



COPPER  CHEF.

# Bake & Crisp

RECIPE BOOK

Fast & Easy One Pan Meals



WITH  
**Eric Theiss**



*Bake & Crisp Pan*<sup>™</sup>



**Bake & Roast Pan**  
12.5" x 9" x 3"



**Adjustable Self-Slicing Separator**  
adjusts from 9 to 18 sections



**Easy Lift Serving Tray**  
for easy removal & serving



**Crisper**  
make healthy air fried food

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- 4 large eggs
- 1 cup canola oil
- 6 very ripe bananas, mashed
- 3 cups sugar
- 1 tsp. vanilla
- 3½ cups flour
- 2 tsp. baking soda
- 2 tsp. cinnamon
- ½ cup buttermilk
- 1 cup semi sweet chocolate chips
- 1 cup banana chips, crumbled

# Banana Bread

1. Preheat the oven to 350° F.
2. Place the Easy Lift Serving Tray into the Bake & Roast Pan.
3. In a large bowl, mix eggs and canola oil.
4. Add bananas, sugar, and vanilla. Mix.
5. In a separate bowl, combine flour, baking soda, and cinnamon. Stir.
6. Add half of the dry ingredients to the egg mixture. Stir.
7. Add the buttermilk and stir to combine.
8. Add the remaining dry ingredients, chocolate chips and banana chips. Stir to combine.
9. Evenly pour the batter into the Pan.
10. Insert the Adjustable Self-Slicing Separator into the Pan (use 18 dividers).
11. Bake for 1 hour.
12. Cool for 2 hours.
13. Serve.

## what you need



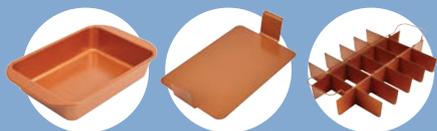


2 cups sugar  
¾ cup butter  
1 tsp. baking powder  
6 cups semi sweet chocolate chips  
1 tsp. salt  
4 large eggs.  
2½ cups all-purpose flour  
2 tsp. vanilla extract  
¼ cup confetti sprinkles

# Brownies

1. Preheat the oven to 350° F.
2. Place the Easy Lift Serving Tray into the Bake & Roast Pan.
3. Melt the chocolate and butter together. Mix in the eggs.
4. Stir in the rest of the ingredients.
5. Evenly pour the batter into the Pan.
6. Insert the Adjustable Self-Slicing Separator into the Pan (use 18 dividers).
7. Bake the brownies about 40 minutes.
8. Let cool 1 hour.
9. Serve.

## what you need



4 sheets premade, rolled pie dough  
5 lb. can apple pie filling  
1 egg, beaten  
¼ cup sugar, raw

# Apple Pie

1. Preheat the oven to 350° F.
2. Place the Easy Lift Serving Tray into the Bake & Roast Pan.
3. Roll out two layers of the pie dough.
4. Line the bottom of a the Pan with the pie dough, being sure to go all the way up the sides of the pan.
5. Add the pie filling.
6. Roll another layer of pie dough into an oval. Cut into six long, thin strips.
7. Roll the final layer of pie dough. Cut into nine thin 12" long strips.
8. Create a lattice with the strips.
9. Brush the egg over the dough strips. Sprinkle with sugar.
10. Insert the Adjustable Self-Slicing Separator into the Pan (use 9 dividers).
11. Bake until the dough is golden brown and the filling is bubbling, about 50 minutes.
12. Serve.

## what you need



## Ribs

- ½ tbsp. onion powder
- ½ tbsp. garlic powder
- ½ tbsp. coriander
- ½ tbsp. sea salt
- ½ tbsp. black pepper, ground

## Sauce

- 2 racks ribs, each cut in half
- 2 cups BBQ sauce
- ¼ cup molasses
- ⅓ cup brown sugar

# BBQ Ribs

1. Preheat the oven to 325° F.
2. In a bowl, combine rib ingredients. Distribute over ribs.
3. Place the ribs into the Pan side by side.
4. Add one cup water and cover with foil.
5. Cook in the oven for 2 hours.
6. Remove foil and excess liquid.
7. Combine BBQ sauce, molasses, and brown sugar. Coat ribs with BBQ sauce.  
Return to the oven for 40 minutes or until tender.
8. Serve with french fries.

