



COOKED TO PERFECTION

CONVECTION MICROWAVE COOKBOOK



HONORING OUR **EUROPEAN HERITAGE**

For more than 90 years, Electrolux appliances have graced the kitchens of some of Europe's finest homes and restaurants. Thanks to innovative features like our convection microwave oven, you can enjoy the flexibility, power and style found in commercial kitchens.

Using your Electrolux convection microwave oven, you can achieve oven results at microwave speed. It's perfect for roasting, cooking and baking everything from steaks to cupcakes.

Our unique Cook-2-Perfection® Technology uses a diamond-design rear wall, plus stirring fan and turntable to heat food evenly every time. And the quartz grill element provides a true oven-bake finish.

The recipes in this cookbook use the Electrolux convection microwave oven's Auto Cook functions and Fast Meal options to help you create professional-style results. Plus, it offers tips on grilling, roasting and baking so you can always cook to perfection.

For more information on the convection microwave oven and other European-designed premium appliances, visit electroluxappliances.com.

INGENIOUS FEATURES

AMAZING PERFORMANCE

EI30BM60MS OVER-THE-RANGE CONVECTION MICROWAVE

CONVECTION

Convection gives you oven results, microwave fast. A separate convection element and fan let you roast and bake just like a traditional oven, only faster.

QUARTZ GRILL ELEMENT

Capture the perfect grilled texture and appearance at microwave speed. The quartz grill element gives you true searing and grilling performance. That opens up a whole new range of cooking possibilities – everything from kabobs to steaks.

COOK-2-PERFECTION® TECHNOLOGY

This microwave takes a unique approach to ensuring even cooking. The cornerstone is the diamond-plate rear wall, which scatters heat in all directions. The turntable and a stirring fan complete the system, ensuring better defrosting and heating.





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RECIPES

Meats	5
Fish	14
Poultry	17
Casseroles	23
Vegetables / Sides	24
Desserts	30

COOKING TECHNIQUES

Grilling	39
Roasting	40
Baking Bread	41
Baking Cakes	42
Baking Pies	43

CLASSIC MEATLOAF

INGREDIENTS

2 pounds ground beef chuck	1 teaspoon seasoning salt
2 large eggs	1/4 teaspoon pepper
2 cups fresh breadcrumbs (about 2 slices bread)	3/4 cup ketchup
1 medium onion, finely chopped	
1-1/2 cups shredded carrots (5 ounces)	
1 tablespoon Worcestershire sauce	
1/4 cup milk	

PREPARATION

In a large bowl, mix the ground beef, eggs, breadcrumbs, onion, carrots, Worcestershire sauce, milk, seasoning salt and pepper. Mix all ingredients well.

Compact the beef mixture in an 11x17-inch microwave-safe loaf pan. Put the pan on the low grill rack in the microwave oven, select the **“Fast Recipe Meats”** pad and scroll to this recipe. Cook for 40 minutes, pausing after 20 minutes to put the ketchup on top of the meatloaf. Ketchup may also be added once the meatloaf is cooked.

After cooking, cover with aluminum foil and allow meatloaf to rest for 15 minutes.



HOME-STYLE BABY BACK RIBS

INGREDIENTS

- 1/2 cup sweet orange marmalade
- 2 tablespoons Dijon mustard
- 2 tablespoons brown sugar
- 1/2 teaspoon freshly grated orange peel
- 3/4 teaspoon salt
- 2 pounds pork baby back ribs, cut into 1- or 2-rib portions

PREPARATION

In a small bowl, mix marmalade, mustard, brown sugar, orange peel and salt; set aside.

Place ribs in an 11x7-inch shallow microwave-safe dish and cover with lid or plastic wrap, venting.

Place in the microwave oven and cook for 5 minutes using 100% microwave power. Then, turn ribs over, cover and continue cooking for 10 minutes using 50% microwave power.

Spread the prepared sauce on the ribs.

Put the dish on the high grill rack in the microwave oven, select the **“Fast Recipe Meats”** pad, scroll to this recipe and cook 20 minutes. Pause after 10 minutes, turn the ribs over and brush with a layer of marmalade sauce. Continue to cook until done, using a thermometer to check meat temperature.



CHILI-RUBBED HAM



INGREDIENTS

- 2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground red pepper (cayenne)
- 1/4 teaspoon sugar
- 1 fully cooked smoked ham center slice,
1/2-inch thick

PREPARATION

In a small bowl, mix the chili powder, cumin, coriander, red pepper and sugar, then coat the ham on both sides with spice mixture.

Put the ham directly on the low grill, select the **“Fast Recipe Meats”** pad, scroll to this recipe and cook for 15 minutes.

NEW ORLEANS-STYLE PORK CHOPS

INGREDIENTS

4 (4-ounce) boneless pork chops, 1/2-inch thick
1 tablespoon Creole seasoning
1/4 teaspoon salt

PREPARATION

Rub the creole seasoning and salt on both sides of the pork chops. Put a ceramic plate on the glass turntable, and place the pork chops directly on the high grill of the microwave oven. Select the **"Fast Recipe Meats"** pad, scroll to this recipe and cook 6 minutes.

