

REVERE  WARE

MICRO·FRYER

Pan Fried Flavor, Microwave Speed



·RECIPES·

USE AND CARE



With your microwave oven and the Revere Micro-Fryer you can now achieve pan-fried flavor at microwave speed.

Use and Care of Your New Revere Micro-Fryer®

Read all instructions carefully before using your Micro-Fryer for the first time. And remember to review your microwave oven instructions for utensil use.

About Your Revere Micro-Fryer

For generations, Revere has made the finest stainless steel cookware and bakeware. American homemakers and chefs alike have treasured it for years, for its long-lasting good looks and excellent cooking qualities.

Now Revere brings you those same qualities in a stainless steel utensil designed specially for combination cooking—from the rangetop to microwave oven (or even conventional oven.) This new utensil, the Micro-Fryer, heats evenly and allows you to brown foods on the rangetop to add to their appeal...and then complete their cooking in less time in the microwave oven. All in one pan...instead of several.

You'll note that the Micro-Fryer is slightly rounder on the sides than conventional fry pans...just part of Revere's design to enhance microwave reflection into the food...and lessen your cooking time. The pan is available in convenient 8" and 10" sizes with both copper and aluminum bottoms. A tempered glass cover keeps juices and flavor in.

Caring for Your Micro-Fryer

Before first use —

- Wash your new Micro-Fryer and cover thoroughly before adding food.

With every use —

- Place the Micro-Fryer in the middle of the oven. Make sure that there is space between the pan and microwave oven walls and door.
- If your utensil cover is hot, do not place it on a cold surface, immerse it in water or handle it with a damp cloth, as breakage may occur.
- Your Micro-Fryer and cover are dishwasher safe. Rinsing or soaking, followed by a dishwasher cycle, will clean your Micro-Fryer satisfactorily under normal use. Should hand scouring of the pan be required to remove baked-on or dried foods, a steel wool pad may be used. To maintain your utensil's good looks, Revere recommends using one of the specially made Revere cleaners: *Revere Ware Instant Stainless Steel Cleaner* and *Revere Ware Instant Copper Cleaner*.
- And to maintain the good looks of your home, do not place a hot pan on counter or tabletop, but on a trivet or heat-proof surface instead.

Use with Conventional Range

When using your Micro-Fryer with a conventional range (either electric or gas):

- For sautéing and pan frying, add oil to enhance browning and prevent sticking. Then preheat the pan on the rangetop at MEDIUM-HIGH for a maximum of 2 minutes.
- For deep fat frying, use only the 10" pan and do not exceed 3 cups of oil. Use thermometer to assure oil reaches proper temperature for frying. Drain food and remove oil if you are going to continue cooking in the microwave oven.
- The Micro-Fryer may be used in conventional ovens up to 400°F.

Use in a Microwave Oven

All the recipes in this booklet were tested in a 700 watt microwave oven. For best results adjust instructions to appropriate time and cooking power, if the oven you are using has a different wattage.** The Micro-Fryer is intended for modern microwave ovens which are designed for use with metal browning dishes. If your oven is of an older variety which cannot be used with a metal browning dish, do not use the Micro-Fryer.

For best results,

- Foods should be refrigerator temperature. Frozen foods should be thoroughly defrosted and without any ice crystals remaining.
- Pat meats dry with a paper towel before cooking.
- Make use of the Micro-Fryer's round shape in arranging food for more even cooking results.
- Food pieces of uniform size cook more evenly.
- Larger, dense food items should be placed near the center of the pan.
- Pierce foods (such as unpeeled potatoes, sausages, egg yolks or other foods with membranes) to allow steam to escape.
- As in conventional cooking, stir, rearrange or turn foods (where possible) to enhance even cooking.
- Some spattering or smoke is normal, if microwave cooking follows rangetop browning. To minimize and control spatters, place the cover on your Micro-Fryer.

**Revere is not responsible for microwave oven performance, cooking pattern, wattage output or voltage flow.

*Cover Photo:
Stuffed Pork Chops*

AVOID ARCING AND FIRE HAZARD

To avoid arcing and fire hazard always follow these precautions:

- Do not permit the Micro-Fryer to come in contact with any metal parts of the interior of the oven such as its side walls, bottom or rack.
- Do not use a metal temperature probe with the Micro-Fryer.
- To avoid damaging your microwave oven, do not try to preheat an empty Micro-Fryer. This is not necessary.

Precautions

- Use Micro-Fryer only on sealed-in glass oven bottom or when removable glass tray (on appropriate models) is in the bottom position. Do not use on metal oven shelf or trays.

- Do not preheat this utensil in your microwave oven.
- Do not heat oil or frying fat in your microwave oven.
- Do not use Micro-Fryer in combination with paper towels.
- Do not shield foods with aluminum foil when using the Micro-Fryer in your microwave oven.
- Do not attempt to pop corn in Micro-Fryer.
- Turn gas burner or electric element OFF before removing the pan.
- Always use potholders when moving the Micro-Fryer after either conventional or microwave oven cooking.
- Tilt Micro-Fryer tempered glass cover away from you when removing it after cooking to allow steam to escape safely.

Tips for Micro-Fryer Recipe Conversions

CONVERTING CONVENTIONAL RECIPES TO MICRO-FRYER RECIPES:

- Brown as directed in conventional recipe, using Revere Micro-Fryer. Drain fat from pan before microwaving.
- Food has to be browned in the Micro-Fryer on a gas or electric rangetop. Food will not brown if just microwaved.
- Use small, uniform pieces for even, quicker cooking.
- Food needs to be arranged with the thickest portions toward the middle where microwave energy is concentrated.
- After browning, total microwave cooking time will generally be 1/4 to 1/2 that of conventional cooking time: (1/4 to 1/2 for beef, 1/2 to 1/3 for poultry.)
- Check progress of cooking frequently, allow for a few minutes of standing time after microwaving. This will help complete the cooking process.
- Stir, rotate or turn food over if it is possible, during the microwave portion of cooking.
- Strong seasonings usually need to be reduced; mild herbs may remain the same. Season to taste with salt after microwaving.
- If onions and garlic are called for in a sauce, microwave them first in a separate dish until they are soft, before adding to the recipe.
- Delicate foods such as cream, sour cream, yogurt, egg based sauces, and cheeses need to be microwaved at a lower power, such as MEDIUM (50%).
- Since microwave cooking allows little evaporation, liquids used in recipes usually are decreased by 1/3 and more liquid is added if necessary. (Especially if needed to rehydrate rice or pasta).
- Power Levels: HIGH power (100%) for vegetables, fish, chops, tender cuts of meat and stir-fry recipes. MEDIUM power (50%) for foods needing slow cooking, such as pot roasts, pork, stews, and less tender cuts of meat.
- Microwave long-cooking ingredients until nearly done before adding foods that cook quickly or are delicate.
- Increase filler such as bread crumbs and add egg to dishes such as meatloaf, meatballs or decrease the liquid.

CONVERTING MICROWAVE RECIPES TO MICRO-FRYER RECIPES:

- Food needs to be arranged with the thickest portions toward the *middle* where microwave energy is concentrated.
- The Micro-Fryer needs to be rotated, or food stirred, as indicated in recipe.
- Power Levels: HIGH power (100%) for vegetables, fish, chops, tender cuts of meat and stir-fry recipes. MEDIUM power (50%) for foods needing slow cooking, such as pot roasts, pork, stews, and less tender cuts of meat.
- Total cooking time will be nearly the same; microwave time will decrease but time will be needed to brown.
- Food that sits above the rim of the pan will cook faster and increases the chance of overcooking.
- Use the Micro-Fryer in recipes that conventionally would be browned or call for a browning grill.
- As volume or quantity in a recipe increases, microwave time increases (double recipe—increase time by 1/2 of original cooking time.)



Crispy Fried Chicken

Crispy Fried Chicken

INGREDIENTS:

10"	8"	
2 lbs.	1 lb.	Chicken Pieces
1	1	Egg
1 Tbsp.	1 Tbsp.	Water
5 Drops	5 Drops	Hot Pepper Sauce
1 Cup	½ Cup	Corn Flake Crumbs
1 tsp.	½ tsp.	Salt
¼ tsp.	¼ tsp.	Cayenne Pepper
¼ tsp.	¼ tsp.	Dried Thyme
¼ tsp.	¼ tsp.	Garlic Powder
¼ tsp.	¼ tsp.	Pepper
3 Tbsp.	1½ Tbsp.	Vegetable Oil

Total Cooking Time: 12½ minutes

Makes 4 servings.

