



Whirlpool

SENSING THE DIFFERENCE



90 Recipes for JET CHEF Premium Chef Menu

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Being a Chef has never been so Easy

# 6<sup>th</sup> sense

Congratulations on purchasing the Whirlpool 6TH SENSE Jet Chef Premium Microwave!

You are now the lucky owner of a truly remarkable appliance, equipped with the new CHEF MENU, consisting of 90 automatic recipes to prepare and enjoy!

In this book, you'll find a guide to support you in the preparation for each of these 90 delicious recipes.

Discover and taste Jet Chef Premium's true capabilities.

You'll be amazed at how quick and easy these recipes are to prepare.

We're confident you'll find cooking with Jet Chef Premium's 6th SENSE Technology fast, easy and, above all, fun.

Happy Cooking!



# Every great chef has the best accessories.

For details on all Whirlpool accessories visit:

[www.whirlpool.eu](http://www.whirlpool.eu)

## Accessories included



**Crisp Plate**  
Provides a fast and easy preparation of many common dishes.



**Steamer For Microwave**  
To obtain healthy and natural results. Also ideal for boiling pasta and rice.

## Additional accessories sold separately



**Crisp Cake Plate**  
Provides a fast and easy preparation of many common dishes. Ideal for cakes and soufflés.



**Baking Tray**  
To be used for traditional oven recipes.



**Non-Stick, Anti-Scratch Cutter**  
To avoid scratching of the crisp plate when cutting.



**Dish Cover**  
To avoid food splashes during reheating.

# Discover the innovation that revolutionizes cooking.

6TH SENSE technology: your extra power for perfect cooking, intuitively as never before.

Ease of use is of major importance to Whirlpool. All of our microwaves are very user friendly when it comes to programming a cooking cycle. When using your Jet Chef Premium, in both manual and automatic modes, the premium text assisted display will offer some suggestions to ensure the perfect results you expect!

All of these suggestions have the same goal: to allow you to truly experience why Whirlpool is the No. 1 in Microwave cooking.

The most common suggestions are:

## INNOVATION



**Programming:** for some automatic functions, you will be required to insert some information to ensure perfect results, for example number of portions, weight of the food etc.

**Accessories:** when using the various functions available, the display will guide you in terms of which accessory to use.



**Doneness:** prepare your meals as if you were ordering in a restaurant. Customize your dishes by selecting the desired level of doneness, choosing between 3 levels, low medium and high.

**Required Actions:** when needed to ensure perfect results, the display will guide you when any preheating or rotation of the food is necessary.

# Enjoy the No. 1 in microwave cooking.\*

We, at Whirlpool, have dedicated over 100 years of experience to always offer more advanced 6TH SENSE Innovation for maximum results with minimum effort.

Experience the many different functionalities and methods of cooking your JET CHEF offers:



**Jet Defrost**  
Fast and uniform defrosting.



**Crisp**  
Exclusive Whirlpool function for perfectly browning dishes both on the top and the bottom.



**Bread Defrost**  
Exclusive Whirlpool function to perfectly defrost frozen bread as if it were freshly baked.



**Steam•Boil**  
Prepare deliciously healthy steamed dishes, or boil pasta or rice to perfection.



**Grill**  
Powerful quartz grill for grilled and gratined dishes.



**Forced Air**  
Obtain oven-baked dishes in half the time with the hot air ventilation system.

\* Based on performance in the most recent independent tests of European consumer institutes in 2011, 2012 and 2013.

# Chef Menu

## All the Recipes



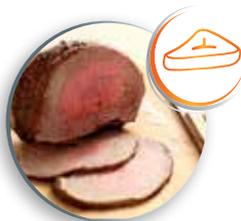
## Vegetables

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	40. Frozen coated fillets	* [Crisp]
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## Baked Potatoes

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Serves 4 | Cooking functions: Baked

1 kg of whole potatoes  
with skin,  
200-250 g each,  
2 spoons  
of sourcream,  
chives.

Scrub potatoes and dry with paper towels.  
Pierce each potato 3 times with fork.  
Place the potatoes in a microwave proof dish.  
Insert the dish in the microwave.  
Press the Chef Menu button ,  
and turn the central knob to select VEGETABLES (Category 1) and then  
BAKED POTATOES (Recipe no. 1).  
Press START to activate the cooking cycle.  
When ready, cut in half and garnish with sourcream and diced chives.

## Potatoes Gratin

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Serves 4 | Cooking functions: Baked

800 g of potatoes,  
200-250 g each,  
200 ml fresh dairy cream,  
100 g grated cheese,  
salt,  
white pepper,  
nutmeg.

Peel the potatoes and wash well.  
Cut into thin slices and place in a greased baking dish.  
Add the milk, salt, pepper and nutmeg.  
Sprinkle with the cheese and put in the microwave.  
Press the Chef Menu button ,  
and turn the central knob to select VEGETABLES (Category 1) and then  
POTATOES GRATIN (Recipe no. 2).  
Press START to activate the cooking cycle.





## Steamed Potatoes

Serves 4 | Cooking functions: Steam

1 kg potatoes,  
olive oil,  
salt.

Peel the potatoes and wash well.  
Place potatoes in the steamer accessory – on the middle grid.  
Fill the bottom of the steamer with water - following the water dosage indication.  
Insert the steamer in the microwave.  
Press the Chef Menu button   
and turn the central knob to select VEGETABLES (Category 1) and then POTATOES STEAM (Recipe no. 3)  
Press to activate the cooking cycle.  
Season with olive oil and salt, and serve.

## Potatoe Wedges

Serves 4 | Cooking functions: Crisp

1 kg potatoes,  
olive oil,  
salt,  
pepper.

Wash the potatoes, peel off the skins and cut each into 4 slices.  
Season with salt and pepper.  
Lightly grease the Crisp plate and place the potato wedges on top, drip oil on the top of the potato wedge.  
Insert the Crisp plate in the oven, press the Chef Men button   
and turn the central knob to select VEGETABLES (Category 1) and then POTATOE WEDGES (Recipe no. 4).  
Press START to activate the cooking cycle.  
At the sound of the beep, remove the crisp plate and turn the potatoes upside down.  
Press START again to finish the cooking cycle.





## Frozen Vegetables

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Serves 4 | Cooking functions: Steam

800 gr. frozen  
mixed vegetables,  
1 bayleaf,  
salt,  
extravirgin olive oil.

Place the frozen vegetables in the steamer accessory – using the middle grid.

Fill the bottom of the steamer with water, following the water dosage indication, add the bayleaf to the water.

Insert the steamer in the microwave.

Press the Chef Menu button ,

and turn the central knob to select VEGETABLES (Category 1) and then FROZEN VEGETABLES (Recipe no. 5).