When the microwave oven alert signals, pause oven, turn pork chops over and continue cooking an additional 12 minutes.



GARLIC AND FENNEL SPARE RIBS

INGREDIENTS

- 4 garlic cloves, finely chopped
- 2-1/2 teaspoons fennel seeds, crushed
- 1-1/4 teaspoons salt
- 2 teaspoons olive oil
- 2 pounds spare ribs

PREPARATION

Mix the garlic, fennel seeds, salt and oil to form a paste, and rub on both sides of the ribs.

Put a ceramic dish in the microwave oven, then place the ribs directly on the low grill rack over the dish, bone up. Select the **“Fast Recipe Meats”** pad, scroll to this recipe and cook for 20 minutes, pausing to turn over ribs, then continuing to cook for 25 minutes.

GRILLED FLANK STEAK WITH FRESH ONION SALAD

INGREDIENTS

- 4 tablespoons margarine or butter
- 2 medium red onions, chopped
- 3 tablespoons distilled white vinegar
- 3 tablespoons sugar
- 1 teaspoon salt
- 1 beef flank steak (1-1/2 pounds)
- 1/4 teaspoon ground black pepper

PREPARATION

To make the salad, put 3 tablespoons butter in a 2-quart glass measuring cup and microwave using 100% power until the butter melts. Stir in the chopped onions and cook 5 minutes using 100% microwave power, stirring halfway through cooking. Then stir in white vinegar, sugar and 1/2 teaspoon of salt. Cook 4 minutes using 100% microwave power, stirring half way through cook time; set aside.

To make the steak, melt remaining 1 tablespoon of butter; brush on both sides of the steak and sprinkle the remaining salt and pepper on the steaks.

Place a ceramic dish on the microwave turntable, then put the steak directly on the high grill rack in the microwave oven. Select the **“Fast Recipe Meats”** pad, scroll to this recipe and cook 15 minutes, pausing to turn over and continue to cook 9 minutes.

Slice the flank steak, and garnish with red onion salad.

GINGER-MARINATED SIRLOIN STEAK



INGREDIENTS

- 1/2 cup reduced-sodium soy sauce
- 2 tablespoons peeled and grated fresh ginger
- 3 garlic cloves, finely chopped
- 1 tablespoon brown sugar
- 1 tablespoon sesame oil
- 1/4 teaspoon ground red pepper (cayenne)
- 1-1/4 lb. boneless beef top sirloin steak, 1-inch thick

PREPARATION

In a shallow glass dish or large plastic bag, add the soy sauce, ginger, garlic, brown sugar, sesame oil and red pepper. Add steak, then cover with lid or seal bag. Marinate in refrigerator for 1 to 4 hours, turning once or twice.

Remove the marinated steak and drain the marinade. Put a ceramic dish on the microwave turntable, then put the steak directly on the high grill rack in the microwave oven. Select the **“Fast Recipe Meats”** pad, scroll to this recipe. Cook 12 minutes, pausing to turn over and continue to cook for 8 minutes.

Remove steak from oven and place on cutting board, allowing steak to rest for 5 minutes before cutting.

MAPLE-GLAZED PORK TENDERLOIN

INGREDIENTS

- 2 (12-ounce) pork tenderloins, trimmed
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 6 slices bacon
- 1/3 cup pure maple syrup or maple-flavored syrup
- 8 wooden toothpicks
- Green pepper, cut into 2" squares, optional

PREPARATION

Soak toothpicks in hot water.

Rub salt and pepper on the surface of pork tenderloin. Wrap each piece of tenderloin with three pieces of bacon and secure with toothpicks. Add green peppers, if desired.

Put a ceramic dish on the microwave turntable, then place the tenderloin directly on the low grill rack. Baste tenderloin with maple syrup. Select the **"Fast Recipe Meats"** pad, scroll to this recipe and cook 12 minutes, pausing to turn over the tenderloin.

Brush the remaining maple syrup on the meat and continue to cook 18 minutes. Halfway through cook time, turn over and brush other side of meat.

Allow pork to rest 15 minutes before slicing. Remove toothpicks before slicing.

SPINACH-STUFFED PORK CHOPS



INGREDIENTS

1 bag (10 ounces) fresh spinach

1/2 cup freshly grated Parmesan cheese

1 medium onion, chopped

1 garlic clove, minced

1/2 teaspoon salt

4 (10-ounce) center-cut pork chops,
1-inch thick

1/4 cup chicken broth

1/4 cup dry white wine

8 wooden toothpicks

PREPARATION

While soaking toothpicks in water, place the spinach into a 2-quart casserole dish. Cover with lid or plastic wrap, venting. Put in microwave on turntable; cook 2 minutes using 100% microwave power until the spinach cooks down. Drain, rinse with cold water.

When cooled, squeeze out excess water. In a medium-sized bowl, add spinach, Parmesan cheese, onion, garlic and salt; mix well.

With paper towel, pat pork chops dry. Cut each pork chop in half the long way, stopping before going all the way through the other end of the pork chop. Stuff 1/4 of spinach mixture into each piece, lightly compact and seal with a toothpick.

