

RECIPE COOK GUIDE



SENSING THE DIFFERENCE



CRISP RECIPES

| | |
|-----------------------------|--------|
| PIZZA | PAGE 3 |
| SPANISH OMELETTE | PAGE 4 |
| SAUSAGE SPIRALS | PAGE 4 |
| SALMON AND VEGETABLE QUICHE | PAGE 5 |
| CHICKEN IN WINE SAUCE | PAGE 5 |
| HAMBURGER | PAGE 6 |
| ROAST POTATOES | PAGE 6 |
| APPLE STRUDEL | PAGE 7 |
| NUT CAKE | PAGE 7 |

STEAM RECIPES

| | |
|-------------------------------|---------|
| RICE WITH MUSHROOMS | PAGE 8 |
| STEAMED MIXED VEGETABLES | PAGE 9 |
| STUFFED PEPPERS | PAGE 9 |
| CHICKEN FILLETS ITALIAN STYLE | PAGE 10 |
| STEAMED PEARS | PAGE 10 |



Crisp Recipes

Depending on your microwave oven model, you will find a specific size of the crisp plate, specially adapted to allow the best cooking performance.

Please check the diameter of your crisp plate for specific time on cooking:

medium/large size crisp plate diameter around 30cm

small size crisp plate diameter around 25cm.

PIZZA

4 SERVINGS

INGREDIENTS

| | MEDIUM/LARGE CRISP PLATE | SMALL CRISP PLATE |
|-------------|-----------------------------|----------------------|
| Flour | 230 – 250 g | 150 – 160 g |
| Fresh yeast | 15 g | 10 g |
| Water | 150 ml | 100 ml |
| Oil | 30 ml (2 tbspn) | 15 ml (1 tbspn) |
| Salt | | |

INGREDIENTS FOR THE TOPPING:

| | | |
|----------------------------------|-------|-------|
| Tinned tomatoes | 350 g | 250 g |
| Mozzarella cheese | 175 g | 125 g |
| Salt, oregano, a drizzle of oil | | |
| A little oil for the crisp plate | | |

FOR A SPECIAL TOUCH:

For alternative pizza toppings, try ham, olives, artichokes, vegetables, seafood etc...

FUNCTION: CRISP

PREPARATION: 2 H 30 MIN.

COOKING TIME: 14 – 15 MIN. FOR MEDIUM AND LARGE CRISP PLATE
11 – 13 MIN. FOR SMALL CRISP PLATE

1. Blend the yeast in the water, which must be warm (37°C). Place the flour in a mixing bowl, add the blended yeast, the oil and salt. Mix well and then knead to a smooth, elastic dough. Cover the dough and leave to rise in a warm place for approximately 2 hours.
2. Lightly oil the crisp plate.
3. Flatten the dough out with your hands until it fills the entire crisp plate, then prick all over with a fork.
4. Drain and chop the tinned tomatoes and spread them evenly over the dough. Add the diced mozzarella cheese, the oregano, salt and drizzle with oil.
5. Cook the pizza for 14-15 minutes on Crisp, for small crisp plate cook the pizza for 11 – 13 minutes on Crisp.



SPANISH

OMELETTE

4 SERVINGS

| INGREDIENTS | MEDIUM/LARGE | SMALL |
|-----------------------|-----------------|-----------------|
| | CRISP PLATE | CRISP PLATE |
| Frozen diced potatoes | 250 g | 150 g |
| Butter or oil | 15 ml (1 tbspn) | 15 ml (1 tbspn) |
| Chopped onion | 1 medium size | 1 small |
| Eggs | 4 | 3 |
| Milk | 30 ml (2 tbspn) | 30 ml (2 tbspn) |
| Salt, pepper | | |

FUNCTION: CRISP
PREPARATION: 10 MIN.
COOKING TIME: 15 – 18 MIN. FOR MEDIUM AND LARGE CRISP PLATE
12 – 14 MIN. FOR SMALL CRISP PLATE

1. Preheat the crisp plate with butter or oil for 2½ - 3 minutes on crisp.
2. Place the diced potatoes on the crisp plate and cook on crisp for 6-8 minutes.
3. Mix in the onion and cook for a further 4-5 minutes on crisp. Mix once during cooking.
4. Meanwhile, beat the eggs together with the milk in a mixing bowl, add the salt and pepper.
5. Pour the egg mixture over the potatoes in the crisp plate and cook for 2-3 minutes on crisp.
6. Serve hot or cold, accompanied by a side salad.

