

RECIPES

Grilled Marinated Vegetables *Makes 6 servings*

Ingredients:

1/3 cup balsamic vinegar	2 small red, green, or yellow peppers
1/4 cup olive oil	2 medium zucchini or yellow crookneck squash
1 tablespoon chopped parsley	2 small red or yellow onions
1/2 teaspoon dried rosemary, crushed,	1 small eggplant or 3 Japanese eggplants
or 2 teaspoons chopped fresh rosemary	1/4 teaspoon each salt and pepper

Directions:

1. In a small bowl, combine vinegar, olive oil, parsley, rosemary, salt, and pepper.
2. Remove stems from peppers and cut lengthwise into six pieces, removing seeds.
3. Cut zucchini in half crosswise, then lengthwise into quarters.
4. Peel onions and cut into quarters.
5. Remove stem from eggplant and cut lengthwise into six pieces. (Cut Japanese eggplants in half lengthwise.)
6. Place vegetables in FoodSaver® Canister.
7. Add marinade and toss to coat well.
8. Vacuum package.
9. Marinate 15 to 20 minutes.
10. Grill vegetables over medium heat, turning once and brushing with any remaining marinade.
11. Or roast on a sheet tray in a 450 degrees oven until vegetables are tender.

Vacuum package and freeze any leftover to enjoy this meal another time!

Easy Savings Idea:

Vacuum package your homegrown vegetables and enjoy them all year long. Blanched and vacuum packaged vegetables can be stored in the freezer for 2 to 3 years.

To freeze vegetables in individual servings, place them on baking sheets and spread out so that pieces are not touching. This way they will not freeze together in a block

Asian Citrus Marinated Chicken *Makes 4 servings*

Ingredients:

1-1/4 to 1-1/2 Boneless Skinless Chicken Thighs	2 garlic cloves, crushed
1 cup orange or pineapple juice	2 tablespoons light brown sugar
1/3 cup fresh lemon juice	1/2 cup peanut oil
1/3 cup fresh lime juice	2 tablespoons tarragon vinegar
2 tablespoons ginger, peeled and chopped	1/2 teaspoon red pepper flakes (optional for extra spiciness)

Directions:

1. Place chicken thighs in Quick Marinator.
2. Combine remaining ingredients and pour over chicken thighs.
3. Vacuum package the canister.
4. Marinate 15-20 minutes in the refrigerator.
5. Remove chicken from canister and broil, bake, or grill.
6. Discard remaining marinade.

Freeze any leftovers to enjoy this meal another time!



Quick Marinator

INSTRUCTIONS FOR USE



PLEASE DO NOT RETURN THIS PRODUCT TO ANY OF THESE ADDRESSES OR TO THE PLACE OF PURCHASE.

Questions? Visit us at www.foodsaver.com to get tips on vacuum sealing and order bags and containers, or call 1-877-777-8042 (U.S.).

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MARINATING WITH YOUR FOODSAVER APPLIANCE

For use with FoodSaver® SmartSeal™ Technology (V3000 Series) Models



Your FoodSaver® Vacuum Sealing System has a special Quick Marinate Cycle which will last about ten minutes. The vacuum motor will “hold” the vacuum for several minutes then release the vacuum allowing the food to “rest” for 30 seconds. This process will then repeat two more times. This “Pulsing” action of “vacuuming and resting” will allow for quicker marinating. When the Quick Marinate Cycle is completed the appliance will beep to signal marinating is complete.

The FoodSaver® Quick Marinator Canister is the perfect FoodSaver® Accessory for marinating foods. Foods will marinate in minutes when vacuum packaged because the vacuum process opens the pores of the food and absorbs the marinade more quickly.

Important Note: During the Quick Marinate Cycle, make sure knob on accessory lid is set to OPEN. Do not set knob to Vacuum. The Vacuum position on the knob will allow the Quick Marinating Canister to be used for extending vacuum storage.

1. Prepare enough of your favorite marinade to fully cover food inside a marinating canister. Always leave at least one inch of space between contents and top of rim.
2. Make sure rubber gasket underneath the lid as well as rim of marinating canister is free from food materials.
3. Make sure Accessory Hose is securely inserted into port on the FoodSaver® Quick Marinator lid.

4. Make sure knob on accessory lid is set to the OPEN/MARINATE position.
5. Make sure lid is firmly attached to marinator base.
6. Press Marinate button 3 on the control panel.
7. Your FoodSaver® Vacuum Sealing System will now begin the Quick Marinate Cycle. The Marinate Indicator Light will flash to indicate the marinating process has begun.
8. During the initial vacuum cycle the Marinate Mode Indicator will illuminate. While Marinating, the Vacuum Meter Display will blink during the Vacuum Hold or Rest Cycle.
9. To preserve food safely, after completing the marinating cycle, the appliance will signal with short beeps to indicate your Quick Marinate Cycle is completed. Press any button to silence the signal.

You may now cook or refrigerate your marinated food.