Total Cooking Time: 8 minutes

Makes 2 servings.

Procedure (8" and 10"):

Remove skin from chicken. Combine egg, water and hot pepper sauce in pie plate, beating well. In plastic bag combine corn flake crumbs, salt, cayenne pepper, thyme, garlic powder and black pepper. Dip chicken pieces in egg mixture, then shake in bag with corn flake mixture, coating thoroughly.

Rangetop:

Preheat oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Place chicken in pan and brown on all sides, 2½ to 3½ minutes. Remove chicken from pan. Carefully drain oil and wipe pan clean with paper towel. Return chicken to pan, arranging meatiest portions toward center.

Preheat oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Place chicken in pan and brown on all sides, 2½ minutes. Remove chicken from pan. Carefully drain oil and wipe pan clean with paper towel. Return chicken to pan, arranging meatiest portions toward center.

Microwave:

Microwave, uncovered, on HIGH power (100%) for 5 minutes, rotating pan half-turn after 3 minutes. Turn chicken pieces over. Microwave on HIGH power (100%) an additional 2 to 4 minutes, or until done. Allow to stand 3 minutes before serving.

Microwave, uncovered, on HIGH power (100%) for 2½ minutes. Turn chicken pieces over and arrange in pan. Microwave on HIGH power (100%) an additional 2 to 3 minutes or until done. Allow to stand 3 minutes before serving.

Meatballs With Dipping Sauce

INGREDIENTS:

10"	8"	
1 lb.	½ lb.	Lean Ground Beef
1 pkg. (1½ oz.)	2 Tbsp.	Meatball or Ground Beef Seasoning Mix
2 Tbsp.	1 Tbsp.	Peanut Oil
		Sauces for Dipping: Sweet and Sour or Creamy Mustard

Total Cooking Time: 7 minutes

Makes 18 to 20 meatballs.

Total Cooking Time: 5 minutes

Makes 8 to 10 meatballs.

Procedure (8" and 10"):

Combine ground beef with seasoning mix according to package directions. Shape into walnut-sized balls.

Rangetop (8" and 10"):

Heat oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add meatballs and brown for 2 to 3 minutes, turning meatballs to brown on all sides.

Microwave:

Cover and microwave on HIGH power (100%) for 3 to 4 minutes, or until desired doneness. Serve with dipping sauces.

Cover and microwave on HIGH power (100%) for 1½ to 2 minutes, or until desired doneness. Serve with dipping sauces.



*Italian Sausage with
Zesty Tomato Sauce*

Italian Sausage With Zesty Tomato Sauce

INGREDIENTS:

10"	8"	
1 lb.	1 lb.	Italian Sausage
1 Tbsp.	1 Tbsp.	Vegetable Oil
3	2	Green Onions, Sliced
2 Cloves	1 Clove	Garlic, Minced
1 can (16 oz.)	1 cup	Pizza Sauce
½ tsp.	¼ tsp.	Dried Oregano
½ tsp.	¼ tsp.	Dried Parsley
¼ tsp.	¼ tsp.	Dried Basil

Total Cooking Time: 18 minutes
Makes 4 servings with 2 Cups sauce.

Total Cooking Time: 15 minutes
Makes 4 servings with 1 Cup sauce.

Rangetop (8" and 10"):

Heat oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat; add sausage. Cover pan and brown for 6 minutes, turning frequently to brown all sides. Remove sausage to plate. Add onions and garlic and saute until onions are golden. Remove from pan and reserve. Pierce sausage casing with a fork and return to pan.

Microwave (8" and 10"):

Cover and microwave on MEDIUM power (50%) for 4 minutes. Rotate pan a half-turn and turn sausages over. Continue microwaving on MEDIUM power (50%) for 4 minutes. Remove sausage and drain pan.

Combine pizza sauce, sauteed onion and garlic, oregano, parsley and basil in pan; stir thoroughly. Add sausage and turn to coat. Cover and microwave on MEDIUM power (50%) for 4 minutes or until sausage is firm and no longer pink.

Combine pizza sauce, sauteed onion and garlic, oregano, parsley and basil in pan; stir thoroughly. Add sausage and turn to coat. Cover and microwave on MEDIUM power (50%) for 3 minutes or until sausage is firm and no longer pink.

Veal Parmigiana

INGREDIENTS:

10"	8"	
1 lb.	½ lb.	Veal Round Steak
1 can	½ can	Tomato Sauce (8 oz.) (4 oz.)
½ tsp.	¼ tsp.	Dried Parsley
½ tsp.	¼ tsp.	Dried Oregano
½ tsp.	¼ tsp.	Dried Basil
¼ tsp.	⅛ tsp.	Onion Powder
½ cup	2½ Tbsp.	Fine Bread Crumbs
½ cup	2½ Tbsp.	Grated Parmesan Cheese
1	1	Beaten Egg
1 Tbsp.	1 Tbsp.	Water
1 Tbsp.	1 Tbsp.	Vegetable Oil
3 oz.	1½ oz.	Mozzarella Cheese, sliced into 4 portions Mozzarella Cheese, sliced into 2 portions

Total Cooking Time: 7½ minutes
Makes 4 servings.

Total Cooking Time: 6½ minutes
Makes 2 servings.

Microwave:

In a 2-cup glass measure combine tomato sauce, ½ teaspoon parsley, oregano, basil, and onion powder. Microwave on HIGH power (100%) for 2 to 2½ minutes till boiling. Set aside.

In a 1-cup glass measure combine tomato sauce, ¼ teaspoon parsley, oregano, basil and onion powder. Microwave on HIGH power (100%) for 1 to 1½ minutes till boiling. Set aside.

Procedure:

Cut veal into 4 equal pieces. Place each portion between 2 pieces of plastic wrap on a cutting board and pound to a ¼-inch thickness. Set aside.

To make breading, combine bread crumbs, Parmesan cheese, and 1 teaspoon parsley. Blend egg and water. Dip veal into egg mixture. Coat each piece with the crumb mixture.

Cut veal into 2 equal pieces. Place each portion between 2 pieces of plastic wrap on a cutting board and pound to a ¼-inch thickness. Set aside.

To make breading, combine bread crumbs, Parmesan cheese, and ½ teaspoon parsley. Blend egg and water. Dip veal into egg mixture. Coat each piece with the crumb mixture.

Rangetop (8" and 10"):

Heat oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add veal and brown 45 seconds to 1½ minutes per side.

Microwave (8" and 10"):

Microwave, uncovered, on HIGH power (100%) for 1½ to 2 minutes, or until desired doneness.

Top each veal portion with warm tomato sauce and a cheese slice. Microwave, uncovered, on HIGH power (100%) for 1 to 2 minutes or until cheese melts.

Stuffed Pork Chops

INGREDIENTS:

10"	8"	
4	2	Pork Rib Chops, 1-Inch Thick
1 cup	½ cup	Sliced Mushrooms
½ cup	¼ cup	Chopped Green Onion
2 Tbsp.	1 Tbsp.	Butter
1½ Cups	¾ Cup	Herb-seasoned Stuffing Mix
¼ tsp.	⅛ tsp.	Dried Thyme
¼ tsp.	⅛ tsp.	Dried Sage
½ cup	¼ cup	Hot Tap Water
2 Tbsp.	1 Tbsp.	Vegetable Oil

Total Cooking Time: 26½ minutes
Makes 4 servings.

Total Cooking Time: 20 minutes
Makes 2 servings.

Procedure (8" and 10"):

Make a pocket in each chop by slicing chop horizontally with a knife through meat to touch the bone. Leave a ¼-inch border at the sides.

Microwave:

To make the stuffing place mushrooms, onions and butter in Micro-Fryer, cover and microwave on HIGH power (100%) for 1½ minutes, stirring after 45 seconds. Cook an additional 1½ to 2 minutes until onions are tender-crisp. Add stuffing mix, thyme and sage; stir to combine. In a microwavable measure, heat water to boiling on HIGH power (100%) for 1 minute. Blend into stuffing. Fill each pork chop pocket with one fourth of the stuffing mixture. Use wooden toothpicks to secure the closure. Remove any remaining stuffing from pan and wipe clean with a paper towel.

To make the stuffing place mushrooms, onions and butter in Micro-Fryer, cover and microwave on HIGH power (100%) for 45 seconds to 1 minute, stirring after 45 seconds. Cook an additional 1½ to 2 minutes until onions are tender-crisp. Add stuffing mix, thyme and sage; stir to combine. In a microwavable measure, heat water to boiling on HIGH power (100%) for 1 minute. Blend into stuffing. Fill each pork chop pocket with one half of the stuffing mixture. Use wooden toothpicks to secure the closure. Remove any remaining stuffing from pan and wipe clean with a paper towel.