For a special touch:

If you prefer a really golden omelette, cook for 3-4 minutes longer on grill afterwards.



SAUSAGE SPIRALS

4 SERVINGS

| INGREDIENTS |
|---|
| 600 g sausages (raw meat) |
| 30 g peppers in slices (red and yellow) |
| Bay leaves |
| Wooden sticks |

FUNCTION: CRISP
PREPARATION: 5 MIN.
COOKING TIME: 16 – 18 MIN.

1. Roll the sausages to flat spirals with the sliced pepper and bay leaves in between.
2. When the whole sausages is rolled, fasten them by sticking two wooden sticks crosswise along the sausage spirals to keep its shape during cooking.
3. Put the spirals on the crisp plate, covered by baking paper, and cook it on Crisp for 16 – 18 minutes, turning it over after about 10 minutes.

SALMON AND VEGETABLE QUICHE

4 – 6 SERVINGS

| INGREDIENTS | MEDIUM/LARGE | SMALL |
|---------------------------------|--------------|-------------|
| | CRISP PLATE | CRISP PLATE |
| Fresh puff pastry (220 – 240 g) | 1 roll | 1 roll |
| Steamed salmon | 400 g | 300 g |
| Tomatoes | 4 | 2 |
| Belgian endives | 400 g | 250 g |
| Fresh soft cheese | 100 g | 75 g |
| Eggs | 4 | 3 |
| Milk | 100 ml | 75 ml |
| Parsley | 1 tbspn | 1 tbspn |
| Oil | 2 teasp | 2 teasp |
| Salt | | |

FUNCTION: CRISP
PREPARATION: 15 MIN.
COOKING TIME: 12 – 14 MIN. FOR MEDIUM AND LARGE CRISP PLATE
11 – 12 MIN. FOR SMALL CRISP PLATE

1. Take two pieces of baking paper. On the first one, place the salmon pieces and the tomatoes cut in slices on top and sprinkle with herbs.
2. On the second paper, place the endives cut lengthwise and sprinkle with salt and herbs. Fold the papers with filling into two packages and place the packages on the crisp plate.
3. Cook them on Crisp for 8 minutes. Remove them from the crisp plate and let the plate cool down.
4. Whisk together eggs, milk, chopped parsley, oil and salt.
5. Roll out the puff pastry with its paper onto the crisp plate and prick the pastry.
6. Arrange the steamed salmon, tomatoes and endives onto the puff pastry together with the cheese cut in cubes.
7. Pour over the egg mixture and cook on Crisp function according to the recommended cooking time.

CHICKEN IN WINE SAUCE

4 SERVINGS

1 kg chicken (approx.)
30 g (2 tbspn) of butter or margarine
1 tbspn of sweet paprika or soya
3-4 basil leaves
1½ dl (150 ml) of dry white wine

FOR THE SAUCE

100 ml of cream
1 tbspn of cornflour
a pinch of spiced salt
½ bitter almond

TO GARNISH

200 g of black or white grapes
20 g of toasted flaked almonds

FUNCTION: MICROWAVE
PREPARATION: 30 MIN.
COOKING TIME: 15-16 MIN.

1. Wash and dry the chicken, cut into portions and remove fatty parts.
2. Place the butter or margarine in a small microwave safe bowl. Then cover and melt at 350 W for 1 minute, mix in the sweet paprika or soya and brush this mixture over the chicken. Place the chicken in a microwave safe dish and add the basil and wine.
3. Cover and cook for 12 minutes at 750 W.
4. Mix the cream with the cornflour and pour over the chicken. Continue cooking, covered, for 2-3 minutes at 750 W. Add salt if required, and the grated bitter almond.
5. Cut the grapes in half and remove the seeds.
6. Place the chicken on a serving plate and garnish it with the grapes and toasted almond flakes.
7. If you want to toast the almond flakes, spread them out on the crisp plate and toast on crisp for 2-3 minutes stirring every minute.

HAMBURGER

FUNCTION: CRISP
PREPARATION: 10 MIN.
COOKING TIME: 8 – 9 MIN.

4 SERVINGS

INGREDIENTS

400 g of minced meat
½ teasp of salt
1 pinch of pepper
15 ml (1 tbspn) of oil, butter or margarine

SERVE WITH

4 burger buns
cucumber salad
ketchup or mustard
raw or cooked onion rings

1. Mix the minced meat with the salt and pepper.
2. Shape into four hamburgers about 1 cm thick each.
3. Butter or oil the crisp plate and preheat it for 2-3 minutes on crisp.
4. Then arrange the hamburgers in it, cooking on crisp for 3 minutes.
5. Turn the hamburgers over and cook for another 3 minutes.
6. Serve on buns with ketchup or mustard and vegetables.