Put the pork chop, broth and white wine into a 10-inch-diameter shallow round baking dish and cover with plastic wrap, venting. Place on the turntable in the microwave oven, cover and cook 10 minutes using 70% microwave power. Pause, uncover and place on the high grill rack. Select the **“Fast Recipe Meats”** pad, scroll to this recipe and continue to cook for 18 minutes. Turn over pork chops halfway through cooking time, then continue to cook until done, using a thermometer to check meat temperature.

After cooking, remove toothpicks and pour juices from the dish over the pork chops.

GARLIC-BREADED FISH

INGREDIENTS

- 2 tablespoons margarine or butter
- 1 cup fresh breadcrumbs (about 2 slices bread)
- 1 garlic clove, finely chopped
- 4 (6-ounce) pieces scrod or cod fillet
- 2 tablespoons lemon juice
- 1/2 teaspoon salt

PREPARATION

Put butter in a 2-quart microwave-safe dish and place in the microwave oven, heating 1 minute until melted. Then add breadcrumbs and garlic; mix well. Return to microwave oven, heating 2-1/2 minutes until the breadcrumbs are lightly browned, stirring twice during cooking.

Debone the fish and place in an 11x7-inch baking dish. Sprinkle with lemon juice and salt, spreading the breadcrumb mixture evenly on the fillets. Put fillets on the high grill in the microwave oven,

select the **"Fast Recipe Fish"** pad, scroll to this recipe.

Cook 16 minutes until crust becomes brown.



CHILI HERB-CRUSTED SALMON

INGREDIENTS

- 1 tablespoon chili powder
- 2 teaspoons brown sugar
- 1 teaspoon ground cumin
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 2 teaspoons olive oil
- 4 (8-ounce) salmon steaks, 1-inch thick
- Lemon

PREPARATION

Mix the chili powder, brown sugar, cumin, thyme, salt and olive oil in a small bowl, and rub evenly on both sides of the salmon steaks.

Put the salmon directly on the high grill, select the **“Fast Recipe Fish”** pad and scroll to this recipe.

Cook 22 minutes. When 7 minutes remain, the oven will pause and prompt you to turn over the salmon. After cooking, the salmon should be just opaque throughout.

FIRECRACKER SHRIMP

INGREDIENTS

- 2 tablespoons margarine or butter
- 2 garlic cloves, crushed
- 1/4 teaspoon crushed red pepper
- 1 pound shelled and deveined large shrimp
- 1/4 teaspoon salt
- 1/4 cup fresh parsley leaves, chopped
- Lime wedges

PREPARATION

In a 2-quart microwave-safe dish, mix the butter, garlic and red pepper. Cover and heat in the microwave oven for 1 minute, using 100% microwave power, until the butter melts.

Add shrimp and salt to the dish, and return to the microwave oven. Select the **"Fast Recipe Fish"** pad and scroll to this recipe.

Cook 3 minutes, stirring halfway through. Shrimp will turn opaque when done. Serve shrimp with melted butter and lime wedges.





CLASSIC BARBECUED CHICKEN

INGREDIENTS

- 1 cup bottled barbecue sauce
- 1 small onion, minced
- 3 garlic cloves, minced
- 1 chicken (3 pounds), cut into 8 pieces

PREPARATION

In a medium bowl or sealable plastic bag, mix the barbecue sauce, onion and garlic. Add the chicken, making sure it is well-coated with sauce. Cover bowl with lid or seal plastic bag and put chicken in the refrigerator for at least 30 minutes to marinate.

Take out the chicken, retain the sauce and set aside. Put a ceramic dish on the turntable in the microwave oven, then place the chicken directly on the high grill, skin side down. Select the **“Fast Recipe Poultry”** pad, scroll to this recipe and cook for 20 minutes. Pause to turn over chicken, basting chicken with the remaining sauce. Continue to cook for another 20 minutes.

ZESTY BUFFALO CHICKEN WINGS

INGREDIENTS

4 ounces blue cheese, crumbled

1/2 cup sour cream

1/4 cup mayonnaise

1/4 cup milk

1 tablespoon fresh lemon juice

1/2 teaspoon salt

3 tablespoons margarine or butter

1/4 cup hot pepper sauce

3 pounds chicken wings (about 15), tips discarded, if desired

1 medium bunch celery, cut into sticks

1/4 cup fresh parsley, chopped for garnish

PREPARATION

To make the sauce, combine the blue cheese, sour cream, mayonnaise, milk, lemon juice and 1/4 teaspoon salt in a medium-sized bowl. Mix together well, cover and refrigerate.

In a 2-cup glass measuring cup, add the butter, hot pepper sauce and remaining salt. Put in the microwave and cook 2 minutes using 100% microwave power until butter melts.

Place a ceramic dish on the turntable in the microwave oven. Put chicken wings on the high grill

rack, skin side down. Select the **“Fast Recipe Poultry”** pad, scroll to this recipe and cook 20 minutes, pausing after 10 minutes. Baste with sauce but do not turn over. At the next prompt, turn over wings and baste with more sauce. Continue to cook 20 minutes, pausing again halfway through to turn over and baste with more sauce.

Serve chicken wings and celery on a dish with blue cheese sauce and parsley garnish.

Makes 15 appetizers.

