

MAGIC OF MICROWAVE COOKBOOK

PLUS, USE AND CARE
INSTRUCTIONS

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YOU MUST REGISTER YOUR MICROWAVE OVEN

The Federal Government requires that records be filed on the location of all microwave ovens. A registration card, packed inside this oven, is used to track the location of our microwave ovens. Please fill in the registration card now and mail to us. If you move, register your new address by writing to us at the address below. If you bought this microwave oven from a previous owner, please establish your ownership by writing to:

**Microwave Records
240 Edwards St. S.E.
Cleveland, TN 37311**

Include the **MODEL NUMBER** and **SERIAL NUMBER** in all correspondence. These numbers are found on the rating plate which is located inside the oven cavity. Write the information here for handy reference.

DATE PURCHASED:

MODEL NUMBER:

SERIAL NUMBER:

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 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.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances, basic safety precautions should be followed, including the following:
WARNING—To reduce the risk of burns, electrical shock, fire, injury to persons or exposure to excessive microwave energy:

1. READ ALL THE INSTRUCTIONS BEFORE USING THE APPLIANCE.
2. Read and follow the specific "Precautions to avoid possible exposure to excessive microwave energy" found above.
3. This appliance must be grounded and properly polarized. Connect only to a properly grounded and polarized outlet. See "Grounding Instructions" on page 3.
4. Install or locate this appliance only in accordance with the installation instructions described in this manual.
5. Some products such as whole eggs and sealed containers, such as 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 the manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, dry, or defrost food. It is not designed for industrial, laboratory, or commercial use. It is intended for home use only. Do not use for drying clothes, linens, newspaper, or similar non-food type items.
7. Make sure that all persons using this appliance, especially children, are closely supervised and properly instructed on how to use this appliance.
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 the nearest authorized service facility for examination, repair or replacement. Do not attempt to service or repair this appliance.
10. Do not cover or block any openings on the appliance. Do not store items on top of microwave oven if there are louvers on top of oven.
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. When cleaning surfaces of door and oven that come together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
16. To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food, especially starchy items such as potatoes and fatty items such as bacon. 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 bag 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.
 - 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.
 - e. Do not put metal inside the oven, except as specifically described in the manual or cookbook if supplied with this oven.

(continued on page 2)

IMPORTANT SAFETY INSTRUCTIONS

17. Use only cooking utensils and accessories made for use in the microwave and specifically described in this manual. Use aluminum foil only as directed in this book.
18. Do not use outdoors.
19. Do not pop popcorn in anything other than a microwave oven popper unless it is a specially treated bag labeled: "Microwave popcorn intended for use in the microwave".
20. Never use brown paper bags, glass or plastic bowls, or other unsuitable containers to pop popcorn. To avoid scorching and burning, remove popcorn after popping has slowed to two or three seconds between pops. Prolonged popping can cause smoking from overheated oil, breakage of dishes, damage to oven and eventually a fire.
21. Do not remove the outer case or the plastic stirrer cover inside the oven cavity.
22. Briskly stir liquids or pureed baby food before heating and reheating to incorporate air. This prevents abrupt boilovers that sometimes occur after air-depleted liquids are heated, especially in tall, narrow containers.
23. Do not fry or deep fat fry in this microwave oven. Hot oil can damage oven parts and utensils and even result in skin burns.
24. Plastic wrap: Use only those types designed for microwave oven use and avoid forming an air-tight seal. Fold back a small corner or cut a small slit to allow steam to escape. Use pot holders with plastic wrap-covered utensils.
25. Stay near the appliance while it is in use and check cooking progress frequently. Leaving the appliance unattended may result in overcooked food and possibly a fire in your oven.
26. BUILT-IN INSTALLATIONS ONLY:
Do not mount any portion of oven over a sink or any other heating appliance.

SAVE THESE INSTRUCTIONS

MICROWAVE TIPS TO AVOID OVEN DAMAGE

Do not operate microwave oven when empty or with empty utensils.

Never use sharp-edged utensils in or near the oven.

DO NOT USE WHITE CERAMIC BROWNING DISH IN THIS OVEN. High heat from underside of dish can permanently scorch oven turntable.

USE ALUMINUM FOIL only as directed in this book. Small strips of foil on meats are helpful in shielding microwaves to prevent overcooked areas. Low-sided aluminum foil pans, such as TV dinner trays, may be used.

Use care to keep aluminum foil at least 1 inch away from oven walls, door or top. Metal placed closer than 1-inch from interior surfaces can cause arcing (electrical sparks). If arcing occurs, stop microwave and remove foil.

Dyes used in microwave popcorn bags can discolor oven's turntable. Before microwaving, place bags on popcorn tray supplied with oven, or on other microwave-safe utensil.

PREVENT BURSTING OR EXPLOSIONS FROM FOOD AND CONTAINERS

Pierce microwavable plastic bags and pouches for frozen foods before heating. Pierce foods with heavy skins such as potatoes, whole squash, apples and chestnuts before cooking. Piercing allows steam to escape and eliminates pressure build-up.

CONTAINERS WITH RESTRICTED OPENINGS such as narrow-necked pop bottles or salad dressing bottles should never be placed in the microwave for either defrosting or heating. These can explode, even if the top has been removed, when heat has built up in the lower portion of the container.

RAW EGGS IN THE SHELL OR HARD COOKED EGGS should never be microwaved. Eggs heat so quickly that pressure build-up might not be avoided, and an explosion could occur.

Do not use recycled paper products when microwaving. They may contain small metal fragments which could ignite.

INSTALLATION

INSTALLATION

This oven was carefully packed and shipped in good condition. If you find shipping damages, notify the dealer immediately.

Remove all packing materials both outside and inside the oven before using it.

This microwave oven is designed for household use only. It is not intended for commercial or industrial use.

Some models are designed as a countertop unit only and not intended for built-in applications.

The oven can be set on any sturdy counter, shelf, table, room divider or rolling cart.

The oven requires free movement of air for proper operation. **DO NOT BLOCK AIR VENTS** located on the back and underneath the oven. Also, do not remove the feet from the bottom of the oven.

GROUNDING INSTRUCTIONS

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 grounding plug. The plug must be plugged into a 120 volt, 15 ampere outlet that is properly installed and grounded in accordance with applicable electrical codes.

For proper operation, no other appliance should be on the same circuit as the microwave oven.

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

WARNING

To provide continuous protection against electrical shock, connect to properly grounded outlets only. Improper use of the grounding plug can result in a risk of electrical shock.

DO NOT, UNDER ANY CIRCUMSTANCES, CUT OFF THE 3RD GROUNDING PRONG.

EXTENSION CORDS

If it is necessary to use an EXTENSION CORD, use only 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord should be equal to or greater than the electrical rating of the appliance.

DO NOT USE EXTENSION CORDS FOR BUILT-IN APPLICATIONS. CONSULT A QUALIFIED ELECTRICIAN TO INSTALL THE APPROPRIATE RECEPTACLE.

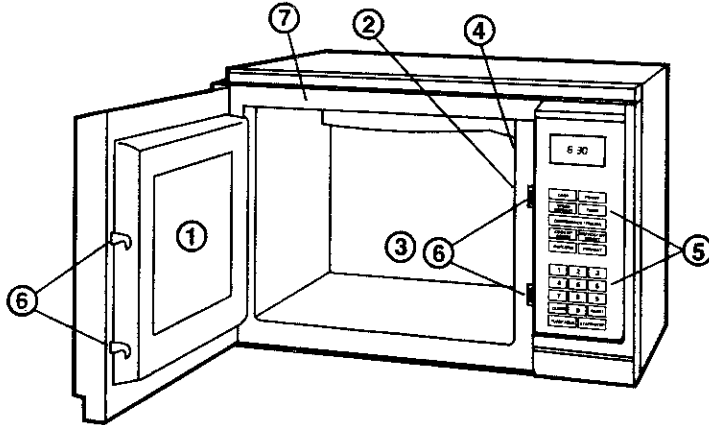
INTERFERENCE WARNING

Microwave ovens generate radio frequency energy during operation and if not installed properly, may cause interference to radio and television reception. You can determine if this unit is causing interference by turning it on and off while the interference is occurring. If interference occurs it may be corrected by one or more of the following measures:

- a. Relocate the TV, radio, or microwave oven.
- b. Plug the oven into a different outlet so that it and the receiver are on different circuits.

If the interference persists, you may want to consult an experienced radio/television technician for additional suggestions.

OVEN FEATURES



1. Window door.
2. Rating plate (model and serial numbers).
3. Painted oven cavity.
4. Oven light bulb.
5. Control panel.
6. Safety interlock system.
7. Cook code chart.

SPECIFICATIONS

	0.8 cu. ft. Series
Height (Exterior)	12 ³ / ₄ "
Width (Exterior)	20 ³ / ₈ "
Depth (Exterior)	13 ¹ / ₄ "
Volume Inside (cu. ft.)	0.8
Approximate Shipping Weight	42 lbs.
Total Connected Load (for 120 volts)	10 Amps
Output Power (Watts)	600 watts*

Specifications subject to change by manufacturer
 * IEC test method

DEFINITIONS OF TERMS USED IN THIS BOOKLET

GLOSSARY OF OVEN FEATURES

Microwave Wattage: Wattage affects microwave cook time. High watt (800 watt) microwave ovens cook faster than medium watt (600 watt) ovens. Microwave times on food packages usually correlate to wattages. (EX: "Microwave 5 to 7 minutes (600 to 650-watt oven.") If your wattage is higher than on pkg. reduce time; if lower, add time.

Versatile Oven Timer: Timer can be used alone while no cooking takes place. It also sets all microwave functions, whether you manually enter time, or oven automatically enters the time calculated from codes from chart inside the oven. You can also do both types of timing (non-cooking and cooking) simultaneously. When simultaneous timing, display will favor the cooking time; after 3 seconds, the non-cooking time will not show on display, but you can recall it by touching TIMER pad.

SPEED DEFROST: SPEED DEFROST automatically changes power settings three times for 4 equally-timed gradually-lower power stages. For first 1/4 of SPEED DEFROST time, oven microwaves at 80% of power. The second 1/4 of time is at 60%, then 40% and 20%. Gradual power reduction gives fastest defrosting possible with least amount of heating near the end of thawing period.

Two-Stage Oven Settings: COOK function can manually be set to sequence two power stages. Touch "COOK," then time and power (if different than HI), for the first stage; retouch "COOK," time and lower power before touching START. This gives gradually-lower two-step heating. You can stage defrost-and-cook also. Set SPEED DEFROST and time, then enter either one-stage or two-stage "COOK." Don't touch "START" until all stages are entered.

QUICK REFERENCE FOR USING CONTROL PANEL

(Also see following pages for more detail.)

DISPLAY

When set, displays clock/timer; shows cooking function (COOK, DEFROST, etc.) and step-by-step word prompts (which tell you which pad to touch) for easy oven setting.



COOK PAD

Touch COOK, then set microwave time and touch START for recipes or packaged foods with microwave time instructions.

SPEED DEFROST

Automatically programs lower power levels for even defrosting of small, quickly-defrosted foods. Must set TIME and START.

CONVENIENCE AND FROZEN

Uses codes* to heat frozen convenience foods where no microwave time is given. Must set LBS. and OZ.

COOK (ROAST) BY WEIGHT

Set code* then enter weight of meat accurately. Easier than old "minutes per pound" method. After partial cooking, oven stops, leaving time on display. Turn meat over and touch START to finish cooking.

POPCORN

Automatic one-step setting for a 3-3½ oz. bag of microwave popcorn. Touch POPCORN pad, then START.

CLOCK

Touch pad twice, touch number pads and START to set clock.

POWER PAD

Use with timed COOK operation; cooking power can be adjusted when lower than HI (100%) is desired. After touching, enter single-digit number representing desired lower percent of power.

TIMER

Set any time, even while oven is operating. Touch pad, set time, touch START. Touch RESET to cancel.

DEFROST BY WEIGHT

Coded* defrosting for large meats. Automatic controls switch power levels to thaw without excessive outside warming.

REHEAT

Set code* and number of individual servings. No need to look up cook time. For single serving, touch REHEAT, the food's code and START.

NUMBER PADS

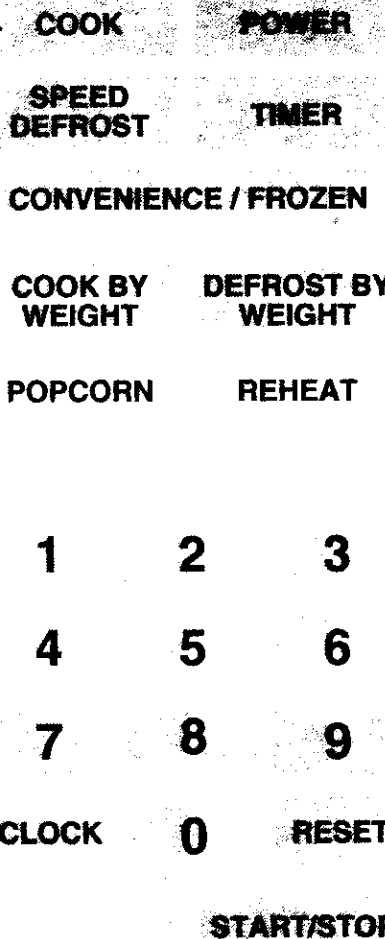
Touch to set Cook, Speed, Defrost, Timer and Clock.

RESET

Touch to clear display of incorrect entry or unused time after cooking; also cancels timer.

START/STOP

Touch as final step in setting oven. Touch to stop microwaving while oven is in operation (retouch to continue timing shown on display.) Will not stop Timer; timer must be cancelled with RESET pad.

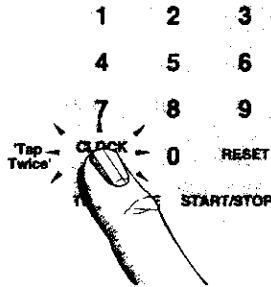


*Chart on oven frame above door gives brief code descriptions.

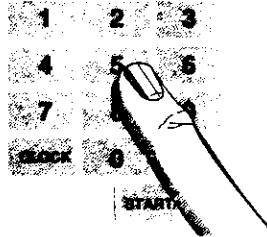
SETTING THE CLOCK

After installing your microwave, set the clock as a convenient timepiece in your kitchen. When the oven is first plugged into a wall outlet, the word

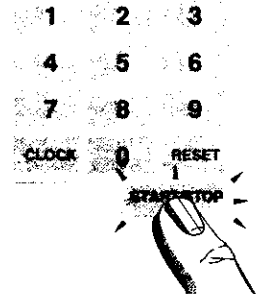
prompt CLOCK shows on the display and four 0's (two on either side of the colon) flash. Set clock using the following steps:



1. Touch **CLOCK** pad **TWICE**. Word prompts "Enter Clock Time" show on the display.



2. Enter the current time of day by touching the correct number pads. Digital clock is in hours and minutes and you must set at least 3 digits (one for hour(s) and two for minutes.) For minutes less than 10, precede the "minutes" digit by a 0. Example: for 5 minutes past 2, set 2:05. Colon will flash between hour and minute digits.



3. Touch **START/STOP** to lock in the time. Colon will stop flashing and clock will begin to keep current time. After clock has been set, the word prompt **CLOCK** and time of day will always show on the display unless oven is in a cooking operation.

NOTES ON SETTING THE CLOCK

IF YOU MAKE A MISTAKE in setting the correct time, touch **RESET** to return to **CLOCK** prompt on the display. Reset following above steps.

TO RECALL TIME OF DAY WHILE YOU ARE COOKING, touch **CLOCK** pad. Time of day will appear in the display for 3 seconds before returning to the display of cooking time counting down on the display.

IN THE CASE OF POWER FAILURE, 00's will flash on either side of the colon (:) when power has been restored. Reset following the steps above.

BEEPS DURING OVEN SETTING

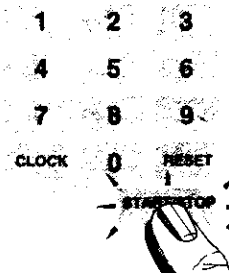
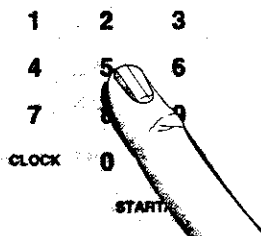
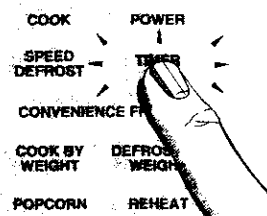
1 BEEP - oven accepts the entry. Information has been entered in the correct sequence.

2 BEEPS - oven does not accept the entry. You may have entered information out of sequence or, with some codes, outside the boundaries of weight or time setting. Check entry and try again.

SETTING THE OVEN TIMER

Timer works independently of cooking and can be set anytime for various kitchen tasks. Use oven timer

even though oven is also timing a microwave cooking function. Set time as follows:



1. Touch **TIMER** pad. Word prompts **ENTER TIMER TIME** show on the display. **IF YOU ARE USING THE TIMER WHILE COOKING IN THE OVEN:** Cooking time countdown will be temporarily replaced on the display while timer is being set.

2. Enter the amount of time you wish to set by touching the correct number pads. Digital timer is in minutes and seconds and is set left to right. Set 1 digit (a 5 for 5 seconds, for example) or up to 4 digits (2 4 0 5 for 24 minutes, 5 seconds). **ENTER TIMER** remains on the display.

3. Touch **START/STOP**. Word prompt **TIMER** starts flashing and timer begins counting down. **IF YOU ARE USING TIMER WHILE COOKING IN THE OVEN:** **TIMER** starts flashing and time countdown can be seen in display for 3 seconds before cooking time countdown is returned to display. Word prompt **TIMER** flashes along with additional word prompt indicating current cooking mode.

NOTES ON SETTING THE OVEN TIMER

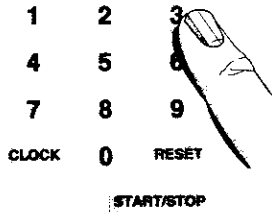
TO STOP OR RESET TIMER when cooking is not taking place, touch **RESET**.

WHEN SETTING TIMER DURING A COOKING OPERATION take care to set timer correctly. Once the timer is set during cooking, setting cannot be changed without resetting the cooking function at the same time. Touching **RESET** will not allow you to only change timer setting while cooking.

When end of time has been reached, one long beep can be heard and **TIMER** will leave the display. If oven is not cooking, **CLOCK** and time of day (if set) will return to the display. If oven is in cooking operation, one long beep can be heard and **TIMER** will leave display while oven is continuing cooking time countdown.

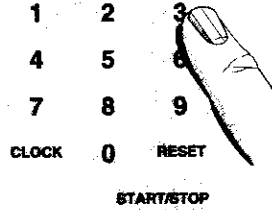
SETTING THE COOK TIME

QUICK & EASY

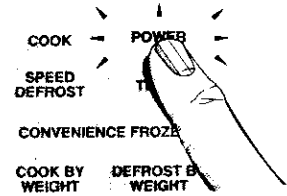


When the correct cooking time is known, you can simply enter the time (For example, 3 minutes—3-0-0) and press start. High power is automatically set.

COOKING AT TWO DIFFERENT POWER LEVELS



1. Enter the cooking time. (For example, 3 minutes—3-0-0.)



2. Touch the POWER pad and enter a single digit power level after entering microwave time. If you do not set a power level, oven assumes HI power. Use these single digits to represent power levels called for:

Digit	% of Power	Name
9	90	
8	80	
7	70	Med. Hi
6	60	
5	50	Med Lo
4	40	
3	30	Lo
2	20	
1	10	Warm

TWO-STAGE COOKING

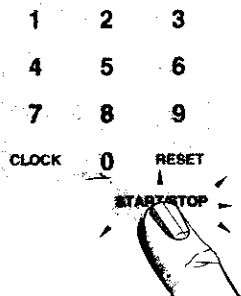
Two-Stage COOK function lets you cook a food at two different power levels with one-time setting. Some recipes in this cookbook use two cooking steps. (For example, rice should be cooked in two stages. Stage 1—5 minutes on HIGH, Stage 2—10-12 minutes at power level "5".)



STAGE 1

Enter the proper cooking time for Stage 1. With most recipes, the first stage uses automatic HI power.

Touch START/STOP pad.



STAGE 2

Touch the cook pad and then enter the proper cooking time for Stage 2. Select a different power level (usually lower) by following Step 2 above.

MEM (Memory) word prompt shows in the display during Stage 1 cooking. After Stage 1, two beeps sound and oven automatically switches to Stage 2. MEM is no longer seen.

AFTER TOTAL TIME HAS ELAPSED, four long beeps sound and END appears in display. Touch RESET or open oven door to clear END before starting another cooking function.

If you are cooking at a lower power and wish to return to "HI" power, press the POWER pad twice.

THESE ARE NORMAL:

- Outside of oven may feel warm. Steam may escape from oven or moisture in oven may be seen after cooking.
- Change in interior light intensity, and change in blower sound when lower (than HI) power settings are used.
- TV or radio interference (similar to interference experienced in other small appliances) may be noticed. This does not indicate a problem.

SETTING "SPEED DEFROST"

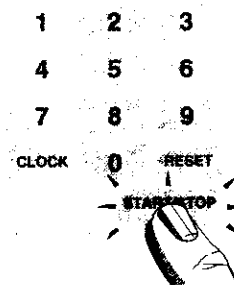
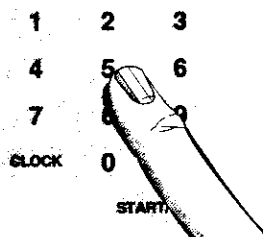
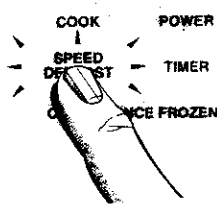
Speed Defrost automatically sets microwave oven power for quickest thawing of small to medium size foods. Speed Defrost works in conjunction with the Timer, so you must know how much time to set. A Defrost chart in this book gives times for most popular foods. Defrost times are also printed on some packages of frozen foods, such as bakery foods which must be defrosted before they are eaten.

Speed Defrost thawing times are usually fast enough that you stay close to oven and can attend to the food as it is defrosting. Many foods benefit from being turned over, rearranged or broken apart (if separate

pieces are frozen together.) This attention makes defrosting faster and more even.

"How do I know whether to set Speed Defrost or Defrost by Weight?"

This is determined by the type of food being defrosted and amount of attention that must be paid to the food. The automatic-coded Defrost by Weight program is specifically designed for large, dense meat roasts which must thaw slowly for even defrosting. Defrost by Weight requires only one turn-over of the meat.



1. Touch SPEED DEFROST. Word prompts ENTER DEF(ro) TIME shows in the display.
2. Enter desired Speed Defrost time by touching correct number pads. Digital timer sets minutes and seconds from left to right so a single digit can be set (5 for 5 seconds, for example, or up to 4 digits (2 4 0 5 for 24 minutes 5 seconds.) ENTER DEF(ro) remains on the display.
3. Touch START/STOP. DEF(ro) flashes in the display and defrost time begins counting down.

TO SET "SPEED DEFROST" AND ONE OR TWO-STAGE COOKING SEQUENTIALLY

After setting SPEED DEFROST, oven can be programmed to automatically switch to One or Two-Stage COOK.

This feature is useful for frozen, moist casseroles and similar foods which can be stirred while reconstituting. After defrosting, cook at HI, then reduce to lower settings until bubbling hot. Stir occasionally to break up and redistribute heat.

