



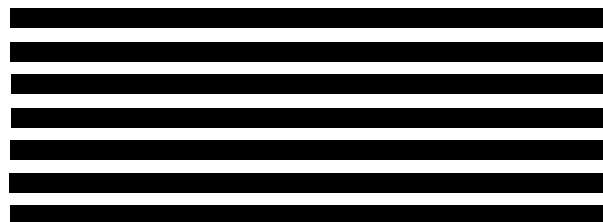
MICROWAVE OVEN

OWNER'S MANUAL & COOKING GUIDE

PLEASE READ THIS MANUAL
THOROUGHLY BEFORE OPERATING.



MODEL C2286.000
0.6 cu.ft.



P/NO. 4B74417J

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

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

IMPORTANT SAFETY INSTRUCTIONS

WARNING - To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. Read all instructions before using the appliance.
2. Read and follow the specific **“PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY”** found on page 2 of this manual.
3. This appliance must be grounded. Connect only to properly grounded outlet.
See **“GROUNDING INSTRUCTIONS”** found on page 5 of this manual.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers — for example, closed glass jars — may explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in this manual.
Do not use for drying linens, newspaper, or any other non food items.
7. As with any appliance, close supervision is necessary when used by children.
8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
9. This appliance should be serviced only by qualified service personnel only. Contact your nearest Service Center for any inspection, repair or adjustment.
10. Do not cover or block any openings on the appliance.
11. Do not use outdoors.
12. Do not immerse cord or plug in water.
13. Keep the 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 use only mild, non-abrasive 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 the food. Watch carefully if paper, plastic, or other combustible materials are placed inside the oven.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c. If materials inside the oven should ignite, KEEP THE OVEN DOOR CLOSED, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
17. Do not heat any type of baby bottles or baby food. Uneven heating may occur and could cause personal injury.
18. Avoid heating small-necked containers such as syrup bottles.
19. Avoid using corrosive and vapors, such as sulfide and chloride, such as syrup bottles.
20. Liquids heated in certain shaped containers (especially cylindrical-shaped containers) may become overheated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (instant coffee, etc.) resulting in harm to the oven and possible injury. In all containers, for best results, stir the liquid several times before heating. Always stir liquid several times between reheatings.

SAVE THESE INSTRUCTIONS

TABLE OF CONTENTS

INSTALLATION	5
FEATURE DIAGRAM + ...	7
CONTROL PANEL	8
OPERATING INSTRUCTIONS	
1. SETTING TIME OF DAY	9
2. HI-POWER/MULTI-POWER COOKING	10
3. MULTI-STAGE COOKING	11
4. DELAY START COOKING	12
5. HOLD WARM	13
6. AUTO WEIGHT DEFROST	14
CARE OF YOUR MICROWAVE OVEN	15
PRECAUTIONS	16
QUESTIONS AND ANSWERS	17
OTHER HELPFUL INSTRUCTIONS	18
COOKING UTENSILS	19
TECHNICAL SPECIFICATIONS	19
MICROWAVE COOKING RECIPES AND TABLES	20
APPETIZERS, SOUPS AND SANDWICHES	22
MEATS AND MAIN DISHES	24
EGGS AND CHEESE	28
VEGETABLES AND FRUITS	29
DESSERTS	30
AUTO WEIGHT DEFROST	31
MICROWAVING TIME TABLE	33
APPENDIX	42



INSTALLATION

A. GROUNDING INSTRUCTIONS

For personal safety, this appliance must be properly grounded in accordance of National Electrical Codes.

In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape route for the electric current.

The power cord of this appliance is equipped with a three-prong (grounding) plug (Fig. 1) to minimize the possibility of electric shock hazard from this appliance.

The plug must be plugged into an outlet that is properly installed and grounded.

WARNING - Improper use of the grounding plug can result in a risk of electric shock. Do not, under any circumstances, cut or remove the third ground prong from the power cord plug.

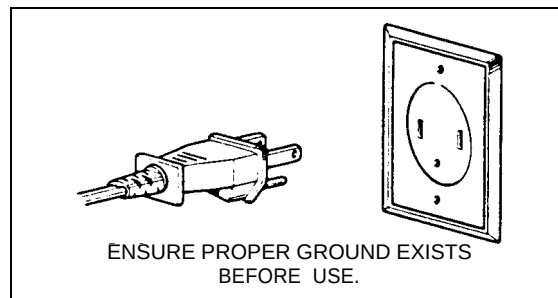


Fig. 1

The consumer should have it checked by 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. Where a standard two-prong wall receptacle is encountered, it is the responsibility and obligation of the consumer to have it replaced with a properly grounded three-prong wall receptacle.

- a) If customer has two-prong wall receptacle, he should replace it with a three-prong (grounding) receptacle by a qualified electrician before using the appliance.
- b) Use of extension cords: If it is necessary to use an extension cord, use only a 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.

B. CIRCUITS

For safety purposes this oven must be plugged into a 15 Amp circuit. No other electrical appliances or lighting circuits should be on this line. If in doubt, consult a licensed electrician.

C. VOLTAGE WARNING

The voltage used at the wall receptacle must be the same as specified on the oven serial plate located on the back or on the side of the control panel of the oven. Use of a higher voltage is dangerous and may result in a fire or other type of accident causing oven damage. Low voltage will cause slow cooking. In case your microwave oven does not perform normal operation in accordance with AC power source and voltage, remove the power cord and then insert it again.

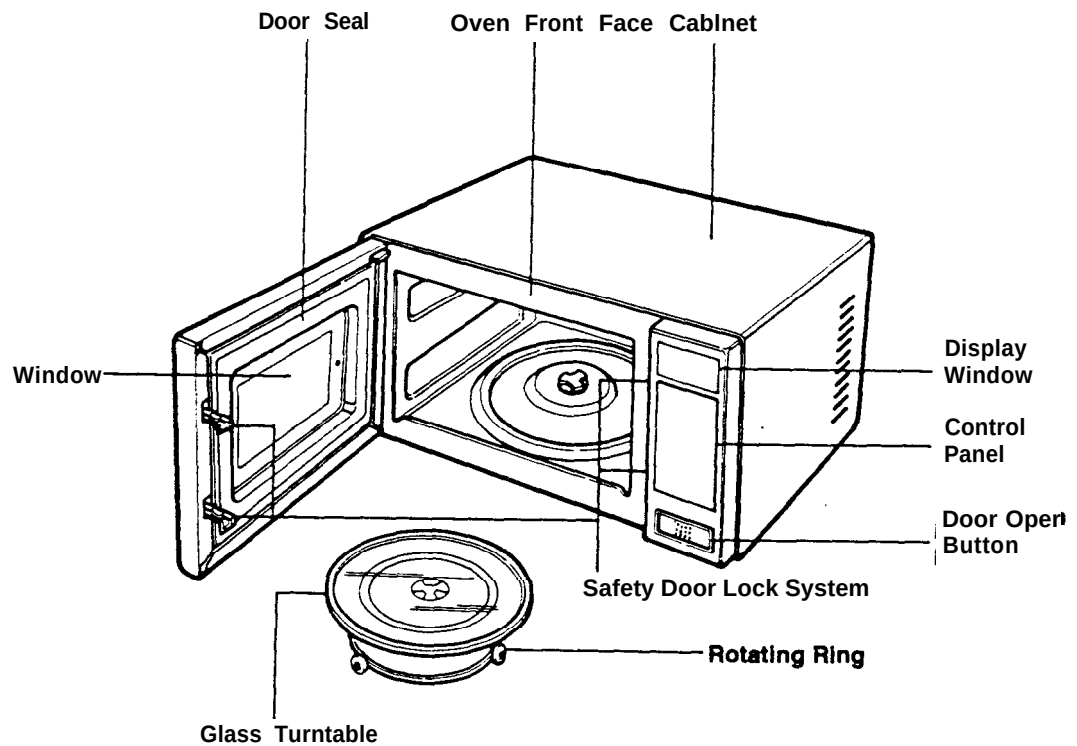
D. LOCATION OF THE OVEN

Your microwave oven can easily be placed under the cabinet kit on a flat surface such as a kitchen counter top or a specially designed microwave oven. Do not place oven above a gas or electric range. Free air flow around the oven is important.

E. DO NOT BLOCK VENTS

All air vents should be kept clear during cooking. If air vents are covered during oven operation the oven may overheat. In this case a sensitive thermal safety device automatically turns the oven off. The oven will be inoperable until it has cooled sufficiently.

FEATURE DIAGRAM



Remove your Microwave Oven and all material from the shipping carton.
Your oven will be packed with the following material:

Glass	Turntable.		1 Each
Rotating	Ring		1 Each
Owner's	Manual & Cooking Guide.		1 Each

Do not use this Microwave Oven for commercial purposes.
This microwave oven is made for household use only.

CONTROL PANEL

Cooking Indicator - D. START,
DEF and WARM indicate which
cooking operation is being
used.

Stage Indicator- When cook-
ing stages are set, STG1 or
STG2 will go on indicating the
stage in which your oven is
cooking.

Display Window-Used to
show:

- Time of day.
- Cooking time.
- Cooking power level.

Time- Used in setting cooking
time.

Delay Start- Used to start the
cooking at a specific time in the
future (up to 12 hours).

Power - Used to select cooking
power levels.

Hold Warm-Used to keep the
food warm.

Numbers- Used to enter the:

- Time of day.
- Cooking times.
- Cooking powers.

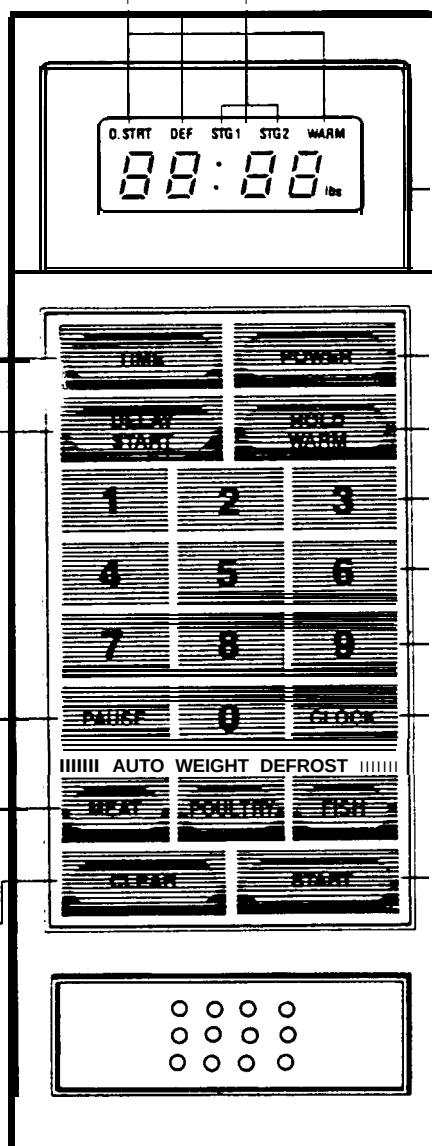
Pause- Used to stop oven
between cooking stages.

Auto Weight Defrost Pads
Used in selecting weight with
number pads.

Clear- Clears all entries except
TIME OF DAY.

Clock-Used in setting time of
day.

-Start-Starts the oven.



NOTE: A "beep" sounds when a "pad" on the
control panel is touched, to indicate a
setting has been entered.

OPERATING INSTRUCTIONS

1. SETTING TIME OF DAY

To set the TIME OF DAY, enter the correct time of day 4:30.

