

Seth McGinn's   
**CanCooker™**  
Cater to your crowd™

## *OWNER'S MANUAL*



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

[www.cancooker.com](http://www.cancooker.com) • 1-877-844-2772

# 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

- **One piece design** made from 1060 FDA-grade **aluminum**.
- **Double anodized inside and out** so aluminum never touches your food.
- 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.
- JR 2 gallon model **feeds up to 8!**
- 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.

### **2. Choose a Recipe**

**You'll find great CanCooker recipes at [cancooker.com](http://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.





# WHERE TO USE

## WEEKEND *life*

### *BBQ with Friends*

One of life's simple pleasures. A warm Saturday afternoon with your friends. Delicious and easy-to-make favorites. What could be better?



## EVERYDAY *life*

### *Weeknight Dinner*

Soccer practice ran late. Early meeting tomorrow morning. Homework isn't done. How 'bout a quick, nutritious dinner that your kids will eat?



## ADVENTURE *life*

### *Dinner by the Campfire*

Friends and family around the campfire. Sharing true stories and telling whoppers. The day's catch, the big buck slipping by your stand, the amazing view.



# ACCESSORIES

## *Seasoning Spices*

Original Seasonal Salt    All Purpose Seasoning  
Butter Garlic Salt        Original Creole  
Onion Pepper

**GLUTEN-FREE, ALL NATURAL, NO MSG**



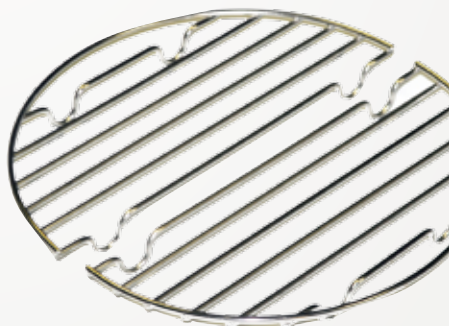
## *Seth McGinn's Plank*

**Seth McGinn's Plank** is a lightweight, foldable cutting board perfect for its portability, no-pinch hinges, and stain resistant surface. **Seth McGinn's Plank** is available in three sizes.



## *CanCooker Rack*

A two-piece stainless steel rack designed to fit on the bottom of the CanCooker for steaming food such as Lobster, Tamales, Choc Steam Cake, and more. The rack raises food off the bottom of the cooker and aids in clean up.



## CanCooker Fan Favorite

### ingredients

- 2.5 lbs red potatoes, (quartered)
- 1 lbs baby carrots
- 1/2 head of large cabbage, (quartered)
- 1 onion, (quartered)
- 2 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.

## Sonja's Shrimp & Sausage



### ingredients

- 1 lbs new potatoes, (quartered)
- 1 onions, (quartered)
- 8 half ears of corn, placed on end
- 1 lemons cut in half
- 1 pounds of large, fresh un-peeled shrimp
- 1 package of kielbasa sausage, whole
- 1-3 oz. package of shrimp or crab seasoning
- CanCooker All Purpose Seasoning
- 1-stick of butter
- 1 or 2 12 oz. liquid (water or beer)

### instructions

Place in the CanCooker ears of corn standing on end. Add potatoes, onions and lemons. Place kielbasa on top of vegetables. Add seasonings, butter and liquid. Latch the lid and place on heat source. Once the cooker begins to vent steam, keep on heat source for additional 25-30 minutes (approx). Open lid CAREFULLY and add shrimp. COOKER AND CONTENTS WILL BE HOT. Re-latch lid and cook for an additional 5-10 minutes. Remove from heat source and let stand for a minimum of 5 to 10- minutes.



# Barbeque Ribs

## ingredients

- 1 Full Rack St. Louis Style Ribs
- CanCooker Onion Pepper Seasoning
- CanCooker Butter Garlic Seasoning
- 12 oz. Bottle Cheer Wine Soda
- 6 oz. Water
- 1 Stick Butter
- Sweet Baby Ray's Barbeque Sauce  
(or brand you prefer)



## instructions

Cut ribs into individual ribs. Sprinkle liberally with both seasonings. Spray can cooker with non-stick spray. Place racks in cooker. Stack cut-up ribs onto racks. Add bottle of cheer wine, and water. Cover ribs with barbeque sauce. Lay stick of butter on top. Close and lock cooker can. Once cooker begins steaming, steam for 45 minutes. Let rest for 5 minutes. Remove ribs and place on cookie sheet. Coat with additional barbeque sauce. Broil until caramelized (about 5 minutes).