Press START to activate the cooking cycle.

Season with olive oil and salt, and serve.

## Frozen Vegetables Gratin

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Serves 4 | Cooking functions: Baked

800 gr. frozen  
mixed vegetables,  
2 tablespoon  
grated cheese,  
1 tablespoon butter,  
1 tablespoon  
diced chives,  
pepper.

Unwrap the vegetables and place them on a microwave proof plate.

Sprinkle with the cheese, butter and pepper and put in the microwave.

Press the Chef Menu button ,

and turn the central knob to select VEGETABLES (Category 1) and then FROZEN VEGETABLE GRATIN (Recipe no. 6).

Press start to activate the cooking cycle.

Sprinkle the top with chives and serve.



## Baked tomatoes

Serves 4 | Cooking functions: Baked

600 g fresh tomatoes,  
150 g grated  
cheddar cheese,  
1 teaspoon dried oregano,  
salt,  
pepper.

Wash the tomatoes and cut into halves.

With a spoon, remove part of the inside of the tomatoes to make room for the stuffing.

Sprinkle the tomatoes with salt and oregano and stuff with the cheese.

Put the stuffed tomatoes on a microwave proof plate.

Place the plate on the low rack and put in the microwave.

Press the Chef Menu button .

and turn the central knob to select VEGETABLES (Category 1) and then BAKED TOMATOES (Recipe no. 7).

Press START to activate the cooking.





## Crispy Peppers

Serves 4 | Cooking functions: Crisp

500 g fresh pepper,  
olive oil,  
salt,  
pepper.

Cut the peppers in half, remove the seeds and slice into pieces.  
Grease the Crisp plate with oil and add the sliced peppers.  
Season with oil, salt and pepper.  
Put the Crisp plate in the microwave.  
Press the Chef Menu button ,  
and turn the central knob to select VEGETABLES (Category 1) and then  
PEPPER (Recipe no. 8).  
Press START to activate the cooking cycle.

## Eggplant

Serves 4 | Cooking functions: Crisp

600 g fresh eggplant,  
extravirgin olive oil,  
salt,  
pepper.

Wash the eggplant and cut into slices of approx 2 cm each.  
Sprinkle the eggplant with salt and allow to stand for a while to drain  
out their humidity.  
Lightly grease the crisp plate with oil and put in the microwave.  
Press the Chef Menu button ,  
and turn the central knob to select VEGETABLES (Category 1) and then  
EGGPLANT (Recipe no. 9).  
Press START to preheat the Crisp plate.  
When preheating is complete, remove the Crisp plate and add the  
sliced peppers, salt and pepper.  
Put the Crisp plate back in the microwave and press START to start the  
cooking cycle.



# Carrots

Serves 4 | Cooking functions: Steam

400 g carrots,  
salt,  
olive oil.

Wash the carrots, peel with a peeler and cut into slices.  
Place the sliced carrots in the steamer accessory – using the middle grid.  
Fill the bottom of the steamer with 100 ml of water – following the water dosage indication.  
Cover with the lid and insert the steamer in the microwave.  
Press the Chef Menu button ,  
and turn the central knob to select VEGETABLES (Category 1) and then CARROTS (Recipe no. 10).  
Press START to activate the cooking cycle.  
Seasoned with olive oil and salt, and serve.





## Green beans

Serves 4 | Cooking functions: Steam

500 g fresh green beans,  
olive oil,  
salt,  
pepper.

Wash the green beans and cut off the tips.  
Place the green beans in the steamer accessory – using the middle grid.  
Fill the bottom of the steamer with 100 ml of water – following the water dosage indication.  
Cover with the lid and insert the steamer in the microwave.  
Press the Chef Menu button ,  
and turn the central knob to select VEGETABLES (Category 1) and then GREEN BEANS (Recipe no. 11).  
Press START to activate the cooking cycle.  
Season with olive oil and salt, and serve.

## Broccoli

Serves 4 | Cooking functions: Steam

500 g fresh  
broccoli tips.

Wash the broccoli and cut the tips in half.  
Place the broccoli in the steamer accessory – using the middle grid.  
Fill the bottom of the steamer with 100 ml of water – following the water dosage indication.  
Cover with the lid and insert the steamer in the microwave.  
Press the Chef Menu button ,  
and turn the central knob to select VEGETABLES (Category 1) and then BROCCOLI (Recipe no. 12).  
Press START to activate the cooking cycle.  
Season with olive oil and salt, and serve.



# Cauliflower

Serves 4 | Cooking functions: Steam

1 fresh cauliflower  
of approx 800 g,  
olive oil,  
salt,

Wash the cauliflower and cut off the tips with a knife.  
Place the cauliflower in the steamer accessory – using the middle grid.  
Fill the bottom of the steamer with 100 ml of water – following the water dosage indication.  
Cover with the lid and insert the steamer in the microwave.  
Press the Chef Menu button ,  
and turn the central knob to select VEGETABLES (Category 1) and then CAULIFLOWER (Recipe no. 13).  
Press START to activate the cooking cycle.  
Season with oil and salt, and serve.





## Pepper

Serves 4 | Cooking functions: Steam

600 g of bell pepper,  
olive oil,  
salt,  
pepper.

Wash the peppers and cut off the top.  
Remove the seeds and divide in 4 slices.  
Place the slices in the steamer accessory – using the middle grid.  
Fill the bottom of the steamer with 100 ml of water – following the water dosage indication.  
Cover with the lid and insert the steamer in the microwave.  
Press the Chef Menu button ,  
and turn the central knob to select VEGETABLES (Category 1) and then PEPPER (Recipe no. 14).  
Press START to activate the cooking.  
Season with oil and salt, and serve.

## Squash

Serves 4 | Cooking functions: Steam

800 g squash,  
olive oil,  
salt,  
pepper.

Remove the skin from the squash with a knife.  
Cut into cubes and place in the steamer accessory – using the middle rack.  
Fill the bottom of the steamer with 100 ml of water – following the water dosage indication.  
Cover with the lid and insert the steamer in the microwave.  
Press the Chef Menu button ,  
and turn the central knob to select VEGETABLES (Category 1) and then SQUASH (Recipe no. 15).  
Press START to activate the cooking cycle.  
Season with oil and salt, and serve.



## Corn on the cob

Serves 4 | Cooking functions: Steam

300 g corn  
on butter,  
salt.

Place the corn on the cob in the steamer accessory – using the middle grid.

Fill the bottom of the steamer with 100 ml of water – following the water dosage indication.

Cover with the lid and insert the steamer in the microwave.

Press the Chef Menu button 

and turn the central knob to select VEGETABLES (Category 1) and then CORN ON THE COB (Recipe no. 16).

Press START to activate the cooking cycle.