STEP	KEY BOARD	DISPLAY WINDOW	REMARKS
1. Plug the power cord into an electrical outlet.		12:00	"12:00" will show in the display.
2. Touch "CLOCK".		12 00	"12 00" will show without colon.
3. Enter the correct time of day.		4 3 0 ^{will}	be set.
4. Touch "CLOCK" again.		4:30	

OPERATING INSTRUCTIONS (Cont'd)

2. HI-POWER/MULTI-POWER COOKING

HI-POWER COOKING gives the highest cooking power possible with your microwave oven. It is the recommended setting for cooking foods with high moisture content or for cooking foods that need fast cooking to maintain their natural flavour and texture. Many foods need slower cooking (at less than HI power) in order to give you the best results. In addition to HI-POWER cooking there are nine multi-power settings. The cooking guide tells you which power setting is recommended for the food being cooked.

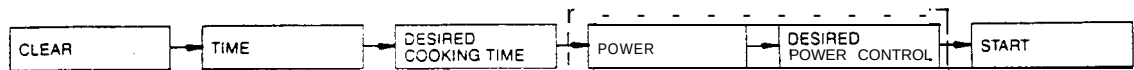
EXAMPLE: If you want to cook food on Power 80% for 5 minutes 30 seconds. (Current time of day is 4:30.)

STEP	KEY BOARD	DISPLAY WINDOW	REMARKS
1. Touch "CLEAR".		4:30	Erase all previous setting except time of day.
2. Touch "TIME".		STG 1 0	"0" will show in the display window, and "STG 1" will blink.
3. Touch the correct numbers on the control panel to set the cooking time.		STG 1 5 30	The set time will show in the display window.
4. Touch "POWER".		STG 1 P - HI	"P-HI" will show.
5. Touch "8".		STG 1 P - 80	"P-80" will show.
6. Touch "START".		End	The oven begins to cook and the time will begin to count down in the display window. Two short and one long tone will sound and the word "End" will show in the display window when the 5 minutes 30 seconds is over.

NOTE:

If you do not select the power level, the oven will operate at power level HIGH. To set HI-POWER cooking, skip steps 4 to 5 above.

OPERATION SUMMARY

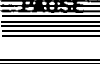
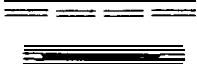
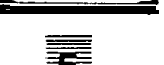
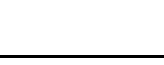


Skip these steps to set
HI-POWER COOKING.

OPERATING INSTRUCTIONS fCont'd)

3. MULTI-STAGE COOKING

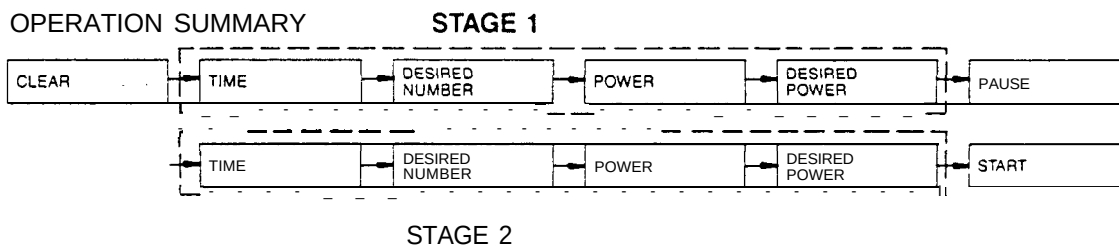
This cooking allows you to set the oven to cook in the first stage at a certain power level for a chosen time and then in the second stage at a different power level for a chosen time. If you want to cook food on Power 80% for 4 minutes in the first stage and Power 50% for 10 minutes in the second stage. (Current time of day is 4:30.)

STEP	KEY BOARD	DISPLAY WINDOW	REMARKS
1. Touch "CLEAR".		4:30	Erase all previous setting except time of day and recipe entry program.
2. Touch "TIME".		STG 1 0	
3. Set 4 minutes by touching "4", "0" and "0".		STG 1 00	"400" will show in the display window.
4. Touch "POWER".		STG 1 P - HI	"P-HI" will show in the display window.
5. Touch "8".		STG 1 P - 80	The first stage has been set.
6. Touch "PAUSE".		STG 1 PAUS	
7. Touch "TIME".		STG 1 STG 2 0	"STG2" will blink in the display window.
8. Set 10 minutes by touching "1", "0", "0" and "0".		STG 1 STG 2 10 00	"1000" will show.
9. Touch "POWER".		STG 1 STG 2 P - 11	
10. Touch "5".		STG 1 STG 2 P - 50	
11. Touch "START".		STG 1 STG 2 4:00	The oven will begin cooking stage 1 and the display window will show the time counting down.

NOTE:

After the PAUSE, touch START to restart the oven.

OPERATION SUMMARY



OPERATING INSTRUCTIONS (Cont'd)

4. DELAY START COOKING

Delay Start cooking can be done by starting the cooking automatically at a preset delay time for the chosen cooking time.

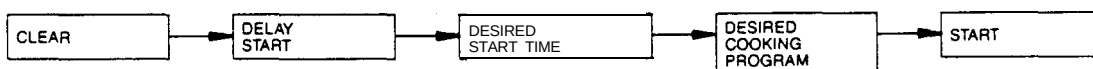
EXAMPLE: If you want to start at 6:30, (Current time of day is 4:30.)

STEP	KEY BOARD	DISPLAY WINDOW	REMARKS
1. Touch "CLEAR".		4:30	
2. Touch "DELAY START".		D. STRT 0	"D.STRT" will blink.
3. Touch numbers for the time of day to start cooking.		D. STRT 6 30	A preset delay time must be less than 12 hours.
4. Touch "TIME".		D. STRT STG 1 0	"STG 1" will blink.
5. Touch numbers for cooking time.		D. STRT STG 1 15 00	
6. Touch "POWER".		D. STRT STG 1 P - H1	
7. Touch number for desired power level.		D. STRT STG 1 P - 70	
8. Touch "START".			The present time of day will show in the display window. As soon as the clock shows the preset cook start time, the oven will start cooking and the cooking time will count down in the display window.

NOTE:

1. DELAY START cooking must always be used after TIME OF DAY is set.
2. If you change the delay start time during delay start operating, you touch the PAUSE and the DELAY START again, and then follow the above steps numbered 3-8.
3. Fresh food should not stand at room temperature over two hours prior to cooking.

OPERATION SUMMARY



OPERATING INSTRUCTIONS (Cont'd)

5. HOLD WARM

Your oven has a "Hold Warm" feature that keeps the food warm after the cooking is done.

EXAMPLE: If you want to cook food at Hi-POWER for 6 minutes. (Current time of day is 4:30.)

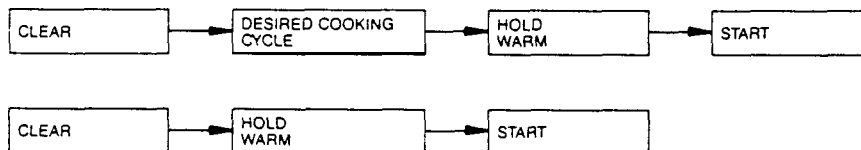
STEP	Key BOARD	DISPLAY WINDOW	REMARKS
1. Touch "CLEAR".		4:30	Erase all previous setting except time of day.
2. Touch "HOLD WARM".		Ho Id ^{STG 1} ^{WARM}	"Hold" will appear in the display window.
5. Touch "START".		End	When the cooking cycle is over, the oven will switch into "Hold Warm" to keep the food warm. The cook control setting changes to power level 1.

NOTE:

The "Hold Warm" will continue for up to 60 minutes if CLEAR has not been touched. At this time, "End" will show in the display window with two short and one long tones.

"Hold Warm" function will be used independently.

OPERATION SUMMARY



OPERATING INSTRUCTIONS (Cont'd)

6. AUTO WEIGHT DEFROST

EXAMPLE: If you want to defrost 2 pounds of Ground Beef. (Current time of day is 4:30.)

STEP	KEY BOARD	DISPLAY WINDOW	REMARKS
1. Touch "CLEAR".		4:30	
2. Touch "MEAT".		DEF F L	
3. Select the desired cooking weight by using Number key pad. (ex: To select 1.0 - 5.9 lbs.)		DEF 2.0 lbs	"2.0" will show in the display window.
4. Touch "START".		DEF 50:00	"50:00" will show in the display window and the oven will begin the defrosting you selected. At the end of the required time, two short and one long beep will sound. The oven shuts off automatically.

OPERATION SUMMARY



AUTO DEFROST SEQUENCE LIST

SEQUENCE	FOOD	MIN./MAX. FOOD
MEAT	*BEEF.. Ground Beef, Round Steak, Cubes for Stew, Tenderloin Steak, Pot Roast, Rib Roast, Rump Roast, Chuck Roast *LAMB.. • PORK Chops (1-inch thick), Rolled roast Chops (1/2 - thick), Spareribs, Country-style ribs, Rolled roast • VEAL Cutlets (1 lb., 1 inch thick)	0.1/5.9 lbs.
POULTRY	• POULTRY Whole (under 4 lbs), Parts Breasts (boneless) • CORNISH HENS. Whole • TURKEY Breast (under 6 lbs)	0.1/5.9 lbs
FISH	• F I S H Fillets, Whole • S H E L L F I S H Crabmeat, Lobster tails, Shrimp, Scallops	0.1/5.9 lbs.

CARE OF YOUR MICROWAVE OVEN

To Clean Your Oven

1. Keep the inside of the oven clean.

Food spatters or spilled liquids stick to oven walls and between seal and door surface. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times. Use a damp cloth to wipe out crumbs that fall between the door and the frame.

It is important to keep this area clean to assure a tight seal. Remove greasy spatters with a sudsy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The turntable can be washed by hand or in the dishwasher.

2. Keep the outside of the oven clean.

Clean the outside of your oven with soap and water then with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings.

To clean control panel, open the door to prevent oven from accidentally starting, and wipe with a damp cloth followed immediately by a dry cloth. Touch CLEAR pad after cleaning.

3. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.

PRECAUTIONS

1. Do not attempt to tamper with, or make any adjustments or repairs to door, control panel, safety interlock switches or any other part of the oven. Repairs should be done by qualified service personnel only.
2. Be certain to place the front surface of the door three inches or more away from the countertop edge to avoid accidental tipping of the appliance in normal usage.
3. For the most accurate programming of the electronic units, touch the center of each pad securely. Do not touch several pads at one time or touch in between pads. A beep sound should be heard with each touch when pad is touched correctly.
4. Do not hit or strike the control with objects such as silverware, utensils, etc. Breakage may occur.
5. Be careful when taking the cooking utensils out of the oven. Some dishes absorb heat from the cooked food and may be hot.
6. Do not rinse cooking utensils by immediately placing them into water just after cooking. This may cause breakage. Allow the turntable to cool down.
7. Do not use metal utensils. See cooking utensils section in the cooking guide.
8. Do not operate the oven empty. Either food or water should always be in the oven during operation to absorb microwave energy.
9. Do not heat unopened food containers in the oven. Pressure build-up can cause the container to burst, resulting in injury.
10. Do not use your microwave oven to dry newspapers or clothes. They can catch fire.
11. Only use thermometers approved for Microwave Oven Cooking.
12. Be certain the turntable is in place when you operate the oven.
13. Pierce the skin of potatoes, whole squash, apples or any fruit or vegetable which has a skin covering, before cooking.
14. Never use your microwave oven to cook eggs in the shell. Pressure can build up inside the shell causing it to burst.
15. Do not pop popcorn in your microwave oven. Under certain conditions it could catch fire.

