

Panasonic®

COOK BOOK

Microwave / Convection Oven

NN-CD989S / NN-CD989B / NN-CD989W



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Metric and Imperial measures are different. **DO NOT** crossover from one to another within a recipe.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY:

- (a) **DO NOT attempt to operate this oven with the door open** since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) **DO NOT place any object** between the oven front face and the door, or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) **DO NOT operate the oven** if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
 - (1) door (bent)
 - (2) hinges and latches (broken or loosened)
 - (3) door seals and sealing surfaces.
- (d) **The oven should not be adjusted or repaired** by anyone except properly qualified service personnel.

DO NOT use this oven to heat chemicals or other non-food products. **DO NOT** clean this oven with any product that is labelled as containing corrosive chemicals. The heating of corrosive chemicals in this oven may cause radiation leaks.

POWER SELECT SETTINGS

Your microwave oven is equipped with ten power select settings. This variety of settings offers you flexibility in microwave cooking. Listed on the right is the approximate percentage of cooking power at each power setting.

Press	Power Level	% Power
once	P10 (HIGH)	100%
twice	P9	90%
3 times	P8	80%
4 times	P7 (MEDIUM-HIGH)	70%
5 times	P6 (MEDIUM)	60%
6 times	P5	50%
7 times	P4	40%
8 times	P3 (MEDIUM-LOW)	30%
9 times	P2	20%
10 times	P1 (LOW)	10%

COOKING WITH YOUR COMBINATION OVEN

Microwave

Microwaves are a form of high frequency electromagnetic waves similar to those used by a radio. Electricity is converted into microwave energy by the magnetron tube. The microwaves travel from the magnetron tube to the oven cavity where they are reflected, transmitted or absorbed.

Bake

The convection bake oven has a heating element in the ceiling equipped with a fan to circulate the hot air into the oven cavity. This mode of cooking will provide the dry heat required to produce crisp, brown exteriors on baked and roasted products. Temperatures range from **200 - 450°F (100 - 230°C)**. Consult charts and recipes to determine temperature settings and cooking times. Many of your favourite recipes may be baked at their usual temperature, however, times may be slightly shorter.

For convection cooking, use the Oven Rack. Preheat with this rack on the Ceramic Tray.

Broil

Broiling is done with high heat to give foods a rich brown appearance. The oven must be preheated on the broil mode with the oven rack in place.

During preheating, prepare food and place on the spatter shield of your broiler pan to be ready for broiling.

Cooking on Combination

Combination cooking uses microwave energy in conjunction with a heater element. It will produce browning, maintain juiciness and reduce cooking time. Combination cooking is ideal for roasting meats and poultry, and for cooking casseroles and other recipes such as pies.

There are four combination settings which automatically regulate the oven temperature and the microwave energy.

Combination Setting	Oven Temperature	Microwave Energy (Approx.)
1	275°F (130°C)	30 % power
2	300°F (150°C)	
3	325°F (165°C)	
4	375°F (190°C)	

Consult the charts and recipes to determine which combination setting to use. This is described in the recipe method. When adapting conventional recipes to the combination cooking mode, find a similar recipe in the cookbook using the same quantities and ingredients. Use the combination setting and time in the cookbook.

When roasting, use the **Chicken Pieces** or **Whole Chicken** or **Beef-medium** or **Pork** of **Auto Convection** Button.

The combination system is used for manual combination and time or **Auto Convection** Button.

OVEN ACCESSORY

The oven comes equipped with an oven rack. Always follow specific directions given in the charts or recipes for use of the oven rack.

Oven Rack is used for Broil and Bake and Combination cooking.



Broil — For Broil, oven rack is placed on the Ceramic Tray. The oven is then preheated at **BROIL**. Food is placed on your broiler pan. Broiler pan is then placed on the oven rack after preheat time. You can purchase broiler pans from your local stores. Metal or teflon coated pans are available. The broiler pan may be sprayed with a non-stick cooking product to aid in clean-up. Program the oven according to the chart or recipe directions.

DO NOT use a broiler pan for microwave cooking.

Bake — The oven rack is placed directly on the Ceramic Tray. Preheat the oven according to the temperature recommended in the chart or recipe. Food in cooking container is then placed on the oven rack.

COOKWARE AND UTENSIL GUIDE

Item	Microwave	Bake	Combination	Broil
Aluminum Foil	for shielding	yes	for shielding	yes
Broiler Pan/Spatter Shield	no	no	no	yes
Browning Dish	yes	no	no	no
Dinnerware/Cookware Oven/Microwave Safe	yes	yes	yes	no
Non-Oven Safe	use container test	no	no	no
Frozen Dinner Tray				
Metal	no	yes	no	yes
Plastic	yes	follow manufacturers' directions		no
Paperboard	yes			no
Glass-Ceramic	yes	yes	yes	yes
Metal Bakeware	no	yes	no	yes
Metal Twist Ties	no	yes	no	no
Oven Cooking Bags	yes	yes	yes	no
Ovensafe Glassware	yes	yes	yes	no
Paper Bags	no	no	no	no
Paper Towels/Napkins/Plates	with supervision	no	no	no
Parchment/Cooking Paper	yes	yes	yes	no
Plastic Cookware: Microwave Safe (labelled)	yes	check maximum temperature		no
Plastic Wrap	yes (labelled)	no	no	no
Styrofoam Cups	short term	no	no	no
Thermometers				
Microwave Safe	yes	no	no	no
Conventional	no	yes	no	yes
Wax Paper	yes	no	no	no

CONTAINER TEST

TO TEST A CONTAINER FOR SAFE MICROWAVE OVEN USE:

Fill a microwave safe cup with cool water and place it in the microwave oven alongside the empty container to be tested; **heat one (1) minute at P10 (HIGH)**. If the container is microwave oven-safe (transparent to microwave energy), the empty container should remain comfortably cool and the water should be hot. If the container is hot, it has absorbed some microwave energy and should NOT be used. This test cannot be used for plastic containers.

FOOD CHARACTERISTICS AND THEIR EFFECTS ON MICROWAVE COOKING

Bone and Fat

Both bone and fat affect cooking. Bones may cause irregular cooking. Meat next to the tips of bones may be overcooked while meat positioned under a large bone, such as a ham bone, may be undercooked. Large amounts of fat absorb microwave energy and the meat next to these areas may be overcooked.

Density

Porous, airy foods such as breads, cakes or rolls take less time to cook than heavy, dense foods such as potatoes and roasts.

Quantity

Two potatoes take longer to cook than one potato. As the quantity of the food decreases so does the cooking time. Overcooking will cause the moisture content in the food to decrease and a fire could result. Never leave microwave unattended while in use.

Shape

Uniform sizes heat more evenly. The thin end of a drumstick will be cooked more quickly than the meaty end. To compensate for irregular shapes, place thin parts toward the centre of the dish and thick pieces toward the edge.

Size

Small or thin pieces cook more quickly than thick pieces.

Starting Temperature

Foods that are room temperature take less time to cook than if they are at refrigerator temperature or frozen.

COOKING TECHNIQUES

Arrangement: Individual foods, such as baked potatoes, will be cooked more evenly if placed in the oven equal distances apart. When possible, arrange foods in a circular pattern. Foods should not be overlapped.

Browning: Foods will not have the same brown appearance as conventionally cooked foods. Meats and poultry may be coated with browning sauce, Worcestershire sauce, barbecue sauce or shake-on browning sauce. To use, combine browning sauce with melted butter or margarine, brush on before cooking.

Covering: As with conventional cooking, moisture evaporates during microwave cooking. Casserole lids or plastic wrap are used for a tighter seal. When using plastic wrap, vent the plastic wrap by folding back part of the plastic wrap from the edge of the dish to allow steam to escape. Loosen or remove plastic wrap as recipe directs for stand time. When removing plastic wrap covers, as well as any glass lids, be careful to remove them facing away from you to avoid steam burns. Various degrees of moisture retention are also obtained by using wax paper or paper towels. However, unless specified, a recipe is cooked uncovered.

Piercing: Foods with skins or membranes must be pierced, scored or have a strip of skin peeled before cooking to allow steam to escape. Pierce clams, oysters, chicken livers, chicken wing, whole potatoes and whole vegetables. Whole apples or new potatoes should have a 1-inch (2.5 cm) strip of skin peeled before cooking. Score sausages and frankfurters.

DO NOT Cook/Reheat whole eggs with or without the shell. Steam built up in whole eggs may cause them to explode, and possibly damage the oven or cause injury.

Reheating SLICED hard-boiled eggs and cooking SCRAMBLED eggs is safe.

Shielding: Thin areas of meat and poultry cook more quickly than meaty portions. To prevent overcooking, these thin areas can be shielded with strips of aluminum foil. Wooden toothpicks may be used to hold the foil in place.

Timing: A range in cooking time is given in the charts or recipe. The time range compensates for the uncontrollable differences in food shapes, starting temperature and regional preferences. Always cook food for the minimum cooking time given in the recipe and check for doneness. If the food is undercooked, continue cooking. It is easier to add time. Once the food is overcooked, nothing can be done.

Turning: It is not possible to stir some foods to redistribute the heat. At times microwave energy will concentrate in one area of a food. To help ensure even cooking, some foods need to be turned over once, halfway through cooking.

Stirring: Stirring is usually necessary during microwave cooking. We have noted when stirring is helpful, using the words once, twice, frequently or occasionally to describe the amount of stirring necessary.

Rearranging: Rearrange small items such as chicken pieces, shrimp, or hamburger patties by moving pieces from the edge to the center and pieces from the center to the edge of the dish.

Stand Time: Most foods will continue to be cooked by conduction after microwave cooking. In meat cookery, the internal temperature will rise 5 - 15°F (3 - 8°C) if allowed to stand, tented with foil, for 10 - 15 minutes. Casseroles and vegetables need a shorter stand time, but it is necessary to allow foods to complete cooking in the center without overcooking on the edges.

Testing for Doneness: The same tests for doneness used in conventional cooking may be used for microwave cooking. Meat is done when fork-tender or splits at fibers. Chicken is done when juices are clear yellow and drumstick moves freely. Fish is done when it flakes and is opaque.

SPECIAL FEATURES

Your oven can be set by Micro Power, Convection, Combination or Inverter Turbo Defrost with desired time. These methods are duplicated by the following preprogrammed special features.

Look for the symbol  to indicate recipes and charts with Sensor Cooking/Convection Cooking directions. Use these recipes and charts as a basis for determining which of your own similar conventional recipes may be converted to the Sensor Cooking/Convection Cooking method of cooking.

Sensor Reheat

Sensor Reheat is a quick and easy way to reheat refrigerated foods. Simply press the **Sensor Reheat** Button. There is no need to select cooking time or power.

Use a dish to correspond to the quantity of food being heated.

Sensor Cooking

The Sensor Cooking system works by detecting a build up of steam on the humidity sensor. As food is cooking in a microwave, steam is produced. When food is covered and vented, the steam will escape from the vent. The steam is detected by the humidity sensor and then the oven automatically calculates the remaining cooking time.

When the program is selected, it will be shown in the Display Window.

While the program is in use, opening the door may cause inaccurate cooking results. Once the steam is detected, the remaining cooking time immediately appears in the Display Window and begins to count-down. At this time, the oven door may be opened to stir turn or add foods.

Potatoes, Vegetables

For root vegetables such as potatoes, carrots and dense vegetables such as squash and turnips, **press** the **Sensor Cook** Button once. Potatoes and whole vegetables should be pierced several times before cooking and placed on a microwave-safe dish. For other fresh vegetables, **press** the **Sensor Cook** Button twice. For canned vegetables, **press** the **Sensor Cook** Button three times. For frozen vegetables, **press** the **Sensor Cook** Button four times.

Rice, Pasta

There are two categories for rice and one for pasta.

Press the **Sensor Cook** Button five times is for **White Rice**.

Press the **Sensor Cook** Button six times is for **Brown Rice**.

Press the **Sensor Cook** Button seven times is for **Pasta**.

When cooking **Rice** or **Pasta**, add rice or pasta to hot tap water, salt and butter according to package directions.

Since this sensor detects a sudden burst of steam from the dish, the dish must be covered with a matching lid or loosely, but completely, with a microwaveable plastic wrap. When heating commercially prepared foods, check the cookware guide to determine if the container is suitable or follow manufacturer's directions.

Casserole 1, Casserole 2

This category is designed to cook casseroles automatically.

Press **Sensor Cook** Button eight times for **Casserole 1**.

Press **Sensor Cook** Button nine times for **Casserole 2**.

When cooking Casserole, choose cooking dishes that are both microwave and heat safe, as the last stage of the program uses the **Combination** feature. There are two sub-categories. **Casserole 1** is for foods such as gratin and lasagna. **Casserole 2** is for foods such as stew.

Sensor Cooking Hints

For proper cooking results for the Sensor cooking categories, use the directions given in the recipes and charts. Lids should fit properly.

Cover dishes without matching lids loosely, but completely, with plastic wrap except when using **Casserole**. Use non extendable plastic wrap for microwave ovens. Large dishes need two overlapping pieces of plastic wrap. Securely mold wrap around sides of dish. Foods with bones should not be pierced through the wrap. Steam builds up under plastic wrap and lids, so carefully remove them away from you to avoid steam burns.

Shield, if necessary, at the beginning of the cooking time.

DO NOT open the oven door longer than one minute when the category setting is in the display window.

Loosen or remove the plastic wrap for the stand time or according to the recipe directions.

Convection Cooking

Beef, pork and poultry

To use, select the category for the roast and then enter the weight.

Once the weight is programmed, the cooking time will appear in the display window.

Press **Auto Convection** Button once for **Chicken Pieces**.

Press **Auto Convection** Button twice for **whole Chicken**.

Press **Auto Convection** Button three times for **Beef-medium**.

Press **Auto Convection** Button four times for **Pork**. Place roasts fat-side down and whole poultry breast-side down on a microwaveable, heat-safe rack set in a microwaveable, heat-safe shallow dish.

Turn the meat and poultry over halfway through the cook time. The meat and poultry chapters describe special procedures to follow.

Chicken Pieces

Up to 2 lb (1 kg)

Whole Chicken

Up to 6 lb (3 kg)

Beef - medium

Up to 4 lb (2 kg)

Pork

Up to 4 lb (2 kg)

Cake

Oven temperature and time are automatically programmed when using this feature to bake butter cakes, quick bread loaves, chiffon, sponge and angel food cakes. Use cake mixes for your favorite recipes, or choose a recipe from the dessert section of this cookbook.

For cakes that will be conventionally baked in less than 28 minutes, press **Auto Convection** Button five times.

The display will show **Cake 1**.

For cakes that will be conventionally baked in 28 minutes to 55 minutes, press **Auto Convection** Button six times.

The display will show **Cake 2**.

For cakes that will be conventionally baked in 55 minutes or more, press **Auto Convection** Button seven times.

The display will show **Cake 3**.

Always use metal pans of standard shapes, such as a square, round, oblong or a shallow tube pan. Cook one pan at a time.

Place the Oven Rack on the Ceramic Tray. Place the cake on the Oven Rack and press **Start** Button.

The cake categories are not suitable for fudge cakes, brownies or traditional fruit cake recipes.

Pie

Oven temperature and time are automatically programmed to bake double-crust pies.

There are three sub-categories for **Pie**.

Press **Auto Convection** Button eight times for double-crust pies with fresh fruit filling. The display will show **Fresh Pie**.

Press **Auto Convection** Button nine times for double-crust frozen pies. The display will show **Frozen Pie**.

Press **Auto Convection** Button ten times for baking double-crust pies made with pre-cooked or canned pie filling. The display will show **Pre Cooked Pie**.

Always use a metal pie pan and bake one at a time.

Prepare pies so that they are less than 2-inches (5 cm) high. Refrigerated or frozen pie crusts are not recommended.

Frozen pies must be placed on a small cookie sheet on the Oven Rack for best results.

Place the Oven Rack on the Ceramic Tray. Place the pie on the Oven Rack and press **Start** Button.

Defrosting Techniques



Remove wrapper. Otherwise, the wrap will hold steam and juice close to the food, which can cause the outer surface of the food to cook.

Remove ground meat from its tray.

Place meat in an appropriate dish.

Place small items, such as chops, chicken pieces, shrimp, scallops or fish on a microwave roasting rack in a dish.



Place roast fat-side down and whole poultry breast-side down on a microwave roasting rack in a dish. The rack helps prevent the food from sitting in its own juice. The juice will get hot during defrosting and the bottom will begin to cook.

Inverter Turbo Defrost

Turbo Defrost can be used to defrost many cuts of meat, poultry and fish by weight. To use, simply press the **Inverter Turbo Defrost** Button and enter the weight of the food.

Items that can be defrosted, are meat (chops, ground or roasts), poultry (whole or pieces) and fish or seafood. Place meat on a microwave roasting rack in an appropriate sized dish. Remove ground meat from its tray.

Place roast fat-side down and whole poultry breast-side down on a microwave roasting rack in an oblong dish. The rack helps prevent the food from sitting in its own juice. The juice will get hot during defrosting and if the food is sitting in the juice, the bottom will cook. Place small items, such as chops, chicken pieces, shrimp, scallops and fish on a microwave roasting rack set in an oblong dish. Break apart small pieces, turn over roasts and remove thawed portions of ground meat. Should shielding be required, do it when the two-beep signal is heard. The oven will not stop operating and some items may not require attention.

Use defrost by time for food that is not recommended for Turbo Defrost.

Follow the times and information given in the meat, poultry, fish and seafood sections. Disinfect all surfaces that have come in contact with thawed meat, fish and poultry.

To prevent overdefrosting, thin areas or edges can be shielded with strips of aluminum foil. However, when using foil, allow at least 1-inch (2.5 cm) of space between foil and interior oven walls. Also, if using two or more small pieces of foil to shield, place at least 1-inch (2.5 cm) apart from each other. This is to avoid arcing.

The oven beeps during the defrosting cycle to signal that the food needs to be turned or rearranged. Follow the directions given in the chart for the best results.

FOOD	AT BEEPS	AFTER DEFROSTING
MEAT		
Chops	Separate/Turn Over/Shield	Stand 5 min.
Frankfurters/ Sausage	Turn Over/Separate/Remove Defrosted Pieces	Stand 2 min.
Ground meat	Turn Over/Remove Defrosted Pieces/Turn Over/Break Apart/ Remove Defrosted Pieces	Stand 10 min.
Hamburger Patties	Turn Over/Separate/Turn Over/Remove Defrosted Pieces	Stand 5 min.
Roast	Shield/Turn Over/Shield	Stand 30 min. in refrigerator.
Ribs	Shield/Turn Over/Shield/Remove Defrosted Pieces	Stand 10 min.
Steak	Shield/Turn Over/Shield	Stand 5 min.
Stew	Turn Over/Separate/Remove Defrosted Pieces	Stand 5 min.
POULTRY		
Split Cornish Hens	Turn Over/Shield	Stand 5 min.
Whole Cornish Hens	Shield/Turn Over/Shield	Stand 10 min.
Chicken Pieces	Turn Over/Separate/Rearrange/Remove Defrosted Pieces	Rinse under cold water.
Whole Chicken	Turn Over/Shield/Turn Over/Shield	Stand 5 min.
		Stand 20 min.
		Rinse under cold water.
Turkey Breast*	Turn Over/Shield	Stand 30 min. in refrigerator.
		Rinse under cold water.
Turkey*	Turn Over/Shield	Stand 30 min. in refrigerator.
		Rinse under cold water.
SEAFOOD		
Sea scallops	Separate/Remove Defrosted Pieces/Turn Over/Separate/ Remove Defrosted Pieces	Stand 5 min.
Shrimp	Separate/Remove Defrosted Pieces/Turn Over/Separate/ Remove Defrosted Pieces	Rinse under cold water.
		Stand 5 min.
Fish, individual fillets	Turn Over/Shield/Separate	Rinse under cold water.
Whole Fish	Turn Over/Shield Tail	Stand 5 min.

NOTE:

If necessary, shield thin ends of meat and poultry with aluminum foil.

* The recommended maximum weight for meat is 4 lbs (2 kg), 3 lbs (1.5 kg) for seafood and 6 lbs (3 kg) for poultry.

APPETIZERS

ADAPTING RECIPES

Many of your favorite appetizer recipes can be cooked easily in your Dimension 4 Oven.

Bake temperatures may need to be 25°F (10°C) lower than conventional temperatures. Prepare appetizer according to the recipe directions. Place the Oven Rack on the Ceramic Tray. Place a dish on the Oven Rack. Check doneness at the minimum cooking time.

Combination 3 and **4** can both be used to cook appetizers. Prepare appetizer according to the recipe directions. Find a similar recipe in this cookbook and use it as a guideline. Generally, conventional recipes that require a temperature of

350°F (180°C) or 375°F (190°C) can be cooked on **Combination 3**, and recipes which require a temperature of 400°F (200°C) or 425°F (220°C) can be cooked on **Combination 4**.

Use a microwaveable and heat-safe dish. Place the dish in the oven. Appetizers that conventionally cook in about 15 minutes should be checked for doneness after cooking 10 - 12 minutes.

