



# Microwave Oven

## OPERATING INSTRUCTIONS

Model EM2310K

Read these instructions carefully before use.  
If you follow the instructions, your Microwave Oven will serve you long and well.

### PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) Do not place any object between the oven front face and

the door or allow soil or cleaner residue to accumulate on sealing surfaces.

- (c) Do not operate the oven if it is damaged. It is particularly important that the oven close properly and that there is no damage to the:
  - 1) Door (bent)
  - 2) Hinges and Latches (broken or loosened)
  - 3) Door seals and Sealing surfaces
- (d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

# How a Microwave Oven Makes Cooking Faster, Easier and Much More Enjoyable

- 1. A feast in minutes.**  
High energy microwaves penetrate the food and cook it quickly, evenly and efficiently.
- 2. Natural flavor.**  
Microwave cooking preserves the natural taste and nutritive value of the food to a much higher degree than conventional cooking methods.
- 3. Utensils.**  
Glassware, earthenware, wooden bowls, paper containers and practically all utensils except metal ones are perfectly suitable for microwave cooking.
- 4. Simplified operation.**  
You are cooking by time, and not by heat. Simply shut the oven door, set the timer and push the START button.
- 5. Clean, cool operation.**  
No smoke, no grease, no heat. Your kitchen stays cool and clean at all times.
- 6. Perfect for defrosting and re-heating.**  
When there is no time for natural thawing of frozen foods, your microwave oven can reduce the process to a matter of seconds. It defrosts all kinds of frozen foods and it re-heats fast.
- 7. Economical.**  
Since the required cooking time is extremely short, microwave cooking is more economical than conventional ovens.

## The Extra Features of Your Sanyo Microwave Oven

- 1. Compact, light weight, easy to move.**  
Fits easily on a kitchen counter. Can be installed practically anywhere. Light enough to be moved to a summer house or seaside cottage.
- 2. Six separate safety features.**
  - 1) Latch system: when the door release lever is pushed down, a builtin switch turns off the oven before the door is opened.
  - 2) Door switch: when the door is opened this switch automatically turns off the oven.
  - 3) Choke seal: a special seal around the door prevents all radiation leakage from the oven.
  - 4) Radiation absorbent: this absorbent is made of durable ferrite rubber.
  - 5) Thermal limiter: when the temperature of the magnetron rises above the limit, this switch automatically turns off all radiation.
  - 6) Monitor switch: should the latch switch fail to function properly, this switch is activated to prevent microwave radiation.
- 3. A new 2-speed timer further facilitates setting the cooking time.**
- 4. Power selector buttons**  
The proper cooking power can be selected by pressing either the HIGH, LOW or DEFROST button.  
HIGH (600W), LOW (450W), DEFROST (250W).
- 5. Simplified cooking.**  
Simply shut the oven door, set the timer and push the START button. Your oven does the rest, and a chime sounds when the food is ready.
- 6. Bright and easy-clean cavity**  
Your oven is provided with bright and easy-clean acrylic coating.
- 7. Practical dimensions.**
  - 1) Overall: 52(W) x 45(D) x 35(H) cm
  - 2) Oven: 33(W) x 35(D) x 18(H) cm


## WARNING-This appliance must be earthed.

### IMPORTANT

The wires in this mains lead are coloured in accordance with the following code:

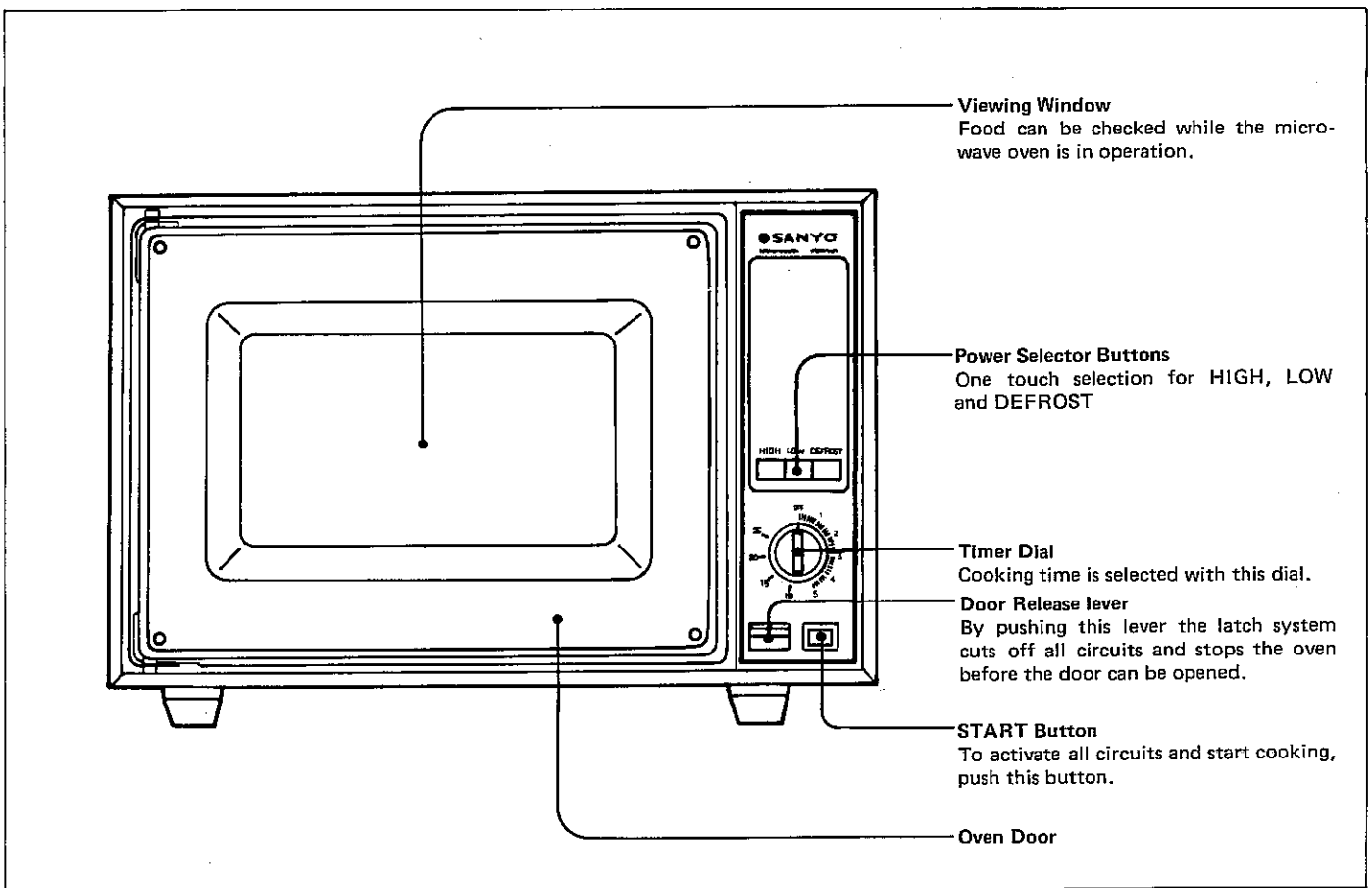
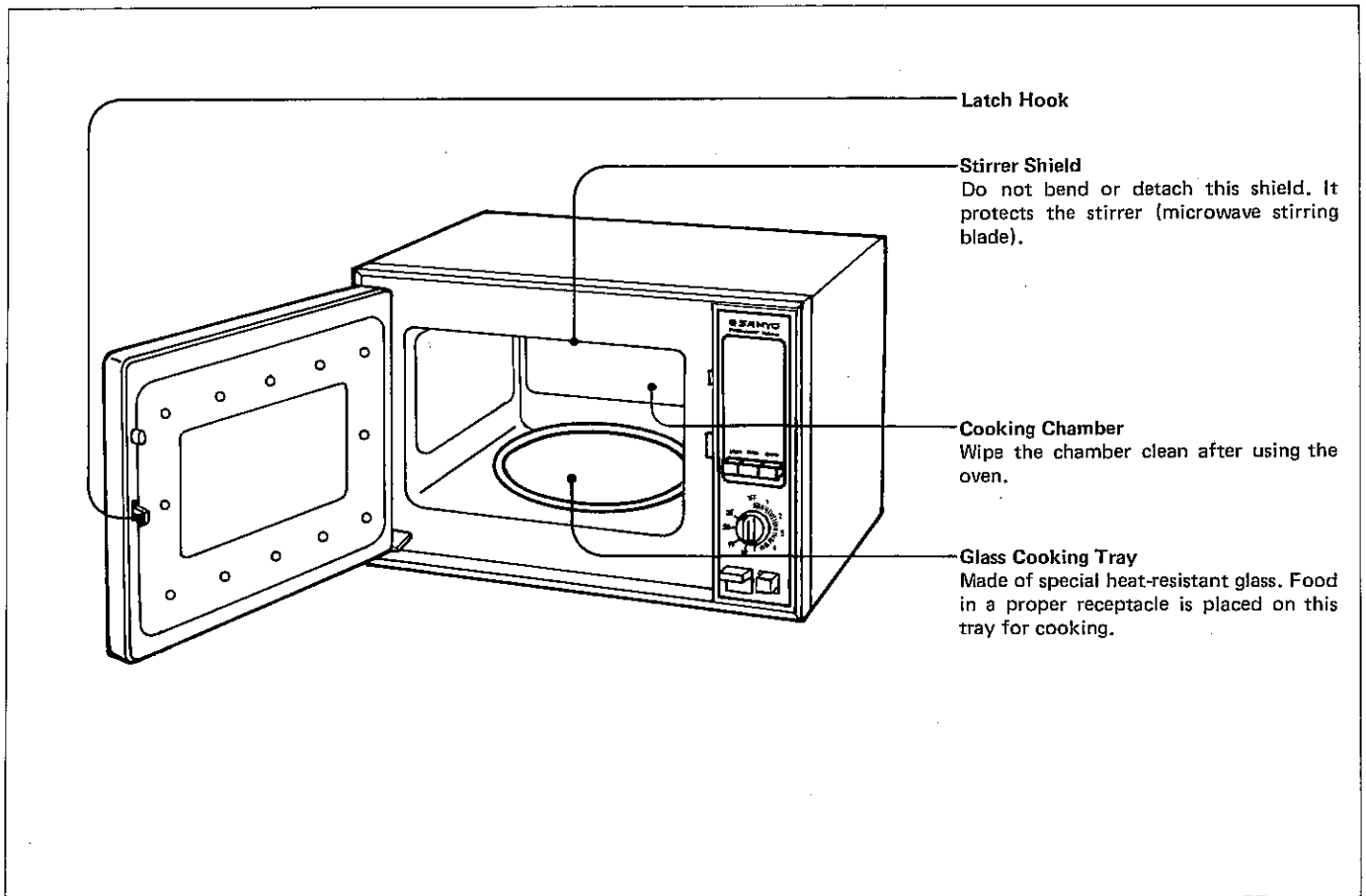
Green-and-yellow: Earth.  
Blue: Neutral.  
Brown: Active.