QUESTIONS AND ANSWERS

Q. What's wrong when the oven light will not glow?

- A. There may be several reasons why the oven light will not glow.
- Door is not closed.
 - Light bulb is burned out.
 - START has not been touched.

Q. Why is steam coming out of the air exhaust vent?

- A. Steam is normally produced during cooking operations. The microwave oven has been made to vent this steam out of the vent.

Q. Does microwave energy pass through the viewing screen in the door?

- A. No. The holes, or ports are made to allow light to pass; they do not let microwave energy through.

Q. Why does the beep tone sound when a pad on the Control Panel is touched?

- A. The beep tone sounds, to assure that the setting is being properly entered.

Q. Will the microwave oven be damaged if it operates empty?

- A. Yes. Never run it empty and without the turntable.

Q. Why do eggs sometimes pop?

- A. When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.

Q. Why is a standing time recommended after microwave cooking is over?

- A. After microwave cooking is finished, foods keep on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.

Q. Is it possible to pop corn in a microwave oven?

- A. Yes, if using one of the two methods described below:
- (1) Microwave-popping devices designed specifically for microwave cooking.
 - (2) Prepackaged commercial microwave popcorn that contains specific times and power outputs needed for an acceptable final product.

FOLLOW EXACT DIRECTIONS GIVEN BY EACH MANUFACTURER FOR THEIR POPCORN POPPING PRODUCT AND DO NOT LEAVE THE OVEN UNATTENDED WHILE THE CORN IS BEING POPPED. IF CORN FAILS TO POP AFTER THE SUGGESTED TIMES, DISCONTINUE COOKING. OVERCOOKING COULD RESULT IN AN OVEN FIRE.

CAUTION: NEVER USE A BROWN PAPER BAG FOR POPPING CORN OR ATTEMPT TO POP LEFTOVER KERNELS.

Q. Why doesn't my oven always cook as fast as the cookbook says it should?

- A. Check with your cookbook again, to make sure you've followed directions exactly: and to see what might cause variations in cooking time.
- Cookbook times and heat settings are suggestions, chosen to help prevent over-cooking the most common problem in getting used to a microwave oven. Variations in the size, shape, weight and dimensions of the food could require longer cooking time. Use your own judgment along with the cookbook suggestions to test for doneness, just as you would do with conventional cooking.
-

OTHER HELPFUL INSTRUCTIONS

For best results and more enjoyable cooking, please read the cooking guide, thoroughly.

For Best Results:

1. When determining the time for a particular food, begin by using minimum time and checking occasionally for doneness. The microwave oven cooks so quickly, it is easy to overcook foods.
2. Small quantities of food, or foods with low water content may dry out and become hard if cooked too long.
3. Do not use the oven for drying kitchen towels or paper products. They may burn.
4. Don't cook eggs, in their shell, in the microwave oven.
5. For food items such as apples, potatoes, egg yolks, chicken livers, etc., be sure to pierce the skin or membrane to prevent bursting of the food while cooking in the oven.

Defrosting Frozen Foods:

1. Foods that have been frozen can be placed directly in the oven for thawing. (Be certain to remove any metallic ties or wraps.)
2. Defrost according to the Defrost Charts found in the Cookbook.
3. For areas of the food thawing faster than others, cover with small pieces of aluminium foil. This helps slow down or stop the defrosting process.
4. Some foods should not be completely thawed before cooking. For example, fish cooks so quickly that it is sometimes better to begin cooking while still slightly frozen.
5. It may be necessary to increase or decrease the cooking time in some recipes, depending on the starting temperature of the foods.

NOTE:

Air from the vent may become warm during cooking. This is normal.

Browning:

There are a few foods which are not cooked long enough in the microwave oven to brown and may need additional color.

Coatings such as SHAKE BAKE® or paprika, and browning agents such as Kitchen Bouquet® or Worcestershire sauce may be used on chops, meat patties or chicken parts.

Roasts, poultry or ham, cooked for 10-15 minutes or longer, will brown nicely without extra additives.

COOKING UTENSILS

Cooking Utensils:

1. Most glass, glass ceramic, and heat resistant glassware utensils are excellent. Those with metallic trim should not be used in the microwave oven.
2. Most paper napkins, towels, plates, cups, cartons, and cardboard are convenient utensils. Some recycled paper products may contain impurities which fat could cause "arcing" or fires, when used in the microwave oven.
3. Some plastic dishes, cups, containers and wraps may be used in the microwave oven. Follow the manufacturer's instructions or information given in the cookbook when using plastics in the microwave oven.
4. Metal utensils and utensils with metallic trim should not be used in the microwave oven.

TECHNICAL SPECIFICATIONS

Power Input	120V, 60Hz, 8.2A AC only 3-prong grounded plug
Power Output	500 Watts
Microwave Frequency	2,450 MHz
Outer Dimensions	462(W) x251(H) x320(D) mm
Cavity Volume	0.6 Cu-ft.
Net Weight	23.1 lbs. (Approx.)
Shipping Weight	26 lbs. (Approx.)
Power Consumption	930 Watts

Weights and dimensions shown are approximate.
Specifications are subject to change without notice.

The serial number is found on the back of this unit.

This number is unique to this unit and not available to others. You should record requested information here and retain this guide as a permanent record of your purchase.

Date of Purchase

Dealer Purchased From

Dealer Address

Dealer Phone No.

Model No. C2286.000

Serial No.

MICROWAVE COOKING RECIPES AND TABLES

Introduction

Your microwave oven can be one of the most useful appliances in your home. If you follow a few basic instructions, this book will teach you how to make microwave cooking both enjoyable and safe. All of the recipes in this book have been tested and proven to provide many rewarding meals for you and your family. Before you begin trying the recipes, take a few moments to read these pages of instructions and helpful hints.

How Your Microwave Oven Works: Quite simply, microwaves are a form of energy, just as sunlight and radio waves. The only difference is in the shape and form of the energy wavelengths. When the magnetron tube in your oven is activated, electricity is converted into high frequency radiating energy in the form of very small (micro) waves. The microwaves are reflected into the oven compartment through an opening in the top of the appliance, and are distributed evenly by a built-in stirrer. When microwaves penetrate food, individual molecules in the food begin to vibrate, and the heat friction caused by this vibration passes from molecule to molecule by induction, cooking the food.

Power and Standing Time: Like any conventional oven, microwave appliances are affected by fluctuations in local energy supplies. The location of your house, weather, and time of day may all affect energy availability, and you may find that your microwave oven does not always cook at the same rate. This book provides you with minimum and maximum cooking times for each recipe to accommodate this possible variation in energy availability.

In order to avoid overcooking, you should always check your food as soon as it has cooked the minimum recommended time. Remember also that cooking continues after the food has been taken from the oven. This period of extra cooking occurs because the molecules continue to vibrate after the food has been removed from the source of cooking energy.

Standing times, which allow the extra cooking to take place, can vary from one to five minutes for vegetables, or five to ten minutes for a large roast. Experience will help you determine standing times for the various foods you prepare.

Utensils

Because microwaves cannot pass through metal, some standard utensils used in conventional ovens are unsuitable for microwave use. Many of the containers which you already own, however, are perfectly safe to use.

How to Test for Microwave Use: Here is a simple test to determine whether or not a utensil is compatible with your microwave oven: Measure one cup of water into a glass container, and place it on or near the dish you wish to test. Microwave on at Power Level 10 for one to two minutes, until water is hot, then test the container in question. If the dish remains cool to the touch, it is safe for the microwave oven.

Utensils to Use in a Microwave Oven: Containers made of glass, ceramics, and some forms of plastic, allow microwaves to pass freely through them, making them ideal for microwave use. Freezer pouches and oven baking bags are usually equally effective in your microwave oven.

Many utensils are made especially for use in a microwave oven. These heat-resistant plastics may go directly from freezer to microwave and vice versa without harming either food or container. To avoid problems, always read the instructions on these containers before using them.

Shape and Depth: Depth and shape of containers will affect cooking time. In a shallow casserole dish, for example, food cooks more rapidly than in a deep dish with the same volume, because more surface area of the food is exposed to microwave energy. Straight-sided containers are preferable to curved ones, because the more uniform food depth allows for even cooking. Round dishes allow the microwaves to penetrate the food evenly from all sides. Square dishes allow excess exposure of the food to microwaves, often resulting in overcooking.

Food Characteristics & Your Microwave

Many people believe that their job is done once the food goes into the microwave and the timer is set. This is far from true. The following techniques are as important to your cooking as selecting quality ingredients from the market.

Density: Microwaves penetrate porous foods such as cakes or breads more easily than heavy foods such as roasts or casseroles. Dense foods must be cooked for a longer time, and often at a lower power setting to avoid uneven cooking.

Starting Temperatures: The initial temperature of food directly affects the length of time they must cook or heat. As in a conventional oven, frozen food takes longer to cook than does refrigerated food, while food at room temperature cooks most quickly.

Moisture Content: Because **microwaves** are attracted to moisture, cooking time will vary according to water content. Naturally moist foods such as vegetables, fish and poultry will cook quickly and evenly; drier foods such as rice or dried beans require added moisture for microwave cooking.

Size of Foods: Small, even-sized pieces of food cook more rapidly than large ones. To insure even cooking, cut all pieces of food into similar sizes and shapes.

Quantity of Foods: Microwave times relate directly to the amount of food being cooked. Smaller quantities of food cook faster than large quantities. When doubling a recipe, increase time by about half and check for doneness. Add any additional time very cautiously.

Shape of Foods: Thin parts of uneven foods cook faster than thick parts. Chicken pieces, fish fillets and other foods which vary in thickness will take longer to cook in the thicker portions. To promote even cooking, arrange foods so that thicker portions are to the outside, where they will absorb more energy.

Bones and Fat Content in Meat: The bone and fat distribution affects how evenly meats cook in the microwave oven. Boneless cuts cook more evenly, since bones conduct heat to areas near them. Well-marbled meat cooks more evenly. Large areas of fat attract energy away from the meat, and slow cooking. To prevent uneven cooking, meats with bones or large fatty areas may require frequent turning during microwaving.

Techniques for Microwave Cooking

Every different food has unique characteristics. Here are some ideas and guidelines to help you achieve optimum results from your microwave oven.

Elevating: As in conventional cooking, foods such as roasts are elevated so they are not allowed to steam in their own juices. Turning foods is especially important here because it allows for more even cooking. Shielding may also be needed to prevent overcooking in some smaller areas.

Stirring: As with other cooking methods, prevent uneven cooking by stirring and rearranging food while it is cooking. Since the food towards the outside of a dish heats first, stir from the outside toward the center to promote even heat distribution.

Browning: Many microwave utensils are specially designed to allow browning of some foods. A special coating on the bottom of these dishes absorbs microwave energy to create temperatures high enough to brown food such as hamburgers, fried eggs, and grilled sandwiches. Use these utensils according to manufacturer's instructions.

Shielding: Certain foods that attract excess microwave energy, such as wing tips and leg ends of poultry, and the corners of square baking pans, can be shielded to prevent overcooking. Shielding done with small pieces of foil will not hurt your oven as long as they do not touch each other or the sides of the oven.

Arranging and Spacing: Individual foods like potatoes and muffins should be arranged in a circle at the outside edge of the oven cooking platform. This will guarantee that all the pieces cook evenly at the same rate. Foods which are uneven in thickness, such as chicken wings, should be arranged with the meatier portions to the outside. Delicate foods like asparagus tips should be placed toward the inside of the dish to receive less microwave energy. If possible, always leave spaces between individual pieces of food.