Rangetop:

Heat oil in Micro-Fryer over MEDIUM HIGH heat. Arrange stuffed chops in pan and brown 4 to 5 minutes per side.

Heat oil in Micro-Fryer over MEDIUM HIGH heat. Arrange stuffed chops in pan and brown 3 to 4 minutes per side.

Microwave:

Cover and microwave on MEDIUM power (50%) for 6 minutes. Turn chops and microwave on MEDIUM power (50%) for 5 to 6 minutes. Meat should be thoroughly cooked; no pink color in meat and juices should run clear. Cook longer if necessary. Let stand for 5 minutes before serving.

Cover and microwave on MEDIUM power (50%) for 4 minutes. Turn chops and microwave on MEDIUM power (50%) for 3 to 4 minutes, meat should be thoroughly cooked; no pink color in meat and juices should run clear. Cook longer if necessary. Let stand 5 minutes before serving.

Veal With Creamy Dill Sauce

INGREDIENTS:

10"	8"	
4	2	Veal Cutlets (1 lb.) (½ lb.) Flattened to ¼-Inch Thickness
½ cup	¼ cup	Sour Cream
⅓ cup	1 Tbsp.	Dry Vermouth
1 Tbsp.	½ Tbsp.	Water
1 tsp.	½ tsp.	Flour
1 tsp.	½ tsp.	Dried Dill Weed
¼ tsp.	⅛ tsp.	Salt
⅓ tsp.	⅛ tsp.	Pepper
½ cup	¼ cup	Flour
1 Tbsp.	½ tsp.	Butter
1 Tbsp.	½ tsp.	Vegetable Oil
Optional	Optional	Fresh Dill for Garnish

Total Cooking Time: 13 minutes

Makes 4 servings.

Total Cooking Time: 8 minutes 30 seconds

Makes 2 servings.

Microwave:

Mix sour cream, vermouth, water, flour, dill, salt and pepper in a 2-cup microwavable measure. Cover with plastic wrap and microwave on MEDIUM power (50%) for 3 minutes until thick and heated through. Stir once.

Mix sour cream, vermouth, water, flour, dill, salt and pepper in a 1-cup microwavable measure. Cover with plastic wrap and microwave on MEDIUM power (50%) for 1½ minutes until thick and heated through. Stir once.

Rangetop:

While sauce is cooking, dredge cutlets in ¼ cup flour. Heat butter and oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add cutlets and brown 1½ minutes per side. Remove from pan; drain excess fat. Return cutlets to pan.

While sauce is cooking, dredge cutlets in ¼ cup flour. Heat butter and oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add cutlets and brown 1½ minutes per side. Remove from pan; drain excess fat. Return cutlets to pan.

Microwave:

Cover and microwave on MEDIUM power (50%) for 3 minutes. Uncover and microwave on MEDIUM power (50%) for 2½ minutes or until veal reaches desired doneness. Remove to plate; cover and keep warm. Pour warm cream sauce into Micro-Fryer and mix with juices from the veal. Cover and microwave on MEDIUM power (50%) for 1½ minutes, stir. Spoon sauce over cutlets. Garnish with fresh dill if desired.

Cover and microwave on MEDIUM power (50%) for 1½ minutes. Uncover and microwave on MEDIUM power (50%) for 1½ minutes or until veal reaches desired doneness. Remove to plate; cover and keep warm. Pour warm cream sauce into Micro-Fryer and mix with juices from the veal. Cover and microwave on MEDIUM power (50%) for 45 seconds to 1 minute, stir. Spoon sauce over cutlets. Garnish with fresh dill if desired.

Chicken With Walnuts

INGREDIENTS:

10"	8"	
4	2	Chicken Breast Halves
3 Tbsp.	½ Tbsp.	Soy Sauce
2 Tbsp.	1 Tbsp.	Dry Sherry
2 Tbsp.	1 Tbsp.	Water
4 tsp.	2 tsp.	Comstarch
1 tsp.	½ tsp.	Sugar
¼ tsp.	⅛ tsp.	Ground Ginger
¼ tsp.	⅛ tsp.	Cayenne Pepper
2 Tbsp.	1 Tbsp.	Vegetable Oil
2	1	Medium Green Pepper, Cut Into ¾-Inch Squares
4	2	Green Onions, Bias-Cut Into 1-Inch Lengths
1 cup	½ cup	Walnut Halves

Total Cooking Time: 9 minutes

Makes 4 servings.

Total Cooking Time: 7 minutes 30 seconds

Makes 2 servings.

Procedure (8" and 10"):

Skin and bone chicken breasts. Slice meat into ½ to ¾-inch thick strips, 1½ to 2 inches in length. Set aside. In a small bowl, thoroughly combine soy sauce, sherry, water, comstarch, sugar, ginger and red pepper. Set aside.

Rangetop:

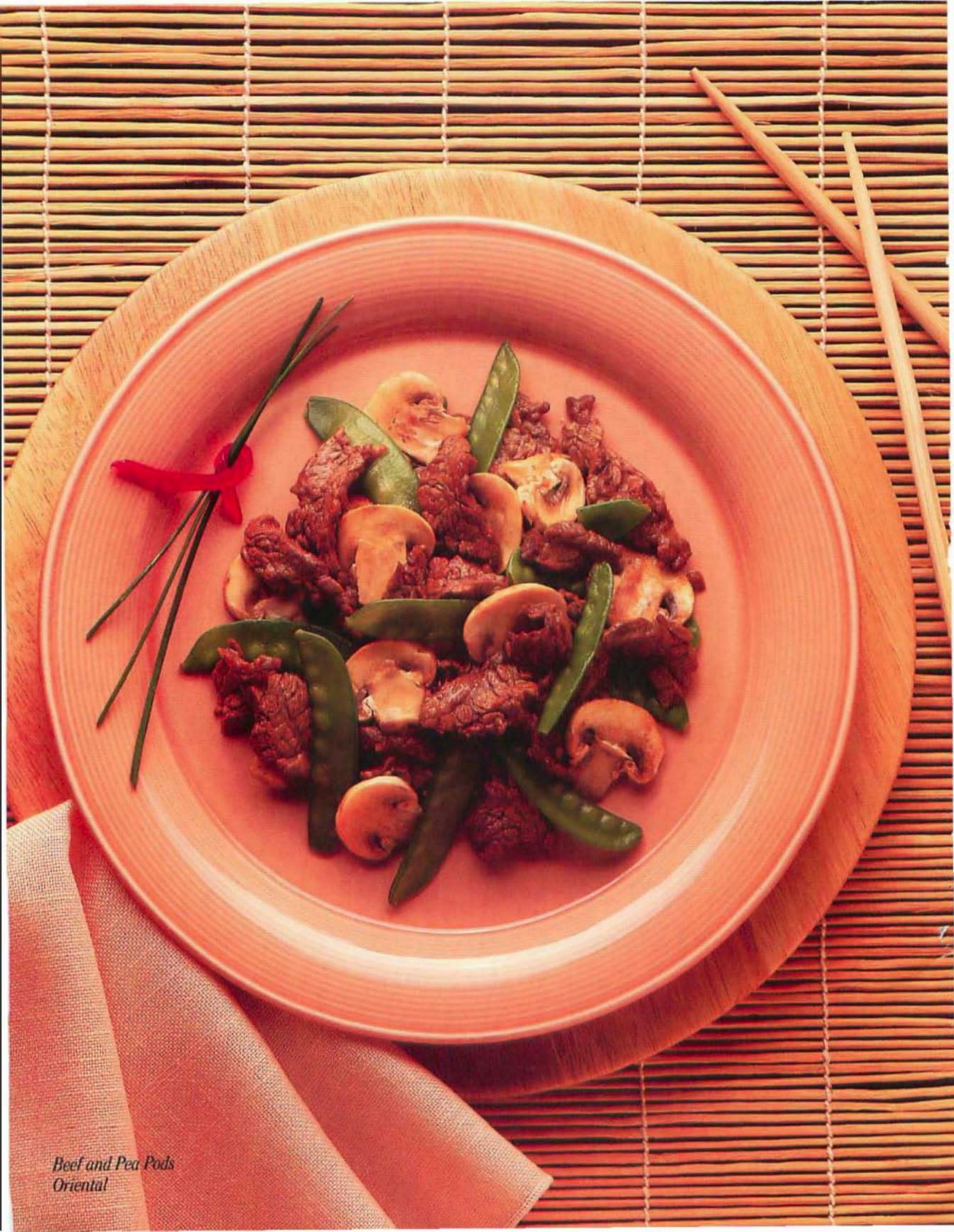
Heat oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add chicken pieces and stir-fry for 3 minutes to lightly brown chicken. Remove from heat. Stir in soy mixture until well blended. Add green peppers, onions and walnut halves. Mix well.

