug.
- Do not use the appliance if any of the parts are damaged.
- Do not place appliance on or near a hot gas burner, hot electric burner, or in a heated oven.
- To prevent the risk of fire, electric shock, or personal injury, do not place the cord, plug, or unit near water or other liquids.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they are provided with supervision and instruction concerning use of the appliance by a person responsible for their safety.
- Refrain from using attachments that are not recommended by the appliance manufacturer, as this may result in fire, electric shock or personal injury.
- Children should be supervised to ensure that they do not play with the appliance.
- Do not let the cord touch hot surfaces or hang over the edge of tables or counters.
- Do not deep-fry food in the Rapid Skillet.

- To avoid injury, we recommend allowing the Rapid Skillet to return to room temperature before detaching Control Probe from Base.
- Always be sure to unplug the appliance from outlet prior to assembly, disassembly, cleaning and storage.
- When using extension cords, make sure the electrical rating of the wire is compatible with the appliance.
- Allow Skillet to cool completely before moving, cleaning or disassembling.
- Always attach the Control Probe to Skillet first before plugging the appliance into the outlet. Before unplugging, make sure the Skillet is turned to Off then remove the plug.
- Be cautious when moving the appliance if there are hot liquids inside.
- Do not use appliance outdoors or for commercial purposes.
- Do not touch Base or Ceramic Nonstick Pan when Skillet is hot. Use the Handles
- StoreBound shall not accept liability for damages caused by improper use of the appliance.
- Improper use of the Rapid Skillet can result in property damage or even in personal injury.



- 1. Knob
- 2. Steam Vent
- 3. Glass Lid
- 4. Ceramic Coated Pan
- 5. Handles
- 6. Base
- 7. Control Probe Socket
- 8. Control Probe
- 9. Indicator Light
- 10. Temperature Control Dial
- 11. Control Probe Connector



Clean the Rapid Skillet and all of its components prior to assembly and use. **DO NOT** use the Skillet near water or other liquids, with wet hands or while standing on a wet surface. Make sure the Handles are securely fastened to the Base prior to each use. Do not touch the Base or Ceramic Coated Pan without heat protective cooking gloves while the Skillet is in use.

Note: When using your Rapid Skillet for the first time, you will need to attach the Knob to the Glass Lid with a Phillips-head screwdriver.

1. Set the Base on a clean, stable and dry surface.
2. Unwind the power cord to the preferred length. Inspect the cord for any sign of damage or significant wear.
3. Plug the Control Probe Connector into the Socket located on the Base of the Skillet. Be sure to properly align the Connector’s single prong with the middle hole before pushing the Control Probe in.
4. Make sure the Temperature Control Dial located on the Control Probe is set to Off and then plug in your Skillet.
5. Turn the Temperature Control Dial clockwise to Low. It is strongly recommended that you do not begin cooking on a high temperature as this will most likely cause food to splatter or even burn when placed in the Ceramic Coated Pan.
6. Put your ingredients into the Ceramic Coated Pan. Allow to cook for several minutes. Increase the heat until you reach the temperature appropriate for your recipe (see the Temperature Settings Guide on page 9).
7. When you are finished cooking with your Rapid Skillet, turn the Temperature Control Dial to Off. Wait for your Rapid Skillet to cool before cleaning.

The Temperature Control Dial contains 4 Heat Levels. The Indicator Light located on the Control Probe will glow orange when the Skillet is turned on.

Note: You may want to use the Glass Lid instead of increasing the Heat Level or cooking time. When placed over the Ceramic Coated Pan, the Lid locks the heat and moisture in the Skillet, causing foods to cook faster. This also prevents food from drying out.

Heat Level	Description
Warm	Use for keeping food warm.
Low	Use for simmering sauces or stews, poaching eggs, cooking bacon, caramelizing onions, reheating food or melting butter.
Med	Use for scrambling or frying eggs, making grilled cheese, stir frying, or sautéing.
Hi	Use for boiling water or soup, searing meat, making pancakes, cooking hamburgers or meatballs.