For Use With All Other FoodSaver Vacuum Sealing Appliance Models



1. Prepare enough of your favorite marinade to fully cover food inside a marinating canister. Always leave at one inch of space between contents and top of rim.
2. Make sure rubber gasket underneath the lid as well as rim of marinating canister is free from food materials.
3. Insert one end of the Accessory Hose into the Accessory Port on your FoodSaver® appliance.
4. Make sure Accessory Hose is securely inserted into port on the FoodSaver® Quick Marinator lid.

5. Make sure lid is firmly attached to the marinator base.
6. Turn the knob on the Canister so the arrow points to Vacuum/Canister.
7. Press Canister Button on the control panel.
8. Turn the knob on the canister lid so the arrow points to Closed/Store once vacuum is completed.
9. For best results, after 5 to 10 minutes, open container and turn meat to ensure all sides are coated with marinade. Let meat marinate for a total of 15 to 20 minutes in the refrigerator.
10. For additional information on FoodSaver® System Accessory usage, follow the steps in your QuickStart Guide.

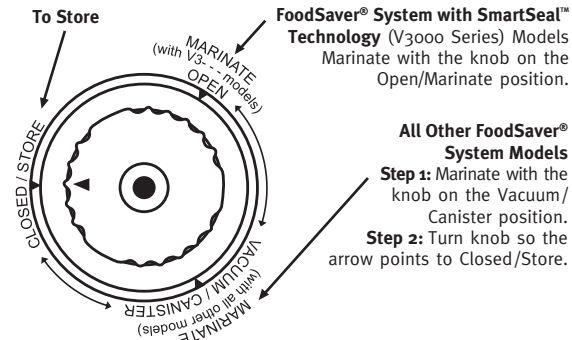
TIPS FOR MARINATING WITH THE QUICK MARINATOR

You can marinate in a fraction of the time FoodSaver® Quick Marinator. What usually takes hours to marinate takes only minutes because vacuum packaging opens up the pores of food to absorb marinade more quickly. All FoodSaver® Vacuum Packaging Canisters work for marinating, but the Quick Marinator is recommended because less marinade will be needed to cover the food due to its low shape.

TROUBLESHOOTING

If the Quick Marinator will not vacuum:

1. Make sure the rubber gasket on the canister lid is free from food materials.
2. Examine the rim of the canister for any cracks or scratches. Any gaps can prevent a vacuum from forming properly.



FoodSaver® System with SmartSeal™ Technology (V3000 Series) Models
Marinate with the knob on the Open/Marinate position.

All Other FoodSaver® System Models
Step 1: Marinate with the knob on the Vacuum/Canister position.
Step 2: Turn knob so the arrow points to Closed/Store.

3. Make sure you aren't filling the canister too full for vacuuming. Always leave at least one inch (1") between the contents and the lid.
4. Make sure the Accessory Hose is securely inserted into the Accessory Port on the appliance and in the port on the canister lid.

Note: Allow hot foods to cool to room temperature before vacuum packaging. Otherwise, the contents may bubble up out of the canister.

CARE & CLEANING

1. Wash canister in warm water using a mild dishwashing soap. Do not immerse lid in water.
2. Dry thoroughly before using.
3. The FoodSaver® Quick Marinator base (but not the lid) is top-rack dishwasher safe. The lid should be wiped down with a damp cloth.
4. The FoodSaver® Quick Marinator should not be used in the freezer.

RECIPES

Fabulous Fajitas *Makes 8 servings*

Ingredients:

- 1/2 cup red wine vinegar
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon oregano, crushed

- 1/2 teaspoon each salt and pepper
- 2 cloves garlic, minced
- 1 1/2 pounds flank steak

Directions:

1. In a small bowl, combine all ingredients except steak; stir well.
2. Score steak slightly on each side
3. Place in FoodSaver® Canister with marinade.
4. Vacuum.
5. Marinate 20 minutes.
6. Drain, reserving marinade.
7. Grill or broil steak on each side until cooked as desired, basting occasionally with marinade.
8. Discard any remaining marinade.
9. Slice steak across the grain.
10. Serve in warm flour tortillas with sautéed onions and peppers, salsa, and guacamole, if desired.

Vacuum package and freeze any leftover to enjoy this meal another time!

Skewered Greek-Style Shrimp *Makes 8 servings*

Ingredients:

- Zest of one lemon
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 2 tablespoons minced onion
- 4 cloves garlic, chopped

- 1/2 teaspoon coarse-ground black pepper
- 1/2 teaspoon oregano, crushed
- 16 jumbo shrimp, peeled and de-veined
- 4 skewers

Directions:

1. In a small bowl, combine all ingredients except shrimp; stir well.
2. Place shrimp and marinade in FoodSaver® Canister.
3. Vacuum package.
4. Marinate 15 minutes.
5. Thread 4 shrimp on each skewer. (If using wood skewers, presoak in water 5 minutes.)
6. Grill or broil just until shrimp turn pink.
7. Discard any uncooked marinade.

Vacuum package and freeze any leftover to enjoy this meal another time!

Easy Savings Idea:

Purchase shrimps in bulk and vacuum package into meal size portions. Vacuum packaged seafood can be stored for up to 2 years in the freezer. Protect your expensive cooking oils from turning rancid by using a FoodSaver® Bottle Stopper. Your oils will last up to 1 1/2 years stored in the pantry.