Heat oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add chicken pieces and stir-fry for 2 to 2½ minutes to lightly brown chicken. Remove from heat. Stir in soy mixture until well blended. Add green peppers, onions and walnut halves. Mix well.

Microwave:

Cover and microwave on HIGH power (100%) for 2½ minutes. Stir mixture. Continue microwaving, covered, on HIGH power (100%) for 2½ to 3½ minutes, until vegetables are tender and chicken is done.

Cover and microwave on HIGH power (100%) for 2½ minutes. Stir mixture. Continue microwaving, covered, on HIGH power (100%) for 1½ to 2½ minutes, until vegetables are tender and chicken is done.



*Beef and Pea Pods
Oriental*

Beef and Pea Pods Oriental

INGREDIENTS:

10"	8"	
1 lb.	½ lb.	Beef Flank Steak or Sirloin Steak
5 Tbsp.	2½ Tbsp.	Soy Sauce
2 Tbsp.	1½ Tbsp.	Vegetable Oil
½ tsp.	¼ tsp.	Ginger
⅓ tsp.	⅙ tsp.	Garlic Powder
1 Tbsp.	½ Tbsp.	Cornstarch
1 Tbsp.	½ Tbsp.	Water
1 tsp.	½ tsp.	Instant Beef Bouillon
2 cups	1 cup	Sliced Mushrooms
6 oz. package	½-6 oz. package	Frozen Pea Pods, Thawed

Total Cooking Time: 5 minutes
Makes 4 servings.

Total Cooking Time: 4 minutes
Makes 2 servings.

Procedure:

Slice beef into ⅛ to ¼-inch strips, 1½ to 2-inches long. Combine 4 Tbsps. soy sauce, 1 Tbsp. oil, ginger and garlic powder in a 1-quart zip lock bag or glass bowl. Stir in the meat and close bag or cover bowl. Marinate beef for 1 hour in the refrigerator. Mix cornstarch with 1 Tbsp. soy sauce, water and bouillon; set aside.

Slice beef into ⅛ to ¼-inch strips, 1½ to 2-inches long. Combine 2 Tbsps. soy sauce, ½ Tbsp. oil, ginger and garlic powder in a 1-quart zip lock bag or glass bowl. Stir in the meat and close bag or cover bowl. Marinate beef for 1 hour in the refrigerator. Mix cornstarch with ½ Tbsp. soy sauce, water and bouillon; set aside.

Rangetop (8" and 10"):

Heat 1 Tbsp. oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add meat and stir briskly for 2 minutes to brown meat. Quickly blend in the cornstarch mixture, stirring constantly, until thickened. Add mushrooms and pea pods.

Microwave:

Cover and microwave on HIGH power (100%) for 3 minutes, until vegetables are tender.

Cover and microwave on HIGH power (100%) for 1½ to 2 minutes, until vegetables are tender.

Vegetable Cheese Pie

INGREDIENTS:

10"	8"	
2 Tbsp.	1 Tbsp.	Butter, Melted
5	3	Eggs
1 cup	½ cup	Ricotta Cheese
¾ cup	2 Tbsp.	Unsifted All-Purpose Flour
½ tsp.	¼ tsp.	Baking Powder
½ tsp.	¼ tsp.	Salt
10 oz. package	½ 10 oz. package	Frozen Chopped Spinach, Thawed or Broccoli, Thawed
½ cup	¼ cup	Cheddar Cheese, Grated
½ cup	¼ cup	Monterey Jack or Swiss Cheese, Grated

Total Cooking Time: 7 minutes
Makes 6 servings.

Total Cooking Time: 7 minutes
Makes 3 to 4 servings.

Procedure (8" and 10"):

Beat melted butter, eggs and ricotta cheese until well mixed. Combine flour, baking powder and salt. Stir into egg mixture, blending well.

Drain chopped vegetables. Add to egg mixture. Stir in the Cheddar cheese and Monterey Jack or Swiss cheese.

Rangetop (8" and 10"):

Spray Micro-Fryer with a vegetable shortening spray. Heat over MEDIUM to MEDIUM HIGH heat. Add egg mixture and cook for 2 minutes or until mixture just begins to brown and set.

Microwave (8" and 10"):

Cover and microwave on HIGH power (100%) for 3 to 5 minutes or until eggs are nearly set in the center. Remove from oven and let stand 3 to 5 minutes before serving.



Chicken Fajitas

Chicken Fajitas

INGREDIENTS:

10"	8"	
2 <small>12 to 13 oz.</small>	1 <small>6 to 7 oz.</small>	Boneless Chicken Breast, Skinned and Cut In Half Lengthwise
½ cup	3 Tbsp.	Lime Juice
¼ cup	2 Tbsp.	Worcestershire Sauce
1 tsp.	½ tsp.	Garlic Salt
½ tsp.	¼ tsp.	Pepper
2 Tbsp.	1 Tbsp.	Vegetable Oil
1 <small>medium</small>	1 <small>small</small>	Onion, Sliced
1 <small>medium</small>	1 <small>small</small>	Green and/or Red Pepper, Cut Into Strips
8	4	6-Inch Flour Tortillas
		Sour Cream, Salsa, Guacamole and Sliced Black Olives

Total Cooking Time: 6 minutes

Makes 4 servings.

Total Cooking Time: 4 minutes

Makes 2 servings.

Procedure (8" and 10"):

Mix lime juice, Worcestershire sauce, garlic salt, and pepper in quart size zip lock bag or glass dish and add chicken breast halves. Close bag or cover dish. Marinate in refrigerator 6 to 8 hours or overnight.

Rangetop (8" and 10"):

Drain marinade from chicken breasts and pat with paper towel. Heat oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add chicken breasts and brown for 1 minute per side.

Microwave:

Add onion and peppers. Cover and microwave on HIGH power (100%) for 3½ to 4 minutes or until done. Slice chicken breasts into thin strips. Warm tortillas in microwave according to package directions. Serve chicken strips, onion and peppers on warmed tortilla topped with your choice of sour cream, salsa, guacamole and sliced black olives. Roll tortilla around filling if desired.

Add onion and peppers. Cover and microwave on HIGH power (100%) for 1½ to 2 minutes or until done. Slice chicken breasts into thin strips. Warm tortillas in microwave according to package directions. Serve chicken strips, onion and peppers on warmed tortilla topped with your choice of sour cream, salsa, guacamole and sliced black olives. Roll tortilla around filling if desired.

Sausage and Apple Brunch Delight

INGREDIENTS:

10"	8"	
1 lb.	½ lb.	Pork Sausage Links
1 Tbsp.	1 Tbsp.	Vegetable Oil
2 lbs.	1 lb.	Cooking Apples, Peeled, Cored and Sliced Thin
1 Tbsp.	1½ tsp.	Lemon Juice
3 Tbsp.	4½ tsp.	Sugar
1 Tbsp.	1½ tsp.	Flour
2 tsp.	1 tsp.	Cinnamon

Total Cooking Time: 12 minutes

Makes 8 side-dish servings.

Total Cooking Time: 8 minutes

Makes 4 side-dish servings.

Rangetop (8" and 10"):

Heat oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Brown sausage for 4 minutes, turning to brown all sides. Remove sausage to a plate. Drain pan and wipe clean with paper towel.

Microwave:

Toss apples with lemon juice to prevent browning. Combine sugar, flour and cinnamon. Add to apples and stir to coat. Place in Micro-Fryer. Arrange sausage on top of apples in a single layer as close to the center of the pan as possible, cover. Microwave on HIGH power (100%) for 3 minutes. Remove sausage and stir apples. Rearrange sausage on top of the apples as before, cover. Continue microwaving on HIGH power (100%) for 3 to 5 minutes or until sausage has lost pink color in the middle and apples are fork-tender.

Toss apples with lemon juice to prevent browning. Combine sugar, flour and cinnamon. Add to apples and stir to coat. Place in Micro-Fryer. Arrange sausage on top of apples in a single layer as close to the center of the pan as possible, cover. Microwave on HIGH power (100%) for 1½ minutes. Remove sausage and stir apples. Rearrange sausage on top of the apples as before, cover. Continue microwaving on HIGH power (100%) for 1½ to 2½ minutes or until sausage has lost pink color in the middle and apples are fork-tender.