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol  or coloured green or green-and-yellow.

The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured black. The wire which is coloured brown must be connected to the terminal which is marked with the letter A or coloured red.

# If You Know All About It, You'll Enjoy It More



# How to operate your Microwave Oven.

1. Plug your oven into a standard 240 volt household outlet. Be sure the electrical circuit is at least 10 amperes and that your microwave oven is the only major appliance on the circuit.
2. After placing the food in a suitable receptacle, open the oven door and put it on the cooking tray.
3. Shut the oven door. Make sure that it is firmly closed.
4. Push the power selector button and select HIGH, LOW or DEFROST for the food.
5. Set the timer dial by turning the timer knob. When setting the timer to less than 30 seconds, first set the dial for a longer period, then return it to the desired reading.
6. Push the START button. This will light up the interior lamp and start the cooking process.
7. When the cooking time is up, the time pointer reads off, the chime rings and heating stops. Push the door release lever down, open the door and take out the food.
8. To turn off the oven during cooking, simply open the oven door or turn the timer to off. Cooking time can be reset at any time during the cooking operation by turning the timer knob.
9. After use, be sure to return the timer to off.

## Something to Remember

An exhaust outlet is located in the rear of the oven. Blocking the outlet can damage the oven.

## Taking Care of Your Microwave Oven

Wipe the oven inside and out with a mild detergent solution, rinse, and wipe dry. This should be done on a weekly basis — more often if needed. Never use abrasive powders or pads.

### REMOVABLE PARTS

- The glass tray can be removed for cleaning at the sink. Wipe up excess of spillovers with paper towel or cloth prior to removal of tray.
- The stirrer shield (inside oven top) can be gently wiped in place or removed for washing at the sink. The shield is a flexible plastic, supported at front, side and rear. Carefully remove the front part caught in the metal front tabs and pull forward.

Wash only in warm (not hot) detergent water, rinse and wipe dry. Avoid hitting or bending the metal stirrer blades, as this could change the heating pattern in the oven.

To replace the shield, position it on the rails on sides and rear of the cooking chamber and secure it between the front metal tabs.

### SPECIAL CARE

For optimum performance and safety, the inner door panel and oven front frame should be free of food or grease buildup. Wipe both frequently with a mild detergent, rinse, and wipe dry. Never use abrasive powders or pads.

## Usable Cooking Utensils and Materials

### OVENPROOF GLASS

Ovenware (treated for high-intensity heat), such as utility dishes, bread dishes, pie plates, cake plates, liquid measuring cups, casseroles, and bowls without metallic decoration.

### CHINA

Bowls, cups, serving pieces, plates, and platters without metallic decoration.

### POTTERY

Dishes, cups, mugs, and bowls.

### PLASTIC

Plastic wrap may be used as a cover. Lay the plastic wrap loosely over the dish and press it to the sides. The dish should be deep enough so that plastic wrap will not touch the food. As the food heats, it may cause the wrap to melt wherever it touches the food. Plastic dishes, cups, semirigid freezer containers, and plastic bags are usable for short cooking operations. Use with care as some softening of the plastic can occur with heat from the food.

### PAPER

Paper towels, waxed paper, paper napkins, and paper plates are usable. Waxed paper cups and plates are usable if cooking times are no longer than 3 to 4 minutes. Wax on utensil may melt from heat of food with longer cooking times.

**UTENSIL TEST:** A simple way to determine the desirability of a utensil for microwave cooking is to place it, empty, on the Cooking Tray; close the door and turn Timer to 30 seconds (½ minute). Push START Button. If the utensil is warm to the touch at the end of this time, it is best to avoid using it for microwave cooking.

**CAUTION:** Always make sure that closed containers, such as jars of baby food, are opened and plastic pouches of vegetables are pierced before cooking.

Tightly closed containers could explode.

# Utensils and Materials to Avoid

## METAL UTENSILS

Metal utensils are not recommended because the metal shields the food from microwave energy on the bottom and sides, causing uneven cooking results. Metal utensils will also cause arcing and damage the appliance.

## METAL DECORATION

Metal-trimmed or -banded dinnerware, casseroles, etc., should not be used. The metal trim interferes with normal cooking and may damage the dish.

## CENTURA® TABLEWARE

Corning Glass does not recommend the use of its Centura tableware for microwave cooking.

## ALUMINUM FOIL

Large sheets or pieces of aluminum foil should be avoided because they will disrupt cooking and may cause harmful arcing. However, smaller pieces may be used to cover areas such as poultry legs and wings. Any aluminum foil used should never be closer than 1 inch from side walls of oven.

## WOOD

Wooden bowls and boards will become dried out when used in the microwave oven and may split or crack.

## OTHER

Avoid using cracked, flawed, or defective utensils, including ovenproof glassware.

**CAUTION:** Do not use metal ties on any paper or plastic bags; the ties become hot and could cause a fire.

## A Few Other Precautions

Arcing in the oven during operation usually occurs from use of metallic utensils or overuse of aluminum foil. Arcing is denoted by a "snapping" or "cracking" noise and may be accompanied by bright flashes. Continuous arcing can damage the unit. If continuous arcing occurs during operation, do not use the unit and call your nearest Sanyo Servicenter.

Improper operation can result in costly damage to the Oven. No one should use the Oven until completely familiar with its operation and the new cooking techniques.

This Microwave Oven has been factory tested and complies with prevailing standards for domestic use at the time of its manufacture. Make no adjustments or repairs yourself.

Do not operate the oven when it is empty. This will cause the damage to the oven.

### Be careful for cooking!

#### A) Eggs

Do not cook eggs in shell because they will explode. For frying eggs, puncture the membrane around the yolk. Because the yolk swells faster than the membrane and the egg blows up when heated quickly.

#### B) Popcorn

Cooking popcorn in a microwave oven is not recommended. Especially never attempt to pop corn in a paper bag, since the extended cooking can cause smoking and eventually fire.

### Microwave oven is not dryer!

Do not use the oven for such purpose as drying cloths or pets since it is only for cooking food.

## What to Do If Repairs Are Needed

Get in contact with your nearest Sanyo Servicenter. On no account remove the outer cabinetry. Danger!

Make the following simple check-up before contacting the Sanyo Servicenter:

- If the interior lamp does not light when the timer is set and START button is pressed:
  1. Make sure that the power cord is securely plugged in.
  2. Make sure that the door is properly closed.
  3. Check the fuse or circuit breaker of your house.
- If the lamp inside lights but the food is not heated:

Make sure that the food is not completely covered with a metal container.
- Noisy operation:
  1. Make sure that sparks are not being produced due to the use of metal utensils.
  2. Make absolutely sure that the contents of the oven are not touching the stirrer shield.

# Cooking Guide for Power Selection

## Power Selection

Your new microwave oven provides unparalleled ease and convenience with the three stage power selection.

Pushing the selector button, you can choose HIGH, LOW or DEFROST for your cooking.

### A) HIGH (600W)

Pushing the button HIGH, your oven generates 600 watts of power, which is the highest for this unit.

Here is a summary of the typical foods you can prepare best with HIGH selection.

- FISH
- VEGETABLES
- BEVERAGES
- LUNCHEON MEATS
- SANDWICHES
- REHEATING LEFTOVERS
- PRE-PREPARED MEALS
- MEAT ROASTING
- CHICKEN

### B) LOW (450W)

Pushing the button LOW, the power changes to 450 watts. That is the cyclings of "on" 45 seconds and "off" 15 seconds.

Because of its controlled on-off heating, LOW cooking is also ideal for use in cooking certain types of foods, especially those which require more time to bring out their tenderness and flavor.

Here is a summary of the typical foods for LOW cooking.

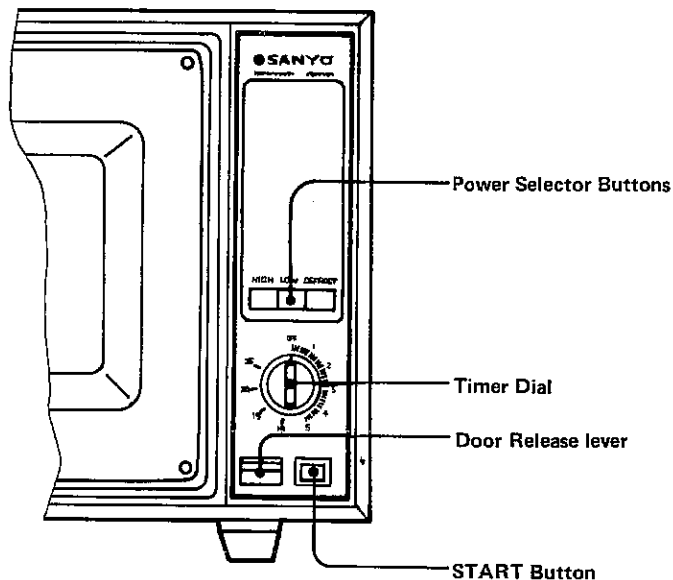
- EGGS
- CUSTARD
- SOUP
- CHEESE PRODUCTS
- CAKE
- BARNS AND COOKIES

Note: Since the power decreases from 600 to 450 watts, it is necessary to lengthen the time about 25% from those given in the cook book.

### C) DEFROST (250W)

Push the button DEFROST and your microwave oven is set for the automatic defrosting cycle. Automatic defrosting alternates between on cycles 25 seconds and off cycles 35 seconds.

Microwave energy heats the outer section of the foods and this heat is conducted toward the center during the off cycles. With automatic defrosting, there is no danger of overheating the outside of the food before the center is defrosted.



# Defrosting Guide

This guide makes it easy to defrost meat, poultry, fish and seafood. If you wish to defrost other items made of meat, compare them with similar sizes and shapes here. Even after defrosting most meats will still be slightly icy in the center. This is good, as it makes them juicier when cooked. Refer to the reheating guide on the next page for additional

information. For foods that require less than one minute to defrost, manual defrosting is better than using the Automatic Defroster, as rest periods on the automatic defrost cycle are not frequent enough. Several variables can affect defrost time, so you may find it necessary to slightly adjust the times listed in this chart.

## Defrosting Guide

Item	Minutes per Pound	Minutes Standing Time	Special Notes
<b>MEAT</b>	6 to 7 min.		
<b>BEEF</b>			
Ground Beef	3 to 6 min.	5 min.	Turn over once. Remove thawed portions with fork. Return remainder.
Pot Roast, Chunk under 1.8kg (4 lbs.)	7 to 9 min.	10 min.	Turn over once.
Rib Roast, Rolled 1.4 to 1.8kg (3 to 4 lbs.)	5 to 6 min.	30 to 45 min.	Turn over once.
Sirloin Steak 1cm (1/2 inch) thick	3 to 5 min.	5 to 10 min.	Turn over once.
Stew Meat 900g (2 lbs.)	8 to 9 min.	8 to 10 min.	Turn over once. Separate with fork.
<b>LAMB</b>			
Cubed	6 to 9 min.	5 min.	Break up cubes halfway through defrosting time with fork.
Chops 2.5cm (1 inch) thick	5 to 6 min.	15 min.	Turn over twice.
Leg 2.3 to 3.6kg (5 to 8 lbs.)	5 to 7 min.	15 to 20 min.	Turn over twice.
<b>PORK</b>			
Chops	6 to 8 min. 5 to 6 min.	5 to 10 min.	Separate chops halfway through defrosting time. Add 1 more minutes if needed.
Spareribs Roast under 1.8kg (4 lbs.)	6 to 8 min.	10 min. 30 to 45 min.	Turn over once. Turn over once.
<b>VEAL</b>			
Roast 1.4 to 1.8kg (3 to 4 lbs.)	5 to 7 min.	30 min.	Turn over once.
Chops		20 min.	Turn over once. Separate chops and continue defrosting.
<b>POULTRY</b>	3 to 5 min.		
<b>TURKEY</b>			
Whole under 3.6kg (8 lbs.)	3 to 5 min.	60 min.	Turn over once. Immerse in cold water during standing time.
Breast under 1.8kg (4 lbs.)	6 to 7 min.	20 min.	Turn over once.
Drumsticks	7 to 9 min.	15 to 20 min.	Turn over 5 minutes. Separate pieces when partially thawed.
<b>CHICKEN</b>			
Whole	6 to 7 min.	20 to 25 min.	Turn over once. Immerse in cold water during standing time.
Cut Up		10 to 15 min.	Turn every 5 minutes. Separate pieces when partially thawed.
<b>FISH AND SEAFOOD</b>	9 to 11 min. 7 to 8 min.		
Fish Fillets		5 min.	Carefully separate fillets under cold running water.
Lobster Tails	6 to 7 min.	5 min.	If two in a package, separate under cold running water. Turn over halfway through defrosting time.
Shrimp		5 min.	Separate shrimp halfway through defrosting time.

# Reheating Guide

## Refrigerated Prepared Foods

Some of the more common refrigerated foods that are easily heated in the microwave oven are shown on this page. There is no fear of overcooking the edges of such foods, even without constant watching or stirring, by heating them with the low power setting. If the food you wish to heat is not on this list, look for a similar type. Use the times for refrigerated foods when reheating leftovers, make-ahead dishes, or take-out foods that have been stored in the refrigerator.

Foods should always be stirred toward the end of the heating time where possible. If it is a food that must not be stirred, let it stand for several minutes before serving to allow the heat, at the edges, time to reach the center. A covered dish should be used to reheat most foods. A good covering may be made from wax paper, a casserole cover, or an overturned plate. When using plastic wrap, pierce it so the steam can escape. Wrap sandwiches and bread items in a napkin or paper towel.

### REFRIGERATED

FOOD	Amount	Timer Setting	Amount	Timer Setting
<b>Vegetables &amp; Side Dishes</b>				
Cooked Vegetables	1 cup	LOW 2	3 cups	LOW 5 1/2
Mashed Potatos	1 cup	LOW 3	2 cups	LOW 5
Baked Beans	1 cup	LOW 4	4 cups	LOW 16 1/2
Cooked Rice	1 cup	LOW 2	4 cups	LOW 8
Cooked Noodles	1 cup	LOW 3	2 cups	LOW 6 1/2
<b>Sandwiches</b>				
Ham and Cheese Sandwich	1 Sand.	LOW 1	2 Sand.	LOW 2
Hamburgers	1 patty	LOW 1	3 patties	LOW 2
<b>Dinners</b>				
Meat, Potato, Vegetable	1 tray or plate	LOW 3	2 trays or plates	LOW 4
<b>Meats</b>				
Fried Chicken	1 piece	LOW 1 1/2	6 pieces	LOW 6 1/2
Sliced Ham	1 slice	LOW 1	4 slices	LOW 4
Sliced Pork	1 slice	LOW 1 1/2	4 slices	LOW 6 1/2
<b>Main Dishes</b>				
Beef Stroganoff	1 cup	LOW 4	4 cups	LOW 13
Lasagne	1 serving	LOW 4	12 x 7 (6 servings)	LOW 11 HIGH 8
Spaghetti Sauce	1 cup	LOW 4	4 cups	LOW 11 HIGH 2
Chili	1 cup	LOW 4	4 cups	LOW 11 HIGH 2
Enchiladas	2 Enchiladas	LOW 4	12 x 7 (6 servings)	LOW 11 HIGH 7
Sweet & Sour Pork	1 cup	LOW 4	4 cups	LOW 14
Turkey-Noodle Casserole	1 cup	LOW 3	4 cups	LOW 13
Macaroni & Cheese	1 cup	LOW 4	4 cups	LOW 11 HIGH 3



# Meats and Casseroles

Less tender meats like this pot roast need long slow cooking to become tender. The variable power setting works nicely for this purpose.

## SAUCY POT ROAST

1.4 to 1.8kg (3 to 4-lb.) pot roast, 4cm (1½-inches) thick  
1 envelope onion soup mix  
1 can 300g (10½ oz.) condensed cream of mushroom soup  
¼ cup water

Place roast in 3ℓ (3-quart) casserole. Sprinkle with soup mix. Spoon mushroom soup over top. Add water. HIGH, covered, 12 MINUTES. Then DEFROST 35 MINUTES. Turn meat over. DEFROST 35 MINUTES. Turn meat over and DEFROST 35 MINUTES more, or until tender. Skim fat from sauce and serve sauce with roast.

6 to 8 Servings

HIGH SETTING	12 MIN.
DEFROST SETTING	35 MIN.
TURN MEAT	
DEFROST SETTING	35 MIN.
TURN MEAT	
DEFROST SETTING	35 MIN.
ELAPSED TIME	1 HOUR 57 MIN.

The acid of the tomato soup and slow cooking with the variable power setting help make this round steak dish tender.

## SWISS STEAK

680g (1½ lbs.) round steak, 1cm (½-inch) thick  
1 medium onion, sliced  
1 can 110g (4 oz.) mushroom stems and pieces, drained  
1 can 300g (10½ oz.) tomato soup or 1 can 220g (8 oz.) tomato sauce  
1/8 teaspoon pepper

Cut steak into serving pieces; arrange in 1.5 to 2ℓ (1½ or 2-quart) casserole. Top with onion, mushrooms, soup and pepper. HIGH, covered, 12 MINUTES. Rearrange meat. Then DEFROST 46 MINUTES, or until meat is tender.

About 6 Servings

TIP: If desired, prebrown steak before cooking as directed.

HIGH SETTING	12 MIN.
DEFROST SETTING	46 MIN.
ELAPSED TIME	58 MIN.

In this recipe the variable power setting lets the stew simmer.

## BEEF STEW

680g (1½ lbs.) beef stew meat  
1 medium onion, sliced  
½ cup water  
½ cup red wine  
1 teaspoon salt  
1 cube or teaspoon beef bouillon  
1 bay leaf  
¼ cup water  
2 tablespoons flour  
4 medium carrots, peeled and sliced  
2 stalks celery, sliced

In 1.5ℓ (1½-quart) casserole combine meat, onion, ½ cup water, the wine, salt, bouillon and bay leaf. HIGH, covered, 6 MINUTES, or until mixture is steaming hot, stirring once. Then DEFROST 23 MINUTES, stirring once.

Combine ¼ cup water with the flour. Stir into meat mixture. Stir in carrots and celery. DEFROST, covered, 30 to 35 MINUTES or until vegetables are desired doneness. Serve stew over potatoes or noodles.

5 to 6 Servings

TIPS: If you prefer to omit the wine, increase water to 1 cup and add 2 tablespoons vinegar.

If you have a Browning Dish, you may wish to prebrown the meat before adding it to the casserole. The browning will add flavor to the sauce.

HIGH SETTING	6 MIN.
DEFROST SETTING	23 MIN.
DEFROST SETTING	35 MIN.
ELAPSED TIME	1 HOUR 4 MIN.

Stroganoff can be made with round steak when you use the variable power setting to slowly simmer the meat.

## ROUND STEAK STROGANOFF

900g (2 lbs.) round steak, cut into strips  
1 pint sliced fresh mushrooms  
1 medium onion, sliced  
3 teaspoons or cubes beef bouillon  
3 tablespoons flour  
1 teaspoon dry mustard  
½ teaspoon salt  
½ cup water  
½ cup red wine  
½ cup sour cream

In 2.5ℓ (2½-quart) casserole, combine all ingredients except sour cream. HIGH, covered, 6 MINUTES. Stir meat and then DEFROST 1 HOUR to 1 HOUR 10 MIN. or until meat is tender, stirring occasionally. Stir in sour cream. Serve over cooked rice or noodles.

6 Servings

HIGH SETTING	6 MIN.
DEFROST SETTING	1 HOUR 10 MIN.
ELAPSED TIME	1 HOUR 16 MIN.

The variable power setting slows the cooking of this roast to help prevent any overcooked areas.

## ROAST

1.8kg (4-lb.) veal or lamb roast

Place roasting rack or saucers in 2ℓ (2-quart) baking dish. Place roast on rack, fat side down LOW uncovered, 22 MINUTES. Turn roast fat side up LOW 22 MINUTES, or until meat thermometer registers 66°C (150°F) for lamb or 68°C (155°F) for veal (do not leave thermometer in oven when cooking). Let stand, covered with foil, 10 minutes, or until thermometer registers 74°C (165°F) for lamb or 77°C (170°F) for veal. 6 to 8 Servings.

TIP: To cook other weights of roast, figure 10 minutes cooking time per pound for total cooking time.

LOW SETTING	22 MIN.
TURN MEAT OVER	
LOW SETTING	22 MIN.
STAND	10 MIN.
ELAPSED TIME	64 MIN.

The variable power setting allows the ham to evenly heat through to the center.

## PINEAPPLE GLAZED HAM

1 small ready-to-eat ham 1.1 to 1.6kg (2½ to 3½ lbs.)  
½ cup firmly packed brown sugar  
½ cup drained crushed pineapple  
1 teaspoon dry mustard  
8 to 10 whole cloves, if desired

In shallow baking dish, place ham fat side down on roasting rack or inverted saucer. LOW, uncovered, 17 MINUTES. Turn ham fat side up. Combine brown sugar, pineapple and mustard. Slash fat at 2.5cm (1-inch) intervals and insert cloves in fat. Spoon pineapple mixture over ham. LOW 22 MINUTES, or until meat thermometer registers 49°C (120°F) (do not leave thermometer in oven when cooking). Let stand, covered with foil, 10 minutes, or until thermometer registers 54°C (130°F).

About 8 Servings

TIP: Other favorite ham glazes can be substituted for this pineapple glaze.

LOW SETTING	17 MIN.
TURN HAM OVER	
ADD GLAZE	
LOW SETTING	22 MIN.
STAND	10 MIN.
ELAPSED TIME	49 MIN.

Cubes of pork need time to cook and absorb the flavor of the sauce. The variable power setting is a natural for this slow cooking.

## SWEET AND SOUR PORK

680g (1½ lbs.) cubed pork  
2 tablespoons cornstarch  
3 tablespoons soy sauce  
¼ cup firmly packed brown sugar  
¼ teaspoon ginger  
¼ cup vinegar  
½ cup water  
1½ cups 370g (13¼-oz.) can undrained pineapple tidbits  
1 small onion, sliced  
2 medium green peppers, cut into strips

In 2ℓ (2-quart) casserole, toss pork with cornstarch; mix in remaining ingredients except green pepper. HIGH, covered, 7 MINUTES. Stir mixture and then LOW 14 MINUTES, or until meat is done, stirring occasionally. Stir in green pepper and HIGH 1 MINUTE.

4 to 6 Servings

HIGH SETTING 7 MIN.  
LOW SETTING 14 MIN.  
HIGH SETTING 1 MIN.  
ELAPSED TIME 22 MIN.

The variable power setting is ideal for the slow simmering needed when cooking a soup like this.

## HAM AND LENTIL SOUP

1 cup dry lentils  
1 ham hock 560 to 680g (1¼ to 1½ lbs.)  
1 medium onion, sliced  
1 carrot, sliced  
½ teaspoon pepper  
1 tablespoon Worcestershire sauce  
6 cups water

In 3ℓ (3-quart) casserole, combine all ingredients. HIGH, covered, 10 MINUTES, or until mixture just begins to boil. Then DEFROST 1 HOUR 10 MINUTES. Remove ham hock from broth and let cool a few minutes. Then cut meat from bone and return meat to soup. If necessary, HIGH 5 to 7 MINUTES to reheat soup.

4 to 5 Servings

TIP: For Ham and Split Pea Soup, substitute split peas for the lentils.

HIGH SETTING 10 MIN.  
DEFROST SETTING 1 HOUR 10 MIN.  
STAND 10 MIN.  
HIGH SETTING 5 MIN.  
ELAPSED TIME 1 HOUR 35 MIN.

The variable power setting aids the even cooking of this custard-like sandwich.

## CHEESE AND SHRIMP BAKE

8 slices bread  
1 or 2 cans (130g. each) shrimp, drained  
½ cup (1 stalk) chopped celery  
2 tablespoons chopped onion  
1 can 300g (10¼ oz.) condensed cream of mushroom soup  
2 tablespoons lemon juice  
½ teaspoon Worcestershire sauce  
110g (4 oz.) shredded or sliced American, Cheddar or Swiss cheese  
¾ cup milk  
3 eggs  
¼ cup butter or margarine

If desired trim crusts from bread. (Use crust for dressing or croutons.) Arrange 4 slices of bread on bottom of ungreased 2ℓ (2-quart) baking dish. Top with shrimp, celery and onion. Combine soup with lemon juice and Worcestershire sauce; spoon over shrimp. Top with cheese and remaining 4 slices of bread. Beat together milk and eggs; pour over sandwich mixture. Cut butter into pieces and place on top. Cover with plastic wrap and refrigerate 6 to 12 hours or overnight.

To cook, loosen plastic wrap slightly and DEFROST 23 MINUTES, or until hot and bubbly in center.

4 Servings

TIP: Tuna fish can be substituted for the shrimp.

(REFRIGERATE 6 to 12 HOURS)  
DEFROST SETTING 23 MIN.  
ELAPSED TIME 23 MIN.

With regular cooking, a Quiche overcooks at the edge before the center is set. Now the variable power setting makes it possible to cook it in the microwave oven.

## QUICHE LORRAINE

8 slices bacon  
23cm (9-inch) Baked Pastry Shell  
3 eggs  
1 teaspoon salt  
Dash pepper  
Dash nutmeg  
1 cup milk  
¾ cup 200g (5-1/3-fl. oz.) can evaporated milk  
1½ cups 170g (6 oz.) shredded Swiss cheese

Arrange bacon between paper towels on paper plate or baking dish. HIGH about 6 to 10 MINUTES or until crisp. Prepare and LOW pastry shell as directed.

Beat together eggs, salt, pepper and nutmeg. Measure milk into 2 or 4-cup measure. Add evaporated milk. HIGH, uncovered, 3 MINUTES or until hot. Arrange cheese in bottom of pastry shell. Crumble bacon over top. Add hot milk to egg mixture; beat well. Pour into pastry shell.

HIGH, uncovered, 2 MINUTES. Then DEFROST 5 MINUTES. Carefully move cooked outer portion of filling to center. DEFROST 12 MINUTES more, or until knife inserted near center comes out clean. Let stand 10 minutes before cutting into wedges.

5 to 6 Servings

COOK BACON,  
HIGH SETTING 10 MIN.  
COOK PASTRY SHELL,  
LOW SETTING 8 MIN.  
HEAT MILK,  
HIGH SETTING 3 MIN.  
HIGH SETTING 2 MIN.  
DEFROST SETTING 5 MIN.  
DEFROST SETTING 12 MIN.  
STAND 10 MIN.  
ELAPSED TIME 50 MIN.

The slower cooking of the variable power makes it possible to simmer giblets. They were not recommended with regular microwave cooking because they tended to pop vigorously.

## COOKING GIBLETS

Giblets from one turkey or chicken  
1 medium onion, sliced  
1 stalk celery, sliced  
½ teaspoon salt  
½ teaspoon thyme or marjoram  
1½ cups water

Wash giblets. In 1ℓ (1-quart) casserole, combine giblets with remaining ingredients. HIGH, covered, 5 MINUTES, or until water is steaming hot. Then DEFROST 46 MINUTES, or until giblets are tender. Use broth for making stuffing or gravy.

HIGH SETTING 5 MIN.  
DEFROST SETTING 46 MIN.  
ELAPSED TIME 51 MIN.

We found we could get especially juicy white and dark chicken meat when we used the variable power setting for the last ¼ of the cooking time.

## ROAST CHICKEN

### 2.5kg (5½-lb.) roasting chicken Salt and pepper

Wash chicken; cook giblets separately (see recipe on this page). Sprinkle inside of cavity with salt and pepper. Stuff with favorite stuffing or leave unstuffed. Secure openings with toothpicks or metal skewers. Tie legs together and wings to body with string. Place roasting rack or saucer in 2ℓ (2-quart) baking dish to hold chicken out of juices. Place chicken, breast side down, on rack.

HIGH, uncovered, 26 MINUTES. Turn breast side up. Then LOW about 28 MINUTES, or until meat thermometer registers 82°C (180°F) (do not leave thermometer in oven when cooking). Let stand, covered with foil, 10 minutes, or until thermometer registers 91°C (195°F).

**TIPS:** We found that the use of foil on wings and drumsticks was normally not necessary; however, if any areas of the chicken do begin to appear brown, cover these areas with small pieces of foil.

HIGH SETTING	26 MIN.
LOW SETTING	28 MIN.
STAND	10 MIN.
ELAPSED TIME	1 HOUR 4 MIN.

## ROAST TURKEY

### 3.6kg (8-lb.) turkey Salt and pepper

Wash turkey; cook giblets separately (see recipe on this page). Sprinkle inside of cavity with salt and pepper. Stuff with favorite stuffing or leave unstuffed. Secure openings with toothpicks or metal skewers. Tie legs together and wings to body with string. Place roasting rack or saucer in 2ℓ (2-quart) baking dish to hold turkey out of juice. Place turkey, breast side down, on rack. HIGH, uncovered, 46 MINUTES. Turn turkey, breast side up and LOW 35 MINUTES, or until meat thermometer registers 82°C (180°F) (do not leave thermometer in oven when cooking). Let stand, covered with foil, 15 minutes or until thermometer registers 91°C (195°F).

About 16 Servings

**TIPS:** We found that the use of foil on wings and drumsticks was normally not necessary; however, if any areas of the turkey do begin to appear brown, cover these areas with small pieces of foil.

HIGH SETTING	46 MIN.
TURN TURKEY OVER	
LOW SETTING	35 MIN.
STAND	15 MIN.
ELAPSED TIME	1 HOUR 36 MIN.

With the variable power setting you can start with a frozen turkey roast and in about an hour have a juicy, evenly cooked turkey.

## BONELESS TURKEY

### 1.8kg (4-lb.) frozen boneless rolled turkey roast Favorite glaze, if desired

Place frozen turkey, skin side down on roasting rack or inverted saucer in 2ℓ (2-quart) baking dish. DEFROST, uncovered 30 MINUTES. Turn over once halfway through defrosting time. Then HIGH 30 MINUTES. Turn turkey, skin side up and LOW 22 MINUTES more, or until meat thermometer registers 77°C (170°F), brushing with glaze during last 5 minutes (do not leave thermometer in oven when cooking). Let stand 10 minutes or until thermometer registers 85°C (185°F).

8 to 10 Servings

DEFROST SETTING	30 MIN.
HIGH SETTING	30 MIN.
TURN	
LOW SETTING	22 MIN.
STAND	10 MIN.
ELAPSED TIME	1 HOUR 32 MIN.

The variable power setting is ideal for simmering the chicken and vegetables, but regular cooking is necessary for cooking the dumplings.

## CHICKEN AND DUMPLINGS

### 1.5ℓ (3-lb.) stewing chicken 2 stalks celery, cut into 2.5cm (1-inch) pieces

1 medium onion, sliced  
1 bay leaf  
4 peppercorns  
1 tablespoon salt  
4 cups water  
8 carrots, peeled and sliced  
½ cup flour  
½ cup water

#### Dumplings

1½ cups unsifted all purpose flour  
2 teaspoons baking powder  
½ teaspoon salt  
1 teaspoon parsley flakes  
¾ cup milk  
1 egg  
2 tablespoons oil

In 4ℓ (4-quart) casserole or Dutch oven, combine chicken, celery, onion, bay leaf, peppercorns, salt, and 4 cups water. HIGH, covered, 8 MINUTES, or until mixture just begins to boil. Then DEFROST 1 HOUR. Add carrots and DEFROST 35 MINUTES, or until carrots are almost tender. Remove bay leaf.

Combine flour and ½ cup water; stir into chicken mixture. Spoon dumplings by rounded tablespoon onto hot chicken mixture. HIGH, covered, 8 MINUTES, or until dumplings are no longer doughy.

**Dumplings:** In mixing bowl combine flour, baking powder, salt and parsley. Combine milk, egg and oil; add to other ingredients and mix just until moistened (mixture will be soft).

5 to 6 Servings

HIGH SETTING	8 MIN.
DEFROST SETTING	1 HOUR
ADD CARROTS	
DEFROST SETTING	35 MIN.
ADD DUMPLINGS	
HIGH SETTING	8 MIN.
ELAPSED TIME	1 HOUR 49 MIN.

# Breads and Side Dishes

Pasta and noodles need to cook in hot liquid a certain period of time in order to rehydrate and become tender. By simmering and using the variable power setting, you cut down on the actual energy used and reduce the possibility of boiling over.

## ONE-STEP MACARONI & CHEESE

1 cup uncooked macaroni  
2 tablespoons flour  
¼ cup chopped onion or 1 tablespoon instant minced onion  
½ teaspoon salt  
Dash Tabasco sauce  
1 cup milk  
¾ cup water  
2 tablespoons butter or margarine  
1 cup 110g (4 oz.) cubed or shredded cheese

In 1.5 or 2ℓ (1½ or 2-quart) casserole, combine macaroni, flour, onion, salt and Tabasco sauce. Stir in milk and water; add butter.

HIGH, covered, 3 MINUTES, or until milk is steaming hot. Stir mixture; then DEFROST 12 MINUTES, or until macaroni is just about tender, stirring occasionally. Stir in cheese. Let stand, covered, 3 to 5 minutes to finish cooking macaroni and to melt cheese.

3 to 4 Servings

TIP: For additional color and flavor, add 2 tablespoons chopped pimiento, 2 tablespoons chopped parsley or 1 teaspoon dry mustard.

HIGH SETTING 3 MIN.  
DEFROST SETTING 12 MIN.  
STAND 5 MIN.  
ELAPSED TIME 20 MIN.

The variable power setting allows the milk to simmer rather than boil over on this easy version of scalloped potatoes.

## SIMPLE SCALLOPED POTATOES

5 cups (4 medium) peeled and sliced potatoes  
1 tablespoon flour  
1 teaspoon salt  
¼ cup chopped onion or 1 tablespoon instant minced onion  
1½ cups milk  
1 tablespoon butter or margarine

In 2ℓ (2-quart) casserole, combine potatoes, flour, salt and onion; toss lightly. Stir in milk and butter.

HIGH, covered, 6 MINUTES, or until milk is just about to boil. Stir mixture; then LOW 23 MINUTES, or until potatoes are just about tender, stirring occasionally. Let stand, covered, 3 to 5 minutes. If desired, sprinkle with paprika or parsley.

4 to 5 Servings

TIP: For 2 to 3 servings, use half the ingredient amounts in a 1ℓ (1-quart) casserole. HIGH 3 minutes; then LOW about 10 minutes.

HIGH SETTING 6 MIN.  
LOW SETTING 23 MIN.  
STAND 5 MIN.  
ELAPSED TIME 34 MIN.

Since rice needs a certain amount of time to rehydrate, the variable power setting can save on energy while allowing the mixture to slowly simmer.

## RICE PILAF

¼ cup butter or margarine  
1½ cups rice  
½ cup chopped onion  
½ cup chopped celery  
2 tablespoons parsley flakes  
1 can 300g (10½ oz.) condensed chicken broth  
¼ teaspoon salt  
¼ teaspoon leaf thyme  
Dash pepper  
1½ cups water

In 1.5 or 2ℓ (1½ or 2-quart) casserole, combine all ingredients. HIGH, covered, 7 MINUTES, or until mixture starts to boil. Then DEFROST 23 MINUTES, or until rice is tender, stirring occasionally. Let stand a few minutes; fluff with fork.

5 to 6 Servings

HIGH SETTING 7 MIN.  
DEFROST SETTING 23 MIN.  
STAND 3 MIN.  
ELAPSED TIME 33 MIN.

The variable power setting is ideal for the slow simmering necessary to cook dry beans and to allow the seasonings to blend with the beans. The microwave oven provides "cool cooking" on a warm day.

## LIGHT BAKED BEANS

2 cups dry navy beans  
6 cups water  
¼ cup firmly packed brown sugar  
¼ cup chopped onion  
¼ cup chili sauce or catsup  
1 tablespoon prepared mustard  
2 tablespoons molasses  
2 teaspoons salt  
2 slices bacon, cut into pieces

Wash beans. Place in 3ℓ (3-quart) casserole. Add water; cover and let stand 12 hours or overnight.

Place casserole (with beans and water) in microwave oven and HIGH, covered, 12 MINUTES, or until mixture just begins to boil, then DEFROST 52 MINUTES, or until beans are tender.

Stir in remaining ingredients and continue to DEFROST, covered, 1 HOUR 45 MINUTES, stirring occasionally and adding a small amount of water if beans become dry.

6 to 8 Servings

TIPS: The beans can be eaten after simmering in the sauce about 1 hour, but are more flavorful if allowed to simmer the additional time.

Use the directions for cooking the beans in water as a guide when cooking beans for other uses.

STAND 12 HOURS  
HIGH SETTING 12 MIN.  
DEFROST SETTING 52 MIN.  
ADD SEASONINGS  
DEFROST SETTING 1 HOUR 45 MIN.  
ELAPSED TIME 3 HOURS 49 MIN.

Wheat germ adds nutritional value along with a brown color to this moist bread. The variable power setting aids the even cooking of the bread.

## WHEAT GERM BREAD

1 cup warm water (about 30°C (85°F))  
 1 package active dry yeast  
 ¼ cup firmly packed brown sugar  
 1½ teaspoons salt  
 2 tablespoons oil  
 1 egg  
 ½ cup wheat germ  
 About 2½ cups unsifted all purpose flour

In large mixing bowl, combine warm water and yeast. Stir in brown sugar, salt, oil, egg, wheat germ and 1½ cups flour. Beat about 3 minutes. Stir in remaining flour to form a stiff batter. Cover; let rise in warm place until light and doubled in size, about 1½ hours.

Stir down batter. Spread in ungreased 1.5ℓ (1½-quart) loaf dish. Cover; let rise in warm place until doubled, about 45 minutes. DEFROST, uncovered, 7 MINUTES. Then Cook HIGH 3 to 5 MINUTES, or until no doughy spots remain. Cool 5 minutes. Loosen edges and turn out of dish. Cool.

1 Loaf.

TIP: For a warm place to let bread rise, bring a cup of water to boil in microwave oven (about 3 min.). Turn off oven, leaving boiling water in oven; place bread dough in oven (covering is not necessary because of moisture from water). If oven becomes cool, remove bread and bring water to a boil again.

RISE IN BOWL	1½ HOURS
RISE IN BAKING DISH	45 MIN.
DEFROST SETTING	7 MIN.
HIGH SETTING	5 MIN.
ELAPSED TIME	2 HOURS 31 MIN.

Here the variable power setting slowly heats the bread throughout, so it cooks quickly and evenly.

## ENGLISH MUFFIN BREAD

5 cups unsifted all purpose flour  
 2 packages active dry yeast  
 1 tablespoon sugar  
 2 teaspoons salt  
 2½ cups milk  
 1 tablespoon warm water  
 ¼teaspoon soda

In large mixing bowl, combine 3 cups flour, yeast, sugar and salt. In 4-cup measure, heat milk until warm, Cook HIGH 2 MINUTES; add to flour mixture. Beat by hand or with mixer until smooth. Stir in remaining flour to form a stiff batter. Cover; let rise in warm place until light and doubled in size, about 1 hour.

Combine water and soda. Stir down yeast batter; blend in soda mixture, mixing until well blended. Divided batter between 2 ungreased 1.5ℓ (1½-quart) loaf dishes. Cover and let rise in warm place until doubled, about 45 minutes.

Place loaves, one at a time, in microwave oven and DEFROST, uncovered, 7 MINUTES. Cook HIGH 3 to 5 MINUTES, or until no doughy spots remain. Cool 5 minutes; loosen edges and turn out of dish. Cool completely. To serve, slice and toast in toaster or under broiler until edges are brown.

2 Loaves

WARM MILK	2 MIN.
RISE IN BOWL	1 HOUR
RISE IN BAKING DISHES	45 MIN.
EACH LOAD	
DEFROST SETTING	7 MIN.
HIGH SETTING	5 MIN.
ELAPSED TIME	1 HOUR 59 MIN.

The extra water in the oven keeps the bread moist and the oven warm. The variable power setting is turned on every 15 minutes to thaw and warm the dough.

## THAWING AND PROOFING FROZEN BREAD DOUGH

Heat 4 cups of water in a 4-cup measure until steaming hot (9 min.). Place frozen loaf in greased 1.5ℓ (1½-quart) loaf dish. Place, uncovered, in oven with the water, DEFROST 2 MINUTE. Turn off oven. Let stand 15 minutes. Repeat defrost and stand sequence 3 to 4 more times or until dough is just above top of pan. Bake as directed on package.

COOK WATER,	
HIGH SETTING	9 MIN.
DEFROST SETTING	2 MIN.
STAND	15 MIN.
DEFROST SETTING	2 MIN.
STAND	15 MIN.
DEFROST SETTING	2 MIN.
STAND	15 MIN.
DEFROST SETTING	2 MIN.
STAND	15 MIN.
ELAPSED TIME	1 HOUR 17 MIN.

TIP: The frozen dough is best baked conventionally. It tends to become tough when cooked with microwaves.

### NOTES

# Desserts

For creamy old-fashioned bread pudding, we cooked it in a dish of hot water and used the variable power setting.

## BREAD PUDDING

2 cups soft bread cubes  
2 cups milk  
2 eggs, slightly beaten  
½ cup sugar  
½ cup raisins  
1 teaspoon vanilla  
½ teaspoon salt  
Cinnamon

Place bread in 1ℓ (1-quart) shallow casserole and HIGH, uncovered, 2 MINUTES to dry bread. Measure milk into 2 or 4-cup glass measure. HIGH, uncovered, 3 MINUTES, or until hot. Combine remaining ingredients except cinnamon. Mix in hot milk. Add to bread in casserole, mixing well. Sprinkle with cinnamon.

Set in baking dish with about 2.5cm (1-inch) hot water. HIGH, uncovered, 2 MINUTES. Then DEFROST 7 MINUTES. Stir. Continue to DEFROST 7 MINUTES, or until knife inserted near center comes out clean.

5 to 6 Servings

COOK BREAD CUBES,	
HIGH SETTING	2 MIN.
COOK MILK,	
HIGH SETTING	3 MIN.
HIGH SETTING	2 MIN.
DEFROST SETTING	7 MIN.
STIR	
DEFROST SETTING	7 MIN.
ELAPSED TIME	21 MIN.

The variable power setting allows this custard to cook slowly, forming a creamy, smooth finished pudding.

## SWEDISH RICE PUDDING

2 cups milk  
2 eggs, slightly beaten  
½ cup sugar  
1 teaspoon vanilla  
¼ teaspoon cinnamon  
½ cup quick-cooking rice  
½ cup raisins

Measure milk into 2 or 4-cup glass measure. HIGH, uncovered, 3 MINUTES or until hot. In 1.5ℓ (1½-quart) casserole, combine eggs, sugar, vanilla and cinnamon, mixing well. Mix in rice, raisins and hot milk.

Set in baking dish with about 2.5cm (1-inch) hot water. HIGH, uncovered, 2 MINUTES. Then DEFROST 6 MINUTES. Stir to move cooked portion to center. Continue to DEFROST 5 MINUTES, or until knife inserted near center comes out clean.

5 to 6 Servings

COOK MILK,	
HIGH SETTING	3 MIN.
HIGH SETTING	2 MIN.
DEFROST SETTING	6 MIN.
STIR	
DEFROST SETTING	5 MIN.
ELAPSED TIME	16 MIN.

Without the variable power setting this type of cheese cake would overcook around the edge before the center is set. A cake dish is substituted for the traditional metal spring form pan.

## DELUXE CHEESECAKE

### Crust

½ cup unsifted all purpose flour  
1 tablespoon sugar  
¼ teaspoon baking powder  
¼ teaspoon salt  
3 tablespoons butter or margarine  
1 to 2 tablespoons milk

### Filling

2 packages 230g (8 oz.) each cream cheeses  
¾ cup sugar  
1½ tablespoons flour  
1 tablespoon lemon juice  
2 tablespoons cream  
¼ teaspoon salt  
¼ teaspoon vanilla  
3 eggs

For crust, combine flour, sugar, baking powder and salt. Cut in butter until particles are fine. Sprinkle milk over mixture, stirring with fork until moist enough to hold together. Form into a ball. Press mixture evenly on bottom and up sides of 1.5ℓ (1½-quart) baking dish. HIGH, uncovered, 3 MINUTES, or until brown spots just begin to appear.

For filling, soften cream cheese (1 min.); beat on medium speed of mixer until creamy. Beat in remaining ingredients, adding eggs one at a time. Pour into cooked crust. DEFROST, uncovered 20 MINUTES, or until filling is almost set.

Cool and refrigerate several hours before serving.

10 to 12 Servings

COOK CRUST,	
HIGH SETTING	3 MIN.
DEFROST SETTING	20 MIN.
ELAPSED TIME	23 MIN.

Cheesecake needs slow cooking for a creamy texture. The variable power setting makes it simple to do.

## CREAMY CHEESECAKE

### Crust

¼ cup butter or margarine  
12 graham cracker squares, crushed (¾ cup crumbs)  
2 tablespoons flour  
2 tablespoons sugar  
¼ teaspoon cinnamon

### Filling

1 package 230g (8 oz.) cream cheese  
½ cup sugar  
1 egg  
1 tablespoon lemon juice

### Topping

1 cup sour cream  
3 tablespoons sugar  
¼ teaspoon almond or vanilla extract

For crust, melt butter in 1.5ℓ (1½-quart) baking dish (30 sec.). Mix in remaining Crust ingredients and press mixture on bottom and halfway up sides of dish.

For filling, soften cream cheese (30 sec.); beat with remaining Filling ingredients. Pour into crust and DEFROST, uncovered, 7 MINUTES.

For topping, combine Topping ingredients. Spread over partially-cooked filling. DEFROST, uncovered 5 MINUTES, or until set. Chill several hours or overnight.

6 to 8 Servings

DEFROST SETTING	7 MIN.
ADD TOPPING	
DEFROST SETTING	5 MIN.
ELAPSED TIME	12 MIN.

The variable power setting allows more area of the pastry shell to lightly brown without starting to overcook.

## BAKED PASTRY SHELL

Prepare pie crust stick or enough mix for one crust pie as directed on package. Roll out and fit into 23cm (9-inch) pie plate. Flute edge and prick bottom and sides with fork. LOW, uncovered, 7 MINUTES, or until crust is bubbly and brown spots begin to appear.

23cm (9-inch) Baked Pastry Shell

TIP: The pie crust mix and sticks have a yellow color that makes a nice golden color when cooked. If you use a home recipe, you can achieve a yellow color by adding about 4 drops yellow food color to the water.

LOW SETTING 7 MIN.

ELAPSED TIME 7 MIN.

The variable power setting helps give pumpkin filling a creamier texture.

## PUMPKIN PIE

23cm (9-inch) Baked Pastry Shell

2 eggs

½ cup sugar

½ cup firmly packed brown sugar

1 tablespoon flour

½ teaspoon salt

2 to 3 teaspoons pumpkin pie spice

2 cups 450g (1-lb.) can cooked pumpkin

1-2/3 cups 490g (13-fl. oz.) can evaporated milk

Prepare and cook pastry shell as directed above. Combine remaining ingredients, mixing until smooth. Pour into cooked pastry shell. (Any extra filling can be poured into custard cups and cooked after cooking pie.)

DEFROST, uncovered, 23 MINUTES, or until knife inserted near center comes out clean. Cool.

23cm (9-inch) Pie

PASTRY:

LOW 7 MIN.

FILLING:

DEFROST 23 MIN.

ELAPSED TIME 30 MIN.

The slow cooking necessary for Pecan Pie is another good use of the variable power setting.

## PECAN PIE

23cm (9-inch) Baked Pastry Shell

3 eggs, slightly beaten

1 cup dark corn syrup

½ cup firmly packed brown sugar

½ tablespoon flour

1 teaspoon vanilla

¾ cup chopped pecans

3 tablespoons butter or margarine, melted

Prepare and cook pastry shell as directed above. Combine remaining ingredients. Pour into cooked pastry shell.

DEFROST, uncovered, 30 MINUTES, or until knife inserted near center comes out clean. Cool.

23cm (9-inch) Pie

PASTRY:

LOW 7 MIN.

FILLING:

DEFROST SETTING 30 MIN.

ELAPSED TIME 37 MIN.

The variable power setting helps melt the chocolate for the frosting and aids the even cooking of these bars.

## CRUNCHY TOFFEE BARS

¾ cup butter or margarine

1 cup firmly packed brown sugar

½ cup light corn syrup

1 teaspoon salt

1 teaspoon vanilla

3 cups quick or old-fashioned rolled oats

2 cups granola cereal

1 cup 170g (6-oz.) pkg. semi-sweet chocolate pieces

½ cup peanut butter

In 2ℓ (2-quart) baking dish, melt butter (1 min.). Blend in brown sugar, corn syrup, salt and vanilla. Stir in rolled oats and granola until evenly mixed. Pat evenly in baking dish.

LOW, uncovered, 10 MINUTES, or until bubbly throughout. Cool slightly.

Melt chocolate by placing in mixing bowl and DEFROST, uncovered 5 MINUTES, or until chocolate is softened. Stir in peanut butter. Spread on bars. Refrigerate to set frosting. Cut into bars.

About 48 Bars

BARS:

LOW SETTING 10 MIN.

FROSTING:

DEFROST SETTING 5 MIN.

ELAPSED TIME 15 MIN.

Dream bars contain a high concentration of sugar, so there may be a tendency to overcook in certain areas. The use of the variable power setting helps assure even cooking.

## DREAM BARS

½ cup butter or margarine

½ cup firmly packed brown sugar

1¼ cups unsifted all purpose flour

2 eggs

1 cup firmly packed brown sugar

2 tablespoons flour

¼ teaspoon baking powder

¼ teaspoon salt

1 teaspoon vanilla

1½ cups flaked or shredded coconut

½ cup chopped nuts

In mixing bowl, soften butter (20 sec.). Blend in brown sugar and flour until well mixed. Pat evenly in 2ℓ (2-quart) baking dish.

HIGH, uncovered, 3 MINUTES, or until brown spots just begin to appear.

Beat eggs slightly. Stir in remaining ingredients. Spoon mixture over crust, spreading to edges. DEFROST, uncovered, 15 MINUTES, or until topping is puffed and set.

About 48 Bars

HIGH SETTING 3 MIN.

DEFROST SETTING 15 MIN.

ELAPSED TIME 18 MIN.

We found that partially cooking cake mixes with the variable power setting improved the smoothness of the cake surface and reduced the chance of overcooking. The results from various brands of cake mix were more similar than with regular microwave cooking.

## CAKE MIXES

Prepare cake mix batter as directed on package. Line baking dishes with wax paper when planning to remove the cake as a whole from baking dish; leave the dish unlined and ungreased when planning to remove the cake in pieces from the dish. Fill baking dishes one-half full, using leftover batter for one to two cupcakes. Cook one dish at a time, uncovered, until toothpick inserted in center comes out clean:

1.5ℓ (1½-quart)	DEFROST 6 MINUTES, then HIGH 3 to 4 MINUTES.
2ℓ (2-quart)	DEFROST 7 MINUTES, then HIGH 5 to 6 MINUTES.
3ℓ (3-quart)	DEFROST 6 MINUTES, then HIGH 6 to 7 MINUTES.
2 Cupcakes	DEFROST 2 to 3 MINUTES.

This moist date cake has an attractive topping of chocolate pieces and chopped nuts. Use the timing as a guide for cooking similar "scratch" cake recipes.

## CHOCO-DATE CAKE

- ¼ cup butter or margarine
- 1 cup sugar
- 2 eggs
- 1¼ cups unsifted all purpose flour
- 1 tablespoon unsweetened cocoa
- ¼ teaspoon soda
- ½ teaspoon salt
- 1 teaspoon vanilla
- ¼ cup water
- 1 cup chopped dates
- 1 cup 170g (6-oz.) pkg. semi-sweet chocolate pieces
- ½ cup chopped nuts

In large mixing bowl, soften butter (30 sec.). Beat in sugar and eggs. Add flour, cocoa, soda, salt, vanilla, water and dates. Stir until combined. Spread in ungreased 2ℓ (2-quart) baking dish. Sprinkle with chocolate pieces and nuts.

DEFROST, uncovered, 8 MINUTES. Then HIGH 8 MINUTES, or until toothpick inserted in center comes out clean.

30 x 18cm (12 x 7-inch) Cake

DEFROST SETTING	8 MIN.
HIGH SETTING	8 MIN.
ELAPSED TIME	16 MIN.

Carrots in the cake and a butter-orange sauce make this cake double moist and double good.

## HONEY'N SPICE CARROT CAKE

- 2 eggs
- 2 medium carrots, cut into pieces
- ½ cup butter or margarine softened
- ½ cup honey
- ½ teaspoon vanilla
- 1 cup unsifted all purpose flour
- ½ teaspoon soda
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ cup chopped nuts

### Sauce

- ¼ cup orange juice
- ¼ cup honey
- ¼ cup butter or margarine
- 1 to 2 tablespoons orange liqueur, if desired

In blender, process eggs and carrots at medium speed until carrots are in fine pieces. In bowl, soften butter (20 sec.). Blend in honey and vanilla. Beat in carrot mixture. Stir in flour, soda, salt, cinnamon, nutmeg and nuts. Spread evenly in ungreased 1.5ℓ (1½-quart) baking dish.

DEFROST, uncovered, 7 MINUTES. Then HIGH 3 to 4 MINUTES, or until toothpick inserted in center comes out clean. Pierce cake at 1cm (½-inch) intervals with toothpick or long-tined fork. For sauce, combine orange juice, honey and butter in 2-cup measure. LOW, uncovered, 3 MINUTES, or until mixture boils. Stir in liqueur. Pour warm sauce over cake. Cool. If desired, serve with whipped cream.

25 x 15cm (10 x 6-inch) Cake

TIP: If you don't have a blender, grate the carrot before adding to the butter-egg mixture.

CAKE:	
DEFROST SETTING	7 MIN.
HIGH SETTING	4 MIN.
SAUCE:	
LOW SETTING	3 MIN.
ELAPSED TIME	14 MIN.



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