1. For Defrost and One Stage Cook, follow steps 1 and 2 above. Before touching START, touch COOK, enter time using number pads and power if desired. Then touch START. MEM(ory) shows in the display until oven switches (beeps twice) to COOK. See page 8 for detailed information on Staged Cooking.

2. For Defrost and Two Stage Cook, follow steps 1 and 2 above. Before touching START, enter two COOK programs, using a different (usually lower) power for the second COOK. MEM(ory) shows in the display during both Defrost and first COOK stage. Oven beeps twice when switching stages.

INTERRUPT DEFROSTING (to stir food, turn it over, or other attention). Either touch START/STOP (to stop the oven) or open the oven door (open door always stops oven.) Unelapsed time will show on display; reclose door and restart to continue. Or, if no additional defrosting is needed, touching RESET clears display.

SETTING "POPCORN" PAD

Popcorn is a favorite snack. POPCORN control automatically sets the correct COOK time for a 3 to 3½-oz. bag of microwave popcorn.

ABOUT THE POPCORN TRAY PACKED WITH OVEN

All purchased bags of microwave popcorn have been specially designed with an inner lining on one side which gets very hot during microwaving. These bags carry consumer instructions indicating which side should be up during popping. When following the "this side up" instructions, you will place the bag's heat-absorbing lining towards the bottom of the oven, which helps the popcorn pop evenly and efficiently.

However, the high heat next to turntable can cause discoloration from the microwave package unless the package is placed on "a heat-proof microwave-safe dish".

TIPS TO KNOW ABOUT MICROWAVE POPCORN

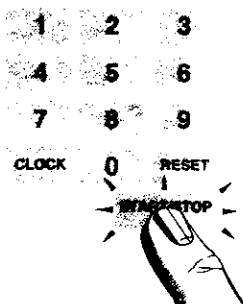
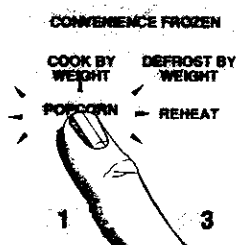
Popcorn cooks very quickly, and can overcook and burn easily. It is best to stay close enough to microwave while corn is popping so that it can be watched. Stop popping when pops slow down to 3 seconds apart.

Microwave popcorn brands vary in yield. Do not try to repop any unpopped kernels.

Unless you have a microwave-recommended utensil for popping corn, do not pop popcorn any other way than with commercial bags of microwave popcorn. Using glass or ceramic dishes or paper bags may cause harm to oven.

POPCORN setting is for a single 3 to 3½-oz. bag of microwave popcorn. Resetting the POPCORN control may be necessary if bag weighs more than 3½-oz.

Be careful when handling hot bag of popcorn. To prevent steam burns, keep hands to sides of package, rather than the top. Especially warn children of high heat in popcorn bags.



1. Touch POPCORN pad. COOK appears in the display, along with time setting of 3:20 (3 minutes 20 seconds.) This automatically-set cook time has been coordinated with oven's wattage for best finished results.
2. Touch START/STOP. The word prompt COOK flashes while timer counts down during cooking operation. Interior light goes on and fan sound is heard. Turntable rotates, unless manually turned off by touching TURNTABLE pad. (For single popcorn bag, leaving turntable on gives best cooking results.)
3. AFTER TIME HAS ELAPSED two long beeps sound and END appears in display. Touch RESET or open door to clear END before starting another cooking function.

ABOUT CODED COOKING FUNCTIONS

Cooking codes are preset cooking programs for certain foods to make setting the oven easier and for best cooking results. There is no need to set the cooking time or power for code-microwaved foods, but other information is needed to set the codes accurately.

flashes. Input specific information, depending on the function set. A chart on the oven frame (open door to view) gives brief code information. Chart below summarizes the information that must be input so oven can calculate time and power settings for specific code set.

Touch the function pads for the codes below. CODE

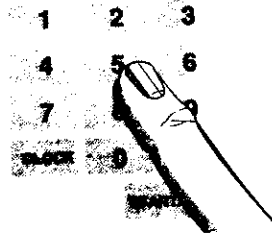
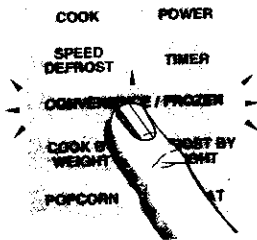
CODE FUNCTION	TYPE OF FOOD	NUMBER OF CODES TO CHOOSE FROM	OTHER INFORMATION (BESIDES CODE) TO ENTER
Convenience and Frozen	Frozen Convenience Foods	5	Weight of food in lbs. (pounds) and oz. (ounces)
Cook by Weight	Large meat roasts, up to 5-8 pounds	6	Weight of meat in lbs. (pounds) and oz. (ounces) OVEN STOPS after partial cooking, leaving time on timer. Turn meat over and Restart.
Defrost by Weight	Large meat roasts, up to 9 pounds	There is no code selection. Input weight only.	Weight of meat in lbs. (pounds) and oz. (ounces) OVEN STOPS after partial defrosting, leaving time on timer. Turn meat over and Restart.
Reheat	Cooking fresh potatoes and bacon. Reheating already-cooked selected entrees and bakery items	6	Amount (number) of servings. Know the maximum number of servings the code will allow. CODE 8 ONLY - OVEN STOPS after partial cooking, leaving time on timer. Stir and check food; restart if necessary.

SETTING "CONVENIENCE AND FROZEN" CODE

This code is very useful for heating frozen convenience foods. The food must be solidly frozen for times in this code to be accurate.

If food has partially thawed, food will cook more quickly, and cooking time will be shorter than the

code will set. For partially-thawed food, check the doneness while cooking takes place. You may need to remove food before the preset time is up. With CONVENIENCE AND FROZEN code, oven beeps periodically to remind you to check cooking progress.



1. Touch "CONVENIENCE AND FROZEN" pad. Word prompt shows "ENTER CODE" on display.

2. Select desired code, from 1 through 5. Door frame (open the door to view) and chart at right describe types of food for each code. Enter by touching the correct number pad.

3. Check the weight of the frozen convenience food you are cooking. Most convenience foods give weight on the package. If package weight is more than 16 oz. (1 lb.), convert the weight to LB. and OZ. using the chart on opposite page.

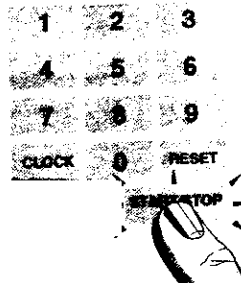
Each code has a maximum weight for its specific food type. If the code is set for weight above the maximum, two short beeps will signal the error.



4. Enter weight: word prompt ENTER shows in display and O's show where LB and OZ should be entered. LB flashes until you enter pound(s) by touching correct number pad. When pound(s) has been entered, LB will stop flashing and OZ will flash. Enter two digits for ounces. Example: for 1 pound, 5 ounces, touch 1 (lb.), 0 (first digit of ounces), then touch 5. As soon as all three digits have been set, display will immediately show cook time.



Weights less than 10 ounces must be preceded by a 0 (Example: for 8 ounces, touch 0 (lb.), 0 (first digit of ounces), then touch 8. As soon as all three digits have been set, display will immediately show cook time.



5. Touch START/STOP to start oven. CODE flashes in display as time counts down. Interior light goes on and fan sound is heard. Turntable rotates unless manually turned off by touching TURNTABLE pad. (Turn off Turntable pad for large, oblong dishes which could drag.)

During cooking a beep will be heard once or twice, depending on code, as a signal to check the food while cooking. If necessary, stir, turn or rearrange the food. Recheck at second beep (if heard) and remove food when completely cooked.

6. At end of cooking, oven switches to "Hold" time, to equalize temperature of food. During the 2 to 5 minute "Hold" (time depends on code) turntable goes off, but fan and interior light stay on. At end of "Hold," oven sounds 4 long beeps and END shows on display. Touch RESET or open oven door to clear display for another cooking function.

When oven switches power levels, you may observe change in interior light intensity and/or change in blower sound. This is normal.

CONVENIENCE AND FROZEN CODE DESCRIPTIONS

Code	Maximum Weight	Type of Food	Instructions
1	1 lb. 8 oz. (24 oz.)	Frozen vegetables, rice, pasta	Includes 1 or more servings with or without sauce. Follow package directions for venting; also for adding water and covering. Pasta dishes may cook and dry quickly; check while cooking. Microwave French fries may require additional time.
2	2 lbs. (32 oz.)	Frozen entrees, dinners in pouches	Replace foil cover with plastic wrap. Vent as directed on pkg. Check at first beep; check and remove if done at second beep.
3	2 lbs. (32 oz.)	Frozen microwave pot pies, pastry topped microwave casseroles	After cooking, gently shake pot pie to evenly distribute heat in filling.
4	1 lb. 8 oz. (24 oz.)	Frozen breakfast foods (waffles, pancakes), sandwiches, breaded chicken pieces	Follow package directions if microwaveable heating sleeve is provided. Some sandwiches microwave best if wrapped in paper towel or set on top of box provided in package. Thick sandwiches may take 30 seconds to 1 minute extra time. Chicken pieces include nuggets, strips and patties. Remove any dip in package and heat separately.
5	1 lb. (16 oz.)	Frozen bread and pastries such as rolls, doughnuts, muffins, mini-loaves (to thaw and warm)	Remove wrap, place on microwave safe dish and heat. Follow package directions for covering. If food isn't completely frozen, remove early.

CONVERTING OUNCES TO POUNDS AND OUNCES

Sometimes package weights above 16 oz. (one pound) are given in oz. (ounces) only. Set Convenience and Frozen Code in LB. and OZ. Chart below converts ounces-only weights to ounces and pounds. EX: For package weight marked 21 oz., set 1 lb., 5 oz.

OUNCES ABOVE A POUND	LB. AND OZ. WEIGHT	
17	1	01
18	1	02
19	1	03
20	1	04
21	1	05
22	1	06
23	1	07
24	1	08
25	1	09
26	1	10
27	1	11
28	1	12
29	1	13
30	1	14
31	1	15
32	2	00

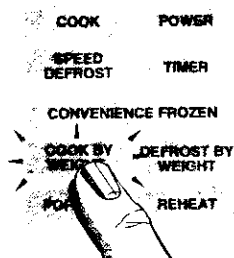
SETTING "COOK BY WEIGHT" CODE

This code is for roasting meats in the microwave. Its automatically-set times and power levels give better results than microwaving at one power only, and it is easier to microwave meat with this setting than with cookbook instructions because you do not have to calculate "minutes per pound" cooking times. As soon as you enter the code (which tells oven the type of meat) and the weight, oven calculates cooking time.

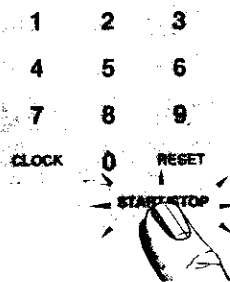
Meat must be defrosted and at refrigerated temperature to correspond with preset times in this code.

Meat-roast weights in about 3 to 6 pound range microwave best, although COOK BY WEIGHT code allows setting lower or higher weights than 3-6 lb. Depending on code, two beeps signal error in setting too-high weight.

"Cook by Weight" preprograms oven to stop after partial cooking, so meat won't overcook on one side. Turn meat over, then touch START to continue cooking.



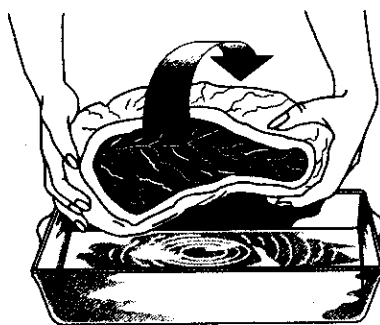
1. Touch COOK BY WEIGHT pad. Word prompt shows ENTER CODE on display.
2. Select desired code from 1 through 6. Door frame (open the door to view) and chart at right describe types of food for each code. Enter the one-digit code by touching the correct number pad.



5. Touch START/STOP to start oven. CODE flashes in display as time counts down. Interior light goes on and fan sound is heard. Turntable rotates unless manually turned off by touching TURNTABLE pad. (Turn off Turntable pad for large, oblong dishes which could drag.)



3. Check weight of meat. Weight must be in pounds and ounces. If label gives weight in pounds only (Ex: 3.28 pounds), change the fraction of a pound (the numbers after the decimal point) to ounces using chart on opposite page. (Ex: 3.28 lbs. converts to 3 lb. 05 oz.)



6. After partial cooking, oven beeps twice and stops. Interior light goes off but time remains on the display. Stop is to prevent meat's overcooking on one side before turning over. After turning meat over, touch START to reset time on display and finish cooking.



4. Enter weight. Word prompt ENTER shows in display and 0's show where LB and OZ should be entered. LB flashes until you enter pound(s) by touching correct number pad. When pound(s) has been entered, LB will stop flashing and OZ will flash. Example: for 3 pounds, 5 ounces, touch 3 (lb.), 0 (first digit of ounces), then touch 5. As soon as all these digits have been set, display will immediately show cook time.

Ounce weights less than 10 must be preceded by a 0 (Example: for 8 ounces, touch 0 (lb.), 0 (first digit of ounces), then touch 8. As soon as three digits are set, display immediately shows cook time.



7. After total cooking time, 4 long beeps sound and END appears in display. Touch RESET or open oven door to clear END before starting another cooking function. Let roast stand few minutes before carving (see chart and tips opposite page).

When oven switches power levels, you may observe change in lighting intensity and/or change in blower sound. This is normal.

MEAT TIPS FOR "COOK BY WEIGHT" CODE

Use tender roasts meant for dry roasting (roasts which do not need to be steamed with added water or sauce.) Place fat-side-down on microwave safe rack in dish large enough to hold drippings. Cover lightly with wax paper to prevent spattering.

After cooking, allow meat to stand. Small or rare roasts, stand 10 minutes. Larger or more well done meats, stand up to 20 minutes. Use meat thermometer in center of thickest area of meat to accurately determine whether meat is done.*

OVEN STOPS (beeps twice) after partial cooking to allow you to turn meat for most even roasting. Although oven is stopped, correct time for finishing roasting will remain on display.

Remove roast from oven, turn it over and drain dish of excessive drippings. Shield with foil strips (do not allow foil to be closer than 1-inch from oven sides) if necessary. Recover with wax paper and return to oven. Touch START to finish cooking.

Besides stopping oven once, COOK BY WEIGHT code also sounds additional short beep(s) once or twice more during cooking as reminders to check meat several times during lengthy roasting.

*Unless specifically recommended for microwaving, do not put meat thermometer in oven.

"COOK BY WEIGHT" CODE DESCRIPTIONS

Code	Roast Type	Internal Temperature after Standing	Maximum Recommended Weight
1	Beef Roasts	Rare-140 deg.	6 lb.
2	Beef and Lamb	Medium-160 deg.	6 lb.
3	Beef and Lamb	Well done-170 deg.	6 lb.
4	Pork Roasts	Well done-170 deg.	6 lb.
5	Pre-cooked Ham	Heated-140 deg.	5 lb.
6	Turkey Breast	Well done-170 deg.	5 lb.

CONVERTING FRACTIONS OF A POUND TO OUNCES

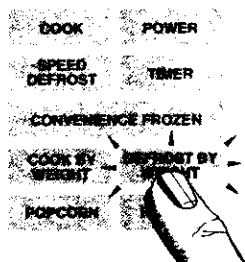
Most meat packages show weight in pounds only. Between-pound weights are given in fractions of a pound (EX: .28 lb.) rather than ounces. Convert fractions of a pound (numbers after the decimal point) to ounces for COOK BY WEIGHT feature by using chart below.- (EX: for 3.28 pounds, set 3 lb. 5 oz.)

FRACTION OF A POUND	OUNCES
less than .03	0
.03 to .09	1
.10 to .15	2
.16 to .21	3
.22 to .27	4
.28 to .34	5
.34 to .40	6
.41 to .46	7
.47 to .53	8
.53 to .59	9
.59 to .65	10
.66 to .71	11
.72 to .78	12
.79 to .84	13
.85 to .90	14
.91 to .97	15
above .97	go to next even pound

SETTING OVEN FOR "DEFROST BY WEIGHT" CODE

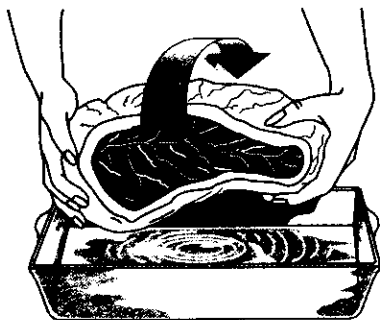
Set DEFROST BY WEIGHT for any weight up to 9 pounds. Because it is a more gentle defrost setting than "Speed Defrost," it is especially good for meats which are dense in the center but vulnerable to overcooking on the edges. For meats as small as a

pound of hamburger or delicate shrimp, choosing DEFROST BY WEIGHT will give more even thawed results than SPEED DEFROST setting. Choose DEFROST BY WEIGHT for large meat roasts.



1. Check weight of meat. It must be in pounds and ounces. If label gives weight in pounds only (Ex: 3.28 pounds), you can change the fraction of a pound (the numbers after the decimal point) to ounces using chart on page 15. (Ex: 3.28 lbs. converts to 3 lb. 05 oz.)

Unwrap meat before defrosting.



4. After partial defrosting, oven beeps twice and stops. Interior light goes off but time remains on the display. This pause in operation is to allow special attention to meat. See "Defrosting Techniques" opposite page. After attending to meat appropriately, touch START to reset time on display and finish cooking.

2. Touch DEFROST BY WEIGHT pad. Word prompt ENTER shows in display and 0's show where LB and OZ should be entered. LB flashes until you enter pound(s) by touching correct number pad. When pound(s) has been entered, LB will stop flashing and OZ will flash. Example: for 3 pounds, 5 ounces, touch 3 (lb.), 0 (first digit of ounces), then touch 5. As soon as all three digits have been set, display will immediately show cook time.

Ounce weights less than 10 must be preceded by a 0 (Example: for 8 ounces, touch 0 (lb.), 0 (first digit of ounces), then touch 8. As soon as three digits are set, display immediately shows cook time.



5. After total cooking time, 4 long beeps sound and END appears in display. Touch RESET or open oven door to clear END before starting another cooking function.

3. Touch START/STOP to start oven. CODE flashes in display as time counts down. Interior light goes on and fan sound is heard.

When oven switches power levels, you may observe change in light intensity and/or change in blower sound. This is normal.

MORE INFORMATION AND TIPS FOR "DEFROST BY WEIGHT"

Allow enough time for defrosting because it is more slow and gradual than SPEED-DEFROST. With DEFROST BY WEIGHT, low power microwaving is interspersed with "resting" or "standing" periods where no microwaves at all enter the oven. These no-microwave periods allow meat to equalize in temperature before next period of microwaving automatically comes on.

With DEFROST BY WEIGHT there's no need to guess how long to defrost. "DEFROST BY WEIGHT" automatically sets the correct thawing time, but you

must enter the food weight accurately. Weight must be in pounds and ounces. See conversion chart page 15.

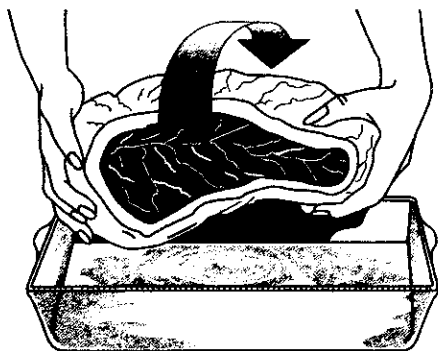
AUTOMATIC "DEFROST BY WEIGHT" TIMES CORRELATE WITH MEAT WHICH IS SOLIDLY FROZEN at 0 degrees F. If meat has been partially defrosted, remove from oven before total time has elapsed.

Place meat on microwave-safe rack in microwave roasting dish. Place meats fat-side down and poultry breast-side-down.

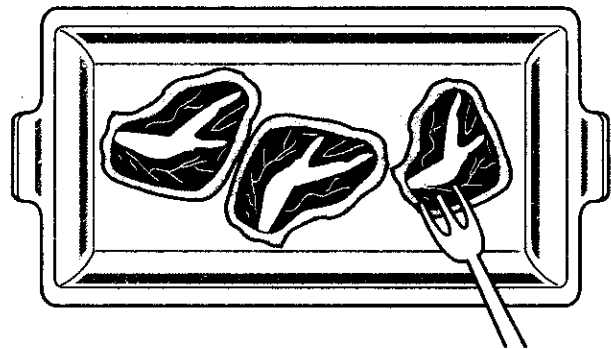
SUCCESS TECHNIQUES DURING DEFROSTING

During "Defrost by Weight," thawing, oven beeps twice and turns off (correct time for finishing defrosting remains on the display.) This allows you

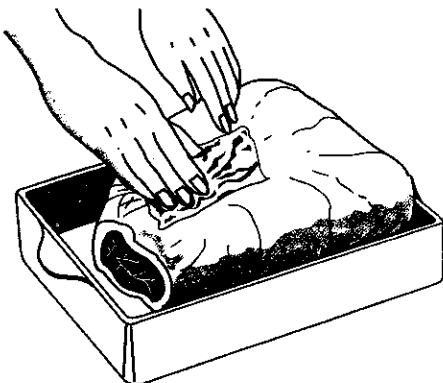
to check the food and to use some of the success techniques below for optimum results.



Turn over—roast, ribs, whole poultry, turkey breasts, hot dogs, sausages, steaks, or chops.



Rearrange—break apart or separate steaks, chops, hamburger patties, ground meat, chicken or seafood pieces, chunks of meat such as beef stew.



Shield—use small strips of aluminum foil to protect thin areas, edges or unevenly shaped foods such as chicken wings. Do not allow foil to come within 1 inch of oven walls or door to prevent arcing.



Remove—thawed portions or parts, if any, should be removed when oven first stops. This may shorten defrost time for foods weighing less than 3 pounds.

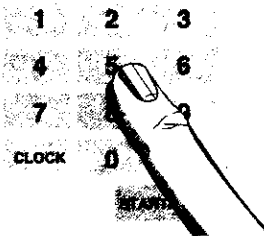
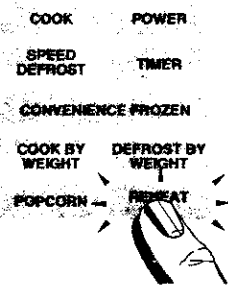
SETTING "REHEAT" CODE

Reheating is the most popular use of a microwave oven, but sometimes it is difficult to tell how much time to set. Because microwaves are absorbed directly into food, amount of time can vary depending on the amount of food being heated.

REHEAT code is designed to help set accurate microwave times for various amounts of popular foods for reheating. After setting code to designate food type, you must enter amount of food or

servings. Oven then immediately calculates correct cook time. If you skip the AMOUNT step (and touch START), oven assumes you are cooking a single serving.

Besides precooked foods, two very popular raw foods for microwaving are also included in this code: potatoes and bacon. With these foods, cook time is also dependent on amount of single pieces you are preparing.

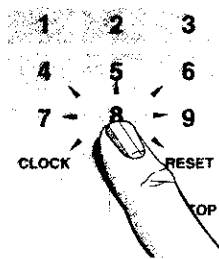
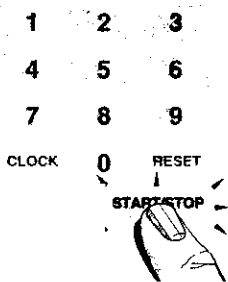


1. Touch REHEAT pad. Word prompt shows ENTER CODE on display.

2. Select desired code from 1 through 9. Chart on inside door frame and chart at right describe types of food for each code. Enter by touching the correct number pad.

