

HELPFUL HINTS
FOR USING YOUR NEW
PYROMID® STOVE

PLEASE USE THIS DOCUMENT AND
SAVE IT FOR FUTURE REFERENCE

HOW TO ACHIEVE VARIOUS COOKING TEMPERATURES

Your innovative new PYROMID® cooking system has a number of ways that you can place or arrange the briquettes to achieve various cooking temperatures and duration. This technological breakthrough gives you the ability to cook a wide variety of foods in a host of ways. Due to this range of temperatures, your PYROMID® system can be used both as a barbecue and, amazingly, as a stove. Although not required, we recommend that you use a foil liner, such as our foil liner, with holes in the bottom to maximize performance, minimize heat loss below the unit and make cleanup a breeze.

We have included a number of recipes to get you started using your new PYROMID®. Each recipe will refer to the basic briquette setup for best results. Natural charcoal, twigs and small squaw wood, and other burnable material can be used instead of briquettes with excellent results. It is best to let wood products burn to charcoal embers before cooking to attain the best taste of the food. Pine cones or other flammable wood products work well as fire starters.

SETTING UP THE GRILL AND BRIQUETTES

LOW HEAT: 350°F to 500°F -- Long duration cooking, up to 3 1/2 hours

For this method, use only the smaller of the two fuel grates. If you have the 8" Pyromid®, there is only one fuel grate. Place your lighting material on the bottom of the foil liner, if one is used. If not, place the lighting material on the base of the unit. We recommend using Esbit starter tablets, Safelite starter sticks, or similar non-toxic starter fuels. We do not advise the use of liquid lighter fluids due to the toxic nature of the fluids and the danger of the fluid escaping through the bottom of the liner and onto the pan. Due to the unique shape and operation of the PYROMID®, it will only take about six to ten minutes for the coals to be ready for cooking to begin. The 8" and 12" systems can be lit with one Esbit tablet, the 15" with two, and the 18" with three. The Safelite starter sticks are the equivalent of approximately two Esbit tablets.

For the:

8" unit, place 4 briquettes on the SuperHeat grate in a horizontal (flat) position.

12" unit, place 6 to 8 briquettes on the grate.

15" unit, use 12 to 15 briquettes.

18" unit use 20 to 25 briquettes.

HINT: This setup is generally used to cook slowly or when you are using the PYROMID® as a smoker. Items such as hamburgers, hot dogs, sausage, vegetables, heating prepared food, baking and keeping items hot, such as coffee and beans are typical uses of this setup. With the baking hood or smoker hood closed, you can create delicious smoked and jerky foods. Add wood chips for additional flavor.

MEDIUM HEAT: 550°F to 700°F -- Medium duration cooking, up to 2 hours.

For this method, use both grates, but position the briquettes horizontally on the larger of the two, which has the slots in it (the SuperHeat™ grate), and place your lighting material on the smaller bottom grate. Again, the 8" stove has only one grate.

For the:

8" unit use 6 briquettes.

12" use 9 to 12 briquettes.

15" use 15 to 18.

18" use 20 to 25.

HINT: This setup is generally used for foods that you wish to brown quickly on the outside and keep the inside medium to medium rare and moist. Such items as steaks, chops, hamburgers, sausage, chicken parts, prawns, grilled fish steaks, and heating foods like beans or soup in the can or a pot. Most foods cooked at low heat can be cooked this way but they need more attention.

HIGH HEAT: 700°F to 1100°F -- Short duration cooking, roasting and use as a stove. For this method, use both fuel grates as explained above for medium heat. However, position the briquettes vertically in the slots on the larger, upper grate. The PYROMID® will maintain high cooking temperatures for up to 90 minutes with only the specified number of vertically oriented briquettes. To extend the temperature life for cooking items such as whole chickens and turkeys, place additional briquettes in a horizontal position in the open areas and corners of the upper grate.

For the:

8" unit use 4 vertically oriented briquettes.

12" use 9 vertically oriented briquettes and add 1 horizontal briquette in each corner if you need heat for longer periods.

15" use 15 vertical, adding 4 to 6 horizontal for extended cooking.

18" use 25 vertical, adding 8 to 10 horizontal for extended cooking.

HINT: This setup is used to quickly sear and seal the surface of the food to lock in the maximum level of moisture and natural flavor. Items cooked directly on the grill will take only minutes to cook and you can produce outstanding meats with a moist and rare interior. Steaks, salmon or other large fish fillets in foil, foods wrapped in foil such as potatoes, corn in the husk, roasts, hams and the vertical roasting of chicken, turkey and other fowl are typical fare. This is also the mode you use to have the PYROMID® perform as a stove to boil water, make coffee, fry eggs and bacon in a skillet, and grilling items such as vegetables that you want to cook super fast. It is important to attend your food when grilling directly on the Heatstor™ grill as you are cooking at 1100°F! However, many roasting recipes and methods are designed for attendance free cooking and are so noted.

