For your safety and continued enjoyment of this product, always read the instruction book carefully before using.
CONCEPTS

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Congratulations!

Congratulations on the purchase of your new Waring Pro® Roaster Oven! Please spend a few minutes reviewing this instruction book. By doing so, you will learn how to get the most satisfaction out of your Waring Pro® Roaster Oven.
IMPORTANT SAFEGUARDS

When using electrical appliances basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces. Use handles or knobs.
3. Always plug appliance cord into the wall outlet, then adjust temperature control to the desired temperature. To disconnect, turn control to Off, then remove plug from wall outlet.
4. To protect against electrical shock, do not immerse this appliance, including cord and plug, in water or other liquid.
5. Close supervision is necessary when any appliance is used by or near children.
6. Unplug from outlet when appliance is not in use and before cleaning. Allow to cool completely before putting on or taking off parts, and before cleaning.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to your nearest Waring Pro Service Center for examination, repair or adjustment.
8. The use of accessory attachments not recommended by the manufacturer may cause injuries.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter or touch hot surfaces.
11. Do not place on or near a hot gas or electric burner or in a heated oven.
12. Extreme caution must be used when moving an appliance containing hot oil or hot liquids.
13. Do not use appliance for other than its intended use, as described in this manual.
14. Do not use metal scouring pads on the exterior surface of the roaster oven. Pieces can break off the pads and touch electrical parts, creating a shock hazard.
15. Always place the roaster oven on a nonflammable, nonburnable, heat-resistant surface when cooking. Never place it on carpet, furniture, or other combustible materials. Operate oven in a well-ventilated area away from walls and other combustible materials.
SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

A short power supply cord is provided to reduce the risk of entanglement or tripping. Longer detachable cords are available and may be used if extreme care is exercised. If a longer cord is used, its marked electrical rating should be at least as great as that of the appliance, and the cord should be placed safely out of the reach of children.

INTRODUCTION

With the purchase of your new 18-quart Waring Pro® Roaster Oven, you are about to unlock new ways to make mouth-watering, healthy meals while enjoying the convenience and versatility of this portable electric cooking appliance.

For best results please read through this guide, which contains a series of helpful tips for using the roaster oven, as well as a selection of fun and delicious recipes.
PARTS

1. Cover
   Heavy-gauge stainless steel cover is designed to control heat and moisture efficiently. Two venting holes are provided to allow just the right amount of moisture to escape during cooking. During the cooking process, steam will accumulate inside the roaster oven body. Always stand to the side when removing the cover and always tilt the cover away to divert escaping steam.

2. Wire Roasting Rack
   Chrome plated steel provides cooking flexibility. The rack fits into the roaster oven body and has convenient lift-out handles.

3. Removable Roasting Pan
   The porcelain enamel roasting pan has a full 18-quart capacity. It is removable for easy cleanup in the dishwasher or sink, or for food storage in the refrigerator.

4. Roaster Oven Body
   The sides of the 18-quart roaster oven contain the heating elements for even, moist cooking, plus the added advantages of thick insulation and a full-range automatic oven temperature control. NEVER PLACE FOOD OR WATER DIRECTLY IN THE ROASTER OVEN BODY.

5. Automatic Temperature Control
   Regulates cooking temperature from 150°F to 450°F.
PARTS continued

1. Cover
2. Wire Roasting Rack
3. Removable Roasting Pan
4. Roaster Oven Body
5. Automatic Temperature Control

Note: As an added convenience either before or after baking, roaster cover can rest in angled position by placing end of cover under metal brackets located on left handle.
BEFORE USING FOR THE FIRST TIME

1. Unpack your Waring Pro® Roaster Oven completely. Remove the cover, wire roasting rack, removable roasting pan and roaster oven body from Styrofoam® inserts. Remove all packing and printed materials.

2. Place the roaster oven in a well-ventilated area or on a heat-resistant surface. Set the temperature control dial to the off setting. Plug the cord into a 120 volt AC outlet and set the control dial to its maximum setting of 450°F. Operate the roaster with oven empty (without roasting pan and cover) for about 60 minutes, or until any odor or smoke disappears. Some smoke and odor is a normal part of “curing” the heating element and will not occur after curing is done. When curing is completed, turn the temperature control to the off setting, unplug the unit and allow to cool.