CERAMIC COATED PAN

The Rapid Skillet’s ceramic coated surface helps to prevent food from adhering to the Pan. Metal utensils may scratch or pit the Ceramic Coated Pan. To avoid damaging your Dash Rapid Skillet, make sure to use only wooden, nylon or silicone cooking utensils when preparing your food.

MAINTENANCE

Never use abrasive cleaning agents to clean your appliance as this may damage the Skillet. To prevent damage to the Nonstick Pan, make sure to dry thoroughly after washing.

CLEANING

- Turn the Temperature Control Dial to the Off position before unplugging and cleaning. The pan should be cool before attempting to clean.
- Do not submerge the Base or Control Probe in water or other liquids. Instead, unplug the Control Probe and place in a safe, dry place. Fill the Nonstick Pan with warm, soapy water and gently scrub with a sponge until clean. Carefully rinse the Pan so that no soap remains, making sure not to wet the Control Probe Socket.
- Wash the Lid in warm, soapy water.
- Wipe down the Base with a damp cloth.
- Thoroughly dry the Skillet before storing.

RECIPES

Visit our instagram @unprocessyourfood for more recipes!

SPINACH EGG WHITE OMELET



INGREDIENTS

- 4-5 egg whites (depending on size)
- 1 cup fresh spinach
- 3 tsp olive oil, divided
- fresh parsley
- grated romano cheese (optional)
- salt and pepper to taste

DIRECTIONS

Sauté the spinach in 2 teaspoons of oil on Low to Medium Heat. Remove from pan and set aside. Whisk the egg whites in a bowl for about a minute. Stir in the parsley. Set your Skillet to Low. The Ceramic Coated Pan should be warm, not hot.

Coat the Pan with remaining oil. Pour in the egg mixture. Lay the cooked spinach on top of the eggs.

With a spatula, gently lift and fold the right side of the omelet over the other side. Softly press the omelet down. Top with a little cheese. Salt and pepper to taste.

Chef Tip: You may substitute asparagus or tomatoes for the spinach.

WHOLE WHEAT PANCAKES



INGREDIENTS

- 2 cups milk
- 2 cups whole wheat flour
- 1 cup unbleached all-purpose flour
- 4 tsp sugar
- 4 tsp baking powder
- 6 tbsp vegetable oil
- 1 tsp salt
- 2 eggs

DIRECTIONS

Blend all dry ingredients together in a bowl until well-combined. In a separate bowl, beat the eggs, then stir in the remaining liquids. Make a well in the dry ingredients with your finger and pour in the liquid mixture. Mix the batter until most of the lumps are gone. Make sure not to over mix!

Heat the Skillet to Med or Med-Hi heat. Pour the batter into several 4" circles on the Ceramic Coated Pan. Flip the pancakes once the center starts to bubble and the edges begin to dry or appear firm.

Stack pancakes on a plate, drizzle with Grade A maple syrup and serve!

A SIMPLE TOMATO SOUP



INGREDIENTS

- 4 tbsp unsalted butter or olive oil
- 2 medium yellow onions, thinly sliced
- 1 tsp salt (more or less to taste)
- 3 tsp curry powder
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1/2 tsp chili flakes
- 2 cans (28 oz. each) whole tomatoes (preferably fire-roasted)
- dollop of plain or coconut milk cream (optional garnish)
- 4 cups water

DIRECTIONS

Set the Rapid Skillet to medium heat and melt the butter (or olive oil). Add the onions and salt. Stirring occasionally, cook the onions for 10 minutes or until soft. Add curry powder, coriander, cumin, and chili flakes. Stirring constantly, cook until the spices are fragrant (about 30 seconds). Mix in tomatoes, their juices, salt, and water. Simmer for 15 minutes.

Puree with a hand blender until smooth. For a thinner soup, add more water. For a creamier texture, pour in a little coconut milk.