what you need





## Cake

6 large eggs

1½ cups vegetable oil

3 cups sugar

1 tsp. vanilla extract

2 cups flour

1 tsp. baking soda

2 tsp. baking powder

1 tbsp. cinnamon

1 tsp. salt

5 cups grated carrots

1 cup shredded coconut

1 cup dried cranberries

1½ cups walnuts, chopped

## Frosting

12 oz cream cheese, room temperature

¾ cup butter, room temperature

6 cups confectioners' sugar

2 tsp. vanilla extract

# Carrot Cake

1. Preheat the oven to 350° F.
2. Place the Easy Lift Serving Tray into the Bake & Roast Pan.

## Make the cake:

3. Whisk together eggs and vegetable oil in a large bowl.
4. Add sugar and vanilla. Whisk to combine.
5. In a medium-sized bowl, combine flour, baking soda, baking powder, cinnamon, and salt. Mix.
6. Add the dry ingredients plus carrots, coconut, cranberries, and walnuts to the egg mixture. Mix to combine.
7. Evenly Pour the batter into the Pan.
8. Insert the Adjustable Self-Slicing Separator into the Pan (use 18 dividers).
9. Bake for 1 hour.

## Make the frosting:

10. Beat butter and cream cheese until creamy.
11. Add the sugar and vanilla. Mix to combine.
12. Frost the cooled cake.
13. Serve.

## what you need



3 6 oz cans biscuit dough, quartered  
2 cups cheddar cheese, shredded  
2 cups ham, diced  
3 dozen large eggs, beaten

# Breakfast Sandwiches

1. Preheat the oven to 350° F.
2. Place the Easy Lift Serving Tray into the Bake & Roast Pan.
3. Scatter the biscuit dough, cheddar, and ham on the bottom of the Pan.
4. Pour in beaten eggs into the Pan.
5. Insert the Adjustable Self-Slicing Separator into the Pan (use 18 dividers).
6. Bake for 45 minutes.

what you need



6 eggs  
4 cups half and half  
¼ cup sugar  
1 tbsp. vanilla extract  
10 large cinnamon buns, crumbled

# Cinnamon Bread Pudding

1. Preheat the oven to 325° F.
2. Place the Easy Lift Serving Tray into the Bake & Roast Pan.
3. Combine eggs, half & half, sugar, and vanilla in a large bowl.
4. Add the crumbled buns. Mix and let sit 1 hour in the refrigerator.
5. Pour the bread pudding into the Pan.
6. Insert the Adjustable Self-Slicing Separator into the Pan (use 18 dividers).
7. Bake about 1 hour or until the center is firm.
8. Let cool.
9. Serve with crème anglaise.

what you need





35 eggs, beaten  
1¼ cup milk  
3 cups mini tater tots, cooked  
1 cup red peppers, diced  
1 cup ham, diced  
2 cups cheddar  
1 tbsp. sea salt  
½ tbsp. ground black pepper

# Frittata

1. Preheat the oven to 350° F.
2. Place the Easy Lift Serving Tray into the Bake & Roast Pan.
3. Place the tater tots into the Pan.
4. Top with red peppers, ham, and cheddar.
5. Combine the eggs, milk, sea salt and pepper in a bowl.
6. Pour the egg mixture into the Pan.
7. Insert the Adjustable Self-Slicing Separator into the Pan (use 9 dividers).
8. Bake for 1 hour.

## what you need



6 4 oz. chicken breasts  
½ tbsp. sea salt  
½ tbsp. ground pepper  
1 cup ranch dressing  
3 cups ranch tortilla chips, crushed

# Cool Ranch Chicken Cutlets

1. Preheat the oven to 350° F.
2. Place the Crisper into the Bake & Roast Pan.
3. Season the chicken breast with salt and pepper.
4. Dip chicken into the ranch dressing and then into the crushed chips.
5. Arrange chicken cutlets inside the crisper.
6. Bake for 20 minutes.
7. Serve chicken cutlets with mango salsa.

