

### Executive Chef Profile

- Classically trained at the Culinary Institute of America
- Certified Chef de Cuisine from the American Culinary Federation
- 10 years as instructor at Le Cordon Bleu College of Culinary Arts
- 7 years pastry chef at the University of Michigan
- Over 20 years of professional experience in the food service industry

## Chef Brian Karam's Tips & Techniques for Better Cooking



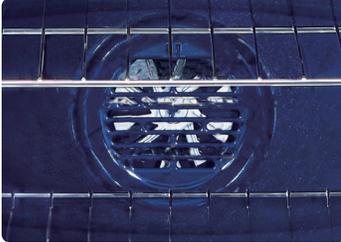
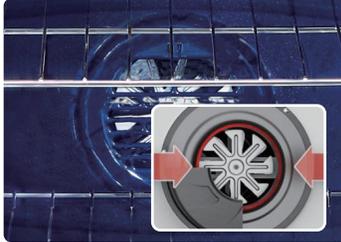
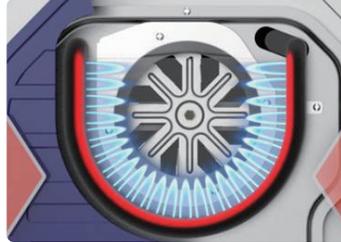
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# Introducing the ProBake Convection™ System

Form follows function. LG's new sleek and professional-style system delivers the ideal temperature and airflow for fast preheating and precise baking! Experience the joy of having every cookie come out of the oven looking just right.

The innovative ProBake Convection™ system is an optimized true convection system, using a powerful heater and LG's exclusive dual speed convection fan to achieve consistent baking for the home cook.

## The Evolution of Better Baking

Conventional Baking	Fan Convection	Standard True Convection	ProBake™ Convection
			
<ul style="list-style-type: none"><li>• Industry standard</li><li>• The bottom bake element heats and cooks food</li></ul>	<ul style="list-style-type: none"><li>• No convection heating element</li><li>• Fan circulates heated air in oven cavity</li></ul>	<ul style="list-style-type: none"><li>• Small convection heating element</li></ul>	<ul style="list-style-type: none"><li>• Powerful heat source</li><li>• Delivers ideal temperature and airflow within cavity</li><li>• Great for multi-rack baking!</li></ul>

*\*gas model illustrated*

## What's the difference between ProBake™ Convection System and my old oven?

### Traditional Ovens

#### Uneven multi-rack baking with traditional bake ovens

- When cooking multiple racks at once, the bottoms of lower rack food items and the tops of upper rack items can burn while the surfaces in-between are undercooked.
- Pans need to be re-arranged to get even baking results rack-to-rack.

#### Convection ovens only go so far to improve your oven's performance

- Convection heater is weak and not as effective due to small heating element
- Hot air inside the oven is mixed and circulated only when the bake burner is turned off (gas ovens only).

#### Burnt on soils are difficult to clean!

- Spills baked onto the hot oven bottom are very difficult to remove and clean.
- Using preventative measures such as aluminum foil can affect performance and over time damage the oven.

### ProBake Convection™ System

#### Bake perfection on every rack!

- ProBake Convection™ system provides even cooking throughout the oven cavity for consistent results on multiple racks.
- Much more convenient – there's no need to rearrange pan positions from top to bottom during cooking.

#### Get your oven heated and ready-to-go!

- ProBake Convection™ system has been optimized to preheat your oven fast!\*
- Quick preheat allows you to minimize the time you wait for the oven, and maximize your cooking experience.

#### A clean oven in minutes, not hours!

- EasyClean™ offers a quick, convenient, and fume-free way to clean your oven! With just water and low heat, wipe your stains away!
- ProBake Convection™ system allows for 50% faster EasyClean™ \*\*

\*Based on internal test results of LG models with ProBake Convection™ system and LG models without ProBake Convection™ system. \*\*Comparison based on EasyClean™ cycle times on LG LRG4415ST gas single oven range (10 minutes) with ProBake Convection™ system vs. previous LG gas single oven (20 minutes) without ProBake Convection™ system.