Melt the butter on the warm cobs, sprinkle with salt, and serve.





## Roasted Chicken

Serves 4 | Cooking functions: Roasted

1 chicken of approx 1kg,  
dried rosemary leaves,  
2 cloves of garlic,  
pepper,  
salt,  
oil.

Spread the salt, pepper and oil over the chicken.  
Use twine to tie the drumsticks to tail. Twist the wing tips under the back.  
Sprinkle the chicken inside and outside with the rosemary and chopped garlic.  
Place chicken in a large dish suitable for microwaves.  
Put into the microwave, press the Chef Menu button , and turn the central knob to select CHICKEN (Category 2) and then ROAST CHICKEN (Recipe no. 1).  
Select the weight by turning the central knob.  
Press START to activate the cooking cycle.  
At the sound of the beep, open the door and turn the chicken upside down.  
Close the door and finish the cooking cycle.

## Chicken Pieces

Serves 4 | Cooking functions: Crisp

600g. fresh chicken pieces  
(wings or legs),  
fresh sage leaves,  
salt,  
pepper,  
vegetable oil.

Season the chicken pieces with salt, pepper and finely chopped sage.  
Place the chicken pieces on the Crisp Plate.  
Put onto the microwave, press the Chef Menu button , and turn the central knob to select CHICKEN (Category 2) and then CHICKEN PIECES (Recipe no. 2).  
Select the weight by turning the central knob.  
Press START to activate the cooking cycle.  
At the sound of the beep, open the door and turn the chicken upside down.  
Close the door and finish the cooking cycle.



# Chicken Legs

Serves 4 | Cooking functions: Crisp

Chicken legs: 900g,  
a bunch of fresh  
marjorane,  
½ lemon,  
vegetable oil,  
salt,  
pepper.

Season the chicken legs with black pepper, marjorane and salt. Press the Chef Menu button , and turn the central knob to select CHICKEN (Category 2) and then CHICKEN LEGS (Recipe no. 3). Grease the Crisp Plate with oil and put in the microwave to preheat by pressing START.

When preheating is complete, add the seasoned chicken legs. Brush the top with oil and press start to activate the cooking cycle. At the sound of the beep (after 12 minutes), open the door and rotate the chicken legs.

Close the door and press START again to finish the cooking cycle.

At the end of the cooking cycle, squeeze the lemon juice on top of the chicken legs and serve.





## Chicken Wings

Serves 4 | Cooking functions: Crisp

Chicken wings: 1000g,  
1 teaspoon soysauce,  
1 spoon mixed herbs,  
vegetable oil,  
salt,  
pepper.

Season the chicken wings with herbs, soysauce, salt and pepper. Press the Chef Menu button , and turn the central knob to select CHICKEN (Category 2) and then CHICKEN WINGS (Recipe no. 4). Place the Crisp Plate in the microwave and preheat by pressing START. When preheating is complete, add the seasoned chicken wings. Brush the top with oil. Press START to activate the cooking cycle. At the sound of the beep (after 12 minutes), open the door and rotate the chicken wings. Close the door and press START again to finish the cooking cycle.





## Crispy Chicken Fillets

Serves 4 | Cooking functions: Crisp

600 g. Chicken breast,  
white ground pepper,  
salt,  
extra virgin olive oil.

Slice each chicken breast into 3 parts.

Season the chicken slices with the ground coriander seeds, salt and pepper.

Press the Chef Menu button  and turn the central knob to select CHICKEN (Category 2) and then CHICKEN FILLETS (Recipe no. 5).

Grease the Crisp Plate with oil and place in the microwave to preheat by pressing START.

When preheating is complete, add the seasoned chicken slices.

Press START to activate the cooking cycle.

At the sound of the beep, open the door and rotate the chicken fillets.

Close the door and press START again to finish the cooking cycle.

## Steamed Chicken Fillets

Serves 4 | Cooking functions: Steam

600 g. Chicken breast,  
white ground pepper,  
salt,  
extra virgin olive oil.

Cut the fillet into 1 cm slices.

Season the chicken fillet with salt and white ground pepper.

Add 100ml water in the steamer bottom – following the water dosage indication.

Place the seasoned chicken fillet into the middle steamer grid and cover with the lid.

Place the steamer in the center of the glass turntable.

Press the Chef Menu button  and turn the central

Knob to select CHICKEN (Category 2) and then STEAMED FILLETS (Recipe no. 6).

Press START to activate the cooking cycle.

When ready, serve seasoning with extravirgin olive oil sprinkled on top.



# Chicken Fillet with Bacon

Serves 4 | Cooking functions: Crisp

600 g. Chicken breast fillet,  
6 slices of bacon,  
1 small onion,  
white peppercorn,  
fresh basil leaves.

Cut every chicken breast into 6 strips.  
Finely mince the onion and sprinkle onto the strips.  
Cut bacon slices in two and roll each chicken strip with a half-slice.  
Place the fillets on the Crisp Plate and season with the peppercorns.  
Press the Chef Menu button , and turn the central Knob to select CHICKEN (Category 2) and then CHICKEN FILLET WITH BACON (Recipe no. 7).  
Press START to activate the cooking cycle.  
Serve seasoning with fresh basil leaves.





# Chicken Kebab

Serves 4 | Cooking functions: Grilled

400 g. Chicken breast,  
1 red bell pepper,  
1 yellow bell pepper,  
black pepper,  
salt,  
nutmeg,  
oregano,  
20 small bamboo skewers.

Cut the chicken in to small cubes ( approx 2 cm per side). Place the chicken in a bowl and add pepper, nutmeg, salt and a teaspoon of oregano. Allow to marinate for 1/2 hour. While waiting, cut the pepper into squares - about the same size as the chicken cubes.

Stick the meat and pepper on the bamboo skewers. Place the kebab on a microwave proof plate and place it inside the microwave on the high grill rack. Press the Chef Menu button  and turn the central knob to select CHICKEN (Category 2) and then CHICKEN KEBAB (Recipe no. 8). Press START to activate the cooking cycle.





# Roast beef

Serves 4 | Cooking functions: Roasted

1 kg beef sirloin,  
salt,  
pepper,  
vegetable oil,  
kitchen string.

Remove any fat from the meat with a sharp knife.

Season with salt and pepper.

Tie the seasoned meat with the kitchen string to keep it in a round shape.

Place the meat in a large dish suitable for microwaves.

