

Seth McGinn's 
CanCooker[™]
Cater to your crowd![™]

**OWNER'S MANUAL
COMPANION**



A COMPLETE MEAL
in less than an hour — everywhere you cook.

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WELCOME!

Thank You for purchasing Seth McGinn's CanCooker. I hope this CanCooker will provide some of the most nutritious and best tasting meals you've ever eaten.

You probably bought your CanCooker for the convenience. Nothing else cooks a complete meal for numerous people as easily and quickly as CanCooker. But you'll soon come to really appreciate CanCooker for the quality of the food it cooks.

CanCooker cooks with steam. As the liquid reaches the boiling point, it turns to steam which, because its lighter than the cooler air around it, begins to circulate inside the CanCooker. This natural convection helps to cook the food inside your CanCooker even faster. It also keeps food from sticking to the sides which means extremely easy clean-up.

CanCooker is made out of a food grade anodized aluminum which is extremely conductive. This means more heat gets transferred to your food, as well. The anodizing is important as it means the actual aluminum never touches your food - so it's totally safe!

You'll be amazed at the food that comes out of your CanCooker. You might assume it would be mushy, a bit bland and the flavors all mixed like with a conventional crock pot. That's not the case. The textures are more fresh, the flavors more real and the food better maintains its color and nutrients. This is because steam does not leach away nutrients like boiling. So, everything comes out tender. Nothing comes out dry.

Seth McGinn

FEATURES

- **Durable one-piece design.**
- **Food-safe, non-stick coating** for easy clean up.
- Riveted, **heavy-duty handles.**
- Premium high temperature **silicone gasket.**
- **Safety clamps** hold lid in place.
- **Vented lid** for pressure release.
- **Wide mouth design** for easy access.
- Companion 1 1/2 gallon **feeds up to 6!**
- Contains convenient **storage bag** and **instructions.**



Getting started with the CanCooker.

1. Prepare for Use

Like any new cooking device, wash your CanCooker with soap and water before using. Not dishwasher safe.

2. Choose a Recipe

You'll find great CanCooker recipes at cancooker.com. CanCooker will cook just about anything. Invent your own recipe, just be sure to add a sufficient amount of liquid to allow for steam.

3. Load the CanCooker

Spray interior with non-stick spray for easier clean-up. Follow instructions in the recipe, but generally place the vegetables on the bottom and the meat on top. Then add seasoning and liquid. For your liquid you can use 12 oz of any liquid-water, beer, juice, soda, wine, marinades, etc.

4. Attach CanCooker Lid

Affix the CanCooker lid, secure the latches and you are ready to cook! If lid doesn't quite fit - soak the gasket in warm water. Use vegetable oil or cooking spray to lube gasket and seal.

5. Fire Up Your Heat Source

Any heat source will work, including a campfire, propane stove, charcoal or stove top. **Temperature is important. Use low to medium heat to prevent liquid boiling off to quickly.** Coat the outside bottom with a bar soap to make removal of soot much easier.

6. Look for Steam

You can expect to see a gentle steam coming from the vent in approximately 15 minutes. If you don't, slowly increase the heat. If your steam begins much earlier, reduce the heat.

7. Time the Cooking

Each recipe will give a time from the point you first see steam. Generally meals will be done 25-35 minutes after you see steam. Cooking times may vary with heat source, altitude and environment.

8. Remove with Oven Mitts

When your meal is done cooking, carefully remove the CanCooker from the heat source. **CanCooker and handles will be extremely hot.**

9. Let sit for 5-10 minutes

Place CanCooker in a safe place and let it sit before opening the lid. CanCooker is hot, set only on a safe surface.

10. Open Lid Carefully

Unlatch the CanCooker lid and remove. **Be careful, the steam escaping may be very HOT!**

11. Empty Contents

You'll find it's easier to serve your meal if you first empty it into a serving bowl with a cover. This will also help keep the food hot.

12. Clean with Soap & Water

Once empty and cool, your CanCooker will be easy to clean with soap and water. If food does stick to the bottom use a mild steel wool.

Alternate cleaning method - Add 1" of water and steam on medium heat for 15 minutes, let cool 10 minutes. Swish water and empty, then wipe dry with a paper towel.

NOTE: Always cook with low to medium heat to prevent damage of your CanCooker. Turkey burners are not recommended and will void warranty.



The CanCooker Original

The CanCooker takes the cattle drive tradition of cooking in a cream can and revolutionizes it with the power of steam to cook a healthy meal on most heat sources.

Built out of food-grade anodized aluminum, the CanCooker can be heated on a number of heat sources like stove tops, campfires, BBQ grills and the Multi Fuel Burner. The CanCooker has a capacity of 4 gallons and can feed up to 20. Includes convenient storage bag & instructions.



The CanCooker JR

The CanCooker JR is the little brother to the Original CanCooker. Where an Original CanCooker is designed to feed many, the CanCooker JR is designed for a family supper.