ISLAND CHICKEN KABOBS

INGREDIENTS

- 2 green onions, chopped
- 1 jalapeño pepper, seeded and minced
- 1 tablespoon peeled and minced fresh ginger
- 2 tablespoons white wine vinegar
- 2 tablespoons Worcestershire sauce
- 3 teaspoons vegetable oil, divided
- 1 teaspoon ground allspice
- 1 teaspoon dried thyme
- 1/2 teaspoon plus 1/8 teaspoon salt
- 1 pound skinless, boneless chicken breast, cut into 2-inch pieces
- 1 red pepper, cut into 1-inch pieces
- 1 green pepper, cut into 1-inch pieces
- 4 (10-inch) wooden skewers

PREPARATION

In a blender or food processor, gradually add green onions, jalapeño, ginger, vinegar, Worcestershire sauce, 2 teaspoons oil, allspice, thyme and 1/2 teaspoon salt and puree to make marinade.

Put the chicken in medium-sized bowl or sealable plastic bag. Add the marinade mixture, coating the skin of the chicken evenly. Cover with lid or seal plastic bag. Refrigerate for 1 hour.

While soaking wooden skewers in water, toss the red pepper, green pepper, 1 teaspoon oil and remaining 1/8 teaspoon salt in a small bowl.

Add the chicken pieces and red and green pepper on the skewers, alternating to make into kabobs. Put the kabobs on the high grill rack in the microwave oven. Select the **“Fast Recipe Poultry”** pad and scroll to this recipe. Cook 20 minutes, pausing to turn over. Continue cooking another 10 minutes.



BAKED CHICKEN BREASTS

INGREDIENTS

4 (16-ounce) boneless chicken breasts

favorite seasoning salt or chicken rub

PREPARATION

Place chicken breasts in a microwave-safe dish.

Season chicken, if desired.

Cover chicken with lid or plastic wrap. Select the **“Fast Recipe Poultry”** pad and scroll to this recipe. Choose the amount of chicken to be cooked.

Use a thermometer to check meat temperature.

Chicken is done when temperature is 160° F.

Let stand 5 minutes.

PROVENÇAL CORNISH HENS

INGREDIENTS

- 2 Cornish hens (1-1/2 pounds each)
- 3 tablespoons fresh parsley, chopped
- 2 teaspoons extra virgin olive oil, divided
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 small garlic clove, minced
- 1/2 teaspoon freshly grated lemon peel

PREPARATION

Using a pair of kitchen shears, cut the hens in half, clean with cold water and dry with paper towels.

In a small bowl, mix 2 tablespoons parsley, oil, salt and pepper. Carefully separate the chicken and skin with fingers, then rub the parsley mixture under the chicken skin. Place the hens on the low grill rack in the microwave oven, positioning breast side down. Select the **“Fast Recipe Poultry”** pad and scroll to this recipe. Cook 16 minutes; pause to turn over hens. Continue to cook for 20 minutes.

Use a thermometer to check meat temperature (160° F in the breast).

In a small bowl, mix the remaining parsley, garlic and lemon peel with a teaspoon of olive oil. When hens have completed cooking, place on a dish, breast side up, and baste the mixture on the hens.



RUSTIC ROSEMARY CHICKEN AND POTATOES



INGREDIENTS

1 pound red potatoes, cut into 1-inch pieces

1 tablespoon olive oil

1-1/4 teaspoons salt

1 teaspoon chopped fresh rosemary or
1/2 teaspoon dried rosemary, crushed

1/2 teaspoon ground black pepper

1 pound chicken breast tenders

1 large onion, cut into 8 wedges

4 garlic cloves, peeled

5 ounces spinach, stems discarded

PREPARATION

In an 11x17-inch shallow dish, combine the potatoes, oil, salt, rosemary and pepper. Cover, put in the microwave oven and cook 5 minutes using 100% microwave power.

Pause, add chicken, onion and garlic cloves. Cover and continue to cook for 5 minutes using 100% microwave power.

Uncover and place the dish on the high grill rack. Select the **“Fast Recipe Poultry”** pad and scroll to this recipe. Cook 15 minutes.

Add spinach, cover and continue cooking 1 minute 30 seconds using 100% microwave power.

CHICKEN POT PIE CASSEROLE

INGREDIENTS

3/4 pound potatoes, peeled and cut into 1/2-inch pieces

3 carrots, peeled and cut into 1/2-inch pieces

2 large stalks celery, cut into 1/2-inch pieces

1 large onion (12 ounces), coarsely chopped

2 tablespoons water

1 pound skinless, boneless chicken breasts, cut into 1/2-inch pieces

1/4 cup all-purpose flour

3/4 teaspoon salt

1/4 teaspoon ground black pepper

1/8 teaspoon dried thyme

1/2 cup milk

1 cup frozen peas (1/2 of a 10-ounce package)

1 can (8 ounces) refrigerated crescent dinner rolls

PREPARATION

In a 2-quart microwave-safe casserole dish, add potatoes, carrots, celery, onion and water. Cover with lid or plastic wrap, venting. Place on the microwave turntable and cook 7 minutes using 100% microwave power, until vegetables are tender, but still crisp. Stir halfway through cook time. Add the chicken and stir. Cover with lid and cook 7 minutes using 100% microwave power, until vegetables are soft and chicken is fully cooked.

