

Cuisinart™ INSTRUCTION BOOKLET



Cuisinart™ Microwave Oven

CMW-100C

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFETY INSTRUCTIONS

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

When using electrical appliances basic safety precautions should be followed including the following:

1. Read all instructions before using the appliance.
2. Read and follow the specific warning: "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY," page 3.
3. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 3.
4. Install or locate this appliance only in accordance with the provided installation instructions, pages 7-8.
5. Some products such as whole eggs and sealed containers – for example, closed glass jars – are able to explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapours in this appliance. This oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.
7. As with any appliance, close supervision is necessary when it is 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 technicians. Contact 1-800-472-7606.
10. Do not cover or block any openings on the appliance.
11. Do not store or use this appliance outdoors.
12. Do not use this product near water, for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar locations.
13. Do not immerse cord or plug in water.
14. Keep cord away from heated surfaces.
15. Do not let cord hang over edge of table or counter.
16. When cleaning surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps, or detergents applied with a sponge or soft cloth.
17. To reduce the risk of fire in the oven interior:
 - a) Do not overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b) Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c) If materials inside the oven ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
 - d) Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
18. Liquids such as water, coffee, or tea can be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. **THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A UTENSIL IS INSERTED INTO THE LIQUID.**
19. To reduce the risk of injury to persons:
 - a. Do not overheat the liquid.
 - b. Stir the liquid both before and half-way through heating it.

- c. Do not use straight-sided containers with narrow necks. Use a wide mouth container.
 - d. After heating, allow the container to stand in the microwave oven for at least 20 seconds before removing the container.
 - e. Use extreme care when inserting a spoon or other utensil into the container. This may also cause delayed eruptive boiling.
20. Do not operate your appliance in an appliance garage or under a wall cabinet. When storing in an appliance garage, always unplug the unit from the electrical outlet. Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

1. Do not attempt to operate this oven with the door open as this can result in harmful exposure to microwave energy. It is important not to break or tamper with the safety interlocks.
2. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the door (for example, make sure that it is not bent); hinges and latches (for example, make sure that they are not broken or loosened); door seals and

sealing surface.

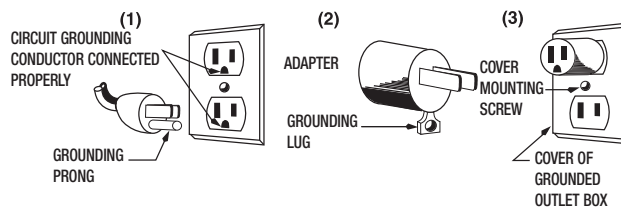
4. The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

If the microwave unit is not kept clean, its surface could be degraded and lead to a hazardous situation.

SPECIAL CORD SET INSTRUCTIONS

DANGER - Electric Shock Hazard

Touching some of the internal components can cause serious personal injury or death. Do not disassemble this appliance.



WARNING - Electric Shock Hazard

Improper use of the grounding can result in electric shock. Do not plug into an outlet until appliance is properly installed and grounded.

GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord with a grounding wire and grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood or if doubt exists as to whether the appliance is properly grounded. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-pronged grounding plug, and a 3-slot receptacle that will accept the plug on the appliance.

1. A short power-supply cord is provided to reduce the risks resulting from

- becoming entangled in or tripping over a longer cord.
2. Longer cord sets or an extension cord should not be used unless the following precautions are followed (see 3, below).
 3. If a long cord or extension cord is used:
 - The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.
 - The extension cord must be a grounding-type 3-wire cord.
 - The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over.

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INTRODUCTION

This is not your ordinary microwave oven. It has more – inside and out. Inside it's solid, nonporous, easy-to-sanitize stainless steel. Outside you'll find 25 preprogrammed control options. It performs all the standard reheating and defrosting microwave tasks with ease, setting time and temperature for specific items. But it

is also large enough, and smart enough, to let you cook from scratch. Check out the recipes for cooking fish and rice, steaming vegetables, or roasting garlic. And don't miss the 2, 4 and 6 slice bacon buttons. Cook healthier, cook faster, cook easier... with the Cuisinart stainless steel microwave.

IMPORTANT SAFEGUARDS

To reduce the risk of fire, electric shock, injury to persons or exposure to excessive microwave oven energy when using your appliance, follow basic precautions, including the following:

1. The oven must be placed on a level surface.
2. The glass turntable and turntable assembly must be in the oven during cooking. Handle the glass turntable carefully and place cookware on it gently to avoid possible breakage.
3. Incorrect use of browning dish may cause the turntable to break. See "Materials you can use in a microwave oven," page 6.
4. Use only the correctly specified bag size when using the preset popcorn program.
5. The oven has several built-in safety switches to ensure that the power remains off when the door is open. Do not tamper with these switches.
6. Do not operate the microwave oven empty. Operating the oven with no food or food that is extremely low in moisture can cause fire, charring or sparking.
7. Do not cook bacon directly on the turntable. Excessive local heating of the turntable may cause the turntable to break.
8. Do not heat baby bottles or baby food in the microwave oven. Uneven heating/hotspots may occur and could cause injury.
9. Do not heat narrow-necked containers, such as syrup bottles.
10. Do not attempt to deep-fry in your microwave oven.

11. Do not attempt home canning in this microwave oven, as it is impossible to be sure all contents of the jar have reached boiling temperature.
12. Do not use this microwave oven for commercial purpose. This microwave oven is made for household use only.
13. To prevent delayed eruptive boiling of hot liquids and beverages or scalding yourself, stir liquid before placing the container in the oven and again half-way through cooking time. Let it stand in the oven for a short time and stir again before removing the container.
14. Failure to maintain the oven in a clean condition could lead to deterioration that could adversely affect the life of the appliance and possibly result in a hazardous situation.
15. Do not let cord hang over edge of table or counter.
16. When cleaning door and oven surfaces use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
17. Liquids, such as water, coffee, or tea can heat beyond the boiling point without appearing to be boiling. This is called delayed eruptive boiling. When the container is removed from the oven, there is a danger that very hot liquids could suddenly boiling

over when the container is disturbed or a spoon or other utensil is inserted into the liquid.

CONTAINERS

CAUTION: Personal Injury Hazard

Tightly-closed containers could explode. Closed containers should be opened and plastic pouches should be pierced before cooking.

See the charts on pages 6 and 7 of materials you can use in microwave oven or to avoid using in your microwave oven. There may be certain non-metallic materials that are not safe to use for microwaving.

If in doubt, you can test the material/container in question following the procedure below.

Material/Container Test:

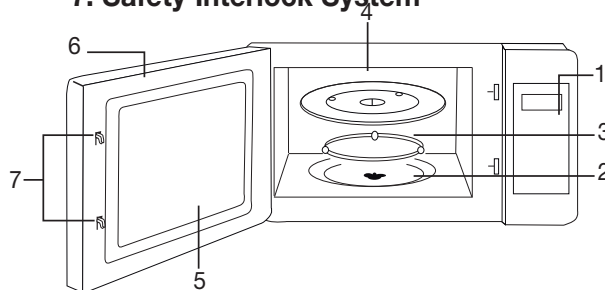
1. Fill a microwave-safe container with 1 cup (250ml) of cold water along with the material or container in question.
2. Cook on maximum power for 1 minute.
3. Carefully feel the material or container. If it is warm, do not use it for microwave cooking.
4. Do not exceed 1 minute cooking time.

SETTING UP YOUR OVEN

Parts and Accessories

Remove the oven and all contents from the carton and oven interior.

1. Control Panel
2. Turntable Shaft
3. Turntable Assembly
4. Glass Turntable
5. Observation Window
6. Door Assembly
7. Safety Interlock System



SPECIFICATIONS

Model:	CMW-100C
Rated Voltage:	120V~ 60Hz
Rated Input Power:	1450W
Rated Output Power:	1000W
Oven Capacity:	28L
Turntable Diameter:	12.40 inches (31.5 cm)
External Dimensions (WxHxD):	20.5 x 17.5 x 13.2 inches (52.0 x 44.4 x 33.5 cm)
Approximate Net Weight:	33.5 lbs. (15.2 kg).

MATERIALS YOU CAN USE IN MICROWAVE OVEN

ARCING:

Sparks or electric flashes that crackle or pop. Arcing can produce heat that is quite intense and can damage the interior of the microwave or containers being used in the microwave. It can also cause fire.

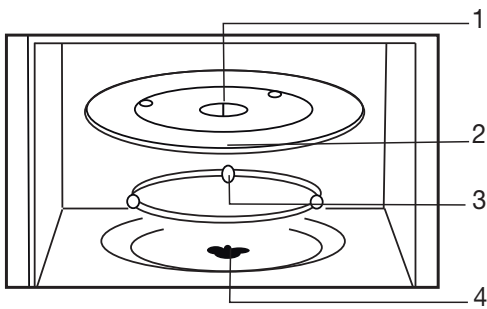
Arcing occurs when metal containers are used in the microwave and can also occur with the use of metal skewers, metal clamps, or twist ties for plastic bags. To prevent arcing, use these charts (below and following page) to determine which materials are microwave-safe, or follow instructions from container/wrap manufacturer.

Aluminum foil	Shielding only. Small smooth pieces may be used to cover thin parts of the poultry to prevent overcooking. Arcing can occur if foil is too close to oven walls. The foil should be at least 1 inch (2.5cm) away from the oven walls.
Browning dish	Use a browning dish in this microwave oven only if your browning dish is supplied with a microwave trivet that will lift the browning dish $\frac{3}{16}$ inch (5mm) about the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
Glass jars	Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break. Use tempered glass only. Jars for canning are tempered and microwave-safe.
Glassware	Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
Oven cooking bags	Follow manufacturer's instructions. Do not close with metal tie. Make slits to allow steam to escape.
Paper plates & cups	Use for short-term cooking/warming only. Do not leave oven unattended while cooking. They should be labeled for use in microwave – with no colour/dye.
Paper towels	Use to cover food for reheating and for absorbing fat. Use with supervision for short-term cooking only.
Parchment paper	Use as a cover to prevent splattering or as a wrap for steaming.
Plastic	Microwave-safe only. Follow the manufacturer's instructions. Should be labeled "Microwave-Safe". Some plastic containers soften as the food inside gets hot. "Boiling bags" and tightly closed plastic bags should be split, pierced or vented as directed by package instructions. Do not reuse plastic containers from carry-out foods or frozen foods.
Plastic wrap	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food. Vent or pierce before cooling.
Thermometers	Microwave-safe only (meat and candy thermometers).
Wax paper	Use as a cover to prevent splattering and retain moisture inside.

MATERIALS TO BE AVOIDED IN MICROWAVE OVEN

Aluminum tray	May cause arcing. Transfer food to microwave-safe dish.
Food carton with metal handle	May cause arcing. Transfer food to microwave-safe dish.
Metal or metal-trimmed utensils	Metal shields the food from microwave energy. Metal trim may cause arcing.
Metal twist ties	May cause arcing and could cause a fire in the oven.
Paper bags	May cause a fire in the oven.
Plastic foam	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	Wood will dry out when used in the microwave oven and may split or crack.

TURNTABLE INSTALLATION



1. **Hub**
(on bottom of glass turntable)
2. **Glass Turntable**
3. **Turntable Assembly**
4. **Turntable Shaft**

Never place the glass turntable upside down. Free movement of the glass turntable should never be restricted.