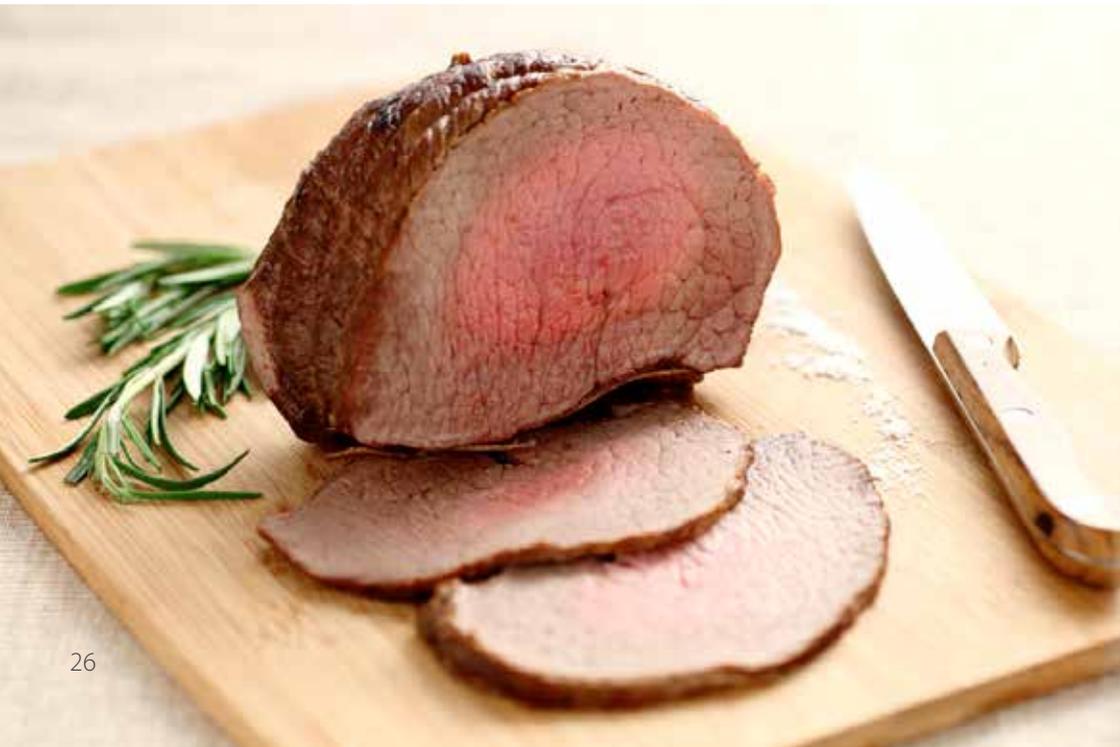
Place in the microwave, press the Chef Menu button , and turn the central knob to select MEAT (Category 3) and then ROAST BEEF (Recipe no. 1).

Select the weight by turning the central knob.

Press START to activate the cooking cycle.

At the sound of the beep, open the door and turn the meat upside down.

Close the door and press START to finish the cooking cycle.





## Roasted pork

Serves 4 | Cooking functions: Roasted

1 kg. pork loin,  
1 teaspoon dried sage,  
dried rosemary,  
garlic,  
salt,  
pepper,  
oil,  
kitchen string.

Season the pork with the herbs, salt and pepper.  
Tie the seasoned pork with the kitchen string.  
Place the pork in a large dish suitable for microwaves.  
Place in the microwave, press the Chef Menu button ,  
and turn the central knob to select MEAT (Category 3) and then ROASTED PORK (Recipe no. 2).  
Select the weight by turning the central knob.  
Press START to activate the cooking cycle.  
At the sound of the beep, open the door and turn the pork upside down.  
Close the door and press START to finish the cooking cycle.

## Roasted lamb

Serves 4 | Cooking functions: Roasted

1 kg. lamb pulp from  
leg or shoulder,  
1 bunch of fresh mint,  
salt,  
pepper,  
oil.

Season the lamb with the chopped mint, salt and pepper.  
Tie the seasoned lamb with the kitchen string.  
Place the lamb in a large dish suitable for microwaves.  
Place in the microwave, press the Chef Menu button ,  
and turn the central knob to select MEAT (Category 3) and then ROASTED LAMB (Recipe no. 3).  
Select the weight by turning the central knob.  
Press START to activate the cooking cycle.  
At the sound of the beep, open the door and turn the lamb upside down.  
Close the door and press START to finish the cooking cycle.



## Grilled lamb cutlet

Serves 4 | Cooking functions: Grilled

800 g lamb cutlets,  
salt,  
pepper,  
olive oil.

Place the cutlets in a plate suitable for microwaves and season with salt and pepper.

Brush the lamb with oil and place on the high rack. Put in the center of the microwave.

Press the Chef Menu button , and turn the central knob to select MEAT (Category 3) and then GRILLED LAMB CUTLET (Recipe no. 4).

Select the weight by turning the central knob.

Press START to activate the cooking cycle.

At the sound of the beep, open the door and turn the lamb upside down.

Close the door and press START to finish the cooking cycle.





## Roasted veal

Serves 4 | Cooking functions: Roasted

1 kg veal silverside,  
salt,  
pepper,  
vegetable oil,  
kitchen string.

Season the veal with salt and pepper.  
Tie the seasoned veal with the kitchen string to keep it in a round shape.  
Place the veal in a large dish suitable for microwave.  
Put in the microwave, press the Chef Menu button , and turn the central knob to select MEAT (Category 3) and then ROASTED VEAL (Recipe no. 5).  
Select the weight by turning the central knob.  
Press START to activate the cooking cycle.  
At the sound of the beep, open the door and turn the veal upside down.  
Close the door and press START to finish the cooking cycle.

## Ribs

Serves 4 | Cooking functions: Crisp

1 kg fresh pork ribs,  
salt,  
pepper,  
oil.

Chop the ribs to the same size and season with salt and pepper.  
Grease the Crisp plate with oil and insert in the microwave.  
Press the Chef Menu button , and turn the central knob to select MEAT (Category 3) and then RIBS (Recipe no. 7).  
Press START to preheat the Crisp plate for 2:30 using crisp function.  
When complete, place the ribs in preheated crisp pan.  
Put back in the oven and press START to finish the cooking cycle.  
At the sound of the beep, open the door and turn the ribs upside down.  
Close the door and press START to finish the cooking cycle.



# Traditional baked meat loaf

Serves 4 | Cooking functions: Baked

400g ground beef,  
1 egg,  
4 tablespoons  
breadcrumbs,  
150 ml milk,  
1 tablespoon corn starch  
(or plain flour),  
nutmeg,  
salt,  
pepper.

Mix breadcrumbs, milk and corn flour. Allow to rest for 10 minutes.  
After 10 minutes, mix with the ground beef, nutmeg, salt, pepper and egg.  
Put the mixture in a pirex loaf dish (or in a silicon mould).  
Place the dish in the microwave.  
Press the Chef Menu button , and turn the central knob to select MEAT (Category 3) and then MEAT LOAF (Recipe no. 8).  
Press START to activate the cooking cycle.  
Serve sliced with fresh salad.