VEGETABLE STIR FRY



INGREDIENTS

- | | |
|---|----------------------------------|
| • 1 large red bell pepper, thinly sliced | • 2 cups green onions, chopped |
| • 1 large yellow bell pepper, thinly sliced | • 3 cloves garlic, minced |
| • 1 crown of broccoli, cut into florets | • 1 tsp sesame oil |
| • 3 large carrots, thinly sliced | • 1 tbsp soy sauce |
| • 2 cups snow peas | • 1 tbsp sesame seeds (optional) |
| | • salt and pepper to taste |

DIRECTIONS

Set your Skillet to Medium Low heat. Put the peppers, broccoli, carrots, snow peas, and green onions in the Ceramic Coated Pan. While stirring the vegetables, add in the garlic, sesame, soy sauce, salt and pepper. Cover with the Glass Lid and cook for about 15 minutes, stirring occasionally. The vegetables should be crunchy but not hard. Top with sesame seeds. Serve over a scoop of white or brown rice.

CHICKPEA STEW



INGREDIENTS

- 4 boneless chicken thighs (breasts can also be used)
- 2 tbsp oil, divided
- 1 medium onion, chopped
- 1 green or red bell pepper, chopped
- 1 garlic clove, chopped
- dash of red pepper flakes
- 1 tsp cumin
- 1 can (15 ½ oz.) diced tomatoes, undrained
- 1 can chickpeas (15 ½ oz.), undrained
- 1/2 cup dried cranberries
- dollop of plain yogurt (optional)

DIRECTIONS

In your Skillet, sauté the onions and bell peppers in 1 tablespoon of oil until they become translucent, taking on some color but not browning.

Add the garlic, pepper flakes, and cumin. Stir for about 1 minute before removing from the Ceramic Coated Pan and setting aside.

Without cleaning the Skillet, add the oil and chicken. Let the chicken cook on Medium heat until it starts to brown (about 5 minutes). Flip and brown the other side. Place chicken on the plate with the vegetables.

Deglaze the Ceramic Coated Pan by pouring in some of the juice from the canned tomatoes.

Once the solids in the pan are dissolved, add the chicken, vegetables, the rest of the tomatoes, chickpeas, and cranberries. Cover with the Glass Lid and simmer on Low for about 30 minutes or until the chicken is cooked through.



BASIC TOMATO SAUCE



SAUCE INGREDIENTS

- 2 cans (28 oz. each) whole Italian style plum tomatoes (with basil leaf)
- 4 cloves garlic, crushed
- 1 tbsp grapeseed oil
- 1 tsp salt (more or less to taste)
- 2 tsp sugar
- ½ tsp dried oregano
- 4 – 5 leaves fresh basil, chopped
- ¼ cup fresh Italian parsley, stems removed and chopped
- 1/3 tsp coarse black pepper
- a dash of red pepper flakes (to taste)

DIRECTIONS

In a large saucepan, lightly brown garlic in the grapeseed oil. Lightly crush tomatoes and stir into the pan with remaining ingredients except for the olive oil. Bring sauce to a low simmer and cook for 20 minutes. Pour into a large bowl. Allow the Skillet to cool down and then clean the Pan.

MEATBALLS

INGREDIENTS

- 3 lb. ground beef (15-20% fat)
- 3 eggs
- 3-5 cloves garlic, crushed
- 1¼ cups Italian style breadcrumbs
- 1¼ tsp salt
- ¼ tsp coarse black pepper
- 1 loose cup Italian parsley, stems removed and chopped
- ¾ cup grated romano cheese
- 2 tbsp extra virgin olive oil

DIRECTIONS

Beat the eggs in a bowl. Add garlic, parsley, salt and pepper and mix until well-combined. Pour the mixture into a large bowl with the ground beef. Add the cheese and breadcrumbs. Using your hands, mix all of the ingredients together. Roll into balls that are about 1¾ inches in diameter. Cook meatballs in the Ceramic Coated Pan, flipping them occasionally so that all sides are lightly browned. The meatballs will be ready when they are no longer pink in the center.