Both glass turntable and turntable assembly must always be used during cooking.

All food and containers of food are always placed on the glass turntable for cooking.

Do not use another type of round tray to replace original part. If glass turntable or turntable assembly cracks or breaks, a replacement can be ordered from Customer Services as a replacement part. See page 12 for details.

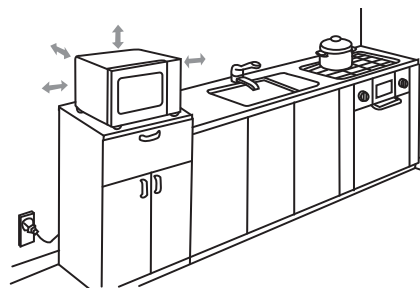
COUNTERTOP INSTALLATION

Remove all packing material and accessories. Examine the oven for any damage such as dents or broken door. Do not install if oven is damaged.

Remove any protective film found on the microwave oven cabinet surface.

Do not remove the mica cover that is attached to the oven cavity. This is found on the right inside wall of the microwave and protects the magnetron.

1. Select a level surface that provides



enough open space for the intake and/or outlet vents.

A minimum clearance of 3.0 inches (7.5 cm) is required between the oven and any adjacent walls. One side must be open.

- a. Leave a minimum clearance of 12 inches (30cm) above the oven.
 - b. Do not remove the legs from the bottom of the oven.
 - c. Blocking the intake and/or outlet openings can damage the oven.
 - d. Place the oven as far away from radios and TV as possible. Operation of microwave oven may cause interference to your radio or TV reception.
2. Plug your oven into a standard household outlet. Be sure the voltage and the frequency are the same as the voltage and the frequency on the rating label.

WARNING: Do not install oven over a range cooktop or other heat-producing appliance. If installed near or over a heat source, the oven could be damaged and the warranty would be void.

CONTROL PANEL AND FEATURES

1. **AM/PM**
2. **Memory**
3. **Kitchen Timer**
4. **Auto Defrost**
5. **Time Defrost**
6. **Auto Menu**
7. **Number Keys**
8. **Clock/Pre-Set**
9. **Power**
10. **Stop/Clear**

Clears all previous settings pressed before cooking starts. During cooking, press once to stop oven; twice to stop and clear all entries.

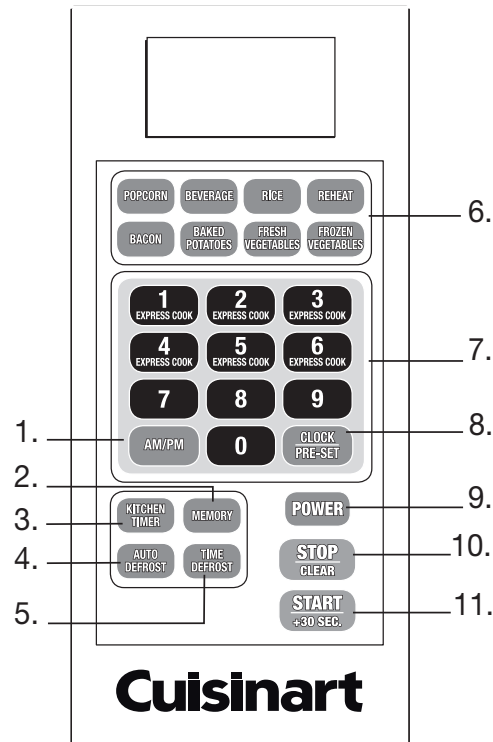
11. **Start/+30 seconds**

OPERATION

1. **Power Level**
Ten power levels are available.

Level	Power	Display
10	100%	PL10
9	90%	PL9
8	80%	PL8
7	70%	PL7
6	60%	PL6
5	50%	PL5
4	40%	PL4
3	30%	PL3
2	20%	PL2
1	10%	PL1







Note: If you want to set the power level to something other than high, press the power button repeatedly until desired power level is reached. Power counts down from high to low.



Use number buttons to set a cooking time. You can set a time from one second to 99 minutes, 99 seconds. To set a time over one minute enter the seconds too. For example, to set 30 minutes, enter 3-0-0-0.

2. **Setting the clock/pre-set**
 - a. Press the CLOCK button.
 - b. To enter the time of day at least 3 numbers must be pressed. For example for 2:21pm press 2-2-1
 - c. Press the AM/PM button to select AM/PM.
 - d. Press Clock button to set.
3. **Kitchen Timer**
 - a. Press KITCHEN TIMER.
 - b. Press the number keys to enter the desired cooking time, for example press 2-3-0 for 2 minutes and 30 seconds (the maximum cooking time is 99 minutes and 99 seconds).
 - c. Press START/+30SEC. to confirm setting. Clock indicator will be lighted.
 - d. When the cooking time is finished, clock indicator will go out and the buzzer will ring 5 times.

4. Microwave cooking

- a. Press POWER repeatedly to select microwave power.  and  or  will show on display.
- b. Press number keys to enter the cooking time; the maximum cooking time is 99 minutes and 99 seconds.
- c. Press START/+30SEC. to start cooking, and the remaining cooking time will be displayed. “:”, ,  or  indicators will be flashing.




Note: In the process of setting, if the STOP/CLEAR button is pressed or if there is no operation within 1 minute, the oven will go back to the former setting automatically.

5. Express Cooking

- a. For quick starting, instant cooking at 100% power level can be started by selecting a cooking time from 1 to 6 minutes by pressing Express Cook number pads 1 to 6. Press START/+30SEC. to increase the cooking time; the maximum cooking time is 99 minutes and 59 seconds.
- b. For quick starting, instant cooking at 100% power level with 30 seconds' cooking time can be started by pressing START/+30SEC. Each press on the same button will increase cooking time by 30 seconds. The maximum cooking time is 99 minutes and 59 seconds.



Note: Each press on START/+30SEC. will increase the cooking by 30 seconds for the microwave and Auto menu cooking. However, the operation will not work with Auto Defrost operation.

6. Auto Defrost






- a. Press AUTO DEFROST. LED will display “0”. At the same time, the , ,  indicators will be lighted.
- b. Press numerical pads to enter weight of food to be defrosted. Enter the weight between 4 and 100 oz.
- c. If the weight entered is not between 4 to 100, the entry will be invalid. No beep will sound and the microwave will not work until valid numbers are



entered.

- d. Press START/+30SEC. to start defrosting and the remaining cooking time will be displayed. “:”, , and  indicators will be flashing and the “Oz” indicator will go out.

7. Defrosting by Time

- a. Press TIME DEFROST. At the same time, , ,  indicators will be lighted.
- b. Press number keys to enter defrosting time. The time range is 00:01 to 99:99 minutes.
- c. If the time entered is not within 0:01 to 99:99, no beep will sound and the microwave will not work until valid numbers are entered.
- d. The default microwave power is power level 3. If you want to change the power level, press POWER once, and the LED will display “PL 3”, then press the number pad for the power level you want.
- e. Press START/+30SEC. to start defrosting. The remaining cooking time will be displayed. “:”, , and  indicators will be flashing.

8. Memory Function

- a. Press MEMORY to choose memory 1-5 procedure. The LED will display 1,2,3...5.
- b. If the procedure has been set, press Start/ +30 Sec. to use it. If not, continue to set the procedure.
- c. After setting, press MEMORY to save the procedure and turn back to the stand-by state. If you press Start/ +30 Sec., it will save the setting and run the procedure.

9. Child-Lock Function

To Lock: For quick start, press STOP/CLEAR for 3 seconds. There will be a long beep denoting the activation of the child-lock state.

To unlock:
Press STOP/CLEAR for 3 seconds.

There will be a long beep denoting that the lock is deactivated.



10. **Cooking End Signal**

When the cooking is over, the buzzer will sound 5 beeps to signal that the cooking is finished.

11. **Multi-section Cooking**

The microwave can be programmed to cook on 2 different power levels for the duration of a cooking cycle. For example, if you want to cook with 80% microwave power for 5 minutes and then 60% microwave power for 10 minutes, follow these steps:

1. To select 80% microwave power, press POWER repeatedly until PL8 is displayed.
2. Press the number buttons "5", "0", "0" to set the cooking time.
3. To select 60% microwave power, press POWER repeatedly until PL6 is displayed.
4. Press number buttons "1", "0", "0", "0" to set the cooking time.
5. Press START/+30 SEC to start cooking.

12. **Pre-Set Function**

The microwave can be programmed to start in advance. For example, if the time of day is 7pm the microwave can be set to start cooking at 9pm. First select either the power level and time or auto menu options of your choice (see page 8 and 11 for instructions). Follow steps below to set the Pre-Set function:

1. Press CLOCK/PRE-SET and enter the time of day to begin program cooking (for example, 9.00).
2. Press the start button.
3. The clock icon on the LED display will flash until the unit operates at the pre-set time.

To cancel the Pre-Set function, press STOP.

13. **Inquiring Function**

During use the microwave CLOCK/PRE-SET, POWER, and AM/PM buttons can be pressed to inquire current status or setting.

1. AM/PM button: In the clock setting the AM/PM button can be pressed to display either A or P time setting.

2. CLOCK/PRE-SET button: During cooking operation when the CLOCK/PRE-SET button is pressed the LED will display the clock for three seconds and the AM/PM for another three seconds.

3. In pre-set state, the LED will display the clock and the seconds will be flashing at the same time. Press AM/PM and either A or P will be displayed for 3 seconds. Then press CLOCK/PRE-SET to inquire the pre-set time. The pre-set time will be flashing for three seconds, the AM/PM will be displayed for another three seconds. The oven will then turn back to the clock state setting.

4. During cooking when the POWER button is pressed, the current microwave power will be displayed on LED for three seconds. After which the oven will return to previous state.

14. **OTHER SPECIFICATIONS**

- a. In standby state, if the set clock digital tube displays current time, the icon ":" would flash; otherwise, it shows "0:00".
- b. In setting function state, LED displays corresponding setting.
- c. In working or pause state, LED displays remainder cooking time.

Preset Microwave Auto Menu Cooking

You can easily prepare foods using the Preset Microwave Cooking buttons on your Cuisinart Microwave.

Press the desired button to choose cooking function. The LED display will show the first amount/serving size. Press the button repeatedly to select proper amount/serving size. Press START/+30 SEC button to begin cooking.