ACCESSORIES

The PYROMID® has a number of accessories that you will most likely want to purchase to increase the range of foods you can prepare.

BAKING HOOD

This item was included with your unit unless you purchased an 8" Pyromid®, which does not have a baking hood due to its primary function as a backpacking unit. With clever use of the foil liner, you can create a windbreak for the 8" unit. For all other units, it is an all purpose hood that can be used as a wind break (with top flaps open), heat and smoke flavor retention hood (with top flaps closed), or a method to vary the cooking temperature on either side of the grill by closing the flap on the side you wish to be hotter. With both flaps closed, the baking hood reflects the rising heat back to the grill thereby intensifying the heat at the grill surface.

SMOKER OVEN

The most versatile cooking hood is the smoker oven. It comes complete with two removable shelves. The shelves can be used to smoke food, make jerky, roast food such as chicken parts, and bake bread and pies. With the shelves removed, it can be used to prepare roasts, hams and as a vertical roaster for chicken, turkey and other fowl.

POULTRY HOOD

This hood is designed primarily for vertically roasting fowl. It is shaped to minimize the cooking time and is the preferred hood if this is the limit of your roasting expectations.

VERTICAL CHICKEN OR TURKEY ROASTER

This clever device is used to support the bird in a vertical mode while transferring heat to the interior. If you have purchased a 12" Pyromid®, you will be limited to poultry weighing less than 5 lbs. and will need the smaller of the two vertical roasters. However, if you purchased a 15" or 18" unit and plan on roasting turkey, the larger vertical turkey roaster will work for all fowl. This is a must if you purchase either the poultry or smoker hood accessories.

FOIL LINERS

The Pyramid® foil liners are pre-sized and folded for portability and easy installation in your PYROMID®. They have holes pre-punched at the bottom and enhance the performance of your PYROMID® and make cleanup easy and safe. Your retailer stocks additional packets when you need them. You can fashion your own out of heavy duty aluminum foil in a pinch, but make sure that you add the holes at the bottom. You can also use your PYROMID® without liners but do not put it on a surface that is heat sensitive as the bottom will get quite hot to the touch. Not using liners will also extend the time to cook most foods by up to 25%. We are sure that you will find this item to be a real convenience.

ESBIT STARTER TABLETS

This is a bio-product that is non-polluting and 100% safe for environmental burning. One tablet will get the 8" and 12" unit lit, two tablets will do for the 15", and three for the 18" unit. Depending on which Pyramid® stove you purchased, you may have been supplied a packet with your unit. They may be purchased from your retailer when you run out. They are easy to use and get your briquettes up to cooking temperature in a matter

of minutes. There are a number of other bio-products that can be used to light the briquettes, such as Fire Flakes, Alcohol Gels, Diethylene Glycol Gels, and FlameGlo. If these are not available, you can use sticks, twigs, pine cones, or even crumpled newspaper to get your briquettes lit.

SAFELITE STARTER STICKS

These are made of a shredded wood product mixed with wax. They are waterproof, and one half to one stick will easily start the charcoal in a 12" stove. Break the stick into pieces approximately one to one and a half inches long and distribute the pieces on the low heat grate.

HELPFUL IDEAS

If using a foil liner other than the Pyramid® type, be sure to poke a minimum of five 1/4" holes in the bottom. The more holes the hotter the fire. It is important control the draft of the Pyramid® stove through the use of these holes so that the fire is of a temperature desired. If a hot fire is desired, a larger number of holes and vertical alignment of the briquettes will give the hottest fire. Fewer briquettes placed horizontally or on the low heat grate will result in a fire of lower temperatures and burning for a longer duration.

When cooking at high altitudes or in very humid conditions, you should add horizontal briquettes when cooking in the high heat, vertical mode to maintain temperatures.

For normal cleaning, place your PYROMID® system in the dishwasher or warm sudsy water. It is a good idea to spray or rub the Heatstor™ grill with a non-stick cooking product to make grill cleanup even easier. You want to keep the grill clean and free of food residue. It is normal for the grill to darken with use. Difficult to remove stains or build-ups can be removed with oven cleaner. Be sure to rinse the cleaned parts thoroughly after using these products. Although briquettes are the most efficient fuel and produce the highest cooking temperatures, you can use other fuels such as small pieces of wood and bark to produce coals for low temperature cooking. When using wood that has not been converted to charcoal, it is best to allow the wood to burn until the flames die down and a bed of coals remains.