## what you need



## Chicken

1 chicken, cut into 8 pieces

2 cups buttermilk

3 cups corn flakes

## Seasoning

1 tbsp. sea salt

1 tbsp. ground pepper

1 tbsp. paprika

1 tbsp. poultry seasoning

1 tbsp. onion powder

# Corn Flake Fried Chicken

1. Place the Crisper into the Bake & Roast Pan.
2. Toss the chicken with the seasonings.
3. Pour buttermilk over the chicken. Refrigerate for 1 hour.
4. After one hour preheat the oven to 350° F.
5. Shake off excess buttermilk. Coat chicken with corn flakes.
6. Arrange chicken inside the Crisper.
7. Bake for 30 minutes or until internal temperature of chicken reaches 165° F.
8. Serve with cole slaw.

what you need





### Ricotta Cream

- 5 cups whole milk ricotta
- 5 large eggs
- ½ cup Parmesan cheese, grated
- 2 tbsp. parsley, chopped
- 1 tsp. pepper
- 2 tsp. salt

### Meat

- 2 tbsp. olive oil
- 2 lb. ground beef
- 2 tsp. salt
- ½ tsp. pepper

### Assembly

- 4 cups marinara sauce
- 1 8-ounce box no-boil lasagna noodles
- 4 cups mozzarella, shredded

# Lasagna

1. Preheat the oven to 350° F.
2. Place the Easy Lift Serving Tray into the Bake & Roast Pan.

### Make the ricotta cream:

3. In a large bowl, mix ricotta, eggs, parsley, Parmesan, pepper, and salt.

### Make the meat filling:

4. In a large sauté pan, heat the oil over medium-high heat.
5. Add the ground beef and cook, stirring often, until cooked through, about 6 minutes.
6. Add salt and pepper.
7. Strain to remove the excess liquid.

### Assemble:

8. Spread a very thin layer of sauce on the bottom of a pan.
9. Place a layer of noodles over the sauce, breaking them up as necessary to fit into the Pan.  
Do not overlap the noodles.
10. Spread 1/3 of the ricotta cream over the noodles, followed by 1/3 of the meat filling, one cup of mozzarella, and another thin layer of marinara sauce.
11. Repeat two more times, starting with the noodles.
12. Add a final layer of noodles and spread remaining sauce over the top.
13. Top with the last cup of mozzarella.
14. Bake for 1 hour.
15. Let the lasagna settle for 10 minutes
16. Insert the Adjustable Self-Slicing Separator into the Pan (use 9 dividers).
17. Serve.

## what you need



2 Idaho potatoes  
2 tbsp. olive oil  
salt & pepper

# French Fries

1. Preheat the oven to 450° F.
2. Place the Crisper into the Bake & Roast Pan.
3. Microwave each potato for 2 minutes.
4. Cut potatoes into sticks.
5. Toss with olive oil, salt, and pepper.
6. Arrange potatoes inside the Crisper.
7. Bake in the oven for 30 minutes.

what you need



2 quarts vanilla ice cream, melted  
6 cups self-rising flour  
2 cups sprinkles  
2 cups vanilla frosting

# “Ice Cream” Cake

1. Preheat the oven to 350° F.
2. Place the Easy Lift Serving Tray into the Bake & Roast Pan.
3. In a bowl combine all ingredients. Mix well.
4. Pour the batter into the Pan. Spread evenly.
5. Insert the Adjustable Self-Slicing Separator into the Pan (use 18 dividers).
6. Bake for 1½ hours.
7. Let cool for 2 hours.
8. Frost the cake.
9. Serve.

what you need





3 8 oz containers whipped topping  
35 graham crackers  
1 lb. strawberries, tops removed and  
thinly sliced, plus more for garnish

# Strawberry Ice Box Cake

1. Place the Easy Lift Serving Tray into the Bake & Roast Pan.
2. Spread 1/8" layer of whipped topping on the bottom the Pan.
3. Place 7 graham crackers over the cream.
4. Spread a 1/4" layer of whipped topping over the crackers.
5. Scatter 1/2 of the strawberries over whipped topping in a single layer.
6. Add another layer of crackers.
7. Add another 1/4-inch layer of cream.
8. Repeat with another layer of crackers and cream.
9. Layer the remaining strawberries over the cream.
10. Add another layer of crackers.
11. Add another layer of cream.
12. Add a final layer of crackers and cream.
13. Refrigerate overnight.
14. Insert the Adjustable Self-Slicing Separator into the Pan (use 9 dividers).
15. Garnish with strawberries.
16. Serve.