3. Wash the cover, roasting pan and rack in warm, sudsy water. Rinse and dry. See Care and Cleaning section (next page) for complete cleaning instructions.

OPERATION

1. Place the roasting pan in the roaster body. Always use the roaster pan for food. NEVER PLACE FOOD OR WATER DIRECTLY IN THE ROASTER OVEN BODY.

2. Preheating is recommended. To preheat, place the roaster pan in the roaster body and cover. Do not preheat unit with wire rack inside oven. Be sure the temperature control is in the off position. Plug the roaster oven cord into a 120 volt AC outlet. Set the temperature control to desired temperature. Preheat for 20 minutes. Insert wire rack when ready to cook. Carefully, using hot pads, add food to the roaster pan.

3. The rack may be used for baking or fat-free roasting. Other foods, such as meats, soups and stews, can be prepared without using the wire rack.

4. Replace the cover. Always cook with the cover in place.

5. Cook the food for the desired amount of time. When finished, turn the temperature control to the off position and unplug the cord from the 120 volt AC outlet. During the cooking process, steam will accumulate inside the roaster oven body. Always stand to the side when removing the cover and always tilt the cover away to divert escaping steam. Note: Please use oven mitts when removing the cover after or during the cooking process in order to avoid contact with any escaping steam. Allow the roaster oven to cool, and clean as recommended.
6. A turkey cooked in the roaster oven is moist and juicy, but does not brown like a turkey roasted in a conventional oven. If you would like browned skin, we recommend using a browning sauce. See recipe section.

NOTE: ROASTING PAN, ROASTER OVEN BODY, COVER AND ACCUMULATED STEAM WILL BE HOT. USE CAUTION AND HOT PADS TO LIFT COVER AND TO REMOVE ROASTING PAN FROM ROASTER OVEN BODY.

CARE AND CLEANING

1. After the roaster oven has cooled, remove cover, rack (if used) and roasting pan. Wash rack and roasting pan in warm sudsy water or wash in the dishwasher. The enamel roaster pan has a strong finish and provides easy cleaning and years of use. It will not stain and stays attractive even when used often. However, it will chip if subjected to sharp blows or is mistreated. Water spots or mineral deposits (characterized by a white film on surface) may be removed with household vinegar or nonabrasive cleansers.

2. The nonstick roasting pan is made of durable porcelain enamel. In order to maintain the porcelain enamel surface, the use of rubber, plastic or wooden utensils is recommended. Avoid cutting food in the roasting pan. Use of a nonstick spray on the interior surfaces is optional. Avoid storing items in the roaster pan which may scratch the surface. When roasting or baking at high temperature, you may note an irregular band of discoloration around the sides of the roasting pan. This discoloration is characteristic of the tough porcelain coating used on the interior of the roasting pan and in no way affects the performance or durability of the finish.

3. Baked-on food may be removed by using a nonabrasive cleaning pad and a nonabrasive cleanser, such as Soft Scrub® or Bon Ami®. Do not use abrasive cleansers or steel wool as they may scratch the finish. HINT: To remove baked-on food residue easily, place roasting pan in roaster oven body, then fill roasting pan with hot water. Cover and heat at 350°F for 30 minutes. Turn off and allow to cool completely. Wash roasting pan as directed above.

4. Never immerse the roaster oven body in water. To clean, wipe outside of roaster oven body with a damp cloth and dry. Do not use abrasive cleansers or steel wool on exterior surface.
Roasting/Baking Hints

- **Always preheat roaster prior to baking.**
- Use the wire baking rack to place casserole dishes and baking pans on during cooking time. This will allow for more even baking.
- Two loaf pans will fit into the roasting pan. A meat and a vegetable may be baked at the same time.
- Line the baking rack with aluminum foil and use as a baking sheet.
- Most 1- and 2-quart casserole dishes, 9-inch pie plates, and most 9 x 13-inch baking pans will fit into the roaster pan. Place dish on baking rack for more even baking.
- Three 1½-quart pans fit into the roaster pan – ideal for preparing meat, vegetables and potatoes at the same time. When baking bread, either one or two loaf pans are recommended.
- Convenience foods can be baked in the roaster oven. Follow package directions.
- Baking pans should always be placed on the rack. Do not place pans on the bottom of the roaster pan.
- Metal pans are recommended for use in the roaster as they provide better heat transfer and browning.