3. Word prompts ENTER AMT (amount) show on display. Chart on opposite page gives maximum amounts for each code. Except for codes 6, 8 and 9, maximum AMT is 4.

IF REHEATING (COOKING) A SINGLE SERVING OF ANY CODED FOOD, SKIP THE "AMT" STEP AND TOUCH START IMMEDIATELY.



4. Touch START/STOP to start oven. CODE flashes in display as time counts down. Interior light goes on and fan sound is heard.

5. CODE 8 ONLY - After partial cooking, oven beeps twice and stops. Interior light goes off and STIR shows on the display. Stop is to prevent overcooking of these foods. Check and continue heating only if necessary. Touch START to reset time on display and finish cooking.

6. AFTER TOTAL TIME HAS ELAPSED four long beeps sound and END appears on display. Touch RESET or open oven door to clear END before starting another cooking function.

When using REHEAT, outside of oven may feel warm. Steam may escape from oven or you may see moisture in oven after cooking. This is normal.

"REHEAT" CODE DESCRIPTIONS

CODE #	AMOUNT (SERVING SIZE)	DESCRIPTION OF FOOD	INSTRUCTIONS
CODE 1	Up to 4 cups	6 to 8-oz. cup of a beverage.	Heat individual cups of water for coffee or tea. When heating several cups, arrange in a circle in the oven.
CODE 2	Up to 4 servings	1 to 3-oz. serving size pastry, roll.	Warm individual baked pastries, rolls, doughnuts, biscuits or bread. Place on paper towel to absorb moisture. Do not cover. For very small rolls, count 2 or 3 rolls per serving. For a very large roll, additional time may be necessary. Jelly filled doughnuts may be hotter in the center than the outside. When warming more than one, arrange in a circle in the oven.
CODE 3	Up to 4 servings	4 to 6-oz. serving size cooked and refrigerated meat.	Heat 4-oz. portions of boneless fully cooked and refrigerated meat such as sliced or cubed poultry, beef or ham. For bone-in meat, heat 6-oz. portions of fried chicken, ribs or chops. Cover meat (except rare doneness) with wax paper. Stack rare cuts of meat to help retain pink color. If food shows signs of overcooking, cover with small strips of foil.
CODE 4	Up to 4 servings	8-oz. serving size cooked and refrigerated casserole.	Heat portions of fully cooked and refrigerated casseroles. Place portions in a covered dish. Stir after heating. Portions that cannot be stirred, such as lasagna, should be cut into individual portions and arranged in a circle on a dish.
	1 plate of food	8-oz. serving size of pre-cooked food at refrigerated temperature. For example: 1 meat and 2 vegetables (no mashed potatoes) on 10-inch plate.	Arrange smaller amounts, light vegetables or saucy foods in center of plate, dense meats and heavy vegetables on edges. Cover with wax paper unless meat is rare, then uncover.
CODE 5	Up to 4 potatoes	6 to 7-oz. medium size potato. Do not use code if cooking using larger size potatoes.	Pierce potato(s) and place on paper towel in oven. If cooking more than one, arrange in a circle. For larger potatoes, or unevenly shaped potatoes, additional cooking time and/or turning potatoes over during cooking may be necessary. Let stand a few minutes after cooking.
CODE 6	Up to 6 slices	Bacon	Arrange bacon on paper towel in a dish. Cover with paper towel. Give dish a half turn and continue cooking. Let stand a few minutes after cooking.
CODE 7	Up to 4 cans	7 to 8-oz. plastic/can of a microwaveable entree.	Heat an individual-size serving of a microwaveable entree such as chili, macaroni and beef, or scalloped potatoes and ham. Remove foil seal and replace with vented plastic cover as directed on package. When heating several containers, space evenly apart in a circle in the oven.
CODE 8	Up to 2 cans	10 to 16-oz. plastic/can of entrees, vegetables, soup.	Remove food from container to a microwave-safe dish. Cover and heat. Toward the end of cooking the oven will automatically turn off and the oven will prompt you to "STIR." Stir food and continue cooking. Let stand a few minutes after cooking.
	1 plate of food	8 to 10-oz. serving size of pre-cooked food at refrigerated temperature. For example: 1 meat and 2 vegetables (with mashed potatoes) on 10-inch plate.	Arrange smaller amounts, light vegetables or saucy foods in center of plate, dense meats and heavy vegetables on edges. Cover with wax paper unless meat is rare, then uncover.
CODE 9	Up to 3 packets	1.3-oz. instant hot cereal.	You can microwave up to 3 individual bowls of instant hot cereal such as oatmeal. Add water as directed on package. Arrange multiples in a circle in the oven. Do not cover. Stir or let stand after cooking as directed on package.

CARE & MAINTENANCE

CLEANING

IMPORTANT: ALWAYS UNPLUG OVEN AND BE SURE OVEN IS COOL BEFORE CLEANING.

To maintain the appearance of your oven, never use abrasive cleaning agents (such as cleansing powders, scouring pads or steel wool pads.) Also, never use commercial oven cleaners on any part of your microwave oven.

Some liquid cleaners can remove the shiny surface on plastic or vinyl. Therefore, never spray or pour liquid cleaners directly onto a surface. Spray or pour cleaner onto a cloth or sponge and then clean.

OUTSIDE SURFACES

COVER—Clean the outside of the oven with a glass-cleaning agent, a liquid cleaner or mild detergent and water. Use a damp cloth or sponge. Rinse and dry.

PLASTIC—Use a liquid or glass-cleaning agent and a sponge or cloth. To prevent scratching the plastic surface, do not use paper toweling.

CHROME—Clean chrome trim with liquid or glass-cleaning agent and a cloth or sponge. Buff dry with a soft cloth to prevent scratching the surface.

DOOR and CONTROL PANEL—Clean with a damp cloth or sponge. Use dishwashing detergent and water or a liquid or glass-cleaning agent to remove soil. Rinse with a damp cloth and dry with a soft cloth to prevent scratching the plastic outer door panel. Some paper towels can scratch the plastic door panel, therefore, use a soft cloth to dry the door.

POWER CORD—Be sure oven is unplugged. Wipe cord with a damp sudsy cloth, rinse and dry thoroughly before plugging cord back into outlet.

INTERIOR SURFACES

Be sure oven interior is cool before cleaning. Never use commercial oven cleaner on any part of your microwave oven.

OVEN WALLS—Use a mild liquid dishwashing detergent and water; rinse and dry. To loosen dried-on soil: Place a cup of water in oven. Microwave on HIGH for 3 minutes. Leave hot water in the oven and allow the steam to soften the soil. Then, wash with hot sudsy water; rinse and dry.

To keep oven clean and sweet-smelling: Open oven door for a few minutes after cooking. Allow moisture to evaporate or wipe interior with a dry cloth. Occasionally wipe walls with a solution of baking soda and water to keep interior fresh.

PLASTIC STIRRER COVER—Never remove the stirrer cover. If this part requires service, contact a qualified servicer.

OVEN SHELF—Wash oven shelf with hot sudsy water, rinse and dry. Do not use excessive amounts of water when cleaning the oven, especially around turntable. Do not allow water or cleaning agents to seep into turntable gears located underneath.

If a stain should still remain, remove it with a paste of two parts coffee-pot cleanser and three parts water. Apply paste to stain, let stand one or two hours; then wipe with a clean damp cloth, rinse and dry.

REPLACING OVEN LIGHT BULB NON-USER REPLACEABLE BULB:

This bulb is to be replaced by properly qualified service personnel.

SERVICE

BEFORE CALLING SERVICE, CHECK THE FOLLOWING:

- 1. Oven does not operate.**
 - Is power cord plugged into wall outlet?
 - Is house fuse blown or circuit breaker tripped?
 - Is oven correctly programmed?
 - Is oven door closed?
 - Was START/STOP pad pressed once to turn oven on?
 - Was a CODE program selected? (The oven will automatically turn off for COOK BY WEIGHT, DEFROST BY WEIGHT, and CODE 8 (of REHEAT function).)
- 2. Food is undercooked.**
 - Was the amount of food more than called for in the recipe?
 - Was cooking time too short for the amount of food?
 - Was power level too low?
 - Was household voltage low?
 - Is another appliance on the same circuit as the microwave oven?
 - Was food placed in a dish that was too small for the amount of food being cooked?
 - Was the food completely defrosted before cooking?
- 3. Food is overcooked.**
 - Was the amount of food less than called for in the recipe?
 - Was cooking time too long for the amount of food?
 - Was power level too high?
 - Was food placed in a dish that was too large for the amount of food being cooked?
 - Was the initial temperature of the food higher than normal?
- 4. Oven light does not turn on.**
 - Is power cord plugged into wall outlet?
 - Is house fuse blown or circuit breaker tripped?
- 5. Food cooked unevenly.**
 - Were proper handling techniques followed?
 - Was food unevenly shaped?
 - Were aluminum foil strips correctly used to prevent overcooking of unevenly shaped food?
 - Was food completely defrosted before cooking?
 - Was recipe accurate and carefully followed?
- 6. Arcing (sparks) occur.**
 - Were microwave-safe utensils used?
 - Did utensil have metal trim or decoration?
 - Were aluminum foil strips properly used?
 - Was oven empty?
 - Were wire twist ties used?

HOW TO OBTAIN SERVICE

Do not attempt to service the appliance yourself unless directed to do so in this book. Contact the dealer who sold you the appliance or an authorized servicer for service.

When your oven requires service or replacement parts, contact your Dealer or Authorized Servicer. Use only genuine factory or Maycor parts if replacement parts are necessary. Consult the Yellow Pages in your telephone directory under appliances for the service center nearest you. Be sure to include your name, address, and phone number, along with the model and serial numbers of the appliance. (See front cover for location of your model and serial numbers.)

If you are not satisfied with the local response to your service requirements, call or write Maycor Appliance Parts and Service Company, 240 Edwards Street, S E., Cleveland, TN 37311, (615) 472-3500. Include or have available the complete model and serial numbers of the appliance, the name and address of the dealer from whom you purchased the appliance, the date of purchase and details concerning your problem.

If you did not receive satisfactory service through your servicer or Maycor you may contact the Major Appliance Consumer Action Panel by letter. Include your name, address, and telephone number, as well as the model and serial numbers of the appliance in the letter.

**Major Appliance Consumer
Action Panel
20 North Wacker Drive
Chicago, IL 60606**

MACAP (Major Appliance Consumer Action Panel) is an independent agency sponsored by three trade associations as a court of appeals on consumer complaints which have not been resolved satisfactorily within a reasonable period of time.

PRINCIPLES OF MICROWAVING

Microwaves are very short high-frequency radio waves. They are the same type of energy as AM, FM or CB radios, but the wave length is much shorter.

Some people say that microwaves cook "from the inside out." This idea originated because microwaves pass through the outside surfaces of foods and are absorbed by the food where they stop inside. With the different sizes of food we microwave, the energy does not always stop on the "inside". It may stop only part of the way, towards the center of a large roast, or it may actually have passed through most of a very thin food, leaving only a residue of energy.

Because microwave energy bypasses the outside surfaces of foods, microwaved foods are usually not crisp or dry on the edges. But it is the ability of microwaves to immediately pass into the inside areas of foods that gives this cooking its speed and convenience.

Just as with all types of cooking, some foods lend themselves to microwaving better than others.

BEST-QUALITY MICROWAVE FOODS

These include: Vegetables, which naturally contain large amounts of water, and should be cooked no other way; also Reheating of saucy leftover casseroles, soups and stews, and reheating frozen convenience foods.

Naturally tender moist meats, like chicken breast pieces and fish, microwave without drying out. Sauces, soups, puddings, rice cook in the microwave without sticking. Melting butter and chocolate in the microwave has less chance of burning than on the stovetop. Bacon cooks quickly without curling. Bakery items freshen in seconds.

FOODS NOT RECOMMENDED

Eggs in the shell and shelled whole eggs may burst and cause danger or discomfort as well as harm to your oven. Very large foods, or large amounts of a food, even if they fit your oven, may be more efficiently cooked in the regular oven or on the stovetop. A dozen potatoes, for example, cook more efficiently in the conventional oven while a few potatoes excel in the microwave.

Griddled foods like pancakes, French toast, etc., do not griddle well in the microwave, but they reheat with excellent results. Steaks and other seared foods are best done on the barbecue or in the broiler, but leftovers microwave-reheat well.

Home canning and deep fat frying should be done on the stovetop; popcorn (other than in "microwave popcorn" bags or in special popcorn cooking dish) is not recommended.

CONVENTIONAL OVEN FOODS

Traditional foods which you enjoy from your regular oven, including those leavened with air like popovers and angel food cake, should be made when you have the time to conventionally bake them. Foods dependent on hot temperatures for crusting, like two-crust pie or drop cookies, which require a big oven for multi-shelf cooking, still need your regular oven.

MICROWAVE POWER SETTINGS

Among the recipes in this cookbook, you will see notations where it is possible to use your oven's coded cooking programs. However, for the greatest versatility in using your microwave, recipes in this cookbook are for timed cooking.

Timed microwave cooking is adjusted by setting a cooking time and a power setting. Higher power settings provide more energy for cooking, and usually make cook times shorter than lower settings. However, not all foods cook well at 'HI.' Each of the lower powers are useful for specific foods. The chart below gives power settings for microwave foods.

POWER SETTINGS FOR MICROWAVE FOODS	
POWER	FOOD
'HI'-9	Heating and reheating single servings, Vegetables, Appetizers, Fruits, Chicken and Fish fillets, Hot dogs, Sauces and puddings, Boiling rice and grains, Ground beef casseroles, Some cake mixes, Muffins
8	Reheating frozen convenience foods, Heating saucy chicken entrees, Fish steaks, Pie crust
7	Hoagie/other large sandwiches, Heating plate of food, Meatloaf, Some simmering (after heating food at 'HI')
6	"Freshening" bakery items, Turkey quarter or half, Chocolate cake mix cakes, Brownie mix
5-4	Softening cream cheese, Simmering chili and stews (after heating up at 'HI'), Finishing omelets and quiches, Roasting, Pot roasting, Melting chocolate
3	Reheat quiche, Cook pork chops
2-1	Soften butter, frozen puddings/ice cream

PRINCIPLES OF MICROWAVING

COOKING UTENSILS FOR MICROWAVE CHART

Microwaves cannot penetrate metal, so metal utensils will not allow food to cook. However, because the oven gets no hotter than the food you are cooking, many paper and plastic containers are microwaveable. Other popular materials which allow microwave penetration are included in the chart below.

COOKWARE TEST: Place plate or bowl in the microwave alone. MICROWAVE ON 'HI' 1 MINUTE. If dish becomes warm, do not use. If cool, it can be used.

MICROWAVE UTENSIL CHART		
UTENSIL	USED FOR	COMMENTS
Oven-proof glass casseroles/dishes; custard/measuring cups	Cooking, heating, reheating, defrosting	Delicate glassware or stemware not recommended
Glass ceramic (Pyroceram) Corning ware™	Same as glass above. 4-5 qt. casseroles useful for simmering	Use cookware test above if tableware is old.
Pottery and ceramic tableware, casseroles, platters. Clay pots	Heating on plates or in bowls; clay pot recipes	Look for "microwave safe" label. Use cookware test above if questionable.
Hard plastic microwave racks, cupcake/muffin pans, frozen food trays, plastic "cans" for shelf stable entrees	Follow mfg. directions for recommended use.	Soft plastic (foam plates/containers) may be used for short-term defrosting/reheating but may discolor or distort. Do not use melamine tableware or thin, brittle plastics which could melt
Plastic films: micro-safe clear plastic wrap, Cooking and boil-in bags.	Covering foods and dishes. Cooking bags used for some microwave roasting.	Vent plastic-wrap dishes; watch steam when opening. Use microwave-approved cooking bags (no metal ties.) Remove metal twist-ties from plastic bakery bags; also check bag for metallic paint.
Paper towels/plates, wax paper, paper containers for frozen convenience foods and vegetables	Reheating, covering foods and dishes. Cooking (frozen foods) if pkg. recommends.	For moist foods, use paper plates with plastic coating. Avoid recycled paper (may contain metal flecks), and paper with nylon filaments. Dye from some napkins/plates may bleed into food.
Aluminum foil strips or low-sided foil pans from convenience foods	Use strips up to 2-inch wide to prevent overcooking on meat.	Avoid foil pans with sides over 3/4" high. Foil should not come within one inch of oven sides. Do not use foil-lined deli bags or boxes for reheating
Other Metal: Cookware, metal trim on tableware, twist-ties, meat thermometers not intended for microwaving		Do not use.
Wooden cutting boards, wooden spoons, baskets	Quick warmup of breads/rolls. Leave spoons in foods while microwaving	Should have no metal nails, wires or other metal parts. Avoid over-long heating; wood could dry and split. Avoid laquerware.
Glass/plastic bottles or jars; baby food jars, baby bottles, ice cream topping/cheese spread jars, syrup bottles	Slightly warming of food in jar.	Unless recommended by food mfg., avoid microwaving in these jars. Do not microwave baby bottles unless recommended by bottle mfg.

COOKING TECHNIQUES FOR MICROWAVE SUCCESS

Tips to help equalize heating are more important when microwaving than when conventional cooking because microwaving is usually faster. If this is your second microwave, this review may help you brush up on your microwaving skills. Most of these tips also help when conventional cooking.

STIRRING AND REARRANGING FOOD IN THE COOKING DISH redistributes the heat within the food itself. Saucy foods, soups, stews, sauces, puddings and pie fillings, all can be stirred while microwaving. Rearranged foods are usually in pieces; chicken is an example. When foods are rearranged, it is usually so that the inside pieces, which may be cooking more slowly, are now toward the outside, where they are more exposed to microwaves.

INITIAL ARRANGEMENT of foods in the microwave is sometimes important. When you arrange potatoes, apples or other individual foods, placing them in a circle provides the most even cooking for all pieces.

Large individual foods which are uneven in shape (ex: chicken legs) or tenderness (ex: broccoli spears) may be arranged on a cooking plate or dish with the meatiest or least tender areas to the edge of the dish.

SHIELDING AND TURNING OVER are related techniques, especially in microwave meat cookery. Even with lower power settings, outside edges of meats sometimes tend to overcook, especially if they are very large. (Large size roasts must cook relatively longer than small ones.) Sharp edges, like cut sides of meat, exterior of roasts, tend to be vulnerable, as are thin meaty areas on bony meats like lamb leg or turkey. Potatoes take approximately a minute longer a piece if you do not turn them over and arrange them while microwaving.

Small strips of aluminum foil are useful in deflecting microwave energy away from vulnerable areas. Turning over meat also helps expose various parts of the meat to microwave energy over the entire cooking period. With turning over, some parts of the meat "shield" other parts from overcooking.

WITH DEFROSTING, the techniques of shielding and turning over are also important.

Turning over is helpful in speeding up the defrosting and cooking of many individual foods.

COVERING FOOD

COVERING FOOD helps it heat evenly because it traps heat and steam.

A **TIGHT COVER** can be achieved with heavy duty plastic wrap. This holds in the maximum amount of steam. However, wrap must be vented so excessive steam does not loosen seal or split the plastic; also so steam buildup is not too great when wrap is loosened after cooking. Nevertheless, always be careful when opening plastic wrap-sealed microwave dishes after cooking in them.

Tightly covered foods are more moist on the top and sometimes in other areas than other covered foods.

VENT plastic wrap-covered dishes by turning back one corner (square or oblong dishes) or turning back small area at edge (round dishes.)

A **LIGHT COVER** is usually achieved with a sheet of wax paper, laid lightly over the top of the food or dish. Sometimes a recipe will specify that the wax paper be folded down over the dish to trap a little more steam.

Lightly covered foods usually benefit from added steam around the top of the food as it cooks. However, these foods are often most appealing if the top is not too moist when serving. Meatloaf is an example of a food lightly covered with wax paper for microwaving.

CASSEROLE LIDS are also frequently considered light coverings because they allow a moderate amount of steam to escape from food. Before cooking, you can check how tightly the lid of a casserole fits. Put it on the casserole and observe whether it sits flatly or "rattles" when the casserole is lightly moved.

POROUS COVERS include paper towels and napkins. These covers remove the moisture from the steam around foods they enclose, leaving mostly dry heat. Porous covers are frequently used with sandwiches, where the filling may be more dense than the bread. With such combinations, some trapped heat helps warm the filling before the bread toughens from excessive microwaving.

Paper napkins and towels are also useful and convenient for "freshening" many bakery foods. Placing baked goods on a paper towel-lined plate avoids a soggy underside to the food. Some bakery goods have a very different composition from sandwiches. Those which are filled with sugary centers tend to warm up very quickly in the middle, while the bready exterior remains much cooler. Bite into these carefully after microwaving!

ADDITIONAL TIPS FOR MICROWAVE SUCCESS

STANDING TIME is important to complete microwave cooking. Heat continues to spread throughout food as it stands a few minutes out of the oven. Microwaving speed makes standing time very important. When heating diverse foods, such as several leftovers on a plate, those which heat more quickly (light or small foods) share some heat with slowly-heating (dense or large) foods during standing time, especially if the plate is covered.

With heating saucy casseroles, the moist sauce cooks rapidly, surrounding denser pieces of food with heat, which equalizes during standing time. Meat roasts need standing time to equalize and firm up, just as they do in conventional roasting.

NATURAL MOISTURE in foods determines how easily they will microwave. Most vegetables have over 90% water, which lets them microwave well.

ADD MOISTURE to dry foods to help them microwave well. Top leftover meat slices with sauce or gravy. Pasta and rice casseroles, which continue to dry out with storage, need a spoonful of added water per serving before microwave reheating.

DAMP PAPER TOWELS add moisture to some foods. Tortillas and crepes soften when wrapped and microwaved briefly. Tender fish and seafood can be covered with damp paper towels and steamed beautifully.

NATURALLY FATTY FOODS like bacon microwave well. Butter and chocolate melt readily, sausage cooks quickly, rich icings on defrosting cakes rapidly become glossy. Cream cheese softens easily.

PRICKING TIGHTLY-COVERED FOODS TO VENT THEM is important. Potatoes, apples and sausages in skins should be pricked or cut with small slits before microwaving to prevent bursting.

SHAPES OF FOOD make a difference in how they microwave. For many baked foods, round dishes cook more evenly than square dishes. Corners of square dishes tend to absorb more energy than any other area, so don't overcook brownies or other items in square dishes.

SIZE OF FOOD is important when microwaving. Just as with conventional cooking, small thin foods cook faster than large thick foods. Spread out foods on a serving plate. Don't stack them, or pile high on a plate for heating. With foods you can mold, like mashed potatoes, hollow out the center so it is thinner than the edges; all will cook more evenly.

YOUR OVEN'S WATTAGE

Cooking time at 'HI' is affected by your oven's wattage. The specification chart, page 6, gives the wattage of the oven you own. Higher wattages provide more power at 'HI' settings, and cook food in less time, than lower wattage ovens.

To adapt other recipes to your oven, or to understand the cooking time of convenience foods in your oven, compare the wattage of the oven used in cooking the other recipe (or the convenience food) with the wattage in your oven. Frequently magazines which provide microwave recipes give the wattages of their test ovens; box instructions for convenience foods also provide wattages. Where test wattage is lower than your oven's, check the cooking before minimum time on the recipe or box. Where test wattage is higher, you may need to extend the cook time for your oven.