APPETIZERS. SOUPS AND SANDWICHES

Vegetable Platter

12 frozen baby carrots, defrosted
12 frozen Brussels sprouts, defrosted
12 whole canned mushrooms
24 whole boiled onions
12 wooden skewers, B-inch
1 medium head cauliflower, about
1 1/2 lbs.

Lemon Dill Sauce

1/3 cup butter or margarine
1 tablespoon lemon juice
1/2 teaspoon seasoned salt
1/4 teaspoon dried dill weed

Assemble kebabs by alternating 1 carrot, 1 Brussels sprout, 1 mushroom and 2 onions on each skewer. Arrange in circular pattern on 10-inch microwavable round plate. Set aside.

Rinse cauliflower with water. Shake off excess. Wrap in plastic wrap. Microwave at Power Level 10 for 4 minutes. Turn over. Microwave for 5 to 6 minutes, or until tender-crisp. Set aside.

In 2-cup glass measure, combine all sauce ingredients. Microwave at Power Level 10 for 1 1/2 to 2 minutes, or until butter melts. Mix well. Brush kebabs with sauce. Cover with plastic wrap; vent.

Microwave at Power Level 10 for 5 to 6 minutes, or until vegetables are tender-crisp. Let stand 1 minute. Remove plastic wrap from all vegetables. Place cauliflower in center of plate. Brush with remaining sauce. Serve hot.

10 to 12 servings

Chili Cheese Dip

1 lb. pasteurized process cheese
spread with Mexican seasoning
1 can (15 oz.) chili without beans
1 can (5 oz.) evaporated milk
1 medium tomato, seeded and
chopped
2 green onions, sliced Corn chips

Cut cheese into 1-inch cubes. In 2-quart microwavable casserole, combine cheese, chili and milk. Cover. Microwave at Power Level 7 for 12 to 14 minutes, or until cheese melts and mixture can be stirred smooth, stirring every 3 minutes. Let stand 2 minutes. Top with tomato and onions. Serve with corn chips.

About 4 cups

Cream of Vegetable Soup

1 pkg. (10 oz.) frozen mixed
vegetables
1/4 cup chopped onion
2 tablespoons butter or margarine
1 tablespoon snipped fresh parsley
2 teaspoons instant chicken bouillon
granules
1/4 teaspoon dried marjoram leaves
1/8 teaspoon pepper
1 cup water
2 tablespoons all-purpose flour
1 cup half-and-half or milk
Cheese-flavored croutons

In 2-quart microwavable casserole combine mixed vegetables, onion, butter and parsley. Cover. Microwave at Power Level 10 for 9 to 10 minutes, or until tender, stirring once.

Pour mixture into blender container or food processor. Blend until smooth. Return mixture to casserole. Stir water into flour. Add bouillon, marjoram and pepper. Blend water mixture and half-and-half into vegetable puree. Microwave, uncovered, at Power Level 10 for 4 to 5 minutes, or until mixture thickens, stirring once. Garnish with croutons.

4 to 6 servings

Ham and Vegetable Soup

3/4 to 1 lb. fully-cooked bone-in ham slice
1 tablespoon olive oil
8 oz. small red potatoes, thinly sliced
1 small zucchini, sliced
1 cup chopped cabbage
1/2 cup chopped onion
1/2 cup chopped green pepper
1/4 cup chopped carrot
4 to **4 1/2** cups hot water
2 teaspoons instant chicken bouillon granules
1/4 teaspoon dried basil leaves
1/8 teaspoon dried thyme leaves
1/8 teaspoon pepper

Remove bone from ham. Set aside. Cut ham into 1/2-inch cubes. Set aside. In 3-quart casserole, combine ham bone, potatoes, zucchini, cabbage, onion, green pepper, and carrot. Cover.

Microwave at Power Level 10 for 10 to 12 minutes, or until tender, stirring once. Stir in ham and remaining ingredients. Re-cover. Microwave at Power Level 10 for 15 to 18 minutes, or until heated through, stirring once. Discard bone.

6 to 8 servings

Barbecued Pork Sandwiches

2 lbs. pork blade steaks
1 can (12 oz.) beer
1 small onion, thinly sliced
1 clove garlic, quartered
1 bay leaf
1 cup barbecue sauce
1/4 cup chili sauce
1/4 teaspoon pepper
4 pita bread, 4-inch Shredded lettuce

In 2-quart microwavable casserole, combine pork, beer, onion, garlic and bay leaf. Cover.

Microwave at Power Level 10 for 10 minutes, then Power Level 3 for 40 to 50 minutes, or until pork is tender. Let stand, covered, for 10 minutes. Remove pork and onion. Cool. Discard cooking liquid. Shred pork.

In 2-quart microwavable casserole, mix pork, reserved onion, barbecue sauce, chili sauce and pepper. Cover. Microwave at Power Level 10 for 8 to 10 minutes, or until heated through. Discard bay leaf. Serve in pita bread with lettuce.

4 servings

Bacon-Cheese Burgers

3 slices bacon
1 lb. lean ground beef
2 teaspoons Worcestershire sauce
1/4 teaspoons onion salt
1/8 teaspoon pepper
4 slices (3/4 oz. each) American process cheese

Place bacon on microwavable roasting rack. Cover with paper towel. **Microwave** at Power Level 10 for 3 to 4 minutes, or until just crisp. **Cool.** **Crumble.**

In medium mixing bowl, mix ground beef, bacon, Worcestershire sauce, onion salt and pepper. Shape into **4** patties, 1/2 inch thick. Arrange on microwavable roasting rack.

Microwave, uncovered, at Power Level 10 for 3 minutes. Turn over. Microwave for 2 to 3 minutes, or until beef is desired doneness. Top each with cheese slice. Microwave at Power Level 10 for 45 to 60 seconds, or until cheese melts.

4 servings

MEATS AND MAIN DISHES

Wine-Braised Ribs

3 lbs. pork spareribs, cut into 2-rib pieces
1 medium onion, sliced
2 bay leaves
2/3 cup tomato juice
1/2 cup white wine
1/2 teaspoon dried chervil leaves (optional)
1/2 teaspoon dried tarragon leaves

Sauce

2 slices bacon, finely chopped
1/4 cup finely chopped carrot
1/4 cup chopped onion
1 clove garlic, minced
2 tablespoons all-purpose flour
2 teaspoons sugar
1/4 teaspoon pepper
2 tablespoons tomato paste
1 cup beef broth
1/3 cup white wine

In large oven cooking bag, combine ribs, onion slices and bay leaves. Place 8-inch glass baking dish. Set aside.

In small bowl, combine tomato juice, 1/2 cup wine, chervil and tarragon. Pour over ribs. Close bag loosely with string or nylon closure. Microwave at Power Level 10 for 10 minutes. Turn bag over. Reduce to Power Level 5. Microwave for 35 to 45 minutes, or until pork is tender. Let stand, covered, for 10 minutes.

For sauce, in 2-quart microwavable casserole, combine bacon, carrot, onion and garlic. Cover. Microwave at Power Level 10 for 5 to 6 minutes, or until vegetables are tender, stirring once. Add flour, sugar, pepper and tomato paste. Blend in beef broth and wine.

Microwave, uncovered, at Power Level 10 for 5 to 6 minutes, or until thickened, stirring twice. Remove ribs from bag. Add to sauce. Microwave at Power Level 5 for 7 to 8 minutes, or until hot. Let stand 2 minutes. Discard bay leaves.

3 servings

Greek Beef Kebabs

8 oz. boneless beef sirloin steak, 1 inch thick
4 small red potatoes, 1-inch
1 jar (6 oz.) marinated artichoke hearts (reserve marinade)
1/4 teaspoon pepper
8 pitted extra large black olives
4 wooden skewers, 10-inch

Trim and discard fat from beef. Cut into 1-inch cubes. Set aside.

Trim 1/2-inch strip around center of each potato. Place potatoes in 1-quart microwavable casserole. Sprinkle with 1 tablespoon artichoke marinade. Cover.

Microwave at Power Level 10 for 7 to 8 minutes, or until tender. Blend pepper into reserved marinade. Set aside.

Alternate beef, artichoke hearts, olives and potatoes among skewers, placing potatoes in center of skewers. Arrange kebabs on microwavable roasting rack. Brush with marinade. Cover with wax paper.

Microwave at Power Level 10 for 3 minutes.

Rearrange kebabs and turn over. Brush with marinade. Cover. Microwave at Power Level 10 for 2 to 3 minutes, or until desired doneness. Brush with marinade.

4 servings

Southern-Style Pork Chops

1 egg, beaten
2 tablespoons French dressing

Coating

1/2 cup unseasoned dry bread crumbs
1/2 teaspoon paprika
1/2 teaspoon onion powder
1/2 teaspoon celery salt
1/4 teaspoon chili powder
1/4 teaspoon pepper
4 pork chops, 1/2 inch thick

In shallow bowl, blend egg and dressing. Combine all coating ingredients on sheet of wax paper. Dip chops in egg mixture, then roll in coating. Press coating onto chops.

Arrange chops on microwavable roasting rack. Microwave at Power Level 5 for 17 to 18 minutes, or until meat near bone is no longer pink, rearranging chops once. Do not turn chops over. Let stand for 3 minutes.

4 servings

Sausage and Poppy Seed Potatoes

3 tablespoons butter or margarine
2 tablespoons chopped onion
3 tablespoons all-purpose flour
1 tablespoon snipped fresh parsley
1 teaspoon prepared mustard
1 teaspoon poppy seed
1/2 teaspoon salt Dash pepper
1 1/2 cups milk
3 1/2 cups thinly sliced potatoes
(about 1 1/2 lbs.)
1 lb. fully cooked ring sausage
(Polish or smoked country style)

Place butter and onion in 2-quart microwavable casserole. Cover. Microwave at Power Level 10 for 2 to 3 minutes, or until tender. Stir in flour, parsley, mustard, poppy seed, salt and pepper. Blend in milk. Microwave, uncovered, at Power Level 10 for 5 to 6 minutes, or until thickened, stirring once.

Stir in potatoes. Cover. Microwave at Power Level 10 for 12 to 13 minutes, or until potatoes are almost tender, stirring once.

Slash sausage 1/2 inch deep at 3-inch intervals. Place sausage on potatoes. Cover. Microwave at Power Level 10 for 5 to 6 minutes, or until heated through and potatoes are tender. Let stand for 2 minutes.

4 servings

Beef Goulash

1 lb. boneless **beef chuck roast**, cut into 3/4-inch cubes
1/4 cup all-purpose flour
2 medium **potatoes**, cut into 8 wedges
1 can (16 oz.) **whole tomatoes**, chopped
1 cup thinly sliced carrots
2/3 cup water
1/2 cup chopped onion
1 tablespoon lemon juice
1% teaspoons instant beef bouillon granules
1% teaspoons paprika
1/2 teaspoon garlic salt
1/2 teaspoon sugar
1/4 teaspoon dried dill weed
1/8 teaspoon cayenne

Place beef and flour in large plastic food storage bag. Shake to coat. Pour beef and excess flour into 2-quart casserole. Stir in remaining ingredients. Cover.

Microwave at Power Level 10 for 10 minutes. Stir. Reduce to Power Level 5. Microwave for 70 to 75 minutes, or until beef is tender, stirring 4 minutes. Let stand, covered, for 10 minutes.