# Sausage, Peppers & Onions

## ingredients

- 2-1 lb. packages of Sweet Italian Sausage
- 2 Large sliced onions
- 5 Large sliced green peppers
- CanCooker All Purpose Seasoning
- 12 oz. Bottle Belgian Ale  
(or any other Liquid)
- "Hoagie" rolls if serving as sandwiches



## instructions

If you prefer 'browned' sausage, grill a few minutes on each side prior to putting into cooker. Spray can cooker with non-stick spray. Place racks in cooker. Place peppers and onions in cooker and pour Ale over top. Sprinkle with All Purpose seasoning. Add sausage over peppers and onions. Cover and lock lid. Once cooker begins steaming, steam for 30 minutes. Remove from heat and let rest for 5 minutes.

# RECIPES

## *Drunken Belgian Buck*

### *ingredients*

- 4 ears fresh corn (halved)
- 1-1/5 lbs. Red skinned new potatoes (quartered)
- 1 Large Onion (quartered)
- 4 Pieces Venison Kielbasa
- 1 Small Venison Roast
- CanCooker Onion Pepper Seasoning
- CanCooker Butter Garlic Seasoning
- 12 oz. Bottle Ommegang Abbey Ale (or any other Belgian Dubbel)
- 12 oz. Water
- 1 Stick Butter

### *instructions*

Spray can cooker with non-stick spray. Place racks in cooker. Add corn pieces, standing on end. Arrange potatoes and onions around the corn. Sprinkle with both seasonings. Place meat over vegetables and add additional seasoning. Place stick of butter on top of meat and add beer and water. Cover and lock lid. Once cooker begins steaming, steam for 30 minutes. Remove from heat and let rest for 5 minutes.



## *Creole "Cats"*

### *ingredients*

- 4-6 pieces of Catfish Fillets
- CanCooker Butter Garlic Salt
- CanCooker Original Creole Seasoning
- 1 stick butter
- 6 oz. Water
- 6 oz. White Cooking Wine

### *instructions*

Season fillets with both seasonings. Place about 1 tbsp of butter on each fillet. Spray can cooker with non-stick spray. Place racks in cooker. Arrange fillets on racks. Place cover on cooker and lock lid. Once cooker begins steaming, steam for 12 minutes. Remove from heat and let rest for 5 minutes.



## Lobster Tails

### ingredients

- 4 Lobster Tails
- 8 oz. Water
- 4 oz. of White Cooking Wine
- ½ stick of Butter
- ½ tbs of CanCooker Butter Garlic Salt



### instructions

Spray CanCooker with non-stick spray. Insert Racks, pour in liquids, Butter and Butter Garlic Salt. Add lobster tails. Close and latch lid. Put on low heat and when cooker begins steaming, cook for approximately 10 minutes. Remove from heat and let rest for 5 minutes. Remove and serve.

## Italian Chicken & Vegetables

### ingredients

- 8 Chicken Breasts
- 2 pounds of new Potatoes, quartered
- 1 bag of baby carrots
- 8 stalks of celery, cut in chunks
- 1 or 2 onions, quartered
- 8-10 ears of corn cut in half, placed on end
- 1 bottle Italian dressing
- 1 stick of butter
- 1 or 2 12 oz. liquid (bottled water or beer)



### instructions

First place in the CanCooker the ears of corn standing on end. Add potatoes, carrots, celery, onions and chicken breasts. Add the dressing and water (or beer) Latch the lid and place on heat source. Once steam begins to vent, keep on heat source for 40-minutes (approx.). Remove from heat using oven mitts and let cool for a minimum of 5 to 10 minutes.



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925 WEST 6TH STREET • FREMONT, NE 68025

Designed in the USA. Made in China.



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