HEATING SEVERAL INDIVIDUAL FOODS AT ONCE

Many microwave owners speed meal preparation by heating several bowls or dishes of leftovers at once. Be sure dishes fit your oven. You may need to turn off the turntable.

START HEATING LARGER QUANTITIES FIRST. Because of their size, these will usually take a little longer than smaller quantities. Stir the larger food as you add the smaller one.

START COLDER FOODS FIRST. When planning to warm up frozen leftovers and refrigerated ones, start the frozen first. When combining refrigerated leftovers with a freshly-opened canned item, start the refrigerated food first. When adding a room temperature roll, add to microwave about 15 to 30 seconds before other foods are done.

WITH SEVERAL BOWLS OF THE SAME LEFTOVER FOOD, time for 1 to 2 minutes per serving. Stir and check food periodically.

WHEN BUYING OR PREPARING FROZEN FOODS TO MICROWAVE COOK OR DEFROST LATER, cut whole foods into smaller pieces before freezing. Carve chicken into individual pieces; freeze individually on cookie sheet so pieces won't stick together, then bag. Buy smaller roasts for freezing. Flatten hamburger patties so they will defrost quickly.

Save the trays from frozen convenience foods for storing leftovers in freezer or refrigerator. Simulate the cooking instructions when you reheat. Cover foods with sauce for freezing to help with even microwave reconstitution.

SPEED DEFROSTING

"Speed Defrost" starts with power '8' then gradually lowers the power to '6,' '4,' and '2' in equally-timed stages. More thawing will take place at the beginning of defrosting than at the end. This means food is less likely to over-heat as it warms up.

Dense meats require more attention while defrosting than other foods. With "Speed Defrost" you must attend to meats periodically. You may use the automatic "Defrost by Weight" feature instead which is specifically designed for meats. "Defrost by Weight" requires only one-time attention (turning over), but it does take more time for thawing.

Defrosted Turkeys: The turkey industry recommends conventionally roasting turkeys that are cooked immediately after microwave defrosting. Conventional roasting takes longer than microwaving so heat can penetrate deep into hard-to-cook breast and thigh areas.

About meat dishes: Before defrosting, place meat in roasting dish to hold any juices. Be sure dish fits the microwave oven.

When defrosting breads in bread bags, be sure to remove any metal twist-ties. Also, some local or regional brands use metallic inks on bread packages, so remove bread to microwave dish for defrosting. Just as with other metal, these twist-ties or inks can cause arcing (sparks) in the oven which can cause fires.

Standing time after defrosting helps equalize heat. Let large meats stand 10-15 minutes, small foods 2-5 minutes.

"SPEED DEFROSTING" CHART

FOOD TYPE	DEFROST TIME	TIPS
Meats:		
Flat Meat Roasts, Steaks or Ribs (Maximum of about 2 inch thick) (Beef Chuck or Arm Roast, Brisket, Round or Sirloin Steak, Pork or Lamb Ribs)	3 to 5 minutes per lb.	Steaks may need an additional minute or two after elapsed defrosting time. Check defrosting periodically and turn over once or twice.
Chunky Meat roasts with rounded contour (2 1/2 to 3 1/2-inch thick) (Beef Rump, Turkey Breast, Veal Shoulder, Pork Sirloin, Lamb Leg)	4-6 minutes per lb.	Check defrosting periodically and turn over once or twice. Shield warm areas with aluminum foil if necessary.
Ground Beef - Blocks or tubes	3-5 minutes per lb.	Check defrosting frequently. Remove defrosted areas from edges as they thaw. Break apart remainder; return briefly to finish.
Whole chicken, Cornish game hen or duckling	4-6 minutes per lb.	Check and turn over once or twice. Shield warm areas with small pieces of foil. After about 1/2 to 3/4 of time, remove neck and giblets from cavity. Soak in cool water to equalize temp.
Whole Turkey	3 1/2-5 1/2 minutes per lb.	Check turkey for fit in oven, especially if over 10-14 pounds. After half of defrosting, let turkey stand outside of oven for 10-20 minutes before continuing.
Whole Fish, Fish Fillets and Seafood such as Lobster Tail, Shrimp, etc.	4-5 minutes per lb.	Turn over after half the time. Defrost only until partially thawed or separated. Soak whole fish in water to equalize temperature, if desired.
Bacon or Bulk Sausage	4-5 minutes per lb.	Turn over after half of time. Defrost only until separated. Let stand a few minutes.

"SPEED DEFROSTING" CHART

FOOD TYPE	DEFROST TIME	TIPS
Breads:		
Loaf of Sliced Bread or Bag of Dinner Rolls (about 1 lb.)	1½ - 3½ minutes per loaf	See tip (in Box) about twist-ties and metallic inks.
6 to 12 Hamburger or Hot Dog Buns	1 - 3 minutes	These are delicate; do not overdefrost.
Coffee Cake or Coffee Ring (12 oz.)	3 - 5 minutes	If packaged in foil pan, remove to microwave plate.
4 Muffins or Cinnamon Rolls (10 oz.)	3 - 5 minutes	If not in microwavable package, remove and space evenly on microwave plate.
12 doughnuts (14 oz.)	2-4 minutes	Separate and stack in 2's on microwave plate.
2 Danish pastries (4-5 oz.)	2-4 minutes	If tightly wrapped in cellophane bags, remove to microwave plate and cover with paper towel.
Desserts:		
Cake, 2 or 3 layer (12-16 oz.)	2-3 minutes	Icing becomes glossy as cake warms. Check and remove before icing melts.
Pound Cake (11-12 oz.)	2-3 minutes	Carefully slice before defrosting, if desired. Defrost individually.
Cupcakes	1½-3 minutes	Space on plate, or microwave separately. Check icing for glossiness, then remove.
Cheesecake (17-19 oz.)	4-5 minutes	Best to under-defrost and let stand for a few minutes.
Fruit Pie or Pecan Pie, fully cooked	8-12 minutes	After partial defrosting, carefully cut pie in wedges. Defrost 1-2 minutes per piece.
Cream Pie, fully cooked	2½-4 minutes	Best to under-defrost and let stand a few minutes.
Frozen Whipped Topping (4-9 oz.)	30 to 45 seconds	Turn over after 15 seconds. Time can also be used to soften ice cream.
Frozen Fruit	2-3 minutes	Defrost in box or pouch if pkg. directs. Check after half of time, flex package to separate. If bagged, remove twist-ties. Defrost only until separated; let stand several minutes to finish thawing.

USING YOUR MICROWAVE WITH OTHER APPLIANCES

Try some of these ideas for successfully sharing the cooking tasks between your microwave and another favorite appliance. It might give you the best of both worlds.

MICROWAVING AND THE OUTDOOR GRILL

Precook meat in the microwave for faster barbecuing on the coals. Synchronize the preheating step with lighting the coals; by the time the coals are ashy grey, the meat is ready for the last few minutes of browning and flavorizing.

MICRO-BARBECUED SPARERIBS

3 to 3½-lb. pork spareribs, cut into 2-rib portions
Favorite Bottled Barbecue Sauce

Start heating coals for barbecue by stacking in a pyramid in the grill. Ignite, using starter. Burn to ashy grey before using. Meanwhile, in 12x8x2 inch microwave dish*, arrange rib pieces. Cover tightly with plastic wrap, turning back one corner to vent. Microwave on 'HI' 18 to 22 minutes, rearranging pieces after 10 minutes, until all pieces look brown and about 1-inch of drippings have collected in dish. After coals have turned ashy-grey, use long-handled tongs to arrange them in single layer in open grazier grill. Drain ribs well and place on grate over coals. Barbecue about 25 to 35 minutes, until no pink remains in meaty areas. Brush barbecue sauce over ribs during the last 5 to 10 minutes of barbecuing. Makes 3 to 4 servings.

MICRO-BARBECUED CORN ON THE COB

Select 4 to 6 fresh ears of corn, in the husk, if possible. Pull back, but do not disconnect the husks and remove silk from each ear. Replace husks around each ear to cover kernels. Place ears in dish of water to moisten husk thoroughly (this keeps husks from burning over barbecue fire.) Or, if husks have been removed from corn, wrap each cob in wax paper. Arrange ears in microwave. MICROWAVE AT 'HI' 12 TO 18 MINUTES (ABOUT 3 MINUTES PER EAR), rearranging and turning over after half of total time. Remove wax paper, if necessary, before placing on grill. Set on grill for about the last 5 minutes of cooking ribs (above, or other meat), turning over after about 2 or 3 minutes. (Uncovered ears will be slightly flecked with golden brown spots from the grill.) Makes 3 to 4 servings.

MICROWAVING AND THE PRESSURE COOKER

Always check your own pressure cooker directions, and follow them. Since the following recipe is for a roast, a solid food, you can fill your pressure cooker up to 2/3 full. With liquid foods such as soups, never fill your cooker over half full. With the recipe below, be sure roast fits cooker before you start. Prebrown roast in a little fat in the cooker beforehand, if desired. With the recipe below, this is not necessary.

PRESSURE COOKED POT ROAST WITH MICROWAVED VEGETABLES

- 1 well trimmed boneless beef pot roast (2½ lb.), about 2-inches thick
- 1 cup chopped celery
- 1 cup chopped onion
- 2 tablespoons beef bouillon granules
- ¼ teaspoon ground black pepper
- 3 cups water
- 1 pound carrots
- ¼ cup water
- Salt and/or dill weed, if desired
- 4 to 6 medium potatoes (6-oz. each)

For gravy: ¼ cup each cornstarch and cold water

Cut meat in half crosswise to make 2 equal pieces. In pressure cooker, distribute celery and onion, sprinkle with bouillon and pepper, then add halves of roast, cut sides to outside. Add the 3 cups water. Adjust top and set pressure for 15 lbs. On stovetop, heat cooker at high heat until pressure is reached (gauge will jiggle), and time for about 35 minutes. (Roast will be firm enough to slice. For "falling apart" tenderness, extend time.)

Meanwhile, peel and slice carrots; place in 1½ qt. microwave casserole containing the ¼ cup water and ⅛ teaspoon salt, if desired. Cover and MICROWAVE ON 'HI' 7 TO 10 MINUTES, until just fork tender. Sprinkle with dill weed, if desired, and let stand until serving. Scrub and pierce potatoes; arrange in microwave in circle on sheet of paper towel. MICROWAVE ON 'HI' 3 minutes per potato, rearranging after about half of total time.

When pressure cooker time is up, remove from heat and let stand 5 minutes before cooling top with cold running water until pressure is normal. Remove and slice roast thinly. Add cornstarch mixed with water to hot meat broth. Bring to boil, stirring, on stovetop, and allow to boil for just 1 minute, until thickened and clear. Serve hot gravy over sliced meat and potatoes (which have been cut lengthwise and mashed open), along with carrots. Makes about 4 to 6 servings.

MICROWAVING AND THE REGULAR OVEN

FOR 2-CRUST PIES

Because the microwave oven does not brown, two crust pies are not recommended for microwaving. However, you can start cooking a two-crust pie in the microwave, then finish browning and crisping it in the conventional oven.

HONEY APPLE PIE

- Pastry for 2-crust pie (double the recipe page 52)
- 4 cups peeled and cored sliced apples (4-6)
- 2 tablespoons honey, divided
- 1/2 cup sugar
- 2 tablespoons flour
- 3/4 teaspoon cinnamon
- 1/4 teaspoon ground cardamom
- 1/8 teaspoon salt
- 2 tablespoons butter

Divide pastry in two parts with one part slightly larger than the other. On floured board, with floured rolling pin, roll out larger part of pastry to fit 9-inch glass pie plate. Trim edge. Into lined plate, arrange half of sliced apples and drizzle with 1 tablespoon of the honey. In small bowl, mix sugar, flour, cinnamon, cardamom and salt. Sprinkle honey-drizzled apples with half of sugar mixture. Repeat layers with other half of apples, honey and sugar mixture. Dot the butter over top. Roll out other part of pastry and vent by making decorative slits in top near the center. Moisten edge of bottom pastry by brushing with water, then place the vented top pastry over pie; trim about 1/2-inch beyond edge of plate. Fold top crust under bottom at the rim and crimp edges firmly.

Arrange shelves in conventional oven so one is on the bottom position. Preheat the conventional oven to 450 degrees F. During preheating, start microwaving the pie: **MICROWAVE ON 'HI' FOR ABOUT 10 MINUTES.** After about 8 to 9 minutes, fork the apples through one of the slits in the top pastry—apples should be almost tender, and you may see juice beginning to bubble. Top crust will be almost opaque. Transfer pie to preheated oven, placing it on the bottom shelf, and continue baking for 18 to 22 minutes, until evenly browned and you see bubbling juices. Cool before cutting. Makes 6 to 8 servings.

PROOFING YEAST BREAD

Use the microwave for fast proofing of yeast dough before the conventional baking. During microwave proofing, you should also have a measuring cup of water in the oven. The water is a precaution against overproofing; it, too, absorbs energy.

ORANGE SNAIL COFFEE CAKE

- 1 medium orange
- Water for orange juice liquid
- 1 pkg. (1/4-oz.) active dry yeast
- 1/4 cup warm water
- 3 cups unsifted all purpose flour, divided
- 2 tablespoons sugar
- 1 teaspoon salt
- 1/4 cup soft butter or margarine
- 2 eggs
- Additional 1/4 cup sugar for filling



From orange, grate enough peel to make 1 tablespoon; squeeze juice and add enough water to equal 1/2 cup total liquid. In 2-qt. microwave casserole, dissolve yeast in warm water. Add the juice-water mixture, 1 1/2 cups of the flour, sugar, salt, butter and eggs. With mixer at low speed, beat until moistened; beat 2 minutes at medium speed. Add remaining 1 1/2 cups flour and blend at low speed, just until absorbed.

Proof dough: in 1-qt glass measuring cup, place 3 cups water. **MICROWAVE ON 'HI' 6 TO 8 MINUTES**, until starting to boil. Set cup in a corner of the oven. Cover the bowl of dough loosely with wax paper and place in oven. **MICROWAVE ON '1' 15 TO 18 MINUTES**, until dough is almost doubled in bulk.

Preheat conventional oven to 375 degrees F. Drop dough onto floured board and roll to coat all sides with flour (dough is soft.) Knead lightly about 20 times. With floured fingers, flatten dough to make a rectangle about 10 by 20 inches. Mix the 1/4 cup sugar and reserved 1 tablespoon orange peel; spread over dough. Roll up, starting from longest end, to make 20-inch long roll. Seal seam very well. Grease an 8-inch round glass dish. Place one end of dough in center of dish and spiral the dough in circle around the center, ending up with other end of dough to outside rim of dish. Tuck outside end under. Cover dish loosely with wax paper and return to microwave oven which still has the cup of water in it (reheat the water, if it does not feel warm). **MICROWAVE ON '1' FOR 18 TO 22 MINUTES**, until almost doubled in bulk. Transfer coffee cake to preheated conventional oven for 20 to 30 minutes, until bread sounds hollow when lightly thumped with finger. While hot, brush with butter if desired. Makes about 8 servings.

REHEATING

COOKWARE TEST

If your tableware is not marked "microwave safe" test it by placing a plate or bowl in the microwave alone. MICROWAVE ON 'HI' FOR 1 MINUTE. If the dish becomes warm, do not use it for microwaving. If it is cool, it can be used. Of course, do not use any dish which is decorated with metal.

The REHEAT feature of your microwave is good for foods you frequently heat. With multiple bowls or plates of food, check for fit in the oven.

Information on reheating the following foods is in other sections of this book: Appetizers, Beverages, Sandwiches: pages 34-35: Soup: page 36.

REHEATING CHART USING TIMED MICROWAVING				
CATEGORY AND SPECIAL TIPS	FOOD	POWER	TIME	
Plate of Food				
<ol style="list-style-type: none"> 1. Arrange smaller amounts, light vegetables or saucy foods in center of plate, dense meats and heavy vegetables on edges. Cover with wax paper unless meat is rare, then uncover. 2. With arranged foods, check center heating by touching underside of plate. It should feel warm. 	Plate of 1 meat with 2 vegetables	'7'	2-3 minutes	
"Freshening" Bakery Foods				
<ol style="list-style-type: none"> 1. Food with exterior crusts (rolls, doughnuts, muffins, etc.): heat individually on paper towel or napkin, or spaced on paper towel-lined plate (moisture will be absorbed away from crust.) Foods with moist cut sides (cake, nut bread, etc.): place directly on plate to hold in moisture. 2. Cover lightly with paper towel or napkin. 3. Heat just until slightly warm and "refreshed." Bakery foods rapidly toughen if overheated. 4. Caution: Moist, sweet fillings heat faster and will be hotter than pastry. 	Cakes, Coffee Cakes, Doughnuts, Sweet Rolls	'6'	1 piece: 30 seconds	
				2 pieces: 30-45 seconds
				4 pieces: 1 min
		Dinner Rolls	'6'	1-2 rolls; 10-20 seconds
				3-6 rolls; 30-45 seconds
	Muffins, Nut or Fruit Bread	'6'	1-2 items; 20-30 seconds	
			3-6 items; 45 seconds to 1½ min	
	Pie	'HI'	1-2 slices; 45 seconds to 1½ min	
Vegetables				
<ol style="list-style-type: none"> 1. Add small amount water to vegetables which look dry. Cover with plastic wrap. Stir or rearrange. 2. Freshly-opened cans of vegetables take brief heating. If desired, remove some of liquid before heating. 	See column right	'HI'	Small (peas, corn, etc.) 8 oz.: 1-2 min 16 oz.: (can) 4-5 min	
				Large (broccoli/asparagus) 8 oz.: 2-3 min. 16 oz. (can); 4-5 min.
				Veg. Casserole (Potato/broccoli, etc.) 1-2 servings: 2-3½ min

REHEATING CHART

CATEGORY AND SPECIAL TIPS	FOOD	POWER	TIME		
Deli Meats and Entrees					
<ol style="list-style-type: none"> 1. Plates of food, meats: Arrange in single layer and cover with wax paper. Saucy entrees: Place in bowl, cover with vented plastic wrap. 2. Be sure food is thoroughly heated; steaming or bubbling around edges may not indicate center doneness. Rearrange, stir and turn over to equalize heat. 3. Several thin meat slices reheat more evenly than a single thick slice; rearrange several slices or turn over a single one. 4. Space pork chops or chicken pieces slightly apart, thickest areas to edge of plate. 5. Foods warm from the deli need less time to heat than cold refrigerated ones. Off-the-shelf "lunch entree" foods, packaged in microwavable containers, are at room temperature and need only brief reheating. 6. Children often prefer food heated to cooler temperatures than adults. With plastic-wrapped containers, release steam before giving to children. 7. When barbecuing steak, chicken, etc. make extra food to microwave later, using these directions. 8. Add a little water when reheating pasta dishes such as macaroni and cheese. 	Pork Chops, Sliced Meat (Beef, Ham, etc.)	'6'	2 oz.	1-2 min	
				4 oz.	2-3 min
	Chicken Pieces	'8'	1-2 pieces	1-2 min	
			1/2 chicken	2-3 min	
			whole chicken	4-6 min	
	Beef Roast (Prime Rib) or Steak	'6'	per serving:		
			rare:	1-1½ min	
			medium/well:	1½-2 min	
Saucy Entrees (Chili, Stew, Tuna/Noodles)	'8'	8 oz.	3-3½ min.		
		16 oz. (can)	4-5 min		
Rice and Pasta	'HI'	1 Cup, no topping	1-2 min.		
		1 Cup, topped or mixed with sauce	2-4 min		
Desserts (Fruit and Sauces)					
<ol style="list-style-type: none"> 1. Ice Cream Toppings: Remove metal top, heat in glass jar just to barely warm, stir. 2. Baked or Stewed Fruit: Cover with wax paper to speed heating. 	Dessert Sauces (Fudge, Caramel, etc.)	'8'	2-3 oz.	30 seconds to 1½ min	
			4-8 oz.	1-3 min.	
	Fruit	'HI'	1-2 pieces	1-2 min.	
Griddle Foods					
<ol style="list-style-type: none"> 1. Cook extra while griddle is hot. Refrigerate until reheating, do not overheat while microwaving. 	Pancakes, Waffles, French Toast	'6'	2-3 pieces	30 seconds to 1¼ min	
			Add 2 sausage patties	1-1½ min	

FROZEN CONVENIENCE FOODS

Reliable package directions now come with most frozen microwaveable convenience foods. However, differences in wattage between test kitchen ovens and your oven might lengthen or shorten your cook time at home. If you are having trouble heating or cooking a convenience food, compare package directions with those below.

BE SURE TO USE MICROWAVE SAFE COOKWARE WHEN HEATING CONVENIENCE FOODS. IF IN DOUBT, SEE TEST PAGE 30.

The "Convenience and Frozen" setting on your oven uses several sequenced low power settings for even cooking with the least possible attention, but may take longer than times given below.

With times below, it is a benefit to let food stand, covered, a few minutes to completely equalize the heat.

FROZEN CONVENIENCE FOODS CHART

FOOD TYPE	WEIGHT	TIME	POWER	TIPS
Appetizers and Snacks:				
Egg/Pizza Rolls, Coated Cheese/Vegetable Sticks, Pocket Rolls, French Bread Pizza	6-9 oz.	2-4 min.	'HI'	Space on paper towel-lined plate. Turn over/rearrange after half of time. Use pkg. directions for microwave "sleeves" or trays.
Stuffed Mushrooms	11 oz.	2-5 min.	'HI'	Arrange in circle on microwave dish.
Individual Dinners:				
Child's or Small-Serving Meal	6-9 oz.	3-5 min.	'HI'	Remove all foil covering. If package has plastic cover, turn back or pierce to vent. Turn pieces over, stir or rearrange after half of time. Check at minimum time.
Regular Meal	9-13 oz.	6-10 min.	'8'	
Hearty Meal	5-19 oz.	9-13 min.	'8'	
Meat or Main Dish Entrees:				
Single Serving, Meat and Sauce or Gravy	5-8 oz.	3-6 min.	'HI'	Rearrange meat or stir after half of time. Lasagna may require few extra minutes.
	9-12 oz.	8-12 min.	'8'	
Chili	14 oz.	5-9 min.	'HI'	Place in microwave bowl. Break up, stir after half of time.
Family or Party-Size Serving	28-32 oz.	25-35 min.	'8'	Turn off turntable with large oblong containers. Stir or rearrange (meat pieces) after half of time. Lasagna may need more time; shield corners/edges with aluminum foil if needed.
	56 oz. (Lasagna)	35-40 min.		
Breaded Meat Patties (Beef, Veal, Pork)	10 oz.	3-6 min.	'HI'	Space evenly in single layer. Cover lightly with paper towel.
Corn Dogs	16 oz. (6 dogs)	2-3 min.	'HI'	Space evenly on microwave plate. Cover with wax paper. Turn over after half of time.