## what you need





3 sprigs fresh rosemary, chopped  
1 tsp. sea salt  
1 tsp. ground black pepper  
3 cloves garlic, minced  
2 tbsp. olive oil  
4 lb. pork loin, boneless

# Roasted Pork Loin

1. Preheat the oven to 350° F.
2. Place the Crisper into the Bake & Roast Pan.
3. In a bowl, combine herbs, seasonings, and olive oil. Rub over the roast.
4. Place the roast into the Crisper.
5. Bake for 45 minutes to 1 hour or until internal temperature reaches 155° F.
6. Allow roast to rest for 15 minutes.
7. Slice and serve.

what you need



- 1 bag baby peppers
- 1 lb. green beans
- 2 lb. baby potatoes
- 2 onions, thick slice
- ¼ olive oil
- 1 tbsp. sea salt
- 1 tbsp. black ground pepper

# Roasted Vegetables

1. Preheat the oven to 400° F.
2. Toss peppers, green beans, potatoes, and onions with olive oil, sea salt, and pepper.
3. Arrange vegetables inside the Bake & Roast Pan.
4. Roast for 40 minutes. Toss periodically during cooking.
5. Serve.

what you need



2 NY strip steaks, 12 oz. each  
1 tbsp. granulated garlic  
½ tbsp. sea salt  
½ tbsp. ground black pepper  
2 tbsp. olive oil

# Steak

1. Preheat the oven to 400° F.
2. Place the Crisper into the Bake & Roast Pan.
3. Rub the steaks with the seasonings and olive oil.
4. Arrange steaks inside the Crisper.
5. Roast for 6 minutes per side for rare. Cook longer for medium and well.
6. Serve.

what you need





# Shepherd's Pie

## Meat

3 ½ lb. ground beef

3 eggs

2 tbsp. Worcestershire sauce

¾ cup ketchup

1 ½ cup breadcrumbs

1 tbsp. sea salt

½ tsp. ground black pepper

1 tbsp. garlic powder

½ cup milk

## Filling

3 cups frozen mixed vegetables

4 cups mashed potatoes  
(available prepared in most grocery stores)

2 tbsp. butter, melted

1 tbsp. paprika

1. Preheat the oven to 350° F.
2. Place the Easy Lift Serving Tray into the Bake & Roast Pan.
3. In a bowl, mix meat ingredients together.
4. Press the meat mixture into the Pan evenly.
5. Top with vegetables and then mashed potatoes.
6. Sprinkle with butter and paprika.
7. Insert the Adjustable Self-Slicing Separator into the Pan (use 9 dividers).
8. Bake for 1 hour.
9. Serve.

## what you need



## Meat

5 lb. ground beef

5 eggs

onion powder

1 cup peppers, diced

1 cup onion, diced

2 tbsp. Worcestershire sauce

1 tbsp. salt

½ tbsp. ground black pepper

¾ cup ketchup

2 cups breadcrumbs

½ cup milk

## Filling

9 thick slices mozzarella, about 1 lb.

1 pack thick sliced pepperoni, 5 oz

# Stuffed Meatloaf

1. Preheat the oven to 350° F.
2. Place the Easy Lift Serving Tray into the Bake & Roast Pan.

## Mix the meat:

3. In a large bowl, mix all meat ingredients.

## Assemble:

4. Place half the meat mixture into the pan.
5. Lay the mozzarella slices evenly over the meat.
6. Top with pepperoni and remaining meat.
7. Insert the Adjustable Self-Slicing Separator into the Pan (use 9 dividers).
8. Bake for 1 hour.
9. Allow to cool for 20 minutes.
10. Serve.