In a 1-quart measuring cup, combine the flour, salt, pepper and thyme. Add milk and stir until mixed

well. Put in the microwave, cooking 2 minutes using 100% microwave power until thick, stirring halfway through cook time. Add the sauce to chicken and vegetables; stir. Add peas.

Flatten the crescent dough into rectangles, and cover the chicken and vegetables in the casserole dish.

Put the casserole on the low rack in the microwave. Select the **“Fast Recipe Casserole”** pad and scroll to this recipe. Cook 15 minutes using “Conv/Grill” until golden brown.

TWICE-BAKED SWEET POTATOES

INGREDIENTS

4 sweet potatoes

2 pieces bacon

1 tablespoon minced onion

1 bunch of shallots, diced

3-1/2 ounces Mozzarella cheese, shredded

1/2 teaspoon salt

PREPARATION

Wash sweet potatoes, wrap with plastic wrap, put in the microwave oven and cook for 7 to 8 minutes. Take out of oven and remove the plastic wrap. Carefully remove potato flesh, leaving skin intact.

Cook the bacon and onion in a microwave-safe dish 4 to 5 minutes using 100% microwave power; dice the shallots.

Preheat the microwave oven to 400° F, mash potatoes removed from skin, adding bacon, onions and shallots; fill skins. Top with cheese.

Put sweet potatoes on the low grill, select the **“Fast Recipe Veggies”** pad and scroll to this recipe. Cook until cheese melts and potatoes are golden brown.



BROCCOLI AND CHEDDAR GRATIN

INGREDIENTS

- 1-1/2 pounds broccoli
- 2 tablespoons water
- 1 tablespoon butter
- 2 tablespoons breadcrumbs
- 1/2 cup cheddar cheese

PREPARATION

Chop broccoli into bite-size pieces, put in casserole dish, add water and cover. Select the **“Fast Recipe Veggies”** pad and scroll to this recipe. Cook for 5 minutes, stirring halfway through the cook time.

Melt butter in a dish for 30 seconds. Add breadcrumbs, heat for 1 minute until breadcrumbs are brown.

Sprinkle the cheese and breadcrumbs on top of broccoli. Heat using 100% microwave power for 1 minute until the cheese melts.

LEMON-HERBED POTATOES



INGREDIENTS

2 pounds red potatoes, unpeeled, sliced into 1/2-inch cubes

3 large garlic cloves, chopped

2 tablespoons olive oil or vegetable oil

1/2 teaspoon salt

1/4 teaspoon pepper

1 teaspoon lemon peel

1 teaspoon chives

1/2 teaspoon dried rosemary

PREPARATION

Put potatoes, garlic, oil, salt and pepper in casserole dish. Select the **“Fast Recipe Veggies”** pad and scroll to this recipe. Cook for 14 minutes, stirring halfway through the cook time, and then add lemon peel and chives. When cooking is complete, cover with lid and allow to stand for 5 minutes. Garnish with rosemary.

SOUTHERN-STYLE SPINACH WITH BACON



INGREDIENTS

4 slices bacon, diced

1 small onion, chopped

1/3 cup cider vinegar

2 tablespoons sugar

1 tablespoon Dijon mustard

1/4 teaspoon salt

1 bag (10 ounces) spinach, stems trimmed

PREPARATION

Place the bacon in a microwave-safe dish, covering with paper towel. Cook 5 minutes using 100% microwave power until the bacon is crisp. Remove bacon from dish, draining on paper towels; set aside.

Put the onion into the dish used for cooking the bacon, add cider vinegar, sugar, mustard and salt, and cover with plastic wrap, venting. Select the **“Fast Recipe Veggies”** pad and scroll to this recipe.

Heat 3 minutes. Pause to stir and then add spinach and bacon. Continue cooking 1 minute 30 seconds, if desired, using 100% power microwave.

TOMATO-SPINACH RISOTTO



INGREDIENTS

1 small onion, chopped

2 tablespoons olive oil or vegetable oil

1 cup regular long-grain rice

1 can (14-1/2 ounces) chicken broth

1/8 teaspoon salt

1 package (10 ounces) frozen chopped spinach, thawed

1/3 cup freshly grated Parmesan cheese

1/4 teaspoon ground black pepper

1 medium tomato (6 ounces), halved, seeded and cut into 1/2-inch pieces

PREPARATION

Put onion and oil into a casserole dish, cover and place on the microwave turntable. Heat 3 minutes using 100% microwave power, until the onion is soft. Add rice, chicken broth and salt; cover with lid. Select the **“Fast Recipe Breads/Grains”** pad and scroll to this recipe. Cook 5 minutes using 100% microwave power until liquid comes to a boil.

Add spinach, cheese and pepper. Cover with lid and cook 15 minutes using 50% microwave power.

Add tomatoes and stir. Allow to stand 1 minute before serving.