ROAST POTATOES

FUNCTION: CRISP
PREPARATION: 10 MIN.
COOKING TIME: 15 – 16 MIN.

2 – 4 SERVINGS

INGREDIENTS

400 g potatoes
Rosemary
Oil
Garlic
Salt

1. Peel and cut the potatoes in pieces – not too small pieces.
2. Cover the crisp plate with baking paper and place the potatoes onto the plate.
3. Sprinkle the potatoes with salt, rosemary, crushed or chopped garlic clove and drop oil over the potatoes.
4. Cook on Crisp function for 15 – 16 minutes. If the potatoes get too much colour in the bottom, stir them after about 10 minutes and then continue the cooking until they become ready cooked.



APPLE STRUDEL

6 - 8 SERVINGS

INGREDIENTS

- 2 discs of puff pastry, 220 – 240 g each
- 6 apples
- 1 orange
- 50 g walnuts
- 50 g pine nuts
- 1 teasp (5 ml) of cinnamon powder
- 50 g sultanas
- 50 ml rum
- 50 g sugar
- 100 g breadcrumbs

FOR BRUSHING:

- 1 egg
- 50 ml milk

FUNCTION: CRISP
PREPARATION: 15 MIN.
COOKING TIME: 15-16 MIN

1. Soak the sultanas in the rum for about half an hour.
2. Peel and slice the apples and mix them with chopped walnuts, pine nuts, sugar, orange peel and cinnamon.
3. Lay one pastry disc partly on top of the other and roll them out to a single body with a rolling pin.
4. Add the sultanas and the breadcrumbs to the apple mixture. Breadcrumbs will absorb the juice coming from the apples.
5. Pour the apple mixture onto the pastry and roll it up lengthwise.
6. Shape the roll to a circle and place it on the crisp plate, leaving the paper from the pastry on the bottom of the plate. Squeeze the strudel a bit.
7. Make some cuts in it and brush it with a mixture of egg and milk.
8. Cook on Crisp function for 15 – 16 minutes.



NUT CAKE

12 – 16 SLICES

INGREDIENTS

| | MEDIUM/LARGE CRISP PLATE | SMALL CRISP PLATE |
|----------------------------|-----------------------------|----------------------|
| Chocolate | 250 g | 125 g |
| Butter | 240 g | 120 g |
| Walnuts | 45 g | 25 g |
| Hazelnuts | 45 g | 20 g |
| Almonds | 45 g | 25 g |
| Sugar | 170 g | 85 g |
| Flour | 15 ml (1 tspn) | 7,5 ml (½ tspn) |
| Eggs | 4 | 2 |
| Vanilla flavoured sugar | 15 ml (1 tspn) | 10 ml (2 teasp) |
| Salt | a pinch | a pinch |

FUNCTION: CRISP + MICROWAVE
PREPARATION: 15 MIN.
COOKING TIME:
10 – 12 MIN. FOR MEDIUM AND LARGE CRISP PLATE
7 – 8 MIN. FOR SMALL CRISP PLATE

1. Chop the nuts.
2. Break the chocolate in pieces and place it together with the butter in a microwave safe bowl. Melt on 350W for 3 – 4 min. Stir twice during this time and let cool off.
3. Separate the egg yolks from the egg whites and add the egg yolks, one at a time, to the butter – chocolate mix stirring continuously. Stir in also the sugar, the vanilla sugar, the chopped nuts and the flour.
4. Whisk the egg whites together with the salt until stiff and carefully fold them into the batter.
5. Pour the batter into the crisplate covered with baking paper in the bottom. Cook the large and medium plate for 10 – 12 min. on Crisp and the small plate for 7 – 8 min. on crisp.
6. Let the cake cool down in the crisplate and when cool lift it up from the plate together with the paper. Serve in thin slices with whipped cream.

Steam Recipes



Steam is used every day by more and more people for food preparation as it is considered one of the healthiest methods of cooking.

Suitable for most foods and a surprising variety of recipes, steaming goes from cooking vegetables to different foods like fish, meat and fruits!

The steamer accessory is designed to perform steaming in the microwave in the most optimal way. The water in the bottom part of the steamer heats up and steams the food placed in the insert. Steam produced from the heat of the liquid builds up inside the steamer, cooking food in a very moist atmosphere.