FOOD TYPE	WEIGHT	TIME	POWER	TIPS
Poultry:				
Breaded Fried Chicken Pieces, fully cooked (5 to 8 pieces)	16 oz.	9-12 min.	'HI'	Place single layer on platter. Cover with wax paper. Turn over/rearrange once. Single chicken pieces: time 2-4 min. apiece.
	28 oz.	15-19 min.		
Frozen raw (not breaded) Drumsticks or Thighs, individually wrapped	28 oz.	20-25 min.	'HI'	Place thick areas toward edge in pie plate. Brush with browning sauce. Cover with wax paper. Turn over/rearrange once. When done, there will be no pink near bone.
Barbecued Chicken Drumsticks, Fully Cooked	18 oz. (6 pieces)	10-14 min.	'HI'	Arrange on serving plate, thickest areas toward edge. Cover with wax paper.
Barbecued "Hot Wings"	18 oz.	6-10 min.	'HI'	Space on serving plate. Cover lightly.
Breaded Small Chicken Pieces (Nuggets, Tenders, Strips, etc.)	10 oz.	3-6 min.	'HI'	Space on paper towel on serving plate. Rearrange after half of time.
Frozen Turkey Roast (in foil pan)	32 oz.	5 min. at 'HI' then 20-30 min. at '6'		Remove frozen meat to 8-inch glass loaf dish. Shield with foil strips while cooking, if needed. Meat thermometer temperature in center should be 175 degrees F. when done.*
Fish and Seafood:				
Breaded Fish Sticks (10 sticks)	6-8 oz.	3-6 min.	'HI'	With self-browning microwave packages, check pkg. directions.
Mini-size Fish Portions, Tiny "Popcorn" Shrimp	5-6 oz.	2-3 min.	'HI'	Arrange in single layer. With spatula, carefully rearrange after half of time.
Breaded Fish Fillets (4-6 fillets)	8-11 oz.	4-6 min.	'HI'	Place on roasting rack or paper towels.
Individual Raw Fish Fillets, not breaded	8 oz.	5-9 min.	'HI'	Arrange in 8-inch glass dish. Season. Cover with plastic wrap. Should be opaque/flaky.
Breaded Large Shrimp	8-9 oz.	2-4 min.	'HI'	Place in circle on paper towel-lined plate.
Vegetable Dishes: (Also see Vegetable Chart.)				
Spinach or Corn Souffle	12 oz.	13-15 min.	'8'	Uncover. Check corners for overcooking.
Baked Stuffed Potato	11 oz.	7-9 min.	'HI'	Space apart on microwave plate. Individual stuffed potatoes: time 2-4 minutes apiece.
Stuffed Peppers (2)	16 oz.	15-19 min.	'8'	If pkg. cover is not provided, cover with plastic wrap.

* Do not place meat thermometer in microwave, unless recommended.

APPETIZERS, SNACKS AND BEVERAGES

"Depth before choice" is a good rule when serving appetizers. Serve fewer choices, but be plentiful with the really good ones. Besides the ideas here, check other sections for savories which could be served

bite-size. Make ahead appetizers are most convenient if you dislike last minute fussing.

The beverage chart gives basic heating times for your new oven.

APPETIZERS AND SNACKS CHART

Before heating, spread out on microwave plates. Cover raw meatballs and shrimp. Add wooden toothpicks to meat tidbits before microwaving, if desired.

ITEM	POWER	TIME (MIN) BY QUANTITY		PREPARATION TIPS
		12	24	
Bite-size Meatballs	'7'	7-9	8-10	Form 4 doz. balls from 1 lb. ground beef
Hot Dogs, Pre-cooked sausage	'HI'	7-9	8-10	Cut in bite size pieces.
Raw Shrimp in Seasoned Butter	'HI'	3-4	4-5	Microwave in single layer on plate.
Stuffed Mushrooms	'7'	4-6	5-7	Put on plate in circle to heat.
Savory Spreads on Crackers	'HI'	1/2-1	1-2	Space on plate to heat evenly.
Pizza or Quiche Small Wedges	'3'	One serving 3-4	Two servings: 4-5	Defrost before warming.
Softening Cream Cheese	'5'	3-oz. block: 3-4	8-oz. block: 5-6	Stir in herbs, chopped ham, etc. to flavor spreads.
Toasted Nuts (butter, salt if desired)	'HI'	Put in 2 qt. casserole. 1 lb. takes 5-6 min.		Stir and watch while toasting.

VARIATIONS FOR POPCORN

When using the POPCORN pad on your microwave for 3 to 3 1/2-oz individual bags of microwave popcorn, try some flavor variations. Toss the corn in a large bowl with basil, celery seeds, dill weed or taco seasoning. Sprinkle with Parmesan cheese or dry powdered cheddar (close to Parmesan at the supermarket.) Sprinkle with cinnamon sugar or toss with shredded coconut. Toss with pretzel sticks, cheese curls and peanuts for a new-taste snack mix.

BEVERAGE CHART

Beverages you microwave vary in starting temperature (whether at room temperature or refrigerated), density (thick or thin), and liquid base ingredient (milk tends to boil over more quickly than water.) These variations affect time and power setting. Fill cups or mugs up to 3/4 full.

	Power	Time
1 cup coffee (room temp):	'HI'	1 1/2 min./cup
1 cup cold milk or cocoa:	'7'	2 1/2 min./cup
1 cup cool water/broth:	'HI'	2 min./cup

CHUNKY CHICKEN NUGGETS

- 2 lbs. (2 whole) boneless skinless chicken breasts
- 3 eggs
- 1/2 cup melted butter (1 stick)
- 1 teaspoon salt
- 3 1/3 round cups buttery cracker crumbs (about 3/4 lb.), crushed

Carefully cut chicken into bite-size pieces, about 1-inch cubes. In small bowl, beat eggs, butter and salt. Place cracker crumbs in a wide shallow dish. Coat each chicken piece with crumbs, then egg mixture, then crumbs. Arrange pieces in 12x8x2-inch dish and cover with wax paper. MICROWAVE ON 'HI' 10 TO 14 MINUTES, (TURNTABLE OFF), rotating dish 1/2 turn after 5 minutes, until all pieces are done. If desired, serve with chili or barbecue sauce. Makes about 45 pieces.

VEGETABLES ANTIPASTO

- 1/3 cup olive oil
- 1/4 cup water
- 1/3 cup lemon juice
- 1/2 teaspoon dry mustard
- 6 peppercorns
- 1/2 teaspoon dried thyme
- 1/2 bunch fresh broccoli, cut in florets
- 1/4 small cauliflower, cut in florets
- 1 medium carrot, cleaned and sliced thin
- 1/2 small red pepper, seeded, thin-sliced lengthwise
- 1/2 cup halved pitted medium ripe olives

1 1/2-quart casserole, stir together olive oil, water, lemon juice, mustard, peppercorns and thyme. Add broccoli, cauliflower and carrot. Cover and MICROWAVE ON 'HI' 3 TO 5 MINUTES, just until slightly softened. Add red pepper and olives. Toss to mix. Recover and refrigerate 1 to 2 hours stirring occasionally. Makes about 3 cups.

SANDWICH CHART

Match moist filling with moist airy breads and buns since both heat easily. Match dry firm breads with sliced meats and cheeses. Also see Hot Brown Sandwich, page 37.

TYPE OF SANDWICH	HOW TO MICROWAVE*	TIPS
Hot Dog	Wrap hot dog-filled bun in paper towels. MICROWAVE ON 'HI' ABOUT ½ MINUTE PER SANDWICH.	Add catsup and other condiments after microwaving.
Hamburgers	Arrange 2 to 4 (1/4 lb.) patties on microwave rack in microwave dish.* MICROWAVE ON 'HI' 1½-2 MIN. PER PATTY, turning over after half of time.	Meat will have moist top; add catsup or other sauce if desired. Serve in buns.
Barbecues and Sloppy Joes	Place ½ lb. ground beef and ½ cup chopped onion in 1-qt. covered casserole. MICROWAVE ON 'HI' 3 TO 5 MIN., breaking up twice. Drain. Add ½-¾ cup chili or barbecue sauce and 1/4 teasp. dry mustard.	For least fat, drain cooked meat in colander; rinse with hot water. Serve finished meat filling in buns.
Tacos	Cook ground beef as above (also see tip.) Mix with salsa to moisten. Spoon into taco shells.	Add shredded lettuce, cheese and diced tomatoes.
Hoagies	Layer sliced meat in hogie bun. Wrap in paper towel. MICROWAVE ON '7' 1 MINUTE PER SANDWICH.	Layer cheese between meat to shield from overmelting.
Pita	Stuff with meat salad or shaved ham and coleslaw. MICROWAVE ON 'HI' ¾-1 MINUTE PER PITA.	Vegetarian Pita: stuff with shredded zucchini, carrot, cheese and mayonnaise.
BLT (Bacon, Lettuce, Tomato)	Microwave 2 to 3 slices bacon per sandwich (see chart p. 41.) Layer with tomato and lettuce.	Variation: Substitute sprouts or avocado slices for lettuce.
Open Face Individual Pizzas	Top French bread slices or English muffin halves with pizza sauce, cooked meat (sausage, pepperoni, etc.) and pizza cheese. Uncovered, on paper towel, MICROWAVE ON 'HI' ½-1MIN. PER SANDWICH.	Substitute green pepper and fresh tomato slices for meat, if desired.

EASIEST NACHOS EVER

Single-serving packages of corn chips
 Prepared canned chili
 Grated cheddar cheese
 Toppings: chopped green pepper, salsa, sour cream

For each serving, make a lengthwise slit along one side of the corn chip bag. Open bag and spoon in chili or sauce right from the can. Place bag in oven. MICROWAVE ON 'HI' 1 TO 2 MINUTES, until bag is just heated enough to eat. (If bag becomes too hot, slide it onto a plate.) Spoon on cheese and other desired toppings. Eat with spoon or fork while hot.

Easy Nachos For a Crowd: Microwave a large casserole of chili; spoon into the slit packages of corn chips and top as above.

GARLIC OYSTER CRACKERS

¾ cup canola oil, divided
 2 teaspoons finely chopped fresh garlic
 1 tablespoon grated lemon peel
 2 teaspoons dill weed
 1 teaspoon sugar
 1 teaspoon salt
 1 teaspoon finely ground black pepper
 1 pkg. (12 oz.) unsalted oyster crackers

In 2-qt. microwave casserole, place 1 tablespoon oil, garlic and lemon peel. MICROWAVE ON 'HI' until garlic is soft and transparent. Stir in remaining oil, dill, sugar, salt and pepper. Add crackers and let stand few minutes, until crackers have absorbed flavored oil. MICROWAVE ON 'HI' 4 TO 6 MINUTES, stirring every 2 minutes, until hot. Cool, stirring occasionally, before serving. Makes about 3 cups.

SOUPS

Soups are popular healthy snacks or light meals. Vegetable-based and meat-based, hot and cold soups are represented below.

"MEDIUM HOT" LOWER-FAT CHILI

- 2 lbs. lean ground beef (20% fat or less)
- 4 cups chopped onions
- 3 large cloves garlic, crushed
- 1 can (12 oz.) tomato paste
- 2 tablespoons chili powder
- 2 tablespoons white vinegar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon dry mustard
- 1 tablespoon ground allspice
- 1 tablespoon ground cumin
- 1½ teaspoons ground cinnamon
- 1 teaspoon crushed dried red pepper
- 3 cups water

In 3 qt. casserole place beef. MICROWAVE ON 'HI' 9 TO 13 MINUTES, stirring every 4 minutes, until evenly cooked. Drain in colander, and rinse with water to remove fat. Add onions, garlic, tomato paste, chili powder, vinegar, Worcestershire, mustard, allspice, cumin, cinnamon and pepper. Stir well to mix. Stir in water. Cover. MICROWAVE ON 'HI' 20 TO 25 MINUTES, until starting to boil. Stir well, MICROWAVE ON '5' FOR 40 TO 45 MINUTES, until thickened and blended. Makes 6 to 8 servings.

FISH VEGGIE CHOWDER

- 2 lb. fresh or defrosted whitefish fillets
- 2 tablespoons butter or margarine
- 1 teaspoon salt
- ½ teaspoon coarsely ground black pepper
- 3 cups peeled cubed potatoes
- 2 cups peeled diced carrots
- 1 cup peeled coarsely chopped onion
- 1 cup cleaned sliced celery
- 1 pkg. (10 oz.) frozen cut corn
- ¼ cup flour
- 2 cups milk, plus additional milk as necessary

In 8-inch square dish, place fish, butter, salt and pepper. Cover with plastic wrap. MICROWAVE ON 'HI' 6 TO 9 MINUTES, breaking up and rearranging every 3 minutes. When fish is done (opaque and flakes easily) remove and let stand. In 3-quart casserole, place potatoes, carrots, onions, celery and corn. MICROWAVE ON 'HI' 18 TO 22 MINUTES, until tender but firm. Toss in flour to evenly distribute. Add 2 cups milk and MICROWAVE ON 'HI' 5 TO 8 MINUTES, stirring every 3 minutes, until mixture has boiled and smoothed. Add fish and all juices. Thin with additional milk as desired. MICROWAVE ON 'HI' 2 TO 3 MINUTES, until hot. Makes 6 to 10 servings.

SOUP HEATING CHART

Thick, chunky soups require longer heating than thin fluid soups. Refrigerated soup heats more slowly than freshly-opened canned soup at room temperature. With canned soup or dry mixes, temperature of added water affects microwave time. Fill cups up to ¾ full.

For a crowd, heat soup in a casserole.

	Power	Time
Mug of hearty chunky soup:	'HI'	1½-2½ min./mug
Cup of thin soup or broth:	'HI'	1-1½ min./cup
Casserole of soup (10-oz can or 4 servings homemade):	'HI'	4-6 min.

SPICED MEATBALL SOUP

- 1 lb. lean ground beef
- 1 egg, slightly beaten
- 1 teaspoon basil
- 1 teaspoon salt
- Dash pepper
- 1 medium onion, finely chopped
- 1 clove garlic, pressed or minced
- 3 teaspoons instant beef bouillon, dissolved in 3 cups hot water
- 1 can (6 oz.) tomato paste
- 1 teaspoon ground cumin

Mix beef, egg, basil, salt and pepper in medium bowl. Drop rounded teaspoonfuls into 12x8-inch dish*. MICROWAVE ON 'HI' 3 TO 4 MINUTES, until cooked. Drain meat, set aside. Stir onion, garlic, beef broth, tomato paste, and cumin in 2-quart casserole. MICROWAVE ON 'HI' 6 MINUTES, until beginning to boil. Cover. MICROWAVE ON '6' FOR 8 TO 10 MINUTES to blend. Add meatballs and recover. MICROWAVE ON '6' FOR 2 TO 3 MINUTES to heat meatballs. Makes 6 to 8 servings.

POTATOES AU GRATIN SOUP

- 1 cup hot tap water
- 1 cup finely chopped onion
- 1½ cups peeled and small-diced potatoes
- 2 tablespoons vegetable bouillon dissolved in 2 cups water
- 1 cup grated sharp cheddar cheese
- ½ cup whipping cream or evaporated milk
- 3 peppercorns
- 2 tablespoons snipped fresh parsley

Combine water and vegetables in 2-qt. casserole. Cover. MICROWAVE ON 'HI' 7 TO 8 MINUTES, until potatoes are tender-crisp. Stir in broth, cheese, cream and peppercorns. Cover. MICROWAVE ON '7' FOR 5 MINUTES, UNTIL HOT. Remove peppercorns and stir. Makes 5 to 6 servings.

SUMMER EMERALD VICHYSOISE

- 2 medium green onions, chopped (include some of the green tops)
- 1/2 cup chopped onion (1 small)
- 2 tablespoons butter
- 3 cups peeled and diced potatoes (3 medium)
- 1/2 cup sliced celery
- 1/2 cup (packed) chopped parsley
- 3 cups chicken broth or vegetable bouillon
- 1/2 teaspoon dried thyme
- 2 cups peeled and chunked cucumber (1 medium)
- 1 pint (16 oz.) sour cream
- 1 teaspoon salt

In 3 qt. casserole place both onions and butter. **MICROWAVE ON 'HI' 2 TO 3 MINUTES**, stirring every minute, until wilted. Add potatoes, celery, parsley, broth and thyme. Cover and **MICROWAVE ON 'HI' 14 TO 17 MINUTES**, stirring after 7 minutes, until potatoes are just tender. With slotted spoon, remove vegetables to food processor (leave reserved liquid in the casserole). Puree, along with raw cucumber, until smooth. Add sour cream and salt; blend smooth. Gradually pour into reserved vegetable liquid. Stir to blend well. Cover and chill at least 3 hours. Decorate with thin slices of unpared cucumber. Makes 6 to 8 servings.

RUBY PLUM DESSERT SOUP

- 4 cups diced peeled and seeded ripe plums (2 pounds, about 8 medium)
- 2 cups red port wine
- 1 stick (3 inch) cinnamon
- 1/4 cup sugar
- 1/2 teaspoon vanilla
- 1/8 teaspoon ground allspice
- small pinch salt

Topping:

- 1/2 cup sour cream
- Additional 1 1/2 tablespoons sugar

In 3 qt. microwave casserole, place plums, wine and cinnamon stick. Cover and **MICROWAVE ON 'HI' 10 MINUTES**, until steaming hot. Stir well, then **MICROWAVE ON '7' FOR 10 TO 12 MORE MINUTES**, until plums are soft. Remove cinnamon. In food processor, puree plums, half at a time, to blend. Stir in sugar, vanilla, allspice and salt. Cover and chill. Just before serving, make Topping: Stir together sour cream and sugar until sour cream thins. Place soup in dessert bowls, divide sour cream over each serving. With knife, spiral sour cream attractively through soup and serve immediately. Garnish with fresh mint sprig. Makes 6 to 8 servings.

SAVORY SAUCES

Nowadays good barbecue and pasta sauces can be purchased, but white and cheese sauces in addition to Hollandaise—basics of cuisine cooking—must still be made from scratch. Microwaving is the best way to make them.

WHITE SAUCE

- 2 tablespoons butter
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1 cup milk

In 1-qt. glass measuring cup, place butter, flour and salt. **MICROWAVE ON 'HI' 2 TO 2 1/2 MINUTES**, whisking with wire whisk every minute, until hot and bubbly. Whisk in milk. **MICROWAVE ON 'HI' 3 TO 4 MINUTES**, whisking every minute, until thick and bubbly. Makes 1 cup.

CHEESE SAUCE

Add 1/2-1 cup shredded cheddar or Swiss cheese or 1/4 to 1/2 cup Parmesan. Dash with tabasco or lemon juice, if desired.

HOT BROWN SANDWICH

Onto toasted bread, pile sliced turkey and thin tomato slices. Cover with hot Cheese Sauce and garnish with microwaved bacon.

BLENDER HOLLANDAISE SAUCE

- 2 egg yolks
- 1 tablespoon lemon juice
- 1/2 teaspoon dry mustard
- 1/8 teaspoon salt
- 1/2 cup unsalted (sweet) butter

Into electric blender container, place egg yolks, lemon juice, mustard and salt. In glass measuring cup, place butter. **MICROWAVE ON 'HI' 1 TO 2 MINUTES**, until bubbly hot. Turn on blender to mix yolks, then gradually add hot butter. Blend thoroughly until creamy and thickened. Makes about 1/2 cup.

EGGS BENEDICT

Onto hot toast, place thin sliced ham or Canadian bacon, poached egg(s) and Hollandaise sauce.

EGGS AND CHEESE

Eggs should not be microwaved whole, either from the raw state or when they are fully-cooked. Yolks absorb microwaves faster than whites and the buildup of interior energy can cause the egg to burst. However when scrambling eggs, do select the microwave. They will be more fluffy and moist than stovetop scrambled eggs.

A Hollandaise Sauce for Eggs Benedict is on the previous page.

SCRAMBLED EGGS CHART

Place butter in appropriate size casserole for amount of eggs. MICROWAVE ON 'HI' until butter melts. Add eggs, and milk (also salt and pepper to taste). Beat with fork to scramble. MICROWAVE AS IN CHART BELOW, stirring after half of cooking. Remove when eggs are just set; for tenderness, do not overcook.

Eggs	Milk	Butter	Power	Time
2	2 tablespoons	1 tablespoon	'HI'	1-2 min.
4	1/4 cup	1 tablespoon	'HI'	2-3 min.
6	1/3 cup	2 tablespoons	'HI'	3-4 min.
8	1/2 cup	2 tablespoons	'HI'	4-5 1/2 min.

EGGS IN TACO SHELLS FOR BRUNCH

To 6-egg Scrambled Eggs (above) add 1/4 cup drained canned green chilies and 2 chopped green onions before cooking. Spoon hot eggs into 6 medium-size taco shells. Top with grated cheese and shredded lettuce.

ENGLISH MUFFIN EGG SANDWICH

Select a flat-bottom custard cup or microwave bowl which has about the same interior diameter as an English muffin. Use to microwave 2 or 3-egg Scrambled Eggs (above), but let eggs set into a firm round flat shape to eat between halves of a toasted English muffin. Top with sliced cheese or ham, if desired.

DEFROSTING AND MICROWAVING EGG SUBSTITUTES

AMOUNT AND POWER SETTING	TIME	PROCEDURE
DEFROSTING		
Set Speed Defrost: 4-oz. carton	1 1/2 to 2 min.	Open spout of package before defrosting. Defrost until mixture can be broken up and stirred evenly with a fork. Let stand few minutes. Refrigerate if not using immediately.
8-oz. carton	2 to 3 min.	
MICROWAVING		
Set 'HI': 1-2 eggs	30 sec. to 1 min. 15 sec.	Place egg mixture in small microwaveable bowl or measuring cup. Microwave, stirring every 30 seconds, until eggs begin to set up. Remove when scrambled egg mixture is still soft and moist; eggs will continue to firm up on standing few minutes.
2-4 eggs	1 min. 15 sec. to 3 min.	

FRESH ZUCCHINI OMELET

- 1/2 small zucchini, sliced in half crosswise, then cut lengthwise in 1/8-inch sticks (julienne)
- 1 medium green onion, sliced thinly
- 1 tablespoon butter or butter substitute
- 2 eggs
- 1 teaspoon water
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/4 cup shredded cheddar cheese, divided

In 7-inch pie plate, place zucchini, green onion and butter. MICROWAVE ON 'HI' 2 MINUTES, until vegetables start to soften, stirring after 1 minute. Meanwhile, in small bowl, beat eggs, water, salt, pepper, thyme and 2 tablespoons of the cheese. Pour egg mixture over hot vegetables and mix well. MICROWAVE ON 'HI' 1 MINUTE, stirring and pushing outer cooked areas to center of pie plate after 30 seconds and again after 1 minute. MICROWAVE ON '5' FOR 30 TO 45 SECONDS. When all parts of omelet are set, remove and sprinkle with remaining cheese. Garnish with sliced fresh tomatoes, if desired. Makes 1 omelet.

ONION-PEPPER QUICHE

- 10-inch baked pastry shell
- 5 eggs
- 1 cup milk
- 1 teaspoon seasoned salt
- 1 medium onion, sliced
- 1 medium green pepper, cut in 1/4-inch strips
- 4 oz. fresh mushrooms, sliced
- 2 tablespoons butter or margarine
- 1 tablespoon flour

In small bowl, beat eggs, milk and salt; set aside. In 1-qt. measuring cup, place onion, pepper mushrooms and butter. MICROWAVE ON 'HI' 3 TO 5 MINUTES, until onions are transparent. Blend in flour, then blend in milk mixture. Pour into pastry shell. MICROWAVE ON '5' FOR 14 TO 16 MINUTES, until metal knife inserted in center comes out clean. Makes 8 servings.

BACON VEGETABLE QUICHE: Prepare 6 crisp—microwaved slices of bacon. When making Onion-Pepper Quiche (above), chop the cooked bacon and sprinkle over the pastry shell before adding the vegetable-egg filling.

RICE, CEREAL AND PASTA

These foods take about the same time to microwave as to cook on the stovetop. However, in the microwave, they don't stick. Let grain products stand a few minutes after cooking to completely absorb

moisture; fluff rice with fork. After draining pasta, rinse if desired to remove extraneous starch. Individual bowls of hot cereal make morning nutrition easy.