PRESET AUTO MENU COOKING CHART

Item	Weight/Amount	Notes
Popcorn (Use only prepackaged bagged popcorn. Do not pop loose popcorn)	1.75 ounces (50 g) 3.00 ounces (85 g) 3.5 ounces (100 g)	Place prepackaged bagged popcorn in microwave according to package directions, making sure proper side of bag is up. Pop only one bag at a time. Use care when removing from microwave and opening hot bag.
Beverage	8 ounces (230 g) 16 ounces (460 g)	Reheat beverage in microwave-safe mugs/cups. Do not cover. Place cups in microwave. After heating stir well.
Rice	1 cup (250 ml) white rice + 2 cups (500 ml) liquid 2 cups (500 ml) white rice + 4 cups (1 L) liquid 1 cup (250 ml) brown rice + 2½ cups (625 ml) liquid	To prepare rice, combine rice and cooking liquid (water, stock, broth) in a 3-quart (2.84 L) microwave-safe casserole with lid. Let rice stand for 10 minutes after cooking.
Reheat	Soup, 1 cup (250 ml) Soup, 2 cups (500 ml) Casserole, 1 cup (250 ml) Casserole, 2 cups (500 ml) Dinner plate	Place food on microwave-safe plate or in microwave-safe bowl. Cover loosely with wax paper or plastic wrap, or a purchased microwave dish cover.
Bacon	2 slices 4 slices 6 slices	Place a double layer of microwave-safe paper towels on a microwavable dish large enough to fit a single layer of bacon slices – two to six slices. Do not allow strips to overlap. Cover with another paper towel. Let bacon stand for 2 minutes before removing and serving, to allow carry-over cooking to finish.
Baked potato	8 ounces (230 g) 16 ounces (460 g) 24 ounces (690 g)	Scrub potatoes well. Prick each potato several times with a fork or tip of a sharp knife. After cooking, let stand 3 minutes before serving. Can be used to precook potatoes before placing in traditional oven to crisp skins.
Fresh vegetables	1 cup (250 ml) 2 cups (500 ml) 3 cups (750 ml)	Wash well. Place in a microwave-safe casserole or bowl with lid. Add a small amount of water. Cover. After cooking, let stand for 2 minutes before serving. This is a general cooking time, and may not be suitable for cooking all vegetables.
Frozen vegetables	1 cup (250 ml) 2 cups (500 ml) 3 cups (750 ml)	Remove from packaging and place in microwave-safe casserole or bowl. Add a small amount of liquid (2 to 4 tablespoons [30 ml to 60 ml]). Cover and cook. Stir and let stand. Add more cooking times as needed.

TROUBLESHOOTING

TROUBLE	POSSIBLE CAUSE	POSSIBLE REMEDY
Oven will not start	<ul style="list-style-type: none"> a. Electrical cord for oven is not plugged in. b. Door is open. c. Wrong operation is set. 	<ul style="list-style-type: none"> a. Plug into the outlet. b. Close the door and try again. c. Check instructions.
Arcing or sparking	<ul style="list-style-type: none"> a. Materials to be avoided in microwave oven were used. b. The oven was operated when empty. c. Spilled food remained in the interior. 	<ul style="list-style-type: none"> a. Use microwave-safe cookware only. b. Do not operate with oven empty. c. Clean interior with wet towel or micro fibre cloth specifically for stainless steel.
Unevenly cooked foods	<ul style="list-style-type: none"> a. Materials to be avoided in microwave oven were used. b. Food was not defrosted completely. c. Cooking time, and/or power level were not suitable. d. Food was not turned or stirred. 	<ul style="list-style-type: none"> a. Use microwave-safe cookware only. b. Completely defrost food. c. Use correct cooking time and/or power level. d. Turn or stir food.
Overcooked food	Cooking time and/or power level was not suitable.	Use correct cooking time and/or power level.
Undercooked foods	<ul style="list-style-type: none"> a. Materials to be avoided in microwave oven were used. b. Food was not defrosted completely. c. Oven ventilation ports were blocked. d. Cooking time, and/or power level was not suitable. 	<ul style="list-style-type: none"> a. Use microwave-safe cookware only. b. Completely defrost food. c. Check to see that oven ventilation ports are not blocked. d. Use correct cooking time and/or power level.
Improper defrosting	<ul style="list-style-type: none"> a. Materials to be avoided in microwave were used. b. Cooking time and/or power level was not suitable. c. Food was not turned or stirred. 	<ul style="list-style-type: none"> a. Use microwave-safe cookware only. b. Use correct cooking time and/or power level. c. Turn or stir food.

Recipe Booklet



TIP AND HINTS

CLEANING

Keeping your microwave clean will keep it working efficiently and effectively.

- In a 2-cup (500 ml) measure, bring 1 cup (250 ml) water mixed with 2 tablespoons (30 ml) lemon juice or baking soda to a boil in the microwave. Allow to stand in microwave for 5 minutes to steam. Then wipe walls of microwave with clean paper towels, a damp clean towel or a dampened microfibre cloth to remove softened cooking residues.
- Do not use scouring pads or abrasive or harsh detergents.
- If using a chemical-based spray for cleaning, be sure to wipe interior of microwave clean with a dampened towel so that the chemicals and their aromas are not absorbed by the next foods cooked..

MAINTENANCE

Any other servicing should be performed by an authorized service representative.

COOKING

- To boil liquids, microwave until the surface bubbles actively, just like boiling on the stovetop.
- Although cooking dried beans in the microwave is not recommended, you can presoak them by “flash-soaking” in the microwave: cover beans with 2 inches (5 cm) of water in a microwave-safe container on high for 12 minutes. Let stand in microwave for 15 minutes longer. Drain and cook on stovetop until tender, adding fresh liquid and cooking according to package/recipe directions.
- Carryover cooking – When microwaving, foods will continue cooking after the microwave has stopped. It is better to undercook slightly and let foods stand to prevent overcooking.
- The type of food and its individual characteristics will be an indicator of how it cooks. Microwaving is particularly well suited to cooking vegetables and foods that have a high water content. Breads and pastries will become rubbery in texture when reheated in the microwave. Meats that are tender when cooked by traditional methods may be tough and rubbery because of their complex protein/fat structure.
- Foods cooked in the microwave will be greatly affected by their starting temperature. Room temperature foods will not take as long to cook as foods taken right from the refrigerator.
- Move foods around and stir them frequently to ensure even cooking.
- You will get best results with vegetables and seafood when they are of similar size and thickness. Vegetables should be cut and trimmed to similar sizes.
- Arrange foods in a “spoke” or “wreath” pattern if possible to help cook evenly.
- Do not cook eggs in their shells – they will burst! If poaching eggs, prick yolks with tines of a fork so that they do not burst.
- For cooking hot cereals such as oatmeal, follow package instructions. Cook in a large enough container to allow for boil-ups.
- To melt chocolate in the microwave, cut it into 1-inch (2.5 cm) pieces, or use chocolate morsels. Place in glass container with handle (a measuring cup will be fine) and microwave on Medium High (PL-7) for 1 minute. Stir well. If necessary, microwave again at 30-second intervals as necessary. Stir well, as chocolate melts while it is being stirred. When about $\frac{3}{4}$ of the chocolate is melted, stir to complete melting. DO NOT OVER-

MICROWAVE – chocolate burns easily!

- Toast nuts, bread crumbs and coconut. Spread them on a microwave-safe plate or pie plate. Microwave on High for 1 to 3 minutes, stirring once every minute. There will be carryover cooking, so take care not to overcook or these items will burn.
- Soften cream cheese in microwave. Remove from original wrapper and microwave on Medium-Low (PL-3) for about 40 to 60 seconds.
- To soften butter for baking, unwrap and place on small microwavable dish. Microwave on Low (PL-1 or PL-2) for 20 to 30 seconds for each 2 tablespoons.
- To melt butter, unwrap, cut into tablespoons and place in glass measuring cup. Cover loosely with wax paper to prevent spattering. Microwave on High (PL-10) in 30-second increments until three-quarters melted, then stir to complete melting.
- To heat syrup for pancakes or waffles, place in a microwave-safe container with a handle (sugar syrups get extremely hot), and microwave on High (PL-10) for 30-second intervals until warm.
- An instant-read thermometer is a great tool to have – it will allow you to check temperatures as needed and will give you a reading within seconds. Do not cook with the instant-read thermometer in foods – it is only for checking finished cooking temperatures.
- Use microwave-safe containers for cooking. Check manufacturer's instructions as to microwavability. China or porcelain with gold or silver in the pattern cannot be microwaved. Do not reuse deli containers, plastic containers from frozen food items, or other "single use containers" such as margarine tubs or whipped topping containers in the microwave, as they may change chemically/physically when

microwaved a second time and impart or leach harmful chemicals into microwaved foods. Some plastics are not designed to withstand high heat or to be reused, and will change form or warp – it is not recommended to eat foods from containers that have changed shape.

- When microwaving in glass, be sure it is tempered glass or it will shatter.
- If using paper goods in the microwave, use only white, undecorated materials, not made of recycled papers (these may contain chemicals or bits of metal which can ignite). For paper towels it is suggested that the package have a microwave-safe claim for the product.
- If the start/30-second button is pressed while the microwave is in use, this will default set the power to level 10 as well as adding an extra 30-seconds of cooking time.

OTHER USES FOR YOUR MICROWAVE

- To proof yeast doughs, place prepared dough in a large bowl and cover with plastic wrap. Place a 2-cup (500 ml) measure filled with 1 cup (250 ml) water in the microwave and bring to the boil. Move it immediately to back corner of microwave and place covered bowl of dough in the microwave. Close door and let rise in the warm, steamy microwave for 20 to 30 minutes until doubled in volume. Remove from microwave and proceed according to recipe instructions.
- Decrystallize honey by uncovering the jar and placing in the microwave for 30 to 60 seconds on Medium High (PL-7).
- Get more juice from citrus. Place lemons and limes in microwave on High (PL-10) for 20 to 30 seconds and your juice yield will be greatly improved and less difficult.
- Soften freezer-hard ice cream by

microwaving on Medium (PL-5) for 30 to 60 seconds.

- To soften hard-as-rocks brown sugar, place on a glass or ceramic pie plate. Cover with wax paper. Top with a slice of fresh white bread. Cover with plastic wrap. Microwave on High (PL-10) for about 30 seconds.
- Reheat rice by placing in serving dish/bowl. For 1 cup (250 ml) rice, sprinkle with 2-3 teaspoons (10-15 ml) water, and cover with a plate or plastic wrap. Microwave on High (PL-10) for 1½ minutes. Let stand for 2 minutes before using.

SUGGESTED DISHES FOR USE IN THE MICROWAVE

- Glass measuring cups with handle – 1-cup, 2-cup, 4-cup and 8-cup (250 ml, 500 ml, 1 L, and 2 L) sizes.
- Glass, ceramic or porcelain ramekins – 4 to 8 ounces (115 g to 230 g) in size.
- Glass/ceramic bowl with lid – 1½-quart, 3-quart (1.4 L, 2.8 L) sizes
- Glass/ceramic oval baker/gratin dish – 12-ounce, 24-ounce (340 g, 680 g) sizes.
- 12-ounce (340 g) mugs for coffee
- Glass/ceramic 9- to 12-inch (22.8 cm to 30 cm) pie plates
- Glass/ceramic/porcelain soufflé dishes – 1-quart, 2-quart, 3-quart (940 ml, 1.89 L and 2.83 L) sizes

COOKING GUIDE

The following guides will help you to cook a variety of foods in the microwave. Some foods are more suited for microwave cooking than others. Times will vary depending on the starting temperature of the foods being cooked.

GUIDE FOR COOKING MEAT IN YOUR MICROWAVE

- Place meat on a microwave-safe roasting rack in a microwave-safe dish.
- Start meat fat side down. Use narrow strips of aluminum foil to shield any bone tips or thin meat areas.
- Check the temperature in several places before letting the meat stand the recommended time.
- Microwaved meats will be somewhat different in texture than meats cooked by traditional methods. Brushing meats with a product such as Gravy Master® will aid in “browned” appearance and make finished product more visually appealing.
- The following temperatures are removal temperatures. The temperature of the food will rise during the standing time.