CREAMY VEGETABLE SOUP

INGREDIENTS

4 cups chopped vegetables, such as carrots, bell pepper, corn, zucchini or any combination desired

1 8-ounce potato, peeled and sliced into 1/2-inch-thick pieces

1 small onion, chopped

1 garlic clove, chopped

2 cups water

1-1/4 teaspoons salt

1/8 teaspoon crushed black pepper

1 cup milk

PREPARATION

Mix the vegetables, potato, onion, garlic, water, salt and pepper in a casserole dish, cover with lid or plastic wrap, venting. Select the **“Fast Recipe Veggies”** pad and scroll to this recipe. Cook 20 minutes, pausing to stir halfway through the cooking time. Vegetables will be soft.

Put half the cooked vegetables into the blender and puree until smooth. Pour into a bowl, and repeat with remaining vegetable mixture.

Pour pureed vegetables back into the casserole dish. Stir in milk and cook using 100% microwave power for 4 minutes, until evenly heated.



DOUBLE CHOCOLATE CHIP COOKIES

INGREDIENTS

1/3 cup all-purpose flour

1 teaspoon baking powder

1/4 teaspoon salt

12 ounces semisweet chocolate chips

1/2 cup butter or margarine (1 stick)

2 large eggs

3/4 cup sugar

1/4 cup unsweetened cocoa

1-1/2 teaspoons vanilla extract

1 cup pecans (8 ounces), chopped

PREPARATION

Preheat microwave oven to 350° F. Mix the flour, baking powder and salt in a small bowl.

Put half of the chocolate chips and butter in a 2-quart glass measuring cup and microwave, heating 2 minutes until melted, stirring halfway through heating time. Set aside.

Combine eggs and sugar at medium-speed with mixer until creamy and light; stir in the melted chocolate mixture, flour, baking powder, salt, cocoa and vanilla.

Fold in pecans and remaining chocolate chips using a wooden spoon and mix evenly.

On 12-inch pizza pan, drop 1 tablespoon of dough for each cookie, evenly spacing 1 inch apart.

Select the **“Fast Recipe Dessert”** pad and scroll to this recipe. When oven completes preheating, put cookies into the microwave and bake for 18 minutes.

Preheat the oven again, drop 1 tablespoon of dough for each cookie on the pizza pan, and bake the rest of the cookie dough, or refrigerate and cook later. Cookies are done when crisp on the outside and soft on the inside after cooling.

Makes 18 2" cookies.



FAVORITE PARTY CUPCAKES



INGREDIENTS

1-1/2 cups all-purpose flour

1-1/2 teaspoons baking powder

1/4 teaspoon fine salt

2 large eggs, room temperature

2/3 cup sugar

3/4 cup unsalted butter, melted

2 teaspoons pure vanilla extract

1/2 cup milk

PREPARATION

Preheat oven to 350° F. Line a standard 6- or 12-cup muffin tin with cupcake liners.

Whisk flour, baking powder and salt together in a medium bowl.

Beat eggs and sugar in a medium bowl, using a mixer until light and foamy, about 2 minutes.

Gradually pour in butter and then vanilla. Reduce speed and mix in half of dry ingredients. Add in milk, and then remaining dry ingredients.

Combine well. Do not over mix.

Pour about 1/3 cup batter into each cup in the muffin tin. Bake until a toothpick inserted in center of cakes comes out clean, about 22 minutes.

Cool the cupcake tin on a rack for 10 minutes. Remove cupcakes and cool completely.

Top cupcakes with your favorite frosting.

Makes 12 cupcakes.

For chocolate cupcakes, add 4 ounces of dark chocolate chips, melted, when adding butter and vanilla.

CRANBERRY-ORANGE CHUTNEY

INGREDIENTS

1 package (12 ounces) fresh or frozen cranberries

3/4 cup sugar

1 tablespoon peeled and minced fresh ginger,
or 1 teaspoon ground ginger

1 can (11 ounces) mandarin orange segments,
drained, reserve juice

1/2 cup chopped pecans or walnuts (optional)

PREPARATION

In a 2-quart microwave-safe bowl, combine the cranberries, sugar, ginger and 1/4 cup of the reserved orange juice. Cover and put in the microwave oven.

Select the **“Fast Recipe Dessert”** pad and scroll to this recipe. Cook 7 minutes, pausing to stir when the microwave beeps.

After cooking, add oranges and nuts. Refrigerate before serving.

Makes 3 cups.



HOMEMADE FUDGE BROWNIES

INGREDIENTS

3/4 cup butter

3 ounces unsweetened chocolate

1-1/4 cups sugar

1 teaspoon vanilla

2 eggs

1 cup flour

1-1/4 cup chopped walnuts

1/2 teaspoon baking powder

1/2 teaspoon salt

1/2 cup semisweet chocolate chips

PREPARATION

Grease an 8-inch square microwave-safe baking dish.

Put the butter and unsweetened chocolate in a bowl. Heat using 100% microwave power for 2 minutes until melted, stirring until smooth.

Combine sugar, vanilla and eggs; mixing well.

Add flour, 1 cup chopped walnuts, baking powder and salt, then pour the mixture in dish, evenly.

Place dish in the microwave oven, selecting the **“Fast Recipe Dessert”** pad and scroll to this recipe. Cook using 70% microwave power for 9 minutes. Insert toothpick into the middle

of the brownies to check for doneness. The toothpick will come out clean when done.

