

The image shows the cover of a recipe book titled "Galanz SpeedWave™ Recipe Book". The background is a light-colored wooden surface. In the center, the word "Galanz" is written in a large, bold, red font. Below it, "SpeedWave™" is written in a bold, black font, and "Recipe Book" is written in a smaller, black font. Surrounding the text are several food items: a plate of fried chicken with a red sauce and white rice in the top left; a plate of fried shrimp with a red sauce and lime wedges in the top right; a plate of chicken with a yellow sauce and white rice in the middle left; a plate of ribs with a brown sauce in the middle right; a plate of roasted chicken with green vegetables in the bottom left; and a plate of breaded chicken with a yellow sauce in the bottom right. There are also several whole red tomatoes and a head of garlic scattered on the wooden surface.

Galanz

SpeedWave™

Recipe Book

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Air Fryer Chipotle Chicken Taquitos



SERVINGS	4 - 6
PREP TIME	15 minutes
COOKING TIME	12 - 15 minutes

GALANZ APPLIANCE

SpeedWave

The image shows a black and silver Galanz SpeedWave microwave oven. To its right are three accessories: a black air fryer basket, a silver metal mesh tray, and a black circular ring.

Air Fryer Chipotle Chicken Taquitos

INGREDIENTS:

For Taquitos:

- 3 cups shredded cooked chicken
- 1-2 chipotle in adobo sauce, chopped, plus 1 tablespoon adobo sauce
- 1 1/2 cups shredded cheddar cheese
- 1 1/2 cups shredded Monterey Jack cheese
- 12 small flour tortillas
- 2 tablespoons unsalted butter, melted

For Avocado Crema:

- 1 large ripe avocado, pitted, peeled and quartered
- 1/2 cup sour cream
- Juice of 1 lime
- 1/3 cup packed fresh cilantro leaves
- 1 clove garlic
- Kosher salt and freshly ground black pepper, to taste

For Serving:

- Shredded lettuce
- Pico de gallo, store-bought or homemade
- Crumbled cotija cheese or queso fresco

PREPARATION:

1. Toss chicken with chipotle pepper and adobo sauce until combined. Start with 1 pepper and increase amount, according to taste. Add cheeses to chicken and toss to combine.
2. Working one at a time, lay tortilla on work surface and fill bottom third with chicken mixture. Roll up each tortilla tightly and set aside, seam-side-down, until ready to cook. Brush rolled tortillas with melted butter.
3. Coat top of Air Fry Kit with nonstick cooking spray and arrange filled tortillas in single layer. Place Air Fry Kit into machine. Press “Air Fry” button and use knob to navigate to 375°, then press the knob to set temperature. Use knob to navigate to 12 minutes and press to start. Depending on size and fill of taquitos, adjust time up to 15 minutes, as needed. Repeat with remaining taquitos until all are crispy.
4. While taquitos cook, combine all ingredients for avocado crema in food processor until creamy. Cover and refrigerate until ready to serve (can be done up to 3 days ahead).
5. Serve taquitos on a platter of shredded lettuce. Top with a drizzle of avocado crema. Garnish with pico de gallo and crumbled cotija or queso fresco.

Air Fryer Coconut Shrimp with Sweet Chili Sauce



SERVINGS **4 - 6**

PREP TIME **15 minutes**

COOKING TIME **10 minutes**

GALANZ APPLIANCE

SpeedWave

The image displays a Galanz SpeedWave microwave oven, which is a combination microwave and air fryer. It has a sleek, modern design with a black and silver finish. The microwave is shown from a front-three-quarter perspective. To the right of the microwave, three accessories are displayed: a black circular air fryer basket, a silver metal mesh tray, and a black circular air filter.



Air Fryer Coconut Shrimp with Sweet Chili Sauce

INGREDIENTS:

For Coconut Shrimp:

- 1/4 cup all-purpose flour
- 1 teaspoon fresh lime zest
- Kosher salt and freshly ground black pepper, to taste
- 2 large eggs
- 1 cup panko bread crumbs
- 1 cup flaked unsweetened coconut
- 1 pound extra-jumbo (16/20) raw shrimp, peeled and deveined, tails on
- Fresh cilantro, minced, for serving (optional)

For Sweet Chili Sauce:

- 1/2 cup Thai sweet chili sauce
- 1 clove garlic, grated or minced
- 2 tablespoons fresh lime juice

PREPARATION:

1. Combine flour and lime zest in a shallow bowl and season with salt and pepper, to taste. Whisk eggs in a second shallow bowl. To a third bowl, add panko and coconut and stir until combined.
2. Working one at a time, coat shrimp with flour mixture, then eggs, then panko coconut mixture.
3. Coat top of Air Fry Kit with nonstick cooking spray and arrange shrimp in a single layer, working in batches, if necessary. Coat top of shrimp with olive oil cooking spray. Place Air Fry Kit into machine. Press “Air Fry” button and use knob to navigate to 375° and press to set temperature. Use knob to navigate to 10 minutes and press to start, cooking shrimp until golden brown and cooked through.
4. While shrimp cook, combine all ingredients for sauce in a small bowl. Set aside until ready to serve.
5. Arrange shrimp on serving platter with dipping sauce. Garnish with fresh cilantro and serve with extra lime wedges.