# Baked meatballs

Serves 4 | Cooking functions: Baked

800 g. minced lean beef,  
1 egg,  
4 tablespoons  
breadcrumbs,  
150 ml. milk,  
1 tablespoon minced,  
onion,  
1 tablespoon cornflour,  
ground cumin seeds,  
salt,  
pepper.

Mix together the bread crumbs, milk and corn flour. Allow to rise for 10 minutes.  
Add the beef, eggs, salt, pepper, cumin, and onion in a bowl and mix well.  
Using your fingers, roll the meat into meatballs about the size of a nut.  
Press the Chef Menu button , and turn the central knob to select MEAT (Category 3) and then MEATBALLS (Recipe no. 9).  
Press START to preheat the microwave at 200C.  
Place the meatballs into a ceramic dish which have been greased with oil.  
Brush the meatballs lightly with oil.  
When preheating is complete, place the dish into the preheated microwave.  
Press START to continue the cooking cycle.  
During the cooking cycle – rotate the meatballs when a colour change is noticed.



# Grilled Entrecote

Serves 4 | Cooking functions: Grilled

2 - 4 beef entrecote,  
1 spoon of mixed herbs  
for grill,  
salt,  
pepper,  
oil.

Brush the entrecote with oil and season with the herbs and pepper. Place the entrecote in a dish suitable for microwaves and set it on the high rack.

Put the high rack and the dish in the center of the cold microwave.

Press the Chef Menu button ,

and turn the central knob to select MEAT (Category 3) and then GRILLED ENTRECOTE (Recipe no. 10).

Press START to activate the cooking cycle.

At the sound of the beep, open the door and turn the entrecote upside down.

Season your entrecote with salt.

Close the door and press START to finish the cooking cycle.

Serve with roasted potatoes and salad.





## Frozen hamburgers

Serves 4 | Cooking functions: Crisp

6 frozen hamburgers,  
oil,  
salt,  
pepper.

Press the Chef Menu button , and turn the central knob to select MEAT (Category 3) and then FROZEN HAMBURGERS (Recipe no. 11).  
Insert the empty Crisp plate in the microwave.  
Press start to preheat the Crisp plate for 2:30 on crisp function.  
While preheating the crisp plate, remove frozen hamburger from packaging.  
When complete, place hamburger in the preheated Crisp plate, put back in the microwave and press START to activate the cooking cycle.  
At the sound of the beep, open the door and turn the hamburger upside down.  
Close the door and press START to finish the cooking cycle.  
Serve with sliced tomatoes and fresh vegetables.

## Bratwurst

Serves 4 | Cooking functions: Crisp

600 g bratwurst,  
oil.

Press the Chef Menu button , and turn the central knob to select MEAT (Category 3) and then BRATWURST (Recipe no. 12).  
Grease the Crisp plate with oil and insert in the microwave.  
Press START to preheat the Crisp plate for 2:30 on crisp function.  
When completed, place bratwurst in preheated crisp plate, put it back in the microwave and press START to activate the cooking cycle.  
At the sound of the beep, open the door and turn the bratwurst upside down.  
Close the door and press START to finish the cooking cycle.  
Serve with mustard sauce and mashed potatoes.





## Hot dogs

Serves 4 | Cooking functions: Steam

1 kg hot dogs,  
mayonnaise sauce,  
ketchup.

Put 100 ml of water in the steamer bottom and cover with the lid in the microwave.  
Press the Chef Menu button , and turn the central knob to select MEAT (Category 3) and then HOT DOGS (Recipe no. 13).

When the water reaches a boil, the oven will beep.  
Open the door, remove the lid and carefully remove the steamer.  
Gently place the hot dogs into the boiling water.  
Cover with the lid and put back in the microwave.  
Press START to finish the cooking cycle.  
Serve with desired sauces.

## Bacon

Serves 4 | Cooking functions: Crisp

12 slices of bacon.

Press the Chef Menu button , and turn the central knob to select MEAT (Category 3) and then BACON (Recipe no. 14).

Insert the empty Crisp plate in the microwave and press START to preheat the Crisp plate for 2:30 using crisp function.

While preheating the Crisp plate, separate the bacon slices, being careful not to stretch them.

When ready, place the bacon slices into the preheated Crisp plate.

Put the Crisp plate back in the microwave and press START to activate the cooking cycle.

At the sound of the beep, open the door and turn the bacon upside down.

Close the door and press START to finish the cooking cycle.





## Fish fillets

Serves 4 | Cooking functions: Steam

4 fresh fish fillets,  
1 bayleaf,  
olive oil,  
salt,  
pepper.

Place the fish fillets in the steamer accessory – on the middle grid.  
Fill the bottom of the steamer with 100 ml of water – follow the water dosage indication.  
Add the bayleaf to the water.  
Cover with the lid and insert the steamer in the microwave .  
Press the Chef Menu button  and turn the central knob to select FISH AND SEAFOOD (Category 4) and then FISH FILLETS (Recipe no. 1).  
Press START to activate the cooking cycle.  
Serve seasoned with olive oil and salt.





## Baked whole fish

Serves 4 | Cooking functions: Baked

2 Fresh whole fish  
of approx 600 g each,  
1/2 cup breadcrumbs,  
1 small bunch of mixed,  
fresh herbs,  
50g butter or olive oil,  
salt,  
pepper.

Clean and wash the whole fish, dry well with a kitchen cloth.  
Mince finely the herbs and place in a bowl with the breadcrumbs,  
salt and pepper.  
Set the fish in a greased baking plate suitable for the microwave.  
Sprinkle the top with the breadcrumbs and oil or butter  
and put in the microwave.  
Press the Chef Menu button   
and turn the central knob to select FISH AND SEAFOOD (Category 49  
and then BAKED WHOLE FISH (Recipe no. 2).  
Press START to activate the cooking cycle.  
Serve with baked potatoes.

## Boiled whole fish

Serves 4 | Cooking functions: Boiled

1 whole fish of  
approx 1 kg,  
1 onion,  
salt,  
pepper.

Wash and clean the fish.  
Put 1l of water in the steamer bottom, add the sliced onion,  
salt and cover with the lid in the microwave.  
Press the Chef Menu button   
and turn the central knob to select FISH AND SEAFOOD (Category 4)  
and then BOILED WHOLE FISH (Recipe no. 3).  
When the water comes to a boil, the oven will beep. open the door,  
remove the lid and carefully remove the steamer from the microwave.  
Gently place the fish into the boiling water to cook.  
Cover with the lid and put it back in the microwave.  
Press START to finish the cooking cycle.  
Serve with boiled potatoes.