Use tongs or a slotted spoon to remove the meatballs and drain them on a plate covered with paper towels. Turn the Skillet OFF, allow it to cool, then clean it again.



Pour your sauce back into the Skillet, but do not turn it on. After the excess oil has drained off, carefully drop the meatballs in your homemade tomato sauce. Allow the meatballs to sit and marinate in the sauce. When ready to serve, turn on the Skillet and set to Medium heat. Cook the meatballs until the sauce begins to bubble. Let simmer for a few minutes. Right before serving, stir in the extra virgin olive oil.

LINGUINE WITH BUTTERNUT SQUASH AND KALE



INGREDIENTS

- 1/2 lb. linguine
- 1 bunch kale, stems removed and chopped into 1 inch pieces
- 2 tbsp olive oil
- 1/2 cup white wine
- 1/4 tsp ground nutmeg
- 1 tbsp fresh sage, chopped
- 1/2 butternut squash, cut into 1 inch cubes
- 1/8 tsp coarse black pepper (or more if preferred)
- 2 tsp salt
- 1/4 cup Parmigiano-Reggiano
- 2 cloves garlic, minced

DIRECTIONS

Set your Rapid Skillet to Low or Medium Low heat. In the Pan, sauté the garlic in olive oil.

Add the wine, nutmeg, pepper, and butternut squash. Mix so that the squash is lightly coated in the liquid. Cover with the Glass Lid and let sit for 30-35 minutes or until tender, stirring every now and then. You can reduce the cooking time by first covering the squash with water and cooking in your microwave for several minutes. Mix in the kale and re-cover for another 10 minutes, stirring occasionally. Pour into a bowl and cover with a dish cloth.

Allow your Skillet to cool, then clean it. Fill with 2-3 quarts of water and add the salt. Set Skillet to High and bring the water to a boil. Pour in the pasta. Cook for about 9 minutes, stirring frequently. Using a colander, strain the pasta. Then, return the pasta to the Skillet. Stir in the squash and kale and heat on Low. Mix in the cheese and sage, then serve!



For product support, warranty and maintenance related questions, please contact StoreBound directly at: 1-800-898-6970 from 7AM - 7PM PST, Monday - Friday, or by email at info@storebound.com.

REPAIRS

DANGER! Risk of electric shock! The Dash Rapid Skillet is an electrical appliance. Do not attempt to repair the appliance yourself under any circumstances.

Contact customer service regarding repairs to the device.

TECHNICAL SPECIFICATIONS

Model Number DRG001
Voltage 120V ~ 60Hz
Power Rating 1500W

Stock#: DRS-20140121V2

STOREBOUND, LLC - 1 YEAR LIMITED WARRANTY

Your StoreBound product is warranted to be free from defects in material and workmanship for a period of one (1) year from the date of the original purchase when utilized for normal and intended household use. Should any defect covered by the terms of the limited warranty be discovered within one (1) year, StoreBound, LLC will repair or replace the defective part. To process a warranty claim, contact customer care at 1-800-898-6970 for further assistance and instruction. A customer care agent will conduct troubleshooting in an attempt to fix any minor problems. If troubleshooting fails to fix the problem, a return authorization will be issued. Proof of purchase indicating date and place of purchase is required and should accompany the return. You must also include your full name, shipping address, and telephone number. We are unable to ship returns to a PO Box. StoreBound will not be responsible for delays or unprocessed claims resulting from a purchaser's failure to provide any or all of the necessary information. Freight costs must be prepaid by the purchaser.

Send All Inquiries To: info@storebound.com
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Some states do not allow the exclusion or limitation of incidental or consequential damages, or limitations on how long an implied warranty lasts. Therefore, the above exclusions or limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights, which vary from state to state.



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