4 servings

Garlic Beef with Carrots

Marinade

2 tablespoons vegetable oil
2 cloves garlic, minced
1 tablespoon white wine
1 tablespoon soy sauce
1 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon sesame oil
1/8 teaspoon ground ginger

1 lb. boneless beef sirloin steak, cut into 1/8-inch strips
1/2 cup thinly sliced green onion
1/2 cup thinly sliced green pepper
3 medium carrots, cut into 2 1/2 x 1/8-inch strips (about 2 cups)
2 teaspoons water
1 tablespoon vegetable oil
2 teaspoons cornstarch
2 teaspoons cold water Hot cooked rice

In medium mixing bowl, combine all marinade ingredients. Add beef, onion and green pepper. Stir to coat. Cover and refrigerate for 30 minutes.

Place carrots in 1-quart microwavable casserole. Cover. Microwave at Power Level 10 for 2 1/2 to 3 1/2 minutes, or until tender-crisp. Set aside.

Place oil in 2-quart microwavable casserole. Microwave at Power Level 10 for 1 minute. Add meat mixture. Stir to coat. Microwave at Power Level 10 for 3 minutes. Add carrots. Set aside.

In 1-cup glass measure, blend cornstarch and water. Add to meat mixture. Stir to combine. Microwave at Power Level 10 for 8 to 9 minutes, or until beef is no longer pink and sauce thickens. Serve with rice.

4 servings

Hoisin Chicken with Walnuts

Marinade

1 tablespoon vegetable oil
1 tablespoon soy sauce
1 tablespoon dry sherry
1/4 teaspoon dried crushed red pepper
1/8 teaspoon garlic powder
2 boneless whole chicken breasts, skin removed, cut into 2x1/2-inch strips
6 green onions, cut into 1-inch pieces
1/2 cup walnut halves
1/3 cup Hoisin Sauce
1/4 teaspoon browning sauce
Hot cooked rice

In small mixing bowl, blend all marinade ingredients. Gently stir in chicken to coat. Cover and refrigerate for 30 minutes. Combine chicken mixture, green onions and walnuts in 1-quart microwavable casserole.

Microwave, covered, at Power Level 10 for 8 to 9 minutes, or until chicken is no longer pink, stirring twice.

In 1-cup glass measure, blend Hoisin Sauce and browning sauce. Stir into chicken mixture. Let stand 1 minute. Serve over rice.

4 servings

Cornish Hens with Rice Stuffing

Stuffing

1/2 cup chopped apple
1 tablespoon sliced green onion
1 cup cooked white or brown rice
2 tablespoons raisins
2 tablespoons chopped pecans
1/4 teaspoon ground cardamom
1/8 teaspoon ground nutmeg
1/8 teaspoon salt

2 Cornish hens (1 1/2 lbs. each)

Glaze

1/4 cup apple jelly
1 teaspoon butter or margarine
1/2 teaspoon browning sauce

In 1-quart casserole, combine apple and onion. Cover. Microwave at Power Level 10 for 1 to 2 minutes, or until tender. Stir in remaining stuffing ingredients. Fill cavities of Cornish hens. Place breast-side down on roasting rack.

In 1-cup glass measure, combine all glaze ingredients. Microwave at Power Level 10 for 45 to 60 seconds, or until melted. Stir. Set aside.

Cover stuffed hens with wax paper. Microwave at Power Level 10 for 10 minutes. Turn hens over. Brush with glaze. Microwave covered at Power Level 10 for 10 minutes. Brush with glaze. Microwave covered for 5 to 7 minutes longer, or until legs move freely and juices run clear, brushing with glaze once. Let stand 2 minutes.

2 servings

Chicken Enchiladas

Filling

1 cup chopped green pepper
1/2 cup chopped zucchini
1 clove garlic, minced
2 cups cut-up cooked chicken
1 can (15 oz.) tomato sauce (reserve 1/2 cup)
1/2 cup refried beans
1/2 teaspoon salt
1/2 teaspoon dried oregano leaves
1/4 teaspoon ground cumin
1/4 teaspoon sugar

4 flour tortillas, 5-inch diameter
1 cup shredded Cheddar cheese

In 1 1/2-quart casserole, combine green pepper, zucchini and garlic. Cover. Microwave at Power Level 10 for 5 to 6 minutes, or until tender.

Stir in remaining filling ingredients. Cover. Microwave at Power Level 10 for 8 to 9 minutes, or until heated through and flavors are blended, stirring once. Set aside.

Soften tortillas by placing between damp paper towels. Microwave at Power Level 10 for 45 to 60 seconds, or until warm. Spoon a fourth of the filling in center of each tortilla. Roll up tortillas. Place in 8-inch square baking dish. Top with reserved tomato sauce. Sprinkle with cheese. Microwave at Power Level 5 for 8 to 9 minutes, or until cheese melts.

4 servings

Salmon and Fettuccini

4 salmon steaks (about 1½ lbs.)
cooked, as above
¼ cup butter or margarine
1 medium zucchini, cut into 2x ¼-
inch strips (about 1 cup)
1 cup sliced fresh mushrooms
2 tablespoons all-purpose flour
½ teaspoon dried dill weed
½ teaspoon salt
⅛ teaspoon pepper
1½ cups half-and-half or milk
8 oz. fettuccini, cooked and hot
¼ cup grated Parmesan cheese

Remove and discard skin and bones from cooked salmon. Flake with fork. Set aside. In 2-quart casserole, combine butter, zucchini and mushrooms. Cover. Microwave at Power Level 10 for 4 to 5 minutes, or until zucchini is tender-crisp, stirring once. Stir in flour, dill weed, salt and pepper. Blend in half-and-half. Microwave at Power Level 10 for 7 to 8 minutes or until mixture thickens, stirring twice. Stir in salmon. Toss with fettuccini. Sprinkle with cheese.

4 servings

Cauliflower Clam Chowder

1 cup cauliflowerets, ½-inch pieces
¼ cup chopped celery
¼ cup shredded carrot
2 tablespoons sliced green onion
2 tablespoons butter or margarine
3 tablespoons all-purpose flour
2 teaspoons snipped fresh parsley
1 teaspoon instant chicken bouillon
granules
½ teaspoon salt
⅛ teaspoon dried summer savory
⅛ teaspoon white pepper
1 ½ cups milk
½ cup water
1 can (6½ oz.) minced clams, drained

In ½-quart microwavable casserole, combine cauliflowerets, celery, carrot, onion and butter. Cover. Microwave at Power Level 10 for 5 to 6 minutes, or until vegetables are tender, stirring once.

Stir in flour, parsley, bouillon, salt, summer savory and pepper. Blend in milk and water. Stir in clams. Microwave, uncovered, at Power Level 10 for 9 to 10 minutes, or until mixture thickens, stirring twice.

4 servings

Sole Knots

1 lb. fresh sole fillets, ¼-inch thick,
cut into 10x2-inch strips
3 tablespoons butter or margarine
2 tablespoons all-purpose flour
½ teaspoon salt
½ teaspoon dried tarragon leaves
1 teaspoon grated orange peel,
divided
1 cup half-and-half
2 tablespoons snipped fresh parsley

Tie each sole strip into a knot. Set aside. Place butter in 8-inch round baking dish. Microwave at Power Level 10 for 1 to 1½ minutes, or until butter melts. Stir in flour, salt, pepper, tarragon and ½ teaspoon orange peel. Blend in half-and-half. Microwave uncovered at Power Level 10 for 3 to 4 minutes, or until mixture thickens, stirring twice.

Arrange fish knots on sauce. Sprinkle with parsley and remaining orange peel. Cover with wax paper. Microwave at Power Level 7 for 10 to 12 minutes, or until fish flakes easily with fork.

4 servings

Oyster Stew

¼ cup butter or margarine
2 tablespoons all-purpose flour
¼ teaspoon white pepper
1 can (12 oz.) evaporated milk
1 cup chicken broth
1 pint fresh oysters
2 tablespoons oyster liquor Paprika

Place butter in 2-quart microwavable casserole. Microwave at Power Level 10 for 1 to 1½ minutes, or until butter melts. Stir in flour and pepper. Blend in milk and chicken broth. Stir in oysters and oyster liquor. Microwave at Power Level 10 for 9 to 10 minutes, or until oysters are firm and edges curl, stirring twice. Sprinkle each serving with paprika.

4 servings

EGGS AND CHEESE

Scrambled Eggs

Microwavable Dish	Butter	Eggs	Milk	Salt	Pepper	Cooking Time
15 oz. bowl	1 table-spoon	2	1 table-spoon	Dash	Dash	1 to 2 minutes
1-quart casserole	2 table-spoons	4	2 table-spoons	1/4 tea-spoon	1/8 tea-spoon	2 1/2 to 3 1/2 minutes
1-quart casserole	1/4-cup	8	1/4 cup	1/2 tea-spoon	1/8 tea-spoon	4 1/2 to 5 1/2 minutes

Place butter in microwavable dish or casserole. Microwave at Power Level 10 for 30 to 90 seconds, or until butter melts. Blend in eggs, milk, salt and pepper.

Microwave at Power Level 10 as directed above, or until eggs are set but still moist, stirring twice. Cover with waxed paper. Let stand 1 to 3 minutes. Eggs will become firm as they stand.

1 to 4 servings

California Omelet

1/2 cup quartered cherry tomatoes
2 tablespoons sliced green onion
2 tablespoons sliced black olives
2 tablespoons butter or margarine, divided
1 medium avocado, peeled and cut into 1-inch cubes
1/8 teaspoon garlic powder
3 eggs, separated
1 tablespoon milk
1/4 teaspoon salt
1/8 teaspoon pepper
1/2 cup shredded Monterey Jack cheese

In 1-quart microwavable casserole, combine tomatoes, onion, olives and 1 tablespoon butter. Cover. Microwave at Power Level 10 for 1 to 1 1/2 minutes, or until butter melts. Stir in avocado and garlic powder. Set aside.

Place 1 tablespoon butter in 9-inch glass pie plate. Microwave at Power Level 10 for 30 to 45 seconds, or until butter melts. Tilt to coat bottom. Set aside.

In small mixing bowl, beat egg whites at high speed of electric mixer until stiff but not dry. In small bowl, blend egg yolks, milk, salt and pepper. Fold egg yolk mixture into egg whites. Pour into pie plate.

Microwave, uncovered, at Power Level 5 for 7 to 8 minutes, or until set, lifting edge of omelet twice with spatula so uncooked portions spread. Sprinkle filling mixture and half the cheese on half of omelet. Loosen omelet with spatula. Gently fold over filling. Sprinkle with remaining cheese. Microwave uncovered at Power Level 5 for 1 to 1 1/2 minutes, or until cheese melts.

2 servings

Cheese Sauce

2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1/4 teaspoon salt
1/4 teaspoon dry mustard
Dash pepper
1 1/2 cups milk
3/4 cup shredded pasteurized process American cheese

Place butter in 4-cup glass measure. Microwave at Power Level 10 for 45 to 60 seconds, or until butter melts. Stir in flour, salt, mustard and pepper. Blend in milk. Microwave at Power Level 10 for 5 to 6 minutes, or until mixture thickens and bubbles, stirring twice. Stir in cheese until cheese melts and sauce is smooth.

1 1/2 cups

VEGETABLES AND FRUITS

Twice-Baked Potatoes

4 medium (6 to 6 oz. each) baking potatoes, microwaved, page 61
2 slices bacon
1/2 cup shredded Cheddar cheese
1/3 cup dairy sour cream
1 egg, beaten
2 tablespoons butter or margarine
2 tablespoons snipped fresh parsley
1/2 teaspoon salt
1/8 teaspoon pepper

Place bacon on microwavable roasting rack; cover with paper towel. Microwave at Power Level 10 for 2 to 2 1/2 minutes, or until just crisp. Cool. Crumble. Set aside.

