

GSCS®
GOURMET *Sous Chef* SERIES®

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GOURMET *Sous Chef* SERIES®

*Chef Quality Flavor Enhancer
and Slow Cooking Oven*



**MODEL S100
OPERATING MANUAL**

GOURMET *Sous Chef* SERIES®

**Published by
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ACCESSORIES

**To view the most current offering of
cooking items designed to enhance and
enrich your dining experience
please visit our web site at:**

<http://www.gourmet-ovens.com>

NOTES

TABLE OF CONTENTS

INSTRUCTION MANUAL & SET UP ___4
SAFE OPERATION ___5
GETTING STARTED ___6
OVEN USE ___7
TEMPERATURE CHART ___10
WOOD SELECTION ___11
RUBS AND MARINADES ___12
FLAVOR BOX ___13
NOTES ___14
ACCESSORIES ___15

GSCS®

S100

GOURMET SOUS CHEF SERIES OPERATING MANUAL

Dear Customer:

This manual has been compiled especially for Gourmet Sous Chef Series users. Your outdoor oven and smoker will produce great flavor enhanced foods. Use this manual to familiarize yourself with your oven and its operation. Gourmet Sous Chef Series, assumes no responsibility for results of careless and dangerous operation of this oven or other products.

All warranties are null & void if the practices described in this Operator's Manual are not followed:

Read the following instructions before operating your oven. The oven is not a complicated appliance, and like any oven or smoker, the three ingredients required for success are:

1. Know the appliance (read this manual).
2. Only use fresh, quality food products (don't buy expired foods).
3. Follow the time and temperatures of the recipe.

If you have any questions not covered in this manual, write to us at P.O. Box 250243 Plano, Texas, 75025; email us at sales@gourmet-ovens.com, or call Customer Service at (888) 922-1511.

USING THE FLAVOR BOX

The flavor box is a stainless steel receptacle that allows you to add flavors to the food in the oven. This gives you the option of adding wine, beer, citrus juice or spice flavoring to your foods in addition to, or in place of the smoked wood flavoring.

The flavor box is designed to be fastened to the bottom of the lowest heavy-duty rack by "S" hooks. By attaching it this way the flavor box is suspended above the bottom of the oven so no debris or fat accumulates around the bottom of the flavor box and no space is taken from the racks. You can fully utilize the space available for your meats, fish, fowl or vegetables. If you wish, you can sit the flavor box on the bottom of the smoker next to the wood box without the "S" hooks or just stand it on the bottom rack, up against the side of the oven.

The flavor box will be heated by the heating element inside the wood box to maximize the release of the its contents.

The flavor box should be filled to no more than $\frac{3}{4}$ th full of liquid (wine, apple juice, etc. or if you are adding crushed spices add water). We have a variety of suggested recipes in the recipe book included with your oven and also available at our web site: www.gourmet-ovens.com.

The use of the flavor box with or without wood in the wood box is a matter of choice. The possible flavor combinations are endless and experimenting with different mixtures of liquid and wood is encouraged. Should you find a particularly flavorful combination please send your recipe in to our web site so that others can share your new find.

RUBS AND MARINADES

There are a lot of rubs and marinades available. We have tried many of them as well as mixed our own. Rubs and marinades are a matter of taste and preference and no single combination pleases all palate nor compliments every food.

To assist you we have a number of recipes you can use as a guide, or a starting point. Feel free to follow these exactly as described, or modify them to your taste.

You can look for or find a rub or marinades in the Gourmet Sous Chef Cookbook provided with your oven or in the recipe section of our web site where you'll find rubs and marinades shared by your fellow Gourmet Sous Chef Series oven owners.

