

RECIPE COOK GUIDE



SENSING THE DIFFERENCE



CRISP RECIPES

PIZZA	PAGE 3
SPANISH OMELETTE	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

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

COMBI RECIPES

LASAGNE	PAGE 11
CHEESE SOUFFLÉ	PAGE 12
OVEN BAKED SALMON STEAKS	PAGE 12
ROAST VEAL	PAGE 13
POTATO GRATIN	PAGE 14
VEGETABLES GRATIN	PAGE 14
BISCUITS	PAGE 15





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.



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:

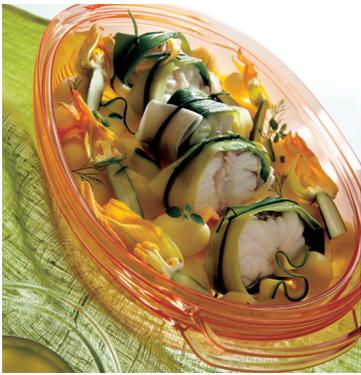
1 egg
50 ml milk

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.



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.





LASAGNE

4 SERVINGS

INGREDIENTS

FOR THE MEAT SAUCE:

500 g minced beef
1 medium onion, 100-125 g, finely chopped
1 clove of garlic, crushed
15 g butter (1 tbsp)
2 tbsp oil
500 g canned tomatoes
1½ beef stock cubes + 100ml (1 dl) water
salt, pepper, herbs

FOR THE WHITE SAUCE:

50 g butter
40 g flour (3/4 dl)
600 ml milk (6 dl)
salt
nutmeg

300 g lasagne sheets
40-50 g grated parmesan cheese
approx. 30 g (2 tbsp) butter, in flakes
100 g mozzarella, coarsely grated

FUNCTION: MICROWAVES, CONVECTION + MICROWAVES

PREPARATION: 1 HOUR

COOKING TIME: 23 – 25 MIN.

1. Fry the meat with the onion and garlic in butter and oil until brown.
2. Add the tomatoes and crumbled stock cubes + water and spices and simmer for about 1 hour or while you prepare the white sauce.
3. Place the butter for the white sauce in a microwave safe bowl. Melt for 1-1½ minutes on 350W. Stir in flour and milk.
4. Cook on 750W for 6-7 minutes until thickened, stirring every second minute to prevent the sauce from sticking to the bottom. Season with salt and nutmeg.
5. If you use lasagne sheets that need pre-cooking, parboil 3 or 4 lasagne sheets at a time in boiling salted water. Drain, spread on clean tea-towels and pat dry. If you use already pre-cooked or fresh sheets, skip this point.
6. Butter a rectangular ovenproof and microwave safe dish (30 x 20 cm), spread a layer of meat sauce on the bottom, cover with a layer of lasagne, a layer of white sauce and some mozzarella.
7. Repeat these layers until all lasagne sheets and sauce are finished, top with parmesan cheese and butter flakes.
8. Place the dish on the low metal rack and cook on Convection at 200-210°C + microwaves 160W for 23-25 minutes.



CHEESE SOUFFLÉ

FUNCTION: MICROWAVES, QUICK HEAT, CONVECTION

PREPARATION: 12-15 MINUTES

COOKING TIME: 40-50 MINUTES

6 SERVINGS

INGREDIENTS

75 g butter

75 g flour (1¼ dl)

500 ml milk (5 dl)

25 g corn flour (2½ tbsp)

150 g (Cheddar) cheese, coarsely grated (5 dl)

6 eggs, separated

salt, pepper

1. Put the butter in a microwave safe dish, large enough to fit all of the soufflé batter. Cover and melt on 350W for 2 minutes.
2. Stir in the flour and gradually stir or whisk in the milk.
3. Cook uncovered on 750W for 6-7 minutes until thick. Stir or whisk every second minute.
4. Add the corn flour and the cheese. Stir in the egg yolks, one at a time, and season with salt and pepper.
5. Whisk egg whites until stiff. Carefully fold the egg whites into the cheese mixture.
6. Spoon into a large, lightly greased soufflé dish.
7. Preheat the oven on Quick heat to 175°C and place the dish on the low metal rack and cook on Convection at 170-175°C for 40-50 minutes.

Don't open the door of the oven during the baking to prevent the soufflé from collapsing.

OVEN BAKED SALMON STEAKS

FUNCTION: MICROWAVES, QUICK HEAT, CONVECTION +
MICROWAVES

PREPARATION: 5 MINUTES

COOKING TIME: 12-16 MINUTES

4 - 6 SERVINGS

INGREDIENTS

4-6 boneless salmon steaks

(approx. 150 g each)

salt, pepper

30-40 g butter (2-2½ tbsp)

SAUCE:

200 ml (2 dl) double cream or crème fraîche

200 ml (2 dl) water

1 vegetable or herb stock cube

pepper

tarragon

10 ml (2 tsp) mustard, Dijon type

1. Rinse and dry the salmon well. Sprinkle with salt and pepper.
2. Melt the butter in a microwave safe bowl under cover on Microwave power 350W for ½-1 minute.
3. Place the steaks in a lightly greased ovenproof and microwave safe dish with low edges and sprinkle with salt and pepper. Brush the top side of the steaks with the butter.
4. Preheat the oven on Quick heat to 200°C.
5. Place the dish on the low metal rack and bake the steaks on Convection at 200-210°C + 160W microwave power for 12-16 minutes (cooking time depends on the thickness of the steaks).
6. In the meantime prepare the sauce. Mix all ingredients in a saucepan.
7. Cook until boiling point stirring continuously and let the sauce simmer for some minutes until thickened.
8. Serve the fish and sauce together with boiled potatoes and some kind of cooked vegetables like asparagus or broccoli. Garnish with lemon.