Sprinkle the remaining 1/4 cup walnuts and chocolate chips on top, then cover with waxed paper and let cool.

Makes 16 brownies.

LEMON ZEST COOKIES

INGREDIENTS

1 cup butter, softened
1 cup sugar
3 eggs
2 tablespoons lemon peel, grated
2 cups flour

PREPARATION

Cream butter and sugar in medium mixing bowl with an electric mixer until fluffy.

Add eggs to the mixture, then add grated lemon peel. Sift flour, and slowly add to egg mixture. Blend well.

Wrap the dough in plastic wrap and refrigerate about 30 minutes. Roll out dough to 1/8-inch thickness and cut out cookies using a 1-inch round cookie cutter. Put cookies on 12-inch pizza pan, evenly spacing 1/3 inch apart.

In microwave oven preheated to 375° F, put the cookies on the low rack and select the **“Fast Recipe Dessert”** pad and scroll to this recipe. Bake for 30 minutes until cookies are lightly brown around the edges.

Preheat the oven again to bake the rest of the dough.

Makes 30 2" cookies.

CLASSIC LEMON CUSTARD BARS

INGREDIENTS

1 cup plus 2 teaspoons all-purpose flour
1/3 cup plus 2 tablespoons confectioner's sugar
1/4 teaspoon baking powder
1/2 cup butter or margarine (1 stick), cut up
2 large lemons, (to make 1 teaspoon lemon peel and 1/4 cup lemon juice)
2 large eggs
2/3 cup granulated sugar
1/4 teaspoon salt

PREPARATION

Grease an 8-inch square microwave-safe baking dish.

Combine 1 cup flour, 1/3 cup confectioner's sugar, and baking powder with mixer, add butter to form crumb mixture. Pat crumbs firmly into bottom of baking dish with hands.

Place dish on low grill rack, bake 25 minutes at 425° F until the crumb crust is lightly brown.

Meanwhile, in mixing bowl, add 1/4 cup lemon juice. Stir the eggs into the lemon juice and beat at high speed (about 3 minutes), slow mixer speed. Then add granulated sugar, remaining 2 teaspoons flour,

salt and 1 teaspoon lemon peel. While mixing, scrape the edge of the bowl with a rubber spatula to combine all ingredients. Pour the mixture on top of crust.

Put the dish on low grill rack and select the **"Fast Recipe Dessert"** pad and scroll to this recipe. Bake 25 minutes at 350° F until the filling is lightly brown around the edges.

After baking, sprinkle with remaining 2 tablespoons confectioner's sugar on the surface of the custard, and cool completely.

After cooling, slice into bars. Makes 24 bars.



NEW ENGLAND BAKED APPLES

INGREDIENTS

4 large apples (about 8 ounces each)

1/2 cup pure maple syrup

2 teaspoons butter or margarine,
sliced into 4 pieces

PREPARATION

Remove the core of the apple leaving the empty cavity. Place apples in 8-inch glass baking dish and fill empty cavity of each apple with maple syrup and piece of butter.

Place in microwave oven. Select the **“Fast Recipe Dessert”** pad and scroll to this recipe. Cook using 70% microwave power for 10 minutes, until the apples are soft.

Remove apples and place on a serving tray. Pour remaining juices from apples on top of apples and serve.

OATMEAL RAISIN COOKIES

INGREDIENTS

3/4 cup all-purpose flour

1/2 teaspoon baking soda

1/4 teaspoon salt

1/2 cup butter or margarine (1 stick), softened

1/2 cup granulated sugar

1/3 cup packed brown sugar

1 large egg

2 teaspoons vanilla extract

1-1/2 cups old-fashioned or quick-cooking oats, uncooked

3/4 cup dark seedless raisins

PREPARATION

Mix the flour, baking soda and salt in a small bowl.

Mix the butter, granulated sugar and brown sugar at medium speed until fluffy, then add egg and vanilla extract. Lower mixer speed and gradually add the flour mixture. Finally, with a wooden spoon, add oats and raisins. Mix well.

Select the **“Fast Recipe Dessert”** pad, scrolling to this recipe. Preheat oven to 375° F. Put 1 tablespoon of cookie dough for each cookie on a 12-inch pizza pan, evenly spacing 2 inches

apart. Then press cookie dough to 1/8-inch thickness. Place the pan with cookies into preheated microwave oven. Bake 18 minutes. Let cool before eating.

Preheat oven again and repeat steps to bake remaining cookie dough.

Makes 14 2" cookies.



TOASTED PECAN CRISPS

INGREDIENTS

1-1/4 cup firmly packed brown sugar

1/2 cup butter, softened

1/2 teaspoon vanilla

1 egg

1-1/2 cups all-purpose flour

1/4 teaspoon baking soda

1/2 cup toasted chopped pecans

3 tablespoons sugar

PREPARATION

Combine brown sugar and butter, beating until light and fluffy. Add vanilla and egg, mixing well. Then add flour, baking soda and pecans to mixture, blending well.

Shape dough into 1-inch balls. Place 2 inches apart on ungreased 12-inch pizza pan.