Air Fryer Sweet & Sour Cauliflower



SERVINGS **4 - 6**

PREP TIME **15 minutes**

COOKING TIME **12 minutes**

GALANZ APPLIANCE

SpeedWave

The image displays a black and silver Galanz SpeedWave microwave oven. To its right are three accessories: a black air fryer basket, a silver microwave turntable, and a black microwave ring.



Air Fryer Sweet & Sour Cauliflower

INGREDIENTS:

For Cauliflower:

- 1 head cauliflower, cut into bite-size florets
- 3/4 cup cornstarch
- 1/2 cup water
- Steamed white rice, for serving
- Green onions, thinly sliced, for garnish
- Toasted sesame seeds, for garnish

For Sauce:

- 1/2 cup apple cider vinegar
- 1/4 cup ketchup
- 1/4 cup maple syrup, plus more, to taste
- 2 tablespoons soy sauce, plus more, to taste
- 1 teaspoon garlic powder
- 1 tablespoon cornstarch

PREPARATION:

1. Add cauliflower to a large mixing bowl. Combine cornstarch and water in a small mixing bowl until it forms a loose paste. Pour mixture over cauliflower and toss until evenly coated.
2. Coat Air Fry Kit with nonstick cooking spray and arrange cauliflower in single layer. Place Air Fry Kit into machine. Press “Air Fry” button and use knob to navigate to 400° and press to set temperature. Use knob to navigate to 12 minutes and press to start.
3. Meanwhile, whisk together vinegar, ketchup, maple syrup, soy sauce and garlic powder in a small saucepan over medium-high heat. Bring to gentle boil and add any maple syrup or soy sauce, to taste. Whisk cornstarch with 2 tablespoons cool water until smooth, then whisk mixture into saucepan until combined. Continue to cook until sauce thickens and coats the back of a spoon. Remove from heat.
4. Toss crispy cauliflower with sauce in large bowl until well-coated.
5. Serve cauliflower over white rice and garnish with green onion and sesame seeds.

Green Olive Focaccia



SERVINGS

**Makes 2 (8-inch)
loaves**

PREP TIME

15 minutes

COOKING TIME

25 minutes

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Green Olive Focaccia

INGREDIENTS:

- 1 rounded teaspoon active dry yeast
- 1 teaspoon honey
- 1 1/4 cups warm water
- 2 1/2 cups all-purpose flour
- 1/2 tablespoon kosher salt
- 1/2 teaspoon garlic powder
- 3 tablespoons extra-virgin olive oil, divided, plus more for hands and pan
- 12 green brine-cured olives, pitted and halved
- 2 teaspoons chopped fresh rosemary

PREPARATION:

1. Do ahead: Whisk together yeast, honey and water in large mixing bowl until combined. Let sit 5 minutes. Stir in flour, salt and garlic powder with rubber spatula. Continue to mix until dough forms and no dry flour remains. Drizzle 1 tablespoon oil over dough, turning to coat. Cover bowl and let rest in warm area of kitchen until doubled in size, about 4 hours, or 8 to 12 hours in refrigerator.
2. Pour 1 tablespoon of oil onto 2 8"-round cake pans and tilt to coat pans, including sides. Punch dough to deflate, divide in half and transfer to oiled pans. Pour over any oil remaining in bowl and roll dough to completely coat in oil. Let rise, uncovered, in warm area of kitchen until dough doubles in size, 2 to 4 hours.
3. Press "Convection" button and use selector knob to adjust temperature to 350°. Press knob to set temperature, then turn knob to set time to 25 minutes. Press knob to begin preheating. Pour remaining oil over dough and coat fingers to avoid sticking. Gently push fingers straight down into dough to create dimples, stretching as you go to fill pan with dough, as needed. Sprinkle olives and rosemary over dough.
4. Place one pan on turntable and press knob to start baking. Cook focaccia until bread is golden-brown and cooked through. Repeat with remaining pan. Let cool 5 minutes in pan, then turn out to wire rack to cool completely.