RECIPES

Adding a wood smoked flavor to any food you cook on PYROMID® is easy and effective. Simply sprinkle some of your favorite flavor of wood chips around the perimeter of the heat grate holding the briquettes just prior to starting your cooking. If you soak the chips in water prior to using them, they will smoke for a longer period providing additional flavor.

ROASTED OLD COUNTRY HAM

SETUP:

12" unit -- Use 3 to 4 lb. ham.

15" and 18" unit -- Use up to a 7 lb. ham.

Baking hood required.

Foil pan to hold ham.

Foil liner to meet cooking times.

Use High Heat -- Vertical orientation of briquettes with added horizontal briquettes as explained for your unit.

INGREDIENTS:

Ham

2 cans beer

Italian herb spice

Honey

Pineapple slices

INSTRUCTIONS:

Slice surface of ham for determining completion of cooking.

Place ham in foil pan and add 1 can beer.

Place baking hood over grill.

Cook until beer boils out of pan -- about one hour.

Remove hood and add about 1/2 can beer.

Apply honey on ham surface.

Sprinkle Italian herb spice on surface of ham.

Replace hood for 10 minutes.

Remove hood and baste with liquid in foil pan.

Apply pineapple slices after first honey glazing.

Repeat basting and honey and herb application at 10 minute intervals until ham develops a golden color and the honey penetrates. Add a little more beer if the basting liquid gets too thick.

The area where you sliced the ham as noted above will curl when done. If it is ham with a bone, the meat will pull away from the bone when done.

HOLD ON TO YOUR SOCKS! IF YOU LIKE HAM, YOU'LL LOVE THIS!
BARBECUED OLD COUNTRY ROAST

SETUP:

12" unit -- 2 to 4 lb. roast, any cut.

15" and 18" unit -- up to a 7 lb. roast, any cut.

Baking hood required.

Foil liner to meet cooking times.

Foil pan.

Use High Heat -- Vertical orientation of briquettes in the slots as explained for your unit size. No added coals.

INGREDIENTS:

Roast

Garlic salt

Lawry's or other seasoning powder

Italian herb seasoning

Pepper

1 can beer

Barbecue sauce

INSTRUCTIONS:

Place roast directly on grill and brown on all sides.

After browning, place roast in foil pan.

Add 1 can of beer.

Season to taste with above spices.

During cooking, rotate the roast in the pan several times.

Cook roast until the meat reaches 150oF or is cooked to a rare to medium rare interior. Approximately 15 minutes per pound.

Apply barbecue sauce.

Rotate roast after 5 minutes and apply barbecue sauce again.

Repeat rotation and basting at 5 minute intervals two more times.

Cut and serve.

A ROAST YOU WILL REMEMBER!

ROLLED ROAST THE PYROMID® WAY

SETUP:

12" unit -- 2 to 3 lb. rolled roast.
15" and 18" unit -- 3 to 5 lb. rolled roast.
Smoker hood.
Foil pan.
Foil liner.
Medium Heat for appropriate unit.

INGREDIENTS:

Roast
3 cloves garlic sliced
Salt
Pepper
Favorite meat seasonings

INSTRUCTIONS:

Make small cuts in meat 1" apart and insert garlic slices.
Apply salt, pepper and other spices to meat surface.
Place smoker hood on unit with two racks installed.
Place foil pan on lower rack to catch drippings.
Place meat on rack above foil pan.
Rotate roast 1/4 turn every 15 minutes.
The drippings in the foil pan, with a little beer added, are good for basting.
Cooking times: 20 min. per lb. -- rare
30 min. per lb. -- medium
40 min. per lb. -- well done

Special Trick: You might wish to add some red new potatoes about 1" to 2" in diameter to your meal. Simply peel them around the middle leaving the ends unpeeled. Rub them with butter. Apply basil and lemon juice and bacon bits. Add a little beer to the drip pan. Place the potatoes in the foil drip pan to cook along with your roast. You can baste the potatoes and meat with the liquid in the drip pan.

GRILLED CORN ON THE COB

SETUP:

High Heat for appropriate unit size, no added briquettes.
No hood required.

INGREDIENTS:

Corn in the husk
Salt
Butter or margarine

INSTRUCTIONS:

Carefully peel back the husk and remove the silk.
Push the husk back into place.
Place corn directly on the grill.
Rotate corn often until husk is black.
Cooking time is from 10 to 20 minutes based on cob size.
Remove corn from grill and take off the husk.
Roll in butter and salt.

STUFFED TROUT ALA PYROMID®

SETUP:

Medium Heat for appropriate unit size.
Foil liner.
No hood required.

INGREDIENTS:

4 trout
1 bulb anise with fennel leaves
12 pats of butter
1 shallot minced
2 cloves garlic minced
2 lemons sliced thinly
Cooking oil
Waxed dental floss

INSTRUCTIONS:

Wash and pat dry each trout.
Chop 1/2 cup of the anise and divide into 4 parts.
Stuff each trout with anise, 3 pats of butter, 3 slices of lemon, minced garlic, minced shallot, 3 sprigs of fennel.
Truss each trout using dental floss.
Rub trout with oil and apply salt and pepper.
Place trout on the grill without hood. If it is windy, you can use the baking hood with both flaps open.
Grill, rotating trout until golden brown on both sides.

VERTICALLY ROASTED FOWL

(Chicken, Turkey, Pheasant, Etc.)

SETUP:

12" unit -- Use 3 to 3 1/2 lb. whole bird.

15" and 18" unit -- Use 3 to 5 lb. whole bird(s) or 10 to 15 lb. whole turkey.

Poultry or smoker hood required.

Chicken or turkey roaster.

Foil pan.

Foil liner to meet cooking time estimates.

High Heat with added briquettes as described for appropriate size unit.

INGREDIENTS:

1 to 2 cans beer

1 to 2 tbsp. soy sauce

Lawry's seasoning salt

Garlic salt

Italian herb spice

Cooking oil

INSTRUCTIONS:

Rub cleaned bird with oil.

Apply seasoning salt, garlic salt and Italian herb both inside and on the outside of the bird.

Place the foil pan on the grill.

Put the vertical roaster into the bird and stand the bird in the foil pan.

Pour 1 can of beer into the pan for a small bird and 2 cans for a turkey.

Add 1 to 2 tablespoons of soy sauce to the beer in the pan.

Place poultry or smoker hood over the bird and close all flaps.

Cook small birds for 80 minutes; turkey for 2-1/2 hours.

There is no need for basting or checking the bird. If you peek too much, you will extend the cooking time. It will come out a beautiful golden brown and as moist and tasty as any roasted fowl you have every tasted!

If you wish to add additional smoke flavor, you can sprinkle wood chips around the briquettes after lighting the fire.

AWARD WINNING BRATWURST

SETUP:

High Heat for appropriate size unit, no added briquettes.

Foil liner.

No hood required.

Foil pan large enough to hold ingredients and sausage.

Sheet of aluminum foil.

INGREDIENTS:

10 low fat bratwurst sausage (or other sausage)

2 cans of beer

1 clove of garlic minced

Fennel seed

Italian seasoning

Pepper

1 tbsp. soy sauce

3 cups water

Mustard (if desired)

INSTRUCTIONS:

Place foil pan on grill and pour in 2 cans of beer.

Add garlic, fennel seed, Italian seasoning, pepper and 1 tablespoon of soy sauce to the beer.

Put sausage in the foil pan.

Add 3 cups of water to the foil pan.

Cover pan with foil and parboil for 20 to 30 minutes.

When parboiling is done, remove foil pan from the grill.

Take sausage from the foil pan and place on the grill, turning to brown evenly, about 3 to 5 minutes.

Use mustard if desired.

GRILLED SALMON

SETUP:

High Heat for appropriate size unit, no added briquettes.

Foil liner.

Baking hood.

An inverted Pyrex dish or foil pan to elevate the salmon off the grill.

Heavy-duty aluminum foil.

INGREDIENTS:

3 to 6 lb. salmon fillet based on unit size

2 cloves garlic minced

1 or 2 cubes of butter

Tarragon vinegar

Rosemary

Italian seasoning

Wood chips -- hickory, alder, etc. (whatever you prefer)

INSTRUCTIONS:

Form a piece of heavy-duty foil to cook the salmon in by curling edges up to catch juices and marinade.

Cut salmon fillet to sizes that will fit in foil.

Light your fire and apply wood chips.

Place the inverted pan or other support on the grill.

Place formed foil on support.

Place salmon, skin down, on foil.

Apply tarragon vinegar to salmon.

Apply spices and garlic to the salmon.

Place baking hood over grill, flaps closed.

Cook about 25 minutes or until fish flakes in the middle.

DEAR FRIENDS:

We have published an expanded cookbook and operations manual for our customers. The operations manual can be downloaded from our web site; the cookbook can be ordered from us. Be sure you fill out your warranty card and return it to us so we can add you to our mailing list. If you have any favorite recipes that you come up with, please share them with us so we can add them to our mailings. Have fun and enjoy your **WONDERFUL NEW PYROMID®!**

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