The CanCooker JR has a capacity of 2 gallons, a non-stick coating and feeds up to 10. Includes convenient storage bag & instructions.



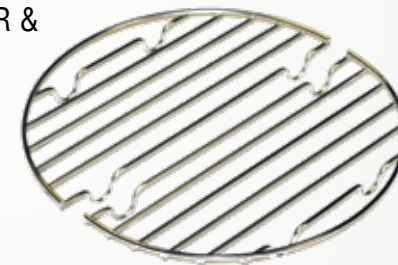
The CanCooker Companion

The CanCooker Companion is our smallest CanCooker. This CanCooker is designed to feed a small family meal and it's also great for appetizers and soups. The CanCooker companion has a capacity of 1.5 gallons, has a non-stick coating and feeds up to 6. Includes convenient storage bag & instructions.



CanCooker Rack

2-piece, stainless steel rack designed to fit in the bottom of the CanCooker Original, JR & Companion. The CanCooker Rack raises food off the bottom of the CanCooker and aids in clean-up.



Strainer Lid*

The CanCooker Strainer Lid is the perfect solution anytime you need to empty out the liquid while keeping all the contents in the CanCooker!*

CanCooker Rack & Strainer Lid fit the CanCooker Original, JR & Companion

*Not recommended for use during the cooking process. Steam will not be contained in the CanCooker for proper heating/cooking.



The Multi-Fuel Burner

Ultra-quiet operation in a compact design, it's perfect for any outdoors use including camping, hunting, fishing, and tailgating — and makes a great complement to your backyard grill. Includes storage case. Multi-Fuel uses standard 8 oz butane and 16.4 oz propane canisters that are sold separately.

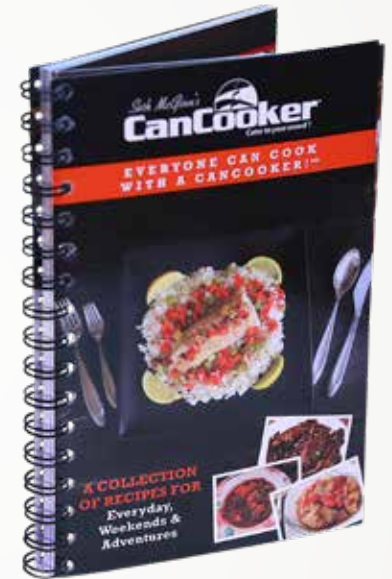


CanCoker Seasonings

Shake on meat, seafood, vegetables, soups, sauces, dressings, gravy, eggs, rice, pasta, dips, casseroles, breading and batter mixes! Gives just about anything you eat a burst of flavor. All natural spices with no MSG and gluten free.

CanCoker Accessories

Check out our website for additional items from CanCoker. We are constantly adding to our collection and if you're looking for a way to keep your beverage cold or a gift for that favorite person, check us out! CanCoker.com



'CanCoker Aprons also available for that serious or messy chef!'



CanCooker Fan Favorite

ingredients

- 5 lbs red potatoes, (quartered)
- 2 lbs baby carrots
- 1 small head quartered of cabbage or 1/2 head of large cabbage, (quartered)
- 1 onion, (quartered)
- 3 lbs (3 rings) of polska kielbasa
- 1 (12oz) can of Mountain Dew®

instructions

Spray inside of the CanCooker with non-stick cooking spray. Place potatoes, carrots, cabbage and onion in the CanCooker. Place kielbasa on top of vegetables. Add can of Mountain Dew® (or 12 oz. water). Latch the lid and place on medium heat. Once the CanCooker begins to vent steam, keep on heat source for 50 minutes (approx). Remove from heat source and let stand for a minimum of 5 to 10 minutes. Open lid carefully. Place food into large serving tray and enjoy.



CanCooker Queso Dip

ingredients

- 1 lb ground pork sausage
- 1 lb ground beef
- 2 (10 oz) cans diced tomatoes and green chilies
- 32 oz. block queso* (cheese)

*We used Kraft Velveta Queso®

instructions

Add the 1 lb. of sausage and 1 lb. of beef to a non-stick CanCooker Junior or Companion. Brown on low to low medium heat. Add the 2 cans of tomatoes and chilies and block of Queso. Cook until cheese is melted stirring occasionally. Serve with tortilla chips.

Chicken Fajitas

ingredients

- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 1 green pepper, sliced
- 1 onion, sliced
- 4 skinless, boneless chicken breasts
- 12 oz chicken broth

instructions

Spray the inside of the CanCooker with non-stick cooking spray. Put sliced peppers and onions in bottom of the CanCooker. Sprinkle fajita seasoning on top. Top with the chicken breasts. Add the chicken broth and sprinkle chicken with CanCooker Onion Pepper Seasoning and mesquite seasoning. Latch lid and place on medium / low heat. Cook 30 minutes. Remove from heat and let stand for 5 minutes. Transfer to serving tray and serve with condiments of your choice. Note: You can increase or decrease the amount of ingredients in this recipe but please make sure to use at least 12 oz. of liquid.