# Steamed Cutlets

Serves 4 | Cooking functions: Steam

800 g fresh fish cutlets,  
1 bayleaf,  
olive oil,  
salt,  
pepper.

Place the fish cutlets onto the steamer accessory – on middle grid.  
Fill the bottom of the steamer accessory with 100 ml of water – follow the water dosage indication.  
Add the bayleaf to the water.  
Cover with the lid and insert the steamer accessory in the microwave.  
Press the Chef Menu button   
and turn the central knob to select FISH AND SEAFOOD (Category 4) and then CUTLETS (Steam) (Recipe no. 4).  
Press START to activate the cooking cycle.  
Serve seasoned with olive oil, salt and pepper.





## Crispy Cutlets

Serves 4 | Cooking functions: Crisp

800 g fresh salmon cutlet,  
olive oil,  
1 spoon of chopped,  
parsley,  
1 clove of garlic,  
salt,  
pepper.

Season the fish cutlets with chopped parsley and garlic, salt and pepper.  
Grease the Crisp plate with oil.  
Press the Chef Menu button ,  
and turn the central knob to select FISH AND SEAFOOD (Category 4)  
and then CUTLETS (Crisp) (Recipe no. 5).  
Insert the Crisp plate in the oven with only a spoonful of oil.  
Press START to preheat the Crisp plate for 2:30 using the crisp function.  
When the preheating is complete, place the fish cutlets  
on the preheated Crisp plate, put back in the microwave.  
Press START to activate the cooking cycle.  
When the top is browned well, open the door,  
remove the Crisp plate and turn over the cutlets.  
Put back in the oven and press start to continue the cooking cycle.

## Baked gratin

Serves 4 | Cooking functions: Baked

1 frozen fish gratin  
of approx 800 g,  
salt,  
pepper.

Unwrap the frozen fish gratin and place on a microwave proof plate.  
Place the plate in the oven and press the Chef Menu button ,  
turn the central knob to select FISH AND SEAFOOD (Category 4)  
and then BAKED GRATIN (Recipe no. 6).  
Press START to activate the cooking cycle.  
Add a pinch of salt and pepper as desired.



## Frozen coated fillets

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Serves 4 | Cooking functions: Crisp

600 g frozen coated fish fillets,  
olive oil,  
salt,  
pepper.

Grease the Crisp plate with oil.  
Press the Chef Menu button ,  
and turn the central knob to select FISH AND SEAFOOD (Category 4)  
and then FROZEN COATED FILLETS (Recipe no. 7).  
Place the Crisp plate in the microwave.  
Press START to preheat the Crisp plate for 2:30 on crisp function.  
When the preheating cycle is complete, place the fish fillets in the  
preheated Crisp plate and place it back in the microwave.  
Press START to activate the cooking cycle.  
When the top is browned well, open the door, remove the Crisp plate  
and turn over the fillets.  
Put back in the microwave and press START to finish the cooking cycle.  
When ready sprinkle with salt and pepper and serve.

## Mussels

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Serves 4 | Cooking functions: Steam

400 g fresh mussels  
with shell,  
½ glass white wine  
(optional),  
1 bunch of parsley,  
pepper.

Put the fresh mussels into the bottom of steamer accessory.  
Add the wine, chopped parsley and water until mussels  
are completely covered.  
Cover with the lid and place in the center of microwave.  
Press the Chef Menu button ,  
and turn the central knob to select FISH AND SEAFOOD (Category 4)  
and then MUSSELS (Recipe no. 8).  
Press START to activate the cooking cycle.  
Serve with bread crutons.



## Precooked mussels

Serves 4 | Cooking functions: Crisp

400g Precooked shelled, mussels, olive oil, pepper.

Grease the Crisp plate with oil. Press the Chef Menu button , and turn the Central knob to select FISH AND SEAFOOD (Category 4) and then PRE-COOKED MUSSELS (Recipe no. 9). Place the greased Crisp plate in the microwave. Press START to preheat the Crisp plate for 2:30 on crisp function. When preheating is complete, place the mussels in the preheated Crisp plate. Place back in the oven and press START to activate the cooking cycle. When ready sprinkle with ground pepper and serve.





## Shrimps

Serves 4 | Cooking functions: Steam

400 g Fresh shrimps,  
3 spoons mayonnaise,  
sauce,  
½ teaspoon Wasabi paste  
(optional).

Put the fresh shrimps into the bottom of steamer accessory, add water until the water covers the shrimps.  
Cover with the lid and place in the center of the microwave.  
Press the Chef Menu button ,  
and turn the central knob to select FISH AND SEAFOOD (Category 4)  
and then SHRIMPS (Recipe no. 10).  
Press START to activate the cooking cycle.  
Serve with mayonnaise sauce and wasabi if desired.

## Raw shrimps

Serves 4 | Cooking functions: Crisp

500 g King Prawns,  
olive oil,  
chopped parsley,  
1 clove of garlic,  
salt,  
pepper.

Grease the crisp plate with oil.  
Press the Chef Menu button ,  
and turn the central knob to select FISH AND SEAFOOD (Category 4)  
and then KING PRAWNS (Recipe no. 11).  
Place the Crisp plate in the microwave.  
Press START to preheat the crisp plate for 2:30 using the crisp function.  
When preheating is complete, place the prawns in the preheated crisp plate, season with the chopped parsley and garlic and place back in the microwave.  
Press START to finish the cooking cycle.  
When ready sprinkle with ground pepper and serve with their own juice.





## French fries

Serves 4 | Cooking functions: Crisp

500 g frozen precooked,  
french fries,  
salt.

Place the fries on the crisp plate.  
Press the Chef Menu button ,  
and turn the central knob to select HEALTHY FRY (Category 5)  
and then FRENCH FRIES (Recipe no. 1).  
Place the crisp plate in the microwave  
and press START to activate the cooking cycle.  
Sprinkle with salt and serve.

## Frozen Fish Fingers

Serves 4 | Cooking functions: Crisp

500 g. frozen fish fingers,  
vegetable oil,  
1 lemon,  
salt.

Press the Chef Menu button ,  
and turn the central knob to select HEALTHY FRY (Category 5) and  
then FROZEN FISH FINGERS (Recipe no. 2).  
Grease the Crisp plate with oil.  
Place the Crisp plate in the microwave.  
Press START to preheat the Crisp plate for 2:30 on crisp function.  
When the preheating is complete, place fish fingers in the preheated  
Crisp plate.  
Put back in the microwave and press START  
to activate the cooking cycle.  
When the top is browned well, open the door, remove the Crisp plate  
and turn over the fish fingers.  
Put back in the oven and press START to continue the cooking cycle.



## Sliced Chorizo

Serves 4 | Cooking functions: Grilled

300 g chorizo,  
bamboo skewers.