Steaming

- No fat is used when steaming, so it’s an easy way to cook tasty and nutritious low calorie foods.

Slow Cooking

- To convert a standard recipe to slow cooking, slow cook about 1½ hours at 200°F to 250°F for each 30 minutes required in a standard recipe. Note that when slow cooking, it is not necessary to use the rack. The low temperature prevents the meat from sticking to the bottom of the roasting pan. Cover before cooking.
## COOKING TIMES

<table>
<thead>
<tr>
<th>Meat Type</th>
<th>Weight (lbs.)</th>
<th>Temperature (°F)</th>
<th>Time (minutes/lb.)</th>
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<tr>
<td><strong>BEEF</strong></td>
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<tr>
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<td>350°</td>
<td>15 to 18</td>
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<tr>
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<td>450°</td>
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<td>140°</td>
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<td>180°</td>
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<td>2.5 to 5</td>
<td>350°</td>
<td>30 to 35</td>
<td>155° to 180°</td>
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RECIPEs

Roast Turkey with Sage Butter
Makes about 20 to 24 servings

2 onions, peeled and cut into eighths
2 carrots, peeled and cut into 2-inch pieces
2 celery stalks, cut into 2-inch pieces
½ cup unsalted butter, room temperature
½ cup (packed) sage leaves, chopped
1 18-pound turkey, rinsed, dried, giblets removed
kosher salt
freshly ground black pepper
2 teaspoons Kitchen Bouquet®
(or other browning sauce)

Preheat Waring Pro® Roaster Oven to 400°F.
Toss vegetables together in a bowl. Reserve.
Combine butter and chopped sage leaves thoroughly.
Sprinkle the turkey all over, including the cavity, with salt and pepper.
Place half of the chopped vegetables in the turkey cavity.
Rub turkey all over with butter, placing all remaining butter between the
turkey skin and meat on the breast and legs.
Rub browning sauce all over turkey skin.
Place turkey on rack. Lower into preheated roaster using the rack
handles.
Lower temperature to 375°F and baste turkey every half hour with the
pan juices. Roast turkey for about 3 hours or until a meat thermometer
reads 180°F in the fleshy part of the thigh and juices run clear when
pierced.
Tent turkey with aluminum foil and let it rest. Strain all liquid in roasting
pan and skim the fat or place in a fat separator. Once skimmed of fat,
place liquid in a pan and bring to a boil. Taste and season if necessary.
Serve turkey with gravy and stuffing on the side.

Nutritional information per serving (6 oz.):
Calories 550 (41% from fat) • carb. 2g • pro. 56g • fat 24g • sat. fat 9g
• chol. 356mg • sod. 219mg • calc. 112mg • fiber 0g
Roasted Chicken with Lemon
This simple chicken preparation makes a moist and delicious chicken every time.
Serves 4 to 6

2  3 to 3½ pound chickens, rinsed and patted dry
1½  teaspoons kosher salt
1  teaspoon crushed black pepper
2  lemons, cut in half
2  sprigs rosemary
4  garlic cloves, smashed
2  tablespoons olive oil

Preheat Waring Pro® Roaster Oven to 450°F.
Place both chickens, rinsed and dried, on a work surface. Salt and pepper the chickens well, including the cavities. Squeeze a lemon all over outside and inside each chicken. Stuff each chicken with the lemon halves, rosemary sprigs and garlic cloves. Finally, rub olive oil all over the skin.

Insert wire rack in the roasting pan and carefully place chickens on rack. Immediately reduce temperature to 400°F.
For browner skin, baste chickens every 15 minutes while roasting. Roast for approximately 1 hour and 10 minutes,* until the juices run clear when a thigh is pierced.

Nutritional information per serving (6 oz.):
Calories 306 (64% from fat) • carb. 5g • pro. 52g • fat 46g • sat. fat 13g • chol. 207mg • sod. 529mg • calc. 68mg

*If roasting one chicken, reduce roasting time by 20 minutes.