Cut a 1/4-inch thick strip about 2 1/2 inches wide from top of each potato. Scoop out centers to within 1/4 inch of edge. Reserve potato shells. In large mixing bowl, combine potato pulp and remaining ingredients. Beat at medium speed of electric mixer until blended. Spoon a fourth of the potato mixture into each potato shell.

Arrange potatoes on 10-inch microwavable plate. Microwave, uncovered, at Power Level 10 for 7 to 8 minutes, or until hot. Let stand 2 minutes.

4 servings

Glazed Carrots

1 lb. carrots, cut into 1/4 inch slices
1/2 teaspoon grated orange peel
2 tablespoons water
2 tablespoons packed brown sugar
2 tablespoons honey
1 tablespoon butter or margarine
1/8 teaspoon pepper
1/4 teaspoon ground ginger

In 1 1/2-quart microwavable casserole, combine carrots, orange peel and water. Cover. Microwave at Power Level 10 for 7 to 8 minutes, or until tender, stirring once. Drain. Cover. Set aside.

In 4-cup glass measure, mix remaining ingredients. Microwave, uncovered, at Power Level 10 for 1 1/2 to 2 minutes, or until thickened. Pour over carrots. Toss to coat.

4 servings

Orange Baked Apples

1/3 cup butter or margarine
2 tablespoons sugar
2 tablespoons chopped pecans
1 teaspoon grated orange peel
1/8 teaspoon ground nutmeg
4 large baking apples, about 10 oz. each
2 tablespoons brandy or apple juice
Sweetened whipped cream

Place butter in 1 cup glass measure. Microwave at Power Level 5 for 15 to 20 seconds, or until softened. Stir in sugar, pecans, orange peel and nutmeg.

Remove thin strip of peel from top of each apple. Remove and discard core. Set aside.

Spoon a fourth of the butter mixture into each apple. Place apples in 8-inch square baking dish. Sprinkle with brandy. Cover with plastic wrap; vent. Microwave at Power Level 10 for 14 to 16 minutes, or until tender. Let stand, covered, for 5 minutes. Serve with whipped cream.

4 servings

Baked Grapefruit

2 large grapefruit, about 1 1/2 lbs. each
1 cup cornflakes, coarsely crushed
1/4 cup chopped walnuts
2 tablespoons raisins
2 tablespoons sugar
1 tablespoon dark corn syrup
1/4 teaspoon ground cinnamon
4 maraschino cherries

Cut grapefruit in half crosswise. Loosen each section with knife. Place on 8-inch microwavable round plate. Set aside.

In small mixing bowl, combine remaining ingredients, except cherries. Spread a fourth of the cornflake mixture on each grapefruit half. Place cherry in center of each half. Microwave at Power Level 10 for 7 to 9 minutes, or until heated through. Let stand 2 minutes.

4 servings

DESSERTS

Cheese Pie with Fresh Fruit

5-inch graham cracker crust

Filling

2 pkgs. (3 oz. each) cream cheese

2 eggs

$\frac{2}{3}$ cup ricotta cheese

3 tablespoons sugar

1 tablespoon fresh lemon juice

Topping

$\frac{1}{4}$ cup dairy sour cream

1 tablespoon sugar

1 cup sliced fresh strawberries,
peaches or grapes

Prepare and microwave graham cracker crust as directed on package. Set aside. Place cream cheese in medium microwavable mixing bowl. Microwave at Power Level 5 for 1 to $\frac{1}{2}$ minutes, or until softened. Add remaining filling ingredients. Beat at medium speed of electric mixer until filling is smooth. Pour into prepared crust.

Microwave at Power Level 5 for 14 to 16 minutes, or until edges of filling are firm and center is soft-set. Let stand on counter for 10 minutes.

In small bowl, blend sour cream and sugar. Spread on top of pie. Refrigerate for 4 hours. Top with fresh fruit before serving.

One 9-inch pie

Caramel Crisp Bars

1 bag (14 oz.) light caramels

2 tablespoons milk

6 cups corn flakes

1 cup salted peanuts

1 cup milk chocolate chips

1 tablespoon vegetable shortening

Butter 9-inch glass baking dish. Set aside.

In ~~big~~ mixing bowl, combine cornflakes and peanuts. Set aside. In 2-quart microwavable casserole, combine caramels and milk. Microwave at Power Level 10 for 3 to 4 minutes, or until mixture can be stirred smooth, stirring every 1 minute. Stir into corn flakes and peanuts. Press mixture into prepared baking dish. Set aside.

In 2-cup glass measure, combine chocolate chips and shortening. Microwave at Power Level 10 for 1 to $\frac{1}{2}$ minutes, or until mixture is smooth, stirring once. Drizzle chocolate over bars. Cool until set. Cut into bars.

16 bars

Butterscotch Topping

$\frac{1}{3}$ cup packed brown sugar

$\frac{1}{4}$ cup granulated sugar

4 teaspoons all-purpose flour

$\frac{1}{4}$ cup half-and-half

$\frac{1}{4}$ cup butter or margarine

1 tablespoon light corn syrup

$\frac{1}{4}$ teaspoon vanilla

Dash salt

Ice cream or cake

In 2-cup glass measure, combine brown sugar, granulated sugar and flour. Blend in remaining ingredients. Microwave at Power Level 10 for 3 to 4 minutes, or until mixture boils. Mix well.

Microwave at Power Level 7 for 5 to 6 minutes, or until mixture thickens, stirring twice. Serve warm over ice cream or cake.

$\frac{2}{3}$ cup

Pudding Mix

1 pkg. (3 to 3 $\frac{1}{2}$ oz.) pudding and pie filling mix, NOT INSTANT

2 cups milk

Place pudding mix in 1-quart glass measure. Blend in milk with whisk. Microwave at Power Level 10 for 7 to 8 minutes, **or** until pudding boils, stirring twice. Let stand 2 minutes. Cool according to package directions.

4 servings

AUTO WEIGHT DEFROST

AUTO WEIGHT DEFROSTING INSTRUCTIONS:

To help you become thoroughly familiar with the convenient Auto Weight Defrost method and its use we have provided step-by-step instructions for you. You will soon see how microwave defrosting can transform defrosting from a time-consuming nuisance to a simple preparation step. Let's begin by defrosting 1 pound 8 ounces of ground beef.

1. Unwrap beef and place in a microproof dish or tray (to catch drippings). Set dish in the oven on the glass turntable.
2. Touch CLEAR.
3. Ground beef defrosts on Auto Weight Defrost. Touch MEAT. The "DEF 1" will be shown.
4. Enter the weight of your food in decimal increments from 0.1 pound to 5.9 pounds. Remember to convert ounces to tenths of a pound. To defrost 1 pound 8 ounces of ground beef, touch number pads "1" and "5" for 1.5 pounds. The display window will show "1.5".
5. Touch START, The oven will begin the defrosting sequence, and the display window will show the total time as it "counts down". The oven shuts off automatically.

AUTO WEIGHT DEFROST GUIDE — MEAT

Food	Setting	Special Instructions
BEEF		Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of a defrost sequence.
Ground beef (bulk)	MEAT	Do not defrost less than 14 lb. Freeze in doughnut shape.
Ground beef (patties)	MEAT	Do not defrost less than two 4-oz. patties. Depress center when freezing.
Hamburger patty	MEAT	Place on microwavable roast rack.
Round steak	MEAT	Place on microwavable roast rack.
Tenderloin steak	MEAT	Place on microwavable roast rack.
Stew beef	MEAT	Place on microwavable baking dish.
Pot roast, chuck roast	MEAT	Place on microwavable roast rack.
Rib roast	MEAT	Place on microwavable roast rack.
Roiled rump roast	MEAT	Place on microwavable roast rack.
LAMB		
Cubes for stew	MEAT	Place on microwavable baking dish.
Rolled roast	MEAT	Place on microwavable roast rack.
Chops (1-inch thick)	MEAT	Place on microwavable roast rack.
PORK		
Bacon	MEAT	Place on microwavable roast rack.
Chops (¾-inch thick)	MEAT	Place on microwavable roast rack.
Hot dogs	MEAT	Place on microwavable roast rack.
Spareribs	MEAT	Place on microwavable roast rack.
Country-style ribs	MEAT	Place on microwavable roast rack.
Sausage links	MEAT	Place on microwavable roast rack.
Sausage bulk	MEAT	Place on microwavable baking dish.
Rolled roast, Boneless	MEAT	Place on microwavable roast rack.
VEAL		
Cutlets (1 lb. Winch thick)	MEAT	Place on microwavable roast rack.

AUTO WEIGHT DEFROST GUIDE — POULTRY

Food	Setting	Special Instructions
CHICKEN		No poultry over 5.9 lbs. Should be defrosted using Auto Weight Defrost nor should any whole turkeys defrosted with this setting.
Whole (under 4 lbs.)	POULTRY	Place chicken breast-side-up on microwavable roast rack. Finish defrosting by immersing in cold water. Remove giblet when chicken is partially defrosted.
Cut up	POULTRY	Place on microwavable roast rack. Finish defrosting by immersing in cold water.
Breasts (boneless)	POULTRY	Place on microwavable roast rack. Finish defrosting by immersing in cold water.
CORNISH HENS Whole	POULTRY	Place on microwavable baking dish. Finish defrosting by immersing in cold water.
TURKEY Breast (under 6 lbs.)	POULTRY	Place on microwavable roast rack. Finish defrosting by immersing in cold water.

AUTO WEIGHT DEFROST GUIDE — FISH AND SHELLFISH

Food	Setting	Special Instructions
FISH	FISH	Place on microwavable roast rack. Carefully separate fillets under cold water.
Fillets		
Steaks	FISH	Place on microwavable baking dish. Run cold water over to finish defrosting.
Whole	FISH	Place on microwavable baking dish. Cover head and tail with foil; do not let foil touch sides of microwave. Finish defrosting by immersing in cold water.
SHELLFISH		
Crabmeat	FISH	Place on microwavable baking dish.
Lobster tails	FISH	Place on microwavable baking dish.
Shrimp	FISH	Place on microwavable baking dish.
Scallops	FISH	Place on microwavable bakina dish.

MICROWAVING TIME TABLE

MEAT COOKING TABLE

Meat	Power Level	Cooking Time	Special Instructions
BEEF Corned beef (2-3 lbs.)	10 5	15 minutes then 30-35 minutes per pound	Place corned beef in 2-quart microwavable casserole. Pour 1 cup water and desired seasonings over corned beef. Cook covered. Turn over beef during cooking. Shield thinner ends with foil. Cook until fork-tender. Let stand covered 15 minutes. Thinly slice beef diagonally across grain.
Cubes for stew (1 lbs., 1-inch cubes)	10 5	10 minutes 25-30 minutes per pound	Place cubes in 2-quart microwavable casserole. Pour 1 cup water or broth over cubes. Cook covered. Stir cubes halfway through cooking. Cook until fork-tender. Let stand covered 10 minutes.
Ground beef (1 lb.)	10	5½-6½ minutes	Crumble beef and place in microwavable sieve or colander. Place sieve in bowl to collect drippings. Cover with waxed paper. Stir after 3 minutes to break meat apart. After cooking let stand covered 2 minutes. If meat is still pink, cover and cook 1 more minute.
Hamburgers, Fresh or defrosted frozen (4 oz, each) 1 patty 2 patties 4 patties	10	 1-1 ½ minutes 3-4 minutes 4 ½-5 minutes	Form patties with depression in center of each. Place on microwavable roast rack. Brush with browning agent, if desired. Cover with waxed paper. Turn over halfway through cooking. Let stand covered 1 minute.
Pot roast (3-4 lbs.)	10 5	10 minutes then 25-30 minutes per pound	Pierce roast deeply on both sides in several places. Place roast in large cooking bag; place in microwavable dish. Add desired seasonings and 1 cup liquid over roast. Close bag loosely with microwavable closure or string. Carefully, turn over meat after 35 minutes. Continue cooking until fork-tender. Let stand covered 10 minutes.