*Bacon and Swiss
Cheese Stuffed
Burgers with Steak
Fries*

Bacon and Swiss Cheese Stuffed Burgers

INGREDIENTS:

10"	8"	
1 lb.	½ lb.	Ground Beef
2 Tbsp.	1 Tbsp.	Fine Bread Crumbs
½ tsp.	⅞ tsp.	Onion Powder
½ tsp.	⅞ tsp.	Garlic Salt
4	2	Slices Bacon, Cooked and Crumbled
1 oz.	½ oz.	Swiss Cheese, Shredded
1 Tbsp.	1 Tbsp.	Vegetable Oil

Total Cooking Time: 4 minutes 30 seconds

Makes 4 servings.

Total Cooking Time: 4 minutes 30 seconds

Makes 2 servings.

Procedure:

Thoroughly mix ground beef, bread crumbs, onion powder and garlic salt. Divide meat into 8 equal pieces and form each into a 4-inch patty. Divide crumbled bacon and cheese and distribute evenly on 4 of the patties. Top with remaining patties and seal edges well.

Thoroughly mix ground beef, bread crumbs, onion powder and garlic salt. Divide meat into 4 equal pieces and form each into a 4-inch patty. Divide crumbled bacon and cheese and distribute evenly on 2 of the patties. Top with remaining patties and seal edges well.

Rangetop (8" and 10"):

Heat oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add the patties and brown 1 to 1½ minutes per side (being careful not to break seal when patties are turned).

Microwave, uncovered, on HIGH power (100%) for 1 to 2½ minutes, or until patties reach desired doneness.

Steak Fries

INGREDIENTS:

10"	8"	
1 lb.	½ lb.	Potatoes, Scrubbed and Rinsed Well
3 Tbsp.	1½ Tbsp.	Vegetable Oil
1 Tbsp.	1 Tbsp.	Butter
		Salt (Optional)

Total Cooking Time: 12 minutes

Makes 4 servings.

Total Cooking Time: 8 minutes 30 seconds

Makes 2 servings.

Rangetop:

Cut potatoes lengthwise into ½-inch thick strips or wedges. Heat oil and butter in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add potatoes and fry for 6 to 9 minutes, turning frequently, until potatoes are golden brown.

Cut potatoes lengthwise into ½-inch thick strips or wedges. Heat oil and butter in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add potatoes and fry for 6 to 7 minutes, turning frequently, until potatoes are golden brown.

Microwave:

Microwave on HIGH power (100%) for 1½ to 3 minutes until potatoes are soft. Drain on paper towel. Add salt to taste.

Microwave on HIGH power (100%) for 1 to 1½ minutes until potatoes are soft. Drain on paper towel. Add salt to taste.



Italian Frittata

Italian Frittata

INGREDIENTS:

10"	8"	
4	2	Eggs, Beaten
1 cup	½ cup	Spaghetti Broken Into 2-Inch Pieces, Cooked and Drained
1 cup	½ cup	Grated Mozzarella Cheese
¼ tsp.	¼ tsp.	Salt
⅜ tsp.	⅞ tsp.	Pepper
1 cup	½ cup	Frozen Peas, Thawed
2 oz.	1 oz.	Thinly Sliced Salami, Cut Into Small Pieces and Fried
½ cup	2¼ Tbsp.	Grated Parmesan Cheese
2 Tbsp.	1 Tbsp.	Vegetable Oil
2 small cloves	1 small clove	Garlic, Minced

Total Cooking Time: 9 minutes
Makes 4 to 6 servings.

Total Cooking Time: 6 minutes
Makes 2 to 3 servings.

Procedure (8" and 10"):

In a medium bowl thoroughly combine eggs, spaghetti, mozzarella cheese, salt and pepper. Set aside.

In a small bowl mix peas, salami and Parmesan cheese. Set aside.

Rangetop:

Heat oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add garlic and saute until soft. Pour one half of egg mixture into pan. Top with salami mixture. Cover with remaining egg mixture. Cook over MEDIUM to MEDIUM HIGH heat for 4 to 5 minutes until underside is golden brown.

Heat oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add garlic and saute until soft. Pour one half of egg mixture into pan. Top with salami mixture. Cover with remaining egg mixture. Cook over MEDIUM to MEDIUM HIGH heat for 2½ to 3 minutes until underside is golden brown.

Microwave:

Cover and microwave on HIGH power (100%) for 2 to 4 minutes until middle is set. Let stand, covered, 5 minutes before serving.

To serve, loosen sides and bottom with a spatula. Invert onto serving plate.

Cover and microwave on HIGH power (100%) for 2 to 3 minutes until middle is set. Let stand, covered, 5 minutes before serving.

To serve, loosen sides and bottom with a spatula. Invert onto serving plate.

Chicken Saltimbocca

INGREDIENTS:

10"	8"	
4 Large	2 Large	Chicken Breast Halves, Skinned and Boned
2	1	Thin Slices Boiled Ham, Halved
2	1	Thin Slices Swiss Cheese, Halved
1	½	Small Tomato, Seeded and Chopped
½ cup	3 Tbsp.	Fine Bread Crumbs
4 Tbsp.	2 Tbsp.	Butter
2 Tbsp.	1 Tbsp.	Grated Parmesan Cheese
2 tsp.	1 tsp.	Dried Parsley

Total Cooking Time: 11 minutes
Makes 4 servings.

Total Cooking Time: 7 minutes
Makes 2 servings.

Procedure (8" and 10"):

Place chicken pieces between 2 pieces of plastic wrap on a cutting board. Pound lightly with meat mallet to ¼-inch thick. Remove wrap. Place a half slice ham and half slice cheese on each chicken piece, trim to fit. Top each cutlet with one-fourth of the tomato. Tuck in sides and roll, jelly roll fashion, into a neat bundle; secure with wooden toothpicks.

Rangetop:

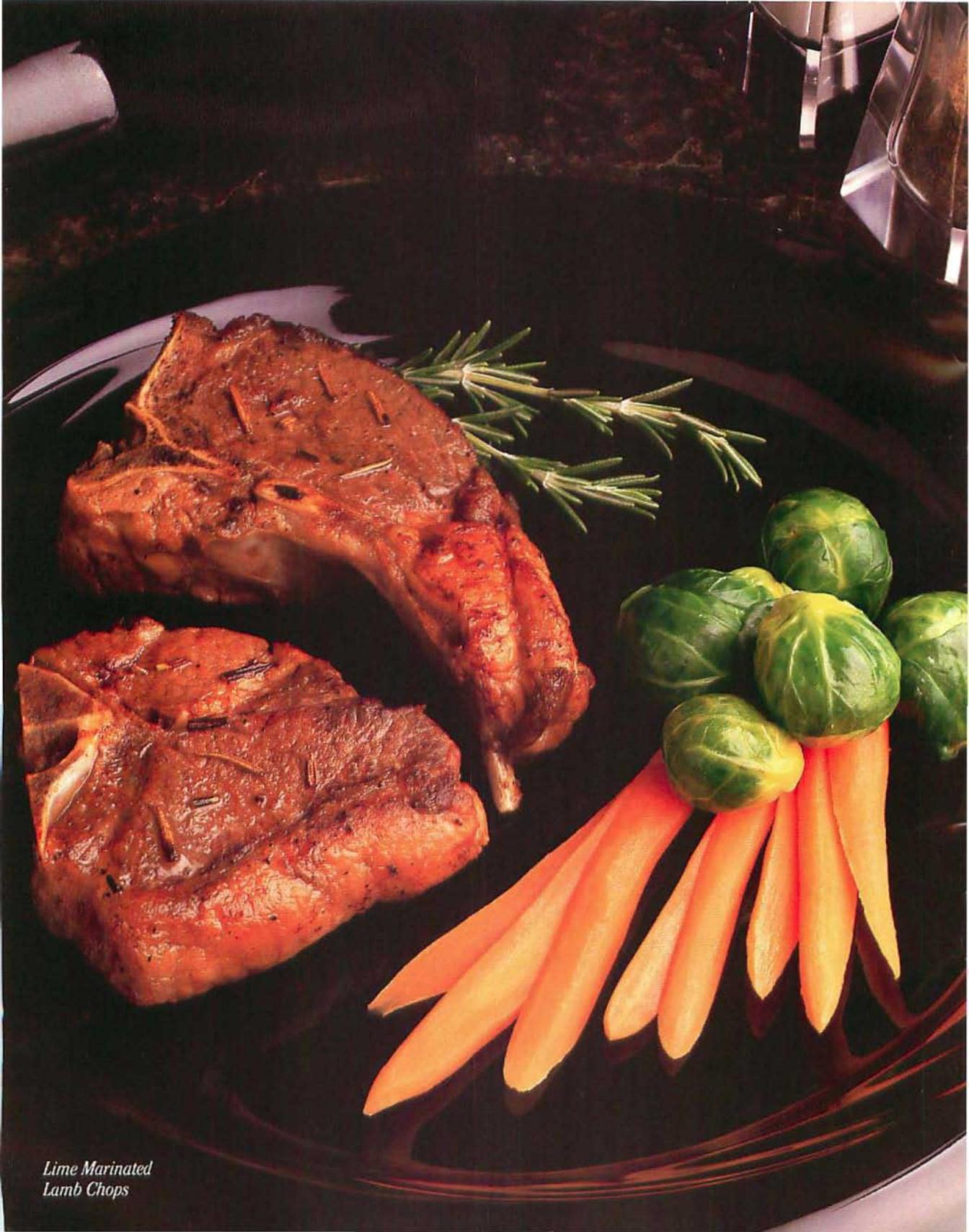
Melt 2 Tbsp. butter in Micro-Fryer over low heat, remove from heat. Combine the bread crumbs, Parmesan cheese and parsley on a plate. Coat the chicken rolls first with butter and then with crumb mixture. Heat the remaining butter in the pan over MEDIUM to MEDIUM HIGH heat. Add the rolls and brown for 3 minutes. Turn often to brown all sides.