Rosemary and Mustard Pork Roast
Serves 8 to 12

¼  cup kosher salt
¼  cup granulated sugar
1  gallon water
3  garlic cloves, chopped
¼  cup fresh rosemary, chopped
2  tablespoons Dijon mustard
1  tablespoon balsamic vinegar
1  teaspoon Italian seasoning
¼  cup plus 1 teaspoon olive oil, divided
1      5 to 5½ pound pork roast
       kosher salt
       freshly ground pepper

Dissolve salt and sugar with the water in a stockpot that will fit into your refrigerator. Submerge the roast in the brine solution and refrigerate up to 4 hours.

While roast is soaking, prepare the marinade. In a small bowl whisk together the chopped garlic, chopped rosemary, Dijon, vinegar, and Italian seasoning. While whisking, slowly pour ¼ cup of olive oil into mustard base until a homogenous marinade forms.

Rinse roast well under cold water and dry thoroughly. Generously sprinkle the roast all over with kosher salt and freshly ground pepper.

Place a 12-inch skillet over medium-high heat. Add the remaining teaspoon of olive oil. When the oil shimmers across the pan add the seasoned roast. Brown each side of the roast well, about 8 minutes per side.

Once roast is well browned on all sides, slather it with the mustard/rosemary marinade on all sides, and place on roasting rack and set aside.

Preheat Waring Pro® Roaster Oven to 400°F.
Lower roast into roaster, using the arms of the rack. Reduce temperature to 375°F. Roast until a meat thermometer reads 140°F, about 1 hour. Baste roast with extra marinade every 15 minutes while it is roasting. Remove roast and let rest for 10 minutes before carving.

Nutritional information per serving (6 oz.):

Calories 279 (51% from fat) • carb. 1g • pro. 32g • fat 15g • sat. fat 5g • chol. 90mg • sod. 118mg • calc. 24mg • fiber 0g

Roasted Barbecue Ribs
Makes 4 to 6 servings

2  tablespoons chili powder
1  tablespoon paprika
2  teaspoons kosher salt
1  teaspoon garlic powder
1  teaspoon thyme
1  teaspoon oregano
¼  teaspoon cayenne powder
4  pounds trimmed spareribs
12  ounces beer
2  cups prepared barbecue sauce
Combine spices in a small bowl. Rub spice blend all over ribs. Wrap in plastic and refrigerate for up to 6 hours.

Preheat Waring Pro® Roaster Oven to 400°F.

Pour beer into roasting pan and place ribs on rack with the meat side down. Baste ribs occasionally with the beer while roasting. After 1 hour, carefully flip ribs. Continue basting and cook until meat is tender, about an additional hour and a half. When ribs are tender start basting with the barbecue sauce every 15 minutes for an additional hour.

Serve with extra barbecue sauce on the side.

Nutritional information per serving (6 oz.):

Calories 344 (50% from fat) • carb. 7g • pro. 34g • fat 19g • sat. fat 6g • chol. 114mg • sod. 503mg • calc. 33mg • fiber 0g

Chicken with Three Peppers

Makes 4 servings

2 teaspoons olive oil
¾ teaspoon kosher salt
¼ teaspoon crushed black pepper
8 chicken thighs, approximately 3 pounds
6 ounces smoked Italian chicken sausage, cut into slices
½ cup dry white wine
2 cups chopped onion (about 1 large onion)
1 red pepper, diced
4 garlic cloves, minced
2 cups mixed hot and sweet cherry peppers, seeded and chopped
1 cup chicken stock

Preheat a 12-inch skillet for about 5 minutes over medium heat. Add 1 teaspoon of olive oil. Turn heat down if oil begins to smoke. Salt and pepper both sides of chicken thighs. Add chicken thighs to pan, skin side down. Be careful not to crowd pieces. Depending on the size of the thighs, it may be necessary to cook chicken in more than one batch. Brown the chicken well on both sides. Note that it is important not to move the chicken while it is browning; leave the chicken for at least 8 minutes on the first side before checking and moving/turning the thighs.

Once well browned, remove all chicken from pan and reserve in a large plate or bowl.
Add sausage slices to pan and sauté until golden, about 4 to 5 minutes. Remove and reserve with chicken.

Add wine to pan and with a wooden spoon scrape up all the brown bits that are left behind. Pour onto the reserved chicken and sausage.

While chicken is browning, preheat Waring Pro® Roaster Oven to 400°F.