FOOD	COOK TIME/ POWER LEVEL	DIRECTIONS
Boneless roast beef Up to 4 lbs. (1.8 kg)	Cooking Time: Rare – 7-11 min/lb for 115°F (46°C) Medium – 8-12 min/lb for 120°F (49°C) Well Done – 9-14 min/lb for 145°F (63°C) Power Level: High (Hi) for first 5 minutes, then Medium (PL-5) or according to specific recipe.	Place roast fat-side down on roasting rack. Cover with wax paper. Turn over when cooking time is half up. Let stand 10 minutes.
Pork Boneless or Bone-in Up to 4 lbs. (1.8 kg)	Cooking Time: Well Done – 11-15 min/lb for 160°F (71°C) Power Level: High (Hi) for first 5 minutes, then Medium (50)	Place roast fat-side down on roasting rack. Cover with vented plastic wrap. Turn over when cooking time is half up. Let stand 10 minutes.

GUIDE FOR COOKING POULTRY IN YOUR MICROWAVE

- Place poultry on a microwave-safe roasting rack in a microwave-safe dish.
- Cover poultry with wax paper to prevent spattering.
- Use small pieces of aluminum foil to shield bone tips, thin meat areas or areas that start to overcook.
- Check the temperature in several places before letting the poultry stand the recommended time.

GUIDE FOR COOKING FISH/SHELLFISH IN YOUR MICROWAVE

- Arrange pieces with thick sections to outside.
- When possible fold fish fillets to create pieces of similar size and thickness.
- Cover before cooking with a plate or wax paper.

FOOD	COOK TIME/ POWER LEVEL	DIRECTIONS
Whole Chicken Up to 4 lbs. (1.8 kg)	Cooking Time: 6-9 mins/lb 170°F - 180°F (77°C - 82°C) Power Level: Medium High (70)	Place chicken breast-side down on microwave-safe roasting rack. Cover with wax paper. Turn over when the cooking time is half up. Cook until juices run clear and meat near the bone is no longer pink. Skin will not be browned or crispy. To aid in browning, brush with Gravy Master® or similar product prior to cooking. Let stand 5-10 minutes.
Chicken Pieces Up to 2 lbs. (1 kg)	Cooking Time: 6-9 mins/lb 180°F (82°C) dark meat 170°F (77°C) light meat Power Level: Medium High (70)	Place chicken bone-side down on dish, with the thickest portions toward the outside of the dish in a spoke pattern. Cover with wax paper. Turn over when the cooking time is half up. Cook until juices run clear and meat near the bone is no longer pink. Skin will not be browned or crispy. To aid in browning, brush with Gravy Master® or similar product prior to cooking. Let stand 5-10 minutes.

FOOD	COOK TIME/ POWER LEVEL	DIRECTIONS
Fillets – cod, halibut, haddock , 1 pound (500 g) filets of even thickness	Cooking Time: 4-6 minutes Power Level: High (PL-10)	Let stand 3 minutes before serving.
Salmon, fillets 1 pound (500 g)	Cooking Time: 2½-3 minutes Power Level: High (PL-10)	Cover loosely with wax paper. Let stand 4-5 minutes before serving.
Flounder, sole, thin flat fillets , 1 pound (500 g)	Cooking Time: 4-6 minutes Power Level: High (PL-10)	Fold over to create thickness of about ¾ inch (1.9 cm). Let stand 3 minutes before serving.
Shrimp , 1 pound (500 g), large – peeled and deveined.	Cooking Time: 1-3 minutes Power Level: High (PL-10)	Arrange on flat microwave-safe plate, meaty (head) portion to outside, cover with plate. Let rest 3 to 5 minutes covered.
Scallops , 1 pound (500 g), large – remove muscle/foot before cooking.	Cooking Time: 2-4 minutes, turn over/stir after 1-1½ minutes Power Level: High (PL-10)	Arrange in single layer in microwave-safe pie plate. Season with melted butter and/or lemon juice. Cover with plate. Let stand 2 to 3 minutes, covered.

SUGGESTIONS FOR COOKING EGGS IN YOUR MICROWAVE

- Never cook eggs in the shell and never warm hard-cooked eggs in the shell; they can explode.
- Cook eggs just until barely set and allow for carryover cooking during which time they will finish cooking; they become tough if overcooked.

SUGGESTIONS FOR COOKING VEGETABLES IN YOUR MICROWAVE

- Vegetables should be washed in cold clear water just before cooking. Some vegetables such as spinach may require several washings. Often, no extra water is needed. If dense vegetables such as potatoes, carrots and green beans are being cooked, add about $\frac{1}{4}$ cup of water.
- Small vegetables such as sliced carrots, peas, lima beans will cook faster than larger ones.
- Whole vegetables such as potatoes, acorn squash or corn on the cob should be arranged in a circle on the turntable before cooking. They will cook more evenly if turned over after half the cooking time.
- Always place vegetables like asparagus and broccoli with the stem ends pointing toward the edge of the dish and the tips toward the center.
- When cooking cut vegetables, always cover the dish with a lid or vented microwave plastic wrap.
- For best results when cooking asparagus, arrange trimmed asparagus in a spoke fashion, stem end out. About two-thirds through cooking reverse so that tips are on the outer edge.
- Prick skin of whole, unpeeled vegetables such as potatoes, squash, eggplant, etc., in several spots before cooking to prevent them from bursting.
- For more even cooking, stir or rearrange whole vegetables halfway through the cooking time.
- Generally, the denser the food, the longer the standing time (standing time refers to the time necessary for dense, large foods and vegetables to finish cooking after they come out of the oven). A baked potato can stand on the counter for five minutes before cooking is completed, while a dish of peas can be served immediately.

VEGETABLE	PREPARATION	DIRECTIONS
Artichokes globe (2-about 10 ounces [60 g- about 290 g] each)	Choose firm, closed artichokes. Wash well; trim stems and cut about 1 inch (2.5 cm) from top. Use kitchen scissors to snip off sharp tips from leaves. Rub/brush cut edges with fresh lemon juice.	Place in casserole/baking dish with ¼ cup (50 ml) water. Cover. Microwave on High (PL-10) for 3-6 minutes, turning halfway through cooking, until a leaf pulls out easily. Invert to drain.
Asparagus (1 pound [500 g]) Cooking time will vary greatly with thickness of asparagus. For best results choose asparagus of similar thickness.	Wash and break off woody part of spear. Peel as desired. Leave whole or cut on diagonal into 1-to 2-inch (2.5 cm to 5 cm) lengths.	Place in casserole/baking dish with 3 tablespoons (45 ml) water. Cover. Microwave on High (PL-10) for 3 to 6 minutes, rearranging or stirring halfway through cooking until done to taste.
Beans (green, yellow wax) or haricots verts	Wash. Trim ends. Cut into 1 to 1½-inch (2.5 cm to 3.75 cm) pieces, French-cut or leave whole. Trim ends from haricots verts, leave whole.	Place in casserole/baking dish with 3 tablespoons water. Cover. Microwave cut or whole beans for 8 to 12 minutes on High (PL-10); Microwave French cut or haricots verts for 5 to 9 minutes.
Beets Red, yellow, or orange, 1 pound (500 g) (3 to 4 medium)	Trim stems to 1-inch (2.5 cm). Scrub beets well, but prick, do not peel if cooking whole. For sliced or diced, peel and cut.	Place in casserole/baking dish with 3 tablespoons (45 ml) water. Cover. Microwave whole beets for 9 to 12 minutes on High (PL-10) until tender. Let cool and skins will slip off easily. Microwave sliced/diced beets for 9 to 12 minutes, stirring after 5 minutes.
Broccoli 1 pound (500 g)	Wash, remove and discard stalks and outer leaves. Cut into florets (1-inch [2.5 cm]) or spears.	Place in casserole/baking dish with 3 tablespoons (45 ml) water. Microwave on High (PL-10) for 4 to 9 minutes, until crisp-tender or to taste, stirring once during cooking. If using in a salad or to add to another dish, choose shorter cooking times and refresh immediately in ice water.
Brussels Sprouts 1 pound (500 g)	Trim off and discard loose outer leaves. Trim stem ends and cut a cross in end with sharp knife.	Place in casserole/baking dish with ¼ cup (50 ml) water. Cover. Microwave on High for 7 to 9 minutes, stirring once during cooking.
Carrots 1 pound (500 g)	Wash and peel. Cut into ¼-inch (0.6 cm) slices or julienne.	Place in casserole/baking dish with 3 tablespoons (45 ml) water. Cover. Microwave on High (PL-10), 7 to 9 minutes for sliced, 5 to 7 minutes for julienned, stirring once during cooking.
Carrots, baby cut 1 pound (500 g)	Rinse (they may be prewashed, but rinse again).	Place in casserole/baking dish with 3 tablespoons (45 ml) water. Microwave on High (PL-10) for 7 to 9 minutes, stirring once during cooking.

VEGETABLE	PREPARATION	DIRECTIONS
Cauliflower 1 pound (500 g)	Wash; remove and discard leaves. Leave whole or cut/break into florets.	Place in casserole/baking dish with 3 tablespoons (45 ml) of water. Cover. Microwave on High (PL-10), 9 to 12 minutes for a whole head, 7 to 11 minutes for florets (stirring once during cooking).
Celery 6 stalks	Remove leaves, wash. Cut into ½-inch (1.25 cm) slices.	Place in casserole/baking dish with 2 tablespoons (30 ml) water. Microwave on High (PL-10) for 5 to 6 minutes, until crisp/tender, stirring once during cooking.
Corn 4 ears	Remove husks and silk; cut kernels from ears to yield about 2 cups (500 ml).	Place in casserole/baking dish with 2 tablespoons (30 ml) water. Cover. Microwave on High for 4 to 6 minutes, stirring once.
Corn on the Cob 4 ears	Remove husks and silk.	Wrap each ear in waxed paper or parchment. Place on glass turntable. Microwave on High (PL-10) for 2 to 4 minutes for 1 ear, 4 to 6 minutes for 2 ears, 7 to 10 minutes for 3 ears, and 9 to 12 minutes for 4 ears.
Fennel 2 bulbs	Trim, discarding upper stalks and tough/wilted outer layer of stalks. Cut thin slice from root end/base. Wash. Cut into quarters lengthwise or cut into ½-inch (1.25 cm) slices.	Place in casserole/baking dish with ¼ cup (50 ml) water. Cover. Microwave on High for 6 to 8 minutes, until tender, stirring once during cooking.
Lima Beans 3 cups (750 ml about 3 pounds in pods/shells)	Shell lima beans and rinse.	Place lima beans in a microwave-safe dish with ¼ cup (50 ml) water. Microwave on High (PL-10) for 6 to 9 minutes.
Mushrooms 1 pound (500 g)	Wash and dry immediately. Leave whole, quarter or slice.	Place in casserole/baking dish with 2 tablespoons (30 ml) melted butter or extra virgin olive oil. Cover. Microwave on High (PL-10) for 4 to 6 minutes, stirring twice during cooking. To sauté, melt ½ tablespoon (7 ml) each of unsalted butter and olive oil in a microwave-safe pie plate for 20 seconds on High (PL-10). Add up to 6 ounces (170 g) sliced mushrooms to plate and toss to coat. Season to taste. Microwave on High (PL-10) uncovered for 5 minutes, stirring twice during cooking.
Onions Small boiling or pearl, 8 ounces (230 g)	Peel boiling onions before cooking. Peel pearl onions after cooking.	Place in casserole/baking dish with 3 tablespoons (45 ml) water. Cover. Microwave on High (PL-10), for 3 to 5 minutes – undercook if adding to a dish that will be cooked further.
Parsnips 1 pound (500 g)	Wash and peel. Cut into ¼-inch (0.6 cm) slices or quarter lengthwise and cut into 2 inch (5 cm) lengths.	Place in casserole/baking dish with 3 tablespoons (45 ml) water. Cover. Microwave on High (PL-10) for 4 to 7 minutes, until tender, stirring once during cooking.