Melt 2 Tbsp. butter in Micro-Fryer over low heat, remove from heat. Combine the bread crumbs, Parmesan cheese and parsley on a plate. Coat the chicken rolls first with butter and then with crumb mixture. Heat the remaining butter in the pan over MEDIUM to MEDIUM HIGH heat. Add the rolls and brown for 2 minutes. Turn often to brown all sides.

Microwave:

Arrange rolls in a ring, cover. Microwave on HIGH power (100%) for 4 minutes. Rotate the pan a half-turn, uncover and continue cooking on HIGH power (100%) for 4 minutes or until chicken is done.

Arrange rolls side by side in center of pan; cover. Microwave on HIGH power (100%) for 3 minutes. Rotate the pan a half-turn, uncover and continue cooking on HIGH power (100%) for 1½ to 2 minutes or until chicken is done.



*Lime Marinated
Lamb Chops*

Lime Marinated Lamb Chops

INGREDIENTS:

10"	8"	
1 lb.	8 oz.	Lamb Loin Chops (4) (2)
¼ cup	2 Tbsp.	Lime Juice
2½ Tbsp.	1½ Tbsp.	Vegetable Oil
1 tsp.	½ tsp.	Salt
½ tsp.	¼ tsp.	Pepper
½ tsp.	¼ tsp.	Dried Rosemary

Total Cooking Time: 8 minutes

Makes 4 servings.

Total Cooking Time: 6 minutes 30 seconds

Makes 2 servings.

Procedure (8" and 10"):

Mix lime juice, 1½ Tbsp. oil, salt, pepper and rosemary in a glass baking dish or plastic zip-lock bag. Add chops and turn over to coat both sides. Cover dish or close bag. Marinate in refrigerator 1 to 2 hours, turning lamb occasionally.

Rangetop (8" and 10"):

Remove chops from marinade and pat dry with paper towel. Heat 1 Tbsp. oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add chops and brown for 1½ minutes per side.

Microwave:

Arrange lamb in pan with meatiest portions toward the center. Cover and microwave on MEDIUM power (50%) for 2½ minutes. Turn chops over, cover and continue microwaving on MEDIUM power (50%) for 2 to 2½ minutes until lamb reaches desired doneness.

Arrange lamb in pan with meatiest portions toward the center. Cover and microwave on MEDIUM power (50%) for 1½ minutes. Turn chops over, cover and continue microwaving on MEDIUM power (50%) for 1½ to 2 minutes until lamb reaches desired doneness.

Swiss Steak

INGREDIENTS:

10"	8"	
1 lb.	½ lb.	Boneless Round Steak, Cut ¼-Inch Thick
2 Tbsp.	1 Tbsp.	Vegetable Oil
½ cup	¼ cup	Thinly Sliced Carrots
½ cup	¼ cup	Chopped Green Pepper
¼ cup	¼ cup	Chopped Onion
¼ oz. can	8 oz. can	Whole, Peeled Tomatoes and Juice
1 tsp.	½ tsp.	Instant Beef Bouillon
1 tsp.	½ tsp.	Worcestershire Sauce
½ tsp.	¼ tsp.	Dried Basil
2 Tbsp.	1 Tbsp.	Water
4 tsp.	2 tsp.	Comstarch

Total Cooking Time: 47 minutes

Makes 4 servings.

Total Cooking Time: 28 minutes, 30 seconds

Makes 2 servings.

Rangetop:

Cut round steak into 4 pieces. Heat oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add meat and brown for 3 to 4 minutes, turning to brown both sides. Stir in carrots, green pepper, onion, tomatoes, bouillon, Worcestershire sauce and basil.

Cut round steak into 2 pieces. Heat oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add meat and brown for 3 to 4 minutes, turning to brown both sides. Stir in carrots, green pepper, onion, tomatoes, bouillon, Worcestershire sauce and basil.

Microwave:

Cover and microwave on MEDIUM power (50%) for 20 minutes. Turn steak over and stir vegetables. Continue microwaving, covered, on MEDIUM power (50%) for 20 to 22 minutes or until steak is tender.

Cover and microwave on MEDIUM power (50%) for 10 minutes. Turn steak over and stir vegetables. Continue microwaving, covered, on MEDIUM power (50%) for 10 to 14 minutes or until steak is tender.

Rangetop:

To make gravy, combine water and comstarch, stirring until no lumps remain. Pour around steak in Micro-Fryer and cook over MEDIUM to MEDIUM HIGH heat until thickened, about 1 minute.

To make gravy, combine water and comstarch, stirring until no lumps remain. Pour around steak in Micro-Fryer and cook over MEDIUM to MEDIUM HIGH heat until thickened, about 30 seconds.



*Barbequed
Country Ribs*

Barbequed Country Ribs

INGREDIENTS:

10"	8"	
2 to 2½ lbs.	1 to 1½ lbs.	Country Style Pork Ribs, Cut Into Portions
1 cup	½ cup	Catsup
1 cup	½ cup	Water
¼ cup	⅛ cup	Vinegar
1 Tbsp.	½ Tbsp.	Worcestershire Sauce
1 Tbsp.	½ Tbsp.	Sugar
1 tsp.	½ tsp.	Celery Seed
½ tsp.	¼ tsp.	Salt
⅓ tsp.	⅙ tsp.	Onion Powder
4 to 5 dashes	2 to 3 dashes	Bottled Hot Pepper Sauce
1 Tbsp.	1 Tbsp.	Vegetable Oil

Total Cooking Time: 44 minutes

Makes 4 servings.

Total Cooking Time: 27 minutes

Makes 2 servings.

Microwave:

In a 4-cup microwavable measure thoroughly combine catsup, water, vinegar, Worcestershire sauce, sugar, celery seed, salt, onion powder and hot pepper sauce. Microwave, uncovered, on MEDIUM power (50%) for 10 minutes, stirring twice during cooking time, to slightly reduce liquid.

In a 2-cup microwavable measure thoroughly combine catsup, water, vinegar, Worcestershire sauce, sugar, celery seed, salt, onion powder and hot pepper sauce. Microwave, uncovered, on MEDIUM power (50%) for 5 to 6 minutes, stirring twice during cooking time, to slightly reduce the liquid.

Rangetop (8" and 10"):

While sauce is cooking, heat oil in Micro-Fryer, over MEDIUM to MEDIUM HIGH heat. Add ribs and brown, uncovered, for 4 to 6 minutes, turning to brown all sides.

Microwave:

Cover and microwave on MEDIUM power (50%) for 8 minutes. Rotate pan half-turn and continue microwaving on MEDIUM power (50%) for 8 minutes. Drain liquid from pan and turn ribs over. Pour sauce on top of ribs. Cover and microwave on MEDIUM power (50%) for 5 minutes. Rotate pan half-turn and baste ribs with sauce. Continue microwaving on MEDIUM power (50%) for 5 to 7 minutes, or until done. Pork should be thoroughly cooked; clear juices and no pink color in meat. Add more cooking time if necessary.