RICE WITH MUSHROOMS

4 SERVINGS

INGREDIENTS

350 g rice

salt

water amount according to the kind of rice

250 g sautéed mushrooms

basil

FUNCTION: 6TH SENSE STEAM

PREPARATION: 15 MINUTES

COOKING: 10 – 18 MINUTES

1. Place the rice in the bottom part of the steamer and add salt and water.
2. Cover with the lid and cook on 6TH SENSE Steam function for set time 10 minutes. (or the cooking time recommended for the rice)
3. Let the rice stand for some minutes and then pack it in a greased cake mould. Turn it out on a serving plate and decorate it with the sautéed mushrooms and fresh basil.



STEAMED MIXED VEGETABLES

4 SERVINGS

INGREDIENTS

50 g courgettes
50 g asparagus
50 g carrots
50 g green beans
50 g potatoes
50 g cauliflower
100 ml water
salt

FUNCTION: 6TH SENSE STEAM

PREPARATION: 10 MINUTES

COOKING: 6- 10 MINUTES

1. Prepare the vegetables. Peel the potatoes and carrots and cut in pieces. Cut also the courgette in pieces and divide the cauliflower into florets.
2. Pour the water into the bottom part of the steamer and add salt. Place the steam grid (insert) on top and place the vegetables into groups on the steam grid. Cover with the lid.
3. Cook on 6TH SENSE Steam function for set time 6 – 10 minutes. Note! That the set steaming time will depend on the season of the year!

STUFFED PEPPERS

2 - 4 SERVINGS

INGREDIENTS

2 – 3 peppers, 400 – 450 g
400 g minced meat
1 onion
1 – 2 garlic cloves
15 ml olive oil
30 ml tomato purée
1 ml nutmeg
5 ml salt
1 ml black pepper
1 egg
1 slice of white bread without crust
30 ml grated parmesan cheese
100 ml water or bouillon

FUNCTION: MICROWAVES, 6TH SENSE STEAM.

PREPARATION: 15 MINUTES.

COOKING TIME: 6 MINUTES.

REST: 5 MINUTES.

1. Chop the onion and garlic. Place it in a dish, add the oil and cook covered 1½ -2 minutes on 750W. Allow to cool.
2. Cut the peppers in half and remove the seeds. Place the peppers in the strainer.
3. Mix together the minced meat, onion, tomato purée, salt, pepper and nutmeg. Add the egg and breadcrumbs. Stuff the peppers with this mixture. Sprinkle the parmesan on top.
4. Pour the water or bouillon into the bottom container of the Steam pot. Place the peppers on top and cover with the lid.
5. Cook on 6TH SENSE Steam for 6 minutes.
6. Allow to rest for 5 minutes before serving.



CHICKEN FILLETS

ITALIAN STYLE

3 - 4 SERVINGS

INGREDIENTS

400 g vegetables your choice (cauliflower, broccoli, green beans, carrots, fennel, pepper, squash,...)
3-4 chicken fillets, 450 g
30 ml Pesto sauce
salt, pepper
60 ml chopped tomatoes (canned)
100 ml water

FUNCTION: 6TH SENSE STEAM.
PREPARATION: 15 MINUTES.
COOKING TIME: 6 MINUTES.
REST: 5 MINUTES.

1. Wash the vegetables and cut them into small pieces. Place them in the bottom container of the Steam pot, season with salt and pepper and add the water
2. Season the chicken fillets too with salt and pepper and brush them with the Pesto sauce. Place the fillets on top of the vegetables.
3. Spread the chopped tomatoes on top of the fillets, then cover and cook on 6TH SENSE Steam for 6 minutes.
4. Allow to rest for 5 minutes before serving.

STEAMED

PEARS

2 – 4 SERVINGS

INGREDIENTS

6 Williams pears
1 glass of red wine
1 glass of white wine
grated peel of 1 lemon
25 g icing sugar

FUNCTION: 6TH SENSE STEAM
PREPARATION: 10 MINUTES
COOKING: 6 – 10 MINUTES

1. Peel the pears but do not remove all the peel – they will look nicer if some of the peel is left so they become “striped”.
2. Lay the pears into the steam grid (insert) and sprinkle the icing sugar and lemon peel over the pears.
3. Pour also the wine over the pears.
4. Cover with the lid and cook on 6TH SENSE Steam function for set time 6 – 10 minutes. Note! That the steaming time will depend on the ripeness of the pears!
5. Place the pears on a serving plate and spoon over some of the wine sauce. Sprinkle extra icing sugar on top, if desired.





SENSING THE DIFFERENCE

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