# Chef Brian Karam's Tips and Techniques for Better Cooking Results

Good cooking begins with understanding your oven range. And if there's anyone who understands your range, it is LG's very own cooking expert, Chef Brian Karam. These cooking tips have been developed by Chef Brian after extensive cooking in the LG kitchen. Following these techniques will help you achieve professional results at home.



## Pizza

### Fresh Pizzas (425°F-475°F)

- **Chef's Tip:** Cook pizza on a baking stone on the center rack in your oven to get crust more like the pizza from your favorite restaurant.
- When using a pizza stone, a hot surface is key to getting a nicely browned crust. Preheat the stone at 500°F for 30 minutes. Before putting the pizza in the oven, lower the oven temperature down to 450°F.
- Turn over a cookie sheet and dust the back of it with cornmeal to act as a baking peel when placing fresh pizza onto the hot pizza stone in the oven.



### Frozen Pizzas (400°F-450°F)

- Always start with the minimum package time when baking your favorite frozen pizza. Check it to see if it's done to your likeness; if not continue to bake the pizza to achieve your desired doneness.
- **Chef's Tip:** When reheating leftover pizza, place an inverted cookie sheet or baking stone in the oven during the preheat time. Cooking the pizza on the warm pan or stone helps crisp and brown the crust.
- When cooking multiple pizzas at the same time, more cooking time may be needed. Check for desired doneness.
- For frozen thin crust pizzas, continue cooking beyond the suggested cooking time on package if needed; check for desired doneness.

## Casseroles

### Prepared Frozen Casseroles from Store (350°F-400°F)

(Lasagna, Mac & Cheese, etc)

- **Chef's Tip:** To achieve desirable coloring on top of the casserole, remove the plastic film on the tray after 75% to 80% of the total cook time. Make sure the internal temperature of the casserole measures at least 160°F (71°C).

### Fresh Casseroles (350°F-400°F)

(Lasagna, Mac & Cheese, etc)

- Bake these items on the center rack.
- **Chef's Tip:** Cover the casserole with foil for half of the suggested cook time to help ensure the whole casserole is cooked evenly. Then remove the foil for the remaining half to two thirds of the total cook time to help achieve a desirable color on top of the casserole.
- Make sure the internal temperature of the casserole measures at least 160°F (71°C).



## Meat/Poultry

### Roast Chicken (400°F-450°F)

- **Chef's Tip:** Let the chicken sit at room temperature for 30 minutes before placing it in the oven. This helps prevent the severe oven temperature drop which can be caused by placing a cold food item in a hot oven.
- Place the chicken on a roasting rack or on a bed of onions, carrots, and celery in an oven proof sauté pan. These vegetables help enhance the pan juices or the pan gravy.
- Dry the chicken inside and out with paper towels for crispier skin and moister cooked meat.
- Season the chicken with salt and pepper inside and out no more than five minutes before placing it in the oven to minimize the moisture drawn out of the raw chicken.
- Truss the raw chicken for more even cooking of the bird.



### Roast Beef (375°F-400°F)

- **Chef's Tip:** Let the roast sit at room temperature for 30 minutes before placing it in the oven. This helps prevent the severe oven temperature drop which can be caused by placing a cold food item in a hot oven.
- Preheat the oven for 30 minutes to stabilize the oven temperature and maximize cooking results.
- Place the roast beef on a roasting rack or on a bed of onions, carrots, and celery in an oven proof sauté pan. These vegetables help enhance the pan juices or the pan gravy.
- Dry the roast with paper towels for crispier skin and moister cooked meat.
- Season the beef with salt and pepper no more than five minutes before placing it in the oven to minimize the moisture drawn out of the raw meat.
- Have the butcher tie the roast for more even cooking of the meat.
- **Chef's Tip:** As a general rule, cook the roast for 20 to 25 minutes for every pound of meat. An internal temperature of 130°F (54°C) in the center of the roast will result in a medium doneness.

### Meat Loaf (350°F-375°F)

- **Chef's Tip:** Place sliced sandwich bread on the bottom of the baking dish to help absorb the juice generated by the cooking meat loaf. The bottom of the cooked meat loaf will come out firm rather than soggy.