Microwave appetizers can be assembled and refrigerated until needed. Arrange in a circular pattern on a microwave-safe serving dish.

To keep breads and crackers crisp, line dish with a paper towel.

SHRIMP OPEN-FACE SANDWICHES

½ lb	cooked shrimp, chopped	250 g
1 cup	fresh bread crumbs	250 ml
⅓ cup	finely chopped celery	80 ml
2 tbsp	minced onion	30 ml
2 tbsp	mayonnaise	30 ml
2 tbsp	chopped parsley	30 ml
1 tbsp	chili sauce	15 ml
1 tbsp	lemon juice	15 ml
1	egg, beaten	1
½ tsp	salt	2 ml
8	dash cayenne pepper	
	slices of toasted bread of your choice	8
¾ cup	grated Swiss cheese	180 ml
	paprika	

To Cook by Combination: Preheat at 375°F (190°C). In a medium bowl, combine shrimp, bread crumbs, celery, onion, mayonnaise, parsley, chili sauce, lemon juice, egg, salt and cayenne pepper. Mix well. Divide mixture into eight portions and spread on toast. Top with cheese and sprinkle with paprika. Arrange 4 sandwiches on a microwave, heat-safe plate. Reset oven to **Combination 4**. Cook 5 - 7 minutes. Repeat with remaining sandwiches.

Makes: 4 servings

STUFFED MUSHROOMS

18	large mushrooms	18
¼ cup	bread crumbs	60 ml
¼ cup	ground walnuts	60 ml
¼ - ½		60 -
cup	grated Edam cheese	125 ml
1 tsp	Worcestershire sauce	5 ml
¼ tsp	oregano	1 ml
	pepper to taste	
2 tbsp	onion, minced	30 ml

Remove stems from mushrooms. Chop enough stems to equal ½ cup (125 ml). Combine with remaining ingredients and stuff each mushroom cap.

To Cook by Combination: Preheat at 375°F (190°C). Arrange mushrooms on a heat-safe dish. Reset oven to **Combination 4**. Cook 5 - 7 minutes.

To Microwave: Arrange mushrooms on a dish. Cook at **P6** 5 - 8 minutes, or until mushrooms are tender.

Makes: 18 appetizers

BACON-WRAPPED SCALLOPS

10-12 24	slices bacon small scallops	10-12 24
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To Broil: Place oven rack on Ceramic Tray. Preheat on **Broil**. Cut bacon slices in half and wrap around scallops. Secure with a wooden tooth pick. Evenly space on spatter shield. Place broiler pan on rack. Cook on **Broil** 10 - 12 minutes. Turn and continue to broil until browned.

To Microwave: Cut bacon slices in half. Place on bacon rack or paper towel and cover with paper towel. Partially cook at **P7** 4 - 6 minutes. Wrap bacon around scallops and secure with a wooden tooth pick. Arrange half on a microwave-safe plate. Cover with a paper towel. Cook at **P4** 4 - 6 minutes. Repeat with remaining hors d'œuvres. Serve hot.

Makes: 24 appetizers

Variation:

Fresh shelled oysters may be substituted for scallops.

CHICKEN TERIYAKI

2 lb 8 oz	chicken wings, cut apart can of chunk pineapple clove garlic, finely chopped	1 kg 240 g 1
1	soy sauce	60 ml
1/4 cup	packed brown sugar	30 ml
2 tbsp	salt	2 ml
1/2 tsp	ginger	1 ml

Arrange chicken in an 8" (20 cm) square dish with meatier portions toward edge of dish. In a small bowl, combine remaining ingredients; stir well. Pour sauce over chicken.

To Bake: Place oven rack on Ceramic Tray. Preheat at **400°F (200°C)**. Bake at **400°F (200°C)** 35 - 45 minutes. Stir once.

To Microwave: Cover with wax paper. Cook at **P7** 12 - 14 minutes, or until chicken is tender. Rearrange chicken halfway through cooking. Serve with sauce.

Makes: 10 servings

BRIE IN PASTRY

1	sheet of frozen puff pastry [half of a 17¼ oz (518 g) package]	1
1	round of Brie cheese [14 - 18 oz (420 - 540 g)]	1
1	egg, beaten with 1 tbsp (15 ml) water, optional	1

To Bake: Place oven rack on Ceramic Tray. Preheat oven at **375°F (190°C)**. Thaw pastry 20 minutes, then unfold. Roll into a 12" (31 cm) square. Cut 1" (2.5 cm) strip from each side of square. Roll 3 of the strips to 18" (45 cm) length and braid or twist to make 1 strip. If desired, remove rind from top of Brie. Place Brie, top down, in center of square of dough. Wrap dough over cheese, completely enclosing cheese. Moisten edges of dough with water and seal well. Place sealed-side down on cookie sheet. Moisten bottom side of dough and gently press braid around side; press ends together to seal. Use remaining strip of dough to make decorative cut-outs for top. If desired, brush egg mixture over dough. Place cookie sheet on oven rack. Bake at **375°F (190°C)**, 32 - 35 minutes, or until pastry is puffed and lightly browned. Let stand 20 minutes before serving. Serve with crackers.

COCKTAIL MEATBALLS

1/2 lb	ground beef	250 g
1/4 cup	dry bread crumbs	60 ml
1	egg	1
2 tbsp	green onion, finely chopped	30 ml
1	garlic clove, chopped	1
1/2 tsp	salt	2 ml
1/2 tsp	Italian seasoning	2 ml
1/4 tsp	basil	1 ml
	dash of pepper	
1/2 cup	grape jelly	125 ml
1/2 cup	chili sauce	125 ml
1 tbsp	prepared mustard	15 ml

In a medium bowl, combine ground beef, bread crumbs, egg, onion, garlic and seasonings. Mix lightly. Shape into 25 meatballs.

In a 1/2-quart (0.5 L) casserole dish, combine jelly, chili sauce and mustard. Add meatballs and coat with sauce. Cover.

To Cook by Sensor Cooking: Press **Sensor Cook** Button eight times, then **Start**.

To Microwave: Cook at **P6** 6 minutes, then at **P4** 9 minutes.

Serve with sauce.

Makes: 25 meatballs

SAUCES

CRANBERRY SAUCE

1 lb	fresh cranberries	500 g
1 cup	sugar	250 ml
	grated rind of 1 orange	
1/3 cup	orange juice	80 ml

To Microwave: Combine all ingredients in a large bowl. Cook at **P7** 4 - 5 minutes, or until berries are soft. If desired, mash berries. Serve cold.

Makes: 3 servings

HOLLANDAISE SAUCE

1/2 cup	butter or margarine	125 ml
1/4 cup	lemon juice	60 ml
4	egg yolks	4
	salt and pepper to taste	

To Microwave: In a medium bowl or cup, melt butter at **P7** 50 - 60 seconds. Combine lemon juice with egg yolks. Vigorously stir into butter with a fork or whisk. Cook at **P4** 50 - 60 seconds, stirring several times. Season to taste. May be reheated at **P4** 30 - 40 seconds, stirring twice.

Makes: 3/4 cup (180 ml)

BASIC WHITE SAUCE

2 tbsp	butter or margarine, melted	30 ml
2 tbsp	flour	30 ml
1/4 tsp	salt, optional	1 ml
	dash of white pepper, optional	
1 cup	milk	250 ml

To Microwave: In a 4-cup (1 L) bowl, combine melted butter, flour, salt and pepper. Gradually add milk; stir until smooth. Cook at **P6** 4 - 5 minutes, or until sauce is thickened. Stir occasionally.

Makes: 1 cup (250 ml)

Variations:

Cheese Sauce: Stir in 1/2 - 3/4 cup (125 - 180 ml) shredded cheese. Cook at **P4** 1 minute, if necessary, to melt cheese completely.

Velouté Sauce: Use chicken broth in place of half of the milk.

Cream Soup Base: Add 1 cup (250 ml) chicken broth, 1 cup (250 ml) puréed vegetables and seasonings.

SPAGHETTI SAUCE

2 tbsp	oil	30 ml
3/4 cup	chopped onion	180 ml
2	cloves garlic, finely chopped	2
1	can of whole tomatoes, chopped	1
(28 oz)	chopped	(840 g)
1	can of tomato paste	1
(2/3 cup)		(165 ml)
1/2 cup	water	125 ml
1	bay leaf	1
1/2 tsp	salt	2 ml
1/4 tsp	basil	1 ml
1/4 tsp	oregano	1 ml

To Microwave: In a 2-quart (2 L) dish, combine oil, onion and garlic. Cook at **P7** 1 1/2 - 2 minutes. Add remaining ingredients. Cook, covered with wax paper, at **P7** 6 - 7 minutes and at **P1** 1 hour; stir occasionally. Remove bay leaf before serving.

Makes: 6 cups (1.5 L)

CARAMEL SAUCE

1 cup	water	250 ml
1/2 cup	brown sugar	125 ml
2 tbsp	cornstarch	30 ml
1 tbsp	butter	15 ml
1 tsp	salt	5 ml
1 tsp	vanilla extract	5 ml

To Microwave: Combine all of the ingredients in a large bowl. Cook at **P7** 3 - 5 minutes, stirring twice. Should be thick and translucent.

Makes: 1 cup (250 ml)

GRAVY

1 - 2		15 -
tbsp	butter or margarine	30 ml
2 tbsp	flour	30 ml
	salt and pepper to taste	
	few drops of browning sauce, optional	
1 cup	roast drippings*	250 ml

To Microwave: Heat butter in a small glass bowl at **P7** 30 - 45 seconds, or until melted. Stir in flour, salt, pepper and browning sauce. Gradually add drippings. Stir until smooth. Cook at **P7** 2 1/2 - 4 minutes, or until gravy is thickened; stir twice.

Makes: 1 cup (250 ml)

* If necessary, add broth, milk or water to roast drippings to equal 1 cup (250 ml). If using milk, cook at **P4** 3 - 5 minutes.

CHICKEN SOUP

2 - 3		1 -
lb	chicken parts	1.5 kg
8 cups	boiling water	2 L
3	celery stalks, cut-up	3
2	carrots, diced	2
1	onion	1
2	bay leaves	2
1 tsp	peppercorns or pepper	5 ml
	salt to taste	

To Microwave: Put all ingredients in a 4-quart (4 L) casserole. Cover with wax paper or a lid. Cook at **P7** 20 minutes and at **P3** 2 - 3 hours, (more liquid may be added during cooking if required) or until chicken is tender. Remove bay leaves, peppercorns and onion before serving. Cut chicken off bone and return to broth.

Makes: 10 cups (2.5 L)

Variations:

Beef Soup: Substitute beef bones and stewing beef for chicken and cook at least 3 hours.

CREAM OF BROCCOLI SOUP

6 tbsp	butter or margarine	90 ml
1 tbsp	finely chopped onion	15 ml
1/3 cup	flour	80 ml
2 cups	milk	500 ml
1 cup	chicken broth	250 ml
3/4 tsp	salt	3 ml
	dash pepper	
	dash nutmeg, optional	
10 oz	package frozen chopped broccoli, defrosted	300 g

To Microwave: Combine butter and onion in a 2-quart (2 L) casserole. Cook at **P7** 1 1/2 - 2 minutes, blend in flour. Gradually add milk, broth, salt, pepper and nutmeg, stir until smooth. Cook at **P4** 7 - 9 minutes, or until soup is slightly thickened, stir occasionally. Add broccoli and purée in food processor or blender. Return to casserole. Cook at **P4** 3 - 4 minutes, stir once.

Makes: 4 servings

Variations:

Cream of Mushroom Soup: follow above procedure. Substitute 1 cup (250 ml) sliced, cooked mushrooms for broccoli.

Cream of Spinach or Asparagus Soup: follow above procedure. Substitute 1 package 10 oz (300 g) frozen spinach or asparagus, for broccoli.

Cream of Chicken Soup: follow above procedure. With butter and onion, cook 1/4 lb (125 g) chicken meat, diced, 2 1/2 - 3 minutes, stir once. Use 2 cups (500 ml) of chicken broth and 1 cup (250 ml) milk, omit broccoli.

POTATO SOUP

2	potatoes, peeled and diced	2
2	green onions, sliced	2
1 cup	chicken stock	250 ml
1/2 tsp	salt	2 ml
1/4 tsp	pepper	1 ml
2 tbsp	chopped parsley	30 ml
1 cup	milk	250 ml

Combine potatoes, onions, chicken stock, salt and pepper in a 2-quart (2 L) casserole. Cover with wax paper.

To Cook by Sensor Cooking: Press **Sensor Cook** Button once, then **Start**.

To Microwave: Cook at **P7** 3 minutes, then at **P4** 10 - 12 minutes, or until potatoes are tender.

To Complete: Purée potato mixture in batches. Stir in parsley and milk, heat at **P6** 2 minutes, or until hot.

Makes: 4 servings

Variations:

- Cook with chopped leeks instead of onions.
- Serve with 1/4 cup (60 ml) grated Blue or Cheddar cheese.
- Serve with diced, cooked, chicken, ham or bacon.

PUMPKIN SOUP

4 cups	cubed pumpkin or squash	1 L
4 cups	chicken broth, divided	1 L
1/2 cup	chopped potato	125 ml
1	leek, sliced	1
1	small onion, minced	1
2 tbsp	chopped parsley	30 ml
1 tsp	salt	5 ml
1/2 tsp	nutmeg	2 ml
1 cup	milk, optional	250 ml

To Microwave: Combine all ingredients and 1 cup (250 ml) broth in a 2-quart (2 L) casserole. Cover and cook at **P7** 10 - 15 minutes, or until potatoes are soft. Purée the mixture in batches. Return to a dish with remaining chicken broth and heat at **P7** 10 - 12 minutes, or until hot. Add milk if desired.

Makes: 8 cups (2 L)

EGGS

COUNTRY BREAKFAST

2	medium potatoes	2
¼ cup	butter or margarine	60 ml
¼ cup	chopped green pepper	60 ml
¼ cup	chopped onion	60 ml
4	eggs	4
½ cup	milk	125 ml
½ tsp	salt	2 ml
⅛ tsp	pepper	0.5 ml
2	slices processed cheese, halved, optional	2

To Microwave: Cook potatoes according to directions on page 32. Let stand 5 minutes; peel and slice. Meanwhile, in an 8" (20 cm) round dish, combine butter, green pepper and onion. Cook at **P7** 3 - 4 minutes, or until vegetables are tender; add sliced potatoes. Beat eggs, milk, salt and pepper together; stir into potatoes mixture. Cook, covered with plastic wrap, at **P4** 5 - 6 minutes, or until eggs are set; stir twice. Top with cheese. Let stand, covered, 5 minutes before serving.

Makes: 4 servings

BASIC OMELETTE

1 tbsp	butter or margarine	15 ml
2	eggs	2
2 tbsp	milk	30 ml
⅛ tsp	salt	0.5 ml
	dash pepper	

To Microwave: Heat butter in a 9" (23 cm) pie plate, at **P7** 30 seconds, or until melted, turn plate to coat bottom with butter. Meanwhile, beat remaining ingredients together; Pour into pie plate. Cook, covered loosely, but completely with plastic wrap or a lid, at **P4** 2¼ - 3¼ minutes, or until omelette is almost set; stir after 1 minute. Let stand, covered, 2½ minutes. With a spatula, loosen edges of omelette from plate; fold into thirds to serve.

Makes: 1 serving

Variations:

Cheese omelette: before folding, sprinkle ¼ cup (60 ml) of shredded cheese down center of omelette.

Ham omelette: before folding, sprinkle ¼ cup (60 ml) of finely chopped cooked ham down center of omelette.

Herb omelette: blend in ⅛ tsp (0.5 ml) of basil, thyme or crushed rosemary with eggs and milk.

Jelly omelette: before folding, spoon ¼ cup (60 ml) of jelly down center of omelette.

SCRAMBLED EGGS

For each egg, add 1 tbsp (15 ml) milk, water or tomato juice and a dash of salt. Beat eggs. Pour into a greased bowl. Cook eggs according to the chart. Stir two or three times during cooking.

DIRECTIONS FOR COOKING MEAT BY MICROWAVE

For best results, select roasts that are uniform in shape.

Boneless roasts are cooked more evenly.

Season as desired, but salt after cooking. Flavor and color enhancers are best applied before cooking. These may be soy sauce, barbecue sauce, pastes of herbs, oils and mustard, Kitchen Bouquet thinned with butter or margarine, and seasoned crumb coatings.

Tender roasts should be shielded at the ends with small pieces of aluminum foil. Narrow parts, where the bone and meat taper, should also be shielded. Press the foil against the meat or secure with a wooden tooth pick. Foil should not be allowed to come close to the oven walls. Shielding should be done at the beginning of the cooking time and removed halfway through the cooking; however it may be added halfway through.

Place the roast on a microwave-safe rack set in a cooking dish, so that meat will not sit in the juices.

Place beef roasts fat-side down and other roasts fat-side up. Turn the beef over halfway through the cooking time.

Beef and lamb roasts may be covered with wax paper to hold the heat and prevent spattering. Pork, ham and veal roasts will benefit from covering loosely, but completely, with plastic wrap.

Hams should be skinned about 20 minutes before the end of the cooking time. Score fat in a decorative pattern and glaze, if desired, and recover with the plastic wrap.

Drain juices occasionally and reserve for gravy.

Let stand, tented with a piece of foil, 10 - 15 minutes to make carving easier and complete cooking. Internal temperature will rise 5 - 15°F (3 - 8°C) on standing.

Pot Roasts should be placed in a deep casserole along with 1½ cups (375 ml) liquid such as broth, tomato juice, wine or water and seasonings. Add vegetables, if desired. Cover and cook as recommended. Let stand 10 minutes.

Final temperatures may be checked using an instant read thermometer. **DO NOT** use a conventional meat thermometer on the microwave mode.

Meat Roasting Chart for Microwave Cooking

Meat	Power	Approximate Cooking Time		Approximate Temperature after Cooking
		minute/lb	minute/kg	
Beef 2½ - 4 lb (1.25 - 2 kg)				
Beef Roast				
Rare	P4	9 - 13	19 - 26	120°F (50°C)
Medium	P4	14 - 16	26 - 33	130°F (55°C)
Well	P4	17 - 19	32 - 39	160°F (70°C)
Pot Roast				
Chuck, Rump	P4	40 - 45	80 - 90	_____
Pork 2½ - 4 lb (1.25 - 2 kg)				
Roast				
Bone-in	P4	24 - 27	48 - 55	170°F (80°C)
Boneless	P4	19 - 21	38 - 42	170°F (80°C)
Ham (fully cooked), canned				
3 - 5 lb (1.5 - 2.5 kg)	P4	10 - 12	20 - 25	140°F (60°C)
Shank [up to 8 lb (4 kg)]	P4	12 - 16	24 - 33	140°F (60°C)
Lamb 2½ - 4 lb (1.25 - 2 kg)				
Boneless				
Medium	P4	11 - 13	22 - 26	140°F (60°C)
Well	P4	13 - 15	27 - 34	160°F (70°C)
Bone-in				
Medium	P4	14 - 18	29 - 39	140°F (60°C)
Well	P4	18 - 20	36 - 40	160°F (70°C)
Veal 2½ - 4 lb (1.25 - 2 kg)				
Medium	P4	10 - 13	20 - 26	150°F (65°C)
Well	P4	12 - 15	24 - 31	160°F (70°C)

DIRECTIONS FOR ROASTING MEAT ON COMBINATION

Choose tender and moderately tender cuts for dry roasting and less-tender cuts for pot roasting. Season as desired, but salt after cooking. Tie on bay leaves and make slits to insert slivers of garlic for flavor, if desired. Parchment paper may be used as a cover.

Beef, Veal, Pork and Lamb roasts should be placed fat-side down on a microwaveable, heat-safe roasting rack set in a shallow dish. Shield the cut edges, narrow ends and bony areas with small pieces of aluminum foil for half of the roasting time. Basting may be done near the end of the roasting time. Turn roasts fat-side up after half the cooking time.

Ham with skin, should be placed in a dish, with a narrow strip of aluminum foil around cut edge. After 60 minutes of cooking, remove skin and excess fat. Turn, shield cut edge and continue cooking. Glaze during the last 30 minutes of cooking. Canned and ready-cooked hams may be shielded as described and glazed during the last 10 minutes of cooking.

Pot roast should be placed in a microwaveable heat-safe casserole along with vegetables, seasonings and liquid. Cover with a lid. Use for less-

tender cuts of beef, veal or lamb. Turn roast. Place the dish on the Ceramic Tray.

To Cook by Time: Multiply the weight of the meat by the time recommended in the chart, using the recommended combination setting.

To Cook by Convection Cooking: Press the **Auto Convection** Button three times for Beef-Medium. For pork press the **Auto Convection** Button four times, then enter the weight.

After cooking, let stand tented with foil, 10 - 15 minutes to complete cooking and make carving easier. During stand time, check the internal temperature of the roast using a microwave or conventional thermometer. The thermometer should not touch bone or fat. If it does, the reading could be inaccurate. If the temperatures are lower than desired, return the roast to the oven and cook for a few more minutes at the recommended Combination Setting. **DO NOT use a Microwave or Conventional meat thermometer in the oven when cooking on Combination.**

Meat Roasting Chart for Combination Cooking

Item	Combination Cooking Time			Final Internal Temperature
	Combination Setting	minute/lb	minute/kg	
Beef 2½ - 4 lb (1.25 - 2 kg)				
Rib				
Rare	2	12 - 15	24 - 30	120°F (50°C)
Medium	2	15 - 18	30 - 36	130°F (55°C)
Well	1	24 - 28	45 - 46	160°F (70°C)
Boneless Rib, top Sirloin				
Rare	2	14½ - 17	29 - 35	120°F (50°C)
Medium	2	17½ - 19	36 - 42	130°F (55°C)
Well	1	24 - 26	48 - 52	160°F (70°C)
Tenderloin				
Rare	4	10 - 12	20 - 25	120°F (50°C)
Medium	4	13 - 14	26 - 29	130°F (55°C)
Pot Roast	2	2 - 2½ hours total		—
Pork 2½ - 4 lb (1.25 - 2 kg)				
Bone-in or Boneless	3	19 - 22	38 - 45	170°F (80°C)
Ham (Ready-cooked)	1	18 - 21	36 - 43	—
Chops 2	3	14 - 16 minutes total		170°F (80°C)
4	3	18 - 26 minutes total		170°F (80°C)
Veal 2½ - 4 lb (1.25 - 2 kg)	1	20 - 23	41 - 47	160°F (70°C)
Lamb 2½ - 4 lb (1.25 - 2 kg)				
Bone-in				
Medium	2	15 - 18	30 - 36	140°F (60°C)
Well	1	19 - 21	38 - 42	160°F (70°C)
Boneless				
Medium	2	15 - 18	30 - 36	140°F (60°C)
Well	1	19 - 21	38 - 42	160°F (70°C)

DIRECTIONS FOR BROILING MEAT

Preheat the oven on **BROIL**. Place the Oven Rack on the Ceramic Tray.

To prepare steaks and chops, trim the excess fat from the meat. Trim and slash fat at regular intervals around the edge to prevent curling during broiling. Broiling is best for tender cuts of beef, pork and lamb. Less tender cuts such as blade or round steak should be marinated several hours to tenderize before broiling.

Place meat on a spatter shield. Put the spatter shield on the broiler pan.

Broiling times will vary, therefore, use the guide as a recommendation. Turn meat over after half of the broiling time.

To check, touch the surface. Softer meat is less cooked than firm meat. Red color indicates rare, pink is medium and gray is well done, when meat is cut.

To prevent the surface from drying, butter or oil may be brushed on ham, lamb or pork. Bacon slices may be wrapped around filet mignon, rib eye slices and beef or lamb patties.

Meat Broiling Chart

Meat	Cooking Time (min.)	Meat	Cooking Time (min.)
Beef		Lamb	
Steak 1" (2.5 cm) 9 - 11 oz (270 - 330 g) ea. Medium	19 - 23	Chops ¾" (2 cm) Shoulder 6 - 8 oz (180 - 240 g) ea. Medium	14 - 17
Steak 1½" (4 cm) 13 - 15 oz (390 - 450 g) ea. Medium	26 - 30	Well	18 - 21
Filet Mignon 1" (2.5 cm) 6 - 7 oz (180 - 210 g) ea. Rare	14 - 18	Pork	
Medium	18 - 22	Loin Chops ½" (1.5 cm) Approx. 4 oz (120 g) ea.	16 - 20
Patties		Rib 1" (2.5 cm) Approx. 8 oz (240 g) ea.	22 - 24
4 oz (120 g) ea.		Sausages	
Rare	14 - 15	Breakfast	8 - 10
Medium	15 - 17	Italian	10 - 12
		Wieners	4 - 6

COOKING MEAT PORTIONS

To Microwave: Meat may be brushed with browning sauce mixed with equal parts of melted butter to enhance appearance. Pierce sausage links with a fork, and score wieners before cooking.

Arrange food in a single layer in a dish. A rack may be used to elevate fatty meats.

Cover most meats with wax paper, and pork with

plastic wrap. Place bacon on a rack and cover with a paper towel. When not using a rack, up to six bacon slices may be placed between layers of paper towels. Cook according to the time given in the chart, below. Turn, or rearrange, as required. Let stand according to the recommended time in the chart, below.

Meat	Amount	Power	Approximate Cooking Time (in minutes)	Stand time (in minutes)
Bacon, slices	2		1½ - 2	1
Peameal/Canadian/back	4	P4	2½ - 3½	1
	6		4 - 5	1
Frankfurters, scored	2	P7	¾ - 1¼	1
	4		1¼ - 2	1
Hamburger Patties	1		1 - 1½	2
4 oz (120 g) each	2	P4	2 - 2½	2
	4		4½ - 5½	2
Lamb chops, shoulder	2	P4	4 - 6	5
5 oz (150 g) each	4		7 - 9	5
Pork chop, rib or loin	2	P4	6 - 7	5
5 oz (150 g) each	4		9 - 11	5
Sausage, fresh (Italian)	4	P6	4 - 5	1
3 - 4 oz (90 - 120 g)				

MEATS

ROAST BEEF WITH VEGETABLES

4	carrots	4
4	potatoes	4
2	onions	2
	Seasonings	
3 lb	Prime Rib roast	1.5 kg

To Cook by Combination: Cut carrots in 1" (2.5 cm) pieces; quarter potatoes and onions. Season roast as desired, omitting salt. Place roast fat-side down onto a microwave and heat-safe rack set in a shallow casserole dish and surround with vegetables. Brush vegetables with oil. Cook on **Combination 3**, 60 - 70 minutes for medium rare. Cook on **Combination 4**, 70 - 75 minutes for medium. Turn roast and vegetables halfway through the cooking time.

Makes: 6 servings

CHINESE BEEF & VEGETABLES

1 lb	beef round steak	500 g
1 tbs	oil	15 ml
1 tsp	grated ginger	5 ml
1	clove garlic, crushed	1
½ cup	beef stock	125 ml
1 tbs	soy sauce	15 ml
2 tbs	Hoi Sin sauce	30 ml
2 tbs	cornstarch	30 ml
10 oz	package frozen mixed vegetables (broccoli, snowpeas, cauliflower, onions, mushrooms, etc.)	300 g

To Microwave: Slice beef thinly. Meat will slice easily if partially frozen. Combine oil, ginger and garlic in a 1.5-quart (1.5 L) casserole dish. Cook at **P7** 1 minute. Combine beef stock, soy sauce, Hoi Sin sauce, and cornstarch and add to casserole. Cook at **P7** 1½ minutes.

Stir in meat, cover and cook at **P4** 4 minutes. Add vegetables and cook at **P4** 6 - 8 minutes; stirring occasionally.

Let stand 3 minutes. Serve with rice.

Makes: 4 servings

BARBEQUED BEEF SHORT RIBS

2 - 3 lb	beef short ribs, cut in 3" (7.5 cm) pieces	1 - 1.5 kg
1 cup	ketchup	250 ml
¼ cup	lemon juice	60 ml
1	small onion, chopped	1
1	clove garlic, minced	1
2 tsp	Worcestershire sauce	10 ml
½ tsp	salt	2 ml
¼ tsp	pepper	1 ml
¼ tsp	cayenne pepper	1 ml

Arrange ribs evenly, with meaty parts to the edge in a 2-quart (2 L) casserole dish. Combine remaining ingredients in a bowl and pour over ribs.

To Cook by Combination: Cook on **Combination 3**, 60 - 70 minutes or until meat is tender.

To Microwave: Cover loosely with plastic wrap. Cook at **P7** 2 minutes and at **P3** 40 - 50 minutes. About halfway through the cooking time, rearrange ribs. Baste and cover with remaining sauce. Check ribs with a fork. If not tender, continue cooking for 10 - 15 minutes. Stand, covered, 10 minutes.

Makes: 4 servings

* Pork Spare Ribs may be substituted for beef. For beef, marinate for several hours, turning once, before cooking.

BEEF POT ROAST

2½ - 3 lb	short rib or blade rolled roast	1.25 - 1.5 kg
3	onions, quartered	3
2	carrots, cut in pieces	2
2	celery stalks, cut in pieces	2
1 cup	turnip, cubed	250 ml
1	can of tomatoes	1
(19 oz)		(570 g)
1	garlic clove, minced	1
1 tsp	basil	5 ml
½ tsp	salt	2 ml

Put meat with vegetables and seasonings in a 5-quart (5 L) casserole. Cover with lid. Turn roast once halfway through the cooking time.

To Cook by Combination: Cook on **Combination 1** 1 - 1½ hours, or until meat and vegetables are tender.

To Microwave: Cook at **P6** 10 minutes, then at **P4** 1½ hours or until meat and vegetables are tender.

To Complete: Let stand 10 minutes before slicing.

Makes: 6 - 8 servings

CHILI STEW

1 lb	ground beef	500 g
2	medium onions, chopped	2
¼ tsp	instant minced garlic	1 ml
1	can pinto or red kidney	1
(1½ cups)	beans	(375 ml)
1	can stewed tomatoes,	1
(1½ cups)	chopped	(375 ml)
1	can tomato sauce	1
(1½ cups)		(375 ml)
2 - 3	chili powder	30 -
tblsp		45 ml

Coarsely crumble ground beef in a 3-quart (3 L) casserole. Stir in onion and garlic. Cook at **P7** 6 - 7 minutes, or until beef is browned. Stir once, drain. Stir in remaining ingredients. Cover with lid.

To cook by Sensor Cooking: Press **Sensor Cook** Button nine times, then **Start**.

To Microwave: Cook at **P7** 6 minutes, and at **P3** 20 minutes. Stir once.

To Complete: Let stand, covered, 5 minutes before serving.

Makes: 4 servings

CORNERED BEEF DINNER

6	medium new potatoes	6
2½ -		1.25 -
3 lb	cornered beef brisket	1.5 kg
2	onions, quartered	2
1½ cups	water	375 ml
1	small head cabbage	1
	[about 1½ lb (750 g)]	
	cut into 6 wedges	

To Microwave: Cook potatoes at **P7** 11 - 12 minutes. Cool, then peel and slice.

In a 3-quart (3 L) casserole dish place cornered beef, onions and water, cover with lid or plastic wrap. Cook at **P7** 10 - 15 minutes. Cook at **P1** 3 hours, or until beef is tender. Turn over halfway through the cooking time. Remove to serving platter; let stand, covered 15 minutes. Meanwhile, in the same dish, arrange cabbage (thick sides toward edge of dish) and potatoes; add ½ cup (125 ml) cooking liquid. Cook, covered at **P7** 9 - 11 minutes, or until cabbage and potatoes are tender. Slice cornered beef and serve with vegetables.

Makes: 6 servings

ROLLED MEAT LOAF

1½ lb	ground beef	750 g
¾ cup	bread crumbs	180 ml
2 tbsp	ketchup	30 ml
1 tbsp	Worcestershire sauce	15 ml
1 tsp	Kitchen Bouquet	5 ml
1 tsp	salt	5 ml
¼ tsp	pepper	1 ml
1	egg	1

To Microwave: Combine ground beef and other ingredients and knead together lightly. Spread between 2 sheets of wax paper and shape in a rectangle. Remove top sheet of paper. Spread one of the fillings evenly over meat. Roll up from narrow end, lifting paper to help roll. Pat seams together. Place in a loaf pan. Cover with wax paper. Cook at **P7** 4 minutes then at **P4** 12 - 17 minutes, or until the meat is no longer pink. Let stand 5 minutes.

Filling Variations:

Mexican: ½ cup (125 ml) salsa and a few drops of hot pepper sauce.

Asparagus: 10 - 12 cooked asparagus spears and 1 cup (250 ml) of grated cheddar cheese.

Rice: 1½ cups (375 ml) of cooked rice, ½ cup (125 ml) of grated mozzarella cheese and 1 tsp (5 ml) of oregano and dash of salt and pepper.

Plain: Omit filling and pat into a loaf pan.

Makes: 6 servings

SHEPHERD'S PIE

1 lb	ground beef	500 g
½ cup	frozen peas, thawed	125 ml
¼ cup	onion, chopped	60 ml
1 tbsp	gravy powder	15 ml
½ tsp	curry powder	2 ml
¼ tsp	salt	1 ml
¼ tsp	pepper	1 ml
2 cups	mashed potatoes	500 ml
	paprika	

In a 2-quart (2 L) casserole dish, crumble ground beef and cook at **P4** 4 - 7 minutes, until meat is cooked; stirring twice. Add remaining ingredients, except potatoes. Stir well and spread potatoes evenly on top. Cover with lid.

To cook by Sensor Cooking: Press **Sensor Cook** Button eight times, then **Start**.

To microwave: Cover and cook at **P4** 10 - 12 minutes or until steaming hot. Garnish with paprika.

Makes: 4 servings.

MEATS

LAMB CURRY

1	small onion, finely chopped	1
¼ cup	butter or margarine	60 ml
2 tbsp	flour	30 ml
1 lb	boneless lamb, cut into ½" (1.5 cm) cubes	500 g
½ cup	water	125 ml
1 tsp	chicken bouillon powder	5 ml
⅓ cup	raisins	80 ml
⅓ cup	peanuts	80 ml
2 tbsp	lemon juice	30 ml
1 tbsp	curry powder	15 ml
½ tsp	ginger	2 ml
½ tsp	salt	2 ml
½ cup	flaked coconut	125 ml
2 cups	cooked rice	500 ml

Cook onion and butter in a 2-quart (2 L) casserole at **P7** 1 - 2 minutes. Stir once. Stir in flour, then lamb, water, bouillon powder, raisins, peanuts, lemon juice, curry powder, ginger and salt.

To Cook by Combination: Cook on **Combination 3**, 55 - 60 minutes, or until lamb is done.

To Microwave: Cook, covered, with glass lid, at **P7** 5 minutes and **P4** 20 - 25 minutes, or until lamb is tender; stir once.

To Complete: Sprinkle with coconut and let stand, covered, 5 minutes. Serve over rice.

Makes: 4 servings

ORANGE PORK CHOPS

4	pork chops	4
1 tsp	Kitchen Bouquet	5 ml
4	onion slices	4
4	orange slices	4
¼ cup	orange juice	60 ml
1 tbsp	chopped parsley	15 ml
¼ cup	sour cream	60 ml
1 tbsp	flour	15 ml
¼ tsp	salt	1 ml
⅛ tsp	pepper	0.5 ml
1 tsp	dijon mustard	5 ml

Season pork chops with Kitchen Bouquet and arrange in a shallow dish. Top each pork chop with a slice of onion and a slice of orange. Pour in orange juice. Sprinkle with parsley.

To Cook by Convection Cooking: Place dish on the Ceramic Tray. Press **Auto Convection** Button four times and enter the weight, then **Start**. Turn once if desired.

To Microwave: Cover with plastic wrap. Cook at **P4** 10 - 12 minutes, or until meat is cooked. Remove pork chops.

To Complete: Combine sour cream, flour and seasonings, stir into liquid. Cover and cook at **P7** 1 minute. Serve sauce over chops with orange slices.

Makes: 4 servings

BEEF AND VEGETABLE STIR FRY

1 lb	beef sirloin steak	500 g
¼ cup	water	60 ml
1 tbsp	cornstarch	15 ml
1 tsp	sugar	5 ml
1	beef bouillon cube	1
1 tbsp	soy sauce or magi sauce	15 ml
1	clove garlic, minced	1
4	green onions, sliced	4
2	stalks celery, sliced	2
8	mushrooms, sliced	8
1	green or red pepper, sliced	1
4 cups (5 oz)	spinach, shredded	1 L (150 g)

To Microwave: Beef may be partially frozen to make cutting easier. Cut meat across grain in 4 x ¼" (10 x 1 cm) strips. In a 3-quart (3 L) shallow casserole, combine beef, water, cornstarch, sugar, and bouillon. Cover and cook at **P7** 2 minutes. Stir, cover and cook at **P4** 3 minutes. Stir in remaining ingredients, except spinach. Cover and cook at **P6** 4 - 5 minutes, or until ingredients are tender. Add spinach and cook at **P6** 2 - 4 minutes. Serve over rice or fine noodles.

Makes: 4 servings

APPLE STUFFED PORK CHOPS

4	pork chops, 1" (2.5 cm) thick	4
¼ cup	butter or margarine, melted	60 ml
½ cup	chopped apple	125 ml
1	slice bread, torn in bits	1
¼ cup	Cheddar cheese, grated	60 ml
2 tbsp	orange juice	30 ml
2 tbsp	celery, chopped	30 ml
1 tbsp	onion, chopped	15 ml
1 tbsp	raisins, chopped	15 ml
1 tsp	sage, divided	5 ml
¼ tsp	salt	1 ml
½ tsp	black pepper	2 ml

Cut pocket in each chop. In bowl, combine butter, apples, bread, cheese, orange juice, celery, onion, raisins, ½ tsp (2 ml) sage, and salt; mix well. Fill each pocket with stuffing and close the opening with wooden toothpicks. Sprinkle chops with remaining sage and pepper.

To Cook by Combination: Preheat at **375°F (190°C)**. Reset to **Combination 3** and cook 28 - 30 minutes.

To Microwave: Arrange pork chops in 10" (25 cm) square dish. Cover with plastic wrap. Cook at **P4** 15 - 18 minutes.

To Complete: Let stand, covered, 5 minutes. Place remainder of stuffing in bowl. Cover loosely, but completely with plastic wrap. Cook at **P4** 2 - 3 minutes, or until hot.

Makes: 4 servings

DIRECTIONS FOR ROASTING POULTRY BY COMBINATION

Wash poultry and pat dry. Whole poultry may be roasted stuffed or unstuffed. Tie the legs together with cotton string. Close openings with wooden tooth picks or cotton thread. Season as desired, but salt after cooking.

Place poultry on a microwaveable, heat-safe rack in a shallow dish. Shield leg ends and wings with small pieces of aluminum foil. Birds over 2 lbs (1 kg) should be turned over halfway through cooking.

Turkey and chicken should be basted several times during roasting. Excess liquid may be removed during roasting. Cornish hens may be brushed with a glaze if desired.

Duck should have the skin pierced liberally all over to allow the grease to drain during cooking. Drain juice once or twice during cooking.

Place the dish on the Ceramic Tray.

To Microwave: Multiply the ready-to-cook weight of the poultry by the minimum recommended cooking time.

To Cook by Convection Cooking: Press the **Auto Convection** Button once (Chicken Pieces) or twice (Whole Chicken) and enter the weight.

After cooking, let stand, tented with foil, 10 - 15 minutes. This stand time allows for easier carving. During stand time, test for doneness. Small poultry is cooked when juices run clear and the drumsticks readily move up and down. Large poultry should be checked with an instant read thermometer inserted in the meaty part of both thighs.

If thermometer touches bone, the reading may be inaccurate. **DO NOT use a Conventional or Microwave thermometer in the oven when cooking by Combination.** If the poultry is undercooked, cook a few more minutes at the recommended Combination Setting.

Poultry Roasting Chart for Combination Cooking

Item	Combination Cooking Time		Final Internal Temperature
	Combination Setting	min/lb (min/kg)	
Chicken Up to 6 lb (3 kg)	4	18 - 22 (36 - 45)	185°F (85°C)
Chicken parts	4	15 - 17 (30 - 35)	_____
Cornish Hens	4	20 - 25 (40 - 50)	_____
Turkey Turkey Breast	2 2	15 - 17 (30 - 35) 17 - 19 (34 - 39)	185°F (85°C) 180°F (82°C)
Duck 3 - 5 lb (1.5 - 2.5 kg)	4	16 - 18 (32 - 37)	185°F (85°C)

DIRECTIONS FOR COOKING POULTRY ON MICROWAVE

Whole poultry may or may not be stuffed. To close opening use cotton thread or wooden tooth picks. Tie legs together with cotton string. Place breast-side down on a microwave rack in a casserole dish.

Season as desired, but salt after cooking. Flavor and color enhancers are best applied before cooking. Paprika and butter rubbed on chicken skin will give an attractive color after cooking. Browning sauce and Kitchen Bouquet should be mixed with equal parts of butter or oil before rubbing on. Other sauces such as barbeque, tandoori, teriyaki or spaghetti will provide flavor.

Shield the leg ends, wings, the breast area or where flesh is thin with small pieces of aluminum foil. Shield for half the cooking time.

Cover with wax paper, plastic wrap or lid after cooking time to keep in heat.

Cook by time and power.

Turn poultry breast-side up halfway through the cooking time.

Less tender hens should be cooked in liquid or broth. Use ¼ cup per lb (125 ml per kg) of liquid along with seasonings and grated vegetables for flavor. Cover dish.

Poultry pieces should be placed in a single layer with the meatier portions toward the edge of the dish. Rearrange pieces halfway through the cooking time.

To Microwave: Multiply the ready-to-cook weight of the poultry by the minimum time recommended in the chart below and program the oven accordingly. Cover poultry with wax paper.

When poultry is cooked, the meat will be tender; when pierced, the juices will run clear. If the juices are pink, return the poultry to the oven for additional cooking.

The drumsticks of whole poultry will readily move up and down. Check the temperatures of large birds with a thermometer in both thigh muscles.

Let poultry stand, tented with foil, 10 - 15 minutes.

Poultry Roasting Chart for Microwave Cooking

Poultry	Power	Approximate Cooking Time		Approximate Temperature after Standing
		minutes/lb	minutes/kg	
Cornish Hens	P6	8 - 9	15 - 17	————
Chickens, up to 4 lb (2 kg)	P6	9 - 10	15 - 17	185°F (85°C)
Chicken pieces, up to 2½ lb (1.25 kg)	P6	8 - 10	11 - 13	————
Duck, 5 - 6 lb (2.5 - 3.0 kg)	P4	8 - 10	16 - 20	185°F (85°C)
Turkey breast, plain or stuffed	P4	13 - 16	28 - 31	180°F (82°C)
Turkey, whole	P4	18 - 26	20 - 25	185°F (85°C)

DIRECTIONS FOR BROILING CHICKEN

Place the Oven Rack on the Ceramic Tray.
Preheat the oven on **BROIL**.

Brush chicken with butter, margarine, oil or sauce before and during broiling. Basting helps prevent chicken from drying out.

Place the chicken skin-side down on the broiler pan.
Place the broiler pan on the Oven Rack on the Ceramic Tray.

Broil according to the recommended time in the chart below.

Halfway through the cooking time, turn chicken skin-side up.

Season after broiling.

To test for doneness, cut into poultry. Poultry should be white in color, and juices should be clear.

Chicken Broiling Chart

Item	Approximate Cooking Time (in minutes)
Chicken	
Pieces [1½ - 2¼ lb (750 g - 1.1 kg)]	35 - 38
Breasts (1), split [¾ - 1¼ lb (375 - 625 g)]	38 - 42
Drumsticks (4) [¾ - 1¼ lb (375 - 625 g)]	34 - 38
Thighs (6) [1 - 1¼ lb (500 - 625 g)]	33 - 36
Cornish Hens, Split	
1 Hen [1 - 1¼ lb (500 - 625 g)]	36 - 38

CHICKEN CACCIATORE ▣

2 -		1 -
2½ lb	chicken pieces	1.25 kg
1	can of tomato sauce	1
(16 oz)		(480 g)
5	mushrooms, sliced	5
1	medium onion, chopped	1
1	green pepper, cut into strips	1
1	clove garlic, minced	1
1 tbsp	sugar, optional	15 ml
1 tsp	oregano	5 ml
¼ tsp	pepper	1 ml

Arrange chicken in an oblong dish with meatier portions towards edge of dish. Combine remaining ingredients and spoon over chicken.

To Cook by Sensor Cooking: Cover, place on Ceramic Tray. Press **Sensor Cook** Button nine times, then **Start**.

To Microwave: Cook, covered with plastic wrap or a lid, at **P6** 18 - 20 minutes, or until chicken is tender. Halfway through cooking, rearrange chicken.

To Complete: Let stand, covered, 5 minutes. Serve, if desired, with spaghetti.

Makes: 4 servings

CHICKEN COUSCOUS ▣

2 lb	chicken pieces	1 kg
1 tsp	Kitchen Bouquet or light soy sauce	5 ml
½ tsp	coriander	2 ml
¼ tsp	cumin	1 ml
¼ tsp	cardamon	1 ml
¼ tsp	salt	1 ml
¼ tsp	pepper	1 ml
1	clove garlic, minced	1
1 tbsp	lemon juice	15 ml
2	carrots, julienne cut	2
1	onion, sliced	1
1 cup	rutabagas, thinly sliced	250 ml
1½ cups	chicken stock*	375 ml
1 cup	couscous	250 ml

To Cook by Sensor Cooking: Combine all ingredients, except last two in a 3-quart (3 L) casserole dish. Cover and press **Sensor Cook** Button nine times, then **Start**.

To Microwave: Coat chicken with Kitchen Bouquet or soy sauce to produce a pleasing color. Place in a 3-quart (3 L) casserole with meatier portions near edge of dish. Sprinkle with spices and garlic. Cover with wax paper and cook at **P7** 5 minutes. Rearrange chicken. Add lemon juice and vegetables and baste with drippings. Cover and cook at **P7** 25 - 30 minutes, or until vegetables are tender and chicken loosens from bone and is no longer pink.

To Complete: Serve over couscous. In a 4-cup (1 L) bowl, bring chicken stock to boil, at **P7** 2 - 3 minutes. Stir in couscous. Let stand, 5 minutes.

Makes: 4 servings

* Drippings from chicken may be used as part of stock.

POULTRY

CHICKEN TANDOORI

1	medium onion, minced	1
1	clove garlic, minced	1
2 tbsp	oil	30 ml
2 tbsp	lemon juice	30 ml
1 tsp	ground coriander	5 ml
1 tsp	salt	5 ml
½ tsp	ginger	2 ml
½ tsp	cumin	2 ml
½ tsp	paprika	2 ml
¼ tsp	crushed chili peppers	1 ml
¼ cup	plain yogurt	60 ml
2 lb	chicken pieces	1 kg

To Broil: In a medium bowl, combine onion, garlic, oil, lemon juice, coriander, salt, ginger, cumin, paprika and peppers. Stir in yogurt. Add chicken, coating pieces evenly. Cover bowl with plastic wrap. Marinate 6 - 12 hours.

Preheat oven on **Broil**. Place chicken skin-side down on broiler pan. **Broil** 16 - 18 minutes. Turn chicken over and baste chicken with sauce. Continue to **Broil** 18 - 20 minutes, or until chicken is done.

Garnish with lemon wedges.

Makes: 4 servings

PARMESAN CHICKEN

½ cup	finely grated Parmesan cheese	125 ml
½ cup	fine bread crumbs	125 ml
1 tsp	paprika	5 ml
¼ tsp	thyme	1 ml
¼ tsp	garlic salt	1 ml
1	egg	1
1 tbsp	water	15 ml
2 lb	chicken pieces	1 kg

Combine cheese, bread crumbs and seasonings. Beat egg and water together. Dip chicken pieces in egg mixture, then coat with crumb mixture.

To Cook by Combination: Preheat at **375°F (190°C)**. Place chicken in a shallow dish. Reset to **Combination 4**, 30 - 35 minutes or until tender.

To Microwave: Arrange chicken pieces on a microwave roasting rack with meatier portions toward edge of dish. Cover with plastic wrap or lid. Cook at **P6** 10 - 12 minutes, or until chicken is tender. Rearrange chicken once. Let stand 10 minutes before serving.

Makes: 4 - 6 servings

TURKEY DIVAN

1	can condensed Cheddar cheese soup	1
(10 oz)	milk	(300 g)
½ cup		125 ml
2	packages	2
(10 oz ea.)	frozen broccoli spears, defrosted	(300 g ea.)
2 - 3		500 -
cups	cut-up cooked turkey or chicken*	750 ml
	Salt and pepper to taste	
¼ cup	buttered bread crumbs	60 ml
½ tsp	paprika	2 ml

To Bake: Place Oven Rack on Ceramic Tray. Preheat oven at **350°F (180°C)**. In a small bowl, combine soup and milk. Arrange broccoli in an 11 x 7" (28 x 18 cm) dish, top with turkey and cover with cheese sauce. Season with salt and pepper. Combine bread crumbs and paprika. Sprinkle on top of cheese sauce. Place dish on Oven Rack. Bake at **350°F (180°C)**, 12 - 17 minutes, or until hot.

To Microwave: In a small glass bowl, combine soup and milk. Cook at **P7** 2 - 3 minutes; stir until smooth; set aside. Arrange broccoli in an 11 x 7" (28 x 18 cm) dish, top with turkey. Cook, covered with plastic wrap, at **P7** 5 - 6 minutes, drain. Season with salt and pepper. Pour sauce over turkey. Cook, covered, at **P7** 5 - 6 minutes, or until heated through. Top with bread crumbs mixed with paprika. Let stand, covered, 5 minutes before serving.

Makes: 4 servings

* If desired, turkey may be thinly sliced.

CHICKEN TURNOVERS

1 tbsp	butter or margarine, melted	15 ml
1 tbsp	flour	15 ml
⅛ tsp	pepper	0.5 ml
½ cup	milk	125 ml
⅓ cup	shredded Cheddar cheese	80 ml
(1½ oz)		(40 g)
1	package refrigerated crescent dinner rolls	1
(8 oz)		(240 g)
4	slices fully cooked ham	4
1	boneless chicken breast, cooked and diced [½ - ¾ lb (250 - 375 g)]	1
1	egg, beaten	1

To Bake: In a small bowl, combine butter, flour and pepper. Gradually add milk; stir until smooth. Cook at **P7** 1 - 1½ minutes; stir twice. Stir in cheese until melted. Place Oven Rack on Ceramic Tray. Preheat oven at **400°F (200°C)**. On lightly floured surface, separate crescent roll dough into 4 rectangles; pinch perforations together. Roll each piece into 7 x 5" (18 x 13 cm) rectangle. Place a slice of ham on top of dough. Place ¼ cup (60 ml) chicken at one end of rectangle. Top with 2 tbsp (30 ml) of cheese sauce on each turnover. Fold dough in half, over chicken so edges meet. Using a fork, press edges together to seal. Place turnovers on cookie sheet. Brush with beaten egg. Place cookie sheet on oven rack. Bake at **400°F (200°C)**, 5 - 10 minutes.

Makes: 4 servings



Stuffed Cornish Hens With Wild Rice

STUFFED CORNISH HENS WITH WILD RICE

1½ cups	hot water	375 ml
1	can frozen orange juice	1
(6 oz)	concentrate, defrosted and divided	(180 g)
1	package long grain and wild rice mix	1
(6 oz)		(180 g)
4	slices bacon, cooked and crumbled (See page 15)	4
4	Cornish hens	4
(1 lb ea.)		(500 g ea.)
⅓ cup	honey	80 ml

In a 2-quart (2 L) casserole, combine water, ¼ cup (60 ml) orange juice concentrate and rice. Cover with lid. Cook at **P7** 6 minutes and at **P4** 20 - 25 minutes, or until rice is tender; stir in bacon. Stuff hens with rice mixture. With cotton string, tie legs together. Place hens in a 2½-quart (2.5 L) shallow oval casserole dish.

To Cook by Combination: Place dish in oven. Cook on **Combination 4**, 65 - 75 minutes, or until hens are done. Meanwhile, combine remaining orange juice concentrate and honey; brush hens twice during last 10 minutes of cooking after draining off pan juices.

To Microwave: Cook, covered with wax paper, at **P7** 35 - 40 minutes, or until hens are done. Meanwhile, combine remaining orange juice concentrate and honey. Brush hens every 10 minutes. Let stand, covered, 10 minutes before serving.

Makes: 4 servings

ROAST DUCK WITH ORANGE

4 -	duck	2 -
4½ lb		2.25 kg
¼ cup	bottled fruit sauce (for poultry)	60 ml
2 tbsp	orange liqueur or orange juice	30 ml
1	can Mandarin oranges, drained, optional	1
(11 oz)		(330 g)

Pierce skin of duck liberally with a fork to allow grease to drain from duck. Combine fruit sauce and orange liqueur or orange juice; set aside.

To Cook by Combination: Place duck breast-side down on a microwave roasting rack set in a 2½-quart (2.5 L) shallow oval casserole dish. Place dish in oven. Cook on **Combination 4**, 60 minutes. Drain. Turn duck breast-side up. Brush sauce on duck. Cook on **Combination 4**, 25 - 30 minutes, or until duck is done. Baste with sauce once. Garnish with oranges.

To Microwave: Place duck breast-side down on microwave roasting rack set in a 2½-quart (2.5 L) shallow oval casserole dish. Cook duck at **P4** 30 minutes; drain. Turn duck breast-side up. Brush half of sauce on duck. Cook at **P4** 30 - 35 minutes, or until duck is done. Brush with remaining sauce. Drain occasionally. Let stand, covered, 10 minutes before serving. Garnish with oranges.

Makes: 4 - 6 servings

FISH AND SEAFOOD

DIRECTIONS FOR COOKING FISH AND SEAFOOD BY MICROWAVE

Clean fish before starting the recipe. Arrange fish in a single layer; do not overlap edges. Place thicker pieces toward outside edge of dish. Shrimp and scallops should be placed in a single layer.

To Microwave: Cover the dish with plastic wrap. Cook on the power level and for the minimum time recommended in the chart. Halfway through cooking, rearrange, stir shrimp or scallops and turn fish steaks over. Let stand, covered, 5 minutes.

Test for doneness before adding extra cooking time. Fish and seafood should be opaque in colour and fish should flake when tested with a fork. If undercooked, return to the oven and continue to cook for 30 - 60 seconds.



Arrange fish in a single layer.



Cover dish with plastic wrap.



Test for doneness before adding extra cooking time.

Microwave Cooking Chart for Fish and Seafood

Fish or Seafood	Amount	Power	Approximate Cooking Time (in minutes)
Fish fillets	1 lb (500 g)	P7	5 - 7
Fish Steaks	4 [8 oz (240 g) ea.]	P4	6 - 8
Scallops (sea)	1 lb (500 g)	P6	6 - 8
Shrimp , medium size (shelled and cleaned)	1 lb (500 g)	P6	4 - 5½
Whole fish , (stuffed or unstuffed)	1½ - 1¾ lb (750 - 875 g)	P7	6 - 8

FILLET PROVENCALE

2	small onions, sliced	2
2 tbsp	butter or margarine	30 ml
1	clove garlic, finely chopped	1
16 oz	can stewed tomatoes, chopped	480 g
4½ oz	can sliced mushrooms, drained	135 g
¼ cup	white wine	60 ml
⅛ tsp	basil	0.5 ml
6	flounder fillets [(about ¼ lb (125 g) ea.)]	6
	salt	

To Microwave: In an 11 x 7" (28 x 18 cm) dish, combine onions, butter and garlic. Cover with plastic wrap. Cook at **P7** 3 - 3½ minutes. Stir in tomatoes, mushrooms, wine and basil. Cover. Cook at **P7** 3 minutes, and at **P4** 3 - 4 minutes, stir once.

Meanwhile, season fish with salt, skin side only. Roll up (skin-side in) and arrange seam-side down in sauce, spoon sauce over fish. Cover. Cook at **P7** 5 - 7 minutes, or until fish is done. Let stand, covered, 5 minutes before serving.

Makes: 6 servings



Fillet Provencale

FILLET AMANDINE

2 tbsp	butter or margarine	30 ml
2 tbsp	slivered almonds	30 ml
½ lb	fish fillets	250 g
	salt and pepper to taste	
	lemon juice	
	parsley flakes	

Place butter and almonds in an 8" (20 cm) square dish. Cook at **P7** 2 - 3 minutes, stir once. Dip fillets in butter and arrange in same dish, spoon almonds and butter on top of fish. Season with salt and pepper. Sprinkle with lemon juice.

Cover with plastic wrap. Cook at **P7** 3 - 5 minutes, or until fish flakes when tested with a fork.

To Complete: Let stand, covered, 3 minutes.

Sprinkle with parsley before serving.

Makes: 2 servings

TURBOT FILLETS

⅓ cup	bread crumbs	80 ml
½ tsp	savory	2 ml
½ tsp	paprika	2 ml
¼ tsp	pepper	1 ml
2 tbsp	butter or margarine	30 ml
1 lb	turbot or sole fillets	500 g

Thoroughly combine seasonings and bread crumbs on a plate. In a glass measuring cup, melt butter at **P7** 10 - 15 seconds. Coat fish with butter, then crumb mixture. Arrange in a shallow dish.

Cover with wax paper and cook at **P7** 4 - 6 minutes, or until fish flakes easily with a fork.

Makes: 4 servings

FISH AND SEAFOOD

SHRIMP CREOLE

½ cup	each finely chopped celery, green pepper and onion	125 ml
2	cloves garlic, finely chopped	2
15 oz	can tomato sauce	450 g
1 lb	medium shrimp, shelled and cleaned	500 g
1 tsp	salt	5 ml
¼ tsp	pepper	1 ml
¼ -		1 -
½ tsp	hot pepper sauce	2 ml
2 tbsp	oil	30 ml

To Microwave: In a 2-quart (2 L) casserole, combine celery, green pepper, onion, oil and garlic. Heat at **P7** 4 - 5 minutes, or until vegetables are tender. Stir in remaining ingredients; cover with glass lid. Heat at **P7** 3 minutes and at **P4** 5 - 6 minutes, stir once.

Makes: 4 servings

SHRIMP WITH GARLIC BUTTER

1	clove garlic, finely chopped	1
⅓ cup	butter or margarine	80 ml
¼ cup	chopped parsley	60 ml
½ tsp	salt	2 ml
1¼ lb	medium shrimp, shelled and cleaned	625 g
1 tbsp	lemon juice	15 ml

Combine garlic and butter in a 1½-quart (1.5 L) casserole.

Cook at **P7** 1½ - 2 minutes. Add parsley and salt. Stir in shrimp, coating each with butter sauce.

Cover with plastic wrap. Cook at **P4** 3 - 5 minutes, stirring once.

To Complete: Let stand, covered, 3 minutes. Sprinkle lemon juice over shrimp before serving.

Makes: 4 servings

SHRIMP ORIENTAL

½ cup	water	125 ml
¼ cup	soy sauce	60 ml
2 tbsp	sherry	30 ml
⅛ tsp	hot pepper sauce	0.5 ml
1	clove garlic, finely chopped	1
2 tbsp	cornstarch	30 ml
1	package frozen pea pods, defrosted and drained	1 (180 g)
(6 oz)	can bamboo shoots, drained	1 (255 g)
(8½ oz)	large shrimp, shelled and cleaned	625 g
1¼ lb	green onions, sliced	4
4	hot cooked rice, optional	

To Microwave: In a 3-quart (3 L) casserole, combine water, soy sauce, sherry, hot pepper sauce and garlic. Blend in cornstarch until smooth. Stir in pea pods and bamboo shoots. Cover with lid. Cook at **P7** 3 - 3½ minutes; stir once. Add shrimp and green onions; stir to coat. Cover with lid. Cook at **P4** 12 - 13 minutes, or until shrimp are opaque; stir once. Let stand, covered, 5 minutes before serving. If desired, serve over rice.

Makes: 4 servings

SALMON STEAKS WITH DILL

½ cup	thinly sliced celery	125 ml
2 tbsp	butter or margarine, melted	30 ml
¼ cup	white wine	60 ml
½ tsp	dill weed	2 ml
¼ tsp	salt	1 ml
¼ tsp	pepper	1 ml
4	salmon steaks 1" (2.5 cm) thick	4 (240 g ea.)

In an oblong baking dish, combine celery, butter, wine, dill weed, salt and pepper. Arrange salmon in dish; with thickest portions towards edge of dish. Spoon sauce over each steak.

To Microwave: Cover with wax paper. Heat at **P7** 7 - 10 minutes.

To Complete: Let stand, covered, 3 minutes before serving.

Makes: 4 servings

COQUILLE ST. JACQUES

1 lb	sea scallops	500 g
¼ cup	white wine	60 ml
1	small onion, minced	1
2 tbsp	butter or margarine	30 ml
2 tbsp	flour	30 ml
	dash white pepper	
¾ cup	milk or half'n half	180 ml
6	sliced mushrooms	6
⅓ cup	shredded Swiss cheese	80 ml
(1⅓ oz)		(40 g)
¼ cup	buttered bread crumbs	60 ml
	chopped parsley	

To Microwave: Arrange scallops in an 8" (20 cm) square dish. Pour wine over scallops. Cover with plastic wrap. Cook at **P4** 5 - 6 minutes, or until scallops are tender; stir once. Drain liquid and reserve ¼ cup (60 ml); let scallops stand, covered. Cook onion and butter in medium glass bowl at **P4** 1 - 2 minutes. Stir in flour and pepper. Gradually add milk and reserved liquid; stir until smooth. Cook at **P4** 3½ - 4½ minutes, or until mixture is thickened; stir twice. Stir in mushrooms and cheese; add scallops. Spoon mixture into 2½-quart (2.5 L) shallow oval casserole dish; top with bread crumbs and parsley.

Makes: 4 servings

SCALLOPS WITH HERB LEMON BUTTER

¼ cup	butter or margarine	60 ml
½ tsp	basil	2 ml
½ tsp	crushed rosemary	2 ml
¼ tsp	salt	1 ml
1 lb	sea scallops	500 g
2 tbsp	juice from 1 lemon	30 ml
	paprika	

In an 8" (20 cm) square dish, combine butter, basil, rosemary and salt. Cook at **P7** 1 minute, or until melted. Stir in scallops and sprinkle with lemon juice, spoon butter mixture over scallops.

To Microwave: Cover with plastic wrap. Cook at **P4** 7 - 8½ minutes. Scallops should be tender. Sprinkle with paprika. Let stand, 5 minutes before serving.

NOTE:

For two servings, follow above procedure, halve all ingredients. Cook butter ½ - 1 minute and scallops 4½ - 5½ minutes.

Makes: 4 servings

SALMON LOAF

1 lb	canned salmon	500 g
2	beaten eggs	2
3 cups	fresh bread crumbs	750 ml
½ cup	sour cream or yogurt	125 ml
½ cup	celery, diced	125 ml
1	onion, chopped	1
2 tbsp	celery leaves, chopped	30 ml
1 tbsp	lemon juice	15 ml
1 tsp	curry powder	5 ml

To Microwave: Mash salmon and combine thoroughly with remaining ingredients. In an 8" (20 cm) square dish, shape mixture into a loaf. Cover with waxed paper. Cook at **P4** 18 - 20 minutes. Let stand, covered, 5 minutes before serving.

Makes: 6 servings

SEAFOOD CASSEROLE

½ cup	butter	125 ml
1	onion, finely chopped	1
⅓ cup	flour	80 ml
2 cups	milk	500 ml
½ tsp	salt	2 ml
¼ tsp	pepper	1 ml
4 cups	combination of shrimp, crabmeat and scallops	1 L
3 cups	rice, cooked	750 ml
½ cup	celery, chopped	125 ml
¼ cup	parsley, chopped	60 ml
1 cup	mushrooms, sliced	250 ml
1 cup	Cheddar cheese, shredded	250 ml

To Microwave: In a 2-quart (2 L) measuring cup, heat butter at **P7** 1 minute. Add onion and cook at **P7** 2 - 3 minutes. Stir in flour, milk, salt, and pepper and cook at **P4** 3 - 4 minutes, or until mixture thickens. Stir occasionally. In a 4-quart (4 L) casserole, combine seafood, rice, celery, parsley and mushrooms with sauce. Cover casserole with lid. Cook at **P4** 9 - 12 minutes. Sprinkle with cheese. Let stand, covered, 10 minutes before serving.

Makes: 8 - 10 servings

ADAPTING RECIPES

Casseroles which are generally baked and browned in a conventional oven can be cooked by Sensor using the **Sensor Cook** Button (Casserole 1 or 2). Casseroles prepared on the range-top, such as Mermaid's Imperial Delight (P 30) or casseroles which do not require browning, are best prepared by **MICROWAVE**.

To cook your own casserole recipe by Sensor Cooking, prepare casserole according to the recipe directions. Use a casserole dish which is microwave safe and ovenproof. Place the casserole on the Ceramic Tray. Cover with lid and cook by Sensor Cooking by pressing **Sensor Cook** Button eight times or nine times, then **Start**. In general, casseroles with a conventional cooking time of 30 minutes or less will cook for approximately the same time. For casseroles with a conventional cooking time longer than 30 minutes, the combination time will be approximately half the conventional cooking time.

Casseroles are cooked when the edges are hot and bubbly. The center temperatures should be approximately 160°F (70°C).

MICROWAVE cooked casseroles save time. Prepare casserole according to the recipe directions. Most casseroles can be cooked covered. Casseroles with toppings are best cooked uncovered. Sprinkle cheese such as grated Parmesan or shredded Mozzarella on the casserole after cooking. Cook casseroles with milk base at **P4**; others can be cooked at **P7** Cooking time will vary depending on the starting temperature, quantity and density of the food. Generally, casseroles which have just been assembled with precooked meats and noodles will take 8 - 15 minutes. Casseroles are cooked when they are hot and bubbly.

CHICKEN ENCHILADAS

1	large onion, chopped	1
½ cup	chopped green pepper	125 ml
2 cups	finely chopped cooked chicken or turkey	500 ml
½ cup	chopped ripe olives	125 ml
2	cans mild enchilada sauce, divided	2 (300 g ea.)
(10 oz ea.)	shredded Cheddar cheese, divided	375 ml (180 g)
1½ cups (6 oz)	large corn tortillas	8
8	Shredded lettuce, optional	
	Sour cream, optional	

In a medium glass bowl, combine onion and green pepper. Cover with plastic wrap. Cook at **P7** 3 minutes, stir once. Stir in chicken, olives and ½ cup (125 ml) enchilada sauce. Cover with plastic wrap. Cook at **P7** 2 minutes, or until hot. Stir in ½ cup (125 ml) cheese. Let stand, covered. Arrange two tortillas, side-by-side on paper towel. Cover with another paper towel. Repeat with remaining tortillas stacking one layer on top of the other. Heat at **P7** 1 minute. (This softens tortillas and makes them easier to roll.) Spoon about ⅓ cup (80 ml) chicken filling down center of each tortilla. Roll up tortilla and place seam-side down in 11 x 7" (28 x 18 cm) dish. Pour remaining sauce over tortillas.

To Cook by Sensor Cooking: Top enchiladas with remaining cheese. Cover with lid. Place dish on Ceramic Tray.

Press **Sensor Cook** Button eight times, then **Start**. Serve garnished with lettuce and sour cream.

Makes: 4 servings

TURKEY TETRAZZINI

¼ cup	butter or margarine	60 ml
¼ cup	flour	60 ml
1 cup	chicken broth	250 ml
1 cup	half 'n half	250 ml
4 cups	cut-up cooked turkey or chicken	1 L
1 (8 oz)	package spaghetti, cooked and drained (see page 35)	1 (240 g)
1 (4 oz)	can sliced mushrooms, drained (65 ml)	1 (120 g)
2 tbs	sherry, optional	30 ml
¼ cup	grated Parmesan cheese	60 ml

Heat butter in a 3-quart (3 L) casserole at **P3** 2 minutes, or until melted. Stir in flour. Gradually add broth and half 'n half; stir until smooth. Cook at **P4** 7 - 8 minutes, or until sauce is thickened; stir three times. Stir in turkey, spaghetti, mushrooms and sherry.

To Cook by Sensor Cooking: Top casserole with Parmesan cheese. Cover with lid. Place casserole on Ceramic Tray. Press **Sensor Cook** Button nine times, then **Start**.

To Microwave: Cover with lid. Cook at **P4** 12 - 14 minutes. Stir twice. Top with Parmesan cheese. Let stand, covered, 5 minutes before serving.

Makes: 6 servings

COQ AU VIN

1	medium onion, finely chopped	1
4	slices bacon, chopped	4
2 lb	chicken pieces	1 kg
¼ lb	button mushrooms	125 g
¾ cup	hot chicken stock	180 ml
¼ cup	red wine	60 ml
2	cloves garlic, minced	2
2 tbsp	butter, cut into pieces	30 ml
1 tsp	parsley	5 ml
½ tsp	thyme	2 ml
1	bay leaf	1
	ground black pepper to taste	

Place onion and bacon into a 3-quart (3 L) casserole dish and cook at **P7** 2 - 3 minutes. Add remaining ingredients and combine well.

To Cook by Combination: Cover and cook on **Combination 4** for 30 - 35 minutes. Remove lid, stir and rearrange chicken pieces. Continue to cook on **Combination 4** for 15 - 20 minutes. Let stand, 10 minutes before serving.

To Cook by Sensor Cooking: Prepare as above and cover with lid. Press **Sensor Cook** Button nine times, then **Start**.

Makes: 4 - 6 servings

TARRAGON CHICKEN AND MUSHROOMS

3 lb	chicken pieces	1.5 kg
1	onion, sliced	1
½ tsp	dried tarragon leaves	2 ml
	salt and pepper	
½ cup	mushrooms, finely sliced	125 ml
1	can cream of mushroom soup	1 (300 g)
(10 oz)		
½ cup	sour cream	125 ml

To Cook by Sensor Cooking: Place all ingredients in a 4-quart (4 L) casserole, except sour cream. Cover with lid. Press **Sensor Cook** Button nine times, then **Start**. Stir in sour cream, and serve.

To Microwave: Place chicken and onion in a 4-quart (4 L) casserole dish. Cook at **P4** 25 - 30 minutes. Drain any excess fat. Season with tarragon, salt and pepper. Add mushrooms. Cook at **P4** 3 - 4 minutes. Blend together soup and sour cream. Spoon over chicken. Cover and cook at **P4** 12 - 15 minutes. Remove chicken to a serving platter. Stir sauce and spoon over chicken. Serve with rice or vegetables.

Makes: 6 - 8 servings

GOULASH

1 lb	lamb shoulder chops	500 g
1	onion, finely chopped	1
1	clove garlic, minced	1
1 tbsp	butter or margarine	15 ml
1 tbsp	flour	15 ml
2 tbsp	tomato paste	30 ml
½ tsp	paprika	2 ml
1	small green or red pepper, cut into 1" (2.5 cm) cubes	1
1 cup	beef broth	250 ml
¼ cup	sour cream	60 ml

Trim fat and bones from meat and cut meat into 1" (2.5 cm) cubes. Place onion, garlic and butter or margarine in a 3-quart (3 L) casserole dish. Cook at **P7** 2 - 3 minutes. Add flour, tomato paste and paprika and cook at **P7** for an additional 2 minutes. Add lamb, pepper and broth.

To Cook by Sensor Cooking: Prepare as above, and cover with lid. Press **Sensor Cook** Button nine times, then **Start**.

To Microwave: Cover and cook at **P6** 24 - 26 minutes. Stir in sour cream and serve with vegetables.

Makes: 4 servings

VEAL PAPRIKA

1 lb	boneless veal, cut into 1" (2.5 cm) cubes	500 g
½ lb	fresh mushrooms, sliced	250 g
1 cup	chicken broth, divided	250 ml
1	large onion, finely chopped	1
2 tsp	paprika	10 ml
½ tsp	salt	2 ml
¼ tsp	pepper	1 ml
	dash caraway seeds	
3 tbsp	flour	45 ml
½ cup	sour cream	125 ml

In a 2-quart (2 L) casserole, combine veal, mushrooms, ½ cup (125 ml) broth, onion, paprika, salt, pepper and caraway. Cover with lid.

To Cook by Combination: Cook at **P7** 5 minutes. Stir. Cook on **Combination 2**, 30 - 35 minutes.

To Microwave: Cook at **P7** 3 minutes and at **P4** 15 - 21 minutes; stir occasionally.

To Complete: Blend flour with remaining ½ cup (125 ml) broth until smooth. Stir into dish. Cook at **P7** 2 - 3 minutes, or until sauce is thickened. Blend in sour cream.

Makes: 4 servings

CASSEROLES

IRISH STEW ▢

2 lb	boneless lamb, cut in 1" (2.5 cm) cubes	1 kg
¼ tsp	Kitchen Bouquet, optional	1 ml
2	carrots, sliced	2
2	potatoes, peeled and cubed	2
2 cups	turnip, cubed	500 ml
2	onions, quartered	2
2	celery stalks with leaves, cut in pieces	2
1	bay leaf	1
1 tsp	salt	5 ml
½ tsp	pepper	2 ml
2½ cups	water, divided	625 ml
¼ cup	flour	60 ml

Coat meat with Kitchen Bouquet.

In a 3-quart (3 L) casserole, combine all ingredients except ½ cup (125 ml) water and flour. Cover with lid.

To Cook by Sensor Cooking: Cover and Cook at **P7** 5 minutes. Press **Sensor Cook** Button nine times, then, **Start**.

To Microwave: Cover and cook at **P7** 1 - 2 minutes, then at **P4** 60 - 70 minutes.

To Complete: Blend flour with remaining water and browning sauce. Stir into hot liquid of stew until blended. Cook at **P7** 2 - 3 minutes, or until thickened. Remove bay leaf before serving.

Makes: 4 - 6 servings

BEEF BOURGUIGNON ▢

20	silver skin onions or	20
4	cooking onions, chopped	4
¼ lb	salt pork, diced	125 g
½ lb	whole button mushrooms	250 g
2 lb	beef chuck or round, cubed	1 kg
2 tbsp	Kitchen Bouquet	30 ml
1	carrot, finely grated	1
1 tsp	salt	5 ml
½ tsp	pepper	2 ml
½ tsp	thyme	2 ml
1	bay leaf	1
1½ cups	burgundy red wine	375 ml
1 tbsp	tomato paste	15 ml
1	clove garlic, finely chopped	1
¼ cup	parsley, chopped	60 ml
2 tbsp	soft butter	30 ml
2 tbsp	flour	30 ml

To skin onions, cover with boiling water and cook at **P7** 1 minute. Immediately put into cold water and slip off skins. In a 4-quart (4 L) casserole, cook salt pork at **P7** 1 minute. Stir in onions and mushrooms. Cover and cook at **P7** 4 - 5 minutes, stirring once. Coat beef pieces with Kitchen Bouquet by tossing in a plastic bag. Add to casserole along with remaining ingredients except butter and flour. Cover meat with a small plate to hold beneath the liquid. Cook at **P7** 10 minutes.

To Cook by Sensor Cooking: Cover with lid and press **Sensor Cook** Button nine times, then **Start**.

To Complete: Combine butter and flour. Stir into casserole. Cover and cook at **P7** 5 minutes, or until thickened. Remove bay leaf before serving.

Makes: 6 servings

MERMAID'S IMPERIAL DELIGHT

¼ cup	chopped green pepper	60 ml
2 tbsp	butter or margarine	30 ml
1 lb	medium shrimp, shelled and cleaned	500 g
2 cups	cooked rice (see page 35)	500 ml
¾ cup	mayonnaise	180 ml
¾ cup	peas, drained	180 ml
6 oz	package crabmeat, drained and flaked (canned or frozen, thawed)	180 g
	salt and pepper to taste	
	buttered bread crumbs (optional)	

To Microwave: In a 2-quart (2 L) casserole dish, combine green pepper and butter. Heat at **P7** 1½ minutes; stir once. Add shrimp and heat at **P4** 2 minutes; stir once. Stir in remaining ingredients. Heat, covered with glass lid, at **P4** 8 - 9 minutes, or until heated through, stir twice.

If desired, top with buttered bread crumbs.

Makes: 6 servings

BEEF CURRY CASSEROLE ▢

1 tbsp	oil	15 ml
1	large onion, chopped	1
1	large tomato, chopped	1
¼ cup	curry paste	60 ml
1 tsp	flour	5 ml
½ cup	beef stock	125 ml
2 lb	chuck steak, fat removed and cut into 1" (2.5 cm) cubes	1 kg
1 tbsp	vinegar	15 ml

Place oil, onion and tomato in a 3-quart (3 L) casserole dish and cook at **P7** for 4 - 5 minutes. Stir in remaining ingredients.

To Cook by Sensor Cooking: Prepare as above and cover. Press **Sensor Cook** Button nine times, then **Start**.

To Microwave: Cover and cook at **P4** for 40 - 45 minutes. Stir occasionally during cooking. Serve with rice.

Makes: 4 - 6 servings

POTATO CASSEROLE ▢

1½ lb	potatoes, peeled and sliced (approx. 4)	750 g
½ cup	sour cream	125 ml
3	green onions, finely chopped	3
1	small onion, thinly sliced	1
¼ cup	grated Parmesan cheese	60 ml
2	slices bacon, finely chopped	2

In a 2-quart (2 L) casserole dish, layer potatoes, sour cream and onions. Top with cheese and bacon.

To Cook by Sensor Cooking: Prepare as above. Cover with lid and Press **Sensor Cook** Button eight times, then **Start**.

To Microwave: Cover and cook at **P7** 18 - 20 minutes. Stand, covered, 5 - 10 minutes before serving.

Makes: 4 - 6 servings

BUSY DAY TUNA CASSEROLE ▢

1 (6½ oz)	can tuna, drained and flaked	1 (195 g)
4 cups	noodles, cooked and drained (See page 35)	1 L
10 oz	can condensed cream of mushroom soup	300 g
4 oz	can of sliced mushrooms, drained	120 g
10 oz	package of frozen peas, defrosted	300 g
¾ cup	milk	180 ml
2 tbsp	chopped pimento	30 ml
1 cup	crushed potato chips	250 ml

In a 3-quart (3 L) casserole, combine all ingredients except potato chips, mix well.

To Cook by Sensor Cooking: Cover with lid and press **Sensor Cook** Button eight times, then **Start**. After time appears in Display Window, stir twice.

To Microwave: Cover with wax paper. Cook at **P6** 6 minutes at **P4** 8 - 11 minutes. Stir twice.

To Complete: Top with potato chips, let stand, uncovered, 3 minutes.

Makes: 4 - 6 servings

CURRIED CHICKEN ▢

3 tbsp	all-purpose flour	45 ml
2 - 3 tbsp	lemon juice	30 - 45 ml
1 tbsp	curry powder	15 ml
½ tsp	ground ginger	2 ml
½ tsp	salt	2 ml
1 lb	pound boneless, skinless chicken breasts, cut into 1" (2.5 cm) cubes	500 g
1	small onion, finely chopped	1
¼ cup	butter or margarine	60 ml
1 tsp	instant chicken bouillon	5 ml

In a 2-quart (2 L) casserole dish, Combine together flour, lemon juice, curry, ginger and salt in a small bowl. Set aside. In a 2-quart (2 L) casserole, place cut up chicken combined with onion. Stir in flour mixture until well combined. Add in butter and bouillon.

To Cook by Sensor Cooking: Cover and place on Ceramic Tray. Press **Sensor Cook** Button eight times, then **Start**. At the end of cooking, let stand, covered, 10 minutes. Serve chicken on top of rice.

Makes: 4 servings

EGGPLANT PARMIGIANA ▢

1	eggplant [(1¼ lb (625 g))]	1
⅓ cup	dry bread crumbs	80 ml
¼ cup	grated Parmesan cheese	60 ml
2 tbsp	butter, melted	30 ml
2 cups	spaghetti sauce	500 ml
½ tsp	oregano	2 ml
½ tsp	Italian seasoning	2 ml
8 oz	mozzarella cheese, shredded	240 g

Pierce skin of eggplant several times. Place eggplant on paper towel in oven. Cook at **P7** 7 - 8 minutes, or until eggplant is almost tender, roll over twice. Let cool. Cut into ½" (1.5 cm) slices.

Meanwhile, combine bread crumbs, Parmesan cheese and butter. Combine spaghetti sauce, oregano and Italian seasoning. In a square dish, alternately layer spaghetti sauce, eggplant, crumb mixture and mozzarella cheese.

To Cook by Sensor Cooking: Cover and press **Sensor Cook** Button eight times, then **Start**. Let stand 5 minutes.

To Microwave: Cook at **P4** 15 - 17 minutes, or until hot and bubbly. Let stand 5 minutes before serving.

Makes: 4 servings

VEGETABLES AND SIDE DISHES

DIRECTIONS FOR COOKING FROZEN VEGETABLES BY MICROWAVE

Frozen Vegetables

For 9 - 10 oz (270 - 300 g) packages, remove vegetables from their package and place in 1 - 1½-quart (1 - 1.5 L) casserole. Follow manufacturer's directions for amount of water to add to the dish. A minimum of 2 tbsp (30 ml) water should be added to frozen vegetables. Cover with a lid or plastic wrap. Cook at **P7** for 5 - 9 minutes, or until slightly tender. Stir halfway through cooking and before stand time. Let stand, covered, 3 minutes before serving.

Frozen Vegetables in a Pouch

Remove pouch from the package and place on a microwave-safe plate. Cut small slit in the center of pouch. Cook at **P7**, following times on the package directions (approximately 3½ - 7 minutes, depending on vegetable). Let stand, 2 minutes, before serving.

To Cook by Sensor Cooking: Cover with a lid or wax paper. Press the **Sensor Cook** Button four times. Stir once when time appears in the Display Window and let stand 3 minutes.

DIRECTIONS FOR COOKING FRESH VEGETABLES BY MICROWAVE

Weights given in the chart for fresh vegetables are the purchase weight before peeling and trimming. Prepare vegetables for cooking. Cut, slice, or trim as directed in the chart. Place vegetables in the casserole. Add amount of water recommended in the chart. Add salt to water or salt after cooking. Whole vegetables, such as potatoes or eggplant, should be pierced with a fork several times before cooking. Arrange on a microwave-safe dish in the oven. Arrange potatoes in a circular pattern on the dish. Cook potatoes, uncovered, by Microwave and Sensor Cooking.

To Microwave: Cover with a lid or plastic wrap. Cook according to the recommended time in the chart. Two-thirds of the way through cooking, stir, rearrange, and/or turn vegetables over.

To Cook by Sensor Cooking: With Sensor Cooking it is not necessary to know the weight of vegetables. Except potatoes, cover with a lid or cover loosely, but completely, with plastic wrap. Choose the appropriate vegetable category, then press **Start** Button. For root vegetables, such as potatoes and carrots, press the **Sensor Cook** Button once. For fresh vegetables, press the **Sensor Cook** Button twice. For canned vegetables, press the **Sensor Cook** Button three times. For frozen vegetables, press the **Sensor Cook** Button four times. If softer or firmer vegetables are preferred, use the Doneness Control. When time appears in the Display Window, stir vegetables.

To Complete: After cooking, stir vegetables. Let stand, covered, before serving. Vegetables that are cut into pieces should stand 3 minutes. Whole vegetables should stand 5 minutes.

Microwave Cooking Chart for Fresh Vegetables

Vegetable	Amount	Water	Approximate Cooking Time at P7 Power (in minutes)
Artichokes , 6 - 8 oz (180 - 240 g) ea.	2 4	rinsed and drained	9 - 11 14 - 16
Asparagus , 6" (15 cm) spears	1 lb (500 g)	2 tbsp (30 ml)	7 - 8
Beans , Green or Wax, cut into 1½" (4 cm) pieces	1 lb (500 g)	¼ cup (60 ml)	9 - 11
Broccoli , cut into spears	1 lb (500 g)	—	7 - 9
Brussels Sprouts	10 oz (300 g)	2 tbsp (30 ml)	6 - 8
Cauliflower , flowerettes	1 lb (500 g)	2 tbsp (30 ml)	10 - 12
Carrots , sliced ½" (1.5 cm) thick	1 lb (500 g)	¼ cup (60 ml)	7 - 9
Corn , fresh on the Cob	1 ear 2 ears 4 ears	2 tbsp (30 ml) 2 tbsp (30 ml) ¼ cup (60 ml)	2 - 3 4 - 6 9 - 11
Eggplant , Fresh, cubed whole (pierce skin)	1 lb (500 g) 1 - 1¼ lb (500 - 625 g)	¼ cup (60 ml) —	7 - 8½ 4½ - 6
Onions , small whole, 8 - 10	1 lb (500 g)	¼ cup (60 ml)	6½ - 7½
Potatoes , (pierce skin before cooking), about 6 oz (180 g) ea. Cook uncovered. Turn over halfway through cooking. Place on microwave-safe dish.	1 2 4	— — —	2 - 3 4 - 6 8 - 10
Squash, Summer , sliced ½" (1.5 cm) thick	1 lb (500 g)	—	7 - 9
Squash, Winter , cut up	1 lb (500 g)	—	6½ - 7½

RATATOUILLE ▢

2	medium onions, sliced	2
1	medium green pepper, cut into ½" (1.5 cm) slices	1
⅓ cup	oil	80 ml
2	cloves garlic, finely chopped	2
1 (1½ lb)	medium eggplant, peeled and cut into ½" (1.5 cm) pieces	1 (750 g)
3 (1 lb)	medium tomatoes, cut into sixteenths	3 (500 g)
2 (1 lb)	medium zucchini, cut into ½" (1.5 cm) slices	2 (500 g)
¼ cup	vegetable juice cocktail or tomato juice	60 ml
2 tsp	each basil and parsley flakes	10 ml
¼ tsp	pepper	1 ml

In a 4-quart (4 L) casserole, combine onions, green pepper, oil and garlic. Cover with lid. Cook at **P7** 4 - 5 minutes; stir once. Stir in remaining ingredients; cover.

To Cook by Sensor Cooking: Press **Sensor Cook** Button twice. When time appears in display window, stir once.

To Microwave: Cook at **P7** 16 - 19 minutes; stir twice.

Let stand, covered, 5 minutes before serving.

Makes: 8 servings

RATATOUILLE SQUARES

16 oz	creamed cottage cheese (1 container)	480 g
6	eggs	6
¼ cup	flour	60 ml
¼ cup	grated Parmesan cheese	60 ml
	Half recipe Ratatouille (See above)	
1 cup	Mozzarella cheese, grated	250 ml

To Bake: Place Oven Rack on Ceramic Tray. Preheat at **375°F (190°C)**. Mix cottage cheese, eggs, flour and grated Parmesan cheese until smooth. Spread in an 8" (20 cm) square baking dish. Spoon ratatouille on top. Sprinkle with Mozzarella cheese. Bake at **375°F (190°C)**, 30 - 40 minutes, or until set.

Makes: 6 servings

VEGETABLE FRITTATA ▢

2 tbsp	butter	30 ml
1	onion, thinly sliced	1
4	asparagus stalks, sliced	4
3	mushrooms, sliced	3
½	zucchini, sliced	½
6	eggs, beaten	6
½ cup	salt and pepper to taste	
	pepperoni, thinly sliced, optional	125 ml

Cook butter and onion in an 8" (20 cm) quiche dish at **P7** 3½ - 4½ minutes. Add asparagus, mushrooms and zucchini. Cook at **P7** 4 - 4½ minutes, stirring once.

To Cook by Sensor Cooking: Add remaining ingredients to quiche dish, stirring well. Cover with lid. Press **Sensor Cook** Button eight times, then **Start**.

To Bake: Place Oven Rack on Ceramic Tray. Preheat at **350°F (180°C)**. Bake 20 - 22 minutes, or until set.

To Microwave: Add eggs, seasonings and if desired, pepperoni. Cover. Cook at **P3** 5½ - 7 minutes.

Makes: 4 servings

SCALLOPED POTATOES

2 tbsp	butter	30 ml
2 tbsp	chopped onion	30 ml
2 tbsp	flour	30 ml
1 tsp	salt	5 ml
½ tsp	pepper	2 ml
1½ cups	milk	375 ml
4	potatoes, peeled and thinly sliced	4
½ cup	grated cheese	125 ml

Combine butter and onions in a 1-quart (1 L) casserole dish. Cook at **P7** 1 - 1½ minutes, or until soft. Stir in flour and seasonings. Gradually add milk stirring until smooth. Cook at **P4** 5 - 6 minutes, stirring twice. Arrange half of potatoes in a layer in an 8" (20 cm) round heat-safe dish. Pour on half of the sauce, then layer remaining potatoes and top with other half of the sauce. Cook at **P4** 20 - 25 minutes, or until potatoes are tender.

Sprinkle on cheese, cover, and let stand, 5 minutes.

Makes: 4 servings

VEGETABLES AND SIDE DISHES

SPINACH AND PHYLLO PIE

10 oz	fresh spinach or frozen spinach, defrosted and well-drained	300 g
8 oz	Feta cheese	240 g
2	eggs	2
½ cup	milk or cream	125 ml
1 tbsp	flour	15 ml
½ tsp	nutmeg	2 ml
	dash ground pepper	
1	clove garlic, minced	1
4	sheets phyllo pastry, defrosted	4
2 tbsp	butter, melted	30 ml
2 tsp	sesame seeds	10 ml

Wash spinach and remove leaves from stalks. Cut leaves finely and place into a 3-quart (3 L) casserole dish. Cover and cook at **P7** 3 - 5 minutes. Drain well. Crumble in Feta cheese.

To Bake: Place Oven Rack on Ceramic Tray. Preheat oven to **400°F (200°C)**. In a small bowl, beat eggs lightly and combine with cream, flour, nutmeg, pepper and garlic. Place spinach and cheese into a 9" (23 cm) pie plate and add egg mixture. Lay one sheet of phyllo over top of spinach mixture. Brush with melted butter and repeat method with remaining sheets of phyllo, brushing with butter between each layer of phyllo. Trim off excess phyllo around edges and press down at the sides of dish. Brush with butter and sprinkle with sesame seeds. With a sharp knife, cut a diamond pattern in top of pastry. Bake at **400°F (200°C)** for 15 - 20 minutes.

Makes: 4 - 6 servings



Spinach And Phyllo Pie

SESAME BROCCOLI AND CAULIFLOWER

2 tbsp	oil	30 ml
1 tbsp	sesame seeds	15 ml
½	bunch broccoli, cut into flowerettes	½
1	small head cauliflower, cut into flowerettes	1
1 tbsp	soy sauce	15 ml
¼ tsp	ginger	1 ml

To Microwave: Place oil and sesame seeds in a 2½-quart (2.5 L) casserole. Cook at **P7** 4 minutes. Add broccoli and cauliflower. Mix soy sauce and ginger. Pour over vegetables, stir well. Cover with plastic wrap. Cook at **P7** 6 - 7 minutes, stir once. Let stand, covered, 5 minutes.

Makes: 4 servings

GREEN BEANS AMANDINE

¼ cup	slivered almonds	60 ml
¼ cup	butter or margarine	60 ml
1 lb	fresh green beans, cut into 1½" (4 cm) pieces	500 g
¼ cup	water	60 ml
½ tsp	salt	2 ml
	dash ground nutmeg, optional	

To Microwave: Combine almonds and butter in a 2-cup (500 ml) glass measuring cup. Cook at **P7** 1 - 2 minutes, or until almonds are lightly browned, reserve. Combine beans and water in a 1-quart (1 L) casserole. Cook, covered with lid at **P7** 4 - 6 minutes, or until beans are tender, stir once. Add remaining ingredients and almonds and butter. Let stand, covered, 3 minutes before serving.

Makes: 4 servings

DIRECTIONS FOR COOKING PASTA, RICE AND CEREALS

Item	Container Size	Amount of Hot water	Power	Approx. Cooking Time (in minutes)	Approx. Standing Time (in minutes)	Special Instructions
Pasta						
Egg Noodles medium width 8 oz (240 g)	4-quart (4 L) casserole	1½-quarts (1.5 L)	P7 then P6	2 8 - 10	3	Add 1 tsp (5 ml) oil and 1 tsp (5 ml) salt to water. Cover and heat water to a boil (14 - 16 min. at P7). Add pasta. Cook uncovered; stir occasionally. Let stand, covered. Pasta that is to be added to a casserole should be slightly undercooked.
Elbow Macaroni 8 oz (240 g)	4-quart (4 L) casserole	1½-quarts (1.5 L)	P7 then P6	2 10 - 12	3	
Spaghetti, broken 8 oz (240 g)	4-quart (4 L) casserole	1½-quarts (1.5 L)	P7 then P6	2 10 - 12	3	
Rice*						
Flavoured Rice Mix 6.8 oz (190 g)	2-quart (2 L) casserole	as package directs	P6	14 - 15	5	Cover and heat water to a boil (6 - 7 min. at P7). Add rice, salt and butter (amount of salt and butter as package directs). Cook covered; stir. Let stand, covered.
Long Grain 1 cup (250 ml)	2-quart (2 L) casserole	2½ cups (625 ml)	P6	16 - 17	5	
Short Grain 1 cup (250 ml)	2-quart (2 L) casserole	2½ cups (625 ml)	P6	15 - 16	5	
Cereal						
Cream of Wheat 1 serving ¼ cup (60 ml)	2-cup (500 ml) glass bowl	1 cup (250 ml)	P7	3	1	Combine cereal, water and salt (optional). Cook uncovered. Stir several times.
2 servings ⅓ cup (80 ml)	4-cup (1 L) glass bowl	1½ cups (375 ml)	P7 then P6	3 2	1	
Oatmeal						
1 serving ⅓ cup (80 ml)	2-cup (500 ml) glass bowl	¾ cup (180 ml)	P7	2 - 3	1	
2 servings ⅔ cup (165 ml)	4-cup (1 L) glass bowl	1½ cups (375 ml)	P7 then P4	3 2½ - 4	1	
4 servings 1⅓ cups (330 ml)	6-cup (1.5 L) glass bowl	3 cups (750 ml)	P7 then P4	5 1½ - 3	2	
Cornmeal, Wheat-Bran						
1 serving ¼ cup (60 ml)	2-cup (500 ml) glass bowl	¾ cup (180 ml)	P7	2 - 4	1	
2 servings ⅔ cup (165 ml)	4-cup (1 L) glass bowl	1½ cups (375 ml)	P7 then P4	3 3 - 5	1	
4 servings 1 cup (250 ml)	6-cup (1.5 L) glass bowl	3 cups (750 ml)	P7 then P4	5 11 - 13	2	

* For instant rice products, use package directions. Bring hot water to a boil. Stir in product; let stand, covered.

ADAPTING RECIPES

To convert your own pasta recipes, follow these guidelines.

To Bake:

Choose a recipe that is traditionally cooked in the oven. Prepare recipe according to the recipe directions. Set the oven temperature 25 - 50°F (10 - 25°C) lower than conventional temperatures. Place the Oven Rack on the Ceramic Tray. Preheat the oven at the recipe recommended temperature. Place a dish on the Oven Rack. Check doneness 10 - 15 minutes before the recipe's minimum recommended cooking time. Recipes that "set" are best cooked by **Bake**.

To Cook by Combination:

Choose a recipe that is traditionally cooked in the oven. Prepare recipe according to the recipe directions. Place a dish in the oven. Cook on **Combination 3**. Check doneness 10 - 15 minutes before the recipe's minimum recommended cooking time.

To Microwave:

Choose recipes that are prepared on the range-top or oven. Use our charts as guidelines for the amount of liquid needed, dish size and power to use. Rice needs time to reconstitute, so it is best cooked at **P3**.

PEPPERED SESAME NOODLES

8 oz	vermicelli	240 g
2 tbsp	sesame oil	30 ml
2 tbsp	peanut oil	30 ml
6 - 8	fresh chili or jalapeño peppers, sliced; seeds removed, if desired	6 - 8
3 tbsp	Worcestershire sauce	45 ml
2 tbsp	soy sauce	30 ml
4 - 5	green onions, cut diagonally into ½" (1.5 cm) pieces	4 - 5
2 tbsp	sesame seeds, toasted	30 ml

To Microwave: Cook vermicelli, drain, rinse and set aside. In a 2-cup (500 ml) glass measuring cup blend sesame and peanut oil. Cook at **P7** 1 minute. Add chili peppers. Cook at **P7** 15 seconds. Add Worcestershire sauce and soy sauce. Pour over cooked vermicelli. Toss to coat. Cook at **P7** 3 minutes. Add green onions and sesame seeds. Mix well.

Makes: 6 - 8 servings

FUSILLI WITH SHRIMP

¼ cup	olive oil, divided	60 ml
2	cloves garlic, finely chopped	2
2 tbsp	lemon juice	30 ml
2 tbsp	white wine	30 ml
¼ tsp	oregano	1 ml
¼ tsp	salt	1 ml
¼ tsp	crushed red pepper	1 ml
⅛ tsp	pepper	0.5 ml
1 lb	shrimp, shelled and cleaned	500 g
2 cups	chopped tomato	500 ml
8 oz	fusilli, cooked and drained	240 g
2 tbsp	sliced green onions	30 ml

To Microwave: In a 2-quart (2 L) casserole, heat 2 tbsp (30 ml) oil at **P7** 30 seconds. Add garlic; cook at **P7** 30 seconds. Stir in remaining olive oil, lemon juice, wine and seasonings. Cook at **P7** 2 minutes. Stir in shrimp and tomato. Cover with lid. Cook at **P4** 4 minutes, or until shrimp is tender; stir once. Toss with cooked fusilli and green onions. Cook at **P7** 2 minutes to heat through.

Makes: 4 servings

COUSCOUS WITH JULIENNED VEGETABLES

1 cup	couscous	250 ml
1½ cups	water	375 ml
2	envelopes instant chicken broth	2
2 tbsp	butter	30 ml
1	clove garlic, minced	1
2 tbsp	finely chopped onion	30 ml
½ cup	julienned carrot strips	125 ml
½ cup	julienned zucchini strips	125 ml
½ cup	julienned summer squash strips	125 ml
½ cup	grated Parmesan cheese	125 ml

To Microwave: Place couscous in a 2-quart (2 L) casserole. Heat water at **P7** 2½ - 3 minutes, or until boiling. Pour water over chicken broth granules in a 2-cup (500 ml) glass measuring cup. Pour hot broth over couscous; cover and set aside.

In a 1-quart (1 L) glass casserole, heat butter at **P7** 45 seconds, or until melted. Add garlic and onion. Cover. Cook at **P7** 1 minute. Add carrots. Cover. Cook at **P7** 1 minute. Add zucchini and squash. Cover. Cook at **P7** 1½ minutes. Stir cooked vegetables into couscous. Cover. Cook at **P7** 1 minute. Stir in Parmesan cheese.

Makes: 6 - 8 servings

MACARONI AND CHEESE A

¼ cup	butter	60 ml
2 tbsp	onion, minced	30 ml
1	clove garlic, minced	1
¼ cup	flour	60 ml
1 tsp	dry mustard	5 ml
1 tsp	salt	5 ml
¼ tsp	pepper	1 ml
2 cups	milk	500 ml
2 cups	Cheddar cheese, grated	500 ml
½ cup	fresh bread crumbs	80 ml
1 tsp	paprika	5 ml
8 oz	macaroni, cooked and drained (See page 35)	240 g

In a 4-cup (1 L) glass measuring cup, melt butter at **P7** 50 seconds. Add onion and garlic, cook at **P7** 1 minute. Stir in flour, mustard, salt and pepper. Gradually add milk. Cook at **P7** 3 minutes, stirring once. Continue cooking at **P4** 3 - 4 minutes, or until sauce thickens. Stir in Cheddar cheese. Stir sauce into macaroni, in an 8 cup (2 L) casserole. Top with bread crumbs and paprika.

To Cook by Sensor Cooking: Cover with lid. Press **Sensor Cook** Button eight times, then **Start**.

To Microwave: Cover with waxed paper. Cook at **P6** 7 - 9 minutes.

Makes: 6 servings

Variation:

Use ½ cup (125 ml) of tomato sauce for ¼ cup (60 ml) milk and ⅛ tsp (0.5 ml) basil for dry mustard.

BEEF AND MACARONI CASSEROLE A

¾ lb -		375 g -
1 lb	ground beef	500 g
1	onion, chopped	1
½	green pepper, chopped	½
1 cup	celery, chopped	250 ml
1 tsp	parsley	5 ml
½ tsp	salt	2 ml
¼ tsp	pepper	1 ml
1 cup	elbow macaroni (uncooked)	250 ml
1¼ cups	water	310 ml
1	can tomato sauce	1
(14 oz)		(420 g)
½ cup	grated Cheddar cheese	125 ml

Crumble ground beef in a 2-quart (2 L) casserole. Cook at **P4** 5 - 7 minutes, or until barely pink; stirring twice. Add onion, peppers and celery.

To Cook by Sensor Cooking: Add remaining ingredients except cheese. Cover with lid and press **Sensor Cook** Button eight times, then **Start**.

To Microwave: Cook at **P7** 3 minutes. Add remaining ingredients, except cheese. Cover with a lid or plastic wrap. Cook at **P6** 3 minutes, then **P4** 15 - 18 minutes, or until macaroni is tender.

To Complete: Sprinkle on cheese. Cover and let stand 5 minutes.

Makes: 4 - 6 servings

PASTA PRIMAVERA

8 oz	spaghetti or spirals	240 g
¼ cup	butter or margarine	60 ml
2 cups	broccoli florets	500 ml
2 cups	cauliflower florets	500 ml
3	carrots, cut in julienne	3
2	cloves garlic, minced	2
1 tsp	basil	5 ml
¼ cup	fresh parsley, chopped	60 ml
2 tbsp	oil	30 ml
½ cup	grated Parmesan cheese, salt and pepper	80 ml

To Microwave: Cook pasta according to chart on page 35. Drain and add butter. In a 3-quart (3 L) casserole, combine vegetables, garlic, herbs and oil. Cover. Cook at **P7** 5 - 7 minutes. Let stand 3 minutes. Add pasta and cheese. Toss well. Season to taste with salt and pepper.

Makes: 4 servings

PASTA, GRAINS AND CEREALS

SPANISH RICE

1	large onion, chopped	1
¼ cup	green pepper, finely chopped	60 ml
2 tbsp	butter or margarine	30 ml
19 oz	can of stewed tomatoes, chopped and drained; reserve liquid	570 g
1 cup	long grain rice	250 ml
1½ tsp	salt	7 ml
⅛ tsp	pepper	0.5 ml
⅛ tsp	cayenne	0.5 ml
⅛ tsp	cloves	0.5 ml
	water	

In a 2-quart (2 L) casserole, combine onion, green pepper and butter. Cook at **P7** 2½ - 3½ minutes; stir once. Add tomatoes, rice and seasonings. Add enough water to reserved tomato liquid to equal 2¼ cups (560 ml). Stir in.

To Cook by Sensor Cooking: Cover with glass or ceramic lid. Press **Sensor Cook** Button eight times, then **Start**.

To Microwave: Cover and cook at **P7** 5 minutes, then at **P3** 16 - 18 minutes.

To Complete: Let stand, covered, 10 minutes before serving.

Makes: 6 servings

RICE PILAF

¼ cup	butter or margarine	60 ml
1 cup	long grain rice	250 ml
2¼ cups	chicken broth	560 ml
¼ cup	raisins, optional	60 ml
1 -		5 -
1½ tsp	curry powder	7 ml

Heat butter in a 2-quart (2 L) casserole at **P7** 1 minute, or until melted, stir in rice. Cook at **P7** 2 - 4 minutes, or until rice is browned, stir once. Add remaining ingredients and cover with lid.

To Bake: Place Oven Rack on Ceramic Tray. Preheat oven at **350°F (180°C)**. Bake 35 - 45 minutes, or until rice is done.

To Cook by Combination: Cover and cook on **Combination 4**, 25 - 35 minutes, or until rice is tender.

To Microwave: Cook at **P7** 4 - 6 minutes and at **P3** 12 - 14 minutes, or until rice is tender.

To Complete: Let stand, covered, 5 minutes.

Variation:

Cook ¼ cup (60 ml) slivered almonds with butter.

Makes: 6 servings

CRACKED WHEAT WITH TOMATO

2 tbsp	butter	30 ml
½ cup	green onions, chopped	125 ml
1	garlic clove, minced	1
10 oz	chicken broth	300 g
1 cup	bulgar (cracked wheat)	250 ml
1 cup	chick peas	250 ml
¾ cup	water	165 ml
½ tsp	dill	2 ml
1	tomato, chopped	1

In a 2-quart (2 L) casserole, combine butter, onions and garlic. Cook at **P7** 2 - 2½ minutes. Stir in broth, bulgar, chick peas, water and dill. Cover with lid. Cook at **P7** 10 minutes.

To Cook by Sensor Cooking: Stir in tomato. Cover. Press **Sensor Cook** Button eight times, then **Start**.

To Microwave: Cook at **P7** 15 minutes. Stir in tomato. Cover and cook at **P7** 5 minutes, or until liquid is absorbed.

To Complete: Stir and let stand, covered, 5 minutes.

Makes: 6 servings

GRANOLA CEREAL

¼ cup	honey	60 ml
1 tsp	vanilla	5 ml
1 tsp	cinnamon	5 ml
2 cups	rolled oats	500 ml
¾ cup	soy nuts or coarsely chopped nuts	165 ml
½ cup	wheat germ, optional	80 ml
¼ cup	packed brown sugar	60 ml
½ cup	coconut	80 ml
½ cup	raisins	80 ml

To Bake: Place Oven Rack on Ceramic Tray. Preheat oven at **325°F (165°C)**. Combine all ingredients in a shallow 2-quart (2 L) dish. Bake 40 - 45 minutes, stirring every 15 minutes.

To Microwave: In a small glass measuring cup, heat honey at **P7** 30 seconds. Stir in vanilla and cinnamon.

In a shallow 2-quart (2 L) casserole, combine oats, nuts, wheat germ, brown sugar and coconut. Stir in honey mixture. Cook at **P7** 6 - 8 minutes, stir twice. Add raisins.

To Complete: Cool completely, stirring occasionally to crumble mixture. Store in air tight container.

NOTE:

To make granola snack, follow above procedure. Add ¼ cup (60 ml) oil with honey. Recipe may be doubled, however, heat in small quantities. Additions of dried chopped apricots or dates may be used.

Makes: 3 cups (750 ml)

DIRECTIONS FOR COOKING CAKES, CUPCAKES, MUFFINS AND QUICK BREADS ON MICROWAVE

For packaged mixes, prepare batter according to the recipe on package directions. When unsure about converting conventional recipes follow a similar recipe.

Use recommended dish size. Glass dishes allow the bottom of baked goods to be checked visually for doneness. After cooking, visually check the bottom for doneness. Microwaveable plastic or ceramic may also be used.

Grease bottom of the dish when cakes are served from the dish. Grease the bottom and sides, and line bottom of the dish with wax paper, when the food is inverted from the dish. Never flour the dish.

Use only 2¼ cups (560 ml) of batter (half full) for a 8 - 9-inches (20 - 23 cm) round or square dish. Cook the second layer immediately after the first. The remaining batter can be used for cupcakes.

Shield square dishes with triangles of foil on each corner; mold around dish. When necessary, shield ends of loaf dishes with 3-inches (7.5 cm) strip of foil. Remove foil approximately halfway through the cooking time.

When cooking cupcakes and muffins, line microwave muffin pans with paper baking cups or grease solid cups. Fill cups ⅔ full.

Cover with wax paper when indicated in the chart or recipe. Most packaged mixes, and some recipes, benefit from 2-stage cooking. We have given 2-stage cooking directions where they are helpful.

Check during cooking since recipes and cooking times vary. After cooking, tops may be sticky, but a toothpick, inserted near the center should come out clean.

Let stand, uncovered, on a flat surface for 10 - 15 minutes. Stand time is important to allow the food to finish cooking. When left in the pan longer, cakes may be difficult to invert out of the pan.

Cakes and breads that are to be inverted should be loosened from the sides of the dish. Carefully turn the food out of the dish and peel off the waxed paper. Store, covered, until ready to serve.

Microwave Cooking Chart for Desserts

Item	Amount of Batter	Dish Size	Cooking Power and Time (in minutes)		Special Instructions	Stand Time (in minutes)
			First Stage	Second Stage		
Butter cake Single layer or half of prepared mix	2¼ cups (560 ml)	8 - 9" (20 - 23 cm) Round or square dish	P4 6 - 8 min.	—	—	10, uncovered
Butter cake All batter or enough for layers	All batter	14 cup (3.5 L) fluted, tube dish	P4 10 min.	P7 1 - 2 min.	Cover with wax paper.	15, uncovered
Cupcakes	⅔ full	1 2 6	P4 25 - 35 sec. 40 - 50 sec. 2 - 2¼ min.	—	—	Cool
Brownies	2 cups (500 ml)	8 - 9" (20 - 23 cm) square dish	P4 9½ - 10½ min.	—	—	Cool completely
Bar Cookies	1½ cups (375 ml)	8 - 9" (20 - 23 cm) square dish	P3 6 min.	P7 2¾ - 3¼ min.	—	Cool completely
Muffins large size	¼ cup (60 ml) each	1 2 6	P4 40 - 60 sec. 1 - 1½ min. 3 - 5 min.	—	—	—

ADAPTING RECIPES

Your favorite yeast and quick bread recipes can be baked in this oven on **BAKE**. Just follow our guidelines.

BAKE temperatures may be 25 - 50°F (10 - 25°C) lower than conventional temperatures. For quick breads prepare batter according to the recipe directions, and reduce the recommended baking temperature by 25°F (10°C). For muffins, bake at **375°F (190°C)**. Place the Oven Rack on the Ceramic Tray. Preheat the oven according to the temperature recommendations. Place a dish on the Oven Rack. Check doneness 5 - 10 minutes sooner than minimum conventional baking times. Bake muffins 12 - 18 minutes. Quick breads and muffins are done when a toothpick inserted near center comes out clean.

Bake yeast breads and rolls at **325°F (165°C)**. Prepare recipe according to directions. Place the Oven Rack on the Ceramic Tray. Preheat the oven to **325°F (165°C)**. Place a dish on the Oven Rack in the oven. Check yeast breads 5 - 10 minutes sooner than minimum conventional baking times. Check yeast rolls 5 minutes sooner than minimum conventional baking times. Yeast breads and rolls are done when the top is nicely browned and bread sounds hollow when tapped on bottom.

Baking cakes, cupcakes, muffins, quick bread and yeast breads on convection

Place the Oven Rack on the Ceramic Tray. Preheat the oven. Use the temperature indicated in the recipe or reference panel of prepared mix. Baking temperatures correspond to most conventional cookbook recipes. Use only one cake layer, 12-cups (3 L) muffin pan or two loaf pans at one time. For two cake layers, bake one after the other.

Use **metal pans** when baking.

To prepare cake pans, either grease and flour the bottom or place a circle of wax paper on the bottom and grease. For muffins and cupcakes, grease or line cups with paper. Bread pans should have the bottom and sides greased.

When cakes, muffins, brownies and quick breads are cooked, they will spring back when touched on the top, the sides will pull away from the pan and a toothpick inserted near the center will come out dry. Yeast breads and rolls will be browned on all sides and sound hollow when tapped.

Proofing (rising) of homemade yeast bread dough

Select a yeast bread recipe that yields one or two loaves. Prepare dough according to recipe directions.

Place the dough in a well greased large bowl. Brush top of the dough with oil. Cover loosely with plastic wrap.

Place 3 cups (750 ml) of warm water in a 10½" (26.5 cm) glass or glass ceramic pie plate or square dish. Place a bowl with the dough in the water.

Heat at **P1** 25 - 30 minutes, or until dough doubles in size. Dough has risen when two fingertips lightly pressed into dough leave an impression.

Punch dough down. Let rest, covered, 15 minutes. Shape into loaves as recipe directs. Place dough into the well greased 8½ x 4½ x 2½" (22 x 11 x 6 cm) loaf dishes that will fit into a 10" (25 cm) square dish. Bake according to recipe directions.

2-stage microwave defrosting and proofing (rising) of frozen bread dough

Fill a 12 x 9" (31 x 23 cm) glass dish with 4 cups (1 L) hot tap water. Heat at **P7** 4 minutes.

Generously grease one or two 8½ x 4½ x 2½" (22 x 11 x 6 cm) glass loaf dishes and oil all sides of frozen bread dough. Place the dough in the loaf dish, set in hot water. Cover with wax paper.

Heat at **P4**, 2 minutes.

Turn dough over.

Heat at **P6**, 2 minutes.

Let stand in oven 10 minutes. Dough should be defrosted and slightly warm. If needed, continue heating at **P6** in 1 minute intervals, until defrosted.

To rise, heat at **P4**, 1 minute. Let stand in oven 15 minutes. Repeat procedure until dough rises 1" (2.5 cm) above dish. Procedure is usually repeated 3 - 4 times.

Bake according to recipe directions.

BRAN MUFFINS (refrigerator)

3 cups	bran	750 ml
1 cup	boiling water	250 ml
½ cup	vegetable oil	125 ml
½ cup	molasses	125 ml
½ cup	sugar	125 ml
2	eggs	2
2 cups	buttermilk	500 ml
2½ cups	whole wheat flour	625 ml
1 tbsp	baking soda	15 ml
½ tsp	salt	2 ml
1½ cups	raisins, optional	375 ml

To Microwave: Prepare batter the night before use. Put bran in a large bowl and cover with boiling water. In a separate bowl combine oil, molasses, sugar and eggs. Beat well. Add buttermilk to bran. Add remaining dry ingredients. Add liquid ingredients and stir until just combined. Cover tightly and refrigerate. Line or grease a 6-cup muffin pan. Fill cups to ¾ full. Cook at **P4** 3 minutes and **P7** 2 minutes, or until cake tester comes out clean. For one muffin, cook at **P4** 45 - 55 seconds. Batter will keep refrigerated for two weeks, or frozen for two months.

Makes: 2 dozen



Sally Lunn

SALLY LUNN

4 cups	flour, divided	1 L
⅓ cup	sugar	80 ml
2 tsp	salt	10 ml
2	packages active dry yeast	2
	[¼ oz (8 g) each]	
¾ cup	milk	180 ml
½ cup	water	125 ml
½ cup	shortening	125 ml
3	eggs, beaten	3

Combine 1⅓ cups (330 ml) flour, sugar, salt and yeast in a large bowl. Combine milk, water and shortening in a 2-cup (500 ml) glass measuring cup. Heat at **P4** 2½ minutes, or until temperature is 120 - 130°F (50 - 55°C). Blend warm liquids into flour mixture; beat with electric mixer at medium speed, 2 minutes. Beat in remaining flour and eggs. Cover with towel; let rise in warm place free from draft until doubled, about 1½ hours. Punch down batter and turn into greased 10" (25 cm) tube pan or 12-cup (3 L) fluted tube pan; cover with towel. Let rise for an additional 30 minutes.

To Bake: Place Oven Rack on Ceramic Tray. Preheat oven at **350°F (180°C)**. Place pan on Oven Rack. Bake 25 - 30 minutes, or until golden brown. Run knife around center and outer edge of bread; turn onto serving plate. Serve warm.

Makes: 1 loaf

OATMEAL-HONEY BREAD

5¾ -		1.43 -
6¼ cups	all purpose flour, divided	1.56 L
2	packages dry yeast	2
1 cup	milk	250 ml
¾ cup	water	180 ml
1 cup	oats	250 ml
⅓ cup	honey	80 ml
⅓ cup	butter	80 ml
1½ tsp	salt	7 ml
2	eggs, separated	2

In a large bowl, combine 2 cups (500 ml) flour and yeast. Set aside. In a medium microwavable bowl, combine milk, water, oats, honey, butter and salt. Heat at **P7** 1 - 1½ minutes, or until warm [120°F (50°C)]. Add to flour mixture and stir. Set aside egg whites. Beat egg yolks into mixture at low speed 30 seconds, then at high speed 3 minutes. Gradually, stir in remaining flour with a spoon. Turn dough onto floured surface. Knead until smooth and elastic. Shape into a ball. Place in a greased bowl and roll to grease surface. Cover with a towel and allow to rise until double in bulk in a warm place or according to microwave proofing directions. When risen, punch down and divide in two. Cover with a towel, let rise 10 minutes. Place in two greased loaf pans or shape in one round and place on baking sheet. Cover and let rise until double.

To Bake: Place Oven Rack on Ceramic Tray. Preheat at **350°F (180°C)**. Brush loaves with beaten egg white and sprinkle with oats. Bake 35 - 40 minutes. Remove from pans and cool on rack.

Makes: 2 loaves

DESSERTS AND BREADS

POTATO PUFF ROLLS

2-		500 -
2½ cups	flour, divided	625 ml
¼ cup	sugar	60 ml
1 tsp	salt	5 ml
1	package instant dry yeast	1
½ cup	milk	125 ml
½ cup	mashed potatoes	125 ml
¼ cup	water	60 ml
¼ cup	shortening	60 ml
1	egg	1

To Bake: Combine 1 cup (250 ml) flour, sugar, salt and yeast; set aside. In a 2-cup (500 ml) glass measuring cup, heat milk, mashed potatoes, water and shortening at **P7** 1 - 2 minutes until very warm [130°F (55°C)]. With electric mixer, at medium speed, gradually add milk mixture to dry ingredients in bowl and beat for 2 minutes, scraping bowl occasionally. Add ½ cup (125 ml) flour and egg and beat until well combined, about 1 minute. Stir in enough additional flour to make soft dough. Turn out onto lightly floured surface; knead until smooth and elastic, about 8 - 10 minutes. Dough will be sticky. Place in greased bowl. Cover with plastic wrap and towel; let rise in warm place free from draft until doubles, about 1 - 1½ hours. Place Oven Rack on Ceramic Tray. Preheat oven at **350°F (180°C)**. Punch dough down; turn out onto lightly floured surface. Cover; let rest 10 minutes. Divide dough into 36 pieces. Shape each in a ball. Grease 12-cup muffin pan. Place three balls in each muffin cup. Cover with towel; let rise in warm place until doubled, about 45 minutes. Place pan on rack. Bake at **350°F (180°C)**, 18 - 20 minutes, or until browned.

Makes: 12 rolls

ORANGE BLUEBERRY MUFFINS

1¾ cups	flour	430 ml
⅓ cup	sugar	80 ml
1 tsp	baking powder	5 ml
½ tsp	baking soda	2 ml
½ tsp	salt	2 ml
1	egg, beaten	1
½ cup	orange juice	125 ml
⅓ cup	oil	80 ml
¾ cup	blueberries, fresh or frozen, defrosted	180 ml
1 tsp	grated orange peel	5 ml

To Bake: Place Oven Rack on Ceramic Tray. Preheat oven at **375°F (190°C)**. Combine flour, sugar, baking powder, baking soda and salt. Add egg, orange juice and oil; stir until flour is moistened. Batter should be lumpy. Fold blueberries and orange peel into mixture. Grease 12-cup muffin pan, or line with paper baking cups; fill ¾ full. Sprinkle each muffin with sugar, if desired. Place muffin pan on Oven Rack. Bake at **375°F (190°C)**, 16 - 18 minutes, or until toothpick inserted near center comes out clean. Remove from pan. Store covered.

Makes: 12 muffins

ZUCCHINI NUT BREAD

1 cup	all-purpose flour	250 ml
½ cup	whole wheat flour	125 ml
2 tsp	ground cinnamon	10 ml
1 tsp	baking soda	5 ml
½ tsp	salt	2 ml
½ tsp	baking powder	2 ml
½ tsp	ground nutmeg	2 ml
½ cup	chopped nuts	125 ml
1 cup	packed brown sugar	250 ml
½ cup	oil	125 ml
2	eggs	2
1 tsp	vanilla	5 ml
1½ cups	shredded zucchini	375 ml

Combine flours, cinnamon, baking soda, salt, baking powder, nutmeg and nuts; set aside. In a large bowl, with an electric mixer at high speed, beat brown sugar, oil, eggs and vanilla for 2 minutes; stir in zucchini. Add flour mixture. Stir only until flour is moistened. Line bottom of a 9 x 5" (23 x 13 cm) loaf dish with wax paper. Spoon batter into dish.

To Cook by Combination: Place Oven Rack on Ceramic Tray. Preheat oven at **350°F (180°C)**, then reset to **Combination 4**. Cook 25 - 30 minutes, or until toothpick inserted in center comes out clean.

To Microwave: Shield ends of dish with 3" (7.5 cm) strips of foil, molding around dish. Cook at **P1** 10 minutes; remove foil strips. Cook at **P6** 5 - 6 minutes, or until top is dry and a toothpick inserted near center comes out clean.

To Complete: Let stand 15 minutes. Invert and remove wax paper, let stand until cool. Store, covered, until ready to serve.

Makes: 1 loaf

CORNBREAD

⅓ cup	shortening	80 ml
½ cup	brown sugar	125 ml
1	egg	1
1 cup	cornmeal	250 ml
1 cup	flour	250 ml
2 tsp	baking powder	10 ml
¼ tsp	salt	1 ml
½ tsp	baking soda	2 ml
1 cup	buttermilk*	250 ml

In a medium bowl, cream shortening and sugar together. Add egg and beat well. Stir in cornmeal. Combine flour with baking powder and salt. Add baking soda to buttermilk. Alternately add flour and milk to creamed mixture, beginning and ending with flour. Stir until just combined.

To Microwave: Pour into a greased 8½" (22 cm) square cake dish. Cook at **P3** 6 minutes, then at **P7** 4 - 5 minutes, or until toothpick inserted near center comes out clean. Let stand 10 minutes.

To Bake: Place Oven Rack on Ceramic Tray. Preheat at **375°F (190°C)**. Pour into greased square cake pan and bake 30 - 35 minutes. Serve warm or cold.

Makes: 9 - 12 pieces

*Sour milk may be substituted.

DIRECTIONS FOR BAKING CAKES AND PIES USING ONE TOUCH BAKING

One Touch Baking takes the guesswork out of baking cakes or pies. There is no need to select cooking time or oven temperature. The oven does it automatically.

Auto Cake

Prepare batter according to the package or recipe directions. For best results, use recipes from the dessert section of the cookbook. Cook one cake at a time. Use metal pan for best results.

The Auto Cake feature is sub-divided into two categories:

Auto Convection Button five times is for cakes that will bake in 25-35 minutes. **Auto Convection** Button six times are for cakes that will bake in 45-65 minutes.

The cake categories are not suitable for fudge cakes, brownies or traditional fruit cake recipes.

To Bake Cakes: Place the Oven Rack on the Ceramic Tray. Place cake on the Oven Rack, choose the appropriate cake category and press **Start** Button.

Auto Pie

There are three sub-categories for the Auto Pie feature. To use press **Auto Convection** Button seven times for double crusted pies with fresh fruit filling.

Press **Auto Convection** Button eight times for double crusted frozen pies [no larger than 2 lb 5 oz (1150 g)]. Press **Auto Convection** Button nine times for baking double crusted pies with precooked or canned pie filling.

To Bake Pies: Place Oven Rack on Ceramic Tray. For best results, place frozen pies on a small cookie sheet on the Oven Rack. Choose the appropriate pie category and press **Start** Button.

Baking Chart for Cake and Cookie Mixes

Prepare batter according to package directions.

NOTE:

To bake two 8- or 9-inches layers, each layer must be baked separately. Place the Oven Rack on the Ceramic Tray. Preheat the oven to temperature indicated in the chart. Place pan on the Oven Rack.

For cupcakes, or muffin pan with metal or paper baking cups. Fill $\frac{2}{3}$ full.

Grease and/or flour aluminum cake pans, or grease cookie sheets according to the package directions. Bake for times recommended in the chart. To check doneness, insert a toothpick and it should come out clean. Cool on cake rack according to the package directions. Remove from the dish and cool completely.

Item	Oven Temperature	Baking Time
Brownie Mix 12 - 24 oz (360 - 720 g)	350°F (180°C)	Check doneness 2 minutes sooner than minimum package cooking time.
Bundt Cake Mix 22 - 30 oz (660 - 900 g)	Reduce package temperature by 25°F (10°C)	Check doneness at minimum package cooking time.
Package Cake Mix 15 - 21 oz (450 - 630 g) Fluted tube pan or Angel food cake pan	Reduce package temperature by 25°F (10°C)	Check doneness at minimum package cooking time.
Cupcakes (12)	Reduce package temperature by 25°F (10°C)	Check doneness at minimum package cooking time.
9-inch cake pan Yellow and all flavors	Reduce package temperature by 25°F (10°C)	Check doneness at minimum package cooking time.
Refrigerated Cookie Dough 15 - 27 oz (450 - 810 g)	325°F (165°C)	Check doneness at minimum package cooking time.
Package Cookie Mix 14 - 36 oz (420 - 1080 g)	325°F (165°C)	Check doneness 1 minute sooner than minimum package cooking time.

DESSERTS AND BREADS

SPICE NUT CAKE ▢

2 cups	sifted all-purpose flour	500 ml
1 cup	granulated sugar	250 ml
1 tsp	baking powder	5 ml
1 tsp	salt	5 ml
¾ tsp	baking soda	3 ml
¾ tsp	ground cloves	3 ml
¾ tsp	ground cinnamon	3 ml
⅓ cup	shortening	80 ml
¾ cup	brown sugar	180 ml
1 cup	buttermilk or sour milk	250 ml
3	eggs	3
½ cup	finely chopped walnuts	125 ml

Grease and flour two 9 x 1½" (23 x 4 cm) round cake pans. Place Oven Rack on Ceramic Tray. Sift together first seven ingredients. Add shortening, brown sugar and buttermilk. Mix until all flour is moistened. Beat 2 minutes at medium speed in an electric mixer. Add eggs, beat 2 minutes more, stir in nuts. Pour batter into prepared pans. Place pan on Oven Rack. Bake one layer at a time.

To Cook by Convection Cooking: Press **Auto Convection** Button five times, then **Start**. Cool 10 minutes, remove from pans. Cool completely.

To Bake: Preheat oven at **325°F (165°C)**. Bake 30 - 35 minutes, or until toothpick inserted near center comes out clean. Cool 10 minutes, remove from pans. Cool completely.

Makes: 1 loaf

LOAF POUND CAKE ▢

¾ cup	butter or margarine	180 ml
½ tsp	grated lemon peel	2 ml
¾ cup	sugar	180 ml
1 tsp	vanilla extract	5 ml
3	eggs	3
1¼ cups	sifted all-purpose flour	310 ml
½ tsp	baking powder	2 ml
¼ tsp	salt	1 ml

Grease the bottom of a 9 x 5 x 3" (23 x 13 x 7.5 cm) pan. Place Oven Rack on Ceramic Tray. Cream butter and lemon peel, gradually add sugar, creaming until light, about 6 minutes at medium speed on an electric mixer. Add vanilla then eggs, one at a time, beating well after each. Stir dry ingredients; stir in. Pour batter into prepared pan. Place pan in oven rack.

To Cook by Convection Cooking: Press **Auto Convection** Button six times, then **Start**.

To Bake: Preheat at **300°F (150°C)**. Bake 55 - 60 minutes or until toothpick inserted near center comes out clean.

To Complete: Cool in pan. Sift confectioners' sugar lightly on top.

HOT-MILK SPONGE CAKE ▢

1 cup	sifted all-purpose flour	250 ml
1 tsp	baking powder	5 ml
¼ tsp	salt	1 ml
½ cup	milk	125 ml
2 tbsp	butter	30 ml
2	eggs	2
1 cup	sugar	250 ml
1 tsp	vanilla extract	5 ml

Grease 9 x 9 x 2" (23 x 23 x 5 cm) square pan. Place Oven Rack on Ceramic Tray. Sift together flour, baking powder and salt. Heat milk and butter until butter melts; keep hot. Beat eggs until thick and lemon coloured about 1 minute on high speed of electric mixer. Gradually add sugar, beating constantly at medium speed for 4 - 5 minutes. Add sifted dry ingredients to egg mixture; stir just until blended. Stir in hot milk mixture and vanilla, blend well. Pour batter into prepared pan.

To Cook by Convection Cooking: Press **Auto Convection** Button five times, then **Start**.

To Bake: Preheat at **325°F (165°C)**. Bake 30 - 35 minutes, or until toothpick inserted near center comes out clean.

To Complete: Cool in pan 10 minutes, remove from pans. Cool completely.

Makes: 9 - 12 pieces

CARROT CAKE ▢

2 cups	all-purpose flour	500 ml
2 cups	sugar	500 ml
1 tsp	baking powder	5 ml
1 tsp	baking soda	5 ml
1 tsp	salt	5 ml
1 tsp	ground cinnamon	5 ml
3 cups	finely shredded carrots (9)	750 ml
1 cup	cooking oil	250 ml
4	eggs	4

Grease and lightly flour a 13 x 9 x 2" (33 x 23 x 5 cm) baking pan. Place Oven Rack on Ceramic Tray. In a large mixing bowl, stir together flour, sugar, baking powder, baking soda, salt and cinnamon, add carrot, oil and eggs. Mix until moistened, beat at medium speed of electric mixer for 2 minutes. Pour into prepared pan. Place pan on Oven Rack in oven.

To Cook by Convection Cooking: Press **Auto Convection** Button six times, then **Start**.

To Bake: Preheat at **300°F (150°C)**. Bake 55 - 60 minutes, or until toothpick inserted near centre comes out clean.

To Complete: Cool in pan 10 minutes, remove from pan. Cool completely.

Makes: 12 - 15 servings

ADAPTING RECIPES

Cake and cookie recipes can be baked on **Bake**. Bake temperatures may be 25 - 50°F (10 -25°C) lower than conventional temperature for cakes and cookies. For layer cakes, use **325°F (165°C)**. For pound cakes or cakes baked in a fluted tube pan, bake at **300°F (150°C)**. For fruit cake, use **250°F (120°C)**. Prepare cake and cake pans according to the recipe directions. Always use metal pans for best results. Place the Oven Rack on the Ceramic Tray. Preheat the oven according to the recipe temperature recommendations. Place a dish on the Oven Rack.

Check doneness a few minutes sooner than the minimum conventional baking time. Cakes are done when a toothpick inserted near center comes out clean. Prepare recipe and cookie sheet or pans according to the recipe directions. Place the Oven Rack on the Ceramic Tray. Preheat the oven according to the temperature recommendations. Place cookie sheet on Oven Rack. Check doneness at the minimum recommended cooking time.

UP - SIDE DOWN PEAR CAKE

Topping:

1/3 cup	butter	80 ml
1 cup	brown sugar	250 ml
2 tbsp	red wine	30 ml
1/4 tsp	cinnamon	1 ml
1/4 tsp	cloves	1 ml
2	Bosc pears, peeled and sliced	2
1/4 cup	ground walnuts	60 ml

Cake:

2 cups	flour	500 ml
1/2 tsp	salt	2 ml
2 tsp	baking powder	10 ml
1/2 cup	butter or margarine	125 ml
2/3 cup	sugar	165 ml
2	eggs	2
1 tsp	vanilla extract	5 ml
2/3 cup	milk	165 ml

In a 9" (23 cm) round cake pan, combine butter, brown sugar, wine, cinnamon and cloves. Cover with wax paper. Heat at **P7** 2 - 3 minutes, or until sugar is melted. Stir well. Arrange pear slices attractively on mixture. Sprinkle with nuts in between slices; set aside.

In a small bowl, combine flour, salt and baking powder. Cream the butter and sugar with an electric mixer at high speed, until creamy. Beat in the eggs and vanilla. Alternately add milk and flour mixture. Pour over pears.

To Bake: Place Oven Rack on Ceramic Tray. Preheat oven at **350°F (180°C)**. Place cake on Oven Rack and bake, 30 - 35 minutes, or until toothpick inserted near center comes out clean.

To Microwave: Cook at **P4** 10 minutes, then **P7** 2 minutes, or until toothpick inserted near center comes out clean.

To Complete: Let stand 5 - 10 minutes; invert onto a serving plate and serve warm.

Makes: 1 cake

MINI CHEESECAKES

Crumb:

1/4 cup	butter	60 ml
1 cup	graham cracker crumbs	250 ml
1 tbsp	sugar	15 ml

Filling:

1 (8 oz)	package cream cheese	1 (240 g)
1/4 cup	sugar	60 ml
1	egg	1
1 tsp	vanilla extract	5 ml
6	sliced strawberries, kiwi, etc.	6

To Microwave: In a small bowl, melt butter at **P7** 20 - 40 seconds. Stir in crumbs and sugar.

Use 6 custard cups or two 6-cup muffin pans. Line with paper liners. Divide crumb mixture among cups. With back of a spoon, press crumbs on bottom and sides. Soften cream cheese in a bowl at **P3** 1 1/2 - 2 minutes. Beat cream cheese and sugar until smooth. Beat in egg and vanilla. Divide among cups. For custard cups, cook at **P4** 3 - 5 minutes or until set.

For muffin pans, cook at **P4** 1 - 1 1/2 minutes. Repeat with second pan. Cool. Place slices of fruit on each cake before serving.

Makes: 6 servings

DESSERTS AND BREADS

FRUIT CRISP

4 cups	sliced fruit (apples*, pears, peaches, berries)	1 L
2 tbsp	sugar	30 ml
2 tsp	orange or lemon rind	10 ml
½ cup	rolled oats	125 ml
½ cup	whole wheat flour	125 ml
1 tsp	cinnamon	5 ml
½ cup	brown sugar	125 ml
⅓ cup	butter or margarine, melted	80 ml
½ cup	chopped walnuts	125 ml

To Microwave: In a 9" (23 cm) round dish, layer fruit with sugar and rind. Combine oats, flour, cinnamon and brown sugar in a medium bowl. Cut in butter, until texture is crumblike. Stir in nuts and sprinkle over fruit. Cook at **P4** 15 - 20 minutes, or until fruit is tender.

Makes: 6 servings

* Add ¼ cup (60 ml) orange juice to apples.

RUM CAKE

Cake:		
1 (1 lb)	package yellow cake mix	1 (500 g)
4	eggs	4
½ cup	water	125 ml
½ cup	oil	125 ml
½ cup	dark rum	125 ml
1 cup	finely chopped nuts	250 ml
Rum Glaze:		
¼ cup	butter, melted	60 ml
½ cup	sugar	125 ml
⅓ cup	dark rum	80 ml

Using an electric mixer, beat cake mix, eggs, water, oil and rum, in a large bowl, for 2 minutes.

To Bake: Place Oven Rack on Ceramic Tray. Preheat at **325°F (165°C)**. Pour batter into greased 14 cup (3.5 L) bundt or tube pan. Bake 45 - 55 minutes.

To Microwave: Heavily grease a 14 cup (3.5 L) fluted tube dish. Press nuts on sides and bottom of dish. Pour batter into dish, cover with wax paper and cook at **P3** 10 minutes. Remove wax paper and cook at **P6** 6 - 8 minutes. Let stand 10 minutes.

To Complete: Prepare rum glaze by heating butter and sugar at **P7** 1 minute. Stir in rum. Pierce cake all over with a long skewer. Pour half the glaze over cake. Invert cake onto serving plate and drizzle remaining glaze over cake until it is all absorbed. Sprinkle with nuts. Store covered.

Makes: 1 cake

DATE SQUARES

Filling:		
1 lb	dates	500 g
½ cup	sugar	125 ml
⅓ cup	orange juice	80 ml
1 tbsp	flour	15 ml
Base:		
¾ cup	butter	180 ml
¾ cup	brown sugar	180 ml
¼ tsp	salt	1 ml
1 cup	rolled oats	250 ml
1 cup	whole wheat flour	250 ml

Combine dates, sugar and juice in a medium bowl. Cook at **P7** 4 - 5 minutes, stirring occasionally. Purée in blender or food processor. Stir in flour. In a medium bowl, cream butter, sugar and salt together. Stir in oats and flour until mixture resembles coarse crumbs. Reserve 1 cup (250 ml) of base. Press remainder in 8" (20 cm) square dish. Spread date mixture evenly on top. Sprinkle on remaining base.

To Bake: Place Oven Rack on Ceramic Tray. Preheat at **325°F (165°C)**. Follow procedure using square metal pan. Bake 30 - 35 minutes. Cool.

To Microwave: Cook at **P4** 14 - 16 minutes.

Makes: 16 squares

CHEWY OATMEAL COOKIES

¾ cup	shortening, softened	180 ml
1 ⅓ cups	brown sugar	330 ml
2	eggs	2
1 tsp	vanilla extract	5 ml
1 cup	flour	250 ml
½ tsp	baking soda	2 ml
½ tsp	salt	2 ml
1 tsp	cinnamon	5 ml
½ tsp	cloves	2 ml
¼ tsp	nutmeg	1 ml
2 cups	oats	500 ml
1 cup	raisins	250 ml

To Bake: Place Oven Rack on Ceramic Tray. Preheat at **350°F (180°C)**. Cream shortening and sugar together. Beat in eggs and vanilla until smooth. Add flour, soda, salt and spices. Mix well. Stir in oats and raisins. Drop by the spoonful onto greased cookie sheet. Bake 8 - 10 minutes. Let stand 5 minutes before removing from pan. Reset oven to preheat while making repeated batches of cookies.

Makes: 3 - 4 dozen

Cooking pudding and pie filling mixes

In a container twice the volume of the mix, combine ingredients according to the package directions. Cook at **P4** according to the time recommended in the chart. Stir twice during cooking time.

Chill before serving. Stir rice or tapioca pudding occasionally. Egg custard, rice pudding and tapioca pudding will thicken as they chill.

Item	Approx. Cooking Time at P4 (in minutes)
Regular Pudding and Pie Filling 4 servings [3¼-4½ oz (98-124 g)] 6 servings [4¾-5½ oz (142-165 g)]	5 - 7 9 - 11
Egg Custard* [3 oz (90 g)]	5 - 6
Rice Pudding* [3¾ oz (112 g)]	7½ - 9
Tapioca Pudding* [3½ oz (105 g)]	7 - 8½

* Mixture will thicken as it chills.

Preparing Pie Crusts

To Bake: For single pie shell.

Place Oven Rack on the Ceramic Tray. Preheat at **425°F (220°C)**. Prepare pastry using your favourite recipe, prepared mix or frozen pie shell. Use a metal pie plate. Prick the bottom and sides with a fork. Bake according to time in the chart.

To Microwave: For single pie shell. Substitute some whole wheat flour for white flour. If desired, add a few drops of yellow food coloring or browning agent to the liquid to improve the color.

Crusts may also be brushed with dark corn syrup or molasses for sweet fillings or Worcestershire or soy sauce for savory fillings. Use a microwaveable plastic, glass or ceramic pie plate. Prick the bottom and sides with a fork. Let rest 10 minutes before cooking. Cook according to time in the chart. Visually check for doneness. Pastry crusts should be opaque. If crust is undercooked, add cooking time in 15 second increments.

Crust	Microwave	Bake
Homemade or mix	P6 3½ - 5 min.	425°F (220°C) 8 - 10 min.
Frozen	P4 4 - 5½ min.	375°F (190°C) 7 - 10 min.
Graham Cracker or Cookie Crust	P4 1 - 2 min.	325°F (165°C) 5 - 8 min.

ADAPTING RECIPES

For pie baking, follow directions given here and in the recipes in this cookbook. Place the Oven Rack on the Ceramic Tray before preheating the oven. Use homemade or package pie crust mixes.

DO NOT use refrigerated or frozen pie crusts, as these do not cook properly. Roll out dough to ⅛-inch (0.5 cm) thickness. Use 9-inches (23 cm) aluminum pie plates. For fruit pies, preheat the oven to the temperature a similar recipe recommends. Oven Rack should be on the Ceramic Tray. Bake 40 - 60 minutes, or until crust is brown and juice bubbles. Pie edges may be shielded with a 2 - 3-inches (5 - 7.5 cm) strip of foil to prevent excess browning.

PIE CRUST

1 cup	flour	250 ml
½ tsp	salt	2 ml
⅓ cup	shortening	80 ml
3 -		45 -
4 tbsp	cold water	60 ml

In a medium bowl, combine flour and salt. Cut in shortening until mixture resembles coarse crumbs. Add water, a tablespoon at a time, stirring lightly with fork. Gather dough into a ball. Roll dough ⅛" (0.5 cm) thick.

To Bake: Place Oven Rack on Ceramic Tray. Preheat oven at **375°F (190°C)**. Gently place crust in a 9" (23 cm) pie plate. Trim edge so ¾" (2 cm) overhang remains. Roll overhang down to rim of pie plate. Flute edge. Prick bottom and sides of crust with fork. Place pie plate on Oven Rack. Bake at **375°F (190°C)**, 14 - 16 minutes, or until crust is golden brown. Cool completely before filling.

To Microwave: Gently place crust in a 9" (23 cm) glass pie plate. Trim edge, so ¾" (2 cm) overhang remains. Roll overhang down to rim of pie plate. Flute edge. Prick sides and bottom of crust with fork. Let stand 10 minutes. Place dish on inverted pie plate. Cook at **P7** 3½ - 5 minutes, or until crust is opaque. If crust is undercooked, add cooking time in 15-second increments. Let stand until cool.

Makes: one 9" (23 cm) pie crust

NOTE:

For two crust pie, use 2 cups (500 ml) flour, 1 tsp (5 ml) salt, ⅔ cup (165 ml) shortening and 5 - 7 tbsp (75 - 105 ml) water. Prepare as directed above. Cut dough in half. Roll out into two crusts.

PIES

TROPICAL PIE

1	envelope unflavoured gelatin	1
¾ cup	pineapple juice	180 ml
1¾ cups	toasted coconut	430 ml
3 tbsps	butter or margarine, melted	45 ml
1 (3½ oz)	package tapioca pudding mix	1 (105 g)
¾ cup	milk	180 ml
3	eggs, separated	3
1 (8 oz)	can crushed pineapple, undrained	1 (240 g)
2 tbsps	sugar	30 ml
	Sweetened whipped cream, optional	

To Microwave: In a 2½-quart (2.5 L) glass bowl, sprinkle gelatin over pineapple juice, let stand 5 minutes. Meanwhile, in a 9" (23 cm) pie plate, toss together coconut and melted butter. Press coconut into bottom and up sides of dish to make a crust. Add pudding mix and milk to gelatin mixture, stir until well blended. Cook at **P6** 5 - 7 minutes, or until mixture boils. Beat egg yolks slightly. Stir a small amount of hot mixture into egg yolks, return to hot mixture, beating until well blended. Stir in undrained pineapple. Chill until mixture mounds slightly, about 40 minutes.

In a small bowl, with electric mixer at high speed, beat egg whites until soft peaks form. Gradually beat in sugar, continue beating until stiff peaks form. Fold egg whites into pudding mixture. Turn into prepared crust. Chill until firm, about 3 hours. Garnish, if desired, with toasted coconut and whipped cream.

Makes: 8 servings

BANANAS FOSTER

⅓ cup	packed brown sugar	80 ml
¼ cup	butter or margarine	60 ml
1 tbsps	water	15 ml
1 tsp	lemon juice	5 ml
1 tsp	rum extract	5 ml
¼ tsp	nutmeg	1 ml
3	bananas, diagonally sliced, ½" (1.5 cm) thick	3
½ cup	heavy cream, whipped	125 ml
⅓ cup	coconut, toasted	80 ml

To Microwave: In a 1½-quart (1.5 L) glass bowl, combine brown sugar, butter, water, lemon juice, rum extract and nutmeg. Cook at **P7** 3½ - 4 minutes, stir twice. Add bananas and stir gently. Cook at **P6** 1 minute. Spoon warm bananas and sauce into dessert dishes. Top with whipped cream and sprinkle with toasted coconut.

Makes: 4 servings

APPLE PIE

1	Pastry for 2-crust 9" (23 cm) pie	1
2 lb	fresh baking apples or peaches	1 kg
1 tbsps	lemon juice	15 ml
¾ cup	sugar	180 ml
2 tbsps	flour	30 ml
1 tsp	cinnamon	5 ml
⅛ tsp	nutmeg	0.5 ml
⅛ tsp	salt	0.5 ml
2 tbsps	butter or margarine	30 ml

To Bake: Place Oven Rack on Ceramic Tray. Preheat oven at **400°F (200°C)**. Roll out half of pastry and line 9" (23 cm) aluminum pie plate. Roll out top crust; set aside. Peel, core and slice each apple into sixteenths; toss with lemon juice. In small bowl, combine sugar, flour, cinnamon, nutmeg and salt; add to apples and toss until well coated. Place in lined pie plate. Dot with butter. Fit top crust and flute edges; cut 4 vent holes in top crust. Place pie plate on Oven Rack in oven. Bake at **400°F (200°C)**, 40 - 45 minutes, shielding pie crust after 30 minutes. Bake until crust is brown and juice bubbles through slit.

To Cook by Convection Cooking: Place oven rack on Ceramic Tray. Place pie on Oven Rack. Press **Auto Convection** Button seven times then press **Start** Button.

Makes: 8 servings

FRUIT AND ZABAGLIONE

4	egg yolks	4
¼ cup	sugar	60 ml
¼ cup	Marsala or dry sherry	60 ml
4 cups	cut-up mixed fresh fruit such as: strawberries, melon, blueberries, peaches and nectarines	1 L

To Microwave: In a medium glass bowl, beat egg yolks and sugar 3 minutes, with electric mixer at high speed, or until thick and lemon-colored. Meanwhile, heat Marsala at **P7** 1 minute, or until wine boils. With mixer at high speed, gradually beat hot wine into egg yolk mixture. Cook wine mixture at **P6** 1 - 2 minutes, or until thickened and smooth and mixture mounds when dropped from wire whisk, beat every 30 seconds with whisk. With mixer at high speed, beat cooked mixture 2 minutes until light and fluffy.

NOTE:

Mixture should double in volume. Spoon some fruit into stemmed dessert glasses, top with some sauce. Repeat layering ending with fruit. Serve immediately.

Makes: 6 servings