Microwave Miracles

SANYO
This book has been written by our own Home Economists to help you, our customer, to understand the wonderful world of microwave cooking.

Sanyo believe it is important to have recipes and ideas as a guide for you to achieve the best results from your new Sanyo microwave oven. This book will show you how versatile your oven is, as well as giving you basic information on cooking by microwaves.

Microwaves have now been used for the cooking of foods for many years and while it can be a quick way of preparing food, it is also easy, clean and economical. The convenience of microwave cooking will astound you; read your cookbook and your operating instruction manual thoroughly and surprise every member of your family with the exciting recipes contained within.

As a large manufacturing company of electrical appliances Sanyo have built their reputation on the dependability of all their products. Your microwave oven is no exception, it will serve you well while you serve your family with these tempting recipes.

That’s Life with SANYO.

With thanks to Nolene Warren and Noleen Wachman who supplied the recipes for this Cook Book.
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Cooking by microwave is the most advanced form of cooking. It is so easy to use, clean and economical and it will save you time.

Today, the modern microwave oven has many features to assist you in your busy lifestyle. These features make microwave cooking so much easier. A simple press of the keypad will do all your cooking automatically. The Operating Instruction Manual supplied with your oven will explain all these features in detail.

This book is designed to give you recipes and ideas for all your basic cookery needs. You didn’t learn conventional cooking in a day, so it is wise to take a little time to learn the fundamentals and principles of microwave cooking.
BEFORE YOU START COOKING, READ THIS SECTION

Microwave ovens vary in power and features and for this reason it is important to read the Instruction Manual included with oven.

This Instruction Manual will explain how to operate the particular oven purchased. It will give the power output (in watts, e.g., 900w) and this will make a difference to the timing of all the recipes in this cook book.

All recipes tested for this book were cooked in a microwave oven with a power output of 900w I.E.C. International Standards. Do not be confused if the oven you have purchased is lower or higher, the difference in cooking time, more or less, will be only fractional. For best results it is important to test prior to completion of suggested cooking times. USE THE COOKING TIMES ONLY AS A GUIDE.

Power levels suggested for the recipes may also be used as a guide e.g., where HI is used and a preference is for a lower level of energy, a setting of 7, 8 or 9 could be used. Power levels range from 1 through to 10 or HI. Use these different power levels like you would an electric hotplate, e.g., HI (or 10) to bring food to the boil then reduce to 7 for quick cooking or 5 for medium or 3 for low or slow cooking.

The following chart will give you a guide for suggested settings and uses.

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WHAT ARE MICROWAVES?

Micro, meaning small, electromagnetic waves, are a form of radiant energy. There are many types of radiant energy, collectively referred to as radiation.

There are basically two types of radiation, IONIZING and NON-IONIZING. X-rays, cosmic rays and gamma rays are IONIZING forms of radiation. Radio waves, infra-red, light waves and MICROWAVES are NON-IONIZING radiation.

IONIZING radiation produces NO temperature rise. NON-IONIZING radiation will, in sufficient intensity, cause a rise in temperature.

Microwaves, travelling in a straight line as fast as the speed of light, vibrate at 2450 million times a second. In a microwave oven, these waves are contained within the oven itself and are reflected off the walls and door. Once the push button or handle is released all microwave energy stops.
PRINCIPLES OF MICROWAVE COOKING

As microwave energy comes into contact with a substance it is reflected, transmitted or absorbed. Only when this energy is absorbed is heat produced. In cooking, microwaves are reflected by metal but are transmitted through paper, glass, china, ceramic, wicker or wood products and plastic utensils, and absorbed by the water in the food.

Microwaves cannot be stored in the food. When you eat food cooked in a microwave oven, you are not eating microwaves.

Microwaves are colourless, odourless and tasteless. They do not affect the flavour of the food.

HOW DOES A MICROWAVE OVEN WORK?

When you plug your microwave oven into a normal 230 240 volt power outlet, power is fed to a transformer which converts low voltage line power to the high voltage required by the magnetron tube. The magnetron is the heart of the microwave oven; it converts electrical energy to microwave energy and this energy is directed into the oven cavity. When microwaves enter food, they simply cause the liquid or moisture molecules in the food to vibrate at a fantastic rate (2450 million times a second). Friction created by this vibration produces heat and this heat is conducted through the food.

Rub your hands together quickly and you will feel heat, this is exactly what happens to food in a microwave oven.

HOW DO I COOK IN A MICROWAVE OVEN?

Do not change your whole idea of cooking. your everyday recipes can be used, but remember to cut down the cooking time. Take a guide for timings from your cook book supplied with your oven and learn to open the oven door and test or stir the food just as you would with conventional cooking.

Sanyo Microwave Ovens are simple to use. Never overcook as this cannot be rectified, undercook and then you can always give a little more time to complete the cooking.

Unlike conventional ovens, preheating of the microwave oven is not required. This will save time as well as cutting down your fuel bill.

Food works more quickly but looks and tastes the same as conventionally cooked food. In fact, you will find vegetables do taste better as the true flavour is retained by using only a small quantity of water and the nutritional value is far better for you and the family,
### RECOMMENDED UTENSILS AND CONTAINERS

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<th>Notes</th>
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<td>China</td>
<td>Reheating Coffee, Short period cooking.</td>
<td>Do not use dishes with gold “t silver edges as arcing may occur. Do not use crystal. Does retain heat therefore difficult to handle after long period cooking. Generally not reusable. Use to absorb fat or moisture.</td>
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<tr>
<td>Glass</td>
<td>Reheating, Short period cooking.</td>
<td>To retain moisture while cooking.</td>
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<td>Earthenware</td>
<td>Reheating Coffee, Short period cooking.</td>
<td>Pierce bag. Do not use metal ties or twisters - replace with elastic bands or string.</td>
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<tr>
<td>Paper plates</td>
<td>Reheating, Short period cooking.</td>
<td>Twist end and tuck under. Do not use metal ties or twisters. Allow for steam escape. Use only those clearly marked “Microwave oven” safe.</td>
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<td>Paper towelling napkins</td>
<td>Reheating pastries, rolls, doughnuts. Covering roasts or cooking bacon, frankfurts etc.</td>
<td>Dishes will become hot due to transference of heat from the food. Note manufacturer’s instructions. Longer use may cause cracking. Do not use lacquered, painted or varnished products. Can withstand microwaves for short period cooking.</td>
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<tr>
<td>GLAD Wrap*</td>
<td>Used as a covering for: Reheating, Cooking vegetables.</td>
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<tr>
<td>Oven bags</td>
<td>Corned beef, roasts.</td>
<td></td>
</tr>
<tr>
<td>Freezer bags</td>
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<tr>
<td>Specially designed plastic microwave cookware</td>
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<td></td>
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<tr>
<td>Casserole dishes (ovenproof)</td>
<td>Cooking main dishes, vegetables, desserts, jams, pickles, etc.</td>
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<td>Straw or wood products</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wooden spoons</td>
<td>Stirring puddings and sauces.</td>
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If you are unsure about the suitability of a particular utensil, place it in the oven on HI for 30 seconds. A container that remains cool or warm is safe to use. If it is hot, do not use it.

“MICROPROOF” is a word frequently used in the recipes in this book and refers to utensils suitable for use in the microwave oven.

Measures used in this book are all level spoons and metric measuring cups.
MICROWAVE ACCESSORIES

There are many dishes you already have in your kitchen that can be used. However, many microwave accessories have been released onto the market over the past few years. These products have been specially designed for the microwave oven to achieve the best possible cooking results.

When purchasing cookware it is important to consider the design and versatility of the container. Value for money is important, however cheaper products are not always as durable. A lightweight plastic container used to cook food reaching high temperatures can distort.

Accessories available include:

- An assortment of glass and ovenwares.
- A large range of special type plastic ware consisting of casserole dishes, cake pans, divided vegetable containers, racks, plate stackers and utensils.

USE OF ALUMINIUM FOIL

Strips of aluminium foil may be used to cover or shield areas of food that appear to be over-cooking, e.g., chicken wings, drumsticks or the tail of a fish.

Never allow foil to touch the oven walls as this will cause “arching” and could damage the oven.

Do not cover food completely with foil as this reflects microwave energy and the food will not cook, and the reflected energy can also cause damage to the oven.

Shallow aluminium trays may be used for reheat provided the depth is not greater than 2.5 cm. Defrosting of cooked frozen food in containers up to 5 cm deep can be successfully done using a setting of 3 or 5. Refer defrosting guide.

Roasts should be covered with foil on completion of cooking time and allowed to stand outside the oven. This will keep the roast hot while vegetables are being cooked.

When cooking cakes, foil can be used to prevent overcooking on outer edges. Cakes can be overcooked on the outside before the centre is firm and this is often the reason why cakes are cooked in a microwave oven in a ring shape. Foil can be used as a collar to cover the outside of the cake pan. This then prevents the side microwaves from penetrating, allowing cooking from top and bottom. Remove foil halfway through cooking time for even cooking result. MAKE SURE THE FOIL IS SECURED WITH ADHESIVE TAPE TO AVOID CONTACT WITH THE OVEN WALLS. Cakes cooked in a loaf pan may be shielded on each corner with foil to prevent overcooking.

Another method of shielding cakes is to cut a circle of foil the same size as the container, then cut out an inner circle from the foil leaving approximately 2.5 cm outer circle. When placed on the top of the cake for half the cooking time, only the centre of the cake is exposed to the energy allowing more even cooking for heavier mixtures.
**CLEANING THE OVEN**

Keeping the oven clean is very important as the efficiency of the microwaves are reduced when particles of food are left on the walls of the oven.

The roof of the oven must be regularly cleaned. Make sure that no food remains on this area.

Keep the door and door seal free from food buildup.

Turntable or glass tray can be removed for easy cleaning.

It is easier to clean the oven after each use. Wipe out with a damp cloth and polish with a dry cloth or paper towelling.

For heavy spatters, place a cup of water in the oven and allow to boil. The build up of steam enables the spatter to be wiped off with a cloth.

The exterior of the oven requires little attention, a wipe with a damp cloth or an occasional polish.

The rear vent should be kept clean by wiping with a hot soapy cloth.

After cooking foods with strong flavours e.g., pickles and chutneys, wipe oven interior with a mixture of vinegar and water or vanilla and water. Leave door open overnight.

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**ADVANTAGES OF MICROWAVE COOKING**

**Economy**

No preheating time is required in the microwave oven and food cooks in much shorter time so the energy saved can be up to 70%.

**Portability**

There is no costly installation, just plug your microwave into any 10 Amp three pin power outlet. It is easily moved for that outdoor party or B.B.Q.

**Flavour & Moisture Retention**

Because of the shorter cooking time, foods are not overcooked or dried out, resulting in more flavour and moisture remaining in food.

**Speed**

Food is cooked in approximately one-quarter of the time taken by conventional methods.

**Easy to Clean**

The only heat in a microwave oven is that given off by the food being cooked (heat transference). Spatters or boil overs will not bake on as in conventional ovens. A wipe over with a damp cloth is all that is necessary—no more dirty pots and pans to scrub.

**Coolness**

The microwave oven does not heat up the kitchen. It remains cool and pleasant at all times.
Convenience
Food can be cooked in the dishes you serve at the table-no extra washing up. Left-overs can be reheated and served without drying or loss of flavours. Entertaining becomes a dream. Meals can be prepared in advance and reheated when guests arrive. Appetizers are easily heated within minutes making entertaining fun. The convenience of microwave cooking can only be experienced by owning a microwave oven.

Safety
One of the safest appliances in today’s modern kitchen is a microwave oven. The absence of heat makes it safe to operate without danger of burned fingers. There is no way the oven will operate without the door being closed.

Simplicity
Sanyo have built their reputation on the simplicity of their appliances and the microwave oven is no exception. Even a child will find it easy to use. Set the cooking time and press the start keypad or button—it’s as simple as that.

Fast Thawing
Defrosting is made easy with the microwave oven. No need to choose food from the freezer hours before-30 minutes will defrost a chicken while two steaks need only 7 minutes. The microwave oven eliminates the bacteria problem that often occurs when the housewife removes food from the freezer to thaw on the kitchen sink. Frozen casseroles can be thawed and reheated in a fraction of the time normally taken.

Shiftworkers’ Dream
Two minutes is all it takes to reheat a plate of food from the refrigerator. Cook the family meal and place hubby’s, covered with plastic wrap in the refrigerator—no more complaints about “stewed-up” meals.

Weightwatching
There is no need to add fats when cooking in the microwave oven. Dieters can easily prepare small quantities of food exactly as they require it.
IMPORTANT POINTS TO REMEMBER

There are a number of points that are important to remember for successful microwave cooking. Because the oven works so quickly, factors that would not be vital in conventional oven cooking become important. Following are some of the terms and cooking procedures that are integral to this new kind of cooking—along with an explanation of each.

Starting temperature of the food to be heated affects cooking time. Cooking time given in recipes is based on normal storage temperature of the ingredients.

For example, milk is usually used straight from the refrigerator. Therefore, any recipe that uses milk assumes that the milk will be cold, having been taken directly from the refrigerator.

If you use a particular ingredient that is colder than normal, the cooking time will be longer. Similarly, if an ingredient is warmer than would be usual, the cooking time will decrease to some extent.

In general, the warmer the food or ingredients to start with, the shorter the cooking or heating time. Remember this if you make substitutions in recipes. If you use a frozen ingredient instead of the canned one that the recipe specifies, you’ll have to increase the cooking time given in the recipe.

Density refers to the composition of a particular food item. In other words, some foods have a basic structure that consists of molecules that are tightly packed together (a meat roast is one example). When this is the case, it takes microwaves longer to penetrate and cook the food than for a less dense item. A more porous food (such as bread) absorbs microwaves faster and heats through or cooks more quickly.

Volume is a factor that affects cooking time in the microwave oven. Here the word volume refers to the amount of food to be cooked. If you are baking several potatoes, the cooking time will be longer than if you were baking just one potato. The same holds true with liquids to be heated; three cups of water will take longer than just one cup. If you halve a recipe, cook the food a little more than half the time the recipe calls for. Keep checking at short intervals until the food is cooked to your taste.

Arrangement of foods within the oven should be taken into consideration. If there are several pieces of similar food, arrange them so that each gets the maximum concentration of microwaves. Potatoes should be arranged in a ring; ears of corn are best placed like spokes of a wheel, from the centre of the oven out to the sides. When reheating a plate of leftovers, arrange solid foods, e.g., mashed or baked potatoes, pumpkin or cauliflower around the outer edge of the plate with smaller vegetables e.g., peas, beans, zucchini in the centre. Fish and sliced meats, casseroles, steaks etc., can also be placed in the centre. Mashed potato should be served in 2 small scoops rather than one large mound. This way, dense foods get the greatest concentration of microwave energy and there is a more even microwave distribution in all the foods.

Delicate ingredients require a lower setting for proper cooking. Many high protein foods in the dairy group fall into this category; cheese, eggs, milk, cream and sour cream. Cooking at a higher heat may cause these foods to toughen, separate or curdle.

Container size and shape specified in recipes should be followed for best results. If you vary the size or shape of the container, the cooking time may vary. A tall, narrow container will increase cooking time, just as a shallow, broad container will reduce it. The containers specified in the recipes have been chosen for a reason. You will find that recipes for puddings and sauces call for containers that are larger than the quantity of liquid being cooked to prevent boil-overs. Cake recipes call for round utensils for more even cooking.
Coverings suitable for use in the microwave oven include ovenproof glass covers, GLAD Wrap and sturdy glass plates. Covers are useful because they trap steam and therefore speed cooking time. Furthermore, they seal in natural moisture, preventing foods from drying out as well as preserving nutrients.

Remove any covering away from hands and face to prevent steam burns. Never completely seal containers in the microwave oven.

Stirring is necessary for some foods. Because microwaves cook the outside edges of food first, the centre portion sometimes needs redistribution for even cooking. This is true of thickened mixtures; the redistribution is accomplished simply by stirring. Always stir from the outside in, so that heat is equalised and uncooked portions flow toward the outside edges. This technique is similar to the stirring you’re accustomed to doing on a range burner. In the microwave oven, however, you need stir only occasionally.

Browning—Cookies, cakes and breads do not brown well in a microwave oven. When dark coloured ingredients (such as chocolate, spices or parsnip essence) are part of the recipe, the lack of browning is not apparent. At other times, glazes or frosting can be used or you can sprinkle fine dried breadcrumbs or toasted coconut around the sides and base of the greased cake container.

Turning foods over is sometimes necessary. In the case of large, dense foods, (e.g. roasts), turning the food over will help to cook it evenly. It is not necessary to rotate the food container unless the oven does not have a turntable. Chicken pieces, pork chops and other meats with bones should be placed so that the bony part faces the centre, the thick part faces the outside. This aids in even cooking.

Standing time is important to microwave cooking. The standing time specified in the recipes is really a part of the cooking time, in that food continues to cook after it is removed from the oven. The more dense the food, e.g. roasts, meat loaf, the longer the standing time. In addition to finishing the cooking process, standing time helps retain natural juices and makes carving easier. Foods which retain heat longer, e.g. baked apples, will continue to soften on standing.

The recipes in this book all take standing time into account and specify the correct amount of time to allow. With your own recipes, some experimentation may be necessary to gauge proper standing time. As a guideline, use the standing time specified in a similar recipe here.

Meal planning should not pose a problem. Keep in mind that foods that need to be cooked longest should be cooked first. The main dish (such as a roast or a casserole) should be cooked first, then the vegetables and bread cooked or heated. Desserts can be made in the morning unless they are to be served hot and, in some cases, can be cooking whilst the dinner is being eaten e.g., baked apples.

For dinner parties cook the complete meal earlier in the day, keep foods covered, reheat in the microwave and place in a conventional oven or warmer on a very low heat selling along with the dinner plates just prior to serving.

Condensation does occur within the microwave oven and also on the inside glass of the door. This is a natural occurrence due to moisture release from the food when cooking. Do not be concerned if water appears on the bench below the oven, this does not mean there is any leakage from the oven only an excess buildup of moisture.
. DO NOTS

Do not operate the oven empty.

Do not operate the oven if damaged. It is important that the door closes properly. Should there be any damage to the hinges or any other part of the microwave oven, have it repaired by a qualified service technician.

Do not use conventional meat thermometers in the microwave oven. They can, of course, be used at the completion of cooking to check the internal temperatures of food but only out of the oven. Specially designed microwave thermometers can be purchased and these can be used.

Do not attempt to cook eggs in the shell. Pressure will build up inside the shell and it will explode.

Do not deep fry in the microwave oven as the temperature of oil cannot be controlled and it may overheat.

Do not use narrow necked or sealed containers in the microwave oven as pressure could build up and cause them to explode.

Do not heat food or liquids in bottles or jars with lids on. Air must be allowed to escape from the container.

Do not warm babies bottles in the microwave oven with screw top lids or teats in place. The food temperature should be tested before feeding baby with any microwave cooked or heated food.

Do not heat food in cans. Transfer the contents into a microproof dish before heating.

Do not cook bacon directly on the turntable. Any excessive local heating of the turntable may cause it to break.

Do not overcook food. Foods with low moisture content or high fat or sugar content can burn.

Do not store foods inside the microwave oven. They may catch fire if the oven is turned on accidentally.

Do not use wire twist-ties on oven bags etc., in the microwave oven. Replace with elastic bands or string.

As with any appliance, children should only use the microwave oven under adult supervision.

Do not operate the oven without the turntable and roller rest in place.

Be very careful when removing plastic wrap from food cooked in the oven, steam build-up could scald.
STARTING
THE DAY

Scrambled Eggs
"Starting the day" or breakfast is a very important meal. Usually about 12 hours have passed since the last meal was eaten and the body needs refuelling. For most people, time is the factor that prevents a substantial breakfast being served. This is where your microwave oven will be invaluable to you; allowing you to serve an adequate breakfast to your family saving considerable time and helping to start the day the nutritional way.

Recipes chosen in this section are varied. However, you may have a favourite breakfast recipe your family enjoys. Use these recipes as a guide for timings. Experiment and you will find it easy to convert your favourite recipe for use in your microwave oven. Remember, open your oven door and stir the food when necessary and you will find the food cooked perfectly to your taste.

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HOT CEREAL

INGREDIENTS
1 cup rolled oats
3 cups water
½ teaspoon salt

METHOD
1. Place all ingredients in a large bowl or casserole dish. Stir well.
2. Microwave 6 minutes on HI, stirring once.
3. Stir well, cover and allow to stand 1 minute.
4. Serve with milk and sugar.

INDIVIDUAL HOT CEREAL

INGREDIENTS
½ cup rolled oats
¾ cup water
Dash salt

METHOD
1. In cereal bowl combine all ingredients.
2. Microwave 1–1½ minutes on HI, stirring once during and at end of cooking.
3. Allow to stand 1 minute, stir.
4. Serve with milk and sugar.

HOT GRAPEFRUIT

INGREDIENTS
2 grapefruit
4 tablespoons brown sugar
2 teaspoons butter
4 maraschino cherries

METHOD
1. Cut grapefruit in halves, removing core and seeds. Loosen each section with a sharp knife.
2. Sprinkle 1 tablespoon brown sugar on each half and ½ teaspoon butter on centres.
3. Place fruit on pie plate or individual serving dishes, microwave 2 minutes on HI or until heated through.
4. Allow to stand 1 minute. Place a cherry in centre to serve.

TIP
For 2 halves - microwave 1 minute
1 half - microwave 30 seconds

STEWED RHUBARB

INGREDIENTS
2 cups cut rhubarb (approximately 3 cm)
2 tablespoons water
1 teaspoon lemon juice
Pinch ground ginger
4 tablespoons sugar

METHOD
1. In medium size casserole dish, combine all ingredients except sugar.
2. Cover, microwave 3 minutes on HI, stir.
3. Add sugar, cover, microwave on 7 for 3 4 minutes.
   Stir well.
4. Allow to cool, covered.

HINT
The more food placed into the microwave oven it takes longer to cook. The temperature of the food to be cooked will also make a difference, food from the refrigerator will take a little longer than food at room temperature.
STEWED PRUNES

INGREDIENTS
500 g dried prunes
1% cups hot tap water
¼ cup brown sugar
1 stick cinnamon
Pinch ground allspice

METHOD
1. In medium size casserole dish, combine prunes and water. Allow to soak ½ hour.
2. Add remaining ingredients, stir, cover, microwave 3 4 minutes on III.
3. Allow to cool covered. Remove cinnamon stick before serving.

TIP: If prunes are soft, omit step 1. Reduce liquid to 1¼ cups, combine all ingredients and proceed.

SCRAMBLED EGGS

INGREDIENTS
1 tablespoon butter
4 eggs
¼ cup milk
⅛ teaspoon salt
Dash pepper

METHOD
1. In medium size casserole dish, microwave butter 20 seconds on HI.
2. Add eggs, milk, salt and pepper, and beat with a fork to scramble.
3. Microwave, covered, 1 1½ minutes on HI. Stir.
4. Microwave, covered, a further 1 1½ minutes on III, or until eggs are barely set.
5. Stir and let stand, covered, 2 minutes before serving.

SERVING SIZES FOR SCRAMBLED EGGS

<table>
<thead>
<tr>
<th>EGGS</th>
<th>MILK</th>
<th>BUTTER</th>
<th>POWER</th>
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<tr>
<td>2</td>
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<td>2 teaspoons</td>
<td>HI</td>
<td>1 ½ minutes</td>
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<td>6</td>
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<tr>
<td>8</td>
<td>½ cup</td>
<td>2 tablespoons</td>
<td>HI</td>
<td>5 minutes</td>
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SALT & PEPPER TO TASTE. STIR HALFWAY THROUGH COOKING

TIP: Time for cooking depends upon temperature of milk and eggs, also size of eggs.

Above times are for 60 g eggs at room temperature and milk from refrigerator.

The secret to good scrambled eggs is to stir during cooking. Microwaves set the egg mixture on the outside. By stirring, you break up the set egg allowing the liquid to go to the outside.
POACHED EGGS

Ramekins are ideal for poached eggs as each egg cooks individually.

INGREDIENTS
1 egg
1/4 cup water
1/2 teaspoon white vinegar
Pinch salt

METHOD
1. Place water, vinegar and salt in ramekin. Microwave 45 seconds on HI.
2. Gently break egg into boiling water. Cover with GLAD Wrap.
3. Microwave 20-30 seconds, until yolk clouds over or until cooked to desired “doneness”.
4. Stand 1 minute. Lift out of liquid with a slotted spoon.

White of egg will coagulate during standing time. For more than one egg allow extra time for individual ramekins of water to boil and an extra 30 seconds for each additional egg to cook.

EGGS BENEDICT

INGREDIENTS
1 English muffin, halved, toasted and buttered
2 slices of ham (approximately size of muffins)
2 poached eggs
Hollandaise sauce
Paprika

METHOD
1. Arrange muffins on serving plate and top with slice of ham, then eggs.
2. Spoon over sauce and sprinkle with paprika.
3. Microwave 45 seconds 1 minute on HI, until heated through.

(Sufficient for 4 eggs)

HOLLANDAISE SAUCE

INGREDIENTS
1/4 cup butter
1/4 cup cream
2 egg yolks-well beaten
1 tablespoon lemon juice
1/2 teaspoon dry mustard
1/4 teaspoon salt

METHOD
1. Place butter in glass jug. Microwave 1 minute on HI until melted.
2. Add remaining ingredients. Mix well.
3. Microwave on 7 for 2 minutes or until thickened, stirring occasionally.
4. Beat with wire whisk or rotary beater until light and fluffy.

NOTE: Sauce will curdle if overcooked.

HINT
To separate cold bacon slices easily, place in microwave oven on HI 20-30 seconds depending on quantity. Allow to stand 3 minutes.
Quantities of ingredients for omelettes are the same as those given for scrambled eggs. However, do not stir after final microwave stage is completed. If a lighter, fluffier omelette is desired, the following recipe should be used as a guide for method and quantities.

**INGREDIENTS**
2 eggs-separated
2 tablespoons milk
½ teaspoon salt
Dash pepper
2 teaspoons butter
Pinch baking powder
(¼ teaspoon for 4 eggs)

**METHOD**
1. Beat egg whites until stiff peaks form.
2. Beat egg yolks, milk, salt, pepper and baking powder until creamy.
3. Gently fold in the beaten egg whites.
4. In 20 cm pie plate, microwave butter 20 seconds on HI.
5. Pour egg mixture into hot butter and spread evenly in pie plate.
6. Microwave, uncovered, 1½ – 2 minutes on HI.
7. Cover and allow to stand 2 minutes before folding and serving.

**TIP** If using bacon or onions in filling, cook in the pie dish first to enhance omelette flavour.

**SUGGESTED FILLINGS TO ADD BEFORE FOLDING**
Crumbed cooked bacon.
Finely chopped shallots.
Grated cheddar cheese (add before step 6)
Chopped ham.
Cooked onions, tomato.

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**HEARTY SAVOURY OMELETTE**

**INGREDIENTS**
1 teaspoon butter
1 rashers bacon, chopped
1 small tomato, peeled and chopped
2 shallots, trimmed and chopped
Dash pepper and salt
2 eggs, lightly beaten
Parsley

**METHOD**
1. Place all ingredients, except eggs and parsley in a small pie plate.
2. Microwave, covered, 2 minutes on III.
3. Pour in eggs and stir with a fork to combine.
4. Cover, microwave 30 seconds on III. Stir with fork drawing outside edges towards the centre.
5. Cover. Microwave on HI 40-50 seconds. Allow 1” stand 2 minutes.
6. Ease around edges with rubber spatula and slide onto serving plate. Sprinkle with chopped parsley.

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**BAKED BEANS AND SPAGHETTI**

**INGREDIENTS**
425 g can baked beans “1 spaghetti

**METHOD**
1. Empty beans or spaghetti into a small microproof casserole dish. Cover.
2. Cook on HI for 2%-3 minutes, stirring once.
3. Serve on toast.
**CREAMED MUSHROOMS**

**INGREDIENTS**
- 250 g mushrooms
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon lemon juice
- 1 tablespoon water
- 3 tablespoons butter
- 1 tablespoon cornflour
- ¾ cup milk

**METHOD**
1. Peel and slice mushrooms. Place in a small microproof casserole dish with salt, pepper, lemon juice, water and butter.
2. Cover. Microwave on HI for 1½ 2 minutes.
3. Blend cornflour with milk. Pour in some hot liquid from mushrooms. Combine well and pour into casserole dish. Stir all until combined.
4. Microwave, uncovered, on HI a further 1½ minutes. Stir halfway and after completion of cooking.
5. Serve on toast.

**WELSH RABEBIT**

**INGREDIENTS**
- ½ teaspoon paprika
- 1 teaspoon dry mustard
- ½ teaspoon Worcestershire sauce
- 5 drops tabasco sauce (optional)
- 2 tablespoons beer or milk
- 250 g cheese, grated
- 2 eggs, lightly beaten

**METHOD**
1. In a medium size microproof casserole dish combine paprika, mustard, sauces and beer. Microwave on HI for 45 seconds.
2. Add cheese and microwave on HI 1½ minutes, stirring every 30 seconds, until cheese melts.
3. Stir a little of the hot cheese mixture into the eggs then combine well with remaining mixture.
4. Microwave on 5 for 2 minutes, stirring frequently. Remove from oven and lightly whip with a wire whisk until smooth. Serve on toast.

**NOTE** Do not boil or it will curdle.
Stirring regularly is important.

**INGREDIENTS**
- 1 teaspoon butter
- ½ teaspoon sugar
- 2 medium onions
- 500 g topside mince
- 1 dessertspoon curry powder (or to taste)
- 1 large tomato
- 2 tablespoons lemon juice
- 1 tablespoon chutney
- 1 beef stock cube
- Pepper and salt to taste
- ½ cup water + 3 tablespoons extra
- 1 tablespoon flour

**METHOD**
1. Place butter, sugar and finely chopped onions into a pie plate. Microwave on HI 3 minutes. Stir well.
2. Add mince and curry powder and break up with a fork. Microwave on HI 5 minutes, breaking up mince every 2 minutes.
3. Add peeled and chopped tomato, lemon juice, chutney, beef stock cube, pepper, salt and water.
4. Microwave on HI 4 minutes. Blend flour with extra water and stir in briskly.
5. Microwave a further 3 minutes on HI, stirring until thickened. Serve on toast.
LAMBS FRY AND BACON

INGREDIENTS
1 lambs fry (approximately 500g)
300 mls water
125 g bacon rashers
1 small onion, finely sliced
1% tablespoons seasoned flour
4 teaspoons butter
1 tablespoon butter

METHOD
1. Cover the lambs fry with cold water and 1 teaspoon salt. Leave ½ hour.
2. Drain, ski” and slice 1 cm thick.
4. Remove rind from bacon and cut into serving size pieces.
5. In a microproof dish, place the bacon pieces and microwave on HI 2 minutes. Remove bacon and add 2 teaspoons butter to drippings in dish.
6. Microwave on III 20 seconds. Lay half meat slices in single layer in dish. Microwave on III 1 minute.
7. Turn slices over and microwave a further 45 seconds. Remove slices and repeat cooking the remaining meat in the last 2 teaspoons of butter. Remove from dish.
8. Add the last tablespoon butter and the onion to dish. Microwave on HI 1 minute. Sprinkle with reserved flour. Stir well and add water slowly, mixing all together.
9. Microwave on III for 2 minutes, stirring once. Return lambs fry and bacon to gravy. Combine lightly.
10. Cover. Microwave o” 5 for 10 minutes, stirring halfway.

SAVOURY TOMATO CUPS

INGREDIENTS
4 medium sized tomatoes
6 shallots, chopped
1 tablespoon parsley, chopped
2 rashers bacon, chopped
Salt & pepper to taste
2 tablespoons cornflour
2 tablespoons water
1 cup cooked rice
1/3 cup grated cheese

METHOD
1. Cut tops off tomatoes and reserve tops.
2. Carefully scoop out pulp and reserve.
3. Combine shallots, parsley and bacon in a small bowl. Microwave on III for 3 minutes. Add reserved pulp, salt and pepper and stir.
4. Blend cornflour with water, add to cooked mixture. Microwave on HI 1 minute, stir and cook a further 1 minute on III.
5. Stir in rice and fill tomatoes. Top with cheese and tomato top.
6. Place onto a plate or pie plate and cook on HI 3 minutes. Turn tomatoes and continue cooking a further 1 minute.

Cooking time will depend o” ripeness of tomatoes.

The extra tilling left over could be used as a topping for toast; as a snack; or served with the savoury tomatoes. Filling could also be used in capsicums.
**TOMATOES ON TOAST**

**INGREDIENTS**
- 2 tomatoes
- Salt and pepper to taste
- 1 dessertspoon butter
- Pinch of sugar

**METHOD**
1. Slice tomatoes and place with remaining ingredients into a small microproof casserole dish. **Cover.**
2. Cook on HI 1½ minutes.
3. **Serve** on toast.

**COFFEE**

Place mug of water or combination milk and water into microwave **oven** on HI for 1½ minutes. Stir in 1 teaspoon coffee and sugar to taste.

**TEA**

Place mug of water into microwave **oven** on HI for 2 minutes. Add tea bag and allow to steep for 30 seconds. Add milk and sugar to taste.

**TIP**
For more than 1 mug, allow extra cooking time.
- 2 mugs - 3 minutes
- 4 mugs - 6 minutes

**HINT**
Cover **foods** in the microwave **oven** if you normally cover **foods** when using conventional methods. This will retain moisture and speed cooking.
APPETIZERS

Chicken Liver Pâté
APPETIZERS

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The microwave oven is ideal for appetizers they can be prepared days or weeks before, frozen and then reheated and served piping hot in minutes. Surprise your guests with hot and tempting snacks with a minimum of fuss.

SPICY MEATBALLS

INGREDIENTS
2 tablespoons butter
1 large onion, finely chopped
125 g mushrooms, finely chopped
500 g minced topside
1 cup fresh breadcrumbs
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons chilli sauce
Glace ginger (optional)

METHOD
1. Melt butter in a 20 cm pie plate on III for 40 seconds. Add onion and mushrooms and cook on III for 1 minute. Stir well and continue cooking a further 1 minute.
2. Place mixture into a large bowl with minced topside. Add breadcrumbs, salt, pepper and chilli sauce. Combine thoroughly and roll into balls the size of walnuts. If desired, place a small sliver of ginger in the centre of each ball.
3. Arrange half the meatballs on a plate and cook on III for 4 minutes.
4. Repeat with remaining meatballs.
HAM AND PINEAPPLE SWEET AND SOUR

INGREDIENTS
450 g can pineapple pieces
2 ham steaks, cut into cubes
1 red or green capsicum, cut into small cubes
150 g bottle sweet pickled onions
20 (approx.) small bamboo skewers

METHOD
1. Thread cubes of pineapple, ham, capsicum and a pickled onion onto skewers, starting and finishing with ham.
2. Arrange 10 skewers on a serving plate brush with sauce and microwave on HI for 2 minutes.
3. Repeat with remaining skewers.
4. Serve with remaining dipping sauce.

Dipping Sauce

INGREDIENTS
¼ cup pineapple juice
¼ cup onion liquid
1 tablespoon tomato sauce
1 teaspoon cornflour

METHOD
1. Combine pineapple juice, onion liquid and tomato sauce in a small bowl. Blend cornflour with a small quantity of cold water. Add to other ingredients.
2. Microwave on HI for 1½ minutes. Stir well.

STUFFED MUSHROOMS

INGREDIENTS
8 medium sized mushrooms approximately 6 cm in diameter
2 rashers bacon
2 shallots
3 tablespoons fresh breadcrumbs
½ teaspoon dried parsley
Pepper and salt
2 teaspoons butter
Grated cheese (optional)

METHOD
1. Wipe mushrooms, remove stems and reserve.
2. Trim stems and chop finely. Chop bacon and shallots. Place into a small bowl and microwave on HI 2 minutes.
3. Add breadcrumbs and seasonings and mix well. Place a heaped teaspoon of this mixture into each mushroom. Sprinkle with cheese if desired.
4. Place mushrooms into a microproof pie plate and dot butter between mushrooms, cover with GLAD Wrap.
5. Microwave on HI for 2½–3 minutes.

CHICKEN LIVER PATÉ

INGREDIENTS
2 tablespoons butter
1 clove garlic, crushed
2 rashers bacon, chopped
1 small onion, chopped
Pinch nutmeg
½ teaspoon salt
¼ teaspoon pepper
Pinch dried herbs
500 g chicken livers
2 tablespoons Grand Marnier
2 tablespoons cream
Chopped parsley-garnish

METHOD
1. In a small microproof casserole dish, place butter, garlic, bacon and onion. Microwave on HI 2½ minutes.
2. Add nutmeg, salt, pepper, herbs and cleaned and trimmed chicken livers.
3. Cover. Microwave on HI 10 minutes.
4. Add the Grand Marnier and cream, and process through an electric blender until smooth.
5. Spoon into a serving dish. Sprinkle with chopped parsley. Cover with GLAD Wrap and chill thoroughly before serving with croutons or toast fingers.
ORIENTAL CHICKEN WINGS

INGREDIENTS
- ¼ cup dark soy sauce
- 1 teaspoon sherry
- ½ teaspoon sesame oil
- 1 clove garlic, crushed
- ½ teaspoon ginger
- 1 tablespoon peanut oil
- 1 tablespoon honey
- 500 g chicken wings
- Toasted sesame seeds

METHOD
1. Combine soy sauce, sherry, oils, garlic, ginger and honey. Stir well.
2. Joint chicken wings and discard tips. Add to marinade. Stand for 1 hour.
3. Place drained chicken wings onto a microproof platter. Cover with paper towelling and cook on HI for 7 8 minutes.
4. Serve hot or cold.

TIP: If desired, marinade maybe heated and served with wings.

INGREDIENTS
- 1 tablespoon butter
- 1 tablespoon flour
- ¼ cup milk
- ¼ cup asparagus liquid
- 1 tablespoon grated tasty cheese
- Pinch cayenne pepper
- Salt and pepper to taste
- 330 g can asparagus spears, drained
- 12 ready cooked savoury boats

METHOD
1. Melt butter in a microproof bowl on HI 30 seconds. Add flour, stir well, return to microwave and cook on HI 30 seconds. Add milk and asparagus liquid, stirring well and microwave on HI 45 seconds, stir and cook a further 30 seconds.
2. Add grated cheese, cayenne, salt and pepper, and stir well.
3. Reserve tips from asparagus for decoration. Chop remainder and add to the sauce.
4. Place savoury boats on a paper towelling-lined plate. Spoon filling into boats and top with reserved lips. Microwave on HI 1 minute. Stand 1 minute before saving. Serve hot or cold. If cold, eliminate stage 4.

PRUNE SAVOURIES

INGREDIENTS
- 1 teaspoon butter
- 12 blanched almonds, halved
- 24 prunes
- 3 rashers bacon
- Toothpicks

METHOD
1. Melt butter in a ramekin dish 15 20 seconds on HI. Add halved almonds and cook on HI 2 minutes.
2. Remove stones from prunes and replace with almond halves. Cut bacon into 5 cm pieces and roll around each prune. Secure with toothpicks. Place onto paper towelling on a plate.
3. Microwave on HI for 3 4 minutes.

NOTE: Cooking time depends on bacon.
Use thin strips rather than thick pieces.
TERIYAKI STEAK ROLLUPS

INGREDIENTS
500 g topside steak
230 g can water chestnuts
½ cup bottled teriyaki sauce

METHOD
1. Slice steak diagonally into strips approximately ½ cm x 7.5 cm.
2. Allow to marinade 2 - 3 hours in teriyaki sauce.
3. Encircle a water chestnut with a strip of beef. Secure with a toothpick. Repeat until all ingredients are used.
4. Place all rollups in a shallow microproof dish. Cover with paper towelling.
5. Microwave on HI 4 minutes Re-arrange centres to outside. Microwave on 7 for 4 minutes.

- Homemade Teriyaki Sauce
Combine:
1 teaspoon minced dried onion
¼ teaspoon minced dried garlic
½ teaspoon ground ginger
2 tablespoons soy sauce
2 tablespoons oil
2 tablespoons sherry

HAM ROLLUPS

INGREDIENTS
250 g sliced ham
1 cup mashed potato
Salt and pepper to taste
1 small onion finely grated
Toothpicks

METHOD
1. Combine potato, salt, pepper and onion and place a small quantity on centre of each ham slice.
2. Roll ham to enclose filling. Secure with toothpicks.
3. Place rollups on serving plate, Microwave on HI 2 2% minutes, depending on temperature of mashed potato.

TIP May be cut in halves, secure each half with toothpicks for appetizers.

GARLIC PRAWNS

INGREDIENTS
500 g green prawns
113 cup peanut oil
2 cloves garlic, crushed
2 tablespoons chopped shallots
2 tablespoons dry sherry
Salt and pepper to taste

METHOD
1. Peel and devein prawns leaving tails intact.
2. Place into a microproof shallow dish.
3. Combine all other ingredients and pour over prawns.
4. Cook on HI 4 minutes stirring occasionally.

TIP Individual Ramekins may be used, timing remains the same.
SALMON AND ARTICHOKE MORNAY

INGREDIENTS
210 g can salmon
400 g can artichokes
60 g butter
3 tablespoons plain flour
Milk and reserved salmon liquid to measure
1 1/2 c up sour cream
1/2 teaspoon prepared mustard
60 g cheddar cheese, grated
190 g can champignons, drained and chopped
Salt and pepper to taste
1/2 cup crushed cornflakes
60 g grated cheddar cheese, extra
1 tablespoon butter, extra

METHOD
1. Drain salmon, reserve liquid. Remove bones and flake. Drain artichokes, chop into small pieces.
2. Melt butter in a medium size bowl, on HI 30 seconds. Add flour, stir until combined, cook for 30 seconds on III, stir.
3. Gradually add milk and liquid, stir until combined, add sour cream and cook on HI 3 minutes. Stirring twice during cooking.
4. Add mustard and grated cheese, microwave on HI 45 seconds to melt cheese.
5. Add salmon, artichokes and champignons to sauce, stir until combined. Season with salt and pepper.
6. Pour into individual dishes or one large dish. Sprinkle with combined cornflakes and extra grated cheese and dot with butter. Microwave on HI 1 1/2 minutes, depending on size of dishes and serving temperature.

If desired, mornay may be browned under conventional griller or in browning oven.

TIP

SMOKED OYSTER BITES

INGREDIENTS
1 tablespoon butter
1 tablespoon flour
1/2 cup milk
1 teaspoon tomato paste
1 teaspoon lemon juice
Salt and pepper to taste
105 g can smoked oysters
12 ready cooked oyster pattie cases

METHOD
1. Melt butter in a microproof bowl on III 30 seconds. Add flour, stir well, return to microwave and cook on HI 30 seconds. Add milk gradually, stirring well. Cook on HI 45 seconds, stir and continue cooking for a further 30 seconds.
2. Add tomato paste, lemon juice, salt and pepper and stir well.
3. Place pattie cases on a paper towelling lined plate. Spoon one smoked oyster into a case and top with sauce. Microwave on III 1 minute. Stand 1 minute before serving to allow pastry to firm.
4. Garnish with lemon and parsley.

HINT

Steam band towels for men who like such things after a shave-saturate a hand towel in cold water, wring out and place in microwave oven 30 seconds for on HI to steam.
A drop of perfume or fragrant oil added to the water will give a lovely smell to the towel.

NEVER dry out wet underwear or newspapers in the microwave oven. This can damage the oven or cause a fire.
SOUPS

Green Pea and Ham Soup
Soups can be easily cooked in the microwave oven and the flavour and colour retention in vegetables is greater than soup cooked by conventional methods. All that is required is a large microproof casserole dish, making washing up so much easier.

Most soups are best prepared in advance as they will thicken on standing and improve in flavour.

Reheating soups can be done in individual bowls or mugs and stirred occasionally to distribute the heat. If covered, the soup will reheat in less time.

**FRENCH ONION SOUP**

**INGREDIENTS**

3 large brown onions, sliced thinly
1/2 teaspoon sugar
2 tablespoons butter
2 x 420 g cans beef consommé
420 g can water
1 beef stock cube
1 teaspoon worcestershire sauce
1/2 teaspoon pepper
1/2 teaspoon paprika
Salt to taste
2 tablespoons cornflour
3 tablespoons water

**METHOD**

1. Place onions, sugar and butter in a large casserole dish, cover. Microwave on HI 8 minutes until onions are tender. Stir at least once during cooking.
2. Add consommé, water, stock cube, sauce, pepper, paprika and salt. Cover and microwave on HI 8 minutes.
3. Stir and reduce power to 6 for 6 minutes.
4. Blend cornflour with water, add to soup, stir. Cover and cook on HI 3 minutes. Adjust seasonings if necessary.
5. Spoon into serving bowls, top with toast and sprinkle with cheese. Microwave 3 bowls at a time on HI for 1 minute to melt cheese.

**NOTE**

Use thickly sliced French bread to serve with soup. Toast then sprinkle each slice with a mixture of grated tasty and parmesan cheese.
CREAM OF CHICKEN SOUP

INGREDIENTS
500 g chicken pieces, trimmed
1 medium onion, roughly chopped
1 small carrot, roughly chopped
1 stick celery, roughly sliced
1 teaspoon salt
2 sprigs parsley
2 chicken stock cubes
2 cups water
3 tablespoons butter
3 tablespoons flour
2 cups milk
2 tablespoons sherry
1 1/2 teaspoons salt
1 1/2 teaspoons pepper
1 1/4 teaspoons nutmeg
2 chopped shallots
1 galantine
1 tablespoon chopped parsley

METHOD
1. In a large microproof casserole dish, place the first 8 ingredients. Microwave on HI for 20 minutes, covered.
2. Remove chicken, dice meat, strain stock and reserve. Wipe out dish.
3. Place butter in the casserole dish, melt on HI for 30 seconds, stir in flour and microwave a further 45 seconds. Stir well.
4. Gradually blend in the milk, the other ingredients, including chicken meat and reserved stock, except cream and parsley.
5. Microwave on HI for 12 minutes, stirring occasionally until boiling and thickened.
6. Stir in cream and parsley before serving.

NOTE: Do not use boiling or steaming fowl in the microwave oven as the quickness of cooking will not tenderise.

CHICKEN AND VEGETABLE SOUP

INGREDIENTS
500 g chicken pieces, trimmed
1 teaspoon salt
1 bouquet garni
2 cups water
2 chicken stock cubes
1 medium carrot, diced
1 medium parsnip, diced
1 large onion, chopped
2 stalks celery, sliced
2 cups water, extra
1/2 cup rice noodles
1 tablespoon chopped parsley

METHOD
1. In a large microproof bowl or 3 litre casserole dish, place chicken pieces, salt, bouquet garni and water. Cover and microwave on HI for 13 minutes.
2. Discard bouquet garni. Remove chicken and dice the meat, return to stock.
3. Add remaining ingredients except noodles and parsley. Cover and microwave on HI for 12 minutes.
4. Add noodles, stir soup, cover and microwave on HI for 10 minutes. Stir in parsley.
5. Allow to stand, covered, 5 minutes before serving.

HINT
When covering dishes, use casserole dishes with lids or GLAD Wrap, but remember to remove cover carefully, as steam may burn your hand.
Cut meat and carrots into small cubes for casseroles, stir during cooking.
**TOMATO SOUP**

**INGREDIENTS**
1 tablespoon butter  
1 medium onion, finely chopped  
½ teaspoon salt  
½ teaspoon dried herbs  
1 teaspoon sugar  
2 bacon stock cubes  
½ teaspoon pepper  
2 x 425 g cans tomato puree  
1 can 400 ml milk

**METHOD**
1. Place first 5 ingredients in a large microproof casserole dish, cover. Microwave on HI 2½ minutes.
2. Add crumbled stock cubes and pepper. Stir in tomato puree and milk.
3. Microwave on 8 for 10 minutes. Stir occasionally.
4. Blend in cream and parsley or mint before serving.

**SPLIT PEA SOUP**

**INGREDIENTS**
1 cup split peas  
8 cups water  
1 medium onion, diced  
1 medium carrot, diced  
125 g bacon pieces  
2 beef stock cubes  
1 sprig mint  
Salt and pepper to taste

**METHOD**
1. In a large microproof casserole dish, place peas and water. Soak overnight.
2. Add all other ingredients except salt and pepper. Microwave on HI 18 minutes.
3. Remove any scum and stir soup. Microwave on 7 for 26 minutes. Stir occasionally.
4. Remove bacon pieces and chop finely. Sieve or blend the soup in an electric food processor and return with the bacon to bowl. Adjust seasonings.
5. Microwave on HI 6 minutes. Serve with croutons.

**PUMPKIN SOUP**

**INGREDIENTS**
1 tablespoon butter  
500 g pumpkin, seeded, skinned and cubed  
1 large potato, skinned and cubed  
450 mls chicken stock  
1 teaspoon salt  
½ teaspoon pepper  
¼ teaspoon nutmeg  
½ teaspoon sugar  
¼ cup thickened cream  
Chopped parsley or chives

**METHOD**
1. Place butter and onion into a large casserole dish. Cover and microwave on HI for 2 minutes.
2. Add pumpkin and potato and stir. Add chicken stock, salt, pepper, nutmeg and sugar. Cover, microwave on HI 12-14 minutes depending on type of pumpkin used.
3. Blend ingredients in electric processor until pureed.
4. Stir in cream.
5. Return to microwave to reheat on III for 3-4 minutes.
6. Do not allow to boil. Serve with chopped parsley or chives.

**NOTE**
Chicken stock can be made using water and 2 chicken stock cubes or use canned chicken consommé.
GREEN PEA AND HAM SOUP

INGREDIENTS
500 g packet minted frozen peas
125 g ham, chopped roughly
1 chicken stock cube
300 mls water
300 mls milk
½ teaspoon onion salt
½ teaspoon pepper
Pinch nutmeg
½ cup cream
2 teaspoons brandy (optional)
1 tablespoon chopped chives
Croutons for serving

METHOD
1. In a large microproof casserole dish, place peas, ham, stock cube and water. Cover, microwave on HI for 8 minutes, stirring once during cooking.
2. Blend ingredients in an electric food processor until pureed.
3. Return to casserole dish. Add milk, onion salt, pepper, nutmeg, cream and brandy. Microwave on HI for 5 6 minutes, stirring occasionally. Do not boil.
4. Stir in chives.
5. Serve with croutons.

PUMPKIN SOUP

INGREDIENTS
500 g fresh mushrooms
1 small onion, finely chopped
2 tablespoons butter
2 tablespoons flour
600 mls milk
1 tablespoon sherry
½ teaspoon salt
½ teaspoon nutmeg
Sour cream
Chives

METHOD
1. Wipe mushrooms, chop stems and slice caps.
2. In a medium size casserole dish, place onion and butter. Microwave on HI 1% minutes.
3. Add mushrooms, stir in and cook on HI further 3 minutes. Sprinkle over flour, stir well to combine.
4. Gradually add milk, sherry, salt, pepper and nutmeg.
5. Microwave on HI 6 minutes stirring occasionally until smooth and bubbling.
SEAFOOD

Oysters Mornay
The delicate texture of fish and seafood require minimal cooking to preserve their naturally tender flesh. The speed of microwaving enhances the flavour and provided fish is not overcooked, you will soon become an expert in the art of fish cookery.

Cook fish only until the flesh flakes easily when tested with a fork. Open the oven door during cooking and test. Allow a short standing time out of the oven prior to serving; the fish will continue to cook while standing. Fish fillets will take approx. 4 minutes per 500 g to cook depending on the thickness of the fillet. NEVER OVERCOOK as this will toughen the flesh and be especially careful with shellfish as it toughens quickly.

**FILLETS ALMONDINE**

**INGREDIENTS**
- 1 packet (375 g) frozen flounder
- 2 tablespoons butter
- 2 tablespoons slivered almonds
- 2 teaspoons lemon juice
- Salt and pepper
- Paprika

**METHOD**
1. In a pie plate, place butter and almonds. Microwave on HI for 4 minutes until almonds are golden. Stir occasionally.
2. Remove almonds and reserve.
3. Partially thaw fish to separate and coat in the melted butter.
4. Arrange in the plate with larger parts to outside. Sprinkle with lemon juice, salt and pepper. Dust lightly with paprika.
5. Cover with paper towelling. Microwave on HI for 3 -3% minutes.
6. Place fish on serving plates. Drizzle juice over and sprinkle with reserved almonds.
COQUILLES ST JACQUES

INGREDIENTS
500 g fresh Tasmania” Scallops
3/4 cup butter
3/4 cup celery, finely chopped
1/2 cup mushrooms, wiped and sliced thinly
2 tablespoons finely chopped capsicum
2 finely chopped shallots
1/2 cup dry white wine
1/4 teaspoon salt
1/4 teaspoon pepper
1 bayleaf
2 tablespoons flour
2 tablespoons milk
1 egg yolk
2 tablespoons cream
Buttered Breadcrumbs

METHOD
1. I” medium size casserole dish, place butter, celery, scallops, mushrooms, capsicum, shallots. Cover and microwave 0” HI 2 minutes.
2. Trim scallops, cut in halves, add to dish with wine, bay leaf, pepper and salt.
3. Cover, microwave on HI 13 minutes. Discard bay leaf.
4. Drain and reserve liquid.
5. Combine flour and milk. Add reserved liquid and microwave on HI 1 1/2 minutes, stirring every 30 seconds.
6. Return scallops and vegetables to sauce. Beat egg yolk with cream and fold in well.
7. Microwave on HI 1% minutes, stir after 45 seconds and after completion of cooking.
8. Spoon into scallop shells or individual serving dishes. Sprinkle with buttered breadcrumbs and microwave o” HI 1 1/2 minutes.

Buttered Breadcrumbs

INGREDIENTS
2 tablespoons butter
4 tablespoons fresh breadcrumbs

METHOD
1. Melt butter in a small bowl o” HI for 30 seconds.
2. Add breadcrumbs, stir well.
3. Microwave on HI 1 1/2 minutes, stirring once.

LOBSTER THERMIDOR

INGREDIENTS
2 small cooked lobsters approx.
625 g each
1 cup sliced mushrooms
3 chopped shallots
2 tablespoons butter
1/2 teaspoon dry mustard
1/4 teaspoon nutmeg
2 tablespoons flour
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon Worcestershire sauce
1 cup cream
4 tablespoons dry sherry
3 tablespoons grated cheese
Buttered breadcrumbs
(see Coquilles St Jacques)

METHOD
2. I” a small casserole dish, place butter, mushrooms, shallots, salt and pepper. Microwave on HI 2 minutes.
3. Stir after 1 minute.
5. Microwave o” HI 1 minute. Stir and microwave on 7 for 2 minutes. Stir.
6. Spread about 1 tablespoon” mixture in each lobster shell. Return meat to shells and spoon remaining sauce evenly over each.
7. Sprinkle cheese over each lobster half then press on the buttered breadcrumbs.
8. Lift carefully onto turntable and microwave o” 7 for 6 7 minutes until heated through.
OYSTERS MORNAY

INGREDIENTS
- 18 oysters in half shell
- 1 tablespoon butter
- 1 small shallot, finely chopped
- ½ teaspoon salt
- Dash pepper
- ¼ teaspoon dry mustard
- 1 tablespoon flour
- ¾ cup milk
- ¼ cup grated cheese
- 1 teaspoon lemon juice
- 1 teaspoon mayonnaise
- 2 tablespoons dry breadcrumbs
- 2 tablespoons finely grated cheese
- Paprika

METHOD
1. Place butter and shallot in a microproof jug. Microwave on HI 30 seconds.
2. Mix in salt, pepper, mustard and flour. Add milk and stir well.
3. Microwave on HI 1 ¼ minutes. Stir in cheese, lemon juice and mayonnaise. Mix well.
4. Spoon over oysters evenly. Combine dry breadcrumbs and cheese. Sprinkle over oysters and dust with paprika.
5. Arrange in a circle on turntable. Microwave on HI for 1 ¼ minutes, depending on temperature of mornay when heating the oysters.

NOTE: These can be browned under a preheated griller if preferred.

OYSTERS KILPATRICK

INGREDIENTS
- 12 oysters in half shell
- 1 rashers bacon, chopped
- 1 tablespoon Worcestershire sauce
- 1 teaspoon lemon juice
- 1 tablespoon sherry
- Parsley sprigs for garnish

METHOD
1. Sprinkle each oyster with finely chopped bacon.
2. Combine sauce, lemon juice, sherry and place 1 teaspoon over each oyster.
3. Arrange in a circle on outer edge of turntable. Microwave on HI 2 minutes.

FILLETS POACHED IN WINE

INGREDIENTS
- 2 tablespoons butter
- 1 small onion chopped finely
- ¼ teaspoon dried basil
- Pinch sugar
- 1 teaspoon chopped parsley
- 500 g fish fillets
- 1 teaspoon lemon juice
- Salt and pepper
- ¼ cup dry white wine

METHOD
1. Place butter, onion, basil, sugar, parsley and lemon juice in medium size casserole dish. Microwave on HI for 1 minute.
2. Salt and pepper fillets. Arrange in dish, turning to coat. Sprinkle with wine.
3. Cover, microwave on HI 4 ½ minutes.
4. Allow 1° stand covered 1 ½ minutes before serving.

NOTE: Juices can be thickened if desired by blending 1 teaspoon cornflour with a little cold water and added to juice. Stir well and microwave on HI 1 ½ minutes until bubbling. Stir well and spoon over fish.
**CHINESE BREAM**

**INGREDIENTS**
- 2 whole bream **approx.** 375 g each
- ½ cup water
- ½ teaspoon salt
- 2.5 cm piece green ginger (grated)
- 2 tablespoons soy sauce
- 2 shallots
- 2 tablespoons oil
- Salt and pepper

**METHOD**
1. Clean and scale fish. Place in a shallow dish with water, salt and grated ginger.
2. Cover, microwave on HI 4.5 minutes. Drain well.
3. Drizzle soy sauce over fish, re-cover, allow to stand while heating oil.
4. Slice the shallots diagonally (very thinly), and the ginger into fine matchsticks.
5. In a **microproof jug**, heat oil on HI for 1-1.5 minutes.
6. Pour oil over fish. Transfer to individual serving plates. Sprinkle the ginger and shallots over each fish and spoon the juices over.

**EASY PARTY CASSEROLE**

**INGREDIENTS**
- 750 g fish fillets
- ½ teaspoon onion salt
- Freshly ground pepper
- 1 tablespoon chopped parsley
- 450 g call cream of oyster soup
- Butter
- **Buttered** breadcrumbs
  (refer Coquilles St Jacques)
- Lemon wedges for garnish

**METHOD**
1. Remove bones from fish and cut into bite size pieces.
2. Sprinkle with salt, pepper and parsley.
3. Lightly grease a medium size casserole dish with butter. Layer with half fish pieces, then spread half the undiluted soup over. Repeat layers.
4. Cover with lid. Microwave on 7 for 8 minutes. Stir lightly.
5. Remove lid, sprinkle breadcrumbs over top, microwave on HI 1 minute.

**NOTE:** A small jar of drained chopped oysters can be added at the end of step 4. Sprinkle with breadcrumbs. Microwave 1% minutes.

**SALMON RING MOULD**

**INGREDIENTS**
- 220 g can salmon
- 440 g can salmon
- Butter and **dry** breadcrumbs
- 3 tablespoons **finely** chopped shallots
- 2 tablespoons **finely** chopped celery
- 2 tablespoons **finely** chopped red capsicum
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3 teaspoons lemon juice
- 1 tablespoon finely chopped parsley
- 2 cups fresh breadcrumbs
- 4 eggs, lightly beaten

**METHOD**
1. Grease a 20 cm **savarin mould** (ring dish) or round dish with glass in **centre**, with butter and coat with dry breadcrumbs.
2. Drain both cans of salmon, remove skin and **bones**, and flake. Combine with other ingredients and fold in the eggs.
3. Spoon into the mould and lightly press down with back of spoon.
4. Microwave on HI 8 10 minutes.
5. Invert onto serving dish. **Centre** can be filled with **creamed mixed vegetables**. Otherwise, leave covered and refrigerate to serve cold and till **centre** with potato salad.
BAKED WHOLE SNAPPER

INGREDIENTS
1 whole snapper, 750g
Juice ½ lemon
Paprika

METHOD
1. Clean fish and remove eyes. Wash and pat dry. Squeeze lemon juice inside and outside.
2. In small dish, melt butter 30 seconds on III. Add onion and celery. Microwave on HI for 2 minutes.
4. Slash skin of fish 3 times. Place 2 layers of paper towelling on turntable and lay fish on this or place into a shallow dish. Sprinkle with paprika then the remaining stuffing. Wrap a small piece of foil over fleshy end of tail. Cover with paper towelling.
5. Microwave on HI 4 minutes. Remove foil from tail. Cover. Microwave a further 2 - 3 minutes on HI. Fish should flake easily when tested with the tip of a knife.
6. Slide onto serving plate and decorate with parsley sprigs and lemon slices. Place a stuffed olive in eye cavity.

LEMON-BUTTER STEAMED FILLETS

INGREDIENTS
500 g fish fillets
2 tablespoons butter
½ teaspoon grated lemon rind
Salt and pepper

METHOD
1. Wash fillets and pat dry with paper towels.
2. In a round shallow dish, melt butter 20 - 30 seconds on HI. Swirl butter around until base of dish is coated.
3. Arrange fillets in dish, placing thicker parts to outside. Sprinkle with lemon rind, pepper and salt.
4. Cover with GLAD Wrap and microwave on HI for 2 minutes.
5. Carefully lift plastic and turn fillets over. Re-cover.
6. Microwave 2 minutes on HI. Allow 1½ minutes.
7. Serve with juices spooned over fish.

SEAFOOD NEWBURG

INGREDIENTS
375 g cooked seafood, lobster, crab or prawns or combination
2 tablespoons butter
1 tablespoon flour
1 cup cream
2 egg yolks, lightly beaten
¼ cup dry sherry
½ teaspoon salt
½ teaspoon paprika

METHOD
2. Combine cream and egg yolks, stir into flour mix. Combine well, then stir in all other ingredients.
3. Microwave on 7 for 6 minutes, stirring frequently until mixture thickens.
4. Let stand, covered, 3 minutes. Serve over rice with croutons.
**CURRIED PRAWNS**

**INGREDIENTS**
- 750 g cooked prawns peeled
- 2 tablespoons butter
- 1 small onion, thinly sliced
- 1 stick celery, thinly sliced
- ½ red capsicum, thinly sliced
- 1 dessertspoon curry powder ("taste")
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon sugar
- 1 cup sherry
- ½ cup water
- 2 tablespoons cream
- 2 level tablespoons chopped parsley

**METHOD**
1. In a medium-large casserole dish, place butter, onion, celery and capsicum. Microwave on HI for 3 minutes.
2. Mix in curry, pepper, salt, sugar and lemon juice. Microwave on HI for 1 minute.
3. Add cabbage, peas, crumbled stock cube, water and sherry. Cover and microwave on HI for 5 minutes.
4. Blend flours and cream. Mix in 4 tablespoons hot liquid, then stir into casserole. Stir well. Microwave on 7 for 3 minutes, stirring twice.
5. Fold through prawns and parsley. Combine thoroughly. Microwave on 7 for 2 minutes.

**SATE PRAWNS**

Serves 2 or 4 as an entree or part of a Chinese meal.

**INGREDIENTS**
- 500 g green prawns
- 1 large onion
- 1 tablespoon oil
- 1 teaspoon water
- 1 small marinated prawn
- 1 inch ginger
- 1 tablespoon five-spice powder
- 1 cup soy sauce
- 2 teaspoons dry sherry
- 5 drops tabasco

**METHOD**
1. Shell prawns, slit down back, just enough to remove vein.
2. Combine marinade ingredients, add prawns and mix well. Allow to stand 2 hours.
3. Peel onion, cut in half then into wedges and separate pieces. Place into small casserole dish with the oil. Microwave on HI for 2 minutes.
4. Add prawns and marinade, mix well together. Microwave on HI for 2 minutes, stirring twice.
5. Add water, stir well, microwave on HI for 1 minute.
6. Pour onto a bed of lettuce on serving plate with a small bowl of brandy flamed in centre.

**HINT**
When covering dishes with GLAD Wrap, place firmly over container, make sure there is sufficient air space by pressing finger in the centre. NEVER HAVE GLAD Wrap SKIN TIGHT.
POULTRY

Roast Chicken
Poultry is superb in a microwave oven as the flavour and moisture are retained. Ensure that poultry is fully thawed prior to cooking; the microwave oven will do this in a much shorter time than by conventional methods. Wash and dry bird and prepare for cooking.

Poultry will not brown and crisp as it does in a conventional oven. However, by using a thick teriyaki baste, seasoned salt or chicken seasoning, the end result is delicious. If you own the microwave oven with a browner system the poultry will crisp and brown naturally. Follow instructions supplied with your oven.

Always allow a standing time for poultry at the completion of cooking. This allows the interior of the bird to finish cooking without toughening the delicate breast meal. Remove the bird from the baking dish, wrap in foil and allow to stand 15 minutes prior to carving. The foil retains the heat within the bird and will keep it hot while vegetables are being cooked to serve with the meal.

When cooking a whole chicken or turkey some areas will cook more quickly e.g. wings or lips of legs (areas where there is not as much meal). Cover these areas halfway during cooking with strips of aluminium foil to prevent over cooking. Always make sure that foil does not touch the side walls of the oven as this causes arcing. NEVER cover bird completely with foil as it will not cook.

Glad oven bags may be used for all poultry with successful results. Remember to pierce the bag. Do not use metal tics or twisties, replace with elastic bands or string.

Follow the chart for cooking times and temperatures if using a thermometer or probe.
### Poultry | Setting | Approximate Cooking Time | Thermometer or Meat Probe Setting | Standing
--- | --- | --- | --- | ---
Chicken (Whole) | Hi | 9 min. per 500g | 85°C | 15 min.
Chicken (Pieces) with bone | Hi | 7–8 min. per 500g | 85°C | 10 min.
Chicken (Fillets) | Hi | 6 min. per 500g | 75°C | Nil
Turkey (Whole) | Hi | 8 min. 8–10 min. per 500g | 80°C | 15-20 min.
Reduce to 6 or 7 | 6 or 7
Turkey (Hindquarters) | Hi | 7–8 min. per 500g | 80°C | 10 min.
Duck | Hi | 7 min. per 500g | 80°C | 15 min.

### ROAST CHICKEN

**INGREDIENTS**

No. 15 chicken (1.5 kg)
1 onion
Teriyaki baste

**METHOD**

1. Wash and dry chicken, place breast side down into a microproof baking dish. Cut onion into quarters and place inside bird. If desired, legs may be secured together with string or an elastic band.
2. Brush with teriyaki baste.
3. Microwave on Hi for 13 minutes. Turn chicken over and cook a further 14 minutes on Hi.
4. Remove chicken from baking dish, wrap in foil and allow a standing time of 15 minutes before serving.

**TIP** Your favourite stuffing may be used to season chicken, cooking time remains the same.

**HINT**

Prepare and cook roasts for dinner first. Allow to stand wrapped in foil to keep hot while vegetables cook.

When cooking chicken pieces, always place the large to the outside of the dish with the smaller pieces in the centre.
**CHICKEN SATAY**

**INGREDIENTS**
1 kg chicken fillets
2 tablespoons brown sugar
2 tablespoons honey
1/4 cup soy sauce
1/4 cup peanut oil
1 garlic clove, crushed
2 tablespoons lemon juice

**METHOD**
1. Cut chicken into cubes, approximately 2 cm. Combine all ingredients for marinade in a medium size bowl. Add chicken and allow to stand at least 1 hour. Turn occasionally.
2. Thread chicken cubes onto bamboo satay sticks allowing 6 pieces each stick.
3. Arrange 6 sticks on a microproof plate, cover with paper towelling. Microwave on HI for 1 1/2 minutes, turn over and microwave a further 1 1/2 minutes. Remove to serving plate and repeat cooking of remaining chicken.
4. Spoon sauce over and serve with boiled rice.

**Sauce**

**INGREDIENTS:**
225 g unsalted peanuts
1 teaspoon chilli powder
1 clove garlic
1 teaspoon salt
1 medium onion, coarsely chopped
3 tablespoons peanut oil
1/4 cup water
1 tablespoon brown sugar
2 tablespoons soy sauce
2 tablespoons lemon juice
1/4 cup water, extra

**METHOD**
1. Remove skins from peanuts and place in a blender. Add chilli, garlic, salt, onion and 2 tablespoons oil. Blend on high speed, adding combined water, sugar, soy sauce and lemon juice. Mixture should be pastey.
2. Heat the remaining 1 tablespoon oil in a small microproof bowl for 1 minute on HI. Add peanut mixture and microwave 1 1/2 minutes on HI, stirring twice.
3. Mix in extra water and microwave on 1 for 4 minutes, stirring after 2 minutes and at end of cooking.

**COQ-AU-VIN**

**INGREDIENTS**
1 kg chicken pieces
Seasoned flour
1 tablespoon oil
1 tablespoon butter
2 rashers bacon, chopped
2 onions, cut into small chunks
1 bay leaf
1 chicken stock cube
1/2 teaspoon garlic salt
1 cup red wine
1 1/2 cup water
250 g fresh mushrooms, sliced
Chopped parsley

**METHOD**
1. Coat chicken pieces lightly with seasoned flour.
2. Place oil and butter into a shallow casserole dish and microwave on HI for 45 seconds.
3. Place chicken pieces into dish, coat with oil and butter, cook on HI for 8 minutes turning once. Remove chicken and set aside.
4. Place bacon and onions into dish and cook on HI for 4 minutes. Add bay leaf, stock cube, garlic salt, wine, water and mushrooms. Return chicken pieces to dish, cover and cook on HI for 12 minutes. Stir once during cooking.
5. Remove bay leaf. Serve sprinkled with chopped parsley.

**TIP**
If desired, thicken with a little blended cornflour at end of stage 4 and cook a further 1 1/2 minutes.
LEMON CHICKEN

INGREDIENTS
2 teaspoons sugar
1 clove garlic, crushed
1 teaspoon green ginger, grated
1 tablespoon honey
1/4 cup lemon juice
1 tablespoon dry sherry
crumbled stock cubes
4 chicken fillets, cut into strips
1 tablespoon cornflour
1/2 cup water

METHOD
1. Combine sugar, garlic, ginger, honey, lemon juice, sherry and crumbled stock cubes in a bowl to form marinade. Add chicken strips and marinate for 30 minutes. Stir occasionally to coat.
2. Drain chicken well and reserve marinade.
3. Place chicken strips into a shallow dish and cook on HI for 4 minutes. Stir once during cooking.
4. Add reserved marinade, blended cornflour and water to chicken. Stir well.
5. Cover and cook on HI for 4 minutes.

HONEY SPICED CHICKEN

INGREDIENTS
60 g butter
1/2 cup honey
1 tablespoon French mustard
2 tablespoons soy sauce
1 teaspoon salt
1 teaspoon mild curry powder
1 kg chicken pieces

METHOD
1. Place butter in a small microproof bowl. Microwave on HI for 30 seconds.
2. Add honey, mustard, soy sauce, salt and curry powder. Stir well to combine.
3. Arrange chicken pieces in a large microproof baking dish. Spoon sauce over chicken. Cook on HI for 16 minutes. Baste frequently and turn pieces over at least once during cooking time.
4. Remove chicken pieces from pan and thicken juices by blending 1% tablespoons of cornflour with 2 tablespoons water. Add to pan juices and cook on HI for 2 3 minutes, stirring occasionally.
5. Serve with pan juices poured over chicken.

CHICKEN IN CHAMPAGNE

INGREDIENTS
8 small chicken pieces (thighs or legs)
Salt and black pepper
35 g butter
2 onions, finely sliced
2 tablespoons brandy
3 tablespoons flour
1/3 cup chicken stock
1/4 cup champagne
1/4 teaspoon dried thyme
1/4 teaspoon dried mace
1 bay leaf
170 g mushrooms, sliced
2 teaspoons cornflour

METHOD
1. Rub chicken with salt and pepper.
2. In a large microproof casserole dish, place butter and onions, cover. Microwave on HI for 3 minutes.
3. Add chicken pieces tossing in the butter and onion mix to coat. Cover with paper towelling. Microwave on HI for 12 minutes, turning over halfway. Remove from oven.
4. Stir in brandy, flour-blended with chicken stock, champagne, herbs and mushrooms. Cover and cook on HI for 10 minutes.
5. Blend cornflour with a small quantity of water. Add to chicken with cream. Stir well. Microwave on 6 for 4 minutes. Serve with parsley potatoes.
(Refer: Vegetable section).
ROAST TURKEY

INGREDIENTS
1 turkey
Teriyaki baste (thick)
Stuffing as preferred

METHOD
1. Ensure that turkey is completely thawed before cooking.
2. Wash and dry well. Season with favourite stuffing. Secure legs and wings to body with string.
3. Place into a microproof baking dish, breast side down. Brush with teriyaki baste.
4. Microwave on HI for 8 minutes, reduce to 6 or 7 and calculate times from chart. Turn bird over once during cooking.
5. Wrap in foil and allow standing time.

Tips
Turkey skin can be pierced with a skewer prior to cooking to release natural fats. Ends of drumsticks and wings should be covered with small strips of foil halfway during cooking to prevent these areas overcooking.

If desired, rashers of bacon can be placed on breast of turkey halfway during cooking.

INGREDIENTS
250 g sausage mince
60 g ham, chopped
1 cup soft breadcrumbs
1 tablespoon chopped parsley
Salt and pepper to taste
Grated rind of 1 lemon
1 egg, beaten

METHOD
Combine all ingredients well. Use to fill cavity of turkey.

WALNUT STUFFING

INGREDIENTS
2 cups soft breadcrumbs
1 tablespoon butter
1 small onion, chopped
1/2 cup finely chopped celery
100 g walnuts, chopped
2 teaspoons dried herbs
Salt and pepper
Dash cinnamon
1 egg, beaten

METHOD
Place breadcrumbs in a large bowl. Rub in the butter. Add all other ingredients and combine well.
SAGE AND ONION STUFFING

**INGREDIENTS**
2 cups soft breadcrumbs
1 large onion, chopped
2 teaspoons dried sage
Salt and pepper
2 rashers bacon, chapped
1 tablespoon butter

**METHOD**
Combine breadcrumbs, onion, sage, salt, pepper and bacon with butter.

CHICKEN AND APRICOT SUPREME

**INGREDIENTS**
4 servings size chicken pieces or
4 single breast fillets, sliced.
2 tablespoons flour
1 pkt French Onion soup
425 ml can apricot nectar
440 g can apricot halves, drained

**METHOD**
1. Dust chicken pieces in flour and place into a casserole dish.
2. Sprinkle with soup, pour over nectar. Place apricot halves into dish and cover with lid.
3. Cook on HI for 12-13 minutes. Stir during cooking.

**HINTS**
To soften brown sugar that has become hard, place approximately 1 cup in a bowl with a slice of bread, cover and cook in microwave oven on HI for 30 seconds.

To liquefy honey that has turned to sugar, remove lid, heat on HI for 20-30 seconds, depending on quantity.

**NEVER PUT JARS WITH LIDS ON IN THE MICROWAVE OVEN.**
MEATS AND
CASSEROLES

Irish Stew
MEATS AND CASSEROLES

Saving time and money is something we all strive for and this section of recipes will do both for you. The long time necessary for baking meats by conventional methods is cut by at least one third, therefore saving you money on your fuel bill as well as time. A roast leg of lamb takes 8 minutes per 500 g instead of 25 minutes and there is no preheating necessary in your microwave oven.

Casseroles however do not save as much time. To achieve a tender result from the tougher cuts of meat, a slow, longer cooking is required to break down the fibres in the meat.

Your microwave oven accomplishes this by using the lower level of energy e.g., power level 7 down to 3. This method increases the cooking time but the result is perfect and of course there is no preheating required and the lower power level will save you money.

Steaks and chops are best done using conventional methods to achieve a seared and browned appearance.

Very large, dense roasts are more difficult to cook in the microwave oven e.g., a large leg of pork will cook but will not be as tender as conventional methods. The outside of the meat will tend to dry and become hard.
Important Points to Remember:

★ Defrost all meats prior to cooking preparation.

★ Meats can be roasted in a shallow ovenproof dish. As discussed previously there are many different types on the market, Pyrex, Corningware or for those who wish to elevate the meat from the natural fat drippings, use a rack inside the dish. The rack can be a specially designed one for microwave ovens or a small metal trivet provided the meat covers the metal.

★ No added fats are required when baking in a microwave oven.

★ Always commence cooking with fat side down and turn over halfway to evenly distribute juices.

★ Place a sheet of paper towelling over roast prior to cooking to absorb excess moisture released while in the microwave oven. If hasting with teriyaki baste, do not use paper towel as it will stick to the paper.

★ Roasts can be cooked in oven bags provided string or rubber bands are used instead of metal ties. Make sure to puncture the bag to allow steam to escape.

★ Standing times are essential for both roasts and casseroles (refer section “Let’s Talk Microwaves”). Allow casseroles to stand covered with lid and roasts covered with foil. Accompanying vegetables can be cooked during standing.

★ Browning can be achieved by brushing the meat with a thick teriyaki baste or sprinkling roasts with seasoned salt or barbecue seasoning. Larger roasts of beef will produce a good colour without additives due to the natural fats and longer cooking time.

★ Thinner cuts of meat, e.g. steak, chops and sausages will not brown due to the shorter cooking time. These cuts of meat may be seared on your barbecue, cooled and packaged for the freezer. When required defrost and complete cooking in the microwave oven. This method for preparing steaks or chops gives that good charcoal flavour and colour normally not achieved in a microwave oven. The convenience of having a steak seared and able to defrost and cook in minutes in the microwave oven for that extra guest is a tremendous time saver.

★ Casseroles should be stirred occasionally during cooking to evenly distribute the heat and all recipes in this section have taken this into consideration. Your favourite casserole recipe can be adapted by following a similar quantity and method used in this book.

★ Specially designed microwave thermometers may be used in your Sanyo oven during operation but conventional meat thermometers. Insert thermometer in the centre or fleshy part of the meat away from the bone approximately 5 cm from surface. Refer cooking chart for temperatures. Conventional thermometers can be used outside of oven at end of cooking time to determine temperature.
### MEAT ROASTING AND TEMPERATURE CHART

<table>
<thead>
<tr>
<th><strong>Meat</strong></th>
<th><strong>Settina</strong></th>
<th><strong>Approximate Cooking Time</strong></th>
<th><strong>Temp.</strong></th>
<th><strong>Standing</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Leg of Lamb</strong></td>
<td>HI</td>
<td>Well Done: 9 min. per 500 g</td>
<td>75°C</td>
<td>10 min.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Medium: 7 min. per 500 g</td>
<td>70°C</td>
<td>10 min.</td>
</tr>
<tr>
<td><strong>Roast Beef</strong></td>
<td>HI 10 min. then level 5 for remainder of cooking time</td>
<td>Well Done: 10 min. per 500 g</td>
<td>70°C</td>
<td>10 min.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Medium: 9 min. per 500 g</td>
<td>65°C</td>
<td>10 min.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rare: 7 min. per 500 g</td>
<td>60°C</td>
<td>10 min.</td>
</tr>
<tr>
<td><strong>Corned Beef</strong></td>
<td>HI 10 min. then level 4 for remainder of cooking time</td>
<td>30 min. per 500 g</td>
<td>85°C</td>
<td>30 min.</td>
</tr>
<tr>
<td><strong>Loin of Pork</strong></td>
<td>HI 10 min. then level 6 for remainder of cooking time</td>
<td>13 min. per 500 g</td>
<td>85°C</td>
<td>10 min.</td>
</tr>
<tr>
<td><strong>Leg of Pork</strong></td>
<td>HI 10 min. then level 5 or 6 for remainder of cooking time</td>
<td>13 min. per 500 g</td>
<td>85°C</td>
<td>15 min.</td>
</tr>
<tr>
<td><strong>Veal</strong></td>
<td>HI 10 min. then level 7 for remainder of cooking time</td>
<td>7 min. per 500 g</td>
<td>70°C</td>
<td>10 min.</td>
</tr>
</tbody>
</table>

The combination of power settings HI through 7, 6, 5 or 4 produces a more tender result.

### LEG OF LAMB

**INGREDIENTS**
Leg of lamb approximately 1.5 kg
Thick teriyaki baste

**METHOD**
1. Place lamb fat side down in a microproof baking dish. Brush with baste.
2. Cook on HI for 9 minutes per 500 g or follow roasting chart. Turn lamb over halfway during cooking time and brush with more baste.
3. Remove from baking dish, wrap in foil and allow standing time of 10 minutes prior to carving.

**TIP**
Slivers of garlic can be inserted in lamb prior to baking.

If you wish to cook a leg of lamb slowly, reduce power level to 6 for 14 minutes per 500g.
**IRISH STE**

**INGREDIENTS**
- 1 kg neck chops, trimmed
- 3 tablespoons flour
- ¼ teaspoon pepper
- 1 teaspoon salt
- 2 cups water
- 2 large onions
- 500 g potatoes
- 1 tablespoon chopped parsley

*Extra salt and pepper*

**METHOD**
1. Combine flour, salt and pepper in plastic bag. Shake chops in flour to coat.
2. In large microproof casserole dish, place ½ cup water then layer chops with remaining flour and pour over balance of water.
3. Cover, microwave on HI for 15 minutes, stirring every 5 minutes. Reduce power to 7 for 10 minutes then to 3 for 9 minutes stirring occasionally.
4. Slice onions thinly and place over chops.
5. Slice potatoes approximately 1 cm thick. Place over onions. Press down into gravy, add extra salt and pepper.
6. Cover, microwave on HI for 15 minutes. Turn potatoes over halfway. Stand 5 ~ 10 minutes.
7. Carefully lift potatoes onto plates, stir parsley into chop mixture and spoon over potatoes.

**SCOTCH FILLET OF BEEF**

**INGREDIENTS**
- 1 scotch fillet approx. 1.5 kg
- 1 tablespoon butter
- 1 medium onion, chopped
- 200 g fresh mushrooms, sliced
- 100 g pâté
- Thick teriyaki baste

**METHOD**
1. Trim beef, place butter, onion and mushrooms into a pie plate and cook on HI for 3 minutes. Combine mixture with pâté and mix well.
2. Cut a pocket in fillet of beef lengthwise and fill with pâté mixture. Secure at intervals with string.
3. Place into a microproof dish, brush with teriyaki baste and cook on HI for 10 minutes.
4. Reduce power to 5 for 13 minutes. Turn meat over, remove any excess liquid from dish. Brush with teriyaki baste. Cook a further 14 minutes on 5.
5. Remove from oven, wrap in foil and allow to stand 10 minutes. Reserve 2 tablespoons of pâté juices to make gravy.

**CORNED BEEF**

**INGREDIENTS**
- 2 kg corned silverside
- 2 cups water
- 2 tablespoons vinegar
- 2 tablespoons brown sugar
- 1 medium onion, quartered
- 4 cloves if desired

**METHOD**
1. Place corned beef into an oven bag with remaining ingredients. Secure bag with rubber band or string and place into a microproof baking dish, fat side up. Prick oven bag close to tied md.
2. Cook on HI for 10 minutes. Reduce to 4 for 30 minutes per 500 g. Turn over halfway through rooking.
3. Allow to stand in bag 30 minutes. If required for salads allow to cool in bag.
INGREDIENTS

1 kg chuck steak
1 tablespoon flour
½ teaspoon pepper and salt
1 tablespoon oil
1 tablespoon butter
425 g can tomatoes
1 medium onion, finely chopped
¼ teaspoon garlic powder
1 teaspoon paprika
½ cup water
1 tablespoon vinegar
2 teaspoons Worcestershire sauce
2 teaspoons sugar
2 bay leaves
1 tablespoon chopped parsley
2 tablespoons sour cream

METHOD

1. Trim meat and cut into small cubes. Combine flour, pepper and salt, toss meat in seasoned flour.
2. In large microproof casserole dish heat oil and butter on HI for 30 seconds.
3. Add meal, toss well to coat. Microwave on HI for 5 minutes. Stir twice.
4. Add undrained tomatoes, break up, then add all other ingredients, except parsley and sour cream.
5. Cover, microwave on HI for 8 minutes stirring twice, reduce power to 1, microwave 15 minutes, stirring twice. Reduce power to 3 and microwave 25 30 minutes, stirring occasionally. Remove bay leaves.
6. Stir in parsley and sour cream.
7. Allow to stand 5 minutes before serving over noodles or rice.

INGREDIENTS

Dried breadcrumbs
500 g minced topside
1 medium size onion, grated
2 tablespoons chopped parsley
1 cup soft white breadcrumbs
1 tablespoon tomato sauce
1 teaspoon salt
½ teaspoon pepper
1 egg, beaten
125 g mushrooms, chopped
2 rashers bacon, finely chopped
½ cup grated cheese

METHOD

1. Grease a loaf dish approx 19 cm x 13 cm and sprinkle with dried breadcrumbs.
2. Combine the next 8 ingredients thoroughly. Spoon half meat mixture into loaf dish and press down evenly. Top with mushrooms, bacon and cheese and then remaining meat. Press firmly.
3. Cover with paper towelling and cook on HI for 12 minutes.
4. Drain off excess fat. Cover with foil and allow to stand 5 minutes before serving. Invert onto serving dish.

HINT

When cooking roasts always remove excess juices from pan halfway through cooking. Microwave energy will go to these extra pan juices causing spatter and less energy will go into the roast causing longer cooking times.
STEAK AND KIDNEY

INGREDIENTS
1 kg chuck steak
4 sheep's kidneys
2 tablespoons flour
½ teaspoon salt
Pepper
1 dessertspoon dried parsley flakes
2 cups beef stock
1 onion, chopped
1 small carrot, chopped

METHOD
1. Cut steak into small cubes. Skin, core and dice kidneys. Place meat into a large microproof casserole dish. Add flour, salt, pepper and parsley, stir to coat meat.
2. Add stock gradually, stir to combine. Add onion and carrot and cook on HI 8 minutes. Reduce power to 7 and cook 12 minutes, then reduce to 3 for 20 - 25 minutes, or until meat is tender.
3. Thicken with 2 tablespoons cornflour blended with water. Stir into meat and cook on HI for 2 minutes.

If you wish to cover steak and kidney with flaky or puff pastry, roll out pastry a little larger than pie dish, cover by easing over steak and kidney and trim off excess pastry with a sharp knife. Glaze pastry with a little water and egg yolk, make 2 slits in the centre to allow steam to escape.

Bake in a hot conventional oven for 20 - 25 minutes, or in preheated microwave convection oven allowing 2 minutes microwave on HI and 6 minutes on convection (preheat oven to 240°C).

If desiring a rich dark gravy, add 1 dessertspoon of Parisian essence.

TIP

SWEET AND SOUR PORK FILLETS

INGREDIENTS
Pork fillets
(approx 500g thinly sliced)
1 tablespoon soy sauce
1-2 cloves garlic, crushed
2 tablespoons sherry
500g jar commercial sweet and sour sauce with vegetables

METHOD
1. Combine soy sauce, garlic and sherry in a bowl. Add pork fillets and marinate for 1 hour. Turn or stir at least twice during this time.
2. Cook meat with marinade on HI for 5 minutes or until tender. Turn frequently during cooking.
3. Add jar of sweet and sour sauce and combine well.
4. Cover and cook on HI for 3 4 minutes, stir once during cooking.
5. Thicken if desired with 1 tablespoon cornflour blended with 2 tablespoons water. Add to sauce at 3 minutes cooking. Stir well and continue cooking a further 1 2 minutes.

NOTE
1 small can of whole baby corn (drained) or 2 slices of chopped pineapple could be added for variety.
**LOIN OF PORK**

**INGREDIENTS**
- 2 kg loin of pork, boned
- 1 cup breadcrumbs
- 1 teaspoon mixed herbs
- 1 small onion, grated
- 2 rashers bacon, finely chopped
- Salt and pepper
- 1 tablespoon chopped parsley
- 2 tablespoons butter
- Seasoned salt

**METHOD**
1. Place breadcrumbs, herbs, onion, bacon, salt, pepper and parsley into a bowl. Rub in butter.
2. Place seasoning in centre of pork, roll meat firmly and secure with string.
3. Place fat side down into an oblong microproof dish and sprinkle with seasoned salt. Cover with paper towelling.
4. Cook on HI for 10 minutes, reduce to 5 for 13 minutes per 500g (total cooking 52 minutes). Turn over halfway through cooking.
5. Reserve 2 tablespoons of pan juices to make gravy. (Refer recipe in “Sauces and Gravies” section.)

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**BARBECUED PORK SPARERIBS**

**INGREDIENTS**
- 1 kg pork spareribs

**METHOD**
1. Trim pork, cut into 5 cm pieces.
2. Combine marinade ingredients.
   - Toss pork pieces to coat and allow to stand at least 2 hours. Turn occasionally.
3. Drain pork pieces. In a shallow microproof dish, place pork, cover with paper towelling. Microwave on HI for 8 minutes.
4. Turn pieces over, move centre pieces to outside. Microwave on 7, covered with towelling 8 minutes. Stand 10 minutes.

**Marinade**

**INGREDIENTS**
- 1/2 cup bottled Hoisin sauce
- 1 tablespoon oil
- 1 tablespoon soy sauce
- 1 tablespoon honey

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**ROAST PORK**

**INGREDIENTS**
- 2.5 kg leg of pork
- Seasoned salt, barbecue sprinkle or teriyaki baste

**METHOD**
1. Place pork fat side down in a microproof baking dish, sprinkle with seasoning and cover with paper towelling.
2. Cook on III for 10 minutes then reduce power to 6 and allow 13 minutes per 500 g (64 minutes total).
3. Turn pork over halfway during cooking and with a sharp knife remove rind in one piece. Place rind onto a sheet of foil and just prior to sewing place crackling of rind under a hot grillier. This method is suggested to create a crisp ‘puffy’ crackling. If rind is left on leg for the complete cooking time it becomes hard rather than ‘puffy’.
4. Wrap pork in foil on completion of cooking, allow to stand 15 minutes while baking vegetables.

**Note:**
If brushing pork with teriyaki baste, do not cover with paper towelling as it will stick to meat.
### VEAL SCALLOPPINE

**INGREDIENTS**
- 750 g veal steaks
- ¼ cup plain flour
- Salt and pepper
- 2 tablespoons butter
- 1 clove garlic, crushed
- ¾ cup white wine
- ¾ cup chicken stock
- 200 g mushrooms, sliced
- ⅓ tablespoons cornflour
- Salt and pepper to taste

**METHOD**
1. Cut veal into serving pieces. Mix flour, salt and pepper in a paper bag. Add meat and shake to cover with seasoned flour.
2. Place butter and garlic into a casserole dish, cook on HI for 30 seconds. Add meat, stir and cook on HI for 3 minutes. Stir and continue cooking another 3 minutes.
3. Add wine, stock and mushrooms. Cook on HI for 2 minutes, reduce to 7 for 5 minutes.
4. Blend cornflour with water, add to meat and cook a further 5 minutes on 7.
5. Season with salt and pepper.
6. Serve with boiled rice, garnished with lemon and parsley.

### CURRIED SAUSAGES

**INGREDIENTS**
- 500 g thick sausages
- 60 g butter
- 2 onions, sliced thinly
- 3 tablespoons flour
- 1 tablespoon curry powder
- 2 cups beef stock
- 2 teaspoons lemon juice
- 1 large apple, peeled and sliced thinly
- 1 large tomato, skinned and 1 teaspoon brown sugar
- Salt and pepper to taste

**METHOD**
1. Place sausages onto 2 sheets of paper towelling on a plate, prick sausages and cover with a sheet of paper towelling. Microwave on H13 minutes. Turn and rotate sausages and continue cooking another 2 minutes. Allow to cool, remove skins and cut into thick slices.
2. Place butter into a microproof casserole dish, microwave on HI for 45 seconds. Add sliced onions, cover and saute on HI for 3 ½ minutes. Add flour and curry powder and mix well. Gradually add stock and lemon juice, stir well to combine. Return to oven on HI for 5 minutes, stir occasionally until sauce boils and thickens.
3. Add apple, tomato, sugar, seasonings and sausages, stir well. Cover, return to oven and microwave on 1 for 5 minutes.
4. Serve with boiled rice.

**HINT**
Don’t use metal ties on oven bags, replace with string or elastic bands, prick bag.
VEGETABLES

Savoury Carrot Pudding
How often have you served your family vegetables knowing the food value has been discarded down the kitchen sink? The average housewife drowns her vegetables in water, overcooks them and then throws away most of the nutritional value.

Microwave cooking of vegetables is superb. So little water is used that the colour, flavour and vitamins are retained within the vegetable.

General Rules for Cooking Vegetables

* Baked vegetables should be cut uniformly, or larger portions placed towards the outside of the dish with smaller pieces in the centre.

* Boiled potatoes should be cut in small chunks prior to cooking. Other root vegetables such as carrots should be cut or sliced thinly.

★ Vegetables should be covered during cooking to trap the steam. This keeps them moist and hastens the cooking time. Choose a casserole dish with lid or use GLAD Wrap to cover the utensil. Use a shallow, wide dish for asparagus, broccoli or cauliflower to keep a single layer rather than pile these vegetables on top of each other. Piling increases the density resulting in longer and uneven cooking. Remove any covering away from hands and face to prevent steam burns.

* Vegetables cooked with their skin on e.g., jacket potatoes, should have the skin pierced prior to cooking to prevent bursting.

* Frozen vegetables can be cooked in their original packages, just pierce the bag as no additional liquid is necessary. Season before serving. GLAD freezer bags are also suitable for cooking vegetables, just twist the end and tuck under. Do not use twist ties in the microwave oven. Be very careful when removing freezer bags from the oven, use tongs and place onto a plate.
Microwave accessories are available for cooking vegetables e.g., divided dishes allowing more than one vegetable to be cooked at one time. Season the vegetables with a sprinkle of salt and add the minimum amount of water - see vegetable chart. Cover. Small casserole dishes or soup bowls can be used in the same manner allowing a variety of vegetables to be cooked at the one time. Cooking time will vary depending on quantity and type of vegetable used. Refer to cooking chart for guide to times, however, it is advisable to test occasionally for "doneness".

Keep in mind that cooking will continue for a brief period after the vegetables are removed from the microwave oven. This will help to soften the vegetables if they are left covered.

Overcooking will result in dehydration, toughening the vegetable.

Commercially canned vegetables are already cooked and only require rebating. Drain part or all of the liquid from can and place vegetable into casserole dish. A knob of butter can be added in place of liquid. A small can of vegetables approximately 400 g will reheat in 3 minutes.

VEGETABLE COOKING CHART

Vegetables are all cooked on HI. Cover unless stated otherwise

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>QUANTITY</th>
<th>COOKING PROCEDURE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichokes</td>
<td>2 medium</td>
<td>⅛ cup water, sprinkle salt</td>
<td>6 8 min.</td>
</tr>
<tr>
<td>Asparagus fresh</td>
<td>250 g</td>
<td>2 tablespoons water, sprinkle salt</td>
<td>4 6 min.</td>
</tr>
<tr>
<td>Asparagus frozen</td>
<td>250 g</td>
<td>2 tablespoons water, sprinkle salt</td>
<td>4 5 min.</td>
</tr>
<tr>
<td>Beans fresh</td>
<td>750 g</td>
<td>Cut or slice, 2 tablespoons water, sprinkle salt</td>
<td>5 6 min.</td>
</tr>
<tr>
<td>Beans frozen</td>
<td>250 g</td>
<td>2 tablespoons water, sprinkle salt</td>
<td>4 5 min.</td>
</tr>
<tr>
<td>Broccoli fresh</td>
<td>250 g</td>
<td>Slit stalks, cut into flowerettes, ⅛ cup water, sprinkle salt</td>
<td>6 7 min.</td>
</tr>
<tr>
<td>Broccoli frozen</td>
<td>250 g</td>
<td>2 tablespoons water, sprinkle salt</td>
<td>5 6 min.</td>
</tr>
<tr>
<td>Brussel Sprouts fresh</td>
<td>250 g</td>
<td>2 tablespoons water, sprinkle salt</td>
<td>5 6 min.</td>
</tr>
<tr>
<td>Brussel Sprouts frozen</td>
<td>250 g</td>
<td>2 tablespoons water, sprinkle salt</td>
<td>5 min.</td>
</tr>
<tr>
<td>Cabbage shredded</td>
<td>½ small</td>
<td>Only water remaining after washing, knob of butter, salt and pepper</td>
<td>5 7 min.</td>
</tr>
<tr>
<td>Carrots fresh</td>
<td>4 sliced thin</td>
<td>⅛ cup water, sprinkle salt</td>
<td>7 8 min.</td>
</tr>
<tr>
<td>Cauliflower fresh</td>
<td>½ head</td>
<td>Cut into flowerettes, slit stalks, ⅛ cup water, sprinkle salt</td>
<td>6 8 min.</td>
</tr>
<tr>
<td>Cauliflower frozen</td>
<td>250 g</td>
<td>2 tablespoons water, sprinkle salt</td>
<td>5 6 min.</td>
</tr>
<tr>
<td>VEGETABLE</td>
<td>QUANTITY</td>
<td>COOKING PROCEDURE</td>
<td>TIME</td>
</tr>
<tr>
<td>------------------</td>
<td>----------</td>
<td>-----------------------------------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>Celery fresh</td>
<td>2 cups</td>
<td>2 tablespoons water, sprinkle salt</td>
<td>5 7 min.</td>
</tr>
<tr>
<td></td>
<td>chopped thinly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn on the Cob fresh</td>
<td>2</td>
<td>Remove husks, dot with butter, wrap in GLAD wrap</td>
<td>6 7 min.</td>
</tr>
<tr>
<td>Corn on the Cob frozen</td>
<td>500 g</td>
<td>Dot with butter sprinkle salt</td>
<td>5 6 min.</td>
</tr>
<tr>
<td>Egg-plant sliced</td>
<td>1 medium</td>
<td>Soak in water, drain well or press, sprinkle with salt, dot with butter, uncovered</td>
<td>3 5 min.</td>
</tr>
<tr>
<td>Onions sliced thinly</td>
<td>2 medium</td>
<td>1 tablespoon butter, pinch sugar, sprinkle salt</td>
<td>3 4 min.</td>
</tr>
<tr>
<td>Mushrooms fresh</td>
<td>250 g</td>
<td>Whole or sliced, dot with butter, sprinkle salt</td>
<td>3 min.</td>
</tr>
<tr>
<td>Parsnips sliced thinly</td>
<td>2 medium</td>
<td>2 tablespoons water, sprinkle salt</td>
<td>4 6 min.</td>
</tr>
<tr>
<td>Peas fresh</td>
<td>250 g</td>
<td>2 tablespoons water, pinch sugar, sprinkle salt</td>
<td>4 6 min.</td>
</tr>
<tr>
<td>Peas frozen</td>
<td>500 g</td>
<td>¼ cup water, pinch sugar, sprinkle salt</td>
<td>6 8 min.</td>
</tr>
<tr>
<td>Potatoes boiled</td>
<td>4 medium</td>
<td>Cut into small pieces ½-1 cup water, sprinkle salt</td>
<td>8 10 min.</td>
</tr>
<tr>
<td>Potatoes baked</td>
<td>4 medium</td>
<td>Cut in half, cook in pan juices, uncovered. <strong>Turn over</strong> at least twice during cooking</td>
<td>12 13 min.</td>
</tr>
<tr>
<td>Potatoes jacket</td>
<td>2 medium</td>
<td>Pierce skin, rub with oil, wrap in GLAD wrap</td>
<td>4 5 min.</td>
</tr>
<tr>
<td>Pumpkin boiled</td>
<td>500 g</td>
<td>Cut into serving pieces, 2 tablespoons water, sprinkle salt</td>
<td>6 - 8 min.</td>
</tr>
<tr>
<td>Pumpkin baked</td>
<td>4 medium pieces</td>
<td>Cook in pan juices, uncovered. <strong>Turn over</strong> at least twice during cooking</td>
<td>6 - 8 min.</td>
</tr>
<tr>
<td>Spinach fresh</td>
<td>½ bunch, remove stalks</td>
<td>Only water remaining after washing, 1 tablespoon butter, dash nutmeg, salt and pepper</td>
<td>3 - 4 min.</td>
</tr>
<tr>
<td>Spinach frozen</td>
<td>250 g</td>
<td>Dash nutmeg, salt and pepper</td>
<td>3 min.</td>
</tr>
<tr>
<td>Tomatoes sliced</td>
<td>2</td>
<td>Dot with butter, sprinkle sugar, season with salt and pepper</td>
<td>1½ - 2 min.</td>
</tr>
<tr>
<td>Tomatoes halved</td>
<td>6 halves</td>
<td>Dot with butter, salt and pepper</td>
<td>3 - 4 min.</td>
</tr>
<tr>
<td>Zucchini sliced</td>
<td>2 medium</td>
<td>1 tablespoon butter, salt and pepper</td>
<td>3 4 min.</td>
</tr>
</tbody>
</table>

**Note:** The times listed are approximate and can vary based on cooking conditions and equipment.
MASHED POTATOES

INGREDIENTS
3 medium potatoes  
(approx. 500 g)
1 cup water
Pinch salt
1 tablespoon butter
Pepper to taste
Milk

METHOD
1. Peel potatoes, and cut into small chunks, place into casserole dish with water and salt. Cover and cook on HI 7-8 minutes.
2. Drain, add butter, season with pepper, mash, add sufficient milk to cream.

SCALLOPED POTATOES

INGREDIENTS
500 g potatoes
1 cup water
Pinch salt
2 rashers bacon, chopped
6 shallots, chopped finely
90 g tasty cheese, grated
Salt and pepper
½ cup sour cream

METHOD
1. Peel potatoes, cut into thin slices.
Place into a microproof casserole dish with water and salt, cover and cook on HI 7-8 minutes. (Do not overcook potatoes as the slices will break). Remove from oven and drain.
2. Place bacon and shallots into a pie plate. Cover with paper towelling and cook on HI for 2 minutes. Drain on the paper towelling.
3. Using the pieplate, place alternate layers of potato, bacon, shallots and cheese.
4. Combine salt and pepper with sour cream, pour over potatoes. Extra grated cheese may be sprinkled over top.
5. Cook on HI 4 minutes.

JACKET POTATOES

INGREDIENTS
5 medium size potatoes, approx. 100g each
Oil
Butter or sour cream, chives “I parsley

METHOD
1. Scrub potatoes and dry. Prick skins all over. Rub lightly with oil and wrap each one in GLAD Wrap.
2. Arrange around turntable, microwave on HI 6-7 minutes, turn over halfway.
3. Carefully remove GLAD Wrap, slit top of potatoes, squeeze to allow opening for butter or sour cream, etc.

NOTE
Time may vary from 6-7 minutes, depending on size and type of potato.
2 medium potatoes, as above but cooking time 4-5 minutes.
BAKED VEGETABLES

**INGREDIENTS**
4 medium potatoes
4 pieces pumpkin
2-3 tablespoons pan drippings

**METHOD**
1. Peel potatoes and cut in half, score with a fork (this aids browning), dry with paper towelling.
2. Peel pumpkin and cut to size (4 pieces).
3. Place vegetables into the same microwavable baking dish as previously used for baking meat or chicken with 2 tablespoons of pan drippings. Turn vegetables over to coat with drippings.
4. Cook on HI for 13-15 minutes, this will depend on size and type of potato. Vegetables must be turned at least twice during cooking to brown.
5. Drain and serve.

**SAVOURY CARROT PUDDING**

**INGREDIENTS**
500 g carrots, sliced thinly into rings
2 small onions, sliced thinly
1/2 teaspoon salt
1/3 cup water
2 tablespoons butter
2 tablespoons chopped parsley
2 eggs
1 cup milk
Pinch cayenne pepper
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon nutmeg

**METHOD**
1. In a medium size casserole dish "t souffle dish place carrots, onions, salt and water. Cover and microwave on HI for 8 minutes.
2. Drain and add butter and parsley, toss well to coat.
3. Beat eggs, add milk and seasonings, combine well and add to carrot mixture. Stir lightly to combine.
4. Cover and microwave on HI 3 minutes, reduce setting to 3 for 6 minutes.
5. Allow to stand 5 minutes before serving as accompaniment to meats.

**CARROT STRAWS**

**INGREDIENTS**
3 large carrots
1/4 cup water
Pinch salt
1 teaspoon butter

**METHOD**
1. Peel carrots and cut evenly into straws. (Carrots should be cut as thinly as possible).
2. Place into a casserole dish with water and salt. Cover and cook on HI 5-6 minutes.
3. Drain off excess water, add butter.

**NOTE**
Whole carrots do not cook successfully in the microwave oven. Carrots will soften while standing, covered.
MUSHROOMS WITH BACON

INGREDIENTS
8 medium size mushrooms
3 rashers bacon
Pepper

METHOD
1. Trim mushroom stalks, wipe mushrooms with a damp cloth.
2. Chop bacon finely and sprinkle on mushroom caps, sprinkle with pepper.
3. Place on a greased pie plate, cover with GLAD Wrap. Microwave on HI 2 minutes.

NOTE:
If bacon is excessively fatty, place on paper towelling after chopping and microwave on HI 1-2 minutes prior to sprinkling on mushrooms. The paper will absorb some of the fat.

STUFFED TOMATOES

INGREDIENTS
4 large firm tomatoes
3 rashers bacon, chopped
125 g mushrooms, trimmed and chopped
1% cups fresh breadcrumbs
½ teaspoon dried parsley flakes
Pepper and salt
Grated tasty Parmesan cheese

METHOD
1. Cut tomatoes in halves and scoop out pulp, reserve.
2. Place bacon and mushrooms in a small casserole dish. Microwave on HI 3 minutes.
3. Add breadcrumbs, parsley, pepper, salt and reserved pulp, combine well.
4. Divide mixture into tomato shells, sprinkle with cheese. Place in a large pie plate and microwave on HI approximately 3 minutes.

TOMATO, ONION AND ZUCCHINI

INGREDIENTS
1 tablespoon butter
1 onion, sliced
3 zucchini, cut into thin slices
Pinch salt
2 tomatoes, skinned and sliced
Sprinkle seasoned pepper

METHOD
1. Place butter and onion into a casserole dish, cover and cook on HI 1 minute.
2. Add zucchini, salt and seasoned pepper, cover and cook on HI 2 minutes. Stir zucchini and place slices of tomato on top. Cover and cook a further 2 minutes on HI.

HINT
Reheating plates of food, always place the larger pieces of food around the outer edges of the plate, e.g. cauliflower, potatoes and meat outside with peas or beans in the centre.
ZUCCHINI SURPRISE

INGREDIENTS
- 6 medium sized zucchini
- 1 chicken stock cube
- 2 tablespoons water
- \(\frac{1}{2}\) cup cream
- \(\frac{1}{2}\) teaspoon curry powder
- \(\frac{1}{2}\) teaspoon salt
- \(\frac{1}{4}\) teaspoon pepper

METHOD
1. Cut unpeeled zucchini into 1 mm slices. Place into a medium sized casserole dish, sprinkle with crushed stock cube and add water. Cover and cook on HI for 5 minutes. Stir halfway through cooking.
2. Drain, add combined cream, curry powder, salt and pepper, toss well.
3. Cook a further 1 minute on HI for flavours to combine and heat through.

NOTE: If desired, 1 teaspoon blended cornflour may be added in step 3 to thicken liquid.

CAULIFLOWER AU GRATIN

INGREDIENTS
- \(\frac{1}{2}\) head cauliflower
- \(\frac{1}{4}\) teaspoon salt
- \(\frac{1}{4}\) cup water

METHOD
1. Break cauliflower into flowerettes, wash and cut stalks with a sharp knife. (The stalks are a lot firmer and by cutting they will cook better). Place flowerettes into a large pie plate (stalks down) with the larger pieces around the outside and small pieces in the centre. Sprinkle with salt and pour over water.
2. Cover with GLAD Wrap and microwave on HI 6–8 minutes (depending on size of cauliflower). Drain off excess liquid, reserve for sauce.
3. Return GLAD Wrap covering over cauliflower and allow to stand while making sauce.

• White Sauce

INGREDIENTS
- 2 tablespoons butter
- 2 tablespoons flour
- Salt and pepper
- 1 teaspoon French mustard
- 300 ml milk or mixture of milk and cauliflower liquid
- Grated cheese
- Dried breadcrumbs

METHOD
1. Place butter into a microproof mixing bowl, cook on HI 30 seconds to melt.
2. Add flour, salt and pepper, stir well, cook a further 30 seconds on HI. Add mustard.
3. Gradually stir in milk, cook on HI 2 minutes, stir around outside of bowl return to oven a further 1 minute on HI.
4. Beat sauce well, pour over cauliflower. Sprinkle with a mixture of cheese and breadcrumbs. Return to oven for 1 minute on HI "melt cheese and reheat cauliflower. If desired, place cauliflower under a conventional griller to crisp and brown instead of this last 1 minute cooking.

TIP: It is important in Step 3 to slowly add milk while stirring continuously to prevent lumps forming.
COLD BEETROOT

INGREDIENTS
4 beetroot, medium sized
275 ml water
1/4 cup vinegar
1/2 teaspoon salt
1 tablespoon brown sugar
3 cloves
6 peppercorns

METHOD
1. Wash beetroot well. Cut off all but 15 cm of stalks. Pierce well with a fork.
2. Arrange beetroot around outside edge of a pie plate, add water. Cover with GLAD Wrap. Microwave on HI 12-15 minutes, turning over halfway during cooking.
3. Skin, and slice beetroot into a jar. Add to juice in plate, all other ingredients.
4. Microwave 2 minutes until boiling. Pour over sliced beetroot, seal with lid or GLAD Wrap and refrigerate until cold. Serve with salads or use as desired.

TIP
Beetroot may be served hot as a vegetable after Step 2. Skin and cut into desired pieces.
Best served with a sour cream sauce.

NOTE
Cooking time will depend on size of beetroot.
If bunch is uneven size, take smaller ones out when cooked. Continue cooking larger ones.

CORN ON THE COB

INGREDIENTS
4 fresh ears of corn
3 tablespoons melted butter
Pepper, salt and extra butter for serving

METHOD No. 1:
1. Remove silk, leave husks on. Drizzle melted butter over kernels. Secure husks with elastic band.
2. Place on a flat dish or on the turntable and microwave on HI 10 12 minutes. Turn over halfway. Stand 2 3 minutes before serving with pepper, salt and extra butter.

METHOD No. 2:
1. Strip husks and silk from ears and brush with melted butter.
2. Place in a large casserole dish. Cover and microwave on HI 8 10 minutes. Turn 2 or 3 times during cooking. Stand covered 2 3 minutes. Serve as above.

TIP
Corn is cooked when kernels are tender and release juice when pierced with a fork. Husks will turn bright green. Allow 3-3 1/2 minutes for each cob cooked.

NOTE
Frozen corn till not take as long to cook.
Refer cooking chart.
RICE AND PASTA
Cooking rice and pasta in the microwave oven does not save a tremendous amount of cooking time. However, for convenience, it can be done in a large casserole dish. Reheating of these products in the microwave oven is especially good as they can be reheated without drying. (Refer reheating guide.)

Remember when cooking rice, 1 cup raw rice will yield 3 cups cooked rice. When cooking grains, use a deep dish to prevent boilovers.

### RICE AND PASTA COOKING CHART

<table>
<thead>
<tr>
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<th>Additions</th>
<th>Time</th>
<th>Tips</th>
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<tr>
<td>Brown Rice</td>
<td>1 cup</td>
<td>3 cups cold water, 1 teaspoon salt</td>
<td>30-35 min.</td>
<td>Cover. Stir twice during cooking and rinse. If using boiling water, cooking time will be reduced.</td>
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<td>Cannelloni</td>
<td>120 g</td>
<td>3 cups hot tap water, 1 teaspoon salt</td>
<td>10 min.</td>
<td>Cover. Stir twice during cooking. Drain, rinse and cover with a damp tea towel until filling.</td>
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<td>Egg Noodles</td>
<td>250 g</td>
<td>2½-3 cups hot tap water, 1 teaspoon salt</td>
<td>1-8 min., depending on thickness</td>
<td>Cover. Stir once during cooking. Drain and rinse.</td>
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<td>Lasagna</td>
<td>250 g</td>
<td>4 cups hot tap water, 1 teaspoon salt, 1 teaspoon oil</td>
<td>20 min.</td>
<td>Cover. Stir gently twice during cooking, drain and rinse in cold water. Sprinkle with 1 tablespoon oil.</td>
</tr>
<tr>
<td>Macaroni or spaghetti</td>
<td>250 g</td>
<td>4 cups hot tap water, 1 teaspoon salt, 1 teaspoon oil</td>
<td>18-20 min., depending on thickness</td>
<td>Cover. Stir twice during cooking. Drain and rinse.</td>
</tr>
</tbody>
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### HOW TO BOIL RICE

**Method**

1. In a large bowl, place all ingredients. Cover.
2. **Microwave on H1 15 minutes**, stir with a fork twice during cooking. Stand covered for 2 minutes.
3. Rinse under hot water to separate grains. Fluff with a fork.

**Note:**

If hot water is used, cooking time will be reduced to 12-13 minutes.
SAUCES AND GRAVIES

Brown Gravy
SAUCES AND GRAVIES

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Convenience and quickness may well describe sauces made in a microwave oven. The convenience of making a sauce in the jug they are to be served in and the case of cooking gives the average cook the gourmet touch. Sauces play an essential part in the serving of fine food.

Sauces do not require constant stirring as with conventional cooking, however, they must be stirred at least twice during the cooking. A wooden spoon can be used for stirring and can be left in the jug or bowl in the microwave oven.

Sauces with an egg base may require more stirring to prevent the outer edges of the sauce overheating and causing curdling.

**BROWN GRAVY**

**INGREDIENTS**

- 2 tablespoons pan drippings
- 2 tablespoons plain flour
- ½ teaspoon salt
- ½ teaspoon pepper
- 300 mls stock
- Parisian essence for colouring, if desired

**METHOD**

1. Using baking dish from roast, leave 2 tablespoons pan drippings. add flour, salt and pepper, and stir to combine.
2. Microwave on HI 30 seconds. Gradually add stock, stirring well.
3. Cook on HI for 2½ minutes. Stir occasionally,
4. Add Parisian essence.
**BASIC WHITE SAUCE**

**INGREDIENTS**
- 2 tablespoons butter
- 2 tablespoons flour
- Salt and pepper
- 300 ml milk

**METHOD**
1. Place butter into a microproof bowl. Microwave on HI for 30 seconds.
2. Add flour, salt and pepper. Stir well. Cook a further 30 seconds on HI.
3. Gradually add milk. It is important to slowly add milk, to prevent lumps forming. Microwave on HI 2 minutes, stir and cook a further 1 minute on HI.
4. Beat sauce well.

**TIP**
A mixture of stock and milk can be used to provide some variations, giving extra flavour to the sauce.

**CHEESE SAUCE**

To basic mixture add extra ½ cup milk in stage 3 and 1 cup grated tasty cheese and ½ teaspoon prepared French mustard at end of stage 3.

**MUSTARD SAUCE**

To basic mixture add ½ teaspoons prepared mustard and ½ teaspoon Worcestershire sauce at end of stage 3.

**ONION SAUCE**

Thinly slice or chop 2 medium white onions and place with ½ cup water in a small microproof, covered, casserole dish. Cook on HI 3–4 minutes. Add onions, liquid and a pinch of nutmeg at end of stage 3.

Add 2 tablespoons freshly chopped parsley at end of stage 3. It may be necessary to add an extra ½ cup of liquid to the basic sauce to make a pouring consistency.
**CAPIER SAUCE**

To basic mixture add \( \frac{1}{2} \) cup stock in stage 3 and 2 tablespoons chopped capers at end of stage 3.

**ANCHOVY SAUCE**

To basic mixture add \( \frac{1}{2} \) cup stock in stage 3 and 2 teaspoons concentrated anchovy sauce or paste and \( \frac{1}{2} \) teaspoon lemon juice at end of stage 3.

**HOLLANDESAISE SAUCE**

**INGREDIENTS**
- 2 tablespoons butter
- 1 tablespoon lemon juice
- 1 tablespoon cream
- 2 egg yolks
- Pinch salt
- Freshly ground pepper to taste
- \( \frac{1}{2} \) teaspoon French mustard

**METHOD**
1. Place butter in a microproof jug (approximately 2 cup size) and melt on HI 45 seconds.
2. Stir in lemon juice, egg yolks and cream beating well with a whisk until blended. Cook on HI 30-40 seconds, stirring frequently.
3. Add salt, pepper and mustard to taste.

---

**MINT SAUCE**

**INGREDIENTS**
- 2 tablespoons mint, chopped finely
- 1 tablespoon sugar
- 3 tablespoons boiling water
- Pinch salt
- 2-3 tablespoons vinegar, depending on taste

**METHOD**
1. Wash mint, chop and place into a microproof jug. Add sugar and boiling water, stir well, cover and allow to cool.
2. Add salt and vinegar.
3. When required reheat in microwave oven on HI 45 seconds.

---

**BARBECUE SAUCE**

**INGREDIENTS**
- 1 tablespoon oil
- 1 small onion, finely chopped
- 1 clove garlic, crushed
- \( \frac{1}{2} \) teaspoon salt
- \( \frac{1}{2} \) green capsicum, finely chopped
- \( \frac{1}{2} \) cup tomato sauce
- \( \frac{1}{4} \) cup water
- \( \frac{1}{4} \) cup vinegar
- \( \frac{1}{4} \) cup brown sugar, firmly packed
- \( \frac{1}{4} \) teaspoon dry mustard
- Few drops tabasco sauce
- 1 teaspoon cornflour
- Extra water

**METHOD**
1. Place oil, onion, garlic, salt and capsicum in a microproof jug, microwave on HI 2-2\( \frac{1}{2} \) minutes.
2. Add remaining ingredients, stir well, cook on HI 2 minutes.
3. Blend cornflour with extra water. Add to sauce and cook on HI 2 minutes.

---

TIP
To crush garlic, peel and place on chopping board with salt and crush with the back of a broad bladed knife.
**INGREDIENTS**

- 2 tablespoons oil
- 1 small onion, sliced
- 1 stick celery, cut into small pieces
- 1 small green capsicum, chopped
- ½ small cucumber, sliced
- 25 cm piece green ginger, grated
- ½ cup brown sugar
- ½ cup vinegar
- 1 tablespoon soy sauce
- 2 tablespoons tomato sauce
- 850 g can pineapple pieces—drained, reserve liquid
- Water
- 2 tablespoons cornflour

**METHOD**

1. Heat oil in medium size microproof casserole dish 1 minute on III.
2. Add onion, carrot, celery, capsicum, toss well in the oil.
3. Add sugar, vinegar, soy sauce, tomato sauce, pineapple juice and water made up to 2 cups. Cover and microwave on HI for 5 minutes. Add pineapple pieces, reduce to 7 and cook a further 8 minutes.
4. Blend cornflour with a little cold water and add to sauce. Microwave a further 2 minutes.

---

**INGREDIENTS**

- 100 g cooking chocolate
- ½ cup evaporated milk
- ½ cup castor sugar
- 1 egg yolk, beaten
- 1 teaspoon vanilla essence
- 1 dessertspoon Creme de Cacao

**METHOD**

1. Melt chocolate in a microproof bowl on HI 2 minutes, stir well.
2. Gradually add evaporated milk and sugar. Stir in egg yolk.
3. Microwave on 7 for 4 minutes stirring twice during cooking.
4. Add vanilla essence and Creme de Cacao. Serve hot or chilled. Sauce will thicken as it cools.

**TIP**

Break chocolate into squares prior to melting, as a solid block takes a longer melting time.

---

**MARSHMALLOW MOCHA SUPREME SAUCE**

**INGREDIENTS**

- 125 g butter
- 2 teaspoons instant coffee
- 1 tablespoons cocoa
- 125 g marshmallows
- ½ cup brown sugar
- 2 tablespoons cream
- 1 teaspoon vanilla essence

**METHOD**

1. Place butter in a microproof jug and melt on HI 1 minute.
2. Blend coffee and cocoa into melted butter, add remaining ingredients and stir well. Microwave on III 1 minute, stir well and cook a further 1 minute.
**LEMON SAUCE**

**INGREDIENTS**
- 1% tablespoons cornflour
- 1 cup water
- ½ teaspoon grated lemon rind
- 2 tablespoons sugar
- 2 tablespoons lemon juice
- 1 teaspoon butter

**METHOD**
1. Blend cornflour with a small quantity of the water in a cup.
2. Place water, lemon rind, sugar and lemon juice in a microproof jug and cook on HI for 1½ minutes.
3. Gradually add blended cornflour stirring well, return to oven and cook a further 1 minute on HI.
4. Add butter, stir to melt.

**CARAMEL SAUCE**

**INGREDIENTS**
- 60 g butter
- 1 cup firmly packed brown sugar
- 1/3 cup water
- 1 tablespoon cornflour
- 3 tablespoons Cointreau or Grand Marnier
- ½ cup cream

**METHOD**
1. Place butter in 1 litre Microproof bowl and microwave on HI 45 seconds until melted.
2. Stir in sugar. Combine well.
3. Mix in the cornflour, then all other ingredients,
4. Microwave on HI 2 minutes until boiling, stirring every minute.
5. Reduce power to 3. Microwave 3 minutes, stirring every minute, until sugar has dissolved and sauce is

**APPLESauce**

**INGREDIENTS**
- 4 large cooking apples
- 2 tablespoons water
- 1 tablespoon sugar

**METHOD**
1. Peel, core and slice apples thinly and place into a microproof casserole dish. Add water and sugar, cover and cook on HI 4 minutes, stir, reduce power to 7 for 3 minutes.
2. Beat until smooth.

**CUSTARD SAUCE**

**INGREDIENTS**
- 3 tablespoons custard powder
- 600 mls milk
- 2 tablespoons sugar
- 1 teaspoon vanilla essence

**METHOD**
1. Blend custard powder with a small quantity of milk in a microproof casserole dish. Add remaining milk and sugar. Stir well.
2. Cook on HI 2% minutes, stir and cook a further 2½ minutes. Add vanilla essence and beat well to give a smooth sauce.

**TIP**
If a thicker or thinner custard is required, increase or decrease custard powder.

< Custard Sauce
< Chocolate Sauce
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DESSERTS

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"The proof of the pudding is in the eating" How many times have we heard that saying? The proof of these recipes will obviously be in the eating. You will find each one tempting and delicious.

Desserts are easily cooked in the microwave oven with minimum fuss and in some recipes preparation and cooking can be done in the same bowl making washing up a breeze.

You will find a number of recipes for custards in this section -plain, rice or stirred custards. Most microwave cook books only lightly touch this area of cooking as custards can boil very easily. However by using the lower power of your Sanyo microwave oven, the results are perfect.

Custards must “stand” for a time out of the oven before serving. This allows them to set completely in the centre. At the conclusion of cooking, the custard will appear unset, however during “standing” the heat within the mixture will continue the cooking giving a perfect result. Cooking time is far shorter than conventional methods and the saving of energy is considerable.
CHRIStMAS PUDDING

INGREDIENTS
4 slices milk bread, crusts removed (60 g)
4 tablespoons brandy
125 g butter
125 g brown sugar
Pinch salt
3 eggs, beaten
2 teaspoons Parisian essence
375 g mixed fruit, dates included
50 g chopped blanched almonds
½ teaspoon nutmeg
½ teaspoon mixed spice
½ teaspoon ground ginger
½ teaspoon carb soda
60 g plain flour

METHOD
1. Finely chop or crumb the bread. Soak in the brandy.
2. Cream butter, sugar and salt. Add eggs and essence. Mix in bread and brandy.
3. Fold in fruit and almonds alternately with sifted dry ingredients.
4. Grease and line the base of a plastic pudding shaped basin 18 cm diameter. Spoon mixture into prepared dish and cover with GLAD Wrap.
5. Microwave on 7 for 7 minutes. Reduce to 3 for a further 7 minutes.
6. Turn out onto Alfoil and completely enclose until cold.
7. To reheat, place onto serving plate, cover with GLAD Wrap, microwave on HI 2⅔–3 minutes. Serve with brandy sauce or custard.

EASY CHRISTMAS PUDDING

INGREDIENTS
2 table spoons butter
2½ table spoons brown sugar
2 cups mixed fruit
1 cup milk
1 tablespoon raspberry jam
1 teaspoon bi-carbonate of soda
1 cup SR flour
2 teaspoons cocoa
½ teaspoon salt
½ teaspoon nutmeg
½ teaspoon mixed spice
½ teaspoon cinnamon
2 tablespoons rum or brandy
2 teaspoons Parisian essence

METHOD
1. Place butter, sugar, mixed fruit, milk and jam into a large bowl and bring to the boil on HI 4½ minutes. Stir well.
3. Grease and line the base of a plastic pudding shaped basin. Spoon mixture into prepared basin.
4. Microwave on 7 for 12 minutes.
5. Place 1 extra tablespoon of rum over the top of hot pudding.

NOTE
Sherry can be used in place of rum or brandy. Any type of jam can be used. Parisian essence will give darker colour to pudding but can be left out if desired.

STEAMED DATE PUDDING

INGREDIENTS
125 g butter
2 tablespoons golden syrup
1 tablespoon brown sugar
250 g chopped dates
1 teaspoon carb soda
250 ml milk
1 cup SR flour
½ teaspoon cinnamon
½ teaspoon ginger

METHOD
1. In a medium size microproof bowl, melt butter, syrup and sugar on HI 1½ minutes.
2. Add dates and soda dissolved in milk. Stir in sifted dry ingredients. Microwave on HI 1 minute, stirring every 30 seconds.
3. Spoon mixture into greased and lined plastic pudding shaped basin. Cover with GLAD Wrap.
4. Microwave on HI 2½ minutes. Reduce to 7 for a further 5 minutes, stand 2 minutes before turning out. Serve with stirred custard and/or ice cream.
INGREDIENTS
1 tablespoon butter or margarine
1/4 cup sugar
2 eggs, separated
3 tablespoons lemon juice
1 tablespoon grated lemon rind
1 tablespoon SR flour
300 ml milk
Toasted coconut

METHOD
1. Cream butter and sugar. Add egg yolks, lemon juice and rind. Mix in flour, add milk, stir well.
2. Beat egg whites until stiff and fold into mixture. Pour into a medium size round microproof casserole dish of approx. 20 cm diameter.
3. Microwave on 7 for 4% minutes. Sprinkle top with toasted coconut.
4. Microwave on 3 for 3 minutes. Allow to cool uncovered. Serve warm or chilled with whipped cream.
When cooked, the pudding will float in the lemon sauce.

PINEAPPLE UPSIDE-DOWN CAKE

INGREDIENTS
2 tablespoons butter
1/2 cup brown sugar
425 g can pineapple slices drained, reserve juice
Maraschino cherries
1 packet White Wings Golden Buttercup cake mix
Reserved pineapple juice
1 egg

METHOD
1. Place butter in a round 20 cm microproof cake dish. Microwave on H140 40 seconds, or until melted.
2. Stir in the brown sugar and evenly coat base of dish.
3. Place well drained pineapple rings on syrup with a cherry in each centre of rings.
4. Make cake mix as directed on package, using pineapple juice for liquid. Pour over base.
5. Microwave on H1 7 8 minutes. Invert onto serving dish immediately. Allow to stand 10 minutes before serving with cream.

APPLE CRUMBLE

INGREDIENTS
3 large cooking apples
2.5 cm piece cinnamon stick
2 tablespoons sugar
1/4 teaspoon ground cloves
1/4 cup water

METHOD
1. Core, peel and slice apples. Place into a microproof casserole dish, add cinnamon stick, sugar, cloves and sprinkle over the water.
2. Cover, microwave on H1 4 - 5 minutes. Stand while preparing topping. Remove cinnamon stick. Spoon apple mixture into a 23 cm pie plate.
Cooking time will depend on size of apples. Less time for smaller apples.

METHOD
1. Sift flour, add sugar, rub in butter.
2. Place mixture on top of apples, pat down with hand.
3. Sprinkle lightly with cinnamon. Microwave on H1 for 4 minutes. Stand 10 minutes before serving with cream, ice cream or custard.
BAKED APPLES

INGREDIENTS
4 large cooking apples
1 tablespoon raisins, chopped
1 tablespoon dates, chopped
2 tablespoons golden syrup
½ teaspoon cinnamon
2 teaspoons butter
Extra cinnamon

METHOD
1. Core apples and peel a thin slice around top about 1 cm deep. Place on a pie plate.
2. Combine raisins, dates, golden syrup and cinnamon and spoon into cavity of apples.
3. Top each apple with ½ teaspoon butter and sprinkle liberally over the peeled section with cinnamon.
4. Microwave on HI 8.10 minutes. Allow to stand 10 minutes. Serve with cream or custard.

TIP
Cooking time will depend on size of apples. Apples will continue to cook on standing, remove from oven when almost tender.

EASY PEACH CUSTARD

INGREDIENTS
825 g can sliced peaches, drained
300 ml carton sour cream
2 eggs, beaten
1/3 cup sugar
1 teaspoon vanilla essence
2 tablespoons SR flour
Nutmeg

METHOD
1. Place peaches over the base of an oblong microproof dish 25 x 15 cm.
2. Combine sour cream, eggs, sugar, essence, and flour and pour over peaches. Sprinkle with nutmeg.
3. Cover with GLAD Wrap and cook on HI 6 minutes. Serve warm or cold.

Variation with Crumble Topping
Reduce sugar to 1 tablespoon in custard.
Rub 2 tablespoons butter into ¼ cup SR flour.
Add ½ cup brown sugar. Sprinkle over custard.
Cover and cook as above.

BANANAS FLAMBE

INGREDIENTS
2 tablespoons butter
2 large firm bananas, quartered
2 tablespoons brown sugar
1 teaspoon cinnamon
2 tablespoons Grand Marnier
2 tablespoons rum

METHOD
1. In a 23 cm pie plate or oblong dish place butter.
   Microwave 40 seconds or until melted.
2. Roll banana sections in butter until coated. Combine sugar and cinnamon, sprinkle over bananas.
3. Microwave 2 minutes on HI or until sugar melts.
   Remove from oven.
   Serve over ice cream spooning juice over top.

TIP
Before igniting bananas, scoop ice cream into serving dishes, when flame dies down serve bananas and sauce immediately.
PASSIONFRUIT CHEESECAKE

Crumb Crust
INGREDIENTS
2 cups plain sweet biscuit crumbs
125 g butter

Filling
INGREDIENTS
250 g cream cheese
125 g cottage cheese
½ cup sugar
½ teaspoon vanilla
3 eggs
1 teaspoon grated lemon rind
1% tablespoons lemon juice
Pulp of 2 passionfruit

Topping
INGREDIENTS
300 ml carton sour cream
½ teaspoon vanilla
2 tablespoons sugar
Pulp of 2 passionfruit

METHOD
1. Melt butter on HI 1 minute. Add to crumbs and mix well.
2. Press into a 23 cm deep pie plate allowing mixture to come up the sides. Cook on HI 1% minutes.
   Allow to cool.

METHOD
1. Beat cheeses, sugar and vanilla until smooth.
2. Add eggs, beat well, fold in lemon rind, juice and passionfruit pulp.
3. Place mixture into prepared base and cook on 7 for 6 - 8 minutes.

METHOD
1. Combine all ingredients well.
2. Spread carefully over tiling and return to microwave on 3 for 4 minutes.
3. Chill well before serving.

NOTE
Morning coffee biscuits were used in crust.
Step 1 in filling: Blender gives smoother result.
Topping will set on cooling.
Extra passionfruit pulp can be placed on top of cheesecake to decorate.
If passionfruit is out of season, add 1 teaspoon of grated lemon rind to tiling.

SELF-SAUCING MOCHA PUDDING

INGREDIENTS
50 g dark chocolate, chopped
2 tablespoons butter
1 cup SR flour
¾ teaspoon salt
½ cup sugar
½ cup milk
1 teaspoon vanilla

-Topping
INGREDIENTS
¾ cup brown sugar
1 tablespoon cocoa
2 teaspoons instant coffee
½ teaspoon cinnamon
1% cups boiling water

METHOD
1. Place chocolate and butter in a bowl. melt on HI 1 minute.
2. Sift flour and salt into a 20 cm round souffle dish.
   Add sugar.
3. Gradually blend in milk, vanilla and chocolate mixture.
4. Scrape down sides of dish and spread mixture out evenly.

METHOD
1. Combine sugar, cocoa, coffee and cinnamon. Sprinkle over batter. Pour boiling water over slowly.
2. Cook on HI 8 minutes.
3. Serve hot with cream or ice cream.
### Pastry
**INGREDIENTS**
- 125 g butter
- 1 1/3 cup sugar
- 2 cups plain flour, sifted
- 1/4 teaspoon vanilla
- 2 teaspoons water
- 1 egg yolk
- 3 drops egg yellow colour

**METHOD**
1. Rub butter into sugar and flour.
2. Combine vanilla, water, egg yolk and colouring.
   - Mix into flour mixture lightly with a knife. Turn out onto lightly floured board.
3. Knead until mixture forms a ball. Rest 10 minutes.
4. Roll out pastry and line a 23 cm pie plate. Crimp edges and prick base and sides.
5. Microwave on HI 5 minutes. Allow to cool while preparing filling.

### Filling
**INGREDIENTS**
- 450 g can crushed pineapple
- 2 tablespoons lemon juice
- 2 tablespoons cornflour
- 2 tablespoons sugar
- Pinch salt
- 1 tablespoon butter

**METHOD**
1. Remove 2 tablespoons juice from pineapple and reserve. Place crushed pineapple in a medium size casserole dish. Microwave on HI 3 minutes.
2. Combine reserved juice, lemon juice and cornflour.
   - Stir into pineapple with sugar and salt. Microwave on HI 2 1/2 minutes, stir occasionally.
3. Add butter, stir until melted. Allow to cool.
4. Place into pastry shell.

### Meringue
**INGREDIENTS**
- 3 egg whites
- Pinch cream of tartar
- 1/2 cup castor sugar
- 1/4 teaspoon vanilla

**METHOD**
1. Beat egg whites with cream of tartar until soft peaks form.
2. Add sugar gradually, beating all the time, stir in vanilla.
3. Pipe or spread over pie, covering pastry. Microwave 2 minutes on HI.
4. Brown under conventional griller. If using Browner microwave oven brown for 6 minutes.

**TIP:** Filling can be varied—canned strawberries, cherries or your own lemon cheese recipe.

### CREAMED RICE PUDDING
**INGREDIENTS**
- 1/2 cup rice
- 1 1/3 cup brown sugar
- 3 cups milk
- 1 teaspoon vanilla
- 1 tablespoon butter
- 300 ml cream

**METHOD**
1. Combine rice, brown sugar, milk and vanilla in a deep microproof dish.
2. Dot with butter and cook on 7 for 10 minutes. Stir during and at end of cooking time.
3. Cook a further 30 minutes on 3 stirring twice during cooking.
4. Cool slightly and fold cream through prior to serving. Sprinkle with nutmeg if desired.
INGREDIENTS
600 ml milk-scalded
4 eggs
3 tablespoons sugar
½ teaspoon vanilla
Nutmeg

METHOD
1. Scald milk in a large microproof jug on HI 4 minutes.
2. Beat eggs and sugar, add vanilla.
3. Pour hot milk onto mixture, beating lightly whilst pouring.
4. Place mixture into an 20 cm round microproof souffle dish, sprinkle with nutmeg.
5. Stand souffle dish in another larger dish containing 2 cups cold water.
6. Microwave on HI 3 minutes then 3 for 5 minutes. HI for another 3 minutes then on 3 for 5 minutes. HI another 1 minute, 3 for 10 minutes. Total cooking time is 27 minutes. This method gives the best result without boiling.
7. Allow to stand 30 minutes or chill and serve cold.

COCONUT CUSTARD
Add 4 tablespoons coconut after Step 4. Stir into custard lightly, Sprinkle with nutmeg.

BREAD AND BUTTER CUSTARD
Lightly butter 4 slices bread, crusts removed. Cube and place in casserole dish, sprinkle with 2 tablespoons sultanas and proceed to Step 4.

BAKED RICE CUSTARD
Add 5-6 tablespoons cooked rice to custard, stir lightly. Sprinkle with nutmeg.

HINT
To toast coconut or almonds, place onto a pie plate. Cook on HI 3-4 minutes stir frequently or it will burn.

Dry ½ cup fresh herbs washed and chopped between paper towelling on HI for 1 minute or until dried.
INGREDIENTS

- 3 eggs
- 1 teaspoon vanilla essence
- 3 tablespoons sugar
- 600 ml milk

METHOD

1. Place eggs, vanilla and sugar in a bowl, beat with hand beater to combine.
2. Add milk and stir well. Place into a microproof souffle dish or 4-cup measuring jug.
3. Microwave on HI 3 minutes, stir, continue cooking a further 3 minutes, stir well and cook for 1 minute longer. Custard will thicken on cooling.

If a slightly thicker custard is required add 1 tablespoon of custard powder in Step 1.
Milk used in this recipe was from the refrigerator, cooking time will be less for milk not cold.
Do not overcook as custard will curdle.

TIP

This recipe is for a pouring consistency custard

STIRRED CUSTARD NO. 2

INGREDIENTS

- 1 tablespoon custard powder
- 1 tablespoon milk
- 1 egg
- 1 dessertspoon sugar
- 250 ml milk, extra
- ½ teaspoon vanilla
- ⅓ teaspoon butter

METHOD

1. In a small microproof bowl, blend custard powder and milk. Add egg and sugar, beat well.
2. Stir in extra milk and vanilla. Microwave on III 3 minutes, stirring frequently. Remove from oven, stir in butter until melted. Pour into jug to serve.

If custard goes lumpy, beat well with a wire whisk. To prevent skin forming on top of custard, cover immediately with GLAD Wrap pressed down onto custard.

TIP

Heat baby foods in the jar-remove metal lid and heat on III 30 seconds. (Time depends on size of jar)

NEVER LEAVE LIDS IN PLACE AND ALWAYS TEST BEFORE GIVING TO BABY.
CHOCOLATE CARAMEL TART

~ Crumb Crust

INGREDIENTS
125 g plain sweet biscuits
⅓ cup ground almonds
90 g butter

METHOD
1. Crush biscuits finely, add ground almonds and melted butter.
2. Spread evenly over base and sides of a greased 23 cm microproof pie plate. Press down well.
3. Microwave on HI 2 minutes. Allow to cool.

~ Filling

INGREDIENTS
90 g dark chocolate
¾ cup sugar
3 egg yolks
1 teaspoon vanilla
1⅓ cups cream
1 tablespoon brandy
2 teaspoons gelatine
¾ cup water

METHOD
1. In a medium size microproof bowl, place broken chocolate, microwave on HI 1½–2 minutes to melt.
2. Combine sugar, egg yolks, vanilla and cream. Stir into melted chocolate. Microwave on HI for 4 minutes, stirring every minute. Do not boil.
3. Stir in brandy. Sprinkle gelatine over cold water. Stir in 2 tablespoons of hot mixture to dissolve, then mix gelatine mixture into chocolate custard. Cool and pour into cooled base. Refrigerate until set.

~ Topping

INGREDIENTS
½ cup cream
⅓ cup bottled caramel topping
1 tablespoon brandy
1 teaspoon gelatine
1 tablespoon water

METHOD
1. Combine cream, topping and brandy.
2. Sprinkle gelatine over water. Add 2 tablespoons cream mixture, microwave 30 seconds on HI.

~ Decoration

INGREDIENTS
Whipped cream
Toasted almond flakes

HINT
Stewed apples can be cooked in their skins to retain more flavour and vitamins. Remove skins when cooked.
Reconstitute 1 cup dried fruit by adding ⅔ cup of water. Heat on HI 1 minute. Stand 3 minutes, drain.
CAKES AND SLICES
CAKES AND SLICES

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How many times do you find yourself with an empty cake tin, and the chore of having to prepare and bake a cake seems too time consuming? The convenience of preparing and baking cakes and slices in the microwave oven will astound you. These cook so quickly with such little effort that even the children will delight in making cakes.

Cakes will cook in approximately one-sixth of the time taken by conventional methods with the exception of heavier mixtures e.g., fruit cake -best results are achieved by cooking these on a lower level of power. Cakes do not brown in the microwave oven as there is no outside temperature within the oven cavity to create colour. However, this is no problem with batters that are naturally dark, like chocolate or spice. For lighter batters, the cake pan can be greased and sprinkled with toasted coconut or cakes iced when cooked and cooled.

Points to Remember for Best Results

★ Ingredients should be at room temperature.

★ Cakes can be mixed with a fork, however, a lighter texture is obtained using an electric mixer.

★ Microwave cakes rise higher than those cooked conventionally, so it is important not to fill the cake pan more than half full. Extra batter can be used for cup cakes. These take approximately 30 seconds for one cake and 1-1½ minutes for six. Cup cakes are best eaten on cooling as they have a tendency to dry when stored.

★ Microwave accessories such as plastic cake pans give excellent results in the microwave oven. Opaque cake storage containers are also suitable. Glass products such as pyrex and corningware can be used, however, best results are obtained by greasing and lining, otherwise a white skin forms on the outside of the cake. Heavier mixtures or cakes not cooked in a ring form will require a foil collar to prevent overcooking on the outside. Refer Boiled Pineapple Fruit Cake recipe.
**Opening the oven door to test cakes will not affect the rising.**

**Sometimes the top of the cake appears slightly moist. This will only be surface moisture and will dry on cooling. If concerned quickly dab the top of the cake with a sheet of paper towelling — remove immediately.**

**Do not overcook cakes as they will toughen and dry.**

**Store cakes by wrapping in GLAD Wrap when cold. Store slices and biscuits in an airtight container.**

* Scones and breads will not colour in the microwave oven unless using a browner oven. Perfect rising will occur, however you do not achieve the outside crust as with conventional methods. Reheating of these products are excellent in the microwave oven. Refer R&eating Guide.

## BOILED PINEAPPLE FRUIT CAKE

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>450 g can crushed pineapple</td>
<td>1. Place first 8 ingredients in a large microproof bowl. Microwave 10 minutes on III. Stir twice during cooking. Allow to cool completely.</td>
</tr>
<tr>
<td>1 cup brown sugar</td>
<td></td>
</tr>
<tr>
<td>500 g mixed fruit</td>
<td>2. With a wooden spoon, mix in the flours and eggs. Spoon into prepared baking dish. Microwave on 3 for 25 minutes, remove foil, cook on 3 a further 20 minutes. Test with a skewer—allow extra cooking time if necessary.</td>
</tr>
<tr>
<td>2 tablespoons sherry</td>
<td>3. Allow to cool in container. Wrap cake in 2 tea towels to cool.</td>
</tr>
<tr>
<td>1 teaspoon mixed spice</td>
<td><strong>N.B.</strong> If desired, cherries and nuts can be placed on top of mixture prior to cooking.</td>
</tr>
<tr>
<td>1 tablespoon Parisian essence</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon bi-carbonate of soda</td>
<td>Choose a round plastic container 20 cm diameter by at least 10 cm high. The container must be opaque, and can be a pliable storage container or a specially designed microproof cake dish.</td>
</tr>
<tr>
<td>125 g butter or margarine</td>
<td><strong>TOPREPRECAKEPAN</strong> Grease and line the inside of container with a double thickness of greaseproof paper. Place a foil collar around outside of container and secure with adhesive tape. Foil must NOT cover the top or bottom of the cake and must NOT reach more than 1.3 cm above lop of container.</td>
</tr>
<tr>
<td>1 cup plain flour, sifted</td>
<td>2 tablespoons sherry can be sprinkled over cooked cake if desired for extra flavour.</td>
</tr>
<tr>
<td>1 cup self raising flour, sifted</td>
<td></td>
</tr>
<tr>
<td>2 eggs, well beaten</td>
<td></td>
</tr>
</tbody>
</table>

**HINT** For good outside colour to plain cakes, grease pan and sprinkle liberally with toasted coconut or fine dry breadcrumbs.
**QUICK MIX CHOCOLATE CAKE**

**INGREDIENTS**
- 1% cups self raising flour
- ½ teaspoon bi-carbonate of
- ¼ teaspoon salt
- 3 tablespoons cocoa
- 1% cups sugar
- 1 cup milk
- 125 g butter or margarine
- 2 eggs beaten

**METHOD**
1. Sift dry ingredients into a bowl. Add sugar and milk.
2. In a microwavable jug, melt butter 45 seconds on HI and add to ingredients. Beat all with a wooden spoon until combined.
3. Add beaten eggs and beat again until smooth.
4. Divide mixture into 2 x greased 18 cm round plastic containers microwave 6 for 4-5 minutes then HI 1% minutes each container. Allow to cool on a cake cooler. Ice as desired.

**TIP**
Cake containers should be straight sided.

**EASY PLAIN CAKE**

**INGREDIENTS**
- 1% cups self raising flour
- Pinch salt
- ¾ cup castor sugar
- 2 eggs, beaten
- ½ cup milk
- ½ teaspoon vanilla
- 125 g butter, melted

**METHOD**
1. Sift flour and salt into a mixing bowl. Add all other ingredients.
2. Using a fork for mixing, combine all ingredients well.
3. Grease and line with greaseproof paper, a 22-23 cm ring microproof container. Pour batter into dish.
4. Microwave on HI 5 minutes. Stand 5 minutes. Turn out remove paper and cool. Ice with your favourite icing.

**TIP**
This mixture can be used for the following variations.

**CHOCOLATE CAKE**
- 2 tablespoons cocoa added with flour
- 2 teaspoons raspberry jam with liquid

**SULTANA CAKE**
- 2 tablespoons sultanas added to basic ingredients
- ½ teaspoon mixed spice added to basic ingredients
- 1 teaspoon grated lemon rind added to basic ingredients

**ORANGE CAKE**
- 1 teaspoon grated orange rind
- 2 tablespoons “range juice
- reduce milk by 2 tablespoons
- ice with “range icing
**BUTTERSCOTCH CAKE**

**INGREDIENTS**
125 g butter  
3/4 cup brown sugar  
1 tablespoon golden syrup  
2 eggs  
1/2 teaspoon vanilla  
1 tablespoon coconut  
1/2 cup milk  
1/2 cups self raising flour

**METHOD**
1. Cream butter, sugar and syrup. Add eggs and vanilla, mixing well to combine. Stir in coconut.  
2. Using a wooden spoon, fold in milk and sifted flour alternately.  
3. Grease and line with greaseproof paper, a 22 23 cm microproof ring cake container. Spoon in cake batter and smooth top.  
4. Microwave on III 6 minutes. Allow to stand 5 minutes before turning out. Remove paper and allow to cool before icing.

**Icing**

**INGREDIENTS**
1 cup brown sugar  
1/4 cup milk  
2 tablespoons butter  
1/2 teaspoon vanilla  
1 cup sifted icing sugar

**METHOD**
1. In a medium size microproof bowl, place brown sugar and milk. Microwave on HI 1% minutes. Add butter and vanilla. Beat with a spoon until cooled. Add icing sugar and combine well.

2. Spread quickly over cooled cake. Can be sprinkled with coconut if desired. There is sufficient icing to cover cake completely.

**TIP**
Do not fill baking pan more than half full as cake rises very quickly and could overflow. If any mixture is left over, use for patty cakes.

**BANANA CAKE**

**INGREDIENTS**
2 tablespoons butter  
3/4 cup raw sugar  
1 egg  
3 bananas, mashed  
1 1/2 cups wholemeal flour  
3 teaspoons baking powder  
2 tablespoons milk

**METHOD**
1. Cream butter and sugar, add egg and mashed bananas. Mix well.  
2. Fold in sifted flour and baking powder. Stir in milk.  
3. Grease and line a 22 23 cm ring container. Spoon in mix.  
4. Microwave on III 6 minutes.  
5. Turn out onto cake rack to cool.  
6. Ice with lemon icing and dust with cinnamon.

**Icing**

**INGREDIENTS**
1 1/2 cups sifted icing sugar  
1 tablespoon butter  
2 tablespoons lemon juice  
Cinnamon

**METHOD**
1. Blend butter into icing sugar. Mix in lemon juice until smooth, beating well. Spread over cake.
**SULTANA SPICE CAKE**

**INGREDIENTS**
- 125 g biscuit crumbs
- 1 teaspoon cinnamon
- 2 tablespoons melted butter
- 1 cup sultanas
- ¼ cup brown sugar
- 2 tablespoons golden syrup
- 2 tablespoons butter
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ginger
- ½ teaspoon bicarbonate of soda
- Pinch salt
- 1 egg, beaten
- 1 cup milk
- 1 cup self-raising flour
- Crushed nuts
- 1% teaspoon bicarbonate of soda
- 5 minutes in dish before slicing and cooling on cake rack.

**METHOD**
1. Combine the first 3 ingredients. Place into the base of an oblong microproof dish, 25 x 15 cm.
2. In a microproof mixing bowl, place sultanas, sugar, syrup, butter, cinnamon, nutmeg, ginger, bicarbonate of soda, salt and milk. Microwave on HI 2 minutes. Stir once during cooking. Cool 15 minutes.
4. Microwave on HI 7 1/2 minutes. Allow to cool 5 minutes in dish before slicing and cooling on cake rack.

*Tip:* Can be varied by using different flavoured cake crumbs and spices. Also, if preferred can be iced with lemon icing, omitting crushed nuts.

---

**CHOCOLATE CRUNCH BAR**

**INGREDIENTS**
- 2 60 g Mars Bars, chopped
- 75 g unsalted butter
- 1 tablespoon Golden Syrup
- 3 cups Rice Bubbles
- 200 g dark cooking chocolate, chopped

**METHOD**
1. Place chopped Mars Bars, butter and Golden Syrup into a large jug or bowl.
2. Microwave on HI 2 minutes to melt. Stir in Rice Bubbles and press into a greased lamington tin 27 x 18 cm.
3. Place chocolate into a bowl, microwave on HI 1 1/2 minutes. Stir well and spread over mixture in tin.

---

**CHOC-NUT SLICE**

**INGREDIENTS**
- 1 cup self-raising flour
- ½ cup brown sugar
- ½ cup coconut
- ½ cup salted peanuts, chopped
- 125 g butter

**METHOD**
1. Sift flour into a bowl. Add sugar, coconut and peanuts.
2. In a small microproof jug, place butter. Microwave on HI 45 seconds. Pour into dry ingredients. Combine well.
3. Press mixture into a greased oblong 26 x 16 cm microproof dish. Microwave on HI 4 4/5 minutes.
4. Allow to stand in dish 5 minutes. Pour over icing. Cool completely before slicing into bars.

**Icing**

**INGREDIENTS**
- 75 g dark chocolate
- 20 g copha

**METHOD**
1. Place chocolate and copha in a small microproof bowl. Microwave on HI 1 1/2 minutes, stirring occasionally until melted and smooth.
2. Pour over slice. Smooth with the back of a spoon. Allow to cool.
FRUIT AND NUT SLICE

INGREDIENTS
125 g butter
⅔ cup brown sugar
1 egg, beaten
½ teaspoon vanilla
¾ cup mixed fruit
½ cup chopped walnuts
1¾ cups self raising flour
1 teaspoon mixed spice
Cinnamon

METHOD
1. Melt butter in a microproof mixing bowl on HI for 45 seconds – 1 minute. Mix in brown sugar and egg. Add vanilla, fruit and walnuts.
2. Sift flour and spice and stir into mixture. Combine well.
4. Microwave on HI 6 minutes. Allow to cool in dish 5 minutes, then cut into slices and remove to cake coder.

TIP May be iced with lemon or vanilla icing if preferred.

CHOCOLATE ALMOND CRUNCHIES

INGREDIENTS
50 g almonds
1 cup plain flour
1 cup self raising flour
2 tablespoons cocoa
125 g soft butter
3 tablespoons castor sugar
½ teaspoon vanilla
2 teaspoons sherry
1 egg yolk
1 egg white
¾ cup sifted icing sugar

METHOD
1. In small microproof bowl, place the almonds. Microwave on HI for 4 minutes, until golden. Stir occasionally. Allow to cool and chop.
2. Sift flours and cocoa into a mixing bowl, rub in butter. Add sugar, vanilla, sherry and egg yolk. Knead well and press into a greased oblong microproof dish, 25 x 15 cm.
3. Beat egg white and icing sugar until stiff. Add half the nuts.
4. Spread over base and sprinkle with remaining almonds. Microwave on HI 4 minutes. Reduce power to 7 for a further 5 minutes.
5. Allow to stand 5 minutes before slicing into fingers or squares. Cool on a cake rack.

HINTS
Warm up stale biscuits in microwave oven to freshen. Allow to be completely cold before storing.

Soften cream cheese by placing unwrapped in a glass container on HI 15.30 seconds.
CHOC-DROP BISCUITS

INGREDIENTS
125 g butter
\( \frac{3}{4} \) cup sugar
\( \frac{1}{2} \) \( \times 100 \) g packet choc-bits
1 teaspoon vanilla
1 egg
1\% cups self raising flour
\( \frac{1}{2} \) \( \times 100 \) g packet choc-bits, extra

METHOD
1. In a microproof mixing bowl, place butter and sugar. Microwave on HI 2 minutes, Stir well.
2. Mix in choc-bits and vanilla. Allow to cool 5 minutes. Add egg, mix well then stir in flour. Stand lo cool a further 5 minutes.
3. Place a sheet of greaseproof paper on turntable and take 1 teaspoon of mixture, roll into a ball and place onto paper. Press 3 choc-bits on top. Repeal around outside edge (in a circle approximately 2.5 cm inside outer edge of turntable) until 12 biscuits are formed.
4. Microwave on HI 2½ minutes. Slide paper with biscuits off turntable and place another sheet of greaseproof paper on turntable and repeal cooking 12 biscuits at a time until mixture is used.
5. Allow biscuits to firm slightly and lift with an egg slice onto cake cooler to cool.

Chopped nuts can be used on top instead of choc-bits.
FOR THE SWEET TOOTH

Various Chocolate and Toffees
Homemade sweets or lollies are favourites with nearly every member of the family. Now they can enjoy making their own in the microwave oven.

While it is easy to successfully make sweets there are certain points to consider.

**IMPORTANT POINTS TO REMEMBER**

- Containers used for cooking should be able to withstand the high temperatures created by the heat of the sugar. Do not use glass or plastic utensils. Ovenproof casserole dishes or bowls are best suited.

- The cooking utensil should be two to three times deeper than the volume of mixture to allow sufficient boiling space.

- A candy thermometer may be used after the mixture is removed from the microwave oven. NEVER OPERATE THE OVEN WITH A CANDY THERMOMETER INSIDE.

<table>
<thead>
<tr>
<th>TEMPERATURE GUIDE</th>
<th>Approximately</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soft ball when tested in cold water</td>
<td>116°C</td>
</tr>
<tr>
<td>Hard ball when tested in cold water</td>
<td>126°C</td>
</tr>
<tr>
<td>Small crack when tested in cold water</td>
<td>140°C syrup clear</td>
</tr>
<tr>
<td>Hard crack when tested in cold water</td>
<td>149°C golden brown</td>
</tr>
</tbody>
</table>
TO TEST WITHOUT CANDY THERMOMETER

★ Have clean cold water in cup, drop a little syrup into it, if it dissolves, replenish water and proceed to n-test until result is ‘SOFT BALL-HARD BALL’ or ‘CRACK’.

★ Do not allow mixture to boil before sugar is dissolved.

★ Some mixtures require quick cooling so stand bowl immediately in iced water to prevent overcooking.

★ Use oiled fingers, scissors ‘t knives for handling or cutting sweets

★ Sweets if made correctly and stored in airtight containers should last approximately 3 months (provided they are hidden from the family).

ALMOND TOFFEE

INGREDIENTS
125 g butter
250 g brown sugar
½ cup golden syrup
1 teaspoon vanilla
100 g blanched almonds, finely chopped

METHOD
1. In a large microproof bowl, place butter, sugar, syrup and vanilla. Microwave on 7 for 5 minutes, stirring occasionally to dissolve sugar.
2. Add nuts, stir mixture well. Return to microwave and cook on HI 6–7 minute. Test a small quantity in a cup of very cold water. Toffee should harden immediately.
3. Pour into a lightly buttered 20 cm square dish, spread evenly. When almost set, mark into squares.
4. When set, lift whole toffee and break into pieces.
Store in an airtight container.

TIP! Do not use glass or plastic containers for this recipe.

CREAMY WALNUT FUDGE

INGREDIENTS
2% cups brown sugar
¾ cup cream
1 tablespoon butter
1 tablespoon golden syrup
Pinch salt
1 teaspoon vanilla
½ cup chopped walnuts

METHOD
1. Blend together sugar, cream, butter, syrup and salt in a large microproof bowl. Microwave on HI 5 minutes stirring occasionally until sugar is dissolved.
2. Reduce power to 3 and cook 10 minutes. Test a small amount in very cold water, should form a soft ball. Cool 10 minutes.
3. Beat with a wooden spoon until mixture begins to thicken. Stir in vanilla and nuts. Continue beating until thick and difficult to work.

TIP! Make sure bowl is large as mixture is inclined to boil over.
**CHOCOLATE GLACE FRUITS**

**INGREDIENTS**
- 150 g glacé pineapple
- 125 g glacé apricots
- 125 g glacé cherries
- 2 tablespoons rum
- 400 g semi-sweet chocolate
- 1 tablespoon Copha

**METHOD**
1. Chop fruits into small pieces, place in a bowl, sprinkle over rum and stand covered overnight.
2. In a small bowl or jug, combine chopped chocolate and Copha, microwave on HI 2 minutes until melted and smooth, stirring occasionally.
3. Pour over fruit mixture and mix well. Spread into a lightly oiled 20 cm square dish. Refrigerate until set.
4. Cut into small squares and place in small sweet patty case.

**TIP:** Fruits can be varied to suit taste. These are very nice to serve with after-dinner coffee.

**EASY ROCKY ROAD**

**INGREDIENTS**
- 375 g milk chocolate, broken
- 1 cup crushed nuts
- 200 g pink and white marshmallows-cut into halves
- 1 cup Rice Bubbles
- 30 g Copha

**METHOD**
1. Line a shallow 20 cm square container with greased foil.
2. Place chocolate and Copha in a bowl and melt on HI for 2 minutes. Stir well.
3. Place half the nuts and half the marshmallows into the prepared container with the Rice Bubbles. Pour half the chocolate and repeat with the remaining nuts and marshmallows.
4. Refrigerate until set, remove and cut into squares.

**PEANUT CLUSTERS**

**INGREDIENTS**
- 100 g cooking chocolate
- ½ cup roasted peanuts

**METHOD**
1. Break chocolate into small pieces and place into a microproof jug or bowl.
2. Melt on HI 1½ minutes stirring occasionally.
3. Mix in peanuts.
4. Place a small teaspoon of mixture onto a sheet of foil. Allow 1” set.

**TIP:** Chopped glacé fruits, sultanas, or dates can be substituted for peanuts.
Chopped brazil nuts, almonds, and hazelnuts are also delicious.
TOASTED COCONUT ROUGHS

**INGREDIENTS**
- ½ cup coconut
- 100 g cooking chocolate

**METHOD**
1. Place coconut in a small flat plate or dish in microwave oven to toast approximately 3–4 minutes on HI. Stir during cooking or it will burn.
2. Place chocolate (broken into small pieces) into a jug or bowl, melt on HI 1% minutes, stir once during cooking time.
3. Combine coconut with chocolate and place a small teaspoon of mixture onto a sheet of foil. Allow to set.

**TIP**
½ cup slivered almonds, toasted may also be added to Roughs.
Place ½ cup of slivered almonds on a pie plate, microwave on HI 3-4 minutes, stirring frequently to brown evenly.

CONDENSED MILK CARAMELS

**INGREDIENTS**
- 400 g can condensed milk
- 1 cup sugar
- ½ cup golden syrup
- 125 g butter

**METHOD**
1. In a large bowl or casserole dish place all ingredients. Microwave on HI 2½ minutes, stir well to combine.
2. Microwave on HI a further 12 minutes, stirring after each 2% minutes. Test for hard ball stage during the last 2 minutes of cooking.
3. Allow bubbles to subside, do not scrape sides of dish as this may ‘candy’ the mixture.
4. Pour into a buttered 20 cm square dish. When cool, mark into squares with a greased knife. Break into squares when cold and wrap in greaseproof paper.

BUTTERSCOTCH

**INGREDIENTS**
- 6 tablespoons sugar
- 2 tablespoons vinegar
- 2 tablespoons butter

**METHOD**
1. Place all ingredients in a small ovenproof bowl. Cook on HI 3 minutes, stir.
2. Microwave on HI a further 1 minute. Stir twice during cooking and on completion.
3. Test for soft ball stage in a glass of cold water. Place 1 tablespoonful into small sweet patty pans.
4. Allow to cool and set.

**HINT**
Do not overcook chocolate when melting as it will become dull in appearance. Sometimes chocolate will appear as if it has not melted but by stirring you will find it has.

< Easy Rocky Road
NOUGAT

INGREDIENTS
2 cups sugar
1 cup liquid glucose
\( \frac{1}{2} \) cup honey
\( \frac{3}{4} \) teaspoon salt
\( \frac{1}{4} \) cup water
2 egg whites
125 g butter, roughly chopped
1 teaspoon vanilla
100 g blanched chopped almonds
100 g chopped coloured Glace cherries
Rice paper

METHOD
1. Place sugar, glucose, honey, salt and water in a large bowl or casserole dish. Microwave on HI 8 minutes, stirring every 2 minutes to dissolve sugar.
2. Microwave on HI 4 minutes without stirring until mixture forms a hard ball when tested in cold water.
3. In a large bowl beat egg whites until stiff. Take out \( \frac{2}{3} \) cup sugar mixture and pour in a thin stream onto egg whites while beating continually.
4. Return remaining syrup to microwave and cook on HI a further 6 minutes until it forms brittle threads when tested in cold water.
5. Pour toffee into meringue mixture slowly, beating constantly until very thick, add butter pieces gradually until melted, beating all the time.
7. Line a 28 x 18 cm tray with rice paper, cover with nougat, smooth down with hands then cover with more rice paper. Stand overnight with a weight on top.
8. Turn out and cut into squares, wrap in cellophane or wax paper. DO NOT REFRIGERATE.

TIP

Do not use plastic or glass containers for this recipe.

HINT

Glaze for fruit flans - place 2 tablespoons jam with 1 tablespoon water or liqueur in small container. Heat on HI for 1 minute.
JAMS AND PICKLES

Lemon Butter
Strawberry Jam
Peach and Passionfruit Jam
Mandarin Jam
The pleasure of making your own jams and pickles is enhanced by the use of the microwave oven. While cooking times are similar to conventional methods, the case of preparation and cooking in the microwave gives today’s housewife the pride of a pantry filled with home-made preserves just like grandmother’s.

When fruit is in good supply, perhaps growing in your own garden, choose one of the following recipes and be astounded how easy it is to make.

Hints for successful jam making remain much the same as in grandmother’s day, however, listed below are points to remember.

- Fruit for jam making should be firm and quite sound and is best used early in its season. If fruit is over-ripe, jam does not set or ‘gel’.

- It is important to “pulp” or cook the fruit until tender before adding the sugar. Cover with GLAD Wrap during pulping and be careful to remove away from you to avoid steam burns.

- After adding the sugar, the jam should boil quickly without a cover or lid. Should jam appear to reach the top of the basin, open the oven door, stir and v-start the oven. This will prevent boil overs.

- Choose a very large bowl with a wide top for jam making. This allows for evaporation and will prevent bubbling over. A wooden spoon for stirring can be left in the bowl in the microwave oven.

- Have pot holders near the oven for removing jam as sugar mixtures become very hot and naturally will transfer the heat to the bowl used.
★ Do not overcook as this will cause jam to be “sticky”. Test by placing a little on a cold saucer (place saucer in freezer compartment 8 minutes before testing) and after a few minutes if it “gels” or crinkles when touched, jam is cooked.

★ Skim jam well to remove any scum on top.

★ Bottle in hot sterilized jars and seal immediately, except with marmalades or whole fruit jams e.g., strawberry, which should be allowed to cool to prevent fruit from rising to the top. Fill jars to the rim.

★ Sealing may be done by covering with a disc of waxed paper then with a metal or plastic airtight lid or melted paraffin wax covered with GLAD Wrap and tied. Sealing should be done when hot or when completely cold. Never cover jam when it is warm. Condensation can cause mould to form on top of jam.

★ Label and date and store in a cool, dark place.

Cooking times are approximate as these can vary depending on the choice of fruit e.g., when pulping fruit some riper fruit will take a shorter cooking time to become tender. Opening the oven door to stir or test does not affect the preserves and in most cases is necessary for a good result.

### LEMON BUTTER

**INGREDIENTS**
- 4 eggs
- ¾ cup sugar
- Finely grated rind of 2 lemons
- ½ cup lemon juice
- ¼ cup water
- 125 g butter

**METHOD**
1. Beat eggs and sugar together in a large microproof bowl, add lemon rind, juice and water. Chop butter roughly and add to mixture. Microwave on HI for 2½ minutes.
2. Stir, reduce power to 5 for 5 minutes, stirring occasionally.
3. Pour into hot sterilized jars and seal. Store in refrigerator.

Mixture is cooked when it thickly coats the back of a wooden spoon.

### PASSIONFRUIT BUTTER

**INGREDIENTS**
- 125 g butter, roughly chopped
- 250 g sugar
- 1 cup passionfruit pulp
- Approximately 12-14 passionfruit
- 2 eggs, beaten
- 1 teaspoon lemon juice

**METHOD**
1. Place butter into a microproof bowl and melt on HI for 1 minute.
2. Add sugar and stir well. Add passionfruit pulp and beaten eggs gradually, stirring to combine.
3. Cook on HI for 4-4½ minutes, stirring occasionally. Mixture should thicken to consistency of honey.
4. Cool, add lemon juice.
5. When cold pour into sterilized jars and seal. Store in refrigerator.
STRAWBERRY JAM

INGREDIENTS
2 punnets strawberries
1 teaspoon finely grated lemon rind
1 tablespoon lemon juice
2 cups sugar

METHOD
1. Wash and hull strawberries, place into a large microproof bowl with lemon rind and juice.
2. Cover with GLAD Wrap and cook on HI for 2 minutes.
3. Add sugar, mix well to dissolve sugar and cook uncovered a further 18–20 minutes on HI or until jam gels when tested on a cold saucer. Stir regularly during cooking.
4. Cool and pour into hot sterilized jars and seal.

NOTE: Mixture will boil over if not stirred regularly.

PEACH JAM

INGREDIENTS
1 kg peaches,
Sugar
Juice of 1 lemon

METHOD
1. Skin and remove stones from peaches, chop roughly and place into a large microproof bowl.
2. Cover and cwk on HI for 18–20 minutes to pulp.
3. Measure pulp and add 1 cup sugar for each cup of fruit. Add lemon juice and stir well.
4. Cook uncovered on HI 18 minutes or until jam gels.
5. Pour into hot sterilized jars and seal.

PEACH AND PASSIONFRUIT JAM

INGREDIENTS
1 kg peaches
1 cup water
½ cup passionfruit pulp
Sugar
½ cup lemon juice

METHOD
1. Skin peaches, remove stones and cut into small pieces. Place in a large microproof bowl with the water. Microwave on HI 10 minutes.
2. Stir, add passionfruit pulp, mix well and microwave on HI 15 minutes.
3. Measure the fruit and allow 1 cup of sugar to each cup of fruit. Add sugar and lemon juice to bowl with fruit.
4. Return to microwave and cook on HI 18–20 minutes until jam gels.
5. Pour into hot sterilized jars and seal.
APRICOT AND PINEAPPLE JAM

INGREDIENTS
400 g dried apricots
6 cups water
1 small pineapple or ½ large
1 kg sugar
¼ cup lemon juice

METHOD
1. Chop apricots roughly, place into a large microproof bowl and cover with water. Allow to stand 2 hours.
2. Place apricot mixture into microwave, cover, cook on HI 10 minutes, reduce to 7 for 7 minutes.
3. Add peeled, cored and finely chopped pineapple, cover and simmer a further 8 minutes on 7.
4. Add sugar, stir until dissolved and add lemon juice. Bring to boil covered on HI 4 minutes, “cover, reduce to 8 and cook a further 30.40 minutes or until jam gels when tested on a cold saucer. It is important to stir occasionally. Timing will vary depending on pineapple.

This is a large quantity and it is necessary to cook jam in a very large bowl. Ingredients and cooking times can be halved if smaller quantity is required.

TIP

MELON AND LEMON JAM

INGREDIENTS
1½ kg melon
1½ kg sugar
2 large lemons
1½ cups boiling water

METHOD
1. Remove rind and seeds from melon. Cut into small cubes. Place in a bowl and pour over half the sugar. Cover and leave overnight.
2. Quarter lengthwise and thinly slice lemons. Place in a bowl and pour over boiling water, cover and leave overnight.
3. Next day combine both fruits in a large microproof bowl. Cook on HI 18–20 minutes. Add remaining sugar.
4. Microwave a further 30 minutes on III the 30 minutes on 7 or until jam gels when tested on a cold saucer.
5. Pour into hot sterilized jars and seal.
**MARMALADE JAM**

**INGREDIENTS**
- 4 oranges
- 2 lemons
- 3 cups water
- 1.5 kg sugar

**METHOD**
1. Wash fruit, cut in half lengthwise and slice finely with a very sharp knife. Remove seeds. Place fruit into a large microproof bowl, add water, cover and let stand overnight.
2. Next day place into microwave oven, covered, and cook on HI for 20 minutes.
3. Add sugar, stir until dissolved, remove cover and cook on HI 1/4 hours or until jam gels when tested on a cold saucer.
   It is necessary to stir occasionally and during the latter cooking time to watch that jam does not boil over.
   Reduce power to 7 if cooking too quickly.
4. Allow to cool. Pour into hot sterilized jars and seal.

**CORN RELISH**

**INGREDIENTS**
- 2% cups white vinegar
- 1 cup sugar
- 500 g frozen corn kernels
- 1 medium onion, chopped
- 1/2 cup celery, finely sliced
- 1/4 cup green capsicum, chopped
- 1/4 cup red capsicum, chopped
- 4 level tablespoons cornflour
- 1/2 tablespoons dry mustard
- 2 teaspoons mustard seeds

**METHOD**
1. In a large microproof bowl, place 2 cups vinegar and the sugar. Microwave on HI 8 minutes, stirring occasionally to dissolve sugar.
2. Add all the vegetables, cook a further 15 minutes on HI.
3. Blend cornflour and mustard with remaining 1/2 cup vinegar. Stir into mixture, add mustard seeds and microwave on HI 5 minutes, stirring frequently until well blended.
4. Pour into hot sterilized jars and seal.

**CHOKO CHUTNEY**

**INGREDIENTS**
- 4 chokoes
- 2 cooking apples
- 2 medium tomatoes, peeled
- 3 medium onions
- 2 cups sugar
- 1 tablespoon salt
- Pinch cayenne
- 1/2 teaspoon ground cloves
- 1% cups mixed dried fruit
- 2 1/2 cups (625 ml) malt vinegar

**METHOD**
1. Peel and core chokoes and apples.
2. Chop chokoes, apples, tomatoes and onions.
3. Place this mixture into a large microproof bowl with remaining ingredients.
4. Cook on HI 30 35 minutes, stirring occasionally until mixture boils.
5. Continue cooking on HI for SO 55 minutes until mixture has thickened. Stir occasionally.
6. Pour into hot sterilized jars and seal.
**TOMATO CHUTNEY**

**INGREDIENTS**
- 1 kg ripe tomatoes
- 250 g onions
- 1 tablespoon salt
- 2 large gem apples
- 1 cup vinegar
- 1% cups brown sugar
- 2 teaspoons curry powder
- 1/8 teaspoon cayenne pepper
- 1 large red chilli, sliced
- 2 teaspoons allspice (whole)
- 2 teaspoons black peppercorns

**METHOD**
1. Skin and chop tomatoes and onions. Sprinkle with salt, cover and allow to stand overnight.
2. Drain well and place in a large microproof bowl. Add peeled and sliced apples and vinegar.
3. Microwave on HI 15 minutes. Stir in sugar, curry and cayenne blended in a little vinegar and spices which have been tied in a muslin bag.
4. Microwave on HI 6 minutes. Stir well and reduce power to 7 for a further 20 minutes, stirring occasionally.
5. Remove bag of spices before bottling in hot sterilized jars, and seal.

**HINT**

Dissolve gelatine by placing in cold water, microwave on HI. 2 tablespoons gelatine sprinkled over ¼ cup water will take 45 seconds to 1 minute, stir well.

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**MINT JELLY**

**INGREDIENTS**
- 6 tablespoons sugar
- 1 ½ cups white vinegar
- ½ cup water
- 1 packet lime jelly crystals
- 2 teaspoons gelatine
- 1 cup finely chopped mint
- 1 cup semi-sweet sherry

**METHOD**
1. Place sugar and vinegar in a medium sized microproof casserole dish and microwave on HI 4–5 minutes, stirring occasionally, until boiling.
2. Sprinkle over jelly crystals and gelatine. Stir in well to dissolve.
3. Mix in mint and sherry, stirring well to distribute mint.

**TIP**
Refrigerate jars of jelly prior to, and after, opening.
CAULIFLOWER PICKLES

**INGREDIENTS**
- 750 g cauliflower
- 200 g beans
- 1 small cucumber
- 1 small capsicum
- 500 g onions
- ½ cup salt
- 2% cups brown sugar
- 2% cups vinegar
- ½ cup plain flour
- 1 teaspoon turmeric
- 1 teaspoon curry powder
- 1 teaspoon mixed spice
- ½ cup vinegar, extra

**METHOD**
1. Break cauliflower into very small flowerets, chop beans, cucumber, capsicum and onions. Place all in a large bowl, sprinkle with salt and cover with cold water. Cover and leave to stand overnight.
2. In a large microproof bowl, place sugar and vinegar. Microwave on HI 6 minutes, stirring occasionally to dissolve sugar.
3. Add well drained vegetables and cook on HI 20 minutes. Stir.
4. Blend flour and spices with extra ½ cup vinegar. Pour a little of the hot liquid into blended mixture then add all to the vegetable mixture.
5. Microwave on HI 10 minutes, stirring frequently to blend all ingredients together.
6. Pour into hot sterilized jars and seal.

CHOKO PICKLES

**INGREDIENTS**
- 1½ kg chokoes
- 375 g onions
- 2 tablespoons salt
- 2 cups boiling water
- 1 teaspoon turmeric
- 1 teaspoon dry mustard
- 1 teaspoon curry powder
- ¼ teaspoon ground ginger
- 1% cups sugar
- 2 cups vinegar
- 3 tablespoons plain flour
- ½ cup vinegar, extra

**METHOD**
1. Peel and dice chokoes, skin and chop onions. Place in a large bowl, sprinkle with salt and pour over boiling water. Cover and allow to stand overnight.
2. Strain off all liquid and place vegetables in a large microproof bowl. Add spices which have been blended with a little vinegar, sugar and the 2 cups vinegar.
3. Microwave on HI 20 minutes, stirring occasionally to dissolve sugar.
4. Blend the flour with extra ½ cup vinegar and mix into pickles. Microwave on HI 6 minutes, stirring every 2 minutes.
5. Pour into hot sterilized jars and seal.
REHEATING AND DEFROSTING GUIDE

REHEATING

The microwave oven is ideal for reconstitution of food. There is no toughening or drying out provided you do not give too long a cooking time. Foods retain their fresh-cooked flavour and appeal and the convenience of being able to reheat a previously cooked plate of food in minutes is one of the big advantages of owning a Sanyo microwave oven.

Many of today’s modern microwave ovens have an automatic reheating feature which allows the reheating of foods to be done by just selecting the individual chosen food by use of the keypad. Refer to the instruction manual supplied with your oven for more detailed directions.

Included in this section is a chart for reheating foods manually. The timings are a guide only and the settings can be altered to suit the food e.g., a lower setting may be chosen for sauces to prevent boiling and curdling.

POINTS TO CONSIDER WHEN REHEATING FOOD

★ Most foods are better covered with GLAD Wrap prior to reheating. This will trap the moisture and prevent drying out.

★ Do not overcook as this will dry the food.

★ Casseroles should be stirred during reheating to evenly distribute heat.

★ When reheating breads and scones, place on paper towelling or serviettes and only heat the quantity required for that serving. Bread reheats rapidly, overheating makes it tough.

★ Reheating quiche, pies or pastries can be done in the foil container. (Refer later paragraph). For small portions reheat on paper towelling.

★ Eggs (poached, fried, scrambled) are difficult to reheat at anytime as once overcooked they tend to become rubbery. Cover and allow 30 seconds for the first egg, 10 seconds for each additional egg.

★ Dinner plate (meat and vegetables), arrange food on the plate so the larger vegetables and meats are around outside of plate, e.g., potatoes, cauliflower and chops or steak with peas, beans and carrots in the centre. Cover the plate with plastic wrap.

★ Reheat 1 dinner plate serving from room temperature for 1½ minutes on HI. 1 dinner plate serving from refrigerator for 2-3 minutes on HI. 1 dinner plate serving from freezer for 8-10 minutes on III, or 5 minutes HI and 6 minutes on 7. (This method is best used for servings with sauce). Remember, times may vary slightly depending on quantity, temperature and type or size of food.
* Food may be reheated in foil containers provided the depth is no more than 2.54 cm and that the food is not covered with foil. Remember foil reflects microwave energy so it may take 1 minute longer to reheat the food in a foil dish than if the food is removed and placed on a plate.

★ Foods that have a high fat and/or sugar content reheat more quickly as microwave energy is attracted to these foods.

★ Precooked frozen foods should be heated on HI. They do not have to be DEFROSTED first. Remember the ice-crystals in the centre of foods are slowest to thaw. Stir or rearrange the food halfway through the cooking time. This applies to liquid type foods, e.g., soups, casseroles, stews and sauces. Solid mass foods e.g., pizzas, lasagna, cannelloni, quiche and filled crepes should be heated on HI for a short period with remainder of cooking time on 7 or 3. This allows the food to heat evenly.

★ Frozen convenience foods in plastic pouches can be heated in the microwave oven. However to heat successfully, these pouches should be slit to allow steam to escape, therefore requiring the pouch to be placed inside a casserole dish. The better method is to remove the foods from the pouch and place in a covered casserole dish prior to heating. It is very difficult to remove hot food from a plastic pouch.

★ Seafoods are not suitable for reheating as the flesh is very delicate and will toughen if overcooked. If necessary, cover and heat on 6 or 7 for only a short period.

★ Sauces and gravies reheat very well in the microwave oven on a HI setting. However there are some more delicate sauces such as Bernaise and Hollandaise that are best done on the 7 setting to avoid curdling. DO NOT OVERHEAT. Stir occasionally during reheating.

★ Roast meats should be sliced prior to heating, cover with GLAD Wrap.

### APPROPRIATE HEATING TIMES

<table>
<thead>
<tr>
<th>FOOD</th>
<th>QUANTITY</th>
<th>TIME</th>
<th>SETTING</th>
<th>SPECIAL INSTRUCTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appetizers</td>
<td>1 serving</td>
<td>1 min.</td>
<td>HI</td>
<td>Arrange around outside plate.</td>
</tr>
<tr>
<td>Apple Sauce (Refrigerated)</td>
<td>1 cup</td>
<td>1½ - 2 min.</td>
<td>HI</td>
<td>Stir halfway.</td>
</tr>
<tr>
<td>Baby Bottle* (milk refrigerated)</td>
<td>125 ml (½ cup) 250 ml (1 cup)</td>
<td>20 sec. 40 sec.</td>
<td>HI</td>
<td>Shake well. Test temperature on wrist.</td>
</tr>
<tr>
<td>Baby Food (room temperature)</td>
<td>110 g (1 jar)</td>
<td>15 - 20 sec.</td>
<td>HI</td>
<td>Remove lid. Test before serving.</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>1 serving 1 cup (approx.)</td>
<td>1½ - 2 min.</td>
<td>HI</td>
<td>Remove from can, stir halfway.</td>
</tr>
<tr>
<td>Beverages</td>
<td>1 mug</td>
<td>½ - 1½ min.</td>
<td>HI</td>
<td>Timing will depend on temperature of liquid used.</td>
</tr>
</tbody>
</table>

*NOTE: Never cover the Baby Bottle with screw top lids or teats – air must be allowed to escape.
<table>
<thead>
<tr>
<th>FOOD</th>
<th>QUANTITY</th>
<th>TIME</th>
<th>SETTING</th>
<th>SPECIAL INSTRUCTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bolognese</td>
<td>3 cups</td>
<td>4 min.</td>
<td>HI</td>
<td>Stir during beating.</td>
</tr>
<tr>
<td>Bread (fresh)</td>
<td>2 slices</td>
<td>10 sec.</td>
<td>HI</td>
<td>Place on paper towelling.</td>
</tr>
<tr>
<td>Bread (frozen)</td>
<td>2 slices</td>
<td>15 sec.</td>
<td>HI</td>
<td>Place on paper towelling.</td>
</tr>
<tr>
<td>Bread Rolls (frozen)</td>
<td>4</td>
<td>45 sec.</td>
<td>HI</td>
<td>Place on paper towelling.</td>
</tr>
<tr>
<td>Casseroles (refrigerated)</td>
<td>2 cups</td>
<td>2 min.</td>
<td>HI</td>
<td>Cover, stir halfway.</td>
</tr>
<tr>
<td>Casseroles (frozen)</td>
<td>2 cups</td>
<td>8 min.</td>
<td>HI</td>
<td>Cover, stir twice.</td>
</tr>
<tr>
<td>Cereal (cooked)</td>
<td>1 cup</td>
<td>30 sec.</td>
<td>HI</td>
<td>Stir before serving.</td>
</tr>
<tr>
<td>Custard, stirred (refrigerated)</td>
<td>1 cup</td>
<td>45 - 60 sec.</td>
<td>HI</td>
<td>Cover with GLAD Wrap.</td>
</tr>
<tr>
<td>Crepes (filled)</td>
<td>3</td>
<td>8 min.</td>
<td>3</td>
<td>Cover with GLAD Wrap.</td>
</tr>
<tr>
<td>Desserts</td>
<td>1 serving</td>
<td>45 sec.</td>
<td>HI</td>
<td>Cover with GLAD Wrap.</td>
</tr>
<tr>
<td>Dinner Plate: (room temperature)</td>
<td>1 serving</td>
<td>1 min.</td>
<td>HI</td>
<td>Cover with GLAD Wrap.</td>
</tr>
<tr>
<td>Dinner Plate: (frozen)</td>
<td>1 serving</td>
<td>2 min.</td>
<td>HI</td>
<td>Cover with GLAD Wrap.</td>
</tr>
<tr>
<td>Dinner Plate: (frozen) (Alternative method for servings w/ sauce)</td>
<td>1 serving</td>
<td>4 min. then 6 min.</td>
<td>5</td>
<td>Cover with GLAD Wrap.</td>
</tr>
<tr>
<td>Donuts (fresh)</td>
<td>2</td>
<td>15 sec.</td>
<td>HI</td>
<td>Place on paper towelling.</td>
</tr>
<tr>
<td>Donuts (frozen)</td>
<td>2</td>
<td>45 sec.</td>
<td>HI</td>
<td>Place on paper towelling.</td>
</tr>
<tr>
<td>Fish, fillets (cooked/ refrigerated)</td>
<td>2 fillets</td>
<td>1 - 2 min.</td>
<td>7</td>
<td>Cover with GLAD Wrap.</td>
</tr>
<tr>
<td>Fish, whole (cooked/ refrigerated)</td>
<td>500g</td>
<td>3 - 4 min.</td>
<td>7</td>
<td>Cover with GLAD Wrap.</td>
</tr>
<tr>
<td>Frankfurts (fresh)</td>
<td>8</td>
<td>2 - 3 min.</td>
<td>HI</td>
<td>Enclose in paper towelling.</td>
</tr>
<tr>
<td>Garlic Bread (fresh)</td>
<td>1 stick</td>
<td>30 sec.</td>
<td>HI</td>
<td>Prepare and wrap in GLAD Wrap.</td>
</tr>
<tr>
<td>Ham</td>
<td>9 g can</td>
<td>12 min.</td>
<td>7</td>
<td>Remove from can, cover with GLAD Wrap.</td>
</tr>
<tr>
<td>Hamburger Patties (cooked/ refrigerated)</td>
<td>6</td>
<td>2 - 3 min.</td>
<td>HI</td>
<td>Cover with GLAD Wrap.</td>
</tr>
<tr>
<td>Lasagna (cooked/ refrigerated)</td>
<td>4 serves</td>
<td>3 min. then 4 - 5 min.</td>
<td>HI</td>
<td>Cover with GLAD Wrap.</td>
</tr>
</tbody>
</table>

**Note:** If larger servings are required, allow approximately half the heating time again per added serving. Sometimes with larger quantities, it is better to reduce power to 6 or 7 and give longer heating time.
<table>
<thead>
<tr>
<th>FOOD</th>
<th>QUANTITY</th>
<th>TIME</th>
<th>SETTING</th>
<th>SPECIAL INSTRUCTION!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meatballs (cooked/refrigerated)</td>
<td>18</td>
<td>2 - 3 min.</td>
<td>HI</td>
<td>Arrange around outside edge of plate.</td>
</tr>
<tr>
<td>Meat Loaf (cooked, sliced, refrigerated)</td>
<td>4 slices</td>
<td>1 - 1½ min.</td>
<td>HI</td>
<td>Place separately on plate, cover.</td>
</tr>
<tr>
<td>Mornay (1 cup) (refrigerated)</td>
<td>1 serving</td>
<td>1 1½ min.</td>
<td>HI</td>
<td></td>
</tr>
<tr>
<td>Pancakes-Filled</td>
<td>4</td>
<td>3 min.</td>
<td>7</td>
<td>Time depends on type of filling.</td>
</tr>
<tr>
<td>Pancakes (thin, unfilled, cooked, refrigerated)</td>
<td>2</td>
<td>20 sec.</td>
<td>HI</td>
<td>Place on paper towelling.</td>
</tr>
<tr>
<td>Pies, fruit (frozen)</td>
<td>600 g</td>
<td>4 min. then 8 - 10 min.</td>
<td>HI 7</td>
<td>Heat in foil container, uncovered.</td>
</tr>
<tr>
<td>Pies, meat (cooked, frozen)</td>
<td>1 small</td>
<td>3 - 4 min.</td>
<td>HI</td>
<td>Place upside down on paper towelling.</td>
</tr>
<tr>
<td>Pies, meat (cooked, refrigerated)</td>
<td>450 g</td>
<td>2 - 3 min.</td>
<td>HI 7</td>
<td>Heat in foil container, uncovered.</td>
</tr>
<tr>
<td>Poultry (cooked/refrigerated)</td>
<td>1 serving (2 pieces)</td>
<td>2 - 2½ min.</td>
<td>HI</td>
<td>Cover with GLAD Wrap.</td>
</tr>
<tr>
<td>Quiche (cooked/refrigerated)</td>
<td>600 g</td>
<td>4 - 6 min.</td>
<td>7</td>
<td>Heat in foil container, uncovered.</td>
</tr>
<tr>
<td>Quiche (cooked/frozen)</td>
<td>600 g</td>
<td>5 - 6 min.</td>
<td>HI 7</td>
<td>Heat in foil container, uncovered.</td>
</tr>
<tr>
<td>Rice (cooked/refrigerated)</td>
<td>3 cups</td>
<td>3 4 min.</td>
<td>HI</td>
<td>Cover with GLAD Wrap.</td>
</tr>
<tr>
<td>Roast Meats (sliced)</td>
<td>4 servings</td>
<td>3 5 min.</td>
<td>7</td>
<td>Place single layer on plate, cover with GLAD Wrap.</td>
</tr>
<tr>
<td>Sauces (refigerated)</td>
<td>1 cup</td>
<td>1 1½ min.</td>
<td>HI</td>
<td>Stir during heating.</td>
</tr>
<tr>
<td>Soups (refrigerated)</td>
<td>1 cup</td>
<td>1 - 1½ min.</td>
<td>HI</td>
<td>Stir during heating.</td>
</tr>
<tr>
<td>Soups (refrigerated)</td>
<td>4 cups</td>
<td>6 - 10 min.</td>
<td>7</td>
<td>Stir during heating.</td>
</tr>
<tr>
<td>Spaghetti (cooked/refrigerated)</td>
<td>4 cups</td>
<td>4 - 6 min.</td>
<td>HI</td>
<td>Cover with GLAD Wrap.</td>
</tr>
<tr>
<td>Steak (cooked/refrigerated)</td>
<td>1 serving</td>
<td>1 - 1½ min., depending on thickness</td>
<td>HI</td>
<td>Cover with GLAD Wrap.</td>
</tr>
<tr>
<td>Steak, partially cooked (frozen)</td>
<td>1 serving</td>
<td>1 - 2 min. then</td>
<td>HI 7</td>
<td>Cover with GLAD Wrap.</td>
</tr>
</tbody>
</table>
### DEFROSTING

Many changes have taken place since the inception of microwave ovens. One of these changes has been with the method of DEFROSTING. Refer to the Instruction Manual supplied with your oven for more detailed directions.

Included in this section is a chart for manual defrosting. Use this chart as a guide for timings.

The microwave oven is the most convenient and ideal method of defrosting food. No longer does it take a day to defrost a chicken. With your Sanyo microwave oven it is thawed in approximately 30 minutes. Remember it must then be washed, dried and prepared for cooking.

Gone are the days when you were caught with only frozen food for dinner (we have all forgotten at some time or other to remove the meat from the freezer before going out for the day). Defrosting in your microwave oven will save time, preplanning of meals, less hassles when unexpected guests arrive and above all, less deterioration of food. Foals should never be left to defrost on the kitchen sink as bacteria build-up occurs from the warmth of the kitchen.

The microwave oven defrosts all food more quickly and more efficiently than any other method of thawing.

DEFROSTING IS DONE USING APPROXIMATELY 30% of POWER (SETTING 3).

All raw frozen foods require defrosting prior to cooking. Previously cooked frozen foods can be thawed and reheated at the same time on a higher power e.g., SETTING 7 (refer reheating section).

Microwaves are attracted to water or moisture molecules. As soon as microwaves have defrosted a portion of the food, they are then more attracted to the thawed areas. The frozen portion continues to thaw but this is due to the heat in the thawed portion. Special techniques, such as shielding or turning over are helpful to be sure the thawed portion does not cook before the rest defrosts. It is often necessary to separate to assist the defrosting process. Defrosting requires standing time to complete, because food differs in size, weight and density.

Recommended defrosting times can only be approximate. Additional standing time may be necessary to thaw completely.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>QUANTITY</th>
<th>TIME</th>
<th>SETTING</th>
<th>SPECIAL INSTRUCTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stewed Fruit (refrigerated)</td>
<td>1 serving</td>
<td>½ min.</td>
<td>HI</td>
<td>Cover.</td>
</tr>
<tr>
<td>Sweets (refrigerated)</td>
<td>1 serving</td>
<td>½ min.</td>
<td>HI</td>
<td>cover.</td>
</tr>
<tr>
<td>Vegetables (cooked/ refrigerated):</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas, beans, carrots, zucchini</td>
<td>1 small sewing</td>
<td>30 sec.</td>
<td>HI</td>
<td>Cover.</td>
</tr>
<tr>
<td>Cauliflower, brusselsprouts, broccoli, potato</td>
<td>2 cups</td>
<td>2 min.</td>
<td>HI</td>
<td>cover.</td>
</tr>
<tr>
<td>Cabbage, spinach</td>
<td>1 cup</td>
<td>1 ½ min.</td>
<td>HI</td>
<td>Cover.</td>
</tr>
</tbody>
</table>
**HINTS FOR DEFROSTING**

- Poultry and meat may be partially defrosted in their original closed package. Remove approximately halfway during defrosting.

- A resting period during defrosting of large or solid joints of meat or poultry enables the **centre** of the **food** to thaw by equalizing the temperature throughout. An example of this would be 12 15 minutes on 3 - turn food **over** - rest 8 10 minutes - 12 15 minutes on 3. Resting periods are essential **when** thawing a turkey.

- Turn food **over** during defrosting to provide more even thawing.

- Shield with foil the small or bony ends of meat, poultry wings and legs, the **high** point of roast **beef** and the tail of a fish to prevent further cooking of these areas while the remaining or thicker parts thaw. **NEVER COVER COMPLETELY WITH FOIL.**

- Break up minced steak as it is thawing - remove any thawed **mince** and **return** frozen portions to oven.

- To thaw half of a frozen vegetable package wrap half the package with foil. When unwrapped **side** is thawed, separate and **return** balance to **freezer.**

- To thaw steaks or chops that are frozen one on top of another, separate as soon as possible and lay flat on turntable.

- Pour off liquid from defrosting **foods** at intervals, this allows the frozen portion to thaw more quickly.

### APPROXIMATE DEFROSTING TIMES USING MANUAL OR SETTING 3

<table>
<thead>
<tr>
<th>FOOD</th>
<th>QUANTITY</th>
<th>TIME</th>
<th>SPECIAL INSTRUCTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Casserole Steak</td>
<td>500 g</td>
<td>4 min. then</td>
<td>Separate after 5 minutes, lay flat. After thawing stand 10 minutes.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 min. then</td>
<td></td>
</tr>
<tr>
<td>Chops</td>
<td>500 g frozen flat</td>
<td>6 8 min.</td>
<td>Separate halfway.</td>
</tr>
<tr>
<td>Fish -Whole</td>
<td>500 g</td>
<td>4 5 min.</td>
<td>Shield tail. Separate after 2 minutes.</td>
</tr>
<tr>
<td>-Fillets</td>
<td>500 g</td>
<td>2 1 min. then</td>
<td></td>
</tr>
<tr>
<td>Mince</td>
<td>500 g</td>
<td>5 7 min.</td>
<td><strong>Break</strong> up as it <strong>is</strong> thawing.</td>
</tr>
<tr>
<td>Roasts per 500 g</td>
<td></td>
<td>8 10 min.</td>
<td><strong>Turn over</strong> halfway, rest 10 minutes and continue thawing.</td>
</tr>
<tr>
<td>Sausage</td>
<td>500 g thick</td>
<td>5 7 min.</td>
<td>Separate halfway.</td>
</tr>
<tr>
<td>Steaks T-bone</td>
<td>2 x 1.25 cm thick</td>
<td>5 7 min.</td>
<td><strong>Turn over</strong> halfway.</td>
</tr>
<tr>
<td>FOOD</td>
<td>QUANTITY</td>
<td>TIME</td>
<td>SPECIAL INSTRUCTIONS</td>
</tr>
<tr>
<td>---------------</td>
<td>--------------</td>
<td>---------------</td>
<td>----------------------------------------------------------</td>
</tr>
<tr>
<td>Whole Turkey</td>
<td>per 500 g</td>
<td>8 10 min.</td>
<td>Allow 30 minutes on setting 3 then 10 minutes resting. Turn over and repeat until thawed.</td>
</tr>
<tr>
<td>Turkey Pieces</td>
<td>per 500 g</td>
<td>6 8 min.</td>
<td>Turn over halfway shield if necessary.</td>
</tr>
<tr>
<td>Whole Chicken</td>
<td>per 500 g</td>
<td>8 10 min.</td>
<td>Turn over halfway, rest 10 minutes, shield if necessary, continue thawing.</td>
</tr>
<tr>
<td>Chicken Pieces</td>
<td>per 500 g</td>
<td>6 8 min.</td>
<td>Separate halfway.</td>
</tr>
<tr>
<td>Chicken Fillets</td>
<td>per 500 g</td>
<td>3 5 min.</td>
<td>Separate as soon as possible and lay flat.</td>
</tr>
</tbody>
</table>