*\*Temperature ranges are averages and are for regular bake mode.*



## Side Dishes

### Baked Potatoes (400°F-450°F)

- **Chef's Tip:** Don't wrap potatoes in foil. This traps in the moisture and results in steaming the potatoes.
- Place the potatoes directly on the center rack, spaced apart, to achieve baked potatoes with drier, crispier skins and fluffier insides.
- Prick the potato skins with a dinner fork 10 to 15 times. This allows the moisture to escape, resulting in a baked potato with a fluffier interior.

### Yeast Breads (400°F-450°F)

- **Chef's Tip:** Place a bowl water in the oven when using the Proof mode to create a moist environment for the yeast to grow
- When baking yeast breads and desire a crust, start your oven at a higher temperature than the recipe calls for. When your bread goes into the oven, lower the oven temperature to the recipe instruction.



## Custards/Eggs

### Cheese Soufflé (325°F-375°F)

- **Chef's Tip:** Both the egg yolks and whites must be at room temperature before making the soufflé.
- The egg yolks will whip up higher and the yolks will mix more easily with the cheese base.

### Crème Brûlée (300°F-350°F)

- **Chef's Tip:** Place a wet dish towel underneath the ramekins to prevent them from sliding when placing them in or removing them from the oven. This also helps distribute the heat more evenly to the bottom, sides, and tops of the custards while they bake.
- Place water for the water bath in the baking dish once the baking dish is on the oven rack to minimize spilling around the oven.



### Making A Cake From A Box Mix (350°F)

- If the recipe on the box calls for eggs, remove them from the refrigerator ahead of time so they are at room temperature. The eggs will blend more easily with the other ingredients.
- **Chef's Tip:** If making angel food cake from a box, using a whisk attachment on your mixer can increase the volume of finished cake.
- When making angel food cake from a box, using the center rack can produce better results.



## Chef's Techniques And Tricks-The Basics

### General

- As a general rule when using the Convection Mode, lessen the total baking time of your items by 5 to 10 minutes per hour.
- Leave space around pans and their sides to facilitate better air flow for oven to do its job.

- Food items that require longer time in the oven will benefit from being cooked at rack positions closer to the bottom of the oven. Conversely, food items that only need 15 minutes or less in the oven, will benefit from higher rack positions.
- During cooking, try to limit the amount times that you open and close the oven door. This is to keep the oven at an even range.
- Adding a little acid to seasoning can help brighten food and take away the perception of some foods being bitter.
- Woody herbs like rosemary, oregano, sage, thyme will benefit from being cooked from the beginning of the dish. Leafy herbs like parsley, chives, tarragon, basil will heighten the food if added at the end of the cooking.

### Using The Broiler

- When browning the top of a casserole with bread crumbs using the broiler, the rack should be 6 inches below the broiler element.
- When browning and cooking chicken with the skin on using the broiler, try to position the rack at least 8 to 10 inches away from the broiler element.

### Cooking Meats In The Oven

- Depending on the size of a roast, it should always rest before slicing and serving to redistribute the juices.
- Most cuts of meat will benefit from being placed in a marinade before cooking. Be sure to prick the meat or make shallow slashes with a knife to help the marinade impart its flavor.
- Leave an 1/8" layer of fat on pork chops or pork roasts to help baste and retain moisture in this meat.

### Baking

- When baking yeast breads and desire a crust, start your oven at a higher temperature than the recipe calls for. When your bread goes into the oven, lower the oven temperature to the recipe instruction.
- When baking something with a crust, like pie or quiche, allow it to achieve an amber or golden color to fully bring out its flavor.
- Chocolate baked items will dull in flavor and dry out if taken out of the oven too late. The crumbs should be moist when removing chocolate baked items.
- Remove cookies from the oven when the edges are just firm and they appear ever so slightly under baked. These cookies will cool to be soft and chewy.
- Fully baked cakes should be springy to the touch on the top.
- Use a skewer to test for doneness in a baked item. It should come out clean.

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