RICE, CEREAL AND PASTA CHART

Item	Cooking Dish	Hot Water	Salt & Fat	Special Instructions
Long Grain Rice (1 cup)	2-qt. casserole	2 cups	1 tsp. salt 1 tsp. butter	Cover. Cook on 'HI' 5 min. Reduce to '5'; cook 10-15 min.
Brown Rice (1 cup)	2-qt. casserole	3 cups	1 tsp. salt	Cover. Cook on 'HI' 6 min. Reduce to '5'; cook 30-40 min.
Quick Rice (1½ cups)	1-qt. casserole	1½ cups	1 tsp. salt	Cover. Cook on 'HI' 3 to 5 min. Let stand 5 min.
Seasoned Rice Mix (6-oz. pkg.)	2-qt. casserole	See pkg.	See pkg.	Cover. Cook on 'HI' 5 min. Reduce to '5'; cook 12-14 min.
Grits (2/3 cup)	1½-qt. casserole	3 cups	¾ tsp. salt	Cover. Cook on 'HI' 5 to 6 min. stirring once.
Quick Oatmeal (¼ cup)	Microwave cereal bowl	½ cup	Dash salt	Cook on 'HI' 6 to 8 min. stirring once.
Quick Cream of Wheat (2 tbsp.)	Microwave cereal bowl	¾ cup	Dash salt	Cook on 'HI' 1-2 min.
Egg Noodles (8 oz.)	3-qt. casserole	1½ qt.	1 tsp. salt, 1 tsp. oil	Cover. Cook on 'HI' 5-7 min. Uncover. Reduce to '5'; cook 4-6 min. Drain.
Macaroni (1 lb.)	See "Macaroni and 4 Cheeses" recipe, this page.			

MACARONI AND 4 CHEESES

- 3 cups hottest tap water
- 1 tablespoon olive oil
- 8 oz. elbow macaroni
- Sauce (below)
- ½ lb. fontina cheese, chunked
- ¾ cup grated Parmesan cheese, divided
- ¾ lb. ricotta cheese
- ½ lb. mozzarella cheese, thin sliced
- 1 teaspoon paprika
- ⅛ teaspoon cayenne pepper

In 3-qt. casserole, place water, oil and macaroni. Cover; MICROWAVE ON 'HI' 10 MINUTES. Stir. MICROWAVE UNCOVERED ON 'HI' 5 to 7 MINUTES, until just tender. Drain. Make sauce (below) and stir in fontina, ¼ cup Parmesan and macaroni. In greased 8-in. square dish layer half of ricotta, half of macaroni-cheese, all of mozzarella. Repeat with ricotta and macaroni. In cup, mix ½ cup Parmesan, paprika and cayenne; sprinkle on casserole. Cover with wax paper. MICROWAVE ON 'HI' 10 TO 14 MINUTES, until hot. Makes 8-10 servings.

Sauce: In 2-qt. casserole place 4 tablespoons butter, 4 tablespoons flour, ½ teaspoon salt, ¼ teaspoon pepper and ⅛ teaspoon nutmeg. MICROWAVE ON 'HI' 1 MINUTE to melt butter. Whisk smooth. Whisk in 2½ cups milk. MICROWAVE ON 'HI' 5 TO 8 MINUTES, whisking every 2 minutes, until mixture is smooth.

BETA CAROTENE RICE (Rice with Carrots and Pineapple)

- 1 can (20 oz.) pineapple chunks in juice
- Water
- 1 cup long grain rice
- 1½ cups shredded fresh carrots
- 1 cup evaporated milk or cream
- ½ cup chopped onion
- ½ cup chopped fresh parsley
- ¼ cup butter or butter substitute
- 2 eggs, well beaten
- 1 teaspoon salt
- 1 teaspoon Worcestershire sauce
- 1 cup shredded sharp cheddar cheese, divided

Drain pineapple, saving juice. To juice, add water to make 2½ cups; place in 3-qt. casserole with rice. Cover. MICROWAVE ON 'HI' 18 TO 22 MINUTES, until just tender, stirring at 9 minutes. Stir in carrots; MICROWAVE ON 'HI' 2 TO 5 MINUTES to cook carrots lightly. Stir in pineapple, milk, onion, parsley, butter, eggs, salt, Worcestershire and ½ cup cheese. Recover and MICROWAVE ON 'HI' 6 TO 10 MINUTES, until thickened. Pour mixture into 2-qt. casserole, (optional, for best appearance) top with remaining ½ cup cheese and MICROWAVE ON 'HI' 2 TO 3 MINUTES to melt cheese. Makes 6 to 8 servings.

MEATS

Small, tender meats (roasts and chops) microwave well; larger meats often need shielding. Less tender types can be done, but need lower power levels and longer cooktime.

The "Cook by Weight" feature on your oven saves you time because it calculates the cooktime based on the weight of meat (in pounds and ounces,) which you enter. However, it may take slightly longer than times below.

GENERAL PROCEDURE FOR ROASTING

- Place meat on rack in microwave roasting dish.* Roast will be turned over after half of cook time, so place the side of roast which is customarily on top for serving to the underside for first cooking period.
- Microwave on 'HI' 5 minutes. This warms up meat and helps surface browning. Exception: omit 5-min. precook with ham; it is already cooked and just needs warming.
- Reduce microwave setting to '5' and continue cooking half of total cook time.
- After first half of cooktime has elapsed, turn meat over and cook for remaining time. After total time, take temperature in center of thickest meaty area with meat thermometer (Note: do not use thermometer in microwave unless recommended.) Chart below gives recommended internal temperature for roast "immediately out of oven." Compare chart's "out-of-oven" temperature with actual temperature of your roast. If your reading is greater than 10 degrees below "Desired" temperature, return meat to oven for additional cooking. Check periodically with thermometer until "Desired" temperature is reached.
- After "Out of Oven" temperature is reached, allow meat to stand, covered with aluminum foil shiny-side-in, until chart's "Temperature After Standing" for your roast has been reached:
 Rare roasts: stand 5-10 minutes
 Medium and Well roasts: stand 10-20 minutes

SUCCESS TIPS:

*Turn off turntable for large oblong dishes. Rotate dish periodically.

Roasts which are thin through the center tend to cook faster than chunky roasts. Boneless roasts should be tied or netted sufficiently to keep their shape during cooking.

FOIL SHIELDING is important for exterior areas of roasts not covered with fat, also sharp edges. After half of cooking, use 2-inch wide strips of foil to fit tightly to edges or non-fatty areas which appear to be overcooking.

MEAT ROASTING CHART

Power: '5'

Meat Type and Weight	Desired Doneness	Minutes/Lb. AFTER INITIAL 5 MINUTES ON 'HI'	Temperature Immediately out of Oven	Temperature after Standing	Tips
Small Beef Boneless Rib Eye Roast 3-6 lb.	Rare	9½-11½	120-125 deg. F	130-135 deg. F	Reduce cook time by 2½ minutes/lb. for Bone-in Beef Rib Roast (Standing Rib)
	Medium	11½-13½	130-140 deg. F	140-145 deg. F	
	Well Done	13½-15½	155-160 deg. F	165-170 deg. F	
Pork Bone-In Loin Roast	Medium	10-12	155-160 deg. F	160-165 deg. F	Add 1 min/lb. for Boneless Rolled Pork Roasts.
	Well Done	11-14	160-170 deg. F	170-180 deg. F	
Fully Cooked Ham	Warm	12-14 (Note: omit 5 min. precook on 'HI')	120-130 deg. F	130-140 deg. F	Add 2 min./lb. for 5-8 lb. hams. Watch carefully and shield with foil.
Lamb Leg Roast	Medium	10-12	150-160 deg. F	165-175 deg. F	Take temp. halfway between bone and edge of meatiest area.
	Well Done	11-14	160-170 deg. F	170-180 deg. F	

BACON AND SAUSAGE

Food scientists are favoring the microwave for bacon and sausage because the cooking temperature of these meats is lower than with conventional frying. Lower temperatures tend to prevent the formation of potentially harmful substances caused by high-temperature breakdown. Cook meat on double or triple-layer of paper towels or, to save paper, on microwave rack with dish underneath to catch drippings. To prevent splatters, cover with a paper towel. Just as with conventional frying, thickness of slices affects cooking time.

Don't forget that the "Reheat" feature of your microwave has an easy-to-use bacon setting. Choose the "Bacon" code, enter the number of slices and touch "Start."

BACON AND SAUSAGE CHART		
Number of Pieces (Bacon Strips, Sausage Links or 1/2 inch Sausage Patties)	Bacon Time (Min)	Sausage Time (Min)
		Note: For 1/2 min. on chart set timer for :30 (30 seconds)
2	2	1 1/2-2
4	4-4 1/2	2 1/2-3 1/2
6	6-6 1/2	3 1/2-4 1/2
8	8-9	4-5

SAUSAGE FRENCH BREAD PIZZA

- 1 lb. slender French breads or individual loaves
- 3/4 lb. (12-oz.) hot Italian sausage
- 1 cup (8-oz.) pizza sauce
- 1/2 cup chopped green onion
- 1/2 cup chopped green pepper
- 2 cups (8-oz.) shredded Mozzarella cheese

With sharp knife, split loaves lengthwise. Arrange out-side-up on 2 microwave plates or dishes. In 1 1/2-qt. casserole, crumble sausage (slit and remove casings if meat is in links.) MICROWAVE ON 'HI' 6 TO 8 MINUTES, breaking up with fork every 2 minutes, until no pink remains; drain well. Spread bread with pizza sauce, then top with cooked sausage, onion, pepper and cheese. Cover lightly with wax paper. MICROWAVE EACH PLATE ON '5' FOR 7 TO 11 MINUTES, JUST UNTIL MELTED. Makes 4 to 6 servings.

GINGERED PORK CHOPS

- 4 center-cut pork chops (3/4-in. thick)
- 1/2 cup rose wine
- 3 tablespoons soy sauce
- 1/2 cup brown sugar
- 2 teaspoons ground ginger
- 1/4 teaspoon salt
- Fresh orange wedges

In 8-inch square dish arrange chops so thickest areas are toward corners and "tails" are toward center. Chops should fit tightly for greatest contact with marinade. In medium bowl, combine wine, soy sauce, brown sugar, ginger and salt. Pour over chops, cover and marinate at least 1 hour, or overnight in the refrigerator. Just before cooking, drain off most of marinade. Cover dish with plastic wrap, venting one corner. MICROWAVE AT '5' FOR 22 TO 27 MINUTES, until juices are clear and no pink remains in meaty area. Squeeze a little fresh orange juice over each chop. Garnish with oranges. Makes 4 servings.

PACIFIC RIB PORK (Indonesian)

Make pork chops above. Garnish with Peanut Butter Sauce: In 1-qt. measuring cup, stir together 1/4 cup peanut butter, 2 tablespoons brown sugar, 2 tablespoons lemon juice and 2 tablespoons water. MICROWAVE ON 'HI' 1 TO 2 MINUTES, just until warm and smooth. Spoon a little sauce over each chop.

POLISH STEW WITH APPLES

- 3 strips bacon
- 4 cups drained sauerkraut (25-30 oz.)
- 1 lb. Polish sausage, sliced diagonally into 1-inch slices
- 1/2 cup fresh mushrooms, quartered
- 1 1/2 cups chunks of peeled cored apple (2)
- 1 teaspoon rubbed dried sage
- 3/4 cup chopped onion
- 1/4 teaspoon pepper
- 1/2 teaspoon minced garlic
- 1 lb. fresh tomatoes, cored and chunked

Into small microwave bowl, snip bacon. MICROWAVE ON 'HI' 2 1/2 TO 4 MINUTE, until crisp. In 3-qt. casserole layer half the sauerkraut, Polish sausage (larger pieces toward edge of dish), mushrooms and apple. Sprinkle with sage. Layer with remaining sauerkraut, onion, pepper, garlic and tomatoes. Sprinkle bacon over top. Cover. MICROWAVE ON '5' FOR 30 TO 35 MINUTES, until steaming hot and reduced to about 2/3 its original size. Let stand 10-15 minutes before serving. Makes 6 to 8 servings.

GROUND BEEF

See Sandwich Chart, page 35, for microwaving hamburgers, tacos and sloppy joes. Also see Chili recipe, page 36.

Ground beef is now frequently labeled with the percentage of fat it contains. Lean ground beef, because it is dryer, often takes slightly longer to cook than the fatter type. When it is cooked separately before combining with other ingredients, we recommend draining and rinsing to remove as much excess fat as possible.

PARTY BUFFET IDEA

With a stack of microwavable bowls and the recipe below, you can set up a microwave buffet. Everyone assembles his or her own serving and pops it in the microwave. Nice for informal entertaining.

TACO SALAD BUFFET

Beef mixture:

- 1½ lb. lean ground beef
- 1 cup chopped onion (1 large)
- 1 cup chopped green pepper
- ⅓ cup catsup
- 1½ teaspoons chili powder
- 1 teaspoon ground cumin
- 1 can (16 oz.) chili beans in sauce or gravy
- 1 pkg. (¾ to 1 lb.) corn chips
- 2 cups (about 1 lb.) shredded sharp or mild cheddar cheese
- 6 cups shredded iceberg lettuce (1 small head)
- 2 cups chopped tomatoes
- 1 pint (2 cups) sour cream

Make beef mixture: In 2-qt. casserole, crumble beef. Add onion and pepper. MICROWAVE ON 'HI' 6 TO 8 MINUTES, stirring every 3 minutes, until meat is evenly browned. Drain well. Add catsup, chili powder, cumin and undrained beans. If mixture seems dry (depending on beans) add up to ¼ cup water. Cover and MICROWAVE ON 'HI' 5 TO 6 MORE MINUTES, stirring after 3 minutes. Cool and chill. Remove from refrigerator and stir well just before serving.

To assemble each salad: In large flat microwaveable bowl or rimmed plate, place layer of corn chips. Top with generous portion of beef mixture, then cheese. Microwave on 'HI' about 2-3 minutes, until beef is hot and cheese is partially melted. Remove from microwave and top with lettuce, chopped tomatoes and sour cream. Makes about 6-8 servings.

SAVORY MEATBALLS IN BROTH

- 1 lb. very lean ground beef (20% fat or less)
- ½ cup finely minced onion
- 1 egg
- 1 tablespoon flour
- ¼ teaspoon pepper
- 2 teaspoons instant beef bouillon granules, divided
- 2 cups water
- 1 bay leaf
- Thickener for broth: 2 tablespoons water mixed with 1 tablespoon cornstarch

In mixing bowl, combine beef, onion, egg, flour, pepper and 1 teaspoon granules. Make in 16 meatballs; set aside on piece of wax paper. In 2-qt. casserole, place water, bay leaf and remaining teaspoon of granules; MICROWAVE ON 'HI' 5 TO 8 MINUTES, until hot. Add meatballs and MICROWAVE ON 'HI' 10 TO 15 MINUTES, stirring lightly to redistribute after 5 minutes. When done, meatballs will have no pink in center. With slotted spoon, remove from broth to plate. In small cup, stir together cornstarch and water for thickener; stir into hot broth. MICROWAVE ON 'HI' 4 TO 6 MINUTES, until smooth. Return meatballs to broth. Serve over rice or noodles. Makes 4 servings.

HAMBURGER SPAGHETTI PIZZA

- 1½ lbs. lean ground beef chuck
- 2 large fresh tomatoes, coarsely chopped (about 5½ cups)
- ½ cup water
- 1 cup 1-inch broken pieces spaghetti
- ¾ cup large chopped onion (1 medium)
- ¾ cup large chopped green pepper (1/2 medium)
- 1½ teaspoons dried oregano
- 1½ teaspoons dried marjoram
- 1 teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 cups (8 oz.) grated mozzarella cheese

In 3-qt. casserole place hamburger, MICROWAVE ON 'HI' 10 TO 14 MINUTES, stirring every 3 minutes, until no pink remains in meat. Drain in colander and rinse with water to remove excess fat. Add tomatoes, water, spaghetti, onion, green pepper, oregano, marjoram, sugar, salt and pepper. Cover and MICROWAVE ON 'HI' 17 TO 22 MINUTES, stirring after 9 minutes, until spaghetti is tender. Uncover, sprinkle top with cheese and continue to MICROWAVE ON 'HI' FOR 1 TO 2 MINUTES, until cheese is melted. Makes about 4 to 6 servings.

CALIFORNIA SPINACH MEATLOAF

- 10 oz. pkg. frozen chopped spinach, defrosted
- 1 lb. ground chuck (20% fat or less)
- 1 teaspoon beef bouillon granules
- 1/2 cup finely chopped onion
- 2 tablespoons flour
- 2 eggs
- 1 cup shredded Jack or cheddar cheese, divided
- 1/2 lb. fresh mushrooms, cleaned and sliced

With hands, squeeze defrosted spinach, a little at a time, until all moisture is removed; it should feel dry. In mixing bowl, combine spinach, beef, bouillon, onion, flour, eggs and 1/2 cup of the cheese. In 9-inch pie plate with high rim, or 10-inch pie plate with low rim, pat meat in even layer. Cover with wax paper; fold edges down over rim of plate. MICROWAVE AT 'HI' 8 MINUTES. Carefully drain off juices, then cover loaf with mushrooms, lightly patting into loaf. MICROWAVE AT 'HI' 7 TO 11 MINUTES, until mushrooms are browned and meat has lost all pink color. Sprinkle with remaining 1/2 cup cheese and let stand few minutes to set before serving. Makes 6 servings.

LITTLE BARBEQUE MEATLOAVES

- 1 1/2 lb. lean ground chuck
- 2 cups cubed wheat bread (3 slices)
- 1 egg, slightly beaten
- 1/3 cup lemon juice
- 1/4 cup chopped onion
- 2 teaspoons seasoned salt
- Barbeque topping (below)

Mix together beef, bread cubes, egg, lemon juice, onion and salt. Shape meat mixture into 6 individual loaves and arrange in 8-in square dish. Cover with wax paper. MICROWAVE ON 'HI' 4 MINUTES. Meanwhile, make Barbeque Topping. Evenly divide half of Topping over loaves. Recover with wax paper. MICROWAVE ON 'HI' 11 TO 13 MINUTES, until no pink remains in center of meat. Spoon remaining sauce over loaves and serve. Makes 6 servings.

BARBEQUE TOPPING: In small bowl, stir together 3/4 cup catsup, 1/4 cup brown sugar (packed), 3/4 teaspoon dry mustard, 1/4 teaspoon allspice, dash ground cloves.

GOOD 'N HEALTHY MEAT LOAF

- 1 egg
- 1 can (15 1/2 oz.) tomato sauce, divided
- 1/2 cup oat bran
- 1/3 cup chopped onion
- 1 cup chopped scraped carrots (2 medium)
- 3/4 teaspoon garlic salt
- 1/3 teaspoon ground black pepper
- 1 1/2 lbs. lean ground beef (20% fat or less)

In medium bowl, blend egg, 3/4 cup tomato sauce, bran, onion, carrots, garlic salt, pepper and beef. Mix well. Pat evenly into smooth flat circle in 9-in. pie plate with high rim or 10-in. pie plate with low rim. Cover with wax paper; fold edges down over rim of plate. MICROWAVE ON 'HI' 18 TO 20 MINUTES, until no pink remains in center. Drain juices and spread remaining sauce over top. Let stand 5 to 10 minutes to set. Makes 6 servings.

TEXAS ZUCCHINI "LASAGNA"

- 1 large zucchini (1 lb.), peeled
- 2 tablespoons water
- 1 1/2 lb. ground chuck beef
- 1/4 cup thinly sliced green onions
- 1 can (15 oz.) tomato puree
- 1 can (4-oz.) chopped green chilies, drained
- 1/4 teaspoon ground cumin
- 1 can (6-oz.) ripe olive pieces, drained
- 12 oz. ricotta cheese
- 3/4 cup grated Parmesan cheese, divided
- 1 egg
- 2 tablespoons flour, divided
- 4 oz. mozzarella cheese

Cut zucchini into 1/8-inch thick lengthwise slices (zucchini slices substitute for lasagna noodles in "lasagna"). Place slices and water in 12x8x2-in dish.* Cover with plastic wrap, turning back corner to vent. MICROWAVE ON 'HI' 7 TO 10 MINUTES, until tender. Drain; set aside. Place beef in 2-qt. casserole. MICROWAVE ON 'HI' 6 TO 7 MINUTES, until done. Drain in colander; rinse with water to remove excess fat; combine in bowl with onions, puree, chilies, cumin and olive pieces. Set aside. In small bowl, mix ricotta, 1/2 cup Parmesan and egg. Assemble "lasagna." In same 12x8x2-in. dish layer half zucchini, 1 tablespoon flour, half ricotta mixture, half meat, half mozzarella. Repeat layers. Sprinkle with 1/4 cup Parmesan. MICROWAVE ON 'HI' 20 TO 24 MINUTES. Let stand 10 minutes. Makes 8 to 10 servings.

POULTRY

POULTRY CHART

Place breast down on microwave trivet set in 12x8 inch* or 8 inch square dish. Cover with wax paper. Turn breast side up after half of time. If desired, sprinkle with paprika or brush with browning sauce or Honey Glaze (below) during last half of cooking.

Honey glaze: In small bowl, blend 1/4 cup honey, 1 teaspoon Worcestershire sauce, 1 teaspoon soy sauce.

Type of Poultry	Power and Time	Tips
Whole Chicken, about 3 lbs.	'HI': 10 min. Switch to '6': 45 min.	Let stand, tented with foil, 10-15 min. Finished temp. should be 175 deg. F inside thigh muscle. (Do not place meat thermometer inside microwave unless recommended.)
Turkey Quarter, about 2 lbs.	'6': 30-35 min.	
Turkey Half, about 4 1/2 lbs.	'6': 70 min.	
4 Cornish Hens, 1 lb. each	'HI': 30-35 min.	

MANY COLOR CHICKEN STIR FRY

Sweet Sour Sauce (below)

- 1 tablespoon sesame or other cooking oil
- 1/2 cup diagonal slices green onion (6 onions)
- 4 boneless, skinless chicken breast halves, sliced across the grain into 1/2-inch strips
- 1 lb. fresh snow peas, ends trimmed and strings removed
- 1/4 lb. fresh bean sprouts
- 6 radishes, sliced (1/2 cup)

In 4-qt. mixing bowl or casserole, place oil, green onions and chicken strips. Cover with wax paper. MICROWAVE ON 'HI' 4 TO 7 MINUTES, stirring every 2 minutes, just until chicken turns white and is firm. Add Sweet Sour Sauce. MICROWAVE ON 'HI' 4 TO 7 MORE MINUTES until sauce has thickened. Add snow peas and bean sprouts. MICROWAVE ON 'HI' 4 TO 7 MORE MINUTES, until peas are crisp tender. Stir in radish slices and serve. Makes 4 to 6 servings.

SWEET SOUR SAUCE: In small bowl, stir together 1 cup strong chicken broth, 1/4 cup white wine, 1/4 cup cornstarch, 2 tablespoons hoisin sauce, 1 tablespoon each sugar and vinegar, 2 teaspoons minced fresh garlic and 1/2 teaspoon black pepper.