VEGETABLE	PREPARATION	DIRECTIONS
Peas edible pod – snow peas or sugar snap, 12 ounces (340 g)	Remove strings, trim tips and tops. Wash.	Place in casserole/baking dish with 3 tablespoons (45 ml) water. Cover. Microwave on High (PL-10) for 3 to 5 minutes until crisp/tender, stirring once during cooking.
Peas, green 3 cups (750 ml) fresh (from about 2 pounds [1 kg] in pods)	Shell and rinse.	Place in casserole/baking dish with 2 to 3 tablespoons (30 to 45 ml) water. Microwave on High (PL-10) for 5 to 8 minutes, until tender or done to taste.
Rutabagas (Yellow, waxy turnips or Swedes), 1 pound (500 g)	Wash and peel. Cut into ½-inch (2 ml) cubes.	Place in casserole/baking dish with 3 tablespoons (45 ml) water. Cover. Microwave on High (PL-10) for 10 to 14 minutes, stirring 2 or 3 times during cooking.
Spinach 1 pound (500 g)	Wash and drain, remove stems.	Place in casserole/baking dish with 1 tablespoon (15 ml) water. Cover. Microwave on High (PL-10) for 3 to 6 minutes, stirring once during cooking.
Squash Acorn, delicate, golden nugget, kabocha, sweet dumpling, 1 to 1½ pound (500g to 750 g)	Cut thin slice from root end/base. Wash. Cut into quarters lengthwise or cut into ½-inch (2 ml) slices.	Place squash halves, cut side down in casserole/baking dish with ¼ cup (50 ml) water. Cover. Microwave on High (PL-10) for 8 to 12 minutes, until tender when tested with a knife. Let stand 3 minutes before turning over.
Squash Banana, buttercup, butternut, hubbard, turban	Wash and halve lengthwise, remove seeds and stem. Butternut squash can also be peeled and cubed or sliced.	Place squash halves, cut side down in casserole/baking dish with ¼ cup (50 ml) water. Cover. Microwave on High (PL-10) for 10 to 14 minutes, until tender when tested with a knife. Let stand 3 minutes before turning over. For cube/sliced butternut squash, place in casserole/baking dish with 3 tablespoons (45 ml) water. Cover. Microwave on High (PL-10) for 5 to 9 minutes, until tender.
Squash Zucchini, summer, yellow crookneck, 1 pound (500 g)	Wash, trim and discard stem and blossom ends. Cut into ¼-inch (0.6 cm) slices.	Place in casserole/baking dish with 2 tablespoons (30 ml) water. Cover. Microwave on High (PL-10) for 4 to 7 minutes, stirring once during cooking.
Squash Spaghetti (one squash, about 2½ to 3 pounds [1.1 kg to 1.5 kg])	Wash, halve lengthwise – remove and discard seeds.	Place squash halves, cut side down in baking dish with ¼ cup (50 ml) water. Cover. Microwave on High (PL-10) for 16-21 minutes, until tender. Let rest 3 minutes before using.
Sweet Potatoes 1 pound (500 ml)	Wash and peel, cut into quarters or cubes.	Place in casserole/baking dish with 2 tablespoons (30 ml) water. Cover. Microwave on High (PL-10) for 9 to 12 minutes, until tender, stirring once during cooking.

AUTO DEFROSTING GUIDE

Follow the instructions below when defrosting different types of food.

FOOD	STANDARD AMOUNT	DIRECTIONS
Roast Beef, Pork	2.5-6.0 lbs. (1.1 - 2.7 kg)	Start with the food placed fat side down. After each stage, turn the food over and shield any warm portions with narrow strips of aluminum foil.
Steaks, Chops, Fish	0.5-3.0 lbs. (250 g - 1.5 kg)	After each stage, rearrange the food. If there are any warm or thawed portions of food, shield them with narrow flat pieces of aluminum foil. Remove any pieces of food that are nearly defrosted. Let stand, covered, for 5-10 minutes.
Ground Meat	0.5-3.0 lbs. (250 g - 1.5 kg)	After each stage, remove any pieces of food that are nearly defrosted. Let stand, covered with foil, for 5-10 minutes.
Whole Chicken	2.5-6.0 lbs. (1.1 - 2.7 kg)	Remove giblets before freezing poultry. Start defrosting with the breast side down. After the first stage, turn the chicken over and shield any warm portions with narrow strips of aluminum foil. After the second stage, again shield any warm portions with narrow strips of aluminum foil. Let stand, covered, for 30-60 minutes in the refrigerator.
Chicken Pieces	0.5-3.0 lbs. (250 g - 1.5 kg)	After each stage, rearrange or remove any pieces of food that are nearly defrosted. Let stand for 10-20 minutes.

Check foods when the oven signals. After the final stage, small sections may still be icy; let them stand to continue thawing. Do not defrost until all ice crystals have thawed. Shielding roast and steaks with small pieces of foil prevents the edges from cooking before the center of the food has defrosted. Use narrow, flat, smooth strips of aluminum foil to cover the edges and thinner sections of the food.

Meats that have been defrosted in the microwave should be cooked immediately to prevent harmful bacteria from developing.

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RECIPES

Scrambled Eggs for 1

Since the eggs will not stick to the microwaveable measuring cup, you can eliminate the butter – though it is quite tasty.

- ½ **tablespoon (7 ml) unsalted butter, optional**
- 2 large eggs**
- 1 tablespoon (15 ml) water**
- kosher salt, to taste**
- freshly ground pepper, to taste**

Melt butter (if using) in a 2-cup (500 ml) glass measuring cup for 20 seconds on High (PL-10). Let cool one minute. Break eggs into the cup, add water, and beat with a fork or small whisk. Microwave uncovered on High (PL-10) for 30 seconds. Stir vigorously to break up solids into curds. Microwave uncovered on High (PL-10) for 30 seconds, until creamy and firm, but still moist.

Stir to reach preferred consistency. Eggs will continue to cook after microwaving is stopped; resist the urge to cook longer – they will be at a safe temperature of over 165°F (74°C). If drier eggs are preferred, cook an additional 10 to 15 seconds after second stirring. Season to taste with salt and freshly ground pepper and serve hot.

*Nutritional information per serving
(made without butter):*

*Calories 149 (62% from fat) • carb. 1g • pro. 12g
• fat 10g • sat. fat 3g • chol. 425mg • sod. 121mg
• calc. 49mg • fibre 0g*

Scrambled Eggs for 2

- 1 **tablespoon (15 ml) unsalted butter, optional**
- 4 **large eggs**
- 1 **tablespoon (15 ml) water**
- kosher salt, to taste**
- freshly ground pepper to taste**

Melt butter (if using) in a 2-cup (500 ml) glass measuring cup for 20 seconds on High (PL-10). Let cool one minute. Break eggs into the cup, add water, and beat with a fork or small whisk. Microwave uncovered on High (PL-10) for 1 minute. Stir vigorously to break up solids into curds. Microwave uncovered on High (PL-10) for 40-45 seconds, until creamy and firm, but still moist. Stir to reach preferred consistency. Eggs will continue to cook after microwaving is stopped; resist the urge to cook longer – they will be at a safe temperature of over 165°F (74°C). If drier eggs are preferred, cook an additional 10 to 15 seconds cooking after second stirring. Season to taste with salt and freshly ground pepper and serve hot.

*Nutritional information per serving
(made without butter):*

*Calories 149 (62% from fat) • carb. 1g • pro. 12g
• fat 10g • sat. fat 3g • chol. 425mg • sod. 121mg
• calc. 49mg • fibre 0g*

Omelette with Zucchini & Mushrooms

This omelette is an easy supper on a busy night.

Makes one omelette

- 4 **teaspoons (20 ml) unsalted butter, divided**
- ¼ **cup julienned (¼-inch [0.6 cm] cut) zucchini**
- 3 **1-inch (2.5 cm) mushrooms, sliced**
- 2 **green onions, trimmed and cut into ¼-inch (0.6 cm) pieces**
- ⅛ **teaspoon (0.5 ml) basil or Italian herb blend**
- 2 **large eggs**
- ⅛ **teaspoon (0.5 ml) kosher salt**
- pinch freshly ground pepper**

- 2 **tablespoons (30 ml) lowfat shredded Cheddar or Swiss cheese**

Melt 3 teaspoons (15 ml) of the butter in a 9-inch (23 cm) glass pie plate on High (PL-10) power – this will take about 10 to 20 seconds. Add zucchini, mushrooms, green onions, and basil to pan and toss to coat with butter. Microwave on High (PL-10) for 5 minutes, stirring the vegetables at one minute intervals. Remove and reserve.

Soften the remaining teaspoon of butter in a 5- or 6-inch (12.7 or 15 cm) microwaveable soup plate. Spread butter in bowl of dish. Beat eggs with a whisk until frothy. Add salt and pepper. Pour into prepared plate. Microwave on High (PL-10) for 50-45 seconds. Use a heatproof rubber spatula to move the partially set edges of the eggs to the center and turn over. Microwave on High (PL-10) for 35 to 45 seconds – omelette will rise and puff, until just set and top is creamy. Top with cooked vegetables and shredded cheese. Microwave on Medium-High (PL-7) for 20 seconds to reheat vegetables and partially melt cheese. Loosen omelette with the spatula and fold over while turning onto serving plate. Serve hot.

Nutritional information per omelette:

*Calories 349 (72% from fat) • carb. 7g • pro. 18g
• fat 28g • sat. fat 13g • chol. 474mg
• sod. 369mg • calc. 168mg • fibre 2g*

Scallops Provençal

The microwave shines when cooking seafood and shellfish.

Makes 2 servings

- 1 **pound (500 g) sea scallops (about 8 to 10 scallops)**
- ¼ **cup (50 ml) finely chopped shallot or red onion**
- 2 **cloves garlic, finely chopped**
- 1 **teaspoon (5 ml) herbes de Provence**
- 3 **tablespoons (45 ml) dry white vermouth or dry white wine**
- 1 **tablespoon (15 ml) extra virgin olive oil**
- ¼ **teaspoon (1 ml) kosher salt**

- 1/8 teaspoon (0.5 ml) freshly ground pepper**
- 1 can (14- to 15-ounce [290 to 435 g]) diced tomatoes, drained**
- 10 niçoise or other black olives, pitted and halved, optional**

Rinse and pat scallops completely dry. Remove tough muscle from side of scallop if still on, and discard. Reserve scallops.

Place chopped shallots/onion, garlic, and herbes de Provence in a microwaveable round dish such as a deep dish pie plate. Stir in vermouth, olive oil, salt, and pepper. Cover with a round of waxed paper cut to fit on top of the rim of the dish so that it is not touching the food. Microwave on High for 2 minutes. Stir, replace cover and microwave on high for another 2 minutes.