MEAT COOKING TABLE (Cont'd)

Meat	Power Level	Cooking Time	Special Instructions
Rib roast, rolled (3-4 lbs.)	5	10-12 minutes per pound RARE (135°F) 12-14 minutes per pound MEDIUM (155°F) 13-15 minutes per pound WELL (165°F)	Place roast fat side down on microwavable roast rack. Add desired seasonings and cover with waxed paper. Turn over meat half way through cooking and shield if necessary. Remove roast from microwave when desired temperature is reached. Let stand covered with foil 15 minutes. (Temperature may rise about 10°F).
Rump roast, rolled (3-4 lbs.)	5	12-14 minutes per pound RARE (135°F) 15-17 minutes per pound MEDIUM (155°F)	Place roast fat side down on microwavable roast rack. Add desired seasonings and cover with wax paper. Turn over meat halfway through cooking and shield if necessary. Let stand covered with foil 15 minutes. Remove roast from microwave when desired temperature is reached. (Temperature may rise about 10°F).
Sirloin tip roast (3-4 lbs.)	10	10-12 minutes per pound RARE (135°F) 12-14 minutes per pound MEDIUM (155°F)	Place roast fat side down on microwavable roast rack. Add desired seasonings and cover with waxed paper. Turn over meat halfway through cooking and shield if necessary. Remove roast from microwave when desired temperature is reached. Let stand covered with foil 15 minutes. (Temperature may rise about 10°F).
LAMB Lamb roast, rolled, boneless (3-4 lbs.)	10	9-10 minutes per pound RARE (135°F) 11-12 minutes per pound MEDIUM (145°F) 12-13 minutes per pound WELL (155°F)	Place roast fat side up on microwavable roast rack. Brush lamb with marinade or desired seasonings such as rosemary, thyme or marjoram. Cover with waxed paper. Shield if necessary. Remove roast from microwave when desired temperature is reached. Let stand covered with foil 15 minutes. (Temperature may rise about 10°F).

MEAT COOKING TABLE (Cont'd)

Meat	Power Level	Cooking Time	Special Instructions
Lamb stew cubes (1 lbs.) 1-inch	10 5	10 minutes then 25-30 minutes per pound	Place cubes in 2-quart microwavable casserole. Add desired seasonings such as rosemary, thyme and marjoram and 1 cup water. Cook covered. Stir cubes twice during cooking. Cook until fork-tender. Let stand covered 15 minutes.
PORK Bacon slices 2 slices 4 slices	10	2-2 1/2 minutes 4-4 1/2 minutes	Place bacon slices on microwavable roast rack. Cover with paper towels. After cooking let stand 1 minute.
Canadian bacon 2 slices 4 slices	10	45-60 seconds 1 1/2-1 minutes	Place meat on microwavable roast rack. Cover loosely with waxed paper. After cooking let stand 1 minute.
Chops (5-7 oz. each) 2 chops 4 chops	5	17-18 minutes per pound 14-15 minutes per pound	Place chops in microwavable baking dish. Add desired seasonings and cover with plastic wrap; vent. Cook until no longer pink or until internal temperature reaches 170°F. Turn over chops. Let stand covered 5 minutes. (Temperature may rise about 10°F).
Hot dogs 1 2 4	10	30-45 seconds 45-60 seconds 1 1/2-2 minutes	Pierce hot dogs and place on microwavable roast rack. Cover with waxed paper. If in bun, wrap in paper towel or paper napkin to absorb moisture. After cooking, let stand 1 minute.
Ham, boneless fully cooked 3 lbs.	5	15-18 minutes per pound	Place ham on microwavable roast rack. Cover with waxed paper. Turn over ham halfway through cooking. Cook until internal temperature reaches 120°F. Let stand covered 10 minutes.
Ham, center slice (1 lb., 1/2 inch)	10	3-4 minutes	Place slices on microwavable roast rack. Cover with plastic wrap; vent. Let stand covered 1 minute.
Loin-Roast, roiled, boneless 3 1/2-4 1/2 tbs.)	3	20-25 minutes per pound	Place roast in cooking bag in microwavable dish. Add seasonings and browning agent if desired. Close bag loosely with microwavable closure or string. Turn over roast halfway through cooking. After cooking let stand in bag 15 minutes. (Temperature may rise about 10°F.) Internal temperature of pork should reach 170°F before serving.

MEAT COOKING TABLE (Cont'd)

Meat	Power Level	Cooking Time	Special Instructions
Sausage links, Fresh or defrosted frozen (1-2 oz. each) 2 links 4 links 6 links	10	1-11/2 minutes 2-21/2 minutes 3-31/2 minutes	Pierce links and place on microwavable roast rack. Cover with waxed paper or paper towel. After cooking, let stand covered 1 minute.
Sausage patties, Fresh (2 oz. each) 2 patties 4 patties 8 patties	10	2-21/2 minutes 31/2-4 minutes 41/2-5 minutes	Place sausage patties in a circle on microwavable roast rack. Brush with browning agent if desired. Cover with waxed paper. Turn patties over halfway through cooking. After cooking, let stand 2 minutes.
Spareribs 21/2-31/2 lbs.)	10 then 5 then 10 if desired	10 minutes 12-16 minutes per pound 10 minutes if desired	Place ribs, cut into serving size pieces, bone side down in large cooking bag. Place bag in 2-quart microwavable casserole. Add 1 cup water to bag. Close bag loosely with microwavable closure or string. Turn over ribs, rearranging carefully, halfway through cooking. Cook until meat is fork-tender. Carefully remove ribs. If desired, brush sauce over ribs. Cook covered with waxed paper. Let stand covered 10 minutes. (Temperature may rise about 10°F).* * Internal temperature of pork should reach 170°F before serving.

POULTRY COOKING TABLE

Poultry	Power Level	Cooking Time	Special instructions
CHICKEN Breasts, boneless 1 half breast (4-5 oz.) 1 whole breast (10-12 oz.) 2 whole breasts (20-24 oz.)	10	10-11 minutes per pound 7-8 minutes per pound 7-8 minutes per pound	Wash and dry poultry. Remove skin and place breasts, thickest portion to outside, in 8-inch microwavable baking dish. Brush with butter or browning agent and seasonings if desired. Cover with waxed paper. Cook until no longer pink and juices run clear. Let stand covered 3 minutes.
Cut up fryer (2 1/2-3 lbs.)	10	7-8 minutes per pound	Wash and dry poultry. Place pieces in single layer in 8-inch microwavable baking dish with thicker pieces to the outside. Brush with butter or browning agent and seasonings if desired. Cover with waxed paper. Cook until no longer pink and juices run clear. Let stand covered 5 minutes.
Whole (2 1/2-3 lbs.)	10	8-10 minutes per pound	Wash and dry poultry. Place breast side down on microwavable roast rack. Brush with butter, or browning agent and seasonings if desired. Cover with waxed paper. Cook $\frac{1}{3}$ of estimated time. Turn breast side up, brush on butter, or browning agent. Replace waxed paper. Cook $\frac{1}{3}$ of estimated time again. Shield if necessary. Cook remaining $\frac{1}{3}$ of estimated time or until no longer pink and juices run clear. Let stand covered with foil 10 minutes. (Temperature may rise about 10°F). Temperature in thigh should be 180°F-185°F when done.
TURKEY Breast, boneless (2-3 lbs.)	10	20-21 minutes per pound (165°F)	Place thawed turkey breast, on microwavable roast rack. Cover with waxed paper. Cook $\frac{1}{3}$ of estimated time. Turn breast over. Replace waxed paper. Cook $\frac{1}{3}$ of estimated time again. Turn breast over. Shield if necessary, Cook remaining $\frac{1}{3}$ of estimated time or until no longer pink and juices run clear. Remove from microwave when desired temperature is reached. Let stand covered with foil 10 minutes. (Temperature may rise about 10°F). Temperature in breast should be 170°F before serving.

POULTRY COOKING TABLE (Cont'd)

Poultry	Power Level	Cooking Time	Special Instructions
Drumsticks 1 1/2-2 lbs.)	10	12-13 minutes per pound	Wash and dry poultry. Place pieces with thickest portion to outside on microwavable roast rack. Brush with butter or browning agent and seasonings if desired. Cover with waxed paper. Turn over pieces, shield bone ends with small pieces of foil and replace waxed paper halfway through cooking. Cook until no longer pink and juices run clear. Let stand covered 5 minutes.
CORNISH HENS Whole 1-1 1/2 lbs. each)	10	8 1/2-9 1/2 minutes per pound (165°)	Wash and dry poultry. Tie wings to body of hen and the legs to tail. Place hens breast side down on microwavable roast rack. Cover with waxed paper. Turn breast side up. Shield bone ends of drumsticks with foil. Remove and discard drippings. Brush with butter or browning agent and seasonings if desired. Cook until no longer pink and juices run clear. Remove hens from microwave when desired temperature is reached. Let stand covered with foil 5 minutes. (Temperature may rise about 10°F). Temperature in breast should be 170°F before serving.

FISH AND SHELLFISH COOKING TABLE

Fish/Shellfish	Power Level	Cooking Time Minutes Per Pound	Special Instructions
Fish fillets	10	5 1/2 to 6 1/2 minutes	Arrange in single layer with thickest portion toward outside edge of 8-inch glass baking dish. Brush fish with melted butter and season, if desired. Cook covered with plastic wrap, vented. Let stand covered 2 minutes.
Fish steaks	10	6 1/2 to 7 1/2 minutes	
Whole fish	10	6 to 7 minutes	
Scallops	10	4 to 5 minutes	Cook as directed above except stir in place of rotating dish.
Shrimp, shelled	10	4 to 5 minutes	
Lobster tail	10	4 to 5 minutes	Cut hard shell down middle with knife. Grasp tail with both hands and open flat. Place flesh side up in 8-inch glass baking dish. Cook covered with waxed paper. Let stand covered 2 minutes.