- fajita seasoning
- mesquite seasoning
- flour tortillas
- CanCooker Onion Pepper Seasoning

Crab Legs

ingredients

- 5 lbs Snow Crab or King Crab legs
- crab boil seasoning
- CanCooker Butter Garlic Salt
- 2 lemons
- melted butter
- water

instructions

Fill CanCooker 1/4 full of water. Add crab boil seasoning, CanCooker Butter Garlic Salt and the juice from



1 lemon. Latch the lid and heat on medium heat. Once steam begins to vent, remove from heat and carefully remove the lid. Use tongs to add the crab legs. Latch lid and return to medium heat and cook for 8 min. Remove from heat and let cool for 8 min. Use tongs to transfer crab legs to a serving platter. Serve hot with melted butter and lemon wedges.

Sausage & Tortellini Soup

ingredients

- 2 tbsp olive oil
- 1 medium onion, chopped
- 1 lb sweet Italian sausage, cooked with casings removed and broken into pieces
- Kosher salt
- 48 oz low-sodium chicken broth
- 1 lb fresh or frozen cheese tortellini
- 5 oz baby spinach
- Grated Parmesan, for serving

instructions

Add the chicken broth, olive oil, onion, cooked sausage and salt to the CanCooker. Latch lid and simmer on medium/low heat for 10 minutes. Remove from heat and add spinach and tortellini. Latch lid and simmer for an additional 10 minutes. Serve topped with Parmesan. Very easy and delicious!



Breakfast Burritos

ingredients

- cooking Spray
- 4 large eggs
- 1 red pepper, chopped
- 1 onion, chopped
- 1/2 lb sausage
- 8 ounces of shredded cheddar cheese
- 4 flour tortillas

instructions

Spray the inside of a non-stick CanCooker with cooking spray. On low to medium low heat cook and stir sausage until well browned and crumbled. Add red pepper and onion and continue cooking until onion is tender. Add eggs and continue cooking and stirring until eggs are scrambled. Warm flour tortillas and spoon mixture into the middle of each tortilla and top with shredded cheddar cheese. Roll up and enjoy. Serve with salsa if desired.



Elzina's Green Beans & Ham

ingredients

- 3 lbs fresh green beans
- 4 lbs ham, cubed
- 8 red potatoes, cubed
- 2 tbsp CanCooker All Purpose Seasoning
- 12 oz water
- 4 oz pineapple juice

Apple Crisp

ingredients

- 1 sleeve graham cracker (crushed)
- 4 tbsp butter (melted)
- 1/2 cup old fashion oatmeal
- 2 Granny Smith apples
- 3 Gala apples
- 1/2 cup brown sugar
- 3 tbsp sugar
- 1 tsp cinnamon
- 3 small loaf pans
- 16 oz water

Cook on medium low heat using Seth McGinn's Multi-Fuel Burner, stove or other heat source. Place loaf pans on rack when CanCooker starts steaming and cook for 15-20 minutes. Remove pans from CanCooker and let stand for 10 to 15 minutes to cool and enjoy.



instructions

Place the 2 piece stainless steel rack on bottom of the CanCooker and spray the inside with non-stick cooking spray. Add the water and pineapple juice. Add the potatoes, green beans and ham. Sprinkle with seasoning. Latch lid and put on low / medium heat. Cook for 35 minutes. Let cool for 5 minutes. Transfer to serving dish and enjoy.



instructions

In medium bowl combine crushed graham crackers, oatmeal and melted butter. Stir until graham crackers form small crumbs to make the cracker crust. Form the cracker crust at the bottom of the pan and set aside. Peel and core apple and cut into 1/4" strips. In a medium mixing bowl place apples, sugar, cinnamon and brown sugar; stir all ingredients together until coated evenly. Put apple filling into the loaf pans on-top of cracker crust and coat with any remaining cracker crust. Insert the 2-piece stainless steel rack in the bottom of any CanCooker and pour in water.

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with Par-Tee Cracker Seasoning!

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Gravity Combo

(Grill & Skillet)

3'-5" TALL

GRATE IS 18.5"X16.5"
SKILLET IS 19.5"X15.5"

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- **BREAKS DOWN EASILY**
- **USE WITH WOOD/CHARCOAL FIRES OR PROPANE BURNERS**
- **ADJUSTABLE HEIGHTS**
- **HEAVY DUTY CONSTRUCTION**
- **EASY TO SET UP**

RACKS ARE FULLY ADJUSTABLE & CAN BE PLACED AT ANY POINT ON STAKE & CAN BE ROTATED 360 DEGREES

HEAVY DUTY STAKE WHICH CAN BE PLACED WITH SLEDGE HAMMER IF NEEDED



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SUPPORT POLES SCREW APART FOR COMPACT STORAGE

GRATE CAN BE SPINNING FOR EVEN COOKING OVER CAMPFIRE

5'-0" TALL X 3'-0" WIDE
SPIN GRATE IS 18"X16.5"

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