With a knife slice the chorizo 3 times on the sides leaving deep marks to improve the cooking process.  
Put the chorizo on the bamboo sticks  
Press the Chef Menu button  and turn the central knob to select HEALTHY FRY (Category 5) and then SLICED CHORIZO (Recipe no. 3).  
Place the Crisp plate in the microwave and press START to preheat the Crisp plate for 2:30 on crisp function.  
When preheating is complete, place the chorizo in the preheated crisp plate, put back in the microwave.  
Press START to activate the cooking cycle.  
When the top is browned well, open the door, remove the Crisp plate and turn over the chorizo.  
Put it back in the microwave and press START to continue the cooking cycle.





## Frozen Buffalo Wings

Serves 4 | Cooking functions: Crisp

600 g Precooked buffalo, wings, salt.

Press the Chef Men button , and turn the central knob to select HEALTHY FRY (Category 5) and then FROZEN BUFFALO WINGS (Recipe no. 4). Place the Crisp plate in the microwave and press START to preheat the Crisp plate for 2:30 on crisp function. When preheating is complete, place the wings in the preheated crisp pan, put it back in the microwave and press START to activate the cooking cycle. When the top is browned well, open the door, remove the Crisp plate and turn over the wings. Put it back in the microwave and press START to continue the cooking cycle.

## Frozen Nuggets

Serves 4 | Cooking functions: Crisp

600 g frozen chicken, nuggets, salt.

Press the Chef Menu button , and turn the central knob to select HEALTHY FRY (Category 5) and then FROZEN CHICKEN NUGGETS (Recipe no. 5). Place the Crisp plate in the microwave and press START to preheat the Crisp plate for 2:30 on crisp function. When preheating is complete, place the nuggets in the preheated crisp plate, put it back in the microwave and press START to activate the cooking cycle. When the top is browned well, open the door, remove the Crisp plate and turn over the nuggets. Put it back in the microwave and press START to continue the cooking cycle. When ready sprinkle with salt and serve.





## Frozen Pan Pizza

Serves 4 | Cooking functions: Crisp

800 frozen deep pan pizza.

Unwrap the pizza and place it on the Crisp plate.  
Press the Chef Menu button  and turn the central knob to select PIZZA & QUICHE (Category 6) and then FROZEN PAN PIZZA (Recipe no.1).  
Insert the pizza into the microwave and press START to activate the cooking cycle.  
Serve sliced with fresh mixed salad.



## Frozen Thin Pizza

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Serves 4 | Cooking functions: Crisp

1 thin frozen pizza,  
dried oregano,  
olive oil.

Unwrap the pizza and place it on the Crisp plate.

Press the Chef Menu button ,

and turn the central knob to select PIZZA & QUICHE (Category 6) and then FROZEN THIN PIZZA (Recipe no. 2).

Insert the pizza into the microwave and press START to activate the cooking cycle.

Serve sprinkled with olive oil and oregano.

## Home Made Pizza

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Serves 4 | Cooking functions: Crisp

225 g. wheat flour,  
5 g. dry yeast,  
½ can of crushed tomato  
pulp,  
100 g. smoked ham,  
150 g. grated cheese ( or  
mozzarella),  
2 tablespoon olive oil,  
1 teaspoon dried oregano,  
150 ml. water,  
pinch of salt.

For the dough:

In a mixing bowl dissolve the yeast in the water.

Add the salt and oil and mix well.

Add the flour and knead well to obtained a smooth texture.

Cover with a towel and let rise for 30 minutes at room temperature.

Roll out the dough with a rolling pin and place it on the lightly greased Crisp plate.

Spread the tomato pulp evenly on dough, then sprinkle with ham, cheese, and oregano as desired.

Insert the Crisp plate in the microwave.

Press the Chef Menu button ,

and turn the central knob to select PIZZA & QUICHE (Category 6) and then HOME MADE PIZZA (Recipe no. 3).

Press start to activate the cooking cycle.

Serve with sliced tomatoes.



## Chilled Pizza

Serves 4 | Cooking functions: Crisp

1 chilled pizza  
of approx 600 g,  
2 tablespoon  
grated cheese,  
1 tablespoon of olive oil.

Unwrap the pizza and put it on the lightly greased Crisp plate.  
Insert the Crisp plate in the microwave.  
Press the Chef Menu button ,  
and turn the central knob to select PIZZA & QUICHE (Category 6)  
and then CHILLED PIZZA (Recipe no. 4).  
Press start to activate the cooking cycle.  
Sprinkle with grated cheese and serve.

## Vegetarian pizza

Serves 4 | Cooking functions: Crisp

150 grams of  
mozzarella cheese,  
1 carrot,  
1/2 cup dried tomatoes,  
1/2 red pepper,  
1/2 yellow pepper,  
75 g blue cheese,  
olive oil,  
1 onion,  
1 tomato,  
For the pizza dough:  
Yeast : 1.7g dry yeast,  
50ml of water, salt,  
1 tablespoon of oil,  
Wheat flour: 80g.

In a mixing bowl dissolve the yeast into the water.  
Add the salt and oil and mix well.  
Add the flour and knead well to obtained a smooth texture.  
Cover with a towel and let rise for 30 minutes at room temperature.  
Roll out the dough with a rolling pin and place it on a lightly greased  
Crisp plate.  
Spread the mozzarella and the blue cheese on top.  
Cut all of the vegetables into strips and spread on top of the pizza as  
desired.  
Insert the Crisp plate in the oven.  
Press the Chef Menu button ,  
and turn the central knob to select PIZZA & QUICHE (Category 6)  
and then VEGETARIAN PIZZA (Recipe no. 5).  
Press START to activate the cooking cycle.  
Sprinkle with fresh oregano and serve.





## Quiche Lorraine

Serves 4 | Cooking functions: Crisp

1 roll of fresh puff pastry  
( approx. 250g),  
3 eggs,  
150ml cream,  
200g ham,  
175g cheese.

Line the Crisp plate with the puff pastry, leaving the paper on the bottom of the plate.

Insert the Crisp plate in the oven, press the Chef Menu button , and turn the central knob to select PIZZA & QUICHE (Category 6) and then QUICHE LORRAINE (Recipe no. 7).

Press start to activate the cooking.

Prebake the pastry until the sound of the beep, then remove the Crisp plate.

Fill the pastry with 200g ham, 175g cheese.

Mix the 3 eggs and 300 ml cream and pour on top of the quiche.

Put the Crisp plate back into the microwave and press START again to complete the cooking cycle.

## Prebaked Quiche frozen

Serves 4 | Cooking functions: Crisp

1 frozen quiche the size  
of the crisp plate

Unwrap the quiche.

Place the frozen quiche into the Crisp plate.