Harissa Roasted Salmon



SERVINGS

4

PREP TIME

5 minutes

COOKING TIME

16 minutes

GALANZ APPLIANCE

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Harissa Roasted Salmon

INGREDIENTS:

- 1/4 cup extra-virgin olive oil
- 1/4 cup harissa paste
- 2 cloves garlic, grated or minced
- 1 lemon, plus more wedges for serving
- 1 (16-ounce) skinless center-cut salmon fillet, pin bones removed
- Kosher salt, to taste
- 1 shallot, thinly sliced
- 1/2 cup fresh flat-leaf parsley sprigs
- 1/2 cup fresh dill sprigs
- Cooked Israeli couscous, for serving

PREPARATION:

1. Press “Convection” button and use selector knob to adjust temperature to 400°. Press knob to set temperature, then turn knob to set time to 16 minutes. Press knob to begin preheating.
2. Combine oil, harissa paste and garlic in a small bowl. Pour half of mixture into 8.5”-round baking pan and tilt pan to coat. Slice half of lemon into rounds and arrange in baking pan over harissa mixture. Season salmon on all sides with salt, and place in center of baking pan. Cover salmon with remaining harissa mixture.
3. Bake salmon for 16 minutes, until salmon is cooked through and flakes easily with fork.
4. Toss shallots with juice from remaining lemon half. Season with salt and pepper. Add parsley and dill and toss to combine.
5. Transfer salmon to serving platter. Top with shallots and herbs and garnish with lemon wedges. Serve with couscous.

Hoisin Glazed Chicken



SERVINGS

4 - 6

PREP TIME

5 minutes

COOKING TIME

16 minutes

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Hoisin Glazed Chicken

INGREDIENTS:

- 2 pounds chicken thighs, boneless and skinless
- 3 tablespoons hoisin sauce
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 tablespoon grated fresh ginger
- 1 teaspoon sesame oil
- 3 dashes white pepper
- Sliced green onion, for garnish
- Toasted sesame seeds, for garnish
- Steamed broccoli or bok choy, for serving

PREPARATION:

1. Pat chicken dry and place in shallow baking dish. Combine hoisin, soy sauce, honey, ginger, sesame oil and white pepper together in small bowl. Pour half of mixture over chicken thighs and turn to coat. Reserve remaining sauce for serving. Cover and refrigerate chicken at least one hour, or overnight.
2. Remove chicken from refrigerator. Place parchment paper onto glass turntable. Press “Convection” button and use selector knob to adjust temperature to 375°. Press knob to set temperature, then turn knob to set time to 16 minutes. Press knob to begin preheating.
3. Once oven is preheated, place marinated chicken onto parchment paper and start cooking. Cook 16 minutes, until chicken is cooked through to internal temperature of 165°.
4. Remove chicken from oven and transfer to serving platter. Brush with remaining sauce and garnish with green onion and sesame seeds. Serve with steamed broccoli or bok choy.

Mac-and-Cheese Stuffed Meatloaf



SERVINGS

4 - 6

PREP TIME

15 minutes

COOKING TIME

75 minutes

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Mac-and-Cheese Stuffed Meatloaf

INGREDIENTS:

For Mac-and-Cheese:

- 4 ounces dry elbow macaroni
- 1 tablespoon unsalted butter
- 1 tablespoon all-purpose flour
- 1/4 teaspoon kosher salt
- 1/8 teaspoon garlic powder
- 1/2 cup milk
- 2 tablespoons sour cream
- 1 cup shredded cheddar cheese

For Meatloaf:

- 2 pounds ground beef
- 1 large egg
- 1 medium yellow onion, finely chopped
- 1 cup milk
- 1 cup seasoned bread crumbs
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1/3 cup ketchup
- 2 tablespoons brown sugar
- 2 tablespoons Dijon mustard
- Fresh parsley, for serving

PREPARATION:

1. Do ahead: Cook macaroni in medium pot of salted boiling water according to package directions for al dente. Meanwhile, melt butter in medium saucepan over medium-high heat. Whisk in flour for 1 minute. Season with salt and garlic powder. Slowly pour in milk, whisking constantly, until smooth. Add sour cream and stir until combined. Reduce heat to low and continue to stir until mixture thickens and coats back of spoon. Remove from heat and stir in cheddar cheese. Drain macaroni and stir into cheese sauce until well-coated. Set aside to cool. (This can be done up to 3 days ahead. Alternatively, substitute 1 1/2 cups leftover macaroni-and-cheese.)
2. Combine ground beef, egg, onion, milk, breadcrumbs, salt and pepper in large mixing bowl until just combined. Coat standard loaf pan with nonstick cooking spray. Press half of meatloaf mixture into prepared pan, pressing down in the center to create a divot for macaroni. Spoon macaroni down center of meatloaf mixture, leaving about 0.5" space around all edges. Top macaroni with remaining meatloaf mixture, pressing down on sides to seal.
3. Combine ketchup, mustard and brown sugar in a small mixing bowl. Spread mixture onto meatloaf mixture.
4. Press "Bake" button and use selector knob to adjust temperature to 375°. Press knob to set temperature, then turn knob to set time to 60 minutes. Press knob to begin preheating. Once preheated, place loaf pan in oven. Press knob to begin baking. Cook meatloaf for 60 minutes, until internal temperature reaches 165°. Tip: If top of meatloaf gets too dark, cover with foil.
5. Remove meatloaf from oven and let cool 5 minutes before removing from pan. Top with fresh parsley, and slice to serve.

Maple Brioche Bread Pudding



SERVINGS **4 - 6**

PREP TIME **10 minutes**

COOKING TIME **20 minutes**

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Maple Brioche Bread Pudding

INGREDIENTS:

- 6 ounces (half-loaf) brioche bread, cut into 1"-cubes (about 5-6 cups)
- 1 1/2 cups whole milk
- 1 1/2 cups heavy whipping cream
- 4 large eggs
- 1/3 cup maple syrup
- 2 teaspoons pure vanilla extract
- 1/2 teaspoon ground cinnamon
- Pinch kosher salt
- Whipped cream and caramel sauce, for serving
- Toasted pecans, roughly chopped

PREPARATION:

1. Press "Bake" button and use selector knob to adjust temperature to 350°. Press knob to set temperature, then turn knob to set time to 60 minutes. Press knob to begin preheating. Coat 8.5"-round cake pan with nonstick cooking spray. Add bread cubes to prepared pan in an even layer.
2. Whisk together milk, cream, eggs, maple syrup, vanilla, cinnamon and salt until well combined. Pour mixture over bread and push down bread to ensure even soaking.
3. Bake bread pudding for 20 minutes, until top is golden-brown and center is cooked through.
4. Serve bread pudding warm with caramel sauce, whipped cream and toasted pecans.

Wild Mushroom Baked Polenta



SERVINGS 4

PREP TIME 10 minutes

COOKING TIME 40 minutes

GALANZ APPLIANCE

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A Galanz SpeedWave microwave oven is shown next to its accessories: a black turntable, a silver metal mesh cover, and a black rubber gasket.



Wild Mushroom Baked Polenta

INGREDIENTS:

- 1 pound mixed wild mushrooms (such as chanterelle, shiitake, oyster, and maitake), cleaned and torn into 1"-pieces
- 4 sprigs thyme, plus leaves for serving
- 1 sprig fresh rosemary
- 5 cloves garlic, peeled and smashed
- Kosher salt and freshly ground pepper, to taste
- 1/4 cup extra-virgin olive oil
- 4 1/2 cups water, vegetable stock or chicken stock
- 2 tablespoons unsalted butter
- 1 cup polenta
- 4 ounces Parmesan or Pecorino cheese, grated, plus more for serving

PREPARATION:

1. Press "Bake" button and use selector knob to adjust temperature to 375°. Press knob to set temperature, then turn knob to set time to 10 minutes. Press knob to begin preheating. Toss mushrooms, thyme, rosemary, and garlic cloves with olive oil until well-coated. Season with salt and pepper, to taste. Spread mushrooms onto Baking and Roasting Pan.
2. Once oven is preheated, place Baking Pan into oven, close door and press knob again to cook mushrooms for 10 minutes. After 10 minutes, carefully remove Baking Pan and drain liquid off. Press "Convection" button and adjust temperature to 425°. Set timer for 20 minutes. Once oven is preheated, return Baking Pan to oven and bake mushrooms for 20 minutes, until crispy.
3. While mushrooms cook, bring water or stock to boil in medium saucepan over high heat. Add butter and whisk until melted. While constantly whisking, slowly pour in polenta. Season with salt and return to boil.
4. Once mushrooms are finished, remove from oven and set aside until ready to serve. Press "Bake" and set temperature to 375°. Set timer for 10 minutes. Pour polenta into 8"-round baking dish. When oven is ready place polenta on center of glass turntable. Press knob again to bake for 10 minutes.
5. Remove polenta from oven and whisk in Parmesan until combined and creamy. Season with salt and pepper, to taste.
6. Divide polenta among serving bowls and top with crispy mushrooms. Garnish with additional cheese and herbs, serve immediately.



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