Stir in diced tomatoes, and olives if using. Cover with the waxed paper and microwave on High for 5 minutes. Stir. Microwave uncovered for 2 minutes. Remove about one third of the tomato mixture.

Arrange the scallops in a circle on top of the remaining tomatoes. Top with reserved tomato mixture. Microwave on High for 4 minutes. Turn scallops and Microwave on High for 1 minutes longer. Let stand 2 to 3 minutes before serving

Scallops will continue to cook while resting – resist the urge to microwave further.

Serve with rice or pasta.

Nutritional information per serving (without optional olives):

Calories 504 (27% from fat) • carb. 21g • pro. 62g • fat 15g • sat. fat 1g • chol. 149mg • sod. 1133mg • calc. 99mg • fibre 3g

Spicy Cajun BBQ Shrimp

Serve with crusty French bread and lots of napkins.

Makes 4 to 6 servings

- 1 1/2 pounds (750 g) medium (28-35 count) shrimp, in shells**

- 6 tablespoons (90 ml) unsalted butter, cut into 6 pieces**
- 6 tablespoons (90 ml) extra virgin olive oil**
- 1/3 cup (75 ml) beer, at room temperature**
- 1/4 cup (50 ml) fresh lemon juice**
- 1 tablespoon (15 ml) soy sauce**
- 1 tablespoon (15 ml) Worcestershire sauce**
- 2 cloves garlic, finely minced**
- 1 large bay leaf**
- 1 teaspoon (5 ml) freshly ground black pepper**
- 1/2-3/4 teaspoon (2 - 3.75 ml) cayenne pepper, to taste**
- 1/2 teaspoon (2 ml) basil**
- 1/2 teaspoon (2 ml) oregano**
- 1/2 teaspoon (2 ml) rosemary**
- 1/2 teaspoon (2 ml) thyme**
- 1/2 teaspoon (2 ml) kosher salt**

Rinse and drain shrimp, pat dry and reserve.

Place the remaining ingredients in a 3-quart (2.8 L) microwave-safe round casserole or bowl that is about 4 inches (10 cm) deep. Microwave on High for 2 1/2 minutes. Stir. Microwave on 70% power (PL-7) for 4 minutes. Stir. Microwave again on 70% power (PL-7) for 4 minutes. Stir well. Add shrimp and stir to coat. Microwave on High (PL-10) for 3 minutes. Stir. Microwave on High (PL-10) for 1 minute. Stir and let stand for 2 minutes to complete cooking. If there are any shrimp that appear undercooked at this point, return to the microwave and cook on High for 30 second increments, letting stand for 1 minute after each.

Nutritional information per serving:

Calories 346 (68% from fat) • carb. 2g • pro. 24g • fat 26g • sat. fat 9g • chol. 252mg • sod. 505mg • calc. 64mg • fibre 0g

Salmon with Julienned Vegetables

Makes 2 servings

- 1 cup (250 ml) julienned fennel bulb**
- 1 cup (250 ml) julienned red potato**
- ½ cup (125 ml) julienned carrots**
- ⅓ cup (75 ml) julienned shallot**
- ½ cup (125 ml) julienned plum tomato**
- 1½ tablespoons (25 ml) extra virgin olive oil, divided**
- 1½ teaspoons (7 ml) dry basil, divided**
- ½ teaspoon (2 ml) finely chopped fresh lemon zest**
- 1 teaspoon (5 ml) kosher salt, divided**
- ½ cup (125 ml) julienned zucchini (discard seeds before cutting into julienne strips)**
- ½ cup (125 ml) julienned yellow squash (discard seeds before cutting into julienne strips)**
- 2 6-ounce (170 g) pieces salmon fillet***

Place the fennel, potato, carrots, shallot, and tomato in a medium bowl with 1 tablespoon (15 ml) of the olive oil, 1 teaspoon (5 ml) of the basil, the lemon zest, and ¾ teaspoon (3.75 ml) of salt. Toss to combine. Arrange in an even layer in a 9- or 10-inch (23 or 25 cm) microwave-safe pie plate. Cover with a round of waxed paper and microwave on High for 3-4 minutes. Add julienned squashes, stir and replace cover. Microwave on High for 1-3 minutes longer – vegetables should be not quite cooked.

Arrange salmon fillets over the vegetables. Drizzle with the remaining olive oil, and sprinkle with the remaining basil and salt. Cover with the round of waxed paper. Microwave on High for 5-9 minutes – until salmon is flaky – timing will depend on thickness of fish and its temperature. Let stand for 2 to 3 minutes before serving. Serve hot. If desired, garnish with a wedge of lemon and fronds from the fennel bulb.

Nutritional information per serving:

Calories 477 (40% from fat) • carb. 34g • pro. 38g • fat 22g • sat. fat 3g • chol. 94mg • sod. 804mg • calc. 106mg • fibre 4g

*It is important that they be of a similar and even thickness – if they are not evenly thick, fold the thin portion under to make an evenly thick portion.

Pesto Chicken Salad

Pesto Chicken Salad makes delicious sandwiches, or serve with fresh greens, sliced tomato and cucumber as an entrée. Use this method to micro-poach chicken for any recipe requiring cooked chicken.

Makes 6 servings

- 2 cups (500 ml) low-sodium chicken broth***
- 1 shallot, peeled and chopped**
- 4 boneless, skinless chicken breast halves, about 6 ounces (170 g) each**
- ½ cup (125 ml) thinly sliced celery**
- ⅓ cup (75 ml) chopped onion**
- ⅔ cup (150 ml) light mayonnaise**
- ¼ cup (50 ml) prepared pesto**

Place chicken broth and shallot in a microwave-safe baking dish or glass casserole. Cover with lid or waxed paper and microwave on High (PL-10) for 3 to 4 minutes to bring to a boil. Add chicken, cover and microwave on Medium High (PL-7) for 4 minutes. Turn chicken and cook, covered, on Medium High (PL-7) for 5 minutes longer. Let chicken cool in cooking liquid.

Place celery, onion, mayonnaise and pesto in a medium bowl and stir to combine. When chicken has cooled completely, dice. Add to mayonnaise mixture and toss gently to blend. Cover and chill.

To serve, line individual plates with lettuce or spinach, and garnish with tomato, cucumber or other vegetables of choice. Pesto Chicken Salad may also be used for sandwiches.

*After poaching chicken, strain and save liquid for other uses such as soup.

Nutritional information per serving:

*Calories 289 (46% from fat) • carb. 4g • pro. 34g
• fat 15g • sat. fat 3g • chol. 99mg • sod. 283mg
• calc. 50mg • fibre 0g*

Maple Glazed Acorn Squash

Since acorn squash takes about an hour to prepare in a conventional oven, microwave cooked squash is quite a time saver, and almost turns it into “fast food.”

Makes 2 servings

- 1 acorn squash (about 1¼ to 1½ pounds [625 to 750 g]), washed**
- ¼ cup (50 ml) water**
- 1 teaspoon (5 ml) unsalted butter**
- 1 tablespoon (15 ml) maple syrup**
- ½ teaspoon (2 ml) low-sodium soy sauce**
- ¼ teaspoon (1 ml) ground cinnamon**
- freshly ground pepper to taste**

Cut squash in half and remove seeds and fibres. Place cut side down in a microwaveable casserole, soufflé or other dish that will hold the squash in a single layer. Add water. Cover dish tightly with a lid, plate or microwavable plastic wrap. Microwave on High (PL-10) according for about 8 to 12 minutes, until tender when tested with a sharp knife. Let stand for 3 minutes.

While squash is cooking, combine maple syrup, soy, cinnamon, and freshly ground pepper to taste. When squash is tender, turn over. Place one half teaspoon butter in the cavity of each squash half. Divide maple syrup mixture evenly between the squash halves. Use a pastry brush to brush it over the squash. Return to the microwave and microwave for 1 minute on Medium-High (PL-7). Serve hot.

Nutritional information per serving:

*Calories 234 (8% from fat) • carb. 56g • pro. 4g
• fat 2g • sat. fat 1g • chol. 5mg • sod. 69mg
• calc. 164mg • fibre 10g*

Artichokes with Tangy Lemon Herb Dip

Makes 2 servings

- 1 cup (250 ml) water**
- 1 slice lemon**
- 1 clove garlic, peeled and sliced**
- 2 tablespoons (30 ml) chopped shallot**
- ½ tablespoon (7 ml) extra virgin olive oil**
- 2 globe artichokes, about 8 to 10 ounces (230 to 290 g) each**
- ½ lemon**

Place water, lemon slice, garlic, shallot, and olive oil in a 3-quart (7.6 L) microwave safe casserole with lid.

Wash artichokes under cold water. Pull off lower outer leaves/petals and discard. Trim stem ends so that artichokes will sit upright. Cut off top inch of artichoke and use kitchen snips/shears to trim sharp tips of leaves. Rub all cut surfaces immediately after cutting with lemon half to prevent discoloration. Place on sides in seasoned water in casserole and cover with a sheet of waxed paper, then the lid. Microwave on High (PL-10) for 8 minutes. Turn artichokes over, cover and microwave on High (PL-10) for 8 minutes longer. Stand artichokes upright in liquid and cover. Let stand for 5 minutes before serving.

Serve cooked artichokes with Tangy Lemon Herb Dip (recipe follows) or other favourite dipping sauce.

*Nutritional information per serving
(one artichoke):*

*Calories 121 (6% from fat) • carb. 26g • pro. 8g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 216mg
• calc. 105mg • fibre 12g*

Tangy Lemon Herb Dip

Tangy Lemon Herb Dip also makes a good sauce to serve with fish cooked in your Cuisinart® Microwave.

Makes about ½ cup (125 ml)

- ½ **cup (125 ml) plain lowfat yogurt**
- 2 tablespoons (30 ml) chopped parsley**
- ½ **clove garlic, peeled and finely chopped**
- ½ **tablespoon (7 ml) extra virgin olive oil**
- ½ **teaspoon (2 ml) finely chopped lemon zest**
- ½ **tablespoon (7 ml) lemon juice**
- 1 teaspoon (5 ml) dill weed**
- ¼ **teaspoon (1 ml) kosher salt**

Place all ingredients in small bowl and stir with whisk until smooth. Let stand for 30 minutes before serving to allow flavours to blend. If not serving immediately after it stands, cover and refrigerate until ready to serve.

Nutritional information per serving (about ¼ cup):

*Calories 70 (53% from fat) • carb. 5g • pro. 3g
• fat 4g • sat. fat 1g • chol. 3mg • sod. 210mg
• calc. 121mg • fibre 0g*

Honey Ginger Glazed Carrots

Using the prepared carrots makes this a quick and easy side dish that is ready in just minutes.

Makes 4 servings

- 1 pound (500 ml) baby cut carrots**
- 3 tablespoons (45 ml) water**
- 1 tablespoon (15 ml) unsalted butter**
- 1 tablespoon (15 ml) honey**
- ½ **tablespoon (7 ml) fresh lemon juice**
- 1 teaspoon (5 ml) ground ginger**
- ½ **teaspoon (2 ml) Dijon-style mustard**
- ½ **teaspoon (2 ml) kosher salt**
- 4-6 drops hot sauce such as Tabasco®**

freshly ground pepper to taste

Place carrots and water in a 1½-quart (1.4 L) microwave-safe dish. Cover and microwave on High (PL-10) for 6 to 8 minutes or until crisp tender, stirring after 4 minutes of cooking. Leave covered and allow to stand for 2 to 3 minutes.