VEGETABLE COOKING TABLE

Vegetables	Cooking Time/ Power Level 10	Special Instructions
Artichokes Fresh (8 oz. each) 2 medium 4 medium	8-9 minutes 13-14 minutes	Place trimmed artichokes, right side up, in 8-inch microwavable baking dish. Add 2 teaspoons lemon juice and 2 tablespoons water. Cover with plastic wrap and vent. Cook until lower leaves can be pulled off and base pierces easily with fork. Let stand covered 2 minutes.
Asparagus, Fresh, spears (1 lb.) Frozen, spears (10 oz. pkg.)	8-9 minutes 7-8 minutes	Place spears in single layer in 2-quart microwavable baking dish, alternating tips and thick ends, with thickest stalks to outside of dish. Add 2 tablespoons water. Cover with plastic wrap and vent. Cook until tender-crisp. Let stand covered 2 minutes. Remove outer wrapping from box. Place box on 2 paper towels. After cooking, let stand 2 minutes.
Beans, green & wax Fresh, cut (1 lb.)	10-12 minutes	Place beans and 2 tablespoons water in 1 1/2-quart microwavable covered casserole. Stir halfway through cooking. Cook until tender-crisp. Let stand covered 2 minutes.
Beets, Fresh (1 lb.)	18-19 minutes	Place beets and 1/4 cup water in 1 1/2-quart microwavable covered casserole. Rearrange halfway through cooking. Cook until beets pierce easily with fork. Let stand covered 2 minutes. Peel after cooking.
Broccoli, Fresh, spears (1 lb.)	10-11 minutes	Place broccoli in single layer in 2-quart baking dish with flowerets toward center of dish. Add 2 tablespoons water. Cover with plastic wrap and vent. Cook until tender-crisp. Let stand covered 2 minutes.
Brussels sprouts Fresh, (1 lb.) 3-4 cups	10-11 minutes	Place Brussels sprouts and 2 tablespoons water in 2-quart microwavable covered casserole. Stir halfway through cooking. Cook until tender-crisp. Let stand covered 2 minutes.
Cabbage, Fresh, chopped (1 lb.) 1 medium	9-10 minutes	Place cabbage and 1/4 cup water in 2-quart microwavable covered casserole. Stir halfway through cooking. Cook until tender-crisp. Let stand covered 2 minutes.

VEGETABLE COOKING TABLE

Vegetables	Cooking Time/ Power Level 10	Special Instructions
Carrots, Fresh, sliced 1 lb.	7-8 minutes	Place carrots and 2 tablespoons water in 1-quart microwavable covered casserole. Stir halfway through cooking. Cook until tender-crisp. Let stand covered 2 minutes.
Cauliflower Fresh, whole (1 lb.) Fresh, flowerets 2 cups	7-8 minutes 4-5 minutes	Place trimmed cauliflower and 2 tablespoons water in 1 or 1 1/2-quart microwavable covered casserole. Cook until tender-crisp. Let stand covered 2 minutes.
Celery, Fresh, sliced 4 cups, 1-inch pieces	8-9 minutes	Place sliced celery and 2 tablespoons water in 1 1/2-quart microwavable covered casserole. Stir halfway through cooking. Cook until tender-crisp. Let stand covered 2 minutes.
Corn, Fresh, on cob 2 ears 4 ears	10-11 minutes 17-18 minutes	Place husked corn and 2 tablespoons water in 8-inch microwavable baking dish. Cover with plastic wrap and vent. Cook until tender-crisp. Let stand covered 5 minutes.
Eggplant, Fresh, whole (3 lb.)	4-5 minutes	Pierce eggplant with fork and place on 2 paper towels. Turn over halfway through cooking. Cook until fork pierces skin easily. Let stand 2 minutes. Cut in half to remove pulp.
Leeks, Fresh, sliced (8 oz.) 3 cups	6-7 minutes	Place sliced leeks and 2 tablespoons water in 1-quart microwavable covered casserole. Stir halfway through cooking. Cook until fork tender. Let stand covered 2 minutes.
Mixed Vegetables Frozen (10 oz.) (1 lb.)	 5 1/2-6 minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking, let stand 2 minutes. Place sliced mushrooms in 1 to 1 1/2-quart microwavable covered casserole. Stir halfway through cooking. As soon as mushrooms begin to darken, remove and let stand covered 2 minutes.
Onions, Fresh, whole pearl (10 oz. pkg.) Fresh, chopped (8 oz.)	6-7 minutes 8-9 minutes	Place peeled onions and 2 tablespoons water in 1-quart covered microwavable casserole. Stir halfway through cooking. Cook until onions are translucent. Let stand 2 minutes.
Parsnips, Fresh sliced (1 lb.)	8-9 minutes	Place parsnips and 2 tablespoons water in 1 1/2-quart microwavable covered casserole. Stir halfway through cooking. Cook until fork tender. Let stand covered 2 minutes.
Peas and Carrots Fresh (10 oz.)	6-7 minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking, let stand 2 minutes.

VEGETABLE COOKING TABLE (Cont'd)

Vegetables	Cooking Time/ Power Level 10	Special Instructions
Peas, green Fresh (1 lb.) 4 cups	7-8 minutes	Place shelled peas and 2 tablespoons water in 1 1/2-quart microwavable covered casserole. Stir halfway through cooking. Let stand covered 2 minutes.
Potatoes, sweet whole, (6-8 oz. each) 1 medium potato 2 medium potatoes 4 medium potatoes	3-4 minutes 6-7 minutes 8-9 minutes	Pierce potatoes several times with fork. Place in circle on 2 paper towels. Turn over potatoes and rearrange halfway through cooking. Remove potatoes when soft to the touch. Wrap in foil and let stand 5 minutes.
Potatoes, white whole baking (6-8 oz. each) 1 potato 2 potatoes 4 potatoes	5-6 minutes 8-9 minutes 14-15 minutes	Pierce potatoes several times with fork. Place in circle on 2 paper towels. Turn over potatoes and rearrange halfway through cooking. Remove potatoes when soft to touch. Wrap in foil and let stand 5 minutes.
Spinach, Fresh, leaf (1 lb.) Frozen, chopped (9 oz. pouch) (10 oz.)	9-10 minutes 6 1/2-7 1/2 minutes 8 1/2-9 1/2 minutes	Place spinach and 2 tablespoons water in 3-quart microwavable covered casserole. After cooking, let stand covered 2 minutes. Remove outer wrapping from box or pouch. Place box on 2 paper towels. Pierce pouch with fork and place in 1 1/2-quart microwavable casserole. After cooking, let stand 2 minutes.
Squash, Acorn or Butternut Fresh 1-1/2 lbs.) 1 medium Frozen, cooked (12 oz.)	11-12 minutes 9-10 minutes	Pierce squash several times with fork. Place on 2 paper towels. Carefully remove halfway through cooking. Cut squash in half, remove fibrous strands and seeds. Place in 8-inch microwavable baking dish. Cover with plastic wrap and vent. After cooking, let stand covered 2 minutes. Remove outer wrapping from box. Place box on 2 paper towels. After cooking, let stand 2 minutes.
Squash, Spaghetti Fresh, (2-3 lbs.) 1 medium whole	13-15 minutes	Pierce squash several times with fork. Place squash on 2 paper towels. Turn over several times during cooking. Let stand 2 minutes. Cut in half. Remove fibrous strands and seeds from center.
Succotash Frozen, (10 oz.)	7-8 minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking, let stand 2 minutes.
Zucchini Fresh, sliced (1 lb.) 4 cups	7-8 minutes	Place zucchini and 2 tablespoons water in 1 1/2-quart microwavable covered casserole. Stir halfway through cooking. Let stand covered 2 minutes.

Note: Frozen vegetables in larger or smaller quantity than listed in the chart or those in non-microwavable bags may be cooked approximately 3 to 4 minutes per cup of vegetables. Measure desired amount of vegetables into microwavable covered casserole and cook.

APPENDIX

REHEATING TABLE

To heat or reheat successfully in the microwave, it is important to follow several guidelines. Measure the amount of food in order to determine the time needed to reheat. Arrange the food in a circular pattern for best results. Room temperature food will heat faster than refrigerated food. Canned foods should be taken out of the can and placed in a microwavable container. The food will heat more evenly if covered with a microwavable lid or plastic wrap, vented. Remove cover carefully to prevent steam burns. Use the following chart as a guide for reheating cooked food.

Items	Power Level	Cooking Time	Special Instructions
Sliced meat 3 slices (1/4-inch thick).	10	1 to 1 1/2 minutes	Place sliced meat on microwavable plate. Cover with plastic wrap; vent. Note: Gravy or sauce helps to keep meat juicy.
Chicken pieces 1 breast 1 leg and thigh	10	3 to 4 minutes 3 to 4 minutes	Place chicken pieces on microwavable plate. Cover with plastic wrap; vent. Let stand 1 minute.
Fish fillet (6-8 oz.)	10	1 1/2 to 2 minutes	Place fish on microwavable plate. Cover with plastic wrap; vent.
Lasagna 1 serving (10 5/8 oz.)	10	3 to 4 minutes	Place lasagna on microwavable plate. Cover with plastic wrap; vent.
Casserole 1 cup 4 cups	10	2 to 2 1/2 minutes 9 to 10 minutes	Cook covered in microwavable casserole; stir once halfway through cooking.
Casserole cream or cheese 1 cup 4 cups	10	2 to 2 1/2 minutes 7 to 8 minutes	Cook covered in microwavable casserole; stir once halfway through cooking.
Sloppy Joe or barbecued beef 1 sandwich (1/2 cup meat filling) without bun	10	1 1/2 to 2 1/2 minutes	Reheat filling and bun separately. Cook filling covered in microwavable casserole; stir once. Heat bun as directed in chart below.
Mashed potatoes 1 cup 4 cups	10	1 to 1 1/2 minutes 6 1/2 to 7 1/2 minutes	Cook covered in microwavable casserole; stir once halfway through cooking.
Baked beans 1 cup	10	3 to 4 minutes	Cook covered in microwavable casserole; stir once halfway through cooking.

LIMITED WARRANTY

THE SELLER NAMED BELOW MAKES THE FOLLOWING WARRANTY WITH RESPECT TO THIS DOMETIC APPLIANCE OR PRODUCT:

1. This Warranty is made only to the first Purchaser (hereinafter called the "Original Purchaser") who acquires this product for his own use.
2. This Warranty will be in effect for one year from the date of purchase by the Original Purchaser. It is suggested that the Original Purchaser retain a copy of the dated bill of sale as evidence of the date of purchase.
3. This Warranty covers only specified parts which shall be free from defects in material and workmanship under normal use. This Warranty does not cover conditions unrelated to the material and workmanship of the product. Such unrelated conditions include, but are not limited to (a) faulty installation and any damage resulting from such; (b) the need for normal maintenance and any damage resulting from the failure to provide such maintenance; (c) failure to follow Seller's instructions for use of this product, and (d) any accident to, or misuse of, any part of this product and any alteration by anyone other than Seller or its authorized representative.
4. In order to obtain the benefits of this Warranty, you should return the product which you find defective to the Seller named below or to a Dometic Service Center during the period that this Warranty is in effect. All charges incurred in delivery of the appliance to seller, or to a Dometic Service Center, and in picking it up after the warranty service has been completed, must be paid by the Original Purchaser.
5. Any item returned in the manner described in paragraph 4 will be examined by the seller or the Dometic Service Center to which it is returned. If it is found that the returned item was defective in material and workmanship, the Seller or the Dometic Service Center receiving it will repair it without charge for material or labor.
6. The Seller does not authorize any person or company to create any warranty obligation or liability on their behalf.
7. IN NO EVENT SHALL EITHER SELLER BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU.
8. ANY IMPLIED WARRANTY, INCLUDING THE IMPLIED WARRANTY OF MERCHANTABILITY AND FITNESS FOR ANY PURPOSE, IS LIMITED TO THE DURATION OF THIS LIMITED WARRANTY, SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.
9. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.
10. All Appliances (except those specifically built for commercial use) are warranted only when installed on the vehicles built to the R.V.I.A. standards.

IMPORTANT: PLEASE RETURN THE ENCLOSED OWNER'S REGISTRATION CARD WITHIN 10 DAYS TO PROTECT YOUR INVESTMENT AND VERIFY YOUR WARRANTY.

THE DOMETIC CORPORATION

The Warranty Department
509 South Poplar Street
LaGrange, Indiana 46761

NOTES