Cover and microwave on MEDIUM power (50%) for 4 minutes. Rotate pan half-turn and continue microwaving on MEDIUM power (50%) for 4 minutes. Drain liquid from pan and turn ribs over. Pour sauce on top of ribs. Cover and microwave on MEDIUM power (50%) for 3 minutes. Rotate pan half-turn and baste ribs with sauce. Continue microwaving on MEDIUM power (50%) for 3 to 4 minutes, or until done. Pork should be thoroughly cooked; clear juices and no pink color in meat. Add more cooking time if necessary.

Chicken Cacciatore

INGREDIENTS:

10"	8"	
4	2	Chicken Breast Halves (2 lb.) (1 lb.)
¼ cup	2 Tbsp.	Flour
2 Tbsp.	1 Tbsp.	Vegetable Oil
1 clove	1 clove	Garlic, Minced
1 can	1 can	(8 oz.) Tomato Sauce
¾ cup	½ cup	Sliced Fresh Mushrooms
¼ cup	¼ cup	Chopped Onion
3 Tbsp.	3 Tbsp.	Dry Red Wine
½ tsp.	½ tsp.	Dried Oregano, Crushed
½ tsp.	½ tsp.	Dried Parsley
¼ tsp.	¼ tsp.	Dried Basil
⅛ tsp.	⅛ tsp.	Pepper
½ cup	¼ cup	Chopped Green Pepper

Total Cooking Time: 20 minutes

Makes 4 servings.

Total Cooking Time: 17 minutes

Makes 2 servings.

Procedure (8" and 10"):

Wash chicken and pat dry with paper towel. Lightly dredge chicken in flour.

Rangetop (8" and 10"):

Heat oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Place chicken, skin side down, in pan and brown for 2 to 3 minutes. Turn over and brown for 2 to 3 minutes more; remove from pan. Quickly saute garlic; remove pan from heat. Stir in tomato sauce, mushrooms, onion, wine, oregano, parsley, basil and pepper. Return chicken to the pan, meatiest parts toward the center, skin side up. Spoon sauce over the top.

Microwave:

Cover and microwave on HIGH power (100%) for 10 minutes. Add green pepper and stir sauce. Continue microwaving, covered, on HIGH power (100%) for 4 minutes, or until done. Meat nearest bone should no longer be pink and juices should run clear. Let stand for 5 to 10 minutes before serving.

Cover and microwave on HIGH power (100%) for 5 to 7 minutes. Add green pepper and stir sauce. Continue microwaving, covered, on HIGH power (100%) for 4 minutes, or until done. Meat nearest bone should no longer be pink and juices should run clear. Let stand for 5 to 10 minutes before serving.

Beef Stew

INGREDIENTS:

10"

1 lb.	Beef Stew Meat, Cut Into 1-Inch Cubes
¼ cup	Flour
2 Tbsp.	Vegetable Oil
2	Medium Potatoes, Peeled and Cut Into Eighths
4	Medium Carrots, Cut Into ½-Inch Slices
1 stalk	Celery, Sliced
1	Large Onion, Sliced
1 clove	Garlic, Minced
1	Bay Leaf
1 Tbsp.	Instant Beef Bouillon
1 tsp.	Salt
¼ tsp.	Pepper
1 cup	Water
½ cup	Red Wine

Total Cooking Time: 60 minutes

Makes 4 servings.

Stuffed Steak

INGREDIENTS:

10"

4	Cube Steaks (1 Lb.)
2 cups	Sliced Mushrooms
¼ cup	Chopped Onion
¼ cup	Chopped Celery
¼ cup	Water
2 Tbsp.	Butter
1 cup	Herb Stuffing Mix
½ tsp.	Dried Basil
½ tsp.	Dried Thyme
2 Tbsp.	Vegetable Oil
¾ cup	Water
¼ cup	Flour
2 Tbsp.	Red Wine
2 tsp.	Instant Beef Bouillon
1 tsp.	Worcestershire Sauce
½ tsp.	Prepared Browning and Seasoning Sauce
¾ tsp.	Salt
¼ tsp.	Pepper

Total Cooking Time: 32 minutes

Makes 4 servings.

Rangetop:

Lightly dredge stew meat with flour. Heat oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add stew meat and brown all sides, about 3 to 5 minutes. Add potatoes, carrots, celery, onion, garlic, bay leaf, bouillon, salt, pepper, water and wine.

Microwave:

Cover, microwave on MEDIUM power (50%) for 50 to 55 minutes, stirring 2 to 3 times, until meat and vegetables are tender.

Remove bay leaf before serving.

Microwave:

Combine 1 cup mushrooms, onions, celery, ¼ cup water and butter in Micro-Fryer. Microwave on HIGH power (100%) for 1½ minutes, stir. Continue microwaving on HIGH power (100%) for 1½ to 2 minutes, until vegetables are tender. Stir in stuffing mix, basil and thyme. Top each cube steak with ½ cup of stuffing; spreading to within ½-inch of the sides. Roll steaks in jelly roll fashion. Secure with wooden toothpicks. Remove any left over stuffing and wipe out pan.

Rangetop:

Heat oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add rolls and brown for 6 to 8 minutes, turning frequently to brown all sides. Remove rolls to a plate and drain all but 2 tablespoons of the pan drippings.

Microwave:

Combine pan drippings, ¾ cup water, flour, wine, bouillon, Worcestershire sauce, browning and seasoning sauce, salt and pepper. Cover pan and microwave on HIGH power (100%) for 1½ minutes. Stir thoroughly. Microwave on HIGH power (100%) for 1 minute.

Arrange steak rolls in pan in ring formation, turning to coat with sauce. Microwave, covered, on MEDIUM power (50%) for 10 minutes. Add remaining 1 cup mushrooms to sauce, stirring to combine. Turn steak rolls. Cover pan and microwave on MEDIUM power (50%) for 6 to 7 minutes until done. Stir sauce and spoon over rolls to serve.



Pot Roast Dinner

Pot Roast Dinner

INGREDIENTS:

10"

2 to 2½ lbs.	Chuck Roast
¼ cup	Flour
2 Tbsp.	Vegetable Oil
½ cup	Water
2 Tbsp.	Cider Vinegar
1 tsp.	Salt
½ tsp.	Pepper
2	Bay Leaves
3	Carrots, Quartered Lengthwise, Cut Into ½ Inch Pieces
2	Potatoes, Peeled and Cut Into Sixteenths
1	Onion, Sliced and Separated
2 Tbsp.	Flour
1 tsp.	Instant Beef Bouillon
1 tsp.	Worcestershire Sauce

Total Cooking Time: 48 minutes

Makes 6 to 8 servings.

Rangetop:

Use ¼ cup flour to coat both sides of the chuck roast. Heat 2 Tbsps. oil in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add roast and brown for 6 minutes per side. Remove meat and drain oil from pan. Return meat to pan. Combine ¼ cup water, vinegar, salt and pepper. Pour over meat. Arrange bay leaves, carrots and potatoes around sides of roast with separated onion rings on top of roast.

Microwave:

Cover and microwave on MEDIUM power (50%) for 10 minutes. Rotate pan a half-turn and continue microwaving on MEDIUM power (50%) for 10 more minutes. Remove vegetables and turn meat over in pan. Rearrange vegetables in pan and cover. Microwave on MEDIUM power (50%) for 4 to 5 minutes or until done. Roast should be fork-tender. Remove roast to serving plate, cover tightly and let stand for 10 minutes before serving.

While roast is standing, remove and discard bay leaves, continue cooking vegetables, covered, on HIGH power (100%) for 5 to 6 minutes or until tender crisp. Transfer to serving plate with roast, using a slotted spoon. Thoroughly blend ¼ cup water, 2 tablespoons flour, bouillon and Worcestershire sauce. Stir into pan juice. Cover and microwave on HIGH power (100%) for 4 to 5 minutes, stirring twice, until sauce has thickened. Pour over roast. Slice meat thinly across grain to serve.

Sweet and Sour Pork

INGREDIENTS:

10"

¾ lb.	Lean Pork Shoulder, Cut in ½-Inch Cubes
1 Tbsp.	Soy Sauce
1 Tbsp.	Sherry
1	Egg
½ cup	Comstarch
3 cups	Peanut Oil
1 can (8 oz.)	Unsweetened Pineapple Chunks; Drain, Reserving Juice and Pineapple
2 Tbsp.	Brown Sugar
2 Tbsp.	Vinegar
4 tsp.	Comstarch
1½ tsp.	Soy Sauce
1 Tbsp.	Catsup
1	Medium Green Pepper, Cut in 1-Inch Squares
1	Small White Onion, Sliced and Separated Into Rings

Total Cooking Time: 12 minutes 30 seconds

Makes 4 servings.