IMPORTANT SAFEGUARDS

- ◇ Read all instructions.
- ◇ For household use only.
- ◇ Do not install wheels if you are going to set oven on a table or cart! Levelers are provided to insure a stable oven on uneven surfaces.
- ◇ To avoid electrical shock, do not immerse cord, plug, or any part of unit in water or other liquid.
- ◇ Do not leave hot oven unattended with door open.
- ◇ Unplug oven when not in use and before cleaning. To disconnect, turn any controls to "OFF." Remove plug from outlet. Allow to cool before putting on or taking off parts.
- ◇ Do not expose to rain or sprinkler systems.
- ◇ Extreme caution must be used when moving your oven while in operation due to hot grease and food.
- ◇ **CAUTION** - to ensure continued protection against risk of electric shock, connect to properly grounded outlets only.
- ◇ **CAUTION** - to reduce the risk of electric shock, keep extension cord connection dry and off the ground.
- ◇ Store oven indoors unplugged when not in use and out of the reach of children.

SETTING UP

Check the contents of your oven. You should have 2 side rails, 2 grill racks, 1 wood box, starter wood, a flavor box, 1 delicate food rack, a chip caddy, cold plate, a drip pan and instructions. You also should have an all-weather cover. Be sure all packing materials have been removed from the interior of the oven.

Information on these and other GSCS optional accessories and products are also available on our website: www.gourmet-ovens.com.

CHOOSE A LOCATION

Choose a dry, sheltered, and well-ventilated location. Do not expose the oven to rain or snow. Cover your oven with the all weather cover provided when not in use.

ELECTRICAL CONNECTIONS

Your Gourmet Sous Chef Series oven has a single 350-watt heating system which uses 120V AC power. Connect the oven to the power supply by plugging the power cord into a standard, 3-prong, 120V receptacle that is protected by a breaker or fuse rated at 15 amperes. A long or light-duty extension cord will reduce the efficiency of the heating element. If you must use an extension cord it should be heavy gauge and as short as possible.

WOOD

WHICH TO USE FOR WHAT?

Alder: The hickory of the West Coast. Alder's delicate sweet flavor enriches all fish, seafood, and meats.

Apple: Slightly sweet, fruity smoke that's mild enough for chicken or turkey. Great with all pork.

Cherry: Cherry produces a similar taste to apple - it produces a very mild and fruity flavor. Great with chicken, turkey, and fish or flavoring ham.

Hickory: In the southern barbecue belt, a lot of folks think this is the only wood to use. For everything. Most BBQ places use nothing else. The strong, hearty taste is perfect for brisket, ribs, and pork shoulder. Also great with any red meat or poultry.

Maple: Mildly smoky and sweet, maple goes well with poultry, ham, and vegetables. Try with brisket.

Mesquite: The wood of Texas, it's great for grilling but not great for smoking. It burns very hot and can make your food taste bitter. Get your smoker smoking really well, turn it off, and put in a few steaks. Smoke for 10 minutes, then finish on a hot grill. Great flavor!

Oak: It's the most versatile of the hardwoods, blending well with a wide range of foods. Gives a great flavor to brisket.

Pecan: Preferred wood by a lot of non-BBQ restaurants. Pecan burns cooler and offers a subtle richness of character. Often referred to as a mellow version of hickory.

Most of these woods can be purchased from GSCS.

INTERNAL TEMPERATURE CHART

(all temperatures in degrees Fahrenheit)

BEEF

Rare 120°
Medium rare 130° - 135°
Medium 140° - 145°
Well done 160° +

LAMB

Rare 135°
Medium rare 140° - 145°
Medium 160°
Well done 165° +

POULTRY

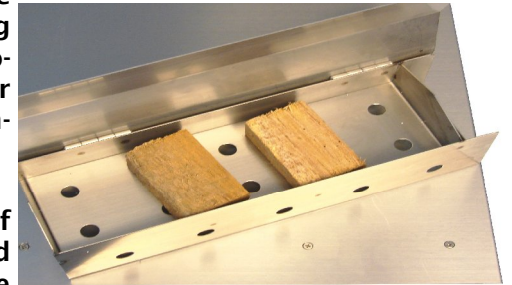
All poultry smoke/cook to 170° - until juices run clear

PORK

Medium 160°
Well done 170°

HOW TO USE YOUR GSCS OVEN

The interior of your oven needs to be seasoned prior to smoking your first foods. Remove all packaging materials from inside the oven, including the shelves, and side rails. Also remove the cardboard protecting the thermostat located on the interior back wall in the center.