## what you need



2 pizza doughs, pop dough  
½ cup pizza sauce  
2 cups mozzarella, shredded  
1 cup pepperoni, sliced

# Stuffed Pizza

1. Preheat the oven to 375° F.
2. Place the Easy Lift Serving Tray into the Bake & Roast Pan.
3. Spread dough evenly into pan.
4. Pour pizza sauce over dough. Top with mozzarella and then pepperoni.
5. Top with the second dough. Seal edges together.
6. Insert the Adjustable Self-Slicing Separator into the Pan (use 9 dividers).
7. Bake for 45 minutes or until desired doneness.
8. Let pizza cool 10 minutes.
9. Serve.

what you need





8 cups biscuit mix  
2 cups lemon lime soda  
2 cups sour cream

# Soda Biscuits

1. Preheat the oven to 350° F.
2. Place the Easy Lift Serving Tray into the Bake & Roast Pan.
3. Combine biscuit mix, soda, and sour cream to make dough.
4. Press the dough evenly into the Pan.
5. Insert the Adjustable Self-Slicing Separator into the Pan (use 18 dividers).
6. Bake for 45 minutes or until golden brown.
7. Serve biscuits warm with butter and jam.

what you need



10 strips bacon  
¼ cup mayonnaise  
1 cup iceberg lettuce, shredded  
1 plum tomato, diced

# Sushi BLT

1. Preheat the oven to 400° F.
2. Place the Crisper into the Bake & Roast Pan.
3. Create a lattice with the bacon, 4 strips across and 6 strips down. Trim any excess pieces.
4. Bake for 12 minutes before turning bacon.
5. Cook until golden brown, but not overly crispy, about 8-12 additional minutes.
6. Cool for 15 minutes.
7. Spread mayonnaise over one side of the bacon.
8. Place the chopped tomato in a horizontal line over the center of the bacon lattice.
9. Spread the lettuce over the bacon.
10. Roll the bacon into a tight roll and slice.
11. Serve.

## what you need



20 chicken wings, fresh  
½ cup sweet chili sauce  
½ red hot pepper sauce  
blue cheese dressing, for serving

# Sweet & Hot Wings

1. Preheat the oven to 400° F.
2. Place the Crisper into the Bake & Roast Pan.
3. Place the wings into the Crisper and roast for 20 minutes per side.
4. Combine sweet chili and red hot pepper sauces in a bowl.
5. Toss wings in sauce when cooked.
6. Serve with creamy bleu cheese.

what you need





### Macaroni

12 cups macaroni, cooked

2 qt. heavy cream

6 cups cheddar, shredded

1 cup Parmesan cheese, grated

### Roux:

¾ cup butter

½ cup flour

### Filling:

¾ cup BBQ sauce

1 lb. pulled pork

(available prepared in most grocery stores)

# Stuffed Mac & Cheese

1. Preheat the oven to 350° F.
2. Place the Easy Lift Serving Tray into the Bake & Roast Pan.
3. Cook the roux in a sauce pot until smooth.
4. Slowly add in cream.
5. Stir in cheddar and Parmesan slowly until creamy.
6. Fold macaroni into sauce and set aside.
7. Mix pork and BBQ sauce together.
8. Spread half of the mac and cheese into the Pan.
9. Top with the pork and remaining mac and cheese.
10. Insert the Adjustable Self-Slicing Separator into the Pan (use 9 dividers).
11. Bake for 40 minutes.
12. Let Cool.
13. Serve.

## what you need





### **Mascarpone Cream:**

- 10 large egg yolks
- 1½ cups sugar
- 2½ cups mascarpone
- 2 cups heavy whipping cream

### **Lady Fingers:**

- 3 cups extra strong coffee, room temperature
- ¼ cup sugar
- ½ cup Marsala wine, optional
- 3 7-ounce packages Lady Fingers
- ½ cup cocoa powder

# Tiramisu

1. Place the Easy Lift Serving Tray into the Bake & Roast Pan.

### **Make the mascarpone cream**

2. In a large bowl, whisk egg yolks with sugar until light and fluffy, about 3 minutes.
3. Stir in mascarpone until smooth.
4. Whip the heavy cream in a separate bowl to stiff peaks.
5. Fold heavy cream into the mascarpone mixture.
6. In a medium sized bowl, combine the coffee, sugar, and Marsala.
7. Whisk until sugar is dissolved.

### **Assemble**

8. Quickly submerge Lady Fingers one at a time into the coffee mixture.
9. Layer 20 cookies at the bottom of the Pan.
10. Smooth half of the cream mixture evenly over the layer of Lady Fingers
11. Repeat with another 20 cookies and remaining cream.
12. Refrigerate for at least 6 hours.
13. Sprinkle with cocoa powder.
14. Insert the Adjustable Self-Slicing Separator into the Pan (use 9 dividers).
15. Serve.

## what you need





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