Both the salmon and the sauce can also be served cold

ROAST VEAL

4 - 6 SERVINGS

INGREDIENTS

Approx. 1 kg boned and rolled
loin of veal
salt, pepper
250 g button mushrooms
250 g shallots, chopped
2-3 tbsp butter

FOR THE SAUCE:

200 ml (2 dl) double cream
or crème fraîche
4 tbsp white wine
chopped chives or parsley
salt, pepper

FUNCTION: QUICK HEAT, CONVECTION + MICROWAVES

PREPARATION: 10 MINUTES

COOKING TIME: 55-60 MINUTES

1. Preheat the oven on Quick heat to 175°C.
2. Season the meat with pepper and salt and place it in a greased ovenproof and microwave safe dish. Place the vegetables around.
3. Dot with butter flakes.
4. Place the dish on the low metal rack.
5. Cook on Convection at 175°C + microwaves 160W for 55-60 minutes. Turn the roast halfway through cooking and stir the vegetables. The meat is medium when the centre temperature is 68-70°C and well done if it reaches 75°C.
6. Cover the roast with foil while the sauce is prepared.
7. In a sauce pan mix together the meat juice, cream and white wine. Cook until boiling and simmer for some minutes until the sauce has thickened. Add chive or parsley and season.
8. Slice the meat and serve together with the vegetables, potatoes and other cooked vegetables.



POTATO GRATIN

4 - 6 SERVINGS

INGREDIENTS

1-1.2 kg potatoes
1 clove of garlic, crushed
salt, pepper
thyme
150 g (Cheddar) cheese, coarsely grated (4-5 dl)
150 ml milk (1½ dl)
200 ml single cream (2 dl)

FUNCTION: CONVECTION + MICROWAVES

PREPARATION: 12-15 MINUTES

COOKING TIME: 28-30 MINUTES

1. Peel the potatoes and slice them thinly.
2. Place half of the slices on the bottom of a lightly buttered ovenproof and microwave safe dish. Sprinkle with salt, pepper, garlic and thyme.
3. Cover with half of the cheese.
4. Add the remaining potatoes, season with salt, pepper and thyme and sprinkle the remaining cheese on the top.
5. Mix the milk and cream and pour over the potatoes.
6. Place the dish on the low metal rack and cook on Convection at 190-200°C + microwaves 350W for 28-30 minutes.

VEGETABLES GRATIN

4 SERVINGS

INGREDIENTS

approx. 750 g cooked vegetables such as endive, Brussels sprouts, leeks, celery, cauliflower, fennel, etc.
300 ml white sauce (3 dl)
75-100 g grated cheese
2 tbsp breadcrumbs
25 g butter (1½ tbsp) in flakes

FUNCTION: MICROWAVES, GRILL + MICROWAVES

PREPARATION: 10-20 MINUTES

COOKING TIME: 12-14 MINUTES

1. Butter a shallow ovenproof and microwave safe dish 22 x 30 cm or round with diameter 25-26 cm.
2. Place the cooked and drained vegetables in it.
3. Cook the white sauce by using half amount of the recipe for White sauce in the Lasagne recipe. Cover the vegetables with the sauce. Combine cheese and breadcrumbs and sprinkle over the sauce. Top with butter flakes.
4. Place the dish on the turntable and cook with Grill + microwaves 350W for 12-14 minutes.

You can use leftovers of cooked vegetables or if your oven has an auto cook function for fresh vegetables, use that function to cook the vegetables.



BISCUITS

FUNCTION: MICROWAVES, QUICK HEAT, CONVECTION

PREPARATION: 15 MINUTES

COOKING TIME: 24-30 MINUTES

22-24 PCS (2 TRAYS)

INGREDIENTS

125 g butter

1 egg

125 g caster sugar (1¼ dl)

250 g flour (approx. 4½ dl)

pinch of salt

1 egg for brushing

glacé cherries to decorate

1. Place the butter in a microwave safe bowl, cover and melt on 350W for 1½ -2minutes
2. Cream egg and sugar. Add flour and the melted butter and knead to form a soft dough.
3. Roll the dough out to 1 cm thickness, and using a glass with a diameter of 5 cm as cutter, cut small circles. Place them on the greased baking tray (or on baking paper).
4. Glaze the surface of each biscuit with beaten egg and decorate with half a glacé cherry.
5. Preheat the oven on Quick heat to 200°C and bake on Convection at 200°C for 12-15 minutes.





SENSING THE DIFFERENCE

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