Note: the quiche should not be larger in diameter than the Crisp plate

Put the Crisp plate with the quiche into the microwave.

Press the Chef Menu button ,

and turn the central knob to select PIZZA & QUICHE (Category 6) and then QUICHE LORRAINE (Recipe no. 8).

Press START to activate the cooking cycle.





## Rice

Serves 4 | Cooking functions: Steam

400 g rice.

Stir together rice and water in steamer bottom according to the dosage:

water : rice = 2:1 – follow dosage indications on accessory

Cover the accessory with the lid – the middle grid is not to be used.

Place in center of the turntable.

Press the Chef Menu button ,

and turn the central knob to select RICE & CEREALS (Category 7)

and then RICE (Recipe no. 1)

Press START to activate the cooking cycle.

When ready remove from the microwave and let stand for 3-5 minutes with the lid on.

Remove the cover and gently stir with a fork.





## Rice porridge

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Serves 4 | Cooking functions: Steam

150 g rice,  
500 ml milk.

Place rice and 300 ml of water into the steamer bottom.  
Cover with the lid.  
Place in the center of the turntable.  
Press the Chef Menu button ,  
and turn the central knob to select RICE & CEREALS (Category 7) and  
then RICE PORRIDGE (Recipe no. 2).  
Press start to activate the cooking cycle.  
When indicated by the display, add the milk and continue the cooking  
cycle by pressing start again.  
When ready remove the lid, mix well and pour in to 4 small bowls.

## Oat Porridge

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Serves 4

50 g oat flakes,  
250 ml. water,  
250 ml milk.

Place oat and water into the steamer bottom.  
Cover with the lid.  
Place in the center of the turntable.  
Press the Chef Menu button ,  
and turn the central knob to select RICE & CEREALS (Category 7) and  
then OAT PORRIDGE (Recipe no. 3)  
Press START to activate the cooking cycle.  
When indicated by the display, add the milk and continue the cooking  
cycle by pressing start again.  
When ready remove the lid, mix well and pour in to 4 small bowls



## Pasta

Serves 4 | Cooking functions: Steam

400 g pasta  
(ie: maccheroni n° 73),  
400 g tomato pasta sauce,  
1 chilli pepper,  
2 tablespoon olive oil.

Fill the steamer bottom with water - following the water dosage indication.  
Cover with the lid and insert onto the microwave.  
Press the Chef Menu button ,  
and turn the central knob to select PASTA & LASAGNE (Category 8) and then PASTA (Recipe no. 1).  
Press START to activate the cooking cycle.  
The microwave will beep when the water comes to a boil.  
Add the pasta, then put back in the microwave.  
Press start again to cook the pasta.  
After cooking, put the pasta into the steamer middle grid to drain water.  
Heat the sauce using the microwave function for 1 minute pressing Jet START two times.  
Pour the sauce onto the pasta, add chili and oil, mix well and serve.

## Vegetarian lasagna

Serves 4

12 sheets of lasagna,  
100 g grated cheese.  
**Vegetable sauce:**  
1 onion, 6 cloves of garlic,  
1 carrot, 1 eggplant,  
400g fresh mixed mushrooms,  
oil for frying, 600g chopped  
tomatoes, 4 cups tomato juice,  
1 sprig of rosemary  
(or 1 teaspoon dried rosemary),  
2 bay leaves, 3 sprigs of thyme  
(or 1 teaspoon),  
1 1/2 tablespoons honey, salt.  
**Cheese sauce:**  
6 cups milk, 2 cups cream  
50g butter, 1 cup flour  
(1/2 cup enough),  
2 cups grated cheese,  
salt and ground black, pepper.

**For the vegetable sauce:** Peel the onion, garlic and carrot and chop them separately. Rinse and cut the eggplant and mushrooms into small pieces. Fry the onion and garlic in oil and place into a large saucepan. Fry the carrot and chopped eggplant separately in oil and place it in the saucepan. Fry the mushrooms separately in oil and place in the saucepan. Pour in chopped tomatoes and tomato juice. Add the rosemary, bay leaves, thyme honey and salt.  
Bring to a boil and simmer on low heat for 15-20 minutes until the sauce thickens.  
**For the Cheese sauce:** Boil milk and cream in a saucepan. Melt the butter in another large pot. Remove from heat, mix in the flour and whisk it to a smooth texture. Place back on the heat and dilute with the boiled milk, a little at a time, while constantly whisking. Allow to simmer for at least 5 minutes.  
When ready add the grated cheese, stir and season with salt and pepper.  
**Preparation:**  
Press the Chef Menu button , and turn the central knob to select PASTA & LASAGNA (Category 8) and then VEGETARIAN LASAGNA (Recipe no. 2).  
Press START to activate the preheating. Grease a microwave proof baking plate and spread the bottom with the cheese sauce.  
Add 1 sheet of the lasagna. Add 1/3 of the vegetables and 1/3 of the remaining cheese sauce. Repeat until all ingredients are used and top with the grated cheese.  
When preheating is complete, place the lasagna in the microwave.  
Press start to activate the cooking cycle.  
When complete, check that the pasta is tender and the cheese on top is nicely browned.





## Meat lasagna

Serves 4

500 g of fresh pasta for lasagne, 180 g of grated parmesan cheese, 200 g of chopped cheese (either mozzarella, scamorza or provola).

### Meat sauce:

500 g of minced beef, 800 g of tomatoes (canned or chopped), 1 stock cube, 1 medium onion, 30 g of butter, 6-7 tablespoons of olive oil, 1 glass of red wine, celery, carrot, salt.

### Bechamel sauce (600 g):

50 g of butter, 60 g of white wheat flour, 1l of whole milk, salt, nutmeg

Alternatively, you can use ready-fresh Lasagne (rectangular container ecommend measure 31.5 x 21 cm)

### For the meat sauce:

Chop celery, carrot and onion and sautee them in the oil and butter. Add meat and brown it.

Add wine and allow it to evaporate; then add the tomatoes, stock cube and salt.

Cover and cook over a low heat for about an hour.

### For the bechamel sauce:

Melt the butter then add the flour, mixing thoroughly all the time to prevent any lumps from forming.

Slowly add milk, a little at a time, and continue cooking, stirring until the sauce reaches the desired consistency.

When cooked, season with a little salt and grated nutmeg.

### Preparation:

Spread soft butter thinly over the interior of the dish.

Spread two tablespoons of meat sauce over the bottom of the dish.

Then arrange a layer of lasagne sheets.

Followed by meat sauce, bechamel sauce, chopped cheese and a sprinkling of grated parmesan cheese. Continue adding layers in this way until you have finished nearly all the ingredients.

Finally, cover with bechamel sauce, a sprinkling of grated parmesan cheese and a few clumps of butter.

Press the Chef Menