

***Amana***®

**Microwave Oven  
Use and Care  
Manual**

**FW623T  
FBG623T**

Attention: Keep these instructions for future reference.  
If the oven changes ownership, be sure this manual  
accompanies oven.

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## Model Identification

Please read this Use and Care Manual thoroughly. This manual provides proper maintenance information. Any questions, call the Consumer Affairs Department at **1-800-843-0304** inside U.S.A. and **1-319-622-5511** if outside U.S.A.

**Complete enclosed registration card** and promptly return. If registration card is missing, call the Consumer Affairs Department.

When contacting Amana, provide product information. Locate product information on the nameplate. Record the following information:

Model Number: \_\_\_\_\_  
Manufacturing Number: \_\_\_\_\_  
Serial or S/N Number: \_\_\_\_\_  
Date of purchase: \_\_\_\_\_  
Dealer's name and address: \_\_\_\_\_

**Keep a copy of sales receipt** for future reference.

Locate an authorized servicer by calling **1-800-NATLSVC (628-5782)** inside U.S.A. and **319-622-5511** outside U.S.A. Warranty service must be performed by an **authorized** servicer. Amana also recommends contacting an **authorized** servicer if service is required after warranty expires.

Amana offers a complete line of appliances...refrigerators, freezers, ranges, cooktops, wall ovens, dishwashers, washers and dryers. Amana also manufactures a complete selection of high efficiency gas furnaces plus both central and room air conditioners. When buying one of these products, choose Amana quality appliances.

## Special Features of Your New Amana Microwave Oven

- 1000 Watts of Cooking Power
- 1.2 cu.ft. Capacity

# IMPORTANT SAFETY INSTRUCTION



Recognize this symbol as a **SAFETY** message



## WARNING

WHEN USING ELECTRICAL APPLIANCES, BASIC SAFETY PRECAUTIONS SHOULD BE FOLLOWED TO REDUCE THE RISK OF BURNS, ELECTRICAL SHOCK, FIRE, INJURY TO PERSONS, OR EXPOSURE TO EXCESSIVE MICROWAVE ENERGY:

1. **READ** all instructions before using the appliance.
2. **READ AND FOLLOW** the specific “**PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY**” found on page 5.
3. This appliance **MUST BE GROUNDED**. Connect only to properly grounded outlet. See “**GROUNディング INSTRUCTIONS**” on page 6.
4. Install or locate this appliance **ONLY** in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers -- for example, closed glass jars -- may explode and **SHOULD NOT** be **HEATED** in this oven.
6. Use this appliance **ONLY** for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat or cook. It is not designed for industrial or laboratory use.
7. As with any appliance, **CLOSE SUPERVISION** is necessary when used by **CHILDREN**.
8. **DO NOT** operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
9. This appliance should be serviced **ONLY** by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
10. **DO NOT** cover or block any openings on the appliance.
11. **DO NOT** store this appliance outdoors. **DO NOT** use this product near water -- for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
12. **DO NOT** immerse cord or plug in water.
13. Keep cord **AWAY** from **HEATED** surfaces.
14. **DO NOT** let cord hang over edge of table or counter.
15. See door cleaning instructions on page 56.

## ***TO REDUCE THE RISK OF FIRE IN THE OVEN CAVITY:***

- a. **DO NOT** overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
- b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
- c. If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.  
IF THE DOOR IS OPENED THE FIRE MAY SPREAD!
- d. **DO NOT** use the cavity for storage purposes. **DO NOT** leave paper products, cooking utensils, or food in the cavity when not in use.

THIS APPLIANCE **MUST** BE SERVICED ONLY BY QUALIFIED SERVICE PERSONNEL. CONTACT YOUR NEAREST AUTHORIZED SERVICE FACILITY FOR EXAMINATION, REPAIR OR ADJUSTMENT.

## SAVE THESE INSTRUCTIONS

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

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



### **Caution**

To avoid personal injury or property damage, observe the following:

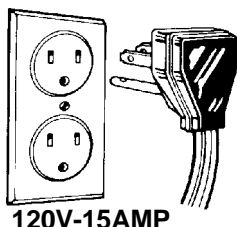
1. Always press *STOP/RESET* before programming oven.
2. Do not deep fat fry in oven. Fat could overheat and be hazardous to handle.
3. Do not cook or reheat eggs in shell or with an unbroken yolk. Pressure may build up and erupt. Pierce yolk with a fork or knife before cooking. Do not reheat previously cooked eggs in the microwave oven unless finely chopped or scrambled.
4. Pierce skin of potatoes, tomatoes, or other foods with a "skin" before cooking in microwave oven. This allows steam to escape during cooking.
5. Remove excess fat from meats and poultry to prevent splattering.
6. Do not heat baby bottles in microwave oven.
7. Do not home can in microwave oven. Home canning is generally done with metal lids. Since metal lids reflect heat, product may not be heated uniformly to 212°F or above. Food could deteriorate. USDA extension specialists do not recommend home canning in microwave ovens.
8. Briskly stir or pour liquids before heating to prevent spontaneous boiling or eruption. Do not overheat. If air is not mixed into a liquid, liquid can erupt in oven or after removal from oven.
9. All uncooked foods should be heated to a final internal temperature of at least 165°F. Some foods require higher temperatures. These recommended temperatures kill most food borne, disease causing organisms. Some common visual signs that indicate the cooking temperature has been reached:
  - Food steams throughout, not just around edges.
  - Center bottom of dish is very hot to the touch.
10. If using a microwave popcorn popper, use according to manufacturer's instructions. Do not continue to heat after popping has stopped. Popcorn will scorch or burn. Do not leave oven unattended.
11. Use only popcorn in packages designed and labeled for microwave use. Pop according to package directions, beginning with the minimum amount of time recommended. Use caution when handling hot popcorn bag.

12. Microwave convenience foods are often packaged in specially designed packaging. Special plates, lids, containers, or other unique packaging materials may be used. Susceptor packing material (a thin, metalized plastic film) is frequently used to help brown and crispen foods such as microwave pizzas, french fries, or fish sticks. Be sure to follow food package instructions carefully. Contact convenience food manufacturer with questions concerning these products. Amana Refrigeration, Inc., does not endorse any brand of microwave convenience foods, or any type of microwave food packaging.
13. Do not operate microwave oven empty. This could damage the oven.
14. Do not use regular cooking thermometers in oven. Most cooking thermometers contain mercury and may cause "arcing", malfunction, and/or damage to oven.
15. Metal or ceramic accessories which are designed to absorb microwave energy to provide heat may be used with caution. Test device before use (See "Utensil Check Test" on page 17). Read and follow manufacturer's instructions provided with the accessory. Contact accessory manufacturer with questions concerning these accessories. Amana Refrigeration, Inc., does not endorse any brand of accessory.
16. Never use newspapers in oven since paper may ignite.
17. Pierce or open plastic bags (and other airtight containers) before heating in microwave oven. This allows steam to escape during cooking.
18. Containers may become hot and pot holders may be needed.
19. Closely supervise use by children. Make sure they can read instructions and reach controls. Never allow them to lean or swing on oven door.

## Electrical Requirements

# GROUNDING INSTRUCTIONS

**DO NOT UNDER ANY CIRCUMSTANCES CUT OR REMOVE THE ROUND GROUNDING PRONG FROM THE PLUG OR BEND THE POWER PRONGS TO FIT A RECEPTACLE OTHER THAN THE ONE SHOWN FOR YOUR OVEN. SUCH ABUSE OF THE PLUG CAN RESULT IN ELECTRICAL SHOCK OR OVERHEATING.**



**⚠ WARNING -- IMPROPER USE OF THE GROUNDING PLUG CAN RESULT IN A RISK OF ELECTRIC SHOCK OR DEATH.**

This appliance **MUST** be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded. **DO NOT** use a two-prong adapter.

Consult a qualified electrician or servicer if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

Do not use an extension cord. If the product power cord is too short, have a qualified electrician install a three-slot receptacle. This oven should be plugged into a separate 60 hertz circuit with the electrical rating as shown in the appropriate drawing at left. When a microwave oven is on a circuit with other appliances, an increase in cooking times may be required and fuses can be blown.

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## Power Supply Cord

A short power supply cord is provided to reduce risks of becoming entangled in or tripping over a longer cord.

- Longer cord sets or extension cords are available and may be used if care is exercised in their use.
- If a long cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (2) the extension cord must be a grounding type 3 wire cord, and (3) the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.

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## Microwave Power

Models FW623T and FBG623T deliver 1000 watts, based on IEC 705 test method, of microwave power to the oven cavity.

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## Radio Interference

Microwave oven operation may cause interference to radio, TV, or similar equipment. To reduce or eliminate interference:

- Clean door and sealing surfaces of oven. See "Care and Cleaning" instructions on page 56.
- Place the radio, TV, etc. away from oven.
- Use properly installed antenna on radio, TV, etc. to obtain stronger signal reception.

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## Installation

### Unpacking Oven

- Inspect microwave oven for damage such as dents in door or dents inside oven cavity.
- Report any dents or breakage to source of purchase immediately. Do not attempt to use damaged oven.
- Remove all packing and printed materials from oven interior.
- If oven has been stored in extremely cold area, wait a few hours before plugging in.

### Oven Placement

Not for built-in application. Do not build oven in with sides, top or bottom airflow restricted. Oven must have sufficient airflow around it. Air flows around electric components. At least one inch of clearance is required at top and sides of oven to provide proper ventilation. With restricted air flow oven will not operate properly and life of electrical parts shortens.

## Usage

### Oven Signal

Oven features an entry signal and end-of-cycle signal programmed at factory. Signal can be deactivated. Entry signal sounds whenever a pad is pressed. It confirms oven has read and accepted instruction. End-of-cycle signal sounds at end of cooking time.

To cancel entry signal or end-of-cycle signal

1. Press and hold *MEMORY SET* for five seconds. "OP:10" or "OP:11" displays. See chart at right for definition of signal options.
2. To change signal option, press *0* to deactivate entry signal. Press *1* to activate entry signal.
3. Press *MEMORY SET*. "OP:20" or "OP:21" displays. Change signal option for end-of-cycle signal, if desired.
4. Advance to next signal option by pressing *MEMORY SET*.
5. To exit signal option mode, press *STOP/RESET* once.

Option Number	Option Function
OP:10	Prevents signal from sounding when a pad is pressed.
OP:11*	Allows signal to sound when a pad is pressed.
OP:20	Prevents end-of-cycle signal from sounding when heating time is over.
OP:21*	Allows signal to sound at end of heating time and timer cycle.

\*As shipped from factory.

### Oven Operation

- A. Oven light comes on when door is opened and also when oven is operating.
- B. Set the Clock
  1. Press *CLOCK*. "CLOCK" displays.
  2. Enter time of day. For example, 10:35 (a.m. or p.m.) press number pads *1,0,3,5*.
  3. Press *CLOCK* again. Clock is set. If oven power is interrupted all programming instructions erase. When power is reconnected, dashes appear in display. Reset clock as indicated above.
- C. Rotawave® System beams microwave energy directly to food in uniform pattern for even cooking results.
- D. Check operations of interlock systems. The *START* and *STOP/RESET* pads turn oven on and off. Microwave energy is generated only when door is closed, cooking time is set, and *START* is pressed. In addition, oven has interlock switches to assure no microwave energy is generated when door is open. To check or remove food before cooking time is elapsed, either press *STOP/RESET* or open oven door to turn oven off.

To check operation of *START*, *STOP/RESET* and interlock switches:

1. Place a glass of water in oven. Close door.
2. Press *TIME ENTRY*.
3. Press *5,0* (50 seconds).
4. Press *START*. Oven should operate and oven light should come on.
5. Press *STOP/RESET*. Oven and oven light should shut off immediately.
6. Open oven door fully. Oven light should come on when door is opened.
7. Press *STOP/RESET*.

If under any of the preceding conditions oven does not operate as stated, do not use it. See "Factory Service Centers" section on back page.

## Control Panel

*Readout display*--Normally shows time of day.

·Shows remaining time when cooking by time or using timer.

*TIME ENTRY*--Use when changing preset time for each preprogrammed food pad or to program time not in oven memory.

*ACCU-THAW™*--Programs oven to defrost food by time.

*COOKMATIC® LEVEL*--Programs cooking power level lower than full power.

*MEMORY SET*--Use to change preset time of each reprogrammed pad.

*CLOCK*--Sets time of day.

*TIMER*--Use to time a separate task.

*STOP/RESET*--

·Press once to stop oven when operating.

·Press twice to cancel programming.

*LOCK*--

·Programs oven to lock key pads so pads cannot be used.

*START*--Starts oven operation.

*NUMBERS*--

·Press after time entry when programming oven to heat by time.

*REHEAT 1*--Programmed to heat for ten seconds.

*REHEAT 2*--Programmed to heat for 30 seconds.

*REHEAT 3*--Programmed to heat for one minute, 30 seconds.

*FROZEN VEGETABLE PAD*--

Programmed to heat a 9-10 ounce package of frozen vegetables for four minutes.



REHEAT/PIZZA 2 (Conver  
Aldus Freehand 4.0  
8/15/94 3:54 PM

*MINIMEAL*--Programmed to heat one 7 1/2-8 1/2 ounce single serving meal for one minute.

*SOUP*--Programmed to heat a 10 1/2-11 ounce serving of soup for one minute, 45 seconds.

*POTATO*--Programmed to cook one 6-7 ounce baking potato for three minutes.

*HOT DRINK*--Programmed to heat one cup of liquid for one minute, 15 seconds.

*POPCORN*--Programmed to pop one 3.5 ounce package of microwave popcorn for two minutes, 30 seconds.

*PIZZA*--Programmed to heat one serving pizza for two minutes, 45 seconds.

Note: *MINIMEAL*, *SOUP*, and *HOT DRINK* pads calculate times to heat one to four individual servings. Potato pad calculates times to heat one to eight potatoes.

### To Cancel Mistake

·If oven is not operating, press *STOP/RESET* to cancel all programming.

·If oven is operating, press *STOP/RESET* once to stop oven. Press a second time to cancel all programming.

### Error Signal

Oven sounds an error signal when incorrect pads are pressed attempting to:

·program a Cookmatic® level with Accu-Thaw™

·enter or exit lock mode and incorrect sequence of digits is entered.

·enter invalid clock time.

**Preprogrammed Food Pads (Usage instructions page 11)**

Pad#	Pad	Time min.:sec.	Uses	Instructions										
1	REHEAT	:10	Reheat cinnamon roll, soften butter.											
2	REHEAT	:30	Reheat pizza slice, cook scrambled egg.											
3	REHEAT	1:30	Reheat plate of food or cheese spread.											
4	FROZEN VEG.	4:00	Cooks a 9-10 ounce package of frozen vegetables to serving temperature. To reprogram pad to cook other package sizes: <table border="0" style="margin-left: 20px;"> <tr> <td>Package Size</td> <td>Time</td> </tr> <tr> <td>4-5 ounces</td> <td>2:00-2:30</td> </tr> <tr> <td>6-8 ounces</td> <td>2:00-3:00</td> </tr> <tr> <td>12-16 ounces</td> <td>4:30-6:00</td> </tr> <tr> <td>28-32 ounces</td> <td>9:00-11:00</td> </tr> </table>	Package Size	Time	4-5 ounces	2:00-2:30	6-8 ounces	2:00-3:00	12-16 ounces	4:30-6:00	28-32 ounces	9:00-11:00	Empty contents of package into casserole dish. Heat, covered. Stir halfway through. If heating vegetables in a pouch, pierce pouch before heating.
Package Size	Time													
4-5 ounces	2:00-2:30													
6-8 ounces	2:00-3:00													
12-16 ounces	4:30-6:00													
28-32 ounces	9:00-11:00													
5	MINIMEALS	1:00	Heats a 7 1/2-8 1/2 ounce (room temperature) minimeal (microwave cup) to serving temperature. Heat up to four meals at once.* To reprogram pad to heat other sizes: <table border="0" style="margin-left: 20px;"> <tr> <td>Package Size</td> <td>Time</td> </tr> <tr> <td>10 1/2 ounces</td> <td>1:35-1:50</td> </tr> </table>	Package Size	Time	10 1/2 ounces	1:35-1:50	Prepare minimeal for heating per package instructions. Stir soups before heating to prevent boil-overs. Stir before serving.						
Package Size	Time													
10 1/2 ounces	1:35-1:50													
6	SOUP	1:45	Cooks a 10 1/2-11 ounce can of soup to serving temperature. Heat one to four individual servings at once.*	Stir soup or pour from can into serving bowl before heating to prevent boil-overs. Cover with vented plastic wrap.										
7	POTATO	3:00	Cooks a 6-7 ounce baking potato. Cook one to 8 potatoes at once.* To reprogram the pad to cook other sizes of potatoes: <table border="0" style="margin-left: 20px;"> <tr> <td>Weight</td> <td>Time</td> </tr> <tr> <td>5-6 ounces</td> <td>2:45-3:00</td> </tr> <tr> <td>9-10 ounces</td> <td>3:15-3:30</td> </tr> <tr> <td>11-12 ounces</td> <td>3:30-4:00</td> </tr> </table>	Weight	Time	5-6 ounces	2:45-3:00	9-10 ounces	3:15-3:30	11-12 ounces	3:30-4:00	Pierce skin of potato with fork for steam escape. Place in oven on microwave-safe paper towel. Turn over halfway through. Let stand 2 minutes before serving. If cooking more than one potato, arrange in circular pattern on microwave-safe paper towel.		
Weight	Time													
5-6 ounces	2:45-3:00													
9-10 ounces	3:15-3:30													
11-12 ounces	3:30-4:00													
8	HOT DRINK	1:15	Heats room temperature 6-8 ounce drink. Heat one to four individual servings at once.*	To prevent boil-overs when heating cocoa, heat water before adding cocoa.										
9	POPCORN	2:30	Designed to pop most 3.5 ounce packages of microwave popcorn. To program for different size bags of popcorn: <table border="0" style="margin-left: 20px;"> <tr> <td>Weight</td> <td>Time</td> </tr> <tr> <td>1.5-1.75 ounce</td> <td>1:50-2:10</td> </tr> <tr> <td>7 ounce</td> <td>4:20-4:35</td> </tr> </table>	Weight	Time	1.5-1.75 ounce	1:50-2:10	7 ounce	4:20-4:35	Follow package directions for popping.				
Weight	Time													
1.5-1.75 ounce	1:50-2:10													
7 ounce	4:20-4:35													
0	PIZZA	2:45	Cooks single serving 7" round or 4 1/2" deep dish pizza or 7"x3"x3 1/2" french bread pizza. For best results, choose pizzas with packaging that enhances crispness and browning.	Prepare pizza for cooking per package instructions. Turn quarter turn halfway through cooking time.										

\*To cook multiple items, press preprogrammed pad until desired quantity is reached.

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## Preprogrammed Food Pads

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1. Place food in oven. Close door.
2. Press *STOP/RESET* to clear display.
3. Press desired preprogrammed pad.  
Preprogrammed time and "MICRO" display.  
Note: When any of the multiple food pads are pressed, *MINIMEAL*, *SOUP*, *POTATO*, or *HOT DRINK*, "1" and two letters representing the pad name display. For example, if 5 is selected, "LU", for lunch, displays.

4. Press *START*. Oven operates and time counts down. "MICRO" and "POWER" display.
5. Oven stops and signals at end of cooking time.  
Note: To stop oven, press *STOP/RESET* once.  
To clear display, press *STOP/RESET* twice.

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## Preprogrammed Food Pads / Cooking Multiple Food Items

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*MINIMEAL*, *SOUP*, and *HOT DRINK* pads calculate times to heat one to four individual servings. *POTATO* pad calculates times to heat one to eight potatoes.

1. Place food in oven. Close door.
2. Press *STOP/RESET* to clear display.
3. Press *MINIMEAL*, *SOUP*, *POTATO*, or *HOT DRINK* pad until desired quantity is reached.

Number and two letters representing pad name display. For example, to heat three individual bowls of soup, press *SOUP* three times. "3" and "SP" display.

4. Press *START*. Oven operates and time counts down. "MICRO" and "POWER" display.
5. Oven stops and signals at end of cooking time.  
Note: To stop oven, press *STOP/RESET* once.  
To clear display, press *STOP/RESET* twice.

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## Full Power Cooking

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1. Place food in oven. Close door.
2. Press *STOP/RESET* to clear display.
3. Press *TIME ENTRY*.
4. Press numbers for cooking time. Numbers selected appear in display.  
Note: To cancel programming, press *STOP/RESET* once and return to step 3.

5. Press *START* and oven operates. "MICRO" and "POWER" display indicating oven is cooking.
6. Oven stops and signals at end of cooking time.

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## Cookmatic® Power Level Cooking

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Oven has ten power levels. When no power level is selected, oven operates at full power.

1. Place food in oven. Close door.
2. Press *STOP/RESET* to clear display.
3. Press *TIME ENTRY*.
4. Enter numbers for cooking time. Time appears in display.
5. Press *COOKMATIC LEVEL*. Power level displays.

6. Press number for desired Cookmatic power level. Number displays. For example, to cook at power level eight, press 8, which is 80 percent power.
7. Press *START*. Oven operates. "MICRO" and power level selected display. Microwave power cycles on and off, as indicated by "POWER" flashing on and off.
8. To change power level, press *STOP/RESET* once to stop oven. Press *COOKMATIC LEVEL* and then new power level.
9. Oven stops and signals at end of cooking time.

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## Independent Timer

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1. Press *TIMER*. "TIMER" displays.
2. Enter digits for amount of time desired.
3. Press *TIMER*. Display counts down and shows "TIMER" indicating timer function is being used.
4. Oven signals when time is elapsed.

- Note: To erase time from display before time elapses:
1. Press *TIMER*.
  2. Press 0. "0" displays.
  3. Press *TIMER*. Time of day displays.

## Accu-Thaw™ Defrosting by Time

Accu-Thaw pulses microwave energy on and off at various power levels for optimal defrosting results. During the "on" periods, food exterior is heated. During the "off" periods, heat conducts to food interior, allowing uniform defrosting with little or no cooking on exterior.

Note: Defrost foods completely for even cooking results.

1. Place frozen food in oven. Close door. If food is inside plastic bag, slit bag to allow steam to escape.
2. Press *STOP/RESET* to clear display.
3. Press *ACCU-THAW*. "0" and "DEFR" display.
4. Enter desired defrosting time. Start with short amounts of time and increase as needed.
5. Press *START*. Oven operates. "DEFR" displays indicating oven is programmed to defrost. Microwave power cycles on and off, as indicated by "POWER" flashing on and off.
6. Oven stops and signals at end of defrosting time.

## Accu-Thaw Defrosting Guide

Use this guide when using Accu-Thaw to defrost foods. When defrosting and heating frozen convenience foods, follow package instructions. This defrosting chart instructs on defrosting by time.

### Frozen Beverages:

Frozen juice concentrate can be placed directly in serving pitcher and heated in microwave oven. Be certain pitcher is microwave-safe and fits inside microwave oven.

FROZEN BEVERAGES DEFROSTING CHART				
Type of Beverage	Carton or Can Size	Utensils	Defrosting Time	Special Instructions
Frozen Juice Concentrate	6 oz. can	1-quart casserole or glass measure	30 sec. to 1 min., 15 sec.	Place frozen juice concentrate in utensil. After defrosting, stir until mixture is melted and smooth.
	12 oz. can	2-quart casserole or glass measure	1 min., 30 sec. to 2 min.	Same as above.
	16 oz. can	glass measure	1 min., 30 sec. to 2 min., 30 sec.	Same as above.
Frozen Non-Dairy Creamer	1 pint carton	Defrost in carton	8 to 10 min.	Open carton. Defrost according to time and setting, or until defrosted. Shake or stir occasionally during defrosting time.

### Frozen Fruit:

1. Place fruit in utensil recommended on chart. Cover fruit with glass lid or plastic wrap.
2. Defrost, according to time recommended on chart. Stir fruit halfway through the defrost time to break fruit apart and rearrange.

FROZEN FRUIT DEFROSTING CHART		
PACKAGE SIZE	UTENSIL	DEFROSTING TIME
10 oz.	1-quart casserole	3 to 5 min.
20 oz.	1 1/2-quart casserole	8 to 10 min.

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**Frozen Cakes and Pies:**

1. Remove cake from container, if metal. Place cake on plastic rack or paper plate. Cover with microwave-safe paper towel. If frosted, do not cover.
2. Defrost, according to time recommended on chart. Do not melt frosting.
3. Place cooked frozen pie in glass pie plate. Do not cover. Defrost, according to time recommended on chart.

<b>FROZEN CAKES AND PIES DEFROSTING CHART</b>		
<b>TYPE</b>	<b>SIZE</b>	<b>DEFROSTING TIME</b>
Cake	12 to 14 oz.	1 min., 30 sec. to 3 min.
	16 to 18 oz.	2 min., 30 sec. to 3 min., 30 sec.
Pound Cake	10 to 11 oz.	2 to 3 min.
Pie	8-inch (20 to 30 oz.)	6 to 11 min.
	9-inch (30 to 40 oz.)	10 to 15 min.

**Main Dishes:**

1. Select defrosting instructions according to dish size. Cover dish with glass lid or plastic wrap.
2. Defrost according to times recommended on chart.
3. Stir and break apart 2 to 3 times during defrost time.

<b>MAIN DISH DEFROSTING AND COOKING CHART</b>		
<b>DISH</b>	<b>DEFROSTING TIME (HOURS:MINUTES)</b>	<b>COOKING TIME ON FULL POWER (MINUTES)</b>
1 quart	:15 - :20	3 to 5
1-1/2 quart	:18 - :25	4 to 6
2 quart	:28 - :32	5 to 7
3 quart	:45 - :60	5 to 8

**Frozen Fish, Seafood, and Small Meat:**

1. Turn food over halfway through defrost time unless otherwise noted.
2. Place seafood in utility dish. Cover dish loosely with plastic wrap or waxed paper.
3. Let seafood stand for a short period of time before cooking to ensure it is totally defrosted. Hold larger seafood pieces under cold running water, if necessary, to finish defrosting process, or to separate fillets.

<b>FROZEN FISH, SEAFOOD, AND SMALL MEAT DEFROSTING CHART</b>			
Food	Weight (ounces)	Defrosting Time (minutes)	Special Instructions
<b>Fish and Seafood</b>			
Crab claws or legs	16	10 to 12	Rearrange crab halfway through defrosting time.
Crab meat	6	4 to 5	Stir crab halfway through defrosting time.
Fillets -- flounder, cod, sole, etc.	16	9 to 12	Turn fillets over halfway through defrosting time.
Lobster tail	16	9 to 12	Wrap lobster in plastic wrap or waxed paper. Turn over halfway through cooking time.
Shrimp	16	9 to 11	Rearrange halfway through defrosting time.
<b>Small Meat</b>			
Bacon	16	3 to 5	Turn over and turn quarter turn halfway through defrosting time.
Bratwurst	16	6 to 9	Turn over and turn quarter turn halfway through defrosting time.
Chops	16	6 to 10	Turn over and turn quarter turn halfway through defrosting time.
Frankfurters	16	4 to 7	Turn over and turn quarter turn halfway through defrosting time.
Ground meat, bulk	16	6 to 8	Break apart and remove defrosted portions halfway through defrosting time.
Ground meat, patties	16	6 to 8	Arrange meat in circle. Turn over halfway through defrosting time.
Sausage	12	3 to 5	Break apart and remove defrosted portions halfway through defrosting time.
Steaks	16	6 to 9	Turn over and turn quarter turn halfway through defrosting time.

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**Frozen Roast:**

1. Place meat in utility dish and cover with plastic wrap or place in heavy-duty plastic roasting bag in utility dish.
2. Defrost according to time recommended on chart.
3. Use longer defrost times listed on chart for thicker cuts of meat.
4. Larger roasts may need standing time before cooking to allow completion of defrosting process.

FROZEN ROAST DEFROSTING CHART		
Weight	Defrosting Time (minutes/pound)	Special Instructions
Under 3 pounds	6 to 10	Turn roast over halfway through defrost time.
3 to 6 pounds	6 to 10	Turn roast over after five minutes and halfway through remaining defrost time. Let stand to finish defrosting.

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**Cooking Program**

Defrost and cook food with one set of instructions. Items may be cooked at full power or selected Cookmatic® power level.

**Accu-Thaw™ Defrost by Time, then Cook**

1. Place food in oven. Close door. If food is inside plastic bag, slit bag to allow steam to escape.
2. Press *STOP/RESET* to clear display.
3. Press *ACCU-THAW*. "0" and "DEFR" display.
4. Enter desired defrosting time.
5. Press *TIME ENTRY*. "MICRO" and "0" display.
6. Enter desired cooking time. Cooking time displays.
7. To cook at a Cookmatic power level other than full power, press *COOKMATIC LEVEL*.
8. Press number for desired Cookmatic power level. Number appears in display. For example, to cook at power level four, press 4 which is 40 percent power.
9. Press *START*. Oven operates beginning with calculated defrost time. "DEFR" displays. "POWER" flashes as microwave energy cycles on and off. After defrost program is complete, oven begins cooking food for programmed cooking time.
10. Oven stops and signals when cooking time is complete.

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**Instant Replay**

Instant replay allows review of oven programming.

1. Press *CLOCK* to display time of day.
2. Press *CLOCK* again to display remaining cooking time.
3. Press *TIMER* to display remaining time on timer.

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## Changing Preprogrammed Food Pads

Preprogrammed food pads cook specified amounts of food to serving temperature (see page 10). To reprogram pads:

1. Press *STOP/RESET* to clear display.
2. Press *MEMORY SET*. "P" displays.
3. Press pad number 0-9 to change. Current heating time, Cookmatic® level, and "MICRO" display.
4. Press *TIME ENTRY*. "0" displays.
5. Enter new heating time. New time appears in display.  
Note: When reprogramming one of the multiple program pads (MINIMEAL, SOUP, POTATO, or HOT DRINK) enter cooking time for one serving. Oven calculates time for cooking multiple servings.
6. To cook on a power level other than full power, press *COOKMATIC LEVEL*. "COOK LEVEL" displays.
7. Enter desired Cookmatic power level.
8. Press *MEMORY SET* to lock new instructions into preprogrammed pad. "P" displays. Note: If cooking time and/or Cookmatic power level is changed on multiple program pad, the change is for one serving. Oven calculates change for multiple servings. For example, if time is changed to cook one potato from 3:30 to 3:00, oven calculates time to cook eight potatoes.
9. To change other preprogrammed pads, return to step 3.
10. To exit this mode, press *STOP/RESET*. Time of day displays.

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## Lockout and Custom Lock

Use to prevent accidental programming or starting of oven. *Lockout* disables all key pads. *Custom lock* disables all key pads except one preprogrammed pad. For example, to access only the popcorn pad, the custom lock feature would disable the other pads from operating, allowing only the popcorn pad to operate.

### Programming Lockout:

1. Press *LOCK*. "0" displays.
2. Press 1,3,5,7.
3. Press *LOCK*. "LOC" displays, then time of day and "L" (indicating lockout is on) display. If a pad is pressed while in lockout mode "LOC" displays for a second.

### Removing Lockout Programming:

1. Press *LOCK*. "0" displays.
2. Enter 1,3,5,7.
3. Press *LOCK*. Time of day displays.

### Programming Custom Lock:

1. Press *LOCK*. "0" displays.
2. Press 2,4,6,8.
3. Press preprogrammed pad to be left on (not locked off). For example, to access the popcorn pad or pad 9 only, press 9. "9" displays.
4. Press *LOCK*. "LOC" displays, then time of day, pad number programmed in step 3 ("9" from example), and "READY" display indicating pad 9 is ready for use. If pad other than accessible pad is pressed, "LOC" displays for a second.

### Removing Custom Lock Programming:

1. Press *LOCK*. "0" displays.
2. Press 2,4,6,8. "READY" displays.
3. Press *LOCK*. Time of day displays.

## Microwave Cooking

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### Food Placement

Allow space between foods for proper cooking results. For best results, arrange thickest, or hardest to cook portion of foods toward outside of dish. Place smaller, easier to cook portion toward center.

### Reheating

When reheating food, cover dish loosely with plastic wrap. Heat at full power. Reheat porous items such as breads and cakes for a minimum amount of time. Stir soups, sauces and beverages vigorously before reheating.

### Defrosting

It is important that most foods, especially meats, be totally defrosted before cooking. To determine foods are totally defrosted, insert sharp knife in center of food, check for remaining ice crystals. Turn large food items over during defrosting, for best results.

### Microwave Utensils

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Microwave **Usable** utensils include glass, glass-ceramic, natural fiber cloth, non-recycled paper, plastic and wood.

### Utensil Check Test

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Use the following test to check utensils for microwave safeness:

1. Place glass measuring cup of water next to empty dish to be tested in unit.
2. Heat on full power for one minute.
3. Check temperature of dish and water.

### Browning

Some foods prepared in microwave will not brown the same as if done in conventional oven. This is particularly true for baked goods, such as breads and cakes.

### Shielding

Porous, thin and protruding portions of large food items, such as poultry drumsticks, can be covered with thin strips of foil to prevent overcooking.

### Piercing

Membranes or tight skins on foods, such as egg yolks, potatoes, tomatoes, and squash, must be pierced. Piercing allows steam to escape during cooking.

**Unusable** utensils include aluminum foil, grocery bags, lead crystal, metal, metallic trimmed china, newspapers, and recycled paper.

If dish remains cool and water is hot, dish is microwave safe. If dish is slightly warm, use for short term cooking only. If dish is hot and water is cool, do not use. Dish remains cool if not absorbing microwaves and microwaves are being absorbed by water. Dish becomes hot if absorbing microwaves.

### Microwave Cooking Principles

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**Decrease** cooking times when:

- Foods are high in fat and sugar.
- Foods are porous.
- Foods are flat, thin or prepared in shallow pan.

**Increase** cooking times when:

- Foods are thick and dense.
- Foods are frozen or refrigerator temperature.
- Food volume increases.

### To prevent excess moisture

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When cooking foods in a microwave oven, a considerable amount of steam/water vapor can be generated and accumulate on foods and inside of oven. This is caused by hot moist air from food coming in contact with cool surfaces inside oven. Use the following procedures to help reduce moisture buildup.

1. Cover foods before cooking in microwave.
2. Cover potatoes and fresh vegetables with a microwave-safe paper towel before cooking to help absorb excess moisture. Remove paper towel immediately after cooking to prevent vegetables from reabsorbing moisture.
3. Open microwave door immediately after cooking to reduce moisture inside oven.

## Heating and Reheating Chart

Item	Amount	Heating Time	Cookmatic Power Level	Special Instructions
Bread (defrosting)	1 loaf (1 lb.)	3½ to 4½ min.	2	Leave in plastic wrapper. Remove metal twist. Loosen end.
Butter or margarine (melting)	2 to 3 tablespoons	20 to 35 sec.	Full Power (10)	
	¼ cup	30 to 45 sec.	Full Power (10)	
	½ cup	45 sec. to 1¼ min.	Full Power (10)	
	(softening) ½ cup	15 to 30 sec.	3	
Cheese (softening)	1 (5 oz.) jar	45 sec. to 1½ min.	3	
Chicken, cooked (2 pieces)	6½ to 7 oz.	45 sec. to 1½ min.	Full Power (10)	Cover with plastic wrap* or microwave-safe paper towel.
Chocolate, morsels (melting)	6 oz.	30 sec. to 1½ min.	Full Power (10)	Stir halfway through heating time.
	12 oz.	45 sec. to 1½ min.	Full Power (10)	Stir halfway through heating time.
	squares (melting) 1 oz.	45 sec. to 1½ min.	Full Power (10)	Stir halfway through heating time.
Coffee or tea	1 cup	1 to 2 min.	Full Power (10)	
Cream Cheese (softening)	3 oz.	30 sec. to 1½ min.	3	
	8 oz.	45 sec. to 2 min.	3	
Dinner plate, with meat, potato and vegetable (reheating)	1 plate	1½ to 3 min.	Full Power (10)	Cover with waxed paper or plastic wrap*.
Frankfurter	1	30 to 45 sec.	Full Power (10)	Wrap with napkin or plastic wrap*. Place in bun last 10 sec. of heating time.
Ice Cream (softening)	½ gallon	2 to 4 min.	1	Loosen package. Be careful not to melt it.
Meat patty	1 (4 oz.)	25 to 45 sec.	Full Power (10)	Cover with waxed paper or microwave-safe paper towel.
Milk (hot)	1 cup	45 sec. to 1½ min.	Full Power (10)	
Pie, fruit (4-inch)	1 slice	15 to 30 sec.	Full Power (10)	Cover with napkin or plastic wrap*.
Roll, dinner breakfast	1 roll	5 to 10 sec.	Full Power (10)	Cover with napkin.
	1 roll	10 to 15 sec.	Full Power (10)	Cover with napkin.
Soup	1 (8oz.) serving	1 to 2½ min.	Full Power (10)	Cover with waxed paper or plastic wrap*.
				Stir halfway through heating time.
Vegetables, canned	1 (16 oz. can)	1½ to 2½ min.	Full Power (10)	Cover with glass lid or plastic wrap*.
Water (hot) (boiling)	1 cup	45 sec. to 1½ min.	Full Power (10)	
	1 cup	1½ to 2 min.	Full Power (10)	

\*Use heavy-duty plastic wrap

## Microwave Cooking Guide

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### **Appetizers and Snacks Cooking Guidelines**

1. Save time by using only one dish for both heating and serving. Be certain dishes are microwave safe.
  2. Arrange appetizers in a single layer when heating, for best results. In most cases, cover with waxed paper or microwave safe paper towel to prevent splattering. Stir dips before serving.
  3. Whenever possible, prepare appetizers ahead and quickly heat when ready to serve. Freeze meatballs ahead, if desired. Quickly defrost and heat when needed.
  4. Do not place spreads on crackers until ready to heat to prevent sogginess.
  5. Use only popcorn in packages designed and labeled for microwave use. Pop according to manufacturer's instructions. (See "Precautions" page 4)
  6. Shellfish may be heated directly in the shell, since shells allow microwaves to transmit through them. Shells make attractive serving dishes.
  7. Freshen stale or soggy potato chips, crackers, or other snacks in microwave oven. Heat on full power for 15 to 45 seconds, or until heated through. They become more crisp as they cool.
  8. Blocks of cheese can be heated for serving. Heat for 10 to 20 seconds on power level 4.
  9. Most appetizers, such as canapes or dips, can be heated on full power.
  10. For best results, reheat baked pizza on a paper plate, napkin, or microwave-safe paper towel, on a plastic or ceramic rack, or in a preheated browning skillet or pizza crisping utensil.
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### **Spicy Meatball Appetizers**

Yield: 50 meatballs

Meatballs:

- 2 lbs. ground beef
  - 1 cup herb seasoned croutons
  - 1 (10 3/4 oz.) can French onion soup
  - 1 egg, slightly beaten
  - 2 teaspoons monosodium glutamate
- Sauce:
- 1 cup hot catsup
  - 1 cup barbecue sauce
  - 1 (10 oz.) jar currant jelly (about 1 cup)

1. For meatballs: Combine all meatball ingredients in a large bowl. Mix well. Form into 1-inch diameter balls. Divide evenly between 2, 9 x 2-inch round dishes. Cover with waxed paper.
2. For each dish: Cook, covered, on full power for 3 to 5 minutes, or until beef is no longer pink. Drain.
3. For sauce: Combine catsup, barbecue sauce and currant jelly in medium bowl. Divide sauce and pour over meatballs, stirring until well coated. Heat on full power for 2 to 4 minutes, or until heated through.

### **Crunchy Nibble Mix**

Yield: 10 to 12 servings

- 1/2 cup butter or margarine
- 2 teaspoons Worcestershire sauce
- 1 teaspoon onion salt
- 1/2 teaspoon celery salt
- 1/4 teaspoon garlic powder
- 6 cups popped popcorn
- 2 cups toasted wheat cereal squares
- 2 cups pretzel sticks
- 1 cup mixed nuts
- 1 cup salted cocktail peanuts

1. Place butter in 2-cup glass measure. Heat on full power for 30 seconds to 1 minute, or until melted. Add Worcestershire sauce, salts, and garlic powder. Mix well. Set aside.
2. Combine popcorn, cereal, pretzels, and nuts in 4-quart casserole. Pour butter mixture over all. Toss until well-coated.
3. Heat on full power for 3 to 5 minutes, or until heated through. Mix thoroughly 2 to 3 times during heating. Cool. Store in airtight container.

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### Hot Pecan Dip

Yield: About 2 cups

1 cup water  
4 to 5 ozs. dried beef, chopped  
1 (8 oz.) pkg. cream cheese, cubed  
1/2 cup dairy sour cream  
1/3 cup chopped pecans  
1/4 cup grated Parmesan cheese  
1/4 cup mayonnaise  
2 tablespoons chopped green pepper  
1 tablespoon chopped pimento  
1/2 teaspoon garlic powder  
1/2 teaspoon dill weed  
1/4 teaspoon hot pepper sauce

1. Combine water and dried beef in 1-quart casserole. Cook, covered, on full power for 2 1/2 to 4 minutes or until boiling. Drain.
2. Add remaining ingredients. Blend well. Heat, covered, on full power for 2 1/2 to 4 minutes, or until heated through. Stir halfway through heating time.

### Marinated Vegetables

Yield: 4 servings

1 cup julienne strip carrots  
1 tablespoon water  
1 1/2 cups broccoli flowerets  
1 cup cauliflower flowerets  
1 cup sliced zucchini  
1 small Bermuda onion, sliced and separated into rings  
3/4 cup Italian salad dressing

1. Place carrots and water in 1 1/2 quart casserole. Cook, covered, on full power for 45 seconds to 1 1/2 minutes, or until warmed.
2. Add broccoli and cauliflower. Cook, covered, on full power for 45 seconds to 1 1/2 minutes, or until vegetables are barely tender. Drain.
3. Add zucchini and onion. Pour dressing over vegetables. Stir to coat. Cover and refrigerate for at least 8 hours before serving.

### Pizza Fondue

Yield: 1 quart

1 lb. ground beef  
2/3 cup chopped onion  
2 (8 oz. each) cans pizza sauce with cheese  
3/4 teaspoon leaf oregano  
1/4 teaspoon garlic powder  
1 cup shredded Mozzarella cheese  
2 (5 oz.) jars sharp pasteurized process cheese spread  
French bread cubes or chips

1. Combine ground beef and onion in casserole. Cook, covered, on full power for 3 to 5 minutes, or until meat is no longer pink. Stir halfway through cooking time.
2. Blend together pizza sauce, oregano, and garlic powder. Add to meat mixture. Cook on full power for 2 to 4 minutes, or until bubbling.
3. Stir in Mozzarella cheese and cheese spread. Heat on full power for 3 to 4 minutes or until cheese melts and is no longer stringy. Stir occasionally during heating time. Serve hot with French bread cubes or chips.

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### **Fiesta Nacho Dip**

Yield: About 4 cups

- 1 lb. ground beef
- 2 tablespoons instant minced onion
- 1 (8 oz.) bottle hot taco sauce (about 3/4 cup)
- 1 (4 oz.) can chopped green chilies
- 1 (16 oz.) can refried beans
- 1 (8 oz.) carton guacamole dip or dairy sour cream
- 2 cups shredded Cheddar cheese

1. Combine ground beef and onion in 1 1/2-quart casserole. Cook, covered, on full power for 3 to 5 minutes, or until beef is no longer pink. Stir halfway through cooking time. Drain. Stir in taco sauce and chilies. Set aside.
2. Spread beans on 12-inch round glass platter. Spread meat mixture over beans. Heat on full power for 4 to 6 minutes, or until heated through.
3. Spread guacamole dip over meat. Sprinkle with cheese evenly over top. Heat on full power for 30 seconds to 1 minute, or until cheese begins to melt. Serve warm.  
Micro-tip: Garnish with shredded lettuce, chopped tomatoes, tortilla chips, guacamole sauce, sour cream, and snipped green onion tops, if desired. Serve as dip with tortilla chips.

### **Beverages Heating Guidelines**

1. Hot tap water boils faster than cold. Refrigerator-temperature beverages require a longer heating or reheating time than room-temperature beverages. Adjust times accordingly.
2. If heating several individual servings, consider heating in a pitcher, rather than in individual cups. Try defrosting juice in a serving dish.
3. To avoid boil-overs, only fill a cup 2/3 to 3/4 full. Most coffee cups are 6-ounce cups.
4. Always stir a beverage vigorously before reheating.
5. Milk should not be allowed to boil. Heat milk until it is just warmed. If desired, add marshmallows to a cup of hot chocolate halfway through heating time. Marshmallows will melt just the right amount.
6. When reheating coffee and tea, for best taste, do not allow to boil. Most reheated beverages taste better when reheated to almost boiling.
7. Always add instant coffee or tea to hot water to avoid bitter flavor and boil-overs. Water will not boil over as easily as premixed coffee and tea.

### **Instant Hot chocolate Mix**

Yield: 1 gallon mix

- 10 2/3 cups nonfat dry milk (enough to make 8 quarts of milk)
- 1/2 cup (or 6 oz. jar) powdered nondairy coffee creamer
- 1/2 cup confectioners' sugar
- 1 lb. quick chocolate flavored mix
- Water

1. Combine all ingredients, except water, in large mixing bowl. (Mix may be stored in airtight 1-gallon container.)
2. Place 1/4 cup mixture in serving mug. Fill with water. Stir to blend. Heat on full power for 1 to 1 1/2 minutes, or until heated through.

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### Cafe Bavarian Mint

Yield: 14 (6 oz.) servings

1/4 cup powdered nondairy coffee creamer

1/4 cup sugar

1/4 cup instant coffee

2 tablespoons cocoa

5 hard candy peppermints, crushed

Water

1. Combine all ingredients, except water, in small mixing bowl. (Mix may be stored in airtight container.)
2. Place 1 tablespoon mixture in serving mug. Fill with water. Stir to blend. Heat on full power for 1 to 1 1/2 minutes, or until heated through.

### Hot Egg Nog

Yield: 4 servings

1 quart milk

4 egg yolks

1/2 cup sugar

1/4 teaspoon cinnamon

1/4 teaspoon nutmeg

1/4 teaspoon vanilla

1. Place milk in casserole. Heat on full power for 6 to 8 minutes, or until heated through. Stir halfway through heating time.
2. Beat egg yolks with sugar and spices in small bowl. Stir one cup hot milk into egg mixture and then gradually blend all of egg mixture into milk.
3. Heat on full power for 2 to 3 1/2 minutes, or until warmed. Stir halfway through cooking time. Stir in vanilla.

### Orange Wassail

Yield: 10 (6 oz.) servings

1 1/2 quarts orange juice

2 cups cranberry juice

2 tablespoons honey

6 whole cloves

1 (2-inch) cinnamon stick

1. Combine all ingredients in 3-quart casserole. Cook, covered, on full power for 14 to 19 minutes, or until boiling. Stir halfway through cooking time. Continue cooking, covered, on Cook Level 3 for 10 minutes, or until mixture has simmered and flavors are blended.
2. Remove spices and serve hot.

### Soups and Stews Cooking Guidelines

1. Soups and stews are quickly heated in the microwave oven. Soups can be heated directly in serving bowls or mugs, so there are fewer dishes to wash.
2. Many soups are prepared on full power with good results. The fast cooking speed allows soups and stews to maintain a "fresh" flavor. Soups can be simmered on Cook Level 3 to blend flavors.
3. Vegetables and meat can be precooked before adding to soups and stews to shorten the heating time.
4. Use a container which is considerably larger than the amount of soup or stew being heated to avoid boil-overs.
5. Cook soups and stews, covered, as recommended in recipes for faster, more even cooking. Cover with a glass lid or heavy-duty plastic wrap, since these types of coverings are the most water-vapor-proof. Pierce plastic wrap slightly before heating. Carefully remove coverings from soups and stews to avoid steam burns.
6. When reheating soups or stews, stir the liquid vigorously or pour from a container into serving bowls or casserole before reheating.

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### Corn and Potato Chowder

Yield: 8 to 10 servings

1/2 lb. bacon  
1 cup chopped onion  
5 cups peeled and cubed potatoes  
1/3 cup water  
1 (16 oz.) can cream-style corn  
2 1/2 cups milk  
1/2 teaspoon salt  
1/4 teaspoon pepper

1. Cut bacon into small pieces. Combine bacon and onion in 3-quart casserole. Cook, covered, on full power for 6 to 9 minutes, or until bacon is thoroughly cooked and onion is tender. Stir halfway through cooking time. Drain.
2. Add potatoes and water. Cook, covered, on full power for 11 to 13 minutes, or until potatoes are tender. Stir twice during cooking time.
3. Add remaining ingredients. Heat, covered, on full power for 3 to 6 minutes, or until heated through. Do not boil. Stir halfway through heating time.

### Chili Con Carne

Yield: 4 to 6 servings

1 lb. ground beef  
1 cup chopped onion  
1/2 cup chopped green pepper  
1 (16 oz.) can tomatoes, with liquid  
1 (8 oz.) can tomato sauce  
1/3 cup catsup  
1 (16 oz.) can chili beans  
1 tablespoon Worcestershire sauce  
2 to 3 teaspoons chili powder  
1 bay leaf  
1/2 teaspoon salt  
1/4 teaspoon oregano  
1/8 teaspoon pepper

1. Combine ground beef, onion, and green pepper in casserole. Cook, covered, on full power for 3 to 5 minutes, or until vegetables are tender and beef is no longer pink. Stir halfway through cooking time. Drain.
2. Blend in remaining ingredients. Cook on full power for 7 to 10 minutes, or until heated through. Stir halfway through cooking time. Remove bay leaf.  
Micro-tip: Amount of chili powder can be increased or decreased, as desired.

### Sandwiches Cooking Guidelines

1. Sandwiches are generally heated on full power.
2. Sandwiches should be placed on a microwave-safe paper towel, or on a plastic or ceramic rack during heating to prevent the bottoms from becoming soggy.
3. To heat sandwiches in buns, bagels, or croissants, heat the bottom half of the bread and filling. Add the top of the bread during the last 10 to 30 seconds of heating time.
4. Whenever possible, heat the sandwich filling before spreading it inside the bun or on other bread. Then heat the entire sandwich, until the bun is just warmed.
5. Sandwiches having a "thin" layer of filling will heat faster than sandwiches with thicker fillings. When heating meat sandwiches, use thin, rather than thick, slices of meat.

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### Hot Browns

Yield: 4 servings  
1/3 cup butter or margarine  
1/4 cup finely chopped onion  
1/3 cup all-purpose flour  
1 teaspoon finely chopped parsley  
1/2 teaspoon salt  
Dash cayenne pepper  
Dash nutmeg  
3 cups milk  
2 egg yolks  
1/2 cup grated Parmesan cheese  
1 cup whipping cream  
8 slices toasted bread, cut diagonally  
8 slices turkey  
4 slices bacon, cooked and crumbled

1. Place butter and onion in casserole. Cook, covered, on full power for 1 to 3 minutes, or until onion is tender.
2. Stir in flour and seasonings. Blend to smooth paste. Blend in milk gradually, stirring constantly. Cook on full power for 5 to 8 minutes or until thickened and bubbling. Stir 2 to 3 times during cooking time.
3. Stir about 3/4 cup of hot mixture into egg yolks, stirring constantly. Return egg mixture to casserole.
4. Stir in cheese and whipping cream. Cook on full power for 1 to 2 minutes, or until thickened. Stir with the wire whisk often during cooking time.
5. Arrange four diagonal pieces toasted bread on serving platter. Place two slices turkey on bread. Pour 1 cup sauce over top. Sprinkle with crumbled bacon. Heat on full power for 30 seconds to 1 minute, or until heated through. Repeat with remaining ingredients.

### Hot Chicken Salad Sandwiches

Yield: 8 sandwiches  
1 cup diced, cooked chicken  
2/3 cup diced celery  
1/2 cup cubed Cheddar cheese  
1/4 cup mayonnaise  
1/2 teaspoon lemon juice  
1/8 teaspoon salt  
8 hamburger buns

1. Combine all ingredients, except buns, in medium bowl.
2. Spoon one-eighth of chicken salad onto bottom half of each bun. Arrange four open-faced sandwiches on plastic rack.
3. Heat on full power for 1 to 2 1/2 minutes, or until heated through and cheese is melted. Place tops of buns on sandwiches after 45 seconds of heating time. Repeat with remaining sandwiches.

### Barbecued Beef Sandwiches

Yield: 6 to 8 servings  
1 cup catsup  
1/4 cup brown sugar, firmly packed  
1 tablespoon Worcestershire sauce  
1/2 teaspoon chili powder  
1/2 teaspoon liquid smoke  
1/4 teaspoon onion powder  
1/8 teaspoon instant minced garlic  
2 to 3 drops hot pepper sauce  
3 cups thinly sliced or shredded cooked beef  
(about 1 lb.)

1. Combine all ingredients, except beef, in 1 1/2-quart casserole. Blend well.
2. Add beef. Stir until well-coated. Heat, covered, on full power for 3 to 6 minutes, or until boiling. Continue heating, covered, on Cook Level 3 for 8 minutes, or until flavors are blended. Micro-tip: Serve in whole wheat pita bread or bun, if desired.

## Meat Cooking Guidelines

1. Meats weighing 3 pounds or more will brown by themselves "naturally" in the microwave oven. Large cuts of meat become very hot during cooking and require a longer cooking time than do smaller cuts of meat. A long cooking time and heat are required for browning.
2. For more browning on small cuts of meat, such as steaks, chops and meat patties, use a browning dish or bottled browning sauce.
3. Because salt can cause the surface of meat to become dehydrated and tough, it is best to salt meats only after cooking, or just before serving. If, however, the meat is just one ingredient in a main dish, or the meat is covered by a sauce, you may add salt to the sauce or main dish.
4. Excess fat may be trimmed from meat before cooking to decrease the amount of accumulated meat juices and to reduce splattering during cooking.
5. For the best cooking results, turn most large meats over halfway through the cooking time.
6. Remember that meats continue to cook during standing time. Remove meats from microwave oven when they reach 5°F to 10°F lower than the desired end doneness.

Item	Total Cooking Time	Cookmatic Power Level	Method
LESS TENDER Beef Roasts (Rump, Pot, Chuck or Sirloin Tip Roasts)	13 to 18 min./lb.	2	Place meat in heavy-duty plastic roasting bag. Place in a dish. Add 1/2 cup of water or favorite meat sauce. Close the bag loosely. Secure with a string. Turn the roast over 2 to 3 times during the cooking time. Let stand in the bag for 10 to 15 minutes before serving.
TENDER Beef Roasts (Standing and Rolled Rib Roasts)	(Rare 140°F) 1st - 3 min./lb. 2nd - 6 to 9 min./lb.	5 3	Place meat on plastic rack in a dish. Cover with waxed paper. Turn large cuts of meat over halfway through the cooking time.
	(Medium 160°) 1st - 3 min./lb. 2nd - 9 to 10 min./lb.	5 3	
	(Well 170°F) 1st - 3 min./lb. 2nd - 11 to 13 min./lb.	5 3	
Ground Beef (Bulk)	3 to 4 min./lb.	Full Power (10)	Place in a dish, cover. Stir halfway through cooking time. Drain.
Ground Beef Patties 2 patties (4 oz. each) 4 patties (4 oz. each)	1 to 3½ min.	5	Place on a plastic rack or preheat in a browning dish according to manufacturer's instructions. Cook covered. Turn meat over halfway through cooking time.
	2 to 5 min.	5	

Item	Total Cooking Time	Cookmatic Power Level	Method
Veal Roasts (Rib and Loin Roasts)	(Rare 140°F)		Place meat on a plastic rack in a dish. Cover with waxed paper. Turn large cuts of meat over halfway through the cooking time.
	1st - 3 min./lb.	5	
	2nd - 6 to 9 min./lb.	3	
	(Medium 160°F)		
	1st - 3 min./lb.	5	
	2nd - 9 to 11 min./lb.	3	
Boneless Pork Roast (top loin, loin blade, loin sirloin, shoulder blade Boston roast) 3 - 3½ lbs	15 to 17 min./lb.	2	Place in a heavy-duty plastic roasting bag. Place in a dish. Sprinkle with seasoning, if desired. Close the bag loosely, securing with a string. Turn roast over halfway through the cooking time. Let stand, covered, for 10 minutes after the cooking time.
Bone-In Pork Roasts (loin center roasts, shoulder blade Boston roasts)	13 to 15 min./lb.	2	Place in a heavy-duty plastic roasting bag. Place in a dish. Sprinkle with seasoning, if desired. Close the bag loosely, securing with a string. Turn roast over halfway through the cooking time. Let stand, covered, for 10 minutes after the cooking time.
Pork Loin Country Style Ribs 3 - 3½ lb.s	7 to 9 min./lb.	4	Place ribs in a heavy-duty plastic roasting bag. Place in a dish. Add 1 cup of water. Close bag loosely, securing with a string. Invert or turn ribs halfway through cooking time.
Ham Pre-cooked (boneless, bone-in, picnic, canned hams)	12 to 17 min./lb.	2	Place fat-side-down on a plastic rack in a dish. Cover with heavy-duty plastic wrap. Turn over 2 to 3 times during the cooking time.
Bacon	2 slices	45 sec. to 2 min.	Arrange slices on a plastic rack or paper towel lined plate. Cover with microwave-safe paper towel. Bacon may be layered between microwave-safe paper towels. Cook until browned and crisp.
	4 slices	1 to 3 min.	
	6 slices	2 to 4 min.	
	8 slices	4 to 6 min.	
Frankfurter	1	25 to 40 sec.	Place on a plate or plastic rack. Pierce skins(s) with a fork or knife. Cover with a microwave-safe paper towel. Frankfurters may be placed on buns during the last 10 to 20 seconds of the cooking time.
	2	30 to 60 sec.	
	4	1 min. to	
		1 min., 30 sec	
	6	1 min., 45 sec. to 3 min.	
Lamb Roast (Shoulder Roast and Legs)	(Rare 140°F)		Place meat on plastic rack in a dish. Cover with waxed paper. Turn large cuts of meat over halfway through the cooking time.
	1st - 3 min./lb.	5	
	2nd - 5 to 8 min./lb.	3	
	(Medium 160°)		
	1st - 3 min./lb.	5	
	2nd - 8 to 10 min./lb.	3	
	(Well 170°)		
	1st - 3 min./lb.	5	
	2nd - 10 to 12 min./lb.	3	

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### **Beef Strips and Tomatoes**

Yield: 5 servings

1 (1 lb.) flank steak  
1/3 cup soy sauce  
1/3 cup dry white wine  
1 teaspoon sugar  
2 tablespoons cornstarch  
1 medium onion, sliced  
2 cups sliced fresh mushrooms  
1/2 green pepper, sliced  
1 pint cherry tomatoes (halved, if desired)

1. Slice steak into thin strips, diagonally across grain. Place in dish. Combine soy sauce, wine, and sugar. Pour over meat. Mix lightly to coat evenly. Marinate for 1 to 2 hours in refrigerator.
2. Stir in cornstarch, onion, mushrooms, and green pepper.
3. Cook meat mixture, covered, on full power for 5 minutes. Stir halfway through cooking time. Continue cooking on Cook Level 2 for 13 to 18 minutes, or until meat is cooked and sauce is thickened. Stir halfway through cooking time.
4. Pierce or halve tomatoes and add. Heat, covered, on full power for 1 to 2 minutes, or until tomatoes are heated.

### **Swiss Steak**

Yield: 6 servings

1 (3 lb.) pot roast  
Half clove garlic  
2 to 3 tablespoons all-purpose flour  
1 (14 1/2 oz. to 16 oz.) can tomatoes, cut-up  
1 cup chopped carrots  
1 cup chopped celery  
1/2 cup chopped onion  
1/2 teaspoon salt  
1/4 teaspoon pepper

1. Rub meat with garlic. Pound flour into meat.
2. Place remaining ingredients in 3-quart casserole. Cook, covered, on Cook Level 2 for 1 to 1 1/2 hours, or until meat is tender. Turn meat over halfway through cooking time. Micro-tip: To thicken sauce, mix 1 tablespoon cornstarch with 1 tablespoon water. Add to meat juices. Cook on full power for 1 minute, or until thickened.

### **Porcupine Meatballs**

Yield: 6 to 8 servings

1 1/2 lbs. ground beef  
1 cup cooked rice  
1 egg, beaten  
1/2 cup dry bread crumbs  
1/2 cup minced onion  
2 tablespoons catsup  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 (15 oz.) can tomato sauce  
1 teaspoon sugar  
1/2 teaspoon leaf oregano  
1/2 teaspoon pepper  
1/8 teaspoon instant minced garlic  
Grated Parmesan cheese (optional)

1. Combine first 8 ingredients and form into meatballs, 2-inches in diameter. Arrange on plastic rack in dish. Cover with waxed paper. Cook, covered, on full power for 5 to 7 minutes, or until thoroughly cooked. Drain. Remove rack and place meatballs in utility dish.
2. Mix together tomato sauce, sugar, oregano, pepper, and garlic. Pour over meatballs. Cover with waxed paper. Cook, covered, on full power for 3 to 5 minutes, or until heated through and bubbling. Sprinkle with Parmesan cheese before serving, if desired.

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## Beef Stroganoff

Yield: 4 servings

1 tablespoon butter or margarine  
1/3 cup finely chopped onion  
1 clove garlic, minced  
1 lb. sirloin steak, 1/2-inch thick  
1 (10 3/4 oz.) can cream of mushroom soup  
1 (4 oz.) can sliced mushrooms, drained  
2 tablespoons catsup  
1 cup dairy sour cream

1. Combine butter, onion and garlic in dish. Cook, covered, on full power for 1 to 2 1/2 minutes, or until onion is tender.
2. Trim excess fat from meat. Cut meat into thin bite-size strips. Add meat to casserole. Cook, covered, on full power for 3 minutes. Stir halfway through cooking time. Continue cooking, covered, on Cook Level 2 for 7 to 10 minutes, or until meat is cooked.
3. Stir in soup, mushrooms, and catsup. Heat, covered, on full power for 45 seconds to 2 minutes, or until heated through.
4. Stir in sour cream. Heat, covered, on full power for 1 to 2 1/2 minutes, or until sour cream is heated through.

Micro-tip: May be served over cooked noodles or rice.

## Mexican Pizza

Yield: 1, 14-inch pizza

Crust:

1 (1/4 oz.) pkg. active dry yeast  
3/4 cup warm water (105° F to 115° F)  
2 1/2 to 3 cups biscuit baking mix  
All-purpose flour  
1 (4 oz.) can chopped green chilies, drained and divided  
2 tablespoons cornmeal  
Paprika (optional)

Topping:

1 (10 1/2 oz.) can jalapeño bean dip  
1/2 lb. ground beef, cooked and drained  
1 (8 oz.) can pizza sauce  
2 teaspoons chili powder  
1/4 teaspoon hot pepper sauce  
1 cup shredded Cheddar cheese  
1 cup shredded Monterey Jack cheese  
1 small green pepper, diced  
1 small tomato, diced  
1 (4 oz.) can sliced mushrooms, drained

1. For crust: Dissolve yeast in warm water in medium mixing bowl. Stir in biscuit baking mix to make soft dough. Add half of chopped chilies. Turn out onto floured board. Sprinkle flour over dough and knead until smooth, about 20 times. Let dough rest for 5 minutes.
2. Sprinkle greased, 12-inch glass platter or pizza plate with cornmeal. Press dough onto platter, leaving slightly raised edges. Pierce with fork. Sprinkle with paprika, if desired. Cook on Cook Level 5 for 9 to 10 1/2 minutes, or until crust is firm and no longer doughy. Turn quarter-turn halfway through cooking time.
3. Combine remaining chilies, bean dip, beef, pizza sauce, chili powder, and hot pepper sauce in large bowl. Spread over dough.
4. Sprinkle cheeses over top. Arrange green pepper, tomato, and mushrooms over cheese. Heat on full power for 6 to 8 minutes, or until heated through.

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### **Veal Scallopini**

Yield: 4 servings

1/2 medium onion, sliced  
1 (4 oz.) can mushrooms, drained  
2 tablespoons vegetable oil, divided  
2 tablespoons all-purpose flour  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1 (8 oz.) can tomato sauce  
1/2 cup water  
1 lb. veal, thinly sliced, cut into serving pieces  
1 clove garlic, minced

1. Combine onion, mushrooms, and 1 tablespoon oil in 1-quart casserole. Cook, covered, on full power for 1 1/2 to 4 minutes, or until onion is tender.
2. Stir in flour, salt, and pepper. Blend in sauce and water. Cook, covered, on full power for 1 1/2 to 4 minutes, or until thickened and bubbling.
3. Preheat large browning skillet according to manufacturer's instructions. Add 1 tablespoon oil, veal, and garlic. Cook on full power for 1 minute. Turn veal over. Continue cooking on full power for 2 minutes.
4. Pour sauce over browned veal. Cook, covered, on Cook Level 3 for 3 to 6 minutes, or until veal is cooked and tender.

### **Smoky Ham and Bean Bake**

Yield: 8 to 10 servings

1 (16 oz.) can navy beans  
1 (16 oz.) can kidney beans  
1 (16 oz.) can large lima beans  
1 (16 oz.) can Great Northern beans  
1 lb. precooked ham, cubed  
1 green pepper, chopped  
1/2 cup chopped onion  
1 1/2 cups catsup  
1/2 cup bean liquid or water  
1/4 cup brown sugar, firmly packed  
1 teaspoon Worcestershire sauce  
1/2 teaspoon garlic powder  
1/2 teaspoon dry mustard  
1/2 teaspoon liquid smoke  
1/8 teaspoon hot pepper sauce

1. Drain beans, reserving 1/2 cup liquid. Combine all ingredients in 4-quart casserole, including reserved bean liquid. Stir well.
2. Cook, covered, on full power for 13 to 18 minutes, or until boiling. Stir. Continue cooking, covered, on Cook Level 3 for 30 minutes, or until flavors are blended. Stir twice during cooking time.

### **Taco Salad**

Yield: 4 to 6 servings

1 lb. ground beef  
1 (8 oz.) can tomato sauce  
1/4 cup water  
1 (1 1/4 oz.) pkg. taco seasoning mix  
1 head lettuce  
2 tomatoes, cut in wedges  
1 cup shredded Cheddar cheese  
2 1/2 cups corn or tortilla chips, slightly crushed, if desired

1. Place ground beef in 1 1/2-quart casserole. Cook on full power for 3 to 4 1/2 minutes, or until beef is no longer pink. Stir halfway through cooking time. Drain.
2. Stir in tomato sauce, water, and seasonings. Cook, covered, on full power for 2 to 4 minutes, or until simmering.
3. Tear lettuce and place in large serving bowl. Add tomatoes, cheese, and 2 cups corn chips. Toss.
4. Add beef mixture. Toss again. Top with remaining corn chips. Serve immediately.

## Oriental Pork

Yield: 4 to 6 servings

- 1 (1 lb.) pork tenderloin
- 3 tablespoons soy sauce
- 1 tablespoon cornstarch
- 1 teaspoon instant chicken flavored bouillon
- 1 (6 oz.) pkg. frozen pea pods
- 1 (8 oz.) can bamboo shoots, drained
- 1 (8 oz.) can water chestnuts, drained and sliced
- 1/2 cup sliced green pepper
- 1/2 cup sliced green onion

1. Trim fat from pork. Cut pork into bite-size pieces. Combine pork, soy sauce, cornstarch, and bouillon in dish.
2. Cook, covered, on Cook Level 5 for 7 to 9 minutes, or until pork is thoroughly cooked and is no longer pink.
3. Add remaining ingredients. Cook, covered, on full power for 2 to 4 minutes, or until vegetables are cooked as desired. Stir halfway through cooking time.

Micro-tip: This dish may be served over rice, if desired.

## Poultry Cooking Guidelines

1. Remove metal clamps from poultry and tie legs with a string, if desired, before cooking.
2. Small poultry items can be cooked on a plastic rack in a dish or on a plastic meat tray.
3. Poultry weighing 3 pounds or more will brown by itself "naturally" in the microwave oven.
4. Seasoned coating mixes and paprika will improve the color of poultry. Try making a paste of 1 tablespoon paprika and 2 tablespoons of shortening. Rub this paste over poultry for a reddish-brown color.
5. Do not salt poultry until just before serving, since salt will dehydrate the surface of poultry, making it tough. Salt may be added to a sauce, that covers the poultry, before cooking.
6. Begin cooking chicken pieces skin-side-down. Turn the pieces over halfway through cooking time in most recipes.
7. When cooking whole poultry, begin by cooking breast-side-down. When the poultry is turned over, cooking can be completed breast-side-up for a browner finished appearance.
8. Pierce the skin of poultry before placing it in the microwave oven, to prevent popping.
9. After the poultry has started to brown, the wing tips, narrow part of the legs, and the high point of the breast bone can be covered with small thin strips of foil. This is called "shielding". The small amount of foil will slow the cooking of these areas and prevent them from dehydrating and overcooking.
10. Large poultry items, such as large turkeys, may need to be turned over several times during cooking, for more even cooking.

Item	Total Cooking Time	Cookmatic Power Level	Method
Whole Chicken, Turkey, Duck, Cornish Hen	(170 °F Dark Meat) (180°F White Meat) 3½ to 4½ min./lb.	Full Power (10)	Place in heavy-duty roasting bag, in dish. If desired, use plastic rack in dish. Close the bag loosely, securing with a string. Turn over several times during the cooking time. Allow to stand 10 -15 minutes before carving.

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### Sausage- Apple Stuffing

Yield: Stuffing for a 12 to 16 lb. turkey

1 lb. pork sausage  
1 cup chopped onion  
1 cup chopped celery  
1 medium apple, chopped  
1/2 cup butter or margarine, melted  
1 tablespoon parsley flakes  
1 teaspoon poultry seasoning  
1 teaspoon ground sage  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 egg, slightly-beaten  
10 cups dry whole wheat or white bread cubes  
(about 1, 1 lb. loaf)  
3/4 cup chicken broth or chicken flavored bouillon

1. Crumble sausage in 4-quart casserole. Stir in onion and celery. Cook, covered, on full power for 3 to 6 minutes, or until sausage is thoroughly cooked and no longer pink. Stir halfway through cooking time. Drain.
2. Stir in apple, melted margarine, and seasonings. When slightly cooled, stir in egg.
3. Gradually stir in bread cubes. Pour chicken broth over all and toss to moisten. Stuff bird.  
Micro-tip:  
-Variations: Add 1 to 2 cups chopped, cooked neck and giblets or 2(6 oz. each) cans sliced mushrooms, drained.  
-To dry the bread in the microwave oven, spread half of the slices, one or two deep, on plastic rack. Heat on full power for 30 seconds to 2 minutes, or until hot. Spread out on paper towels to cool. Repeat with remaining bread. Allow to stand 30 to 60 minutes.  
- To cook dressing separately, add 1/4 to 1/2 cup more broth. Cook, covered, on full power for 5 to 7 minutes, or until heated through. Let stand, covered, for 5 to 10 minutes.

### Chicken Enchilada Bake

Yield: 4 to 6 servings

1 tablespoon butter or margarine, melted  
1/2 cup chopped onion  
1 (10 3/4 oz.) can cream of chicken soup  
1 cup dairy sour cream  
1/4 teaspoon coriander  
1/4 teaspoon cumin  
12 tortillas, each cut into bite-size pieces  
2 to 3 cups cooked, cubed, chicken  
2 (4 oz. each) cans green chilies, chopped,  
drained  
8 oz. shredded Cheddar cheese (about 2 cups)  
8 oz. shredded Monterey Jack cheese (about 2  
cups)

1. Place butter and onion in 1-quart casserole. Cook, covered, on full power for 1 to 3 minutes, or until tender. Stir in soup, sour cream, coriander, and cumin. Mix well. Set aside.
2. Layer one third of tortillas, chicken, chilies, soup mixture, Cheddar cheese, and Monterey jack cheese in 3-quart casserole. Repeat layers twice with remaining ingredients, reserving cheese for last layer.
3. Cover loosely with heavy-duty plastic wrap. Heat, covered, on full power for 9 to 12 minutes, or until heated through. Sprinkle remaining cheese over top. Cover, and let stand for 5 minutes before serving.

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### Chicken-Sweet Potato Pie

Yield: 6 servings

1/2 cup chopped onion  
1 (10 oz.) pkg. frozen mixed vegetables  
1 (10 3/4 oz.) can cream of mushroom soup  
2 cups diced, cooked chicken  
1 (4 oz.) can sliced mushrooms, drained  
1/4 teaspoon salt  
1 (18 oz.) can vacuum packed sweet potatoes  
2 tablespoons butter or margarine, melted  
1 egg  
1/4 teaspoon salt  
1/8 teaspoon cinnamon  
1/8 teaspoon nutmeg  
1/8 teaspoon allspice

1. Combine onion and frozen mixed vegetables in dish. Cook, covered, on full power for 5 to 7 minutes, or until onion is tender and vegetables are done. Stir in soup, chicken, mushrooms, and 1/4 teaspoon salt. Set aside.
2. Combine sweet potatoes, melted butter, egg, 1/4 teaspoon salt, and spices in mixing bowl. Mash. Line 9-inch pie plate with potato mixture, building up edges 1/2-inch higher than plate.
3. Spoon chicken mixture into sweet potato crust. Cover with heavy-duty plastic wrap. Heat, covered, on full-Power for 5 to 8 1/2 minutes, or until heated through.

### Chicken and Wild Rice Bake

Yield: 6 servings

1 (6 oz.) pkg. quick-cooking long grain and wild rice mix  
1 (10 3/4 oz.) can cream of mushroom soup  
1/2 cup milk  
1/2 cup diced celery  
1 (3 lb.) fryer, cut up

1. Combine rice mix, seasonings from packet, soup, milk and celery in 4-quart casserole. Arrange chicken over top of rice mix.
2. Cook, covered, on full power for 10 to 15 minutes, or until chicken is done and rice is tender.

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## Fish and Seafood Cooking Guidelines

1. In most cases, fish should be defrosted, before cooking, unless otherwise stated in recipe.
2. Cook most fish and seafood, covered, on full power. The use of coverings decreases cooking times and helps keep fish moist.
3. Cook fish until it flakes easily with a fork and is opaque and firm. Always cook fish and seafood for a minimum amount of time. Allow 5 minutes, covered, standing time to allow for cooking to be completed.
4. Always cook fish last when preparing an entire meal, since it doesn't reheat as well as some foods and can overcook during reheating.
5. Shellfish can be cooked in shell.

Item	Total Cooking Time	Cookmatic Power Level	Method
Fish, Fillets	2½ to 5 min./lb.	Full Power (10)	Arrange in a dish on plastic rack. Brush with melted butter or lemon, if desired. Cover with plastic wrap or waxed paper. Rearrange and turn over halfway through cooking time. Fish is done when it turns opaque in color and flakes near the center of the fillet. Let stand, covered, 5 minutes before serving.
Fish, Steaks	4 to 7 min./lb.	7	Arrange in dish on plastic rack. Brush with melted butter or lemon, if desired. Cover with plastic wrap or waxed paper. Rearrange and turn over halfway through cooking time. Fish is done when it turns opaque in color and flakes near the center of the steak. Let stand, covered, 5 minutes before serving.
Scallops	3 to 6 min./lb.	7	Arrange in a single layer in a baking dish. Cover with vented plastic wrap. Stir and rearrange halfway through cooking time. Scallops are done when they are opaque. Let stand 5 minutes before serving.
Shrimp	3 to 6 min./lb.	7	Arrange in a single layer in a baking dish. Cover with vented plastic wrap. Stir and rearrange halfway through cooking time. Shrimp are done when they are opaque. Let stand 5 minutes before serving.
Lobster Tails (2 - 8 oz. each)	5 to 7 min.	5	Slit or remove the membrane (soft shell) on the underside of the tail. Arrange in a baking dish, shell-side down. Brush with melted butter, if desired. Cover with plastic wrap. Lobster is done when it is firm and opaque. Let stand 5 minutes before serving.

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### **Shrimp Newburg**

Yield: 4 servings

2 tablespoons butter or margarine, melted  
3 tablespoons all-purpose flour  
1/4 teaspoon salt  
1 cup milk  
1/4 cup heavy cream  
1 tablespoon sherry  
1 egg yolk  
Dash cayenne pepper  
1 teaspoon prepared mustard  
1 (4 oz.) can sliced mushrooms, drained  
Dash garlic salt  
8 oz. cooked shrimp, cut in bite-size pieces

1. Place butter in 1-quart casserole. Blend in flour and salt to form smooth paste. Gradually blend in milk. Cook, covered, on Full power for 1 1/2 to 3 1/2 minutes, or until thickened and bubbling. Stir 2 to 3 times during cooking time.
2. Stir cream, sherry, egg yolk, pepper, and mustard into sauce. Blend thoroughly. Fold in mushrooms, garlic, salt, and shrimp. Heat, covered, on Full power for 1 1/2 to 3 1/2 minutes, or until heated through. Stir halfway through cooking time.  
Micro-tip: May be served over puff pastry shells.

### **Shrimp Creole**

Yield: 6 to 8 servings

1 cup chopped onion  
1 cup chopped celery  
3/4 cup chopped green pepper  
2 tablespoons all-purpose flour  
1 (14 1/2 oz.) can tomatoes  
1 teaspoon sugar  
5 to 6 drops hot pepper sauce  
1 bay leaf  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1 lb. shrimp, peeled and cleaned

1. Combine onion, celery and green pepper in 1-1/2 quart casserole. Cook, covered, on Full power for 3 to 5 minutes, or until vegetables are tender. Stir halfway through cooking time.
2. Sprinkle vegetables with flour. Stir to blend. Mix in tomatoes. Cook, covered, on Full power for 2 to 4 minutes, or until thickened and bubbling. Stir halfway through cooking time.
3. Blend in remaining ingredients. Cook, covered, on Full power for 3 to 5 minutes, or until shrimp are pink and fully cooked. Stir twice during cooking time. Remove bay leaf before serving.  
Micro-tip: May be served over cooked rice.

### **Fancy Fish for One**

Yield: One serving

1 cup sliced mushrooms  
1/2 cup sliced carrots  
1/2 cup sliced celery  
1 tablespoon lemon juice  
1 tablespoon butter or margarine  
1/2 teaspoon parsley flakes  
1/8 teaspoon Italian seasoning  
Salt  
Pepper  
1/2 lb. orange roughy or any fillets  
Paprika

1. Place all ingredients, except fish and paprika, in a 9 x 5 x 2-inch loaf dish. Cover loosely with heavy-duty plastic wrap. Cook, covered, on Full power for 2 to 4 minutes, or until vegetables are crisp-tender. Drain and reserve liquid.
2. Arrange fish over top. Pour reserved liquid over fish. Sprinkle with paprika. Cover loosely with heavy-duty plastic wrap. Cook, covered, on Full power for 1 to 3 minutes, or until fish flakes easily with fork.  
Micro-tip: Garnish with lemon slices and additional parsley, if desired.

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### Springtime Sole

Yield: 4 servings

1 lb. sole fillets

1/4 teaspoon leaf thyme

1 (10 oz.) pkg. frozen asparagus cuts or 3/4 lb. fresh asparagus cuts, cooked and well-drained

1/2 cup plain yogurt

1 teaspoon buttermilk salad dressing mix

1. Place fillets in 1 1/2-quart utility dish. Sprinkle with thyme. Cover loosely with heavy-duty plastic wrap. Cook, covered, on full power for 1 to 3 minutes, or until fish flakes easily with fork. Drain.
2. Layer asparagus evenly over fillets.
3. Combine yogurt with dressing mix. Spoon evenly over asparagus. Heat on full power for 1 1/2 to 2 1/2 minutes, or until sauce is heated through.

### Tuna Stroganoff

Yield: 4 servings

2 (6 1/2 to 7 oz. each) cans tuna, drained

1 (10 3/4 oz.) can cream of mushroom soup

1 (3 or 4 oz.) can sliced mushrooms, with liquid

1/2 cup dairy sour cream

1 tablespoon chopped parsley (optional)

Cooked noodles or rice

1. Combine tuna, soup, and mushrooms in 1 1/2-quart casserole.
2. Heat on full power for 4 to 6 minutes, or until mixture is heated through and bubbling. Stir twice during heating time. Stir in sour cream. Garnish with parsley, if desired. Serve over noodles or rice, as desired.

### Salmon Quiche

Yield: 6 servings

1, 9-inch baked pie crust

2 cups cooked and boned salmon chunks, or 1 (16 oz.) can salmon, drained

1/2 cup sliced ripe olives

1 tablespoon snipped parsley

1 cup shredded Cheddar cheese

3 eggs

3/4 cup light cream or 3/4 cup evaporated milk

1/4 teaspoon salt

1/4 teaspoon onion powder

1. Lightly mix salmon, olives, and parsley. Place in 9-inch baked pie crust. Top with cheese.
2. Combine eggs, light cream, salt and onion powder in medium bowl. Pour over salmon mixture. Cook on Cook Level 4 for 10 to 15 minutes, or until knife inserted in center comes out clean. Turn quarter-turn halfway through cooking time.

\* Turn quarter-turn halfway through cooking time (non-turntable models, only).

## Egg Cooking Guidelines

1. Egg recipes, such as casseroles, quiches and puffy omelets are prepared on Cook Level 4.
2. Plain eggs, such as scrambled and poached, are cooked on full power.
3. Do not hard-cook eggs or boil eggs in the shell in a microwave oven. Yolks cook faster than whites and the rapid heat generated through microwave cooking expands the air inside the shell, causing it to burst. Do not reheat eggs which have been prepared conventionally or in the microwave oven unless they are finely chopped or scrambled before heating. Pressure can build up in reheated eggs and cause them to burst.
4. Before poaching eggs, gently pierce or puncture the yolk membrane to prevent the yolk from erupting during cooking. Remove eggs while they are still moist and slightly underdone. Let them stand, covered, a few minutes to complete the cooking process.

## Denver Casserole

Yield: 5 to 6 servings

- 1 medium tomato, chopped
- 8 slices bacon, cooked and crumbled
- 1/4 cup chopped green pepper
- 1/4 cup chopped pimentos
- 6 eggs
- 1/3 cup milk
- 1/2 cup mayonnaise or salad dressing
- 1/4 teaspoon salt

1. Combine tomato, bacon, green pepper, and pimentos in 1 1/2-quart casserole. Mix together eggs, milk, mayonnaise, and salt in medium bowl. Pour over tomato mixture. Mix well.
2. Cook on Cook Level 4 for 10 to 15 minutes, or until knife inserted in center comes out clean.\* Stir halfway through cooking time.

\* Turn quarter-turn halfway through cooking time (non-turntable models, only).

Item	Total Cooking Time	Cookmatic Power Level	Amount of Water	Method
Poached Eggs				Place water in a glass measure. Cover loosely with heavy-duty plastic wrap. Cook, covered, on Full Power for 2 to 3 minutes, or until water boils. Stir water vigorously after the cooking time.
1	30 sec. to 1 min., 15 sec.	Full Power (10)	1 cup	Break egg(s) into 1½ -quart bowl. Be sure to use a bowl with steep sides, so the water will be deep enough to cover the eggs.  Pierce the yolk(s) with a toothpick, knife or fork. Pour boiling water slowly over the egg(s). One tablespoon of vinegar can be added to the water to help the egg(s) hold its (their) shape. Cover loosely with heavy-duty plastic wrap.  Cook, covered, until done as desired. Allow to stand in the water up to 5 minutes after cooking to desired doneness, if necessary. Remove the eggs with a slotted spoon. Season with salt and pepper, if desired.
2	1 to 2 min.	Full Power (10)	1 cup	
4	1 min., 15 sec. to 2½ min	Full Power (10)	1 ½ cup	

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### **Wheat Crusted Quiche**

Yield: 6 servings

3/4 cup wheat germ

3/4 cup all-purpose flour

1/4 teaspoon salt

1/3 cup shortening

3 to 4 tablespoons cold water

9 to 10 slices (1/2 lb.) bacon, cooked and crumbled

3/4 cup shredded Swiss cheese

1/4 cup minced onion

4 eggs

1 cup evaporated milk

1/2 teaspoon salt

1/8 teaspoon cayenne pepper

1. Combine wheat germ, flour, and salt in small bowl. Cut in shortening. Stir in water. Press dough firmly against bottom and sides of 9-inch pie plate. Pierce bottom and sides with fork. Cook on Full power for 45 seconds to 2 minutes, or until cooked but still slightly moist.
2. Sprinkle bacon, cheese, and onion on crust.
3. Beat together eggs, evaporated milk, and seasonings until well-blended. Pour into shell. Cook on Cook Level 4 for 10 to 14 minutes, or until knife inserted in center comes out clean.\*

\* Turn quarter-turn halfway through cooking time (non-turntable models, only).

### **Pasta and Rice Cooking Guidelines**

1. Use hot tap water. It will boil faster than cold.
2. The amount of oil in the water, is important when cooking pasta and rice, as it helps to keep the water from boiling over.
3. Cook pasta and rice in a covered dish, for faster cooking. Glass lids or heavy-duty plastic wrap are the best coverings to use since they are the most water-vapor-proof.
4. Use a large enough dish so water completely covers pasta and rice.
5. Pasta can be reheated quickly in the microwave oven. Pasta should be reheated on Full power in a covered casserole. For a large quantity, add 1 to 2 tablespoons liquid before reheating. Stir once or twice during reheating.

Item	Hot Water	Vegetable Oil	Salt (Optional)	Total Cooking Time	Power Level	Method
Rice, Long Grain, (1 cup) Yield: 3 cups	2 cups	1 tsp.	½ tsp.	15 to 24 min.	Full Power (10) for first 3½ - 7½ min., Level 3 for last 12 to 17 minutes.	Place water, oil, and salt in 3-quart casserole. Heat, covered on Full Power for 3 to 6 minutes, or until water boils. Add rice. Cook, covered, on Full Power for 45 seconds to 1½ minutes, or until boiling. Continue cooking, covered, on Cook Level 3 for 12 to 17 min., or until rice is tender.
Egg Noodles, 2 cups	4 cups	2 tbsp.	1 tsp.	10½ to 21 min.	Full Power (10) for first 5½ - 12½ min., Level 3 for last 5 to 8 minutes.	Place hot water and salt in 3-quart casserole. Heat on Full Power 5 to 11 minutes or until boiling. Stir in pasta and oil. Cook, covered, on Full Power for 45 seconds to 2 minutes. Reduce to Cook Level 3 and cook for 5 to 8 minutes. Pasta is done when it is tender. Allow to stand 5 minutes, covered, to finish cooking. Drain and rinse with hot tap water.
Macaroni, 2 cups	4 cups	2 tbsp.	1 tsp.	10½ to 21 min.	Full Power (10) for first 5½ - 12½ min., Level 3 for last 5 to 8 minutes.	Place hot water and salt in 3-quart casserole. Heat on Full Power 5 to 11 minutes or until boiling. Stir in pasta and oil. Cook, covered, on Full Power for 1½ - 3½ minutes. Reduce to Cook Level 4 and cook for 5 to 8 minutes. Pasta is done when tender. Allow to stand 5 minutes, covered, to finish cooking. Drain and rinse with hot tap water.
Spaghetti, Fettuccini, 8 oz.	6 cups	2 tbsp.	1 tsp.	17 to 29 min.	Full Power (10) for first 12 - 22 min., Level 3 for last 5 to 7 minutes.	Place hot water and salt in 4-quart casserole. Heat on Full Power for 10 to 18 minutes or until boiling. Stir in pasta and oil. Cook, covered, on Full Power for 2 to 4 minutes. Reduce to Cook Level 3 and cook for 5 to 7 minutes. Pasta is done when it is tender. Allow to stand 5 minutes, covered, to finish cooking. Drain and rinse with hot tap water.

NOTE: To cook microwave convenience rice and pasta, follow package instructions and shorten cooking time.

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### Macaroni and Cheese

Yield: 4 to 6 servings

2 tablespoons all-purpose flour  
2 cups milk  
1 1/4 cups uncooked macaroni  
2 tablespoons butter or margarine  
1/4 teaspoon pepper  
1 1/2 cups shredded American process cheese  
1/4 cup milk

1. Place flour in 1 1/2-quart casserole. Gradually blend in 2 cups milk, mixing well. Stir in macaroni, butter and pepper. Cook, covered, on full power for 3 to 5 minutes, or until boiling. Continue cooking, covered, on Cook Level 3 for 7 to 9 minutes, or until macaroni is tender. Stir 2 to 3 times during cooking time.
2. Stir in cheese and 1/4 cup milk. Cook on full power for 30 seconds to 1 minute, or until cheese is melted. Stir halfway through cooking time.

Micro-tip: For creamier macaroni, blend additional 1/4 to 1/2 cup milk into macaroni at end of cooking time.

### All-At-Once-Spaghetti

Yield: 6 servings

1 lb. ground beef  
1 cup chopped onion  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 (8 oz. each) cans tomato sauce  
1 1/2 cups water  
1/2 teaspoon ground oregano  
1/2 teaspoon basil  
1/4 lb. uncooked spaghetti, broken in half  
Grated Parmesan cheese

1. Place ground beef and onion in dish. Cook, covered, on full power for 3 to 5 minutes, or until beef is no longer pink and onion is tender. Stir halfway through cooking time. Drain.
2. Add salt, pepper, tomato sauce, water, oregano, basil and spaghetti. Cook, covered, on full power for 4 to 6 minutes, or until boiling. Continue cooking, covered, on Cook Level 3 for 14 to 16 minutes, or until spaghetti is tender. Stir twice during cooking time. Sprinkle with Parmesan cheese, as desired.

### Fettuccini Alfredo

Yield: 4 (1 cup) servings

1/2 lb. fettuccini cooked and drained  
1 cup light cream (half and half)  
1/2 cup dairy sour cream  
1/4 cup butter or margarine  
1/4 cup chopped green onions  
1/8 teaspoon garlic powder  
1/2 cup grated Parmesan cheese

1. Place hot, cooked fettuccini in dish
2. Stir in light cream, sour cream, butter, green onion, and garlic powder. Heat on Full power for 3 to 5 minutes, or until heated through.
3. Stir in Parmesan cheese. Serve immediately.

## Cereal Cooking Guidelines

1. Cereals can be simply prepared in the microwave oven in individual serving bowls.
2. Large cereal bowls or casserole dishes are best-suited for cooking cereals in the microwave oven. With large bowls, there is less chance for cereal to spill over into the microwave oven cavity. Stirring during the cooking time will help to prevent boil overs and lumping.
3. Use hot tap water, since it will boil faster than cold.
4. Let each cereal stand, covered, for about 5 minutes before serving, if necessary, for all water to be absorbed. Stir before serving.

## Granola

Yield: 5 cups

3 cups quick-cooking or old fashioned rolled oats

1/3 cup wheat germ

1/3 cup shredded coconut

1/3 cup sliced almonds

1/3 cup all-bran cereal

1/3 cup brown sugar, firmly packed

1 teaspoon cinnamon

1/3 cup butter or margarine, melted

1/4 cup honey

1 teaspoon vanilla

1. Place rolled oats in 8-inch square dish. Heat on Full power for 30 seconds to 1 1/2 minutes, or until warmed. Stir twice during heating time.
2. Add remaining ingredients to rolled oats. Stir ingredients together, until mixture is well-coated. Heat on Full power for 3 to 6 minutes, or until well-heated. Stir twice during heating time. Press mixture firmly against bottom of dish. Allow to cool. Break apart. Store in tightly covered container in refrigerator. Micro-tip: May be served with milk.

Item	Dish Size	Hot Water	Salt (Optional)	Amount Cereal	Method
Grits (Instant) 1 serving)	1-cup glass measure	½ cup		0.8 oz. pkg.	Place water in glass measure. Cook on Full Power for 30 seconds to 1½ minutes, or until water boils. Stir in instant grits.
Cream of Wheat (5 servings)	2-quart casserole	3½ cups	½ teaspoon	¾ cup	Place water and salt in casserole. Cook, covered, on Full Power for 5 to 8 minutes, or until water boils. Stir in cereal. Cook on Full Power for 30 seconds to 1½ minutes, or until boiling. Continue cooking on Cook Level 3 for 2 to 3 minutes, until cereal is cooked as desired. Stir occasionally during cooking time.
Hot Malted Wheat Cereal (Quick-Cooking) (4 servings)	2-quart casserole	3¼ cups	½ teaspoon	2/3 cup	Place water and salt in casserole. Cook, covered on Full Power for 5 to 8 minutes, or until water boils. Stir in cereal. Cook on Full Power for 30 seconds to 1½ minutes, or until boiling. Continue cooking on Cook Level 3 for 1 to 2 minutes, until cereal is cooked as desired. Stir occasionally during cooking time.
Oatmeal (Quick-Cooking) (4 to 6 servings)	2-quart casserole	3 cups	¾ teaspoon	1½ cups	Place water and salt in casserole. Cook, covered, on Full Power for 5 to 8 minutes, or until water boils. Stir in cereal. Cook on Full Power for 30 seconds to 1½ minutes, or until cooked as desired. Stir as needed to prevent boil over.
Oatmeal (Old-Fashioned) (4 to 6 servings)	3-quart casserole	4 cups	½ teaspoon	2 cups	Place water and salt in casserole. Cook, covered, on Full Power for 6 to 9 minutes, or until water boils. Stir in cereal. Cook on Full Power for 1 to 3 minutes, or until boiling. Continue cooking on Cook Level 3 for 3½ to 4½ minutes until cooked as desired. Stir as needed to prevent boil over.

## Vegetable Cooking Guidelines

1. Add frozen vegetables to casserole. Cook, covered, on full power according to the time recommended on the chart, or until cooked as desired.
2. When cooking vegetables frozen in plastic cooking pouch, make one or two 1-inch slits on the top of the pouch to allow for steam to escape. Place pouch in casserole.
3. There is no need to defrost frozen vegetables before cooking.
4. Always keep vegetables covered to hold steam in after cooking.
5. With vegetables frozen in a solid brick, stir to break apart halfway through cooking time.
6. To cook vegetables in microwave convenience packaging, follow package instructions.

Fresh Vegetables		Cooking Time on Full Power for 1 lb. Vegetables	Method
Asparagus Eggplant	Mushrooms Spinach	3 to 5 min.	Place vegetables and 2 to 4 tablespoons water or butter in a casserole. Use more water or butter for large amounts of vegetables, as desired, and for fibrous vegetables, such as green beans and broccoli. Pierce whole vegetables with skins, such as potatoes and acorn squash.
Broccoli Brussel Sprouts Cabbage Carrots Cauliflower	Corn-on-the-Cob* Green Beans Okra Pea Pods Zucchini	4 to 6 min.	
Acorn Squash Artichokes Baked Potatoes** Beets Boiled New Potatoes	Potatoes Parsnips Rutabagas Sweet Potatoes** Turnips	4 to 6 min.	<p>Cook, covered, on Full Power according to the time recommended on the chart. Stir or rearrange vegetables halfway through the cooking time, if necessary. Keep the vegetables covered until ready to serve.</p> <p><b>MICRO TIPS:</b> *Cook in a covered utility dish or wrapped individually in waxed paper. **Pierce and arrange on microwave-safe paper towels.</p>

### Harvard Beets

Yield: 3 to 4 servings  
 1 tablespoon sugar  
 1 teaspoon cornstarch  
 1/8 teaspoon salt  
 2 tablespoons orange juice  
 1 (16 oz.) can small whole or sliced beets, drained  
 (reserve 1/4 cup liquid)

1. Combine sugar, cornstarch, salt, orange juice, and 1/4 cup beet liquid in 1-quart casserole. Cook, covered, on Full power for 2 to 4 minutes, or until thickened. Stir halfway through cooking time.
2. Add beets. Stir lightly to coat. Heat covered, on Full power for 1 to 3 minutes, or until heated through.

### Lemon-Buttered Broccoli

Yield: 6 to 8 servings  
 2 (10 oz. each) pkgs. frozen broccoli spears  
 3 tablespoons butter or margarine  
 1 tablespoon lemon juice  
 1/4 teaspoon leaf oregano, crushed  
 1/4 teaspoon salt  
 1/8 teaspoon garlic powder  
 Dash pepper

1. Place broccoli in dish. Cook, covered, on Full power for 6 to 9 minutes, or until tender. Stir to break apart halfway through cooking time. Drain. Set aside.
2. Place butter in 1-cup glass measure. Heat on Full power for 15 to 45 seconds, or until melted. Add remaining ingredients, stirring well to blend. Drizzle over broccoli.

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### **Potatoes au Gratin**

Yield: 4 to 6 servings

4 medium potatoes  
1/4 cup butter or margarine  
1/4 cup all-purpose flour  
2 teaspoons snipped chives  
1 teaspoon salt  
1/2 teaspoon dry mustard  
1/8 teaspoon pepper  
1 3/4 cups milk  
1 cup shredded Cheddar cheese

1. Pierce potatoes and arrange on microwave-safe paper towel in oven. Cook on Full power for 8 to 12 minutes, or until done. Turn potatoes over halfway through cooking time. Set aside to cool.
2. Place butter in dish. Heat on Full power for 30 seconds to 1 minute, or until melted.
3. Sift in flour, chives, salt, dry mustard, and pepper. Gradually stir in milk. Cook, covered, on Full power for 3 to 6 minutes, or until thickened. Stir occasionally during cooking time.
4. Stir in cheese. Slice potatoes and add to sauce. Heat, covered, on Full power for 1 1/2 to 3 1/2 minutes, or until cheese is melted and potatoes are heated through.

### **Cheese-Scalloped Carrots**

Yield: 6 to 8 servings

4 cups sliced carrots  
1 tablespoon water  
1/4 cup minced onion  
2 tablespoons butter or margarine  
2 tablespoons all-purpose flour  
1/4 teaspoon dry mustard  
1/4 teaspoon celery salt  
Dash pepper  
1 cup milk  
1/4 lb. shredded Cheddar cheese  
1/2 cup butter flavored cracker crumbs

1. Combine carrots and water in 1 1/2-quart casserole. Cook, covered, on Full power for 5 to 8 minutes, or until tender-crisp. Drain and remove carrots. Set aside.
2. Place onion and butter in 1 1/2-quart casserole. Cook, covered, on Full power for 30 seconds to 2 minutes, or until tender.
3. Blend in flour, mustard, salt and pepper. Slowly stir in milk. Cook, covered, on Full power for 1 1/2 to 3 1/2 minutes, or until thickened. Stir several times during cooking time. Stir in cheese until melted.
4. Mix in carrots. Top with cracker crumbs. Heat on Full power for 2 to 4 minutes, or until heated through.

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### Party Potatoes

Yield: 8 servings

8 to 10 medium potatoes, peeled and cut into eighths

1/2 cup water

1 (8 oz.) pkg. cream cheese

1 (8 oz.) carton French onion dip

1/2 teaspoon salt

1/8 teaspoon pepper

1/2 teaspoon garlic salt (optional)

Butter or margarine

Paprika

1. Place potatoes and water in 3-quart casserole. Cook, covered, on Full power for 12 to 17 minutes, or until potatoes are tender. Stir halfway through cooking time. Drain.
2. Beat together cream cheese, onion dip, salt, pepper, and garlic salt in large mixing bowl, until well-blended. Add hot potatoes, one at a time, beating until light and fluffy.
3. Spoon potatoes into 3-quart casserole. Dot with butter, as desired. Heat, covered, on Full power for 4 to 6 minutes, or until heated through. Sprinkle with paprika, as desired, before serving.

### Harvest Vegetable Platter

Yield: 6 to 8 servings

1 bunch fresh broccoli

1/2 medium head cauliflower

1 medium zucchini

1 to 2 medium summer squash

1 to 2 medium tomatoes

1/4 cup butter or margarine, melted

1/2 teaspoon garlic salt

1/2 teaspoon Italian seasoning

Grated Parmesan cheese

1. Cut broccoli into pieces 2 1/2-inches long. Break cauliflower into bite-size pieces. Alternate pieces of broccoli and cauliflower around outside edge of 12-inch platter.
2. Cut zucchini and summer squash into 1/4-inch slices. Arrange in mound in center of platter. Cover loosely with heavy-duty plastic wrap. Cook, covered, on Full power for 5 to 7 minutes, or until vegetables are crisp-tender.
3. Cut tomatoes into wedges. Arrange over other vegetables. Drizzle melted butter over vegetables. Sprinkle with garlic salt, Italian seasoning, and Parmesan cheese. Heat on Full power for 30 seconds to 1 1/2 minutes, or until tomatoes are warmed.

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## Sauces, Jams and Relishes Cooking Guidelines

1. Use the size container recommended in recipes to avoid boil-overs.
2. Sauces can be cooked directly in glass measures, for convenience. A glass measure should not be more than half-filled to avoid boil-overs.
3. Cover sauces, jams, or relishes as recommended in the recipes. Use a glass lid or heavy-duty plastic wrap. Remove these coverings away from self to avoid steam burns. Keep hot pads near. Sugar mixtures can become hot during cooking.
4. Stir sauces during cooking, as recommended in recipe. Stirring prevents lumping. Less stirring is required in microwave cooking of sauces than in conventional cooking.
5. When adding an ingredient such as pectin to a hot mixture, stir it in gradually.
6. The jelling point of jam or jelly is reached when a cool metal spoon, inserted into the hot mixture, is tilted and the syrup divides into two distinct drops that run together and sheet from edge of spoon.
7. Jams, jellies, or preserves should be poured into sterilized jars and sealed with paraffin and stored in refrigerator.

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### White Sauce and Variations (original recipe)

Yield: 1 cup

2 tablespoons butter or margarine  
 2 tablespoons all-purpose flour  
 ½ teaspoon salt  
 1 cup milk

1. Place butter in 1-quart casserole. Heat on Full Power for 15 to 45 seconds, or until melted.
2. Stir in flour and salt. Blend to smooth paste. Blend in milk gradually, stirring constantly.
3. Cook, covered, on Full Power for 1½ to 3½ minutes, or until thickened. Stir 3 to 4 times during cooking time.

MICRO-TIP: This recipe makes a medium sauce.

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#### Variations:

<b>Thin White Sauce</b>	1 tablespoon butter or margarine 1 tablespoon all-purpose flour	Decrease these amounts of butter and flour from original recipe.
<b>Thick White Sauce</b>	2 tablespoons butter or margarine 2 tablespoons all-purpose flour	Add these additional amounts to butter and flour in original recipe.
<b>Cheese Sauce</b>	¾ cup shredded sharp Cheddar cheese Dash cayenne pepper	Stir cheese into cooked sauce in original recipe, until cheese is melted. Stir in cayenne pepper.
<b>Dill Sauce</b>	½ teaspoon dill weed	Add to flour in original recipe.
<b>Mustard Sauce</b>	1½ to 2 tablespoons prepared mustard	Add to cooked sauce in original recipe.
<b>Newberg Sauce</b>	1 egg yolk 1/4 cup heavy cream 1 tablespoon dry sherry Dash cayenne pepper	Add cooked sauce from original recipe gradually to egg yolk. Stir in cream, sherry, and cayenne pepper. Return to casserole. Heat, covered, on Full Power for 30 seconds to 2 minutes or until heated through.

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### **Hollandaise Sauce**

Yield: 1/2 cup

1/3 cup butter or margarine

1 to 2 tablespoons lemon juice

2 egg yolks

1/4 teaspoon salt

1/4 teaspoon dry mustard

Dash hot pepper sauce

1. Place butter in 1-quart casserole. Heat on Full Power for 15 to 45 seconds, or until melted.
2. Stir in remaining ingredients. Beat with spoon or wire whisk until well-mixed.
3. Cook, covered, on Full power for 30 to 60 seconds, or until thickened. Stir halfway through cooking time.

### **Applesauce**

Yield: 3 to 4 cups

6 cups pared, cored, and quartered  
cooking apples

2 to 3 cinnamon sticks

1/4 to 1/2 cup sugar

1. Combine apples and cinnamon sticks in 1 1/2-quart casserole.
2. Cook, covered, on Full power for 5 to 8 minutes, or until apples are tender. Stir halfway through cooking time. Remove cinnamon sticks. Mash or put through sieve, if desired. Stir in sugar.

### **Quick and Easy Grape Jelly**

Yield: 5 cups

3 cups unsweetened grape juice

1 (1 3/4 oz.) box powdered fruit pectin

3 1/2 cups sugar

1. Combine grape juice and pectin in 5-quart casserole. Cook, covered, on Full power for 6 to 10 minutes, or until boiling. Stir 2 to 3 times during cooking time.
2. Stir sugar into grape mixture. Cook on Full power for 6 to 9 minutes, or until mixture has boiled hard for 1 minute. Stir 2 to 3 times during cooking time. Pour into jars. Seal with paraffin and refrigerate.

### **Spiced Pears**

Yield: 1 1/2 quarts

2 cups boiling water

2/3 cup white vinegar

2 cups sugar

2 to 3 (2-inch) cinnamon sticks

2 (29 oz. each) cans Bartlett pears, drained

1. Combine water, vinegar, sugar, and cinnamon sticks in 3-quart casserole. Cook, covered, on Full power for 4 to 7 minutes, or until mixture boils and sugar is dissolved. Stir halfway through cooking time.
2. Add pears. Heat, covered, on Full power for 1 to 3 minutes, or until warmed. Pack into jars. Add one stick cinnamon to each jar. Pour syrup over pears. Refrigerate for 1 week before using.  
Micro-tip: Add red or green food coloring to syrup before pouring over fruit, if desired.

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## Bread Cooking Guidelines

1. Muffins, coffee cakes, quick breads, and yeast breads are generally baked on Cook Level 7.
2. Breads will not brown in a microwave oven as they do in a conventional oven. For color, use toppings or ingredients which supply color. Some examples include rye flour, whole wheat flour, brown sugar, or dark spices, such as cinnamon. In some recipes, there may seem to be extra topping ingredients left over. Use all ingredients, since the bread will expand during cooking.
3. When cooking muffins, use 6 oz. glass custard cups or 6-cupcake capacity plastic tray. Line custard cups or plastic tray compartments with paper liners. Fill liners with 2 tablespoons of batter to avoid having the muffins rise over the edges. Arrange custard cups in a circle, rather than in rows. Remove muffins from custard cups or plastic tray immediately, to avoid soggy "bottoms".
4. Quick breads are usually fully cooked when toothpick inserted in the center comes out clean. Some breads will look slightly moist when first removed from microwave oven. Look through bottom of glass dish to see if bread is fully cooked. Breads should stand 3 to 5 minutes after cooking.
5. When reheating baked breads, heat only for a few seconds. Reheat only as much bread as needed for each meal. Wrap bread in a microwave-safe paper towel or napkin when reheating to capture steam and help keep bread moist.
6. Turn foods quarter-turn halfway through cooking time (non-turnstile models, only).

Item	Cooking Time	Cookmatic Power Level	Method
Muffins (6)	1½ to 2½ min.	7	Prepare according to recipe or package directions. Place 2 tablespoons of batter into each plastic muffin cup lined with paper liners. Muffins are done when tops spring back when lightly pressed. Remove muffins from tray and place on cooling rack immediately.
Coffee Cake 9" round from scratch	7 to 11 min.	7	Prepare according to recipe or package directions. Coffee cake is done when toothpick inserted in center comes out clean.
Corn Bread 9" round	3 to 5 min.	7	Prepare according to recipe or package directions. Top may look glossy but will finish cooking after five minutes standing time.

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### **Cranberry Muffins**

Yield: About 2 dozen muffins

Topping:

1 teaspoon grated orange peel

1/4 cup sugar

2 teaspoons cinnamon

1/4 cup chopped nuts

Muffins:

2 cups all-purpose flour

1/2 cup sugar

1 tablespoon baking powder

1 cup milk

1/4 cup vegetable oil

1 egg, beaten

1 cup coarsely chopped cranberries

1/2 cup chopped nuts

2 teaspoons grated orange peel

1. For topping: Combine orange peel, sugar, cinnamon, and chopped nuts in small bowl. Set aside.
2. For muffins: Combine flour, sugar, and baking powder in large mixing bowl. Combine milk, oil and egg. Add to combined dry ingredients. Mix until just blended. Fold in cranberries, nuts and orange peel.
3. Spoon 2 tablespoons of batter into each cup in plastic muffin tray (or 6, 6 oz. glass custard cups) lined with paper liners. Arrange 6 muffins in circle, in oven, if using custard cups.
4. Cook half-dozen on Cook Level 7 for 1 1/2 to 2 1/2 minutes, or until tops spring back when lightly pressed with finger. Sprinkle with 1 teaspoon topping over muffins halfway through cooking time. Remove muffins from tray or custard cups and place on cooling rack immediately. Repeat with remaining muffins.

### **Blueberry-Sour Cream Coffee Cake**

Yield: 1, 9-inch round or 8-inch square, cake

Topping:

1/2 cup all-purpose flour

1/2 cup sugar

1 1/2 teaspoons cinnamon

3 tablespoons butter or margarine, softened

1/2 cup chopped nuts

Cake:

1/2 cup sugar

1/2 cup butter or margarine

1 egg

1/2 cup dairy sour cream

1 cup all-purpose flour

1/2 teaspoon baking powder

1/4 teaspoon baking soda

1 cup blueberries, fresh or frozen, thawed

1. For topping: Combine flour, sugar and cinnamon in small bowl. Cut in butter or margarine until crumbly. Stir in nuts. Set aside.
2. For cake: Cream sugar and butter in large mixing bowl. Beat in egg and sour cream, until smooth.
3. Combine flour, baking powder and baking soda in small bowl. Add to creamed mixture, beating until well-blended. Gently stir in blueberries.
4. Pour half of batter into greased 9 x 2-inch round or 8 x 8 x 2-inch dish. Cook on Cook Level 7 for 7 to 11 minutes, or until toothpick inserted in center comes out clean.\* Sprinkle remaining topping evenly over batter halfway through cooking time.

\* Turn quarter-turn halfway through cooking time (non-turntable models, only).

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## Caramel Pecan Sweet Rolls

Yield: 3 batches of about 1 dozen rolls each

2 cups warm water  
2 (1/4 oz. each) pkgs. active dry yeast  
1/3 cup sugar  
1 tablespoon salt  
1/3 cup vegetable oil  
2 eggs, beaten  
6 to 6 1/2 cups all-purpose flour  
Butter or margarine, softened  
1/2 cup sugar  
1 tablespoon cinnamon  
1/3 cup raisins (optional)  
3/4 cup butter or margarine, divided  
3/4 cup brown sugar, firmly packed, divided  
3/4 cup pecan pieces, divided

1. Place water in 1-quart mixing bowl. Heat on Full power for 30 seconds to 1 minute, or until temperature of 105° F to 115° F is reached. Dissolve yeast in water. Stir in sugar and salt.
2. Blend in oil and eggs. Mix in flour, 2 cups at a time. Scrape dough from sides of bowl to center. Cover. Let stand for 20 minutes. Knead dough until smooth and elastic, or about 5 minutes.
3. Turn dough out onto lightly floured board. Divide dough into thirds. Roll each third into 5 x 12-inch rectangle, 1/4-inch thick. Spread each with butter, as desired. Sprinkle each with mixture of sugar and cinnamon. Sprinkle raisins on each, if desired. Roll each starting with narrow sides. Cut each roll into dozen 3/4-inch slices.
4. Place 1/4 cup butter in 9 x 2-inch round dish. Heat on Full power for 15 to 30 seconds, or until melted. Stir in 1/4 cup brown sugar and 1/4 cup pecans. Place dozen rolls in dish. Repeat with remaining two dozen rolls.
5. Let each dish of rolls rise and cook separately. Place 2 cups of water in 2-cup glass measure in rear corner of oven cavity. Let rise on Cook Level 1 for 5 to 7 minutes. Let stand for 10 minutes, or until doubled.
6. Cook, on Cook Level 5 for 4 1/2 to 6 minutes, or until top springs back when lightly pressed with finger. Turn quarter-turn halfway through cooking time. Invert on serving platter. Repeat with remaining rolls.

## Baked Goods and Desserts Cooking Guidelines

1. Circular and tube dishes provide best cooking results. Arrange cupcakes in a circle, if baking them in custard cups or use circular-shaped cupcake trays.
2. A tube dish can be created by placing a 2 to 3-inch diameter drinking glass in a 3 to 4-quart casserole. Pour the cake batter around the glass.
3. If desired, to turn layer cake out of dish and onto a serving platter, grease the dish and line the bottom with waxed paper before baking. This will allow easy removal of the cake. Do not use flour when greasing a dish since it will tend to lump in bottom of dish. Avoid using spray-on vegetable coating, as it makes cakes sticky.
4. When cooking microwave oven cakes, decrease the amount of batter slightly. Dishes should be about half-filled with batter. Excess batter can be used for baking cupcakes.
5. Cook cake layers separately, one at a time. The same dish may be used, if desired. Use a fresh piece of waxed paper when cooking the second layer.
6. Cakes and bars are baked on Cook Level 5 or Cook Level 7.
7. Cakes and bars are done when tops spring back when lightly pressed with a finger. Cakes may appear slightly moist after cooking. "Moisture" is not "raw" batter. This moisture will disappear when cake stands for 3 to 5 minutes after cooking. Remember this "carry-over cooking" time.
8. Due to the short amount of cooking time, microwave oven cooked cakes and bars will not brown. When using frosting or toppings, the lack of browning is not noticed. Confectioners' sugar, a mixture of cinnamon and sugar, nuts or coconut may be sprinkled over top of cake. Sauces, fruit toppings, and fresh or frozen fruit may be served over cake. Even pudding can be used as a topping for cake.

Item	Cooking Time	Cookmatic Power Level	Method
Cake Layer 8" round	7 to 9 min.	5	Microwave one layer at a time.* Cake is done when top springs back when touched lightly. Top may still appear moist but not raw. Let stand for 5 minutes. Invert on a cooling rack. Cool completely.
Cupcakes	2 to 3 min.	5	Prepare according to recipe or package directions. Place 2 tablespoons of batter into each cup of plastic cupcake tray lined with paper liners.* Cupcakes are done when top springs back when lightly pressed. Remove from tray and place on cooling rack immediately.
Bundt Cake	12 to 15 min.	5	Prepare according to recipe or package directions. Place in greased bundt pan.* Cake is done when top springs back when touched lightly. Top may still appear moist, but not raw. Let stand 5 minutes. Invert on cooling rack. Cool completely.
Brownies 8" square	4½ - 6 min.	5	Prepare according to recipe or package directions.* Brownies are done when top springs back when touched lightly. Top may still appear moist but not raw. Let stand until cool.
Single Pie Crust 9" round	1 to 3 min.	Full Power (10)	Prepare according to recipe or use thawed ready-made pie crust. Cover with microwave-safe paper towel.* Pie crust is done when dough is no longer moist. Cool. Fill with desired filling.

NOTE: To bake microwave convenience cakes, bars, desserts, etc., follow package instructions and decrease cooking time.

\* Turn quarter-turn halfway through cooking time (non-turntable models, only).

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### Cherry Cheesecake

Yield: 12 to 15 servings

1/2 cup butter or margarine  
2 cups graham cracker crumbs  
1/2 cup sugar  
1/2 teaspoon cinnamon  
3 (8 oz. each) pkgs. cream cheese, softened  
5 eggs  
1 cup sugar  
1/2 teaspoon vanilla  
2 1/2 cups dairy sour cream  
1/3 cup sugar  
1 1/2 teaspoons vanilla  
1 (21 oz.) can cherry pie filling\*

1. Place butter in 3-quart utility dish. Heat on Full power for 30 seconds to 1 1/2 minutes, or until melted.
2. Blend in crumbs, sugar, and cinnamon. Press mixture firmly against bottom and sides of dish. Cook on Full power for 30 seconds to 1 1/2 minutes, or until firm. Turn half-turn halfway through cooking time.\*
3. Beat cream cheese until smooth. Beat in eggs, one at a time. Mix in sugar and vanilla, until smooth and creamy. Pour over crust. Cook on Cook Level 4 for 20 to 30 minutes, or until knife inserted in center comes out clean.\*
4. Combine sour cream, sugar, and vanilla. Blend well. Pour mixture over cheesecake. Chill. Top with cherry pie filling.  
Micro-tip: cherry pie filling may be substituted with glazed fresh fruit or other fruit pie fillings, such as strawberry or blueberry.

### Chocolate Malt Cake

Yield: 1, 9-inch 2-layer cake

Cake:

1 cup sugar  
1/2 cup butter or margarine  
1 cup vegetable oil  
3 eggs  
1 teaspoon vanilla  
2 cups all-purpose flour  
1 1/2 cup chocolate flavored malted milk powder  
1 tablespoon baking powder  
1 1/4 cups milk

Frosting:

1 (12 oz.) carton frozen non-dairy whipped topping, thawed  
1/2 cup chocolate flavored malted milk powder  
1/4 cup cocoa

1. For cake: Line bottoms of 2, 9 x 2-inch round dishes with waxed paper.
2. Cream together sugar and butter in large mixing bowl, until fluffy. Gradually blend in oil.
3. Add eggs, one at a time. Beat well after each addition. Blend in vanilla.
4. Mix together flour, malted milk powder, and baking powder in medium mixing bowl. Add dry ingredients alternately with milk. Beat well after each addition.
5. Pour one-half of batter into dish. Cook on Cook Level 5 for 6 1/2 to 8 1/2 minutes, or until top springs back when lightly pressed with finger.\* Let stand 5 minutes. Invert on cooling rack. Cool completely. Repeat with remaining layer.
6. For frosting: Combine all frosting ingredients in large mixing bowl. Mix until well-blended. Fill and frost cooled cake.

\* Turn quarter-turn halfway through cooking time (non-turntable models, only).

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## Lemon Bars

Yield: 1 dozen bars

1/2 cup butter or margarine  
1 1/2 cups all-purpose flour  
1/4 cup confectioners' sugar  
1 cup sugar  
2 eggs  
3 tablespoons lemon juice  
2 tablespoons all-purpose flour  
1 teaspoon grated lemon peel  
3 to 4 tablespoons confectioners' sugar

1. Place butter in 8 x 8 x 2-inch baking dish. Heat on full power for 30 seconds to 1 1/2 minutes, or until melted. Blend together melted butter, 1 1/2 cups flour and 1/4 cup confectioners' sugar.
2. Cook on full power for 45 seconds to 1 1/2 minutes, or until crumbly. Stir 2 to 3 times during cooking time. Press mixture firmly against bottom of dish. Cook on full power for 1 to 2 minutes, or until slightly firm.
3. Beat together sugar, eggs, lemon juice, 2 tablespoons flour, and grated lemon peel. Pour over hot crust. Cook on Cook Level 4 for 8 to 11 minutes, or until center is firm.\* Sprinkle with 3 to 4 tablespoons confectioners' sugar. Cool completely. Cut into squares.

## Dutch Apple Cream Pie

Yield: 1, 9-inch pie

1 cup all-purpose flour  
1/2 cup brown sugar, firmly-packed  
1 teaspoon cinnamon  
1/3 cup butter or margarine, softened  
1/3 cup chopped nuts  
1 cup dairy sour cream  
3/4 cup sugar  
1 egg, slightly-beaten  
2 tablespoons all-purpose flour  
1/2 teaspoon cinnamon  
4 cups cored, peeled, and sliced apples  
1, 9-inch baked pie crust

1. For topping: Combine 1 cup flour, brown sugar and 1 teaspoon cinnamon. Cut in butter, until mixture is crumbly. Stir in nuts. Set aside.
2. For filling: Combine sour cream, sugar, egg, flour, and cinnamon. Stir in apples.
3. Add filling to baked pie crust. Cook on full power for 7 to 9 minutes, or until apples are tender. Sprinkle topping over pie, halfway through cooking time.\*

## Rhubarb Custard Pie

Yield: 1, 9-inch pie

Filling:

4 egg yolks  
3/4 cup milk  
1 teaspoon vanilla  
1 1/2 cups sugar  
3 tablespoons all-purpose flour

Dash salt

Dash nutmeg

3 cups diced rhubarb  
1, 9-inch baked pie crust

Meringue:

4 egg whites  
1/4 teaspoon cream of tartar  
1/2 cup sugar

1. For filling: Combine egg yolks, milk, and vanilla in large bowl.
2. Mix together sugar, flour, salt, and nutmeg in small bowl. Add to egg mixture.
3. Spread rhubarb evenly in 9-inch baked pie crust. Pour filling over rhubarb. Cook on Cook Level 4 for 22 to 27 minutes, or until filling is almost set.\*
4. For meringue: Beat egg whites with cream of tartar, until foamy. Add sugar, 1 tablespoon at a time, beating until egg whites are stiff. Spread meringue over filling. Seal edges. Heat on full power for 1 to 2 1/2 minutes, or until meringue is set.

\* Turn quarter-turn halfway through cooking time (non-turntable models, only).

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### Triple Treats

Yield: 1 1/2 dozen bars  
1/2 cup butter or margarine, softened  
1/2 cup brown sugar, firmly packed  
1 egg  
1/2 teaspoon vanilla  
1 cup all-purpose flour  
1 1/2 cups confectioners' sugar  
2 tablespoons milk  
1 tablespoon butter or margarine, softened  
1/2 teaspoon vanilla  
1/4 teaspoon almond extract  
1/2 cup semi-sweet chocolate morsels  
2/3 cup confectioners' sugar  
1/2 cup butter or margarine, softened  
1/4 cup slivered almonds or 1/4 cup chopped walnuts

### Lime Gelatin Delight Cake

Yield: 1, 9-inch round cake  
1 (9 oz.) pkg. white cake mix  
1/2 cup water  
1 egg white  
1 cup hot tap water  
1 (3 oz.) pkg. lime flavored gelatin  
1 (3 oz.) pkg. instant lemon flavored pudding mix  
1 cup milk  
1 cup nondairy whipped topping

### Rocky Road Cake

Yield: 1 cake  
1 (13 1/2 oz.) pkg. chocolate fudge chip snack cake mix  
1 cup water  
1 1/2 cups miniature marshmallows  
1/2 cup semi-sweet chocolate morsels  
1/4 cup crunchy-style peanut butter

1. Cream 1/2 cup butter and brown sugar in large mixing bowl. Add egg, 1/2 teaspoon vanilla, and flour. Beat until fluffy. Spread evenly in ungreased, 8 x 8 x 2-inch dish. Cook on Cook Level 7 for 4 to 5 1/2 minutes, or until firm.\* Allow to cool.
2. Beat together 1 1/2 cups confectioners' sugar, milk, 1 tablespoon butter, vanilla, and almond extract, until creamy. Spread on cooled bottom layer. Chill.
3. Place chocolate morsels in 1-cup glass measure. Heat on full power for 20 to 45 seconds, or until melted. Stir well.
4. Cream confectioners' sugar and butter in small bowl. Add chocolate to creamed mixture. Beat until fluffy. Spread on white layer. Sprinkle with nuts. Refrigerate. Cut into bars before serving.

1. Prepare cake according to package instructions using 1/2 cup water and 1 egg white. Pour batter into 9 x 2-inch round dish. Cook on Cook Level 5 for 4 1/2 to 6 minutes, or until top springs back when lightly pressed with finger.\*
2. Place water in 2-cup glass measure. Heat on full power for 1 1/2 to 2 1/2 minutes, or until boiling. Stir in gelatin to dissolve.
3. Poke holes in cake with toothpick. Pour gelatin over cake. Refrigerate for 1 hour.
4. For topping: Combine instant pudding mix and milk in small bowl. Beat for 1 minute with electric mixer. Fold in whipped topping. Spread over cake. Chill.

Micro-tip: This is a good dessert for St. Patrick's Day, or for other holidays. Use other flavors of gelatin, if desired.

1. Combine cake mix and water in 9 x 2-inch round dish. Mix according to package instructions. Cook on Cook Level 5 for 5 to 7 minutes.\*
2. Immediately after removing from oven, sprinkle marshmallows evenly over top.
3. Combine chocolate morsels and peanut butter in 2-cup glass measure. Heat on full power for 45 seconds to 1 minute 15 seconds, or until melted. Stir halfway through cooking time.
4. Drizzle well-blended chocolate mixture over marshmallows. Cool.

\* Turn quarter-turn halfway through cooking time (non-turntable models, only).

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### Pineapple Upside-Down Cake

Yield: 1, 9 x 2-inch cake

2 tablespoons butter or margarine  
1/2 cup dark brown sugar, firmly packed  
1 (8 oz.) can sliced pineapple, with liquid  
2 maraschino cherries, halved (optional)  
1/2 cup vegetable oil  
2 eggs  
1 (9 oz.) pkg. one layer yellow cake mix

### Apple Crisp

Yield: 6 to 8 servings

6 cups cored, peeled, and sliced cooking apples  
1 tablespoon lemon juice (optional)  
1/4 cup sugar  
1/2 teaspoon cinnamon  
1 tablespoon all-purpose flour  
1 cup all-purpose flour  
1 cup quick-cooking, rolled oats  
1/2 cup brown sugar, firmly packed  
1 teaspoon cinnamon  
1/2 cup butter or margarine, softened

### Thumbprint Cookies

Yield: 3 dozen

2/3 cup butter or margarine  
1/3 cup sugar  
2 eggs, separated  
1 teaspoon vanilla  
1/4 teaspoon salt  
1 3/4 cups sifted all-purpose flour  
3/4 cup finely chopped pecans  
1/2 cup preserves

1. Place butter in 9 x 2-inch round dish. Heat on Full power for 15 to 30 seconds, or until melted. Sprinkle brown sugar over butter.
2. Reserve 1/4 cup pineapple juice in 2-cup measure. Arrange pineapple slices over butter-brown sugar mixture. Invert maraschino cherry half in center of each pineapple ring, if desired.
3. Add oil and eggs to reserved juice. Stir until blended. Add liquid ingredients to cake mix in large mixing bowl. Stir until well-blended. Batter will be lumpy. Spread batter evenly over pineapple rings. Cook on Cook Level 5 for 7 to 10 minutes, or until top springs back when lightly pressed with finger.\* Let stand for 10 minutes. Invert on serving platter.  
Micro tip: Crushed pineapple may be substituted for sliced.

1. Place apples in 8 x 8 x 2-inch dish. Sprinkle with lemon juice, if desired.
2. Combine 1/4 cup sugar, 1/2 teaspoon cinnamon, and 1 tablespoon flour in small bowl. Toss with apples to coat.
3. Combine flour, oats, brown sugar, and cinnamon in mixing bowl. Cut in butter, until mixture is crumbly. Sprinkle over apples. Cook on Full power for 5 to 7 minutes, or until apples are tender.  
Micro-tip: For less sweet Apple Crisp, omit sugar in Step 2.

1. Cream butter and sugar until fluffy in large mixing bowl.
2. Stir in egg yolks, vanilla, and salt, beating well. Gradually stir in flour. Mix well.
3. Shape dough into 3/4-inch diameter balls. Dip in slightly-beaten egg whites. Roll in pecans.
4. Line 12-inch glass platter or pizza plate with waxed paper. Place 9 balls in circle around edge and 3 balls in center of platter. Make thumbprint in each.
5. Cook dozen on Cook Level 7 for 1 minute, 15 seconds to 2 minutes, or until firm but slightly moist.\* Allow cookies to cool slightly before removing from waxed paper. Fill "thumbprints" with preserves just before serving. Repeat with remaining cookies.  
Micro-tip: Cookies may be filled with pie filling rather than preserves.

\* Turn quarter-turn halfway through cooking time (non-turntable models, only).

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## Candy Cooking Guidelines

1. Candy becomes very hot during cooking. Select a cooking utensil which will withstand hot temperatures. Select a utensil which is large enough to hold the candy during cooking to avoid boil-overs. Use the recommended utensil in the recipe. Generally, candy is cooked uncovered for easy stirring.
2. If a candy thermometer is used when preparing candies, do not leave thermometer in candy while the microwave oven is operating, unless the thermometer is especially designed for microwave oven use.
3. In this cooking guide, candies are described as being completely done when the following stages are reached:

**Soft Ball:** Candy syrup, when dropped into very cold water, forms a soft ball which flattens on removal from water.

**Firm Ball:** Candy syrup, when dropped into very cold water, forms a firm ball which does not flatten on removal from water.

**Hard Ball:** Candy syrup, when dropped into very cold water, forms a hard ball which is hard enough to hold its shape, yet elastic.

**Soft Crack:** Candy syrup when dropped into very cold water, separates into threads which are hard but not brittle.

**Hard crack:** Candy syrup when dropped into very cold water, separates into threads which are hard and brittle.

4. Since candies do become quite hot during cooking, be careful when removing them from the microwave oven. Keep pot holders handy.

### Peanut Brittle

Yield: About 2 lbs.

- 2 cups sugar
- 1 cup light corn syrup
- 1/3 cup water
- 1 (16 oz.) pkg. salted peanuts
- 4 tablespoons butter or margarine
- 2 teaspoons baking soda

1. Grease 2, 15 1/2 x 12-inch baking sheets.
2. Place sugar, corn syrup, and water in 3-quart casserole. Cook on full power for 6 to 9 minutes, or until soft ball stage is reached.\* Stir occasionally during cooking time.
3. Stir in peanuts. Cook on full power for 7 to 11 minutes, or until hard crack stage is reached.\*
4. Stir in butter and baking soda. Pour half of candy onto each sheet, spreading to 1/4-inch thickness. Cool. Break into pieces.

Micro-tip:

\*The soft ball and hard crack stages are described in "Candy Cooking Guidelines."

### Coconut 'N' Cherry Fudge

Yield: 25 pieces

- 1 2/3 cups sugar
- 2/3 cup evaporated milk
- 1/2 cup butter
- 2 cups miniature marshmallows
- 1 1/2 cups semi-sweet chocolate morsels
- 1 teaspoon vanilla
- 1/2 cup flake coconut
- 1/2 cup chopped nuts
- 1/3 cup chopped maraschino cherries

1. Combine sugar, evaporated milk, and butter in 3-quart casserole. Cook on full power for 6 to 9 minutes, or until soft ball stage is reached.\* Stir mixture 3 times during cooking time.
2. Beat in marshmallows, chocolate morsels, and vanilla with wire whisk, until mixture is smooth and creamy. Stir in coconut, nuts, and cherries. Pour into greased, 8 x 8 x 2-inch dish. Micro-tip: \*The soft ball stage is described in "Candy Cooking Guidelines."

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### Chocolate-Maple Bonbons

Yield: 2 1/2 to 3 dozen

1/4 cup butter or margarine, softened

3 cups sifted confectioners' sugar

1 tablespoon maple flavoring

3 to 4 teaspoons milk

1/4 cup chopped peanuts (optional)

1 cup semi-sweet chocolate morsels

1 cup butterscotch morsels

1/2 cup creamy-style peanut butter

1(2 1/2 x 3 x 1/2-inch) bar paraffin, grated

1. Beat butter in large mixing bowl until fluffy. Blend in confectioners' sugar and maple flavoring. Add enough milk to make mixture hold together. If necessary, knead mixture until all combined. (Mixture should be very stiff.) Mix in peanuts, if desired. Roll into 1/2 to 1-inch balls. Place on waxed paper and chill for 1 hour, or until firm.
2. Combine morsels, peanut butter, and paraffin in 1-quart casserole. Heat on full power for 1 minute, 45 seconds to 2 1/2 minutes, or until melted. Stir several times during cooking time. Stir until smooth. Dip maple balls in chocolate. Let cool on waxed paper. Store in refrigerator. Micro-tip: Use remaining chocolate as dip for pound cake or fruit, or add peanuts to make peanut clusters.

### Almond Bark

Yield: 1 lb.

3/4 lb. white or dark chocolate\*

2/3 cup toasted almonds\*\*

1. Place chocolate in 1-quart casserole. Heat on full power for 1 to 2 minutes, or until melted. Stir occasionally during heating time.
  2. Stir in almonds. Pour immediately onto waxed paper or aluminum foil. Spread thinly. Cool for approximately 1 hour. Break into pieces for serving.  
Micro-tips:  
\*1 (12 oz.) pkg. semi-sweet chocolate morsels may be substituted for 3/4 lb. chocolate, if desired.  
\*\*Pecans or crushed peppermint candies may be substituted for almonds.
- \* Turn quarter-turn halfway through cooking time (non-turntable models, only).

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## Care and Cleaning

### Interior, Exterior and Door

If walls, floor, and door of microwave oven become splattered, wipe with paper towel or clean with mild detergent in warm water using soft sponge or cloth. Wring sponge or cloth to remove excess water before wiping unit. If desired, boil a cup of water in microwave oven to loosen soil before cleaning:

- Do not use cleaners containing ammonia. These could damage finish.
- Never pour water into microwave oven bottom.
- Do not use water pressure type cleaning systems.

### Discharge Air Vents

There will be a slight buildup of cooking vapors along discharge louvers in back of oven on right side. Clean air vent with damp cloth and dry.

### Splatter Shield

Splatter shield keeps top of microwave oven and antenna from getting soiled. Remove soil from shield with damp cloth. Remove splatter shield to clean more thoroughly.

#### Important

When removing and replacing splatter shield, be careful not to bend antenna.

1. Unplug oven before removing splatter shield to stop antenna from rotating.
2. Shield snaps into lip in front of microwave oven and three slots in back. To remove, place thumbs into two indentations in front of shield. Press lightly toward back and carefully lower shield away from antenna.
3. Pull shield forward, out of back slots and out of microwave oven.
4. Wash shield in warm soapy water.
5. Dry and replace.

#### Important

- Do not wash in dishwasher.
- Do not use abrasive cleaners.

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## Replacing Oven Light Bulb



### Caution

To avoid electrical shock hazard unplug power cord or open circuit breaker to microwave oven before replacing light bulb. After replacing light bulb, reconnect power.

Tools needed--

- protective gloves
- flat blade screwdriver
- 120 volt, 40 watt, appliance bulb (usually found at grocery or hardware stores)



To remove bulb, turn it in the direction shown.

**Important!** Wear gloves to protect hands should light bulb break. If hot, allow bulb to cool.

To change oven light bulb:

1. Remove access screw from and open access cover on top left wall of oven exterior.
2. Remove bulb, being careful not to burn fingers or break bulb.
3. Replace bulb.
4. Replace access cover and replace access screw. Do not operate oven with access cover removed.
5. Restore power to microwave oven.

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## Before Calling for Service

If microwave oven does not operate:

- Confirm unit is plugged into dedicated circuit.
- Confirm unit is on grounded and polarized circuit.
- Check fuse or circuit breaker. Determine if circuit is operable by plugging another item in outlet.
- Confirm microwave oven door is securely closed.
- If condition remains unchanged, see "Unchanged Condition" instructions below.

If control will not accept instructions:

- For cooking by time, see "Unchanged Condition" instructions below.

If readout appears wrong:

- Press **STOP/RESET**.
- See "Unchanged Condition" instructions below.

If oven light does not work:

- Confirm light bulb is screwed in tightly.
- Confirm light bulb is not defective.

If room lights dim or pulse when oven is in use:

- Confirm microwave is on proper circuit. See grounding instructions on page 6.

If unit operates, but will not heat food:

- Place one cup cool water in unit. Heat for one minute. If water temperature does not rise, unit is operating incorrectly.

If dash lines appear in display:

- This is a power interruption signal and will appear whenever oven is initially plugged in or when power is interrupted. Set the clock to clear.

### Unchanged Condition

If condition remains unchanged, perform the following steps:

1. Check to see if fuse or circuit breaker is open.
2. Unplug oven.
3. Reconnect oven to wall outlet. Dash lines appear in display.
4. Press **STOP/RESET** or set clock.



### WARNING

To avoid electrical shock which can cause severe personal injury or death, do not remove outer case at any time. Only authorized servicer should remove outer case.





## Factory Service Centers

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Listed below are Factory Service Centers which service most metropolitan and surrounding areas. Amana also has a network of independent authorized servicers. Locate a Factory Service Center or independent servicer by calling **1-800-NATLSVC (628-5782)** inside U.S.A. and **319-622-5511** if outside U.S.A. When contacting Amana, provide **model, manufacturing, and serial numbers** and **date of purchase**. Locate model, manufacturing, and serial numbers on the nameplate. Warranty service must be performed by an **authorized** servicer. Amana also recommends contacting an **authorized** servicer if service is required after warranty expires.

- **Amana Factory Service Center Arizona**  
Also dispatches service in areas of Nevada
- **Amana Factory Service Center Northern California**
- **Amana Factory Service Center Southern California**
- **Amana Factory Service Center Colorado**  
Also dispatches service in areas of Utah
- **Amana Factory Service Center Florida**
- **Amana Factory Service Center Georgia**  
Also dispatches service in areas of Alabama, North Carolina, South Carolina and Tennessee
- **Amana Factory Service Center Iowa**  
Also dispatches service in areas of Kansas, Minnesota, Missouri and Wisconsin
- **Amana Factory Service Center Illinois**  
Also dispatches service in areas of Indiana and Kentucky
- **Amana Factory Service Center Massachusetts**  
Also dispatches service in areas of New Hampshire and Rhode Island
- **Amana Factory Service Center Maryland**  
Also dispatches service in areas of Pennsylvania, Virginia and Washington D.C.
- **Amana Factory Service Center New York**  
Also dispatches service in areas of Connecticut and New Jersey
- **Amana Factory Service Center Ohio**  
Also dispatches service in areas of Michigan and Pennsylvania
- **Amana Factory Service Center Texas**
- **Amana Factory Service Center Washington**  
Also dispatches service in areas of Oregon

## Asure™ Extended Service Plan

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Amana is pleased to offer long-term service protection on this new microwave oven. Asure Extended Service Plan is specially designed to supplement Amana's strong warranty. Asure provides budget-protecting coverage on microwave for up to five full years and includes parts, labor and travel charges. A participating Amana dealer has details.