Place 4 ounces of wood in the wood box and latch the oven door closed. The photo shows a wood box with 4 ounces of wood.

Never place more than 6 ounces of wood in the oven. Too much wood will cause the food to have a bitter taste.

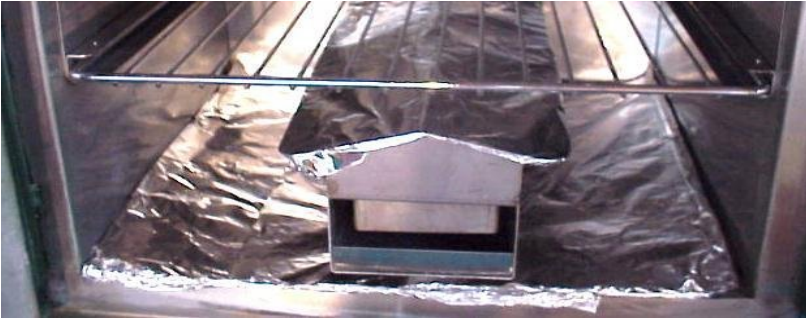
DO NOT use the oven without the wood box in the proper position.

The wood box lid must be closed completely. Set temperature control knob to 215°F. Let the oven smoke empty, for a minimum of 4 hours. Do not open door for at least 4 hours. This smoke will help seal any air leaks.

Use any hardwood in your oven for smoking. The popular woods for smoking are hickory, apple, cherry, mesquite, pecan, alder, and maple. Most of these are available from GSCS.

If you purchase local wood at the supermarket, be sure the wood box lid closes and don't use more than 6 ounces. There is no need to soak the wood. Use only dry wood.

Line the bottom of the oven with a double layer foil and punch a hole in the foil through the drain hole (always be sure the drippings can drain out). A clogged drain could cause grease to accumulate on the oven floor, which could cause a fire.



Place a drip pan beneath the drain hole located on the oven floor. This pan will catch the meat drippings.

Cover the lid of the wood box with a double layer foil for easy cleaning. Discard the foil after each cooking and replace with fresh foil.

Place the properly loaded wood box in the smoker. **Again, never cook in the oven without the wood box in position even if you are not using wood.** Your oven is an excellent slow-cooking and/or holding oven without wood!

The flavor box is an optional feature and the oven can be used with or without it being installed. It can be hung from the bottom of the lowest rack near the top of the wood box and between the wood box and the side wall.

The cooking capacity of your oven is approximately 20 pounds, depending on the type of meat, fowl or fish you're preparing. Do not overload your oven. Keep product 1/2" from the back and sides of the oven walls. When the oven is loaded, close and lock the door. Set the temperature control knob to the desired temperature.

Do not preheat the smoker. As long as you use the time and temperature recommended in any recipe you can use that recipe, but not over 250°F.

If a recipe calls for a higher temperature than allowed by the oven, increase the time. It is a good idea to use a temperature probe to measure the internal temperature of the product you're cooking the first time. Temperature probes are available from GSCS.

Never leave the oven unattended with the door open and the oven on. When closing down, always unplug your oven. Be careful when emptying the wood box and/or flavor box, their contents could still be hot. Also be careful with the ashes, they can remain hot and cause a fire. It is a good idea to remove the wood box from the oven and douse the contents with water. **NEVER** put the hot ashes in your trash can.

Your GSCS oven, like your kitchen oven, must be kept clean. Loose grease and scale should be removed regularly to prevent build-up.

You never want to take the oven interior back to a like new state. For best results, leave the seasoning on the walls of the oven. You can keep the shelves and side rails clean in your dishwasher or by your dish washer whichever is the case.