Add remaining teaspoon of olive oil to the roasting pan. Stir in onions and red pepper and replace cover. Cook vegetables for 15 minutes until soft. Stir in garlic, cherry peppers, browned chicken and sausage with cooking liquid and chicken stock.

Reduce heat to 350°F and place cover on pan and let simmer for about 45 to 50 minutes. Taste for seasoning. Serve immediately.

Nutritional information per serving (6 oz.):

Calories 543 (50% from fat) • carb. 30g • pro. 57g • fat 41g
• sat. fat 10g • chol. 176mg • sod. 900mg • calc. 120 mg • fiber 6g

Chili
Makes about twenty-four 1-cup servings

2  tablespoons vegetable oil  
1  large onion, chopped (about 2 cups)  
3  jalapeño peppers, seeded and chopped  
3  peppers (combination of red and yellow), chopped  
6  garlic cloves, finely chopped  
5  pounds ground sirloin  
½  cup ground red chili powder  
1  tablespoon paprika  
3  teaspoons kosher salt, divided  
2  teaspoons oregano  
½  teaspoon cayenne pepper  
3  cans (28 ounces each) plum tomatoes  
1  can tomato paste

Preheat Waring Pro® Roaster Oven to 450°F.

Place oil in roasting pan. Add chopped onions, jalapeños, and peppers to the pan and stir. Place lid on roaster and let vegetables sweat for about 15 minutes until soft. Stir in chopped garlic and cook for about 2 minutes. Stir in ground sirloin with chili powder, paprika, 2 teaspoons salt, oregano, and cayenne. Be sure to break meat apart well with a wooden spoon. Close lid and turn temperature down to 400°F. Cook until all meat has cooked through, about another 10 to 15 minutes.
Place tomatoes in a bowl and crush them with your hands. Add to roasting pan with tomato paste. Turn temperature down to 350°F and allow to simmer for about an hour. Taste and add remaining salt if necessary.

Nutritional information per serving:

Calories 267 (20% from fat) • carb. 28g • pro. 26g • fat 6g • sat. fat 2g • chol. 49mg • sod. 330mg • calc. 90mg • fiber 7g

Old Fashioned Macaroni and Cheese
Makes about thirty 1-cup servings

2 pounds elbow macaroni
1 cup unsalted butter
¾ cup unbleached, all-purpose flour
12 cups whole milk
8 ounces Cheddar, shredded
8 ounces mozzarella, shredded
8 ounces Monterey Jack, shredded
5 cups prepared white bread croutons

Cook macaroni according to instructions on package. Drain pasta and rinse under cold water. Toss with some oil to prevent sticking.

In a 12-quart stock pot melt the butter over medium heat. Once melted, stir in the flour and blend well with the butter. Cook and stir the butter/flour mixture together for about 2 minutes to cook away any raw flour taste. While whisking, slowly pour the milk into the butter/flour mixture. Turn heat up slightly and stir mixture occasionally. After about 15 minutes the mixture should start to thicken as it approaches boiling. Keep stirring until the mixture becomes very thick. Once it does, stir in shredded cheeses until sauce is homogenous. Stir in macaroni. Finally stir in 4 cups of the croutons.

Preheat Waring Pro® Roaster Oven to 350°F.

Spray roasting pan with cooking spray and pour macaroni and cheese into pan. Scatter the remaining croutons on the top.

Insert roasting pan with macaroni. Place lid on top of roaster and cook for about 1 hour. Serve immediately.

Nutritional information per serving:

Calories 291 (59% from fat) • carb. 19g • pro. 11g • fat 19g • sat. fat 12g • chol. 59mg • sod. 199mg • calc. 272mg • fiber 1g
Roasted Red Potatoes
Makes about 20 servings

4 tablespoons unsalted butter
5 pounds medium red potatoes, washed and dried, cut in half lengthwise
4 garlic cloves, smashed
1 teaspoon kosher salt
¼ cup chopped Italian flat leaf parsley

Preheat Waring Pro® Roaster Oven to 450°F.
Add butter to the baking pan. Stir in potatoes and toss with garlic and salt.
Roast for about 40 to 45 minutes. Remove and toss with chopped parsley.
Serve immediately.

Nutritional information per serving (6 oz.):
Calories 111 (19% from fat) • carb. 21g • pro. 2g • fat 2g • sat. fat 1g
• chol. 6mg • sod. 74mg • calc. 11mg • fiber 2g

Roasted Corn
Makes 6 servings

6 ears corn
4 cups water

Add water to roasting pan. Preheat Waring Pro® Roaster Oven to 450°F.
Place ears of corn on rack inside roaster. Place lid on roaster and roast for about 35 minutes, until the husks turn slightly browned.
Remove corn from roaster. When cool enough to handle, husk corn and serve immediately.

Nutritional information per serving:
Calories 77 (11% from fat) • carb. 17g • pro. 3g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 14mg • calc. 2mg • fiber 3g
Roasted Peppers
Makes about 12 servings

6 sweet red peppers

Preheat Waring Pro® Roaster Oven to 450°F. Place roasting rack in roaster.
Place peppers on rack inside roaster. Place lid on roaster and roast for about 30 minutes. Flip peppers and roast for an additional 30 minutes, until peppers are browned and skins are wrinkled.
Remove peppers and place in a stainless mixing bowl, sealing the top well with plastic wrap. Let rest for an hour, to allow skin to loosen.
Remove and discard skin and seeds. Serve or keep in refrigerator for up to 5 days.

Nutritional information per serving:
Calories 12 (6% from fat) • carb. 3g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg • calc. 4mg • fiber 1g

Roasted Asparagus
Makes about 16 servings

1 tablespoon extra virgin olive oil
4 pounds asparagus (approximately 4 bunches), washed and dried, ends trimmed
¼ teaspoon kosher salt
1 tablespoon freshly grated Parmesan cheese

Preheat Waring Pro® Roaster Oven to 450°F.
Add olive oil to the baking pan. Add asparagus and toss with the kosher salt.
Replace lid and roast for about 12 to 15 minutes or until desired doneness. Remove from baking pan and sprinkle with the Parmesan. Serve immediately.

Nutritional information per serving:
Calories 35 (25% from fat) • carb. 5g • pro. 3g • fat 1g • sat. fat 0g • chol. 0mg • sod. 27mg • calc. 28mg • fiber 2g
Creamy Lemon Cheesecake
Makes about 12 servings, using a 9-inch springform pan

Graham Cracker Crust:

1 1/2 cups graham cracker crumbs
2 tablespoons granulated sugar
1/2 teaspoon ground cinnamon
6 tablespoons unsalted butter

Filling:

3 packages (8 ounces each) cream cheese, room temperature
1 1/2 cups granulated sugar
5 eggs, room temperature
1 teaspoon pure vanilla extract
1 teaspoon lemon zest
1 1/2 pints sour cream

Preheat Waring Pro® Roaster Oven to 325°F. Place roasting rack in the roasting pan. Butter a 9-inch springform pan. Place ingredients for crust in a food processor fitted with the metal chopping blade. Process until mixture comes together. Pat crumb crust evenly into prepared springform pan.

Cut each package of cream cheese into 6 pieces and place all in a large stainless mixing bowl. Beat cream cheese in a mixer on low speed until very smooth. Scrape bowl and beaters/paddle with a large rubber spatula and continue to beat on low speed while adding the sugar. Scrape bowl and beaters. Add eggs one at a time, making sure each is incorporated into the batter before adding the next. Mix in vanilla and lemon zest. With the large rubber spatula, carefully fold in the sour cream in three additions; be sure the batter is homogenous.

Pour filling into prepared pan. Carefully wrap the bottom and sides of pan with aluminum foil to prevent water from seeping into pan. Cover the top of the pan with foil as well.

Pour 4 cups of water into roasting pan and lower wrapped cheesecake into roaster. Place lid on roaster and bake for 1 hour and 15 minutes and turn roaster off. Without lifting the lid keep cheesecake in roaster for at least 1 hour. Remove cheesecake and place on a cooling rack. Once completely cool wrap well with plastic and refrigerate for at least 6 hours before serving.

Serve with fresh berries and raspberry coulis.

Nutritional information per serving:
Calories 592 (62% from fat) • carb. 47g • pro. 10g • fat 41g • sat. fat 23g • chol. 186mg • sod. 346mg • calc. 119mg • fiber 0g