While carrots stand, place butter, honey, lemon juice, ginger, salt, and pepper in a 1-cup (500 ml) microwaveable measuring cup. Microwave, covered with a sheet of waxed paper, on High (PL-10) for 45 seconds. Drain carrots. Pour the honey sauce over the carrots and stir to coat. If desired, microwave for an additional minute on High (PL-10). Serve hot.

Nutritional information per serving:

*Calories 67 (33% from fat) • carb. 12g • pro. 1g
• fat 3g • sat. fat 2g • chol. 8mg • sod. 313mg
• calc. 29mg • fibre 2g*

Green Beans with Mushrooms & Toasted Almonds

Makes 4 servings

- 3 tablespoons (45 ml) slivered almonds**
- ½ **tablespoon (7 ml) unsalted butter**
- ½ **tablespoon (7 ml) extra virgin olive oil**
- 4 ounces (115 g) white button or cremini mushrooms, cleaned and sliced**
- ½ **teaspoon (2 ml) herbes de Provence or thyme**
- 1 pound (500 g) green beans, rinsed, drained and cut into 1 to 1¼-inch (2.5 to 3.1 cm) slices**
- ½ **cup (125 ml) water**
- ¼ **teaspoon (1 ml) kosher salt**
- Freshly ground pepper to taste**

Place almonds in a microwaveable glass or ceramic 9-inch (23 cm) pie plate. Microwave on High (PL-10) for 2 minutes, stirring after every 30 seconds of cooking, to toast. Remove, transfer to a small bowl and reserve.

Using same pie plate, melt butter with olive oil, 20 seconds on High (PL-10). Add sliced mushrooms to plate and toss to coat with butter and olive oil. Sprinkle with herbes de Provence. Microwave, uncovered for 5 minutes, stirring after 2 and 4 minutes. Reserve.

Place green beans and water in a 1½-quart (1.4 L) microwaveable bowl or casserole with lid. Microwave covered for 8 to 10 minutes on High (PL-10), stirring after 5 minutes of cooking, until beans are done to taste.

Drain beans. Stir in the cooked mushrooms, top with toasted almonds and serve hot.

Nutritional information per serving:

*Calories 101 (46% from fat) • carb. 12g • pro. 3g
• fat. 6g • sat. fat 1g • chol. 4mg • sod. 88mg
• calc. 70mg • fibre 5g*

Smashed Potatoes & Cauliflower with Garlic

Cauliflower is substituted for some of the potatoes to lighten up this side dish. The best thing is no need to drain the potatoes and cauliflower, making them even easier to prepare.

Makes about 5 cups (1.25 L)

1½ pounds (750 g) Yukon Gold potatoes, peeled, cut into 1-inch (2.5 cm) cubes
1 pound (500 g) cauliflower, separated into 1-inch (2.5 cm) flowerets, then cut in half
4 cloves garlic, peeled and thinly sliced
½ cup (125 ml) low-sodium vegetable broth, chicken broth or water
¾ cup (175 ml) whole milk or half & half
¼ cup (50 ml) unsalted butter, cut into ½-inch (1.25 cm) pieces
½ teaspoon (2 ml) kosher salt
⅛ teaspoon (0.5 ml) freshly ground white pepper

Place the potatoes, cauliflower, garlic, and broth/water in a 3-quart (2.83 L) microwaveable casserole/bowl that is at least 4 inches (10 cm) deep. Cover tightly with lid or a plate. Microwave on High for 10 minutes. Stir. Microwave on High for 8 minutes. Remove from Cuisinart Microwave and let stand for 2 to 3 minutes.

Place milk and butter in a 2-cup (500 ml) glass measure or bowl. Microwave on High for 2 minutes, until milk is hot and butter is completely melted. Pour over potato/cauliflower mixture. Sprinkle with salt and pepper. Use a potato masher or hand mixer to “smash” potatoes and cauliflower to desired consistency. If a smoother texture is desired, use a food mill. Serve hot.

*Nutritional information per serving
(½ cup [125 ml], made with milk):*

*Calories 124 (39% from fat) • carb. 17g • pro. 3g
• fat 5g • sat. fat 3g • chol. 15mg • sod. 179mg
• calc. 38mg • fibre 2g*

Broccoli & Cheddar Stuffed Potatoes

Twice-baked potatoes in minutes.

Makes 4 servings as a side dish

2 large (about 12 ounces [340 g] each) russet potatoes
1½ cups (375 ml) chopped fresh broccoli (stems cut to ½-inch [1.25 cm] pieces, flowerets cut to bite-sized pieces)
2 tablespoons (30 ml) water
2 teaspoons (10 ml) unsalted butter
2 tablespoons (30 ml) chopped green onion (include some of the green)
3 tablespoons (45 ml) lowfat sour cream or plain yogurt
3 tablespoons (45 ml) lowfat milk
¾ cup ([175 ml] about 3 ounces) shredded light, sharp Cheddar cheese, divided
½ teaspoon (2 ml) kosher salt
¼ teaspoon (1 ml) freshly ground white or black pepper

**2 slices crispy microwaved
bacon, crumbled, optional**

Scrub the potatoes well and dry. Prick with a fork. Microwave on Potato setting for 24-ounce (720 g) size. Remove from microwave and let stand 5 minutes.

Place broccoli and water in a shallow microwave-safe bowl. Cover with plate or lid and microwave for 1 serving on Fresh Vegetable setting. Remove from microwave, uncover and drain.

Slice potatoes in half horizontally. Scoop the cooked potato flesh into a medium bowl, leaving ¼-inch-thick (0.6 cm) potato shell; reserve shells. Add butter and chopped green onions to potatoes in bowl and mash well. Add sour cream/yogurt and milk. Mash well. Choose about 16 pieces of the broccoli flowerets and reserve. Stir in remaining cooked broccoli, ½ cup (125 ml) of the cheese, salt, and pepper. Spoon potato mixture into shells. Arrange about 4 flowerets decoratively on each potato.

Place potatoes in a circle on a microwave-safe plate. Cover with a microwave-safe paper towel or waxed paper. Microwave on High (PL-10) for 4 minutes. Sprinkle with remaining cheese. Potatoes can be served at this point, or returned to the microwave for another 1½ minutes on High (PL-10) to melt cheese. If desired, sprinkle with crumbled crispy bacon bits. Serve hot.

*Nutritional information per serving
(prepared without optional bacon):*

*Calories 289 (23% from fat) • carb. 45g • pro. 13g
• fat 8g • sat. fat 2g • chol. 22mg • sod. 142mg
• calc. 223mg • fibre 6g*

Garnish with your favourite salsa.

Potato Salad

Cooking your potatoes in the microwave for the summertime favourite keeps the kitchen cool – and no pot to wash!

Makes 6 cups (1.5 L)

**2½ pounds (1.1 kg) russet baking
potatoes, scrubbed well and
dried**
¾ cup (174 ml) lowfat mayonnaise

½ cup (125 ml) lowfat sour cream
**1 tablespoon (15 ml) Dijon-style
mustard**
**½ tablespoon (7 ml) dill weed or
tarragon (dry, double if using
fresh)**
1 teaspoon (5 ml) kosher salt
**½ teaspoon (2 ml) freshly ground
black pepper**
**2 tablespoons (30 ml) rice vinegar
or white balsamic vinegar**
1 cup (250 ml) thinly sliced celery
**½ cup chopped onion (may use
white, red or green)**

Prick each potato in several places with a fork or the tip of a paring knife. Place 2 microwaveable paper towels on the turntable and arrange the potatoes in a circle toward the edge of the turntable. Microwave on High (PL-10) for 12 minutes. Let stand 3 minutes. Test for doneness, add 2 to 3 minutes more cooking time if needed. Let potatoes cool for 5 to 10 minutes.

While potatoes are “baking”, combine the mayonnaise, sour cream, mustard, dill/tarragon, salt, and pepper in a small bowl. Stir with a whisk to blend.

Peel warm potatoes and discard skins. Cut the potatoes into bite-sized pieces. Place in a large bowl and sprinkle with vinegar while potatoes are still warm. Add celery and onions; stir gently. Add mayonnaise mixture to potatoes. Toss gently to combine and coat potatoes. Serve immediately, or cover and refrigerate until ready to serve.

*Nutritional information per serving
(½ cup [125 ml]):*

*Calories 163 (30% from fat) • carb. 26g • pro. 3g
• fat 5g • sat. fat 1g • chol. 10mg • sod. 257mg
• calc. 33mg • fibre 2g*

Note: If desired add 2 hard cooked eggs that have been roughly chopped and/or ¼-½ cup (50 - 125 ml) chopped pickles (dill or sweet, to taste).

Simple Hollandaise

Sauces with egg emulsions can be daunting – making this one in your microwave makes it quick and easy. Serve with fish, vegetables or to make Eggs Benedict.

Makes about 1 cup (250 ml)

- ½ cup (125 ml) unsalted butter, cut into ½-inch (1.25 cm) slices**
- 3 large egg yolks**
- 2 tablespoons (30 ml) fresh lemon juice**
- 1 tablespoon (15 ml) water**
- ½ teaspoon (2 ml) kosher salt**
- ¼ teaspoon (1 ml) dry mustard**

Place butter in a microwaveable 1-cup (250 ml) measure. Cover with waxed paper and microwave on High (PL-10) to melt, about 1 minute. Let cool slightly, about 4 to 5 minutes.

Place egg yolks, lemon juice, water, salt and dry mustard in a microwaveable 4-cup (1 L) measure or bowl with handle. Whisk until emulsified and smooth. Whisk in melted, cooled butter; whisk until completely emulsified.

Cook sauce uncovered for 2 minutes on medium-high (PL-7), stopping to whisk briskly every 20 seconds. The mixture will begin to thicken at the edges and resemble a soft custard. Cook until mixture thickens enough to coat a metal spoon. Serve warm with seafood, vegetables, or eggs.

If not serving immediately, cover with a round of waxed paper placed directly on the sauce to prevent a skin from forming. To reheat, remove waxed paper. Microwave on Medium-Low (PL-3) for 2 minutes, stirring with a whisk after 1 minute of cooking, and again when cooking is completed.

*Nutritional information per serving
(2 tablespoons [30 ml]):*

*Calories 125 (95% from fat) • carb. 0g • pro. 1g
• fat 13g • sat. fat 8g • chol. 111mg • sod. 88mg
• calc. 12mg • fibre 0g*

Cheddar Cheese Sauce

Delicious served over microwaved broccoli and cauliflower.

Makes 1 cup (250 ml)

- 1 cup (250 ml) reduced fat milk**
- 2 tablespoons (30 ml) unsalted butter**
- 2 tablespoons (30 ml) unbleached all-purpose flour**
- ¼ teaspoon (1 ml) kosher salt**
- ¼ teaspoon (1 ml) dry mustard**
- ⅛-¼ teaspoon (0.5 - 1 ml) Tabasco® or other hot sauce to taste**
- ¾ cup ([175 ml] 3 ounces) shredded sharp Cheddar cheese***

Heat milk in a 1-cup (250 ml) glass measuring cup or other microwave-safe cup for 1½ minutes on High (PL-10); reserve.