Procedure:

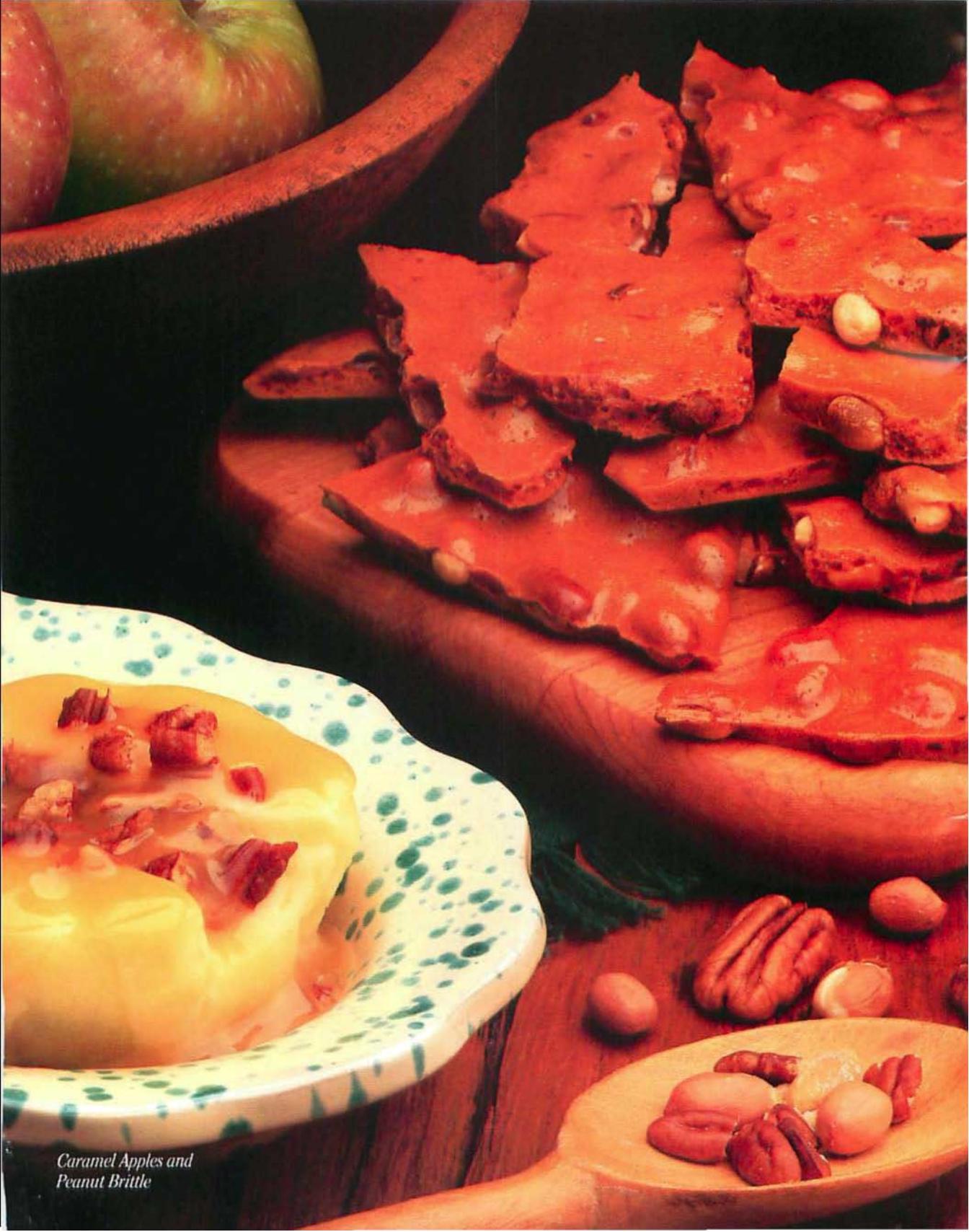
Combine 1 Tbsp. soy sauce, sherry and egg in a bowl. Add pork cubes. Marinate for 1 hour in the refrigerator. Drain marinade. Coat pork with comstarch.

Rangetop:

Heat peanut oil in Micro-Fryer on range top over MEDIUM HIGH heat to 375°F. Add one half of the pork cubes and fry until golden brown, about 3 minutes. Remove and drain on paper towel. Repeat with the remaining cubes. After all pork is cooked, return all at once to hot oil and brown an additional 30 seconds. Drain on paper towel. Carefully remove oil from pan and wipe clean with paper towel.

Microwave:

To make the sauce, in a 2-cup measure, combine the pineapple juice, brown sugar, vinegar, 4 teaspoons comstarch, 1½ teaspoons soy sauce and catsup. Microwave on HIGH power (100%) for 2 to 3 minutes until thickened and clear, stirring after 1½ minutes. In the Micro-Fryer, combine the pork, green peppers, onions, reserved pineapple and sauce. Cover pan and cook in microwave oven on HIGH power (100%) for 3 minutes, or until vegetables are done.



*Caramel Apples and
Peanut Brittle*

Baked Caramel Apples

INGREDIENTS:

10"	8"	
3	2	Large Baking Apples, Peeled, Cored and Halved
1	½	Juice of Lemon
4 Tbsp.	3 Tbsp.	Butter
2 Tbsp.	2 Tbsp.	Chopped Pecans
3 Tbsp.	2 Tbsp.	Sugar
½ cup	¼ cup	Whipping Cream

Total Cooking Time: 16 minutes

Makes 6 servings.

Total Cooking Time: 12 minutes

Makes 4 servings.

Procedure (8" and 10"):

Pour lemon juice over peeled apple halves to prevent browning; set aside.

Rangetop (8" and 10"):

Heat 1 Tbsp. butter in Micro-Fryer over MEDIUM to MEDIUM HIGH heat. Add chopped pecans and stir until lightly browned. Drain pecans on paper towel and wipe out pan.

Microwave:

Place the apple halves in the pan, rounded side down. Cut butter into small pieces and distribute evenly over apples; sprinkle with sugar. Microwave, covered, on HIGH power (100%) for 3 minutes. Baste the apple halves with juices in pan. Continue microwaving on HIGH power (100%) for 3 minutes or until tender when pierced with a sharp knife.

Place the apple halves in the pan, rounded side down. Cut butter into small pieces and distribute evenly over apples; sprinkle with sugar. Microwave, covered, on HIGH power (100%) for 2 minutes. Baste the apple halves with juices in pan. Continue microwaving on HIGH power (100%) for 2 minutes or until tender when pierced with a sharp knife.

Rangetop:

Use a slotted spoon to remove apples from pan, retaining juices in pan to make the sauce. Cook the juice mixture over MEDIUM to MEDIUM HIGH heat, stirring constantly, until mixture turns a light caramel color, (about 4 to 5 minutes). Pour in the cream and stir until mixture turns a medium caramel color and is very bubbly, (about 3 to 5 minutes). Serve an apple half with sauce spooned over it and sprinkle with nuts.

Use a slotted spoon to remove apples from pan, retaining juices in pan to make the sauce. Cook the juice mixture over MEDIUM to MEDIUM HIGH heat, stirring constantly, until mixture turns a light caramel color, (about 4 minutes). Pour in the cream and stir until mixture turns a medium caramel color and is very bubbly, (about 3 to 4 minutes). Serve an apple half with sauce spooned over it and sprinkle with nuts.

Peanut Brittle

INGREDIENTS:

10"	8"	
1 cup	1 cup	Raw Peanuts
1 cup	1 cup	Sugar
½ cup	½ cup	Light Corn Syrup
¼ tsp.	¼ tsp.	Salt
1 tsp.	1 tsp.	Vanilla
2 tsp.	2 tsp.	Butter
1 tsp.	1 tsp.	Baking Soda

Total Cooking Time: 14 minutes

Makes approximately 1 pound.

Microwave (8" and 10"):

Using 1 tsp. of butter, lightly grease a baking sheet, set aside. Stir together peanuts, sugar, corn syrup and salt in Micro-Fryer. Microwave, uncovered, on HIGH power (100%) for 6 minutes. Stir well. Continue microwaving on HIGH power (100%) for 3 to 7 minutes until syrup and peanuts are lightly browned. Stir in remaining teaspoon of butter and vanilla and microwave on HIGH power (100%) for 1 minute more.

Add baking soda and stir quickly until light and foamy. Immediately pour onto prepared baking sheet and spread out thin. When cool, break into pieces.



The tradition lives on.