Flatten cookie dough to 1/8-inch thickness with bottom of glass dipped in 3 tablespoons sugar.

Place cookies in 375° F preheated microwave oven. Select the **"Fast Recipe Dessert"** pad and scroll to this recipe. Bake 18 minutes. Let cool before eating.

Preheat again, and repeat steps to bake the remaining cookie dough.

Makes 14 2" cookies.



GRILLING TECHNIQUE



PREHEAT OVEN

Preheat oven to 450° F and set oven for maximum cooking time. To use GRILL setting, set oven for maximum cooking time on GRILL. It automatically heats to 450° F. Season meat on both sides, if desired. Slash fat at 2-inch intervals to prevent curling.



PREP GRILL

Spray trivet and turntable with nonstick vegetable cooking spray for easy cleanup. Do not cover trivet with aluminum foil, as it blocks the flow of warm air that cooks the food.



COOK

Cook for the minimum time recommended; then test for doneness. Time varies with the thickness or weight of meat and is longer for frozen meat. Turning meat over is not necessary, as moving air cooks it on both sides.



SLICE AND SERVE

Grill food in advance, if desired, then slice. Individual servings may be reheated as needed by microwaving at MEDIUM (50%).

ROASTING TECHNIQUE



Shield thin or bony areas of roasts or breasts, wing tips and legs of birds to prevent overbrowning.

PREPARATION

Preheating the oven is not necessary for roasted meat and poultry. You don't even need a pan because the turntable will catch the drippings. For moist, tender, perfectly done meat in a fraction of the conventional time, just season meat and place it in the oven and cook, following the temperature and time in your recipes.

Season meat and place directly on the metal trivet, which holds meat away from its juices. The turntable catches the drippings.

Shield thin or bony areas of roasts or breasts, wing tips and legs of birds with foil to prevent overbrowning. Be sure foil does not touch trivet.



Check doneness using a meat thermometer.

ROASTING

Roast meat in an oven-safe glass baking dish or shallow Pyroceram® casserole dish when you wish to make gravy. When meat is done, let it stand on carving board. Microwave gravy in the same dish.

Roast less-tender cuts of beef in heat-resistant, microwave-safe covered casserole dish, or in

cooking bag set in a baking dish. Covering helps tenderize meat.

Check doneness after minimum time using a meat thermometer. If meat is not done, cook 5 minutes longer and check again. Let stand, tented with foil, 5 to 10 minutes before carving.

OPTIONAL COOKWARE

Metal or foil roasting pans, an oven glass baking dish or Pyroceram® casserole can be used. Elevate meat on a heat-resistant rack, if desired, and place cookware on turntable.

BAKING BREAD



PROOFING DOUGH

Use your own recipe or frozen dough. Place in well-greased bowl or loaf pan; cover with damp cloth. Place in oven at 100° F (Warm) for 30 to 45 minutes.

Frozen dough will take longer, 2 to 2-3/4 hours. Dough is doubled when impressions remain after fingers are pressed 1/2" into dough.



BAKING

Preheating the oven will help the browning of breads and baked goods. After baking, bread should be golden brown and sound hollow when tapped. Do not let bread stand in oven; remove from pans immediately to cool on wire rack.



BRAIDED OR SHAPED BREADS

Remove turntable from oven. Shape bread; place directly on turntable. Preheating will give the golden brownness and desired doneness in less cook time.

BAKING CAKES



TUBE OR BUNDT CAKES

Preheat oven. Bake cakes for the minimum time on recipe or package directions. Bake cake on the grill rack. If arcing occurs with fluted tube pan, place a heat- and microwave-safe dish or plate between pan and grill rack.



ANGEL FOOD

Preheat oven. Bake your recipe or a mix according to recipe or mix directions.

LAYER CAKES

Use a mix or your own conventional recipe. Follow recipe or package directions for preheating and baking instructions.



LOAF CAKES OR QUICK BREADS

Preheat oven. Bake for the minimum time on recipe or package directions. Test for doneness. If loaf is not done, let stand in oven a few minutes to complete cooking.

BAKING PIES



PIE SHELL

Use mix, frozen pie dough or your recipe for single-crust pie. Prick crust with fork. Preheat oven to 425° F. Place pie shell on grill rack; bake with convection heat 8 to 10 minutes, or until lightly browned. Cool and fill.



DOUBLE-CRUST OR CRUMB-TOP PIES

Preheat pie as you would for conventional baking; make slits in top of two-crust pie.

Preheat oven to 400° F. Place pie on grill rack. Bake according to recipe or package instructions.



CUSTARD PIES

Prebake and cool pie shell as directed on the left. Fill with uncooked custard. After preheating, bake pie on pizza pan placed on grill rack following recipe or instructions. If custard is not set, let stand in oven a few minutes to complete cooking.



FROZEN PREPARED CUSTARD-TYPE PIES

Preheat oven to temperature listed on package. Place pie on grill rack. Bake minimum time according to the package temperature. If filling is not set, let stand in oven to complete cooking.

FROZEN PREPARED PIES

Preheat oven to recommended temperature. Bake on pizza pan placed on grill rack. Bake according to package instructions.



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