Place butter in a 4-cup (1 L) glass measuring cup or other deep 4-cup (1 L) microwaveable bowl with a handle. Cover with a sheet of waxed paper and microwave for 40 sec on High (PL-10) or until melted. Add flour and stir with a whisk until smooth. Microwave on High for 2 minutes until foamy, stirring with a whisk after 45 seconds and 1½ minutes of cooking. Add warm milk, salt, mustard, and hot sauce; whisk until smooth. Microwave on Power Level 5, uncovered for 3 minutes, stirring after 1 minute, and then every 45 seconds, until the sauce boils and thickens. At this point, you have a medium white sauce.

Add cheese and stir until smooth. Microwave, uncovered, on Medium-High (PL-7) for 3 minutes, whisking after 1 minute, after 2 minutes, and again when done. Serve hot.

If not using immediately, cover with a round of waxed paper directly on the sauce to prevent a skin from forming. To reheat after standing for a short time (10 to 15 minutes), microwave on Medium (PL-5) for 1½ minutes, stirring after 45 seconds.

*May use grated Parmigiano-Reggiano or Asiago in place of Cheddar cheese.

*Nutritional information per serving
(2 tablespoons [30 ml]):*

*Calories 90 (69% from fat) • carb. 3g • pro. 4g
• fat 7g • sat. fat 4g • chol. 21mg • sod. 126mg
• calc. 114mg • fibre 0g*

Strawberry Pomegranate Jam

Making jam in the microwave couldn't be simpler, and the result here is this delightful ruby red jam.

Makes about 3½ cups (875 ml)

- 2 pounds (1 kg) strawberries, stemmed and quartered**
- 1¾ cups (425 ml) granulated sugar**
- ¼ cup (50 ml) pomegranate juice**
- 1¾ ounces (50 g) powdered fruit pectin for low-sugar recipes**

Place all ingredients in a 3-quart (2.8 L) microwaveable bowl or casserole that is at least 4 inches (10 cm) deep. Stir to combine. Cover loosely with a sheet of waxed paper cut just slightly larger than the bowl/casserole.

Microwave on High for 5 minutes. Stir using a heatproof spatula or wooden spoon, taking care to scrape the bottom of the bowl. Microwave uncovered on High for 5 minutes. Stir well. Microwave, uncovered, on High for 2 minutes. Stir well. Microwave on High for 2 more minutes – jam will be boiling. Carefully remove from microwave oven and carefully skim off and discard any foam that has accumulated on the top. Stir and allow to cool for at least 20 minutes before using – jam will thicken as it cools. Transfer to containers with nonmetallic covers and refrigerate. Keeps about 10 days in the refrigerator.

*Nutritional information per serving
(2 tablespoons [30 ml]): Calories 65 (0% from fat)
• carb. 17g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 4mg • calc. 5mg • fibre 1g*

Applesauce

Makes about 5 cups (1.25 L)

- 8 apples, about 8 ounces (230 g) each (do not use red delicious apples)**
- ⅓ cup (75 ml) water, apple cider, apple juice or cranberry juice**
- 1 tablespoon (15 ml) fresh lemon juice (only if using water)**

Peel, core, and cut apples into eighths. Place in a 3-quart (2.83 L) microwaveable casserole or bowl. Toss with liquid in recipe. Cover with casserole lid or plate. Microwave on High (PL-10) for 15 to 18 minutes, stirring apples after 10 minutes of cooking, until apples are tender and can be mashed with a fork. Mash or purée to desired texture using a potato masher or hand blender. Serve warm or let cool, cover and refrigerate. Keeps about 1 week in the refrigerator.

Nutritional information per serving:

*Calories 102 (6% from fat) • carb. 26g • pro. 1g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 2mg
• calc. 9mg • fibre 5g*

Lemon Curd

Lemon curd is very good with scones, gingerbread, or pound cake. It can also be used to fill tartlets or meringues.

Makes about 3 cups (750 ml)

- 1 cup (250 ml) unsalted butter, cut into 16 pieces**
- 2 cups (500 ml) granulated sugar**
- zest of 4 lemons**
- ⅔ cup (150 ml) fresh lemon juice**
- 4 large eggs**

Place butter in a 4-cup (1 L) microwaveable measuring cup or bowl. Cover with waxed paper and microwave on High (PL-10) to melt, 30 to 60 seconds. Stir in the sugar, lemon zest, and lemon juice. Cover with waxed paper and microwave for 4 to 4½ minutes, stirring after 2, 3 and 4 minutes of cooking, until sugar is completely dissolved.

In a 2-quart (1.89 L) microwaveable measuring cup or bowl with handle, beat eggs until frothy. While whisking the eggs, slowly add the hot butter mixture to the eggs, whisking constantly. Cover with waxed paper and microwave on Medium-High (PL-7) for 7 to 8 minutes, stirring every 2 minutes, until thick and smooth like mayonnaise. Do not boil or the mixture will curdle. When thick, whisk again until smooth. Ladle into sterilized jars and let come to room temperature. Cover and refrigerate.

*Nutritional information per serving
(2 tablespoons [30 ml]):*

*Calories 146 (51% from fat) • carb. 17g • pro. 1g
• fat 9g • sat. fat 5g • chol. 56mg • sod. 12mg
• calc. 8mg • fibre 0g*

Chocolate Mousse

Microwaving is a simple way to melt chocolate.

Makes 4 cups (1 L)

- 1 cup (250 ml) reduced fat milk**
- 2½ cups (625 ml) miniature marshmallows**
- 8 ounces (240 g) semisweet chocolate morsels or chopped semisweet chocolate**
- 1 ounce (30 g) unsweetened chocolate, cut into ½-inch (1.25 cm) pieces**
- 1 teaspoon (5 ml) instant espresso powder**
- 1 teaspoon (5 ml) pure vanilla extract**
- 1 cup (250 ml) heavy cream, chilled**

Combine milk, marshmallows, and both chocolates in a 2-quart (1.89 L) microwaveable bowl. Microwave on High (PL-10) for 2 minutes. Stir well with a whisk. Continue to microwave on High for 30-second intervals, stirring well after each, until the chocolate and marshmallows are completely melted and the mixture is smooth and homogenous. Add espresso powder and vanilla, whisking to blend. Stirring now and then, allow the chocolate mixture to come to room temperature before continuing.

When chocolate mixture has cooled completely to room temperature, whip cream until it just holds stiff peaks. Stir about one fourth of the whipped cream into the chocolate mixture to lighten it. Then, gently fold the remaining cream into the chocolate mixture. Spoon into 5-ounce ramekins or stemmed glasses. Cover and chill for at least 6 hours. Remove from refrigerator 15 minutes before serving for best flavour.

Serving suggestions:

- If desired, garnish with freshly whipped cream or chocolate shavings.
- Spoon into a prepared 9-inch (23 cm) cookie crumb crust, chill and serve as a pie.

*Nutritional information per serving
(½ cup [125 ml]):*

*Calories 331 (58% from fat) • carb. 33g • pro. 2g
• fat 22g • sat. fat 12g • chol. 43mg • sod. 200mg
• calc. 62mg • fibre 5g*

Cranberry Poached Pears

Makes 4 servings

- 1 cup (250 ml) cran-raspberry or cranberry juice**
- ¼ cup (50 ml) dried cranberries**
- 4 strips lemon zest (each about 2 x ½ inches [5 x 1.25 cm]), bitter white pith removed**
- 2 pears (about 8 ounces [240 g] each), ripe but still firm**
- 1 tablespoon (15 ml) fresh lemon juice**

Combine juice, dried cranberries and zest in a microwaveable casserole about 9 inches (23 cm) in diameter and 3 inches (7.5 cm) high. Cover with a sheet of waxed paper or casserole lid and microwave on High (PL-10) for 3 minutes.

Peel the pears, cut in half and core. Brush with lemon juice. Arrange the pears with the narrow stem ends to the center in the hot liquid cut side down. Spoon some of the liquid over each. Cover with waxed paper or lid and microwave on High

(PL-10) for 3 minutes. Turn cut side up, cover and microwave on High for 1½ minutes. Let pears cool in the poaching liquid, turning and basting now and then. Remove and discard lemon zest. When cool, remove pears. If desired, poaching liquid can be reduced to a syrup by microwaving uncovered on High for 4 to 5 minutes until reduced to about 2 tablespoons (30 ml).

Pears can be served at room temperature or chilled. Arrange pear halves on dessert plates, spoon cranberries into the hollow of the pear. Top with syrup if made and freshly whipped cream or vanilla yogurt.

Nutritional information per serving:

*Calories 129 (3% from fat) • carb. 33g • pro. 0g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 1mg
• calc. 17mg • fibre 3g*

Creamy Rice Pudding with Raisins

Old-fashioned rice pudding in minutes instead of hours.

Makes 4 cups (1 L)

- 3 cups (750 ml) cooked short grain rice***
- ⅔ cup (150 ml) regular or golden raisins**
- ⅓ cup (75 ml) granulated sugar**
- 1 tablespoon (15 ml) cornstarch**
- ½ teaspoon (2 ml) ground cinnamon**
- ⅛ teaspoon (0.5 ml) salt**
- 2¾ cups (675 ml) reduced fat milk (for creamier, richer pudding, use whole milk)**
- 3 large eggs, beaten**
- 1 tablespoon (15 ml) pure vanilla extract**

Place rice and raisins in a 1½- to 2-quart (1.4 to 1.89 L) microwaveable casserole or bowl. Stir and reserve.

Combine sugar, cornstarch, cinnamon, and salt in an 8-cup (2 L) microwaveable measuring cup or bowl with handle; stir to blend. Combine milk and eggs. While whisking, gradually add milk mixture to dry mixture, whisk until smooth.

Microwave on High (PL-10) for 7 to 8 minutes, stirring once every minute, until mixture is thick, bubbly and similar to a custard sauce in appearance. Stir in vanilla. Add to rice mixture and stir well.

Cover the casserole with waxed paper and microwave on High (PL-10) for 3 minutes, then on Medium-High (PL-7) for 2 to 3 minutes longer, until thick and creamy. Let stand 5 minutes before serving, or cover with a sheet of waxed paper or plastic wrap placed directly on the pudding to prevent a skin from forming, let cool, cover and refrigerate until ready to serve.

*Short grain rice will yield a creamier rice pudding.

*Nutritional information per serving
(½ cup [125 ml]):*

*Calories 224 (16% from fat) • carb. 40g • pro. 7g
• fat 4g • sat. fat 2g • chol. 86mg • sod. 104mg
• calc. 127mg • fibre 2g*

WARRANTY

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This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered.

This warranty is not available to retailers or other commercial purchasers or owners. If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary. For warranty purposes, please register your product online at www.cuisinart.ca to facilitate verification of the date of original purchase and keep your original receipt for the duration of the limited warranty. This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discolouration or other damage to external or internal surfaces that does not impair the functional utility of the product. This warranty also expressly excludes all incidental or consequential damages.

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1-800-472-7606

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100 Conair Parkway
Woodbridge, Ont. L4H 0L2

Email:
consumer_Canada@conair.com

Model:
CMW-100C

To facilitate the speed and accuracy of your return, please enclose:

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* Product date code can be found on the underside of the base of the product. The product date code is a 4 or 5 digit number. Example, 90630 would designate year, month & day (2009, June 30th).

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