BASIC OVEN FRIED CHICKEN

- 2 eggs, slightly beaten
- 1/3 cup melted butter or margarine
- 1 teaspoon salt
- 1 cut up chicken (2 1/2-3 lb.)
- 2 cups crushed corn flake crumbs

In small bowl, mix eggs, butter and salt. Dip chicken pieces in egg mixture, then crumbs. Place pieces in 12x8x2-inch* dish, meatiest parts towards edges. Cover with wax paper. MICROWAVE ON 'HI' 25 TO 30 MINUTES until thickest pieces are fork tender. Makes 4 servings.

MUSTARD CHICKEN BREASTS

- 4 boneless, skinless chicken breast halves (1 lb.)
- 1/4 cup dijon mustard
- 1/4 cup red wine
- 1 tablespoon lemon juice
- 1 tablespoon Worcestershire sauce
- 1 teaspoon minced fresh garlic
- 1/8 teaspoon cayenne pepper

Place chicken in 8-inch square dish. In small bowl, mix mustard, wine, juice, Worcestershire, garlic, and cayenne. Pour over chicken. Cover dish with plastic wrap, turning back one corner to vent. MICROWAVE ON 'HI' 12 TO 16 MINUTES, until no pink can be seen in meat. Spoon sauce over each piece. Serve with rice. Makes 4 servings.

CHICKEN WITH CHILI SALSA

- 1 1/2 cups coarsely chopped onion (2 medium)
- 1 tablespoon corn oil
- 1 teaspoon salt
- 4 cups coarsely chopped cored fresh tomatoes
- 1 cup coarsely chopped green pepper
- 1/4 cup chopped seeded banana pepper
- 2 tablespoons honey
- 1 teaspoon chili powder
- 4 boneless, skinless chicken breast halves (1 lb.)

In 2-qt. casserole place onion, oil and salt. MICROWAVE ON 'HI' 3 TO 5 MINUTES, until onion is wilted. Add tomatoes, pepper and chili. MICROWAVE ON 'HI' 8 TO 12 MINUTES, until vegetables are soft and reduced in volume. Stir in honey and chili powder. In 8-inch square dish, arrange chicken breasts. Pour salsa over chicken. Cover with plastic wrap, turning back one corner to vent. MICROWAVE ON 'HI' 9 TO 14 MINUTES, until no pink remains in chicken. Let stand few minutes to blend flavors. Makes 4 servings.

CARIBBEAN SPICY CHICKEN

- 1 can (4-oz.) pineapple slices in juice
- 1 can (16 oz.) tomato sauce
- 1 tablespoon curry powder
- 1 teaspoon salt
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground red pepper
- 1 teaspoon thyme leaves
- 1/2 cup finely chopped onion
- 1 teaspoon crushed garlic
- 8 boneless skinless chicken breast halves (2 lb.)

Drain juice from pineapple (save slices for garnish) into medium bowl. Add tomato sauce, curry, salt, allspice, both peppers, thyme, onion and garlic. In 12x8x2-in dish* place chicken. Cover with sauce and turn over each piece to coat with sauce. Cover dish with plastic wrap, turning back one corner to vent. MICROWAVE ON 'HI' 18 TO 22 MINUTES, rearranging after half of time, until no pink can be seen when small cut is made in centermost piece. Garnish each serving with half-slice pineapple. Serve with parsleyed rice. Makes 8 servings.

FRESH CITRUS CHICKEN

- 1/2 cup fresh orange juice
- 1 teaspoon chicken bouillon granules
- 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 1 cut-up chicken (about 3 lb.)
- Paprika
- Sauce (below)
- Garnish: Fresh peeled orange wedges, red pepper rings, green onion slices

In small bowl, stir together orange juice, bouillon, salt and pepper; let stand to dissolve bouillon. Arrange chicken in 12x8x2-inch dish* with thickest areas to edges; stir juice mixture again and pour over chicken. Sprinkle with paprika. Cover dish with wax paper, folding edges over rim. MICROWAVE ON 'HI' FOR 18 TO 22 MINUTES, until no pink remains in thickest part of centermost piece. Remove chicken to platter, cover to keep warm while making Sauce (below). Pour sauce over chicken, and garnish as above. Serve with rice. Makes 4 servings.

SAUCE: Strain drippings from dish into 1-pint measuring cup. Add water if necessary to make 1 cup liquid. In small bowl mix 1 tablespoon cornstarch, 1 teaspoon sugar, 2 tablespoons cold water and 1 tablespoon lemon or lime juice. Stir into drippings. MICROWAVE ON 'HI' 3 TO 5 MINUTES, stirring every 2 minutes, until thickened.

TURKEY OR CORNISH HEN WITH CRANBERRY MARMALADE SAUCE

Using chart page 44, prepare Turkey Half or Cornish Hens. Serve with Cranberry Marmalade Sauce below.

CRANBERRY MARMALADE SAUCE

- 2 cups sugar
- 1/2 cup water
- 1 lb. fresh or frozen cranberries
- 1/2 cup sweet orange marmalade
- 1/2 cup blanched slivered almonds

In 3-qt. casserole stir sugar, water and cranberries. MICROWAVE ON 'HI' 18 TO 20 MINUTES, stirring every 6 minutes. Stir in marmalade and almonds. Makes about 4 cups.

TURKEY AND SAUSAGE TORTELLINI

- 1 cup chopped onions
- 2 lb. tomatoes cored and chunked
- 1/4 cup olive oil
- 1 tablespoon flour
- 2 tablespoons dried basil
- 2 teaspoons minced fresh garlic
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon sugar
- 1 lb. sweet Italian sausage links
- 2 cups coarsely chopped cooked turkey
- 1 lb. tortellini (see below)
- Grated Parmesan cheese

In 3-qt. casserole, place onions: MICROWAVE ON 'HI' 5 TO 8 MINUTES, until tender. Add tomatoes, oil, flour, basil, garlic, salt, pepper and sugar. Stir thoroughly. Cover; MICROWAVE ON 'HI' 14 TO 16 MINUTES, until saucy and thickened. Set aside. Place sausages in 9-inch pie plate; cover with vented plastic wrap. MICROWAVE ON 'HI' 10 TO 14 MINUTES, until cooked through. Cool; slice 1/2-inch thick. Add to tomato sauce along with turkey. Serve over hot cooked tortellini; garnish with Parmesan. Makes 8 to 10 servings.

TORTELLINI: Before cooking, check package directions. Generally, follow boiling directions given on pkg. Fresh pasta requires about half the cooking time of dried pasta, either in the microwave or conventionally. In 3-qt. casserole, place 2 qt. water. Cover and MICROWAVE ON 'HI' 12 TO 16 MINUTES, until boiling. Add 1 lb. tortellini; MICROWAVE ON 'HI' 8 TO 15 MINUTES (check pkg.) stirring after half of time, and removing cover after tortellini returns to a boil. When tender, drain and, if desired, toss with few drops olive oil before serving.

FISH AND SEAFOOD

FISH AND SEAFOOD CHART

Place defrosted fish or seafood in 8x12x2-inch* or other appropriate size dish. If desired, sprinkle with seasoned crumbs or toasted nuts, or brush with herb butter. Cover dish with plastic wrap, turning back one corner to vent. Cook as in chart below.

Food and Amount*	Heat Setting	Time in Minutes
Large Shrimp, in shell, 1 lb.	'7'	3-6
Lobster Tails, 2 (8 oz. each)	'HI'	5-6
Fish Fillets, 1 lb.	'HI'	5-7
4 Fish Steaks, 1-in. (2 lb.)	'8'	14-16
Whole Fish, 1 lb.	'HI'	5-8

Rotate dish periodically.

CAJUN CRAB GUMBO

- 1/4 cup cooking oil
- 1/4 cup flour
- 4 cups chopped fresh tomatoes
- 2 cups chopped green pepper
- 3 cups chopped white onions
- 3 cups sliced fresh okra (3/4 lb.)
- 3 cups sliced celery
- 1 teaspoon nutmeg
- 1 teaspoon minced fresh garlic
- 2 teaspoons salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon white pepper
- 1/8 teaspoon cayenne pepper
- 1 cup water
- 1 1/2 lb. uncooked crab meat

In 4 or 5-qt. pyroceram casserole, place oil and flour. MICROWAVE ON 'HI' 9 TO 12 MINUTES, stirring every 2 minutes, until flour has separated, mixture is "gritty" and dark brown. (This is called a "roux.") Add vegetables, one at a time, stirring to coat all pieces with roux. Cover and MICROWAVE ON 'HI' 10 TO 14 MINUTES, stirring after 5 minutes, until vegetables are soft (okra will seem sticky.) Add nutmeg, garlic, salt, the 3 peppers, and water. Stir in seafood well. Recover and MICROWAVE ON '7' FOR 25 TO 30 MINUTES, stirring once, until cooked down and thoroughly heated. If too thick, add a little extra water. Makes 8 to 10 servings.

TOASTED ALMOND FISH FILLETS

- 1/3 cup butter
- 1/3 cup slivered almonds
- 1 lb. fresh white fish fillets
- 2 teaspoons lemon juice
- 1/4 teaspoon salt

Place butter and almonds in 8-inch square dish. MICROWAVE ON 'HI' 5 MINUTES, until golden, stirring once. Remove nuts to bowl. In same dish place fillets, thickest portions to edges, turning to coat with butter. Sprinkle with lemon juice and salt. Cover with plastic wrap, turning back one corner to vent. MICROWAVE ON 'HI' 5 TO 6 MINUTES until thin areas flake easily and thick areas are almost opaque. Garnish with almonds. Makes 4 servings.

PEPPERY LIME FISH FILLETS

- 1 lb. cod or other white fish fillets
- 1 tablespoon or more lime juice
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon coarsely cracked black pepper
- 1 teaspoon dried thyme
- 3 tablespoons chopped fresh parsley
- Sprinkle of salt, if desired.

In 12x8x2 dish,* arrange fish, tucking thinner areas underneath, if necessary, to even out the thickness of each piece. Top with remaining ingredients. Cover dish with wax paper and MICROWAVE ON 'HI' 6 TO 10 MINUTES. Makes 4 servings.

CUCUMBER SALMON STEAKS

- 4 (1/2-inch thick) salmon steaks, (1 lb.)
- 2 tablespoons melted butter
- 2 tablespoons lemon juice
- 1/2 cup sour cream
- 1/3 cup shredded unpeeled cucumber (1/4 medium)
- 1 tablespoon chopped fresh parsley
- 1 teaspoon chopped chives
- 1/4 teaspoon salt

In 12x8x2-inch dish,* place steaks, meatier portions to the edges. In small cup, stir butter and lemon juice. Spoon and spread evenly over fish. Cover with wax paper. MICROWAVE ON 'HI' 8 TO 11 MINUTES, until thin areas flake with a fork and center areas are almost flaky. Meanwhile in small bowl, combine sour cream, cucumber, parsley, chives and salt. Spoon and spread on hot cooked salmon and MICROWAVE ON 'HI' 1 TO 2 MINUTES to warm. Makes 4 servings.

POACHED FISH WITH VEGETABLES

- 2/3 cup rose or dry white wine
- 1/3 cup lemon juice
- 1/4 teaspoon salt
- 1/2 teaspoon dried dill weed
- 12 whole peppercorns
- 3 medium carrots, scraped and sliced
- 2 large green celery stalks, sliced
- 1 small onion, sliced
- 1 lb. orange roughy or flounder fillets, fresh or defrosted

In 8-inch square dish, place wine, lemon juice, salt, dill and peppercorns. Stir to dissolve salt. Add vegetables and stir again. Cover with plastic wrap and MICROWAVE ON 'HI' 8 TO 10 MINUTES, until carrots are still slightly firm when pierced with a fork. Add fish fillets, thickest areas to edges of dish, and spoon vegetables over top. Recover and continue MICROWAVING ON 'HI' 1 TO 3 MINUTES, until fish turns opaque and thin areas flake easily. Let stand several minutes, covered, to finish cooking the thick areas and so that fish can absorb flavor from the poaching liquid. Serve fish and vegetables with some of the poaching liquid (discard peppercorns) spooned over the top. Makes about 4 servings.

FISH WITH SPINACH PESTO

- 10-oz. pkg. frozen spinach, defrosted
- 1/4 cup olive oil
- 1 teaspoon basil
- 1/4 teaspoon salt
- 1 teaspoon minced fresh garlic
- 1/4 cup grated Parmesan cheese
- 1/3 cup minced fresh parsley
- 1 1/2 lbs. fillets of cod or other lean fish (4 portions)
- 2 tablespoons fresh lemon juice
- Paprika

In 12x8x2 inch dish,* stir together defrosted spinach, olive oil, basil, salt, garlic, Parmesan and parsley. Form spinach mixture into 4 equal size "mounds" in dish. If fish fillets are smaller at one end than the other, fold the thin tail area under the rest of the fish, so that each fillet will be of approximately the same thickness from front to back. Place a portion of fish over each mound of pesto. Sprinkle fish with lemon juice and paprika. Cover with plastic wrap and MICROWAVE ON 'HI' 8 TO 12 MINUTES, until centermost parts of fish fillets are still slightly translucent. Let stand about 5 minutes before serving. Makes 4 servings.

FRESH PINEAPPLE AND SHRIMP

- 1 medium pineapple, peeled and cored (1 3/4 lb.)
- 1/4 cup chopped onion
- 1/4 cup sugar
- 2 tablespoons cornstarch
- 1/4 cup cold water
- 1/2 cup mild white vinegar
- 1 lb. cooked, peeled and deveined shrimp
- 1/2 cup chopped pimento
- 1 teaspoon minced fresh garlic
- 2 tablespoons soy sauce
- 10 drops tabasco
- 1 medium green pepper, cleaned and diced

In food processor, chop half of pineapple medium fine (1 cup). Cut other half of pineapple into bite-size chunks (1 1/2 cups.) In 1 1/2-qt. casserole, place onion. MICROWAVE ON 'HI' 1 TO 1 1/2 MINUTES until wilted. Add sugar, cornstarch, water and vinegar; MICROWAVE ON 'HI' 2 1/2 TO 4 MINUTES, until very thick and smooth. Stir in shrimp, chopped pineapple, pimento, garlic, soy and tabasco. MICROWAVE on 'HI' 5 TO 7 MINUTES, until hot. Stir in green pepper and chunks of pineapple. Let stand 5 to 10 minutes to soften pepper. Serve with rice. Makes 4 to 6 servings.

SHRIMP PARMESAN

- 36 large fresh raw shrimp, peeled and deveined
- 1 cup (2 sticks) butter or butter substitute
- 3 tablespoons capers, including the liquid
- 1/2 teaspoon minced fresh peeled garlic
- 2 tablespoons fresh lemon juice
- 1 cup (4 oz.) freshly grated Parmesan cheese

With sharp knife, butterfly the shrimp by cutting each piece lengthwise about halfway through each shrimp. With hands separate the 2 adjoining pieces to form a thin, flat piece of shrimp. In 1-qt. casserole, place butter. MICROWAVE ON 'HI' until melted. Stir in capers, garlic and lemon juice. Pour a little over half of the caper butter into a 12x8x2 inch dish.* Arrange raw shrimp in the butter sauce. Sprinkle the cheese evenly over the top, then pour on the remaining butter. Cover with wax paper. MICROWAVE ON 'HI' 6 TO 7 MINUTES, until shrimp is opaque and firm. With fluffy cooked rice, makes about 4 to 6 servings. Or, as an appetizer, makes about 10 to 12 servings.

VEGETABLES

VEGETABLE CHART

Power setting 'HI'

TYPE	AMOUNT	PROCEDURE	TIME
Artichoke	2 medium	1/4 cup water, 1 teaspoon salt in 8-inch round dish, covered with plastic wrap	5-7 min
Asparagus, fresh	15 4-inch pieces	1/4 cup water, 1/2 teaspoon salt in 1 1/2-qt. covered casserole	5-7 min
Asparagus, frozen	10-oz. pkg.	Use 1-qt. covered casserole, separate after 3 min.	5-7 min
Beans, green or wax, fresh	1 lb. snapped or French cut	1/4 cup water, 1/2 teaspoon salt 1 1/2 qt. covered casserole	7-9 min
Beans, green or wax frozen	10 oz.	Use 1-qt. covered casserole, add 2 teaspoons hot water and stir	6-8 min
Lima Beans, fresh	1 lb. (2 cups, shelled)	1/2 cup water in 1 qt. covered casserole, stir	6-8 min
Beets, fresh	4 whole medium size	Barely cover with water, add 1/4 teaspoon salt, cook in 2-qt. covered casserole	5-17 min
Broccoli, fresh	1 small bunch (1 1/2 lb.)	Cut away tough part of stalk, split tender ends, 1/2 cup water, 1/2 teaspoon salt in 2-qt. covered casserole.	8-11 min
Broccoli, frozen	10 oz.	Use 1-qt. covered casserole. Separate after 4 min.	7-9 min
Brussels Sprouts, fresh	1/2 lb. (2 cups)	2 tablespoons water in 1-qt. covered casserole	4-6 min
Brussels Sprouts, frozen	10-oz. pkg.	2 tablespoons water in 1-qt. covered casserole	4-6 min
Cabbage, fresh	1 small head, chopped	Fill 1 1/2-qt. casserole with cabbage, add 1/2 teaspoon salt and 2 tablespoons water. Cover.	10-12 min
Carrots, fresh	4 medium, sliced	2 tablespoons water in 1-qt. covered casserole	4-6 min
Carrots, frozen	10-oz. pkg.	2 tablespoons water in 1-qt. covered casserole	5-7 min
Cauliflower, fresh	1 med. head	1/2 cup water, 1/4 teaspoon salt in 2 qt. covered casserole	9-11 min
Cauliflower, frozen	10 oz.	2 tablespoons hot water in 1-qt. covered casserole	4-6 min
Corn, off the cob, fresh	1 1/2 cups	1/4 cup water, 1/2 teaspoon salt in 1-qt. covered casserole	3-5 min
Corn, off the cob, frozen	10 oz.	1/4 cup hot water in 1-qt. covered casserole	4-6 min
Corn on the cob, fresh	2 ears	Put ears in open glass dish. Pour melted butter over corn. Turn ears 2 or 3 times during cooking.	4-6 min
Corn on the cob, frozen	2 ears	1/4 cup hot water, in 1-qt. covered casserole. Turn ears after 3 min.	6-8 min

TYPE	AMOUNT	PROCEDURE	TIME
Peas, Green, fresh	2 cups, shelled	2 tablespoons water in 1-qt. covered casserole	4-6 min
Peas, Tiny Green Frozen	10 oz.	2 tablespoons hot water in 1-qt. covered casserole	4-6 min
Potatoes	1 to 4 medium (6 oz.)	Scrub and dry. Space about 1-inch apart. Rearrange and turn over after half of time. Wrap in foil and stand 5-10 min. after cooking	3-4 min each potato
Spinach, fresh	4 cups (1 lb.)	Wash. Cook in water that clings to the leaves in 2 qt. covered casserole	3-5 min
Spinach, frozen	10 oz.	Use 1-qt. covered casserole	4-6 min
Squash, acorn or butternut, fresh	1 (1 lb.)	Cook whole, pierce skin with sharp knife in several places. Cook on paper towel.	4-6 min
Sweet Potatoes, fresh	4 medium	Cut in half lengthwise and peel. 1/4 cup water, 1/2 teaspoon salt in 1 1/2 qt. covered casserole	8-10 min
Sweet Potatoes, whole fresh	Up to 4	Scrub and dry potatoes. Space 1 inch apart. Wrap in foil and let stand 5-10 min. after cooking	3-4 min each potato
Tomatoes, fresh	4 large	Clean, peel and halve. Place in 1 1/2-qt. covered casserole. Add 2 tablespoons water.	4-6 min
Vegetables, mixed, frozen	10-oz. pkg.	Add 1/4 cup hot water in 1-qt. covered casserole	4-6 min
Zucchini, fresh	1 (1 lb.)	Wash, remove stem. Cut into thin slices. Add 1/4 cup water in 1-qt. covered casserole.	5-5 1/2 min

TOPPINGS TO MAKE MICROWAVED POTATOES SPECIAL

Each of these toppings is enough for about 4-5 potatoes.

Use "Potato" Code of your "REHEAT" feature for quick and easy microwaved potatoes.

"POTATO SALAD" TOPPING

In 1-qt. casserole, place 1 tablespoon olive oil and 1/2 cup chopped green onion, including some of green top. MICROWAVE ON 'HI' 1 TO 3 MINUTES, until bright green. Stir in 1/2 cup olive oil, 1/3 cup cider vinegar, 1/2 cup chopped dill pickle, 1/2 teaspoon dried dill weed, 1/2 teaspoon salt and 1/2 teaspoon pepper.

BROCCOLI CHEESE TOPPING

Make cheese sauce, page 37, then microwave 10-oz. package broccoli (see chart). Top opened potatoes with broccoli then sauce.

LOW CAL COTTAGE CHEESE TOPPING

In 1-qt. bowl, place cottage cheese. MICROWAVE ON '3' FOR 3 TO 4 MINUTES, stirring every minute, until slightly warmed (don't overheat!). Stir in 1/2 cup grated carrot, 1/4 cup grated radish, 1/4 cup chopped green pepper, 1/4 cup sliced green onions (including some green tops), 1/4 teaspoon seasoned salt or salt and 1/4 teaspoon black pepper.

TACO TOPPING

Make taco filling, page 35 (Sandwich Chart). Spoon over potatoes; top with shredded lettuce, cheese, chopped tomatoes and, if desired, sour cream.

VEGETABLE RECIPES

SPINACH WALNUT SALAD

- 4-8 strips bacon, microwaved crisp (see page 41), saving 1 tablespoon bacon fat
- 1/2 cup low fat cottage cheese
- 1 tablespoon distilled white vinegar
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/8 teaspoon ground white pepper
- 1/3 cup coarsely chopped walnuts
- 1 lb. fresh spinach, cooked (see chart, page 49)

In bowl, stir the tablespoon reserved bacon fat, cottage cheese, vinegar, sugar and salt. Drain cooked spinach; lightly press against colander to remove moisture. Place spinach in bowl or on plates, top with walnuts, then cottage cheese dressing. Crumble bacon over all. Makes about 4 servings.

ITALIAN VEGETABLE SOUP (MINESTRONE)

- 1 (10 oz. pkg.) frozen mixed vegetables
- 1 medium zucchini, cubed (2 cups)
- 1 1/2 cups thin slices cabbage (5 oz.)
- 4 oz. spaghetti, (3-inch lengths) (1 1/2 cups)
- 3 tablespoons beef bouillon granules
- 4 bay leaves
- 1/2 teaspoon ground black pepper
- 1 (15 1/2 oz.) can chopped tomatoes
- 8 cups water
- 2 tablespoons margarine or butter (optional)

Combine ingredients, except margarine, in 4-qt. dish. Cover and MICROWAVE ON 'HI' ABOUT 50 TO 60 MINUTES; stir every 15 to 20 minutes until spaghetti is tender. Add margarine. Makes 8 to 10 servings.

GARDEN VEGETABLE PASTA SAUCE

- 2 tablespoons olive oil.
- 1/2 cup chopped celery
- 1/2 cup chopped scraped carrots
- 1/2 cup chopped onion
- 1/4 cup chopped fresh parsley
- 2 teaspoons honey
- 1/2 teaspoon minced fresh garlic
- 1 teaspoon dried thyme leaves
- 1 can (15 1/2 oz.) tomato sauce

In 2 to 3-qt. casserole place oil, celery, carrots and onion. Cover and MICROWAVE ON 'HI' 3 TO 5 MINUTES, until softened. Stir in remaining ingredients and continue MICROWAVING 2 TO 3 MINUTES, until hot. Stir and let stand few minutes to blend flavors. Makes enough sauce for about 3 to 4 servings with pasta (7 to 8 oz. uncooked, cooked to pkg. directions). Garnish with cheese, if desired.

PEPPERS WITH GREEN RICE

- 4 medium green peppers (1 1/4 lbs.)
- 1 (10 oz. pkg.) frozen chopped spinach, defrosted, squeezed to remove all juice
- 2 eggs
- 1 teaspoon crushed garlic (2 to 3 cloves)
- 1 cup cooked rice
- 1/2 cup grated Parmesan cheese
- 1/4 cup melted margarine or butter
- 1 (15 1/2 oz.) tomato sauce, divided
- 1/2 cup (2 oz.) shredded mild cheddar cheese

Cut the top off each pepper crosswise; remove stem and dice remaining pepper top into bowl. Remove seeds and hollow out whole peppers. To chopped pieces in bowl add spinach, eggs, garlic, rice, Parmesan, margarine and half tomato sauce. Mix well and divide evenly into hollowed peppers. Arrange in 2-qt. casserole. Spoon remaining half tomato sauce over peppers. Cover. MICROWAVE ON 'HI' 15 TO 20 MINUTES until heated. Top with cheese. Makes 4 servings.

BOURBON ONION MUMS

- 4 medium white onions
- 4 tablespoons bourbon or water
- Toppings: melted butter, Parmesan cheese, green onion slices

Peel onions and remove thin slice from bottom so each one sits flat. With sharp knife, make 5 or 6 vertical crosswise cuts through each, cutting almost to bottom. Then, at a right angle to the original cuts, make 5 or 6 more vertical cuts (Fig 1). (Tops of onions should look like they have been cut into squares.) Arrange onions in 8-inch square dish, pour 1 tablespoon bourbon over each; brush each with butter and sprinkle with Parmesan. Cover with wax paper, MICROWAVE ON 'HI' 7 TO 10 MINUTES (depends on size of onion), until mums have softened and spread into flower-shape forms. (Parmesan stays on the tips of the "petals") Let stand 5-10 minutes. Carefully remove from dish with wide pancake turner. Baste with pan juices, and sprinkle each flower with green onion. Makes 4. NOTE: you can also make attractive onion flowers by cutting whole onions into wedges (like a pie, Fig 2). Try both shapes.

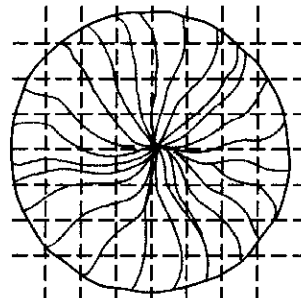


Fig.1

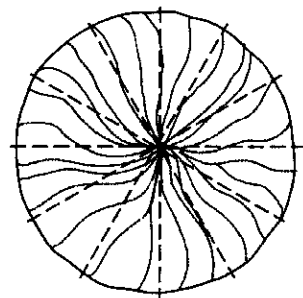


Fig.2

BREADS AND BAKING

Of foods you microwave, breads and cakes differ the most from conventional baking. Microwaving is so quick, these foods lack a dry, exterior crust. Fill cake pans no more than $\frac{1}{2}$ full; for muffins, fill up to $\frac{3}{4}$ full; microwave batters rise higher than conventional.

HOW TO TELL WHEN BATTER FOODS ARE DONE

Check appearance. A few moist spots may appear on the surface of the cake, but cake is done if top springs back when dry areas are lightly touched or when a wooden pick inserted in center comes out clean. Tops will be tender, not crusty.

FROM A MIX CHART			
Type	Setting		Procedure
	Chocolate	Other Flavors	
Cake Mix			
8-inch round or square dish	'8' for 8-12 min	'HI' 5-6 min	Line bottom of dish with wax paper. For 2-layer cake, cool 1st layer 5 min., turn out; reline dish for 2nd layer. Use extra batter for cupcakes.
6 Cupcakes	'6' for 2 $\frac{1}{2}$ -3 min	'HI' 1 $\frac{1}{2}$ -2 min	Line micro cupcake/muffin pan with 2 thickness paper baking cups.
Brownies			
(8-in square)	'HI' for 7-9 min		When done top will be firm to touch.
Gingerbread			
(8-in square)		'8' for 5-7 min	When done top will be lightly firm to touch.
Date Nut Bread			
(9x5x3 loaf)		'8' for 8-9 min	Line dish with wax paper. Top may look irregular.
6 Muffins	See CUPCAKES above.		

WARMING A WHOLE UNCUT LOAF OF BREAD

With sharp knife, cut through loaf at 1-inch intervals, leaving bottom crust uncut. Set on piece of wax paper large enough to wrap bread. Brush inside each slice with melted butter or bottled Italian dressing, sprinkle with Parmesan cheese and garlic salt. Bring sides of wax paper over top of loaf; twist ends to close loosely. MICROWAVE ON 'HI' 45 seconds (for 1 lb. loaf), until just warm.

MORNING SUNSHINE MUFFINS

- 4 cups whole bran cereal
- 2 cups buttermilk
- $\frac{1}{2}$ cup shredded fresh carrot (1 large)
- $\frac{1}{2}$ cup coarsely chopped walnuts
- $\frac{3}{4}$ cup cooking oil
- 1 cup honey
- 2 eggs
- 2 cups whole wheat flour
- 2 teaspoons soda
- $\frac{1}{4}$ teaspoon salt

In large mixing bowl, stir bran and buttermilk. Let stand about 10 minutes, until bran has absorbed the milk. Stir in the undrained crushed pineapple, carrot, walnuts, oil, honey and eggs. Mix well. Add whole wheat flour, soda and salt and stir until completely blended. Line 6 cup microwave muffin pan with double thickness paper baking cups. (Outer cup will absorb moisture so inner cup sticks to cooked muffin.) Fill cups about $\frac{3}{4}$ full. MICROWAVE ON 'HI' 2 $\frac{1}{2}$ TO 3 MINUTES. Muffins are done when they look dry and set on top. Immediately upon removing from oven, glaze tops with honey, if desired. Continue microwaving muffins until all batter is used up. Makes about 30 muffins.

FRESH BLUEBERRY LEMON MUFFINS

- 1 $\frac{3}{4}$ cups unsifted all purpose flour
- $\frac{1}{4}$ cup sugar
- 2 $\frac{1}{2}$ teaspoons baking powder
- $\frac{3}{4}$ teaspoon salt
- $\frac{3}{4}$ cup milk
- 1 egg, beaten
- $\frac{1}{3}$ cup oil
- 1 cup fresh whole blueberries
- Additional 2 tablespoons sugar
- 2 teaspoons grated lemon peel

In medium mixing bowl, stir together flour, sugar, baking powder and salt. Add the milk, egg and oil and quickly stir in just until well combined. In small bowl, lightly stir the blueberries with the sugar and lemon peel. Stir berry mixture gently into the batter. Line 6-cup microwave muffin pan with double thickness paper baking cups. (Outer cup will absorb moisture so inner cup sticks to cooked muffin.) Spoon batter into cups, filling about $\frac{3}{4}$ full. MICROWAVE ON 'HI' 2 $\frac{1}{2}$ TO 4 MINUTES, checking at minimum time and, if necessary, removing muffins which are done. Cool slightly, then dip the top of each muffin in cinnamon sugar. Repeat microwaving muffins until all batter is used up. Makes about 12 to 14 muffins.

PIES AND PUDDINGS

PASTRY FOR ONE-CRUST PIE

- 1 cup all purpose flour
- 1/2 teaspoon salt
- 1/3 cup plus 1 tablespoon shortening
- 3 to 4 tablespoons cold water
- Yellow food coloring

Measure flour and salt into mixing bowl. Cut in shortening thoroughly. Add a few drops of yellow food coloring to water. Sprinkle water over mixture, stirring lightly with fork. Roll out pastry to fit 9-inch pie plate. Trim and flute edge. Prick sides and bottom with fork. **MICROWAVE ON '8' FOR 4 TO 5 MINUTES**, or until crust appears flaky. Cool.

GLAZED STRAWBERRY PIE

- 9-inch baked pastry shell (above)
- 1 1/2 quarts fresh strawberries, cleaned and hulled
- 1 cup sugar
- 3 tablespoons cornstarch
- 1/2 cup water
- Few drops of red food coloring
- 1 teaspoon butter or margarine

Microwave and cool pastry. In measuring cup, mash enough strawberries to equal 1 cup. In 1 1/2 -Qt. casserole, mix sugar, cornstarch, water and red food color until cornstarch is dissolved; add mashed strawberries. **MICROWAVE ON 'HI' 4 TO 7 MINUTES**, stirring every 2 minutes, until mixture becomes clear and thickened. Stir in butter; cool. Fill baked pie shell with remaining strawberries (halve large berries, if desired.) Pour cooled glaze over top. Garnish with whipped cream. Chill 1 to 2 hrs. Best served fresh. Makes one 9-inch pie.

CANDY APPLE PIE

- 1/2 cup butter
- 1/4 cup sugar
- 2 cups graham cracker crumbs (about 26 squares)
- 5 cups apple slices (about 1/4 inch thick), from washed, cored, unpeeled apples
- 3/4 cup candy red hots or "imperials" (6 ounces)

In 2-qt. casserole place butter. **MICROWAVE ON 'HI' 1 MINUTE**, until melted. Add sugar and crumbs, mix well. Place half mixture in 9-inch pie plate and pat evenly over bottom and sides. Arrange apple slices in flat layers over crumbs, alternating candies between layers. Be sure candy is completely covered by apples so they will melt as pie bakes. Top with rest of crumbs and pat firmly in place. **MICROWAVE ON 'HI' 10 TO 14 MINUTES**, until bubbly and apples have "cooked down". Makes 6 to 8 servings.

FAVORITE CREAM PIE

Microwave Pastry for One-Crust Pie (left); fill with favorite Cream Filling (below), top with Meringue (below).

VANILLA CREAM FILLING

- 3/4 cup sugar
- 3 tablespoons corn starch
- Pinch salt
- 2 cups milk or half-and-half
- 3 egg yolks, slightly beaten
- 2 tablespoons butter or margarine
- 1 teaspoon vanilla

Combine sugar, corn starch and salt in 2-quart bowl. Gradually stir in milk. **MICROWAVE AT '8' FOR 8 MINUTES**, or until thickened, stirring twice with wire whip. Stir a little of hot mixture into egg yolks. Blend warmed yolks into hot mixture. **MICROWAVE AT '8' FOR 2 MINUTES**, or until custard coats a metal spoon, stirring once. Stir in butter and vanilla until butter melts. Cool. Pour into baked pie shell. Use egg whites for Meringue (below).

MERINGUE: Beat 3 egg whites with 1/4 teaspoon cream of tartar until foamy. Gradually beat in 6 tablespoons sugar. Continue beating until stiff peaks form. Spread over cream filling, sealing meringue to edges of crust. Brown under conventional broiler.

CHOCOLATE CREAM FILLING

Follow above recipe, but increase sugar to 1 cup. Melt 2 squares (1-oz. each) unsweetened chocolate. Add with vanilla.

BUTTERSCOTCH CREAM FILLING

Substitute 3/4 cup firmly packed brown sugar for granulated sugar. Increase butter to 1/3 cup.

SOUTHERN BANANA PUDDING

Make butterscotch filling (above) except add only 1 egg instead of 3 yolks. Omit meringue.

In 1-quart glass bowl spread about 2 tablespoons pudding over bottom. Top with about 10 vanilla wafers, slices from about 1 1/3 large ripe banana and about 1/3 of remaining pudding. Repeat layers twice. (Total of 30 wafers, 4 bananas.) Chill. Top with whipped cream; garnish with vanilla wafers if desired. Makes 4 to 6 servings.

CHOCOLATE RICE PUDDING

Make chocolate filling, (above) except use only 1 whole egg instead of 3 yolks and omit Meringue. Also, increase milk to 2 1/2 cups. Into warm pudding, stir 2 cups cooked rice. (1 cup raw, see Chart, page 39.) Makes 6 to 8 servings. (Note: Because of extra milk, extend first cooking time at setting '8' by about 2 or 3 minutes.)

CAKE AND COOKIE RECIPES

APPLE BRAN CAKE

- 1/4 cup margarine
 - 1/2 cup granulated sugar
 - 1 large egg
 - 1/2 cup milk
 - 1 1/4 cups all purpose flour
 - 2 teaspoons baking powder
 - 1/2 teaspoon salt
 - 1 cup unsweetened applesauce
 - 1 cup bran flakes crushed to 1/2 cup
- Streusel (below)

In large mixing bowl, beat together margarine, sugar, egg and milk. In small bowl, mix flour, baking powder and salt. Add gradually to beaten mixture and mix thoroughly. Stir in the applesauce and crushed bran flakes. Spread mixture in greased 8-inch square dish. Sprinkle with Streusel. **MICROWAVE ON 'HI' 10 TO 14 MINUTES**, or until cake springs back when touched. Let stand 5 minutes before serving. Makes 9 servings.

STREUSEL: In small bowl, combine 2/3 cup bran flakes (crushed to 1/3 cup), 1/3 cup brown sugar (firmly packed), 1/2 teaspoon ground cinnamon and 2 tablespoons softened margarine. Mix until crumbly.

PUMPKIN BARS

- 4 eggs
- 1 cup salad oil
- 2 cups sugar
- 1 can (15 oz.) pumpkin
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon soda
- 1/2 teaspoon salt
- 1 tablespoon pumpkin pie spice*

Blend eggs, oil, sugar and pumpkin together in large mixing bowl. Measure flour, baking powder, soda, salt and pumpkin pie spice into 1-qt. measure. Mix together lightly with a fork. Stir into pumpkin mixture. Divide batter equally into two 8x8-inch baking dishes. One at a time, cover with plastic wrap, **MICROWAVE ON 'HI' 5 1/2 TO 7 MINUTES**, or until wooden pick inserted in center comes out clean. Let stand until thoroughly cooled. Top with Cream Cheese Frosting.

*Or use 2 teaspoons cinnamon, 1/2 teaspoon ginger, 1/2 teaspoon cloves and 1/2 teaspoon nutmeg.

CREAM CHEESE FROSTING: Combine 2 packages (3 oz. each) cream cheese with 1/2 cup butter or margarine in medium mixing bowl. **MICROWAVE ON '2' FOR 1 TO 2 MINUTES** until soft but not melted. With a fork, stir in 1 tablespoon cream or milk and 1 teaspoon vanilla. Gradually add 4 cups confectioners sugar until of spreading consistency. Frost pumpkin bars and cut into 2-inch squares. Makes 32 squares

HOW TO MAKE A POPCORN "CAKE"

- 1/2 cup margarine
- 3.5 oz. bag microwave popcorn (unflavored)
- 10 oz. package miniature marshmallows
- Food Coloring, Cake Decors, Gumdrops

Recipe fills 1 1/2 quart size mold (bear, star, etc.) or 8-inch round cake dish. With 1 tablespoon margarine grease the mold or pan. Pop the popcorn (using "Popcorn" pad on your oven.) Let package stand while making syrup. In 3-quart casserole place remaining margarine and marshmallows. **MICROWAVE AT 'HI' 2 TO 3 MINUTES**, stirring every minute, until smooth and syrupy. Stir in 2 drops food color and add cake decors. Carefully open popcorn package. Add popped corn in handfuls to syrup, sorting out any unpopped kernels. When mixed, mold firmly. Unmold immediately onto tray or plate. Accent features (eyes, mouth, etc.) with gumdrops. Serve within a day. To serve, pull off amount desired. Makes about 10 to 15 servings.

RASPBERRY OATMEAL BARS

- 3/4 cup butter
- 1 cup packed brown sugar
- 1 1/2 cups unsifted all purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 cups quick-cooking oatmeal
- 1 cup finely chopped pecans
- 1 jar (12 oz.) raspberry jam

In 8-inch square dish, place butter. **MICROWAVE ON 'HI' 1 TO 2 MINUTES** to melt. Add brown sugar, flour, baking powder, salt, oatmeal and pecans. Blend well. Remove half of crumbs to a bowl and press remaining crumbs evenly in dish. Top with jam, then rest of crumbs. **MICROWAVE ON 'HI' 7 TO 10 MINUTES**. Bars should look set at edges with dry top. Cool. Makes about 30 bars.

FUDGE BROWNIES

- 1/2 cup butter
- 1/4 cup cocoa
- 2 eggs
- 1 cup sugar
- 3/4 cup unsifted all purpose flour

In 8-inch square dish place butter and cocoa. **MICROWAVE ON 'HI' 2 MINUTES**, until butter is melted. Beat eggs slightly in bowl. Add sugar, flour and butter-cocoa mixture and beat at medium speed of mixer until blended. Pour mixture into the square dish. **MICROWAVE ON 'HI' 6 TO 8 MINUTES**. Makes about 16 squares.

FRUITS AND SWEETS

FRUIT RECIPE CHART

FRUIT	DISH	RECIPE/PROCEDURE	SETTING AND FINISH
Applesauce or Rhubarb Sauce (4 cups prepared fruit)	1½ qt. Casserole	Place fruit (peeled or pieces) in ½ cup water in casserole. Cover.	'HI' 10 min., until tender, stir in ¾ cup sugar (adjust if necessary) and ½ teaspoon cinnamon
Apple, Baked (1)	Custard Cup	Peel a rim of skin around top to vent steam; core, fill with brown sugar, cinnamon, dot with butter.	'HI' 2 to 4 min. until tender. When cooking several apples, use appropriate size dish; add 1 min./apple to time.
Apricots, Spiced, Stewed (1 lb.)	2 qt. Casserole	Add ½ cup sugar, 2 cups water, ½ teaspoon cinnamon, 6 cloves to fruit in dish. Cover.	'HI' 20-25 min. until tender.
Bananas, Butterscotch (2, split lengthwise)	8-in. Square	Arrange fruit in dish. Top with 3 tablespoons brown sugar, 1 tablespoon butter, 1 tablespoon chopped nuts.	'HI' 2 min. until sugar melts; add 2 tablespoons banana liqueur or rum, if desired
Pears in Wine or Juice	1½ to 2 qt. Casserole	Arrange fruit upright in dish. Place 1 cup red wine or orange juice, ½ cup water, 1 cup sugar, 1 teaspoon ginger in 1-qt. measure.	Microwave wine or juice on 'HI' 3-5 min. until boiling. Pour over pears, cover, continue microwaving 'HI' 4-5 min. until just soft.

CARAMELY CHOCOLATE SAUCE

1 oz. (1 square) semi-sweet chocolate
 ¼ cup butter
 1¼ cups packed brown sugar
 1 tablespoon cornstarch
 ½ cup half and half
 2 tablespoons light corn syrup
 ⅛ teaspoon salt
 1 teaspoon vanilla

In 1½ qt. casserole, place chocolate and butter. MICROWAVE ON 'S' FOR 3 TO 5 MINUTES, until stirred smooth. Whisk in remaining ingredients except vanilla. MICROWAVE ON 'HI' 4 TO 7 MINUTES, whisking every 2 minutes until thickened and sugar is dissolved. Cool briefly; whisk in vanilla. Makes 1½ cups.

NUT CRACKERS SWEETS

Crunchy peanut butter
 24 round buttery crackers
 6 oz. white chocolate coating
 1 tablespoon solid vegetable shortening

Make 12 cracker "sandwiches" with peanut butter filling. In 2-qt. casserole, place chocolate and shortening. MICROWAVE ON 'S' FOR 3 TO 5 MINUTES, until smooth. Dip "sandwiches" in coating and dry on wax paper. If desired, decorate with cake decors before chocolate firms. Makes 12.

PINEAPPLE SUNDAE SAUCE

1 can (8-oz.) crushed pineapple in juice
 1 cup light brown sugar
 2 tablespoons cornstarch
 ½ cup milk
 2 tablespoons dark corn syrup
 ⅛ teaspoon salt
 ¼ cup butter

In 2-qt. casserole, stir undrained pineapple, brown sugar and cornstarch. Stir in milk, corn syrup and salt. MICROWAVE ON 'HI' 4 TO 5 MINUTES, until starting to boil. Stir in butter. MICROWAVE ON 'HI' 3 TO 5 MINUTES, until clear and no starchy taste remains. Makes 2¼ cups.

TIGER BUTTER (CANDY)

1 lb. white chocolate
 ½ cup crunchy peanut butter
 6 oz. pkg. semi-sweet chocolate chips

In 2-qt. bowl, place white chocolate. MICROWAVE ON 'S' FOR 5 TO 8 MINUTES, until stirred smooth. Stir in peanut butter. Spread mixture on wax paper-coated cookie sheet. In 1-qt. casserole, place semi-sweet chips. MICROWAVE ON 'S' FOR 2 TO 4 MINUTES until melted. Drizzle over peanut butter layer; with knife or small spatula, swirl mixtures. Refrigerate until firm; break in pieces. Makes about 1½ lb.

LIMITED 1 YEAR WARRANTY

MICROWAVE OVEN

Maycor warrants this microwave oven against defects in material or workmanship for a period of one year from the date of its original purchase by a consumer for home use.

LIMITED 5 YEAR WARRANTY

For an additional four-year period beyond the first year of the general coverage of this warranty, Maycor will repair or replace, at its option, any magnetron tube which has failed as a result of defective material or workmanship. Labor required for such repair or replacement is not covered in this warranty.

HOW TO OBTAIN SERVICE

In order to obtain the repair or replacement of a defective part under these warranties you must take the microwave oven to a designated service agency. You should contact the dealer from whom you purchased the warranted appliance or the servicer designated by the dealer.

EXCLUSIONS

MAYCOR'S OBLIGATIONS UNDER THESE WARRANTIES SHALL NOT EXTEND TO ANY MALFUNCTION OR OTHER PROBLEM CAUSED BY:

1. Damage unless attributable to a defect in material or workmanship.
2. Unreasonable use or misuse, such as, but not limited to, improper setting of controls, improper electrical supply and improper installation.
3. Damages resulting from or problems caused by any installation, repair, alteration, modification, or adjustment of the appliance not performed by Maycor or by a Maycor authorized dealer or servicer.

THESE WARRANTIES DO NOT COVER:

1. The replacement of light bulbs.
2. Microwave ovens purchased or used for commercial purposes.
3. Cost of transporting microwave oven to the service agency.

LIMITATION OF LIABILITY

In no event shall Maycor be liable for any incidental or consequential damages (including, but not limited to, food loss) or for any special damages or any further loss as a result of any breach of these warranties. Some states do not allow the exclusion or limitations of consequential damages; so the above limitation or exclusion may not apply to you.

TO SECURE WARRANTY SERVICE

Before requesting service, be sure that you have read and followed all procedures in the Use and Care Book. Should service be required contact the dealer from whom you purchased the microwave oven or the Maycor servicer listed in the yellow pages of your telephone directory. Evidence of purchase date must be provided to obtain warranty service.

If you are not satisfied with the local response to your service requirements, call or write Maycor Appliance Parts Service Company, 240 Edwards Street, S.E., Cleveland, TN 37311 or call (615) 472-3500. To save time, your letter should include the complete model and serial numbers of the warranted appliance, the name and address of the dealer from whom you purchased the appliance, the date of purchase and details concerning your problem.

ADDITIONAL RIGHTS

These warranties are the only written or expressed warranties given by Maycor. No one is authorized to increase, alter, or enlarge Maycor's responsibilities or obligations under these warranties. These warranties give you specific legal rights, and you may also have other rights which vary from state to state.

THIS WARRANTY COVERS PRODUCTS IN NORTH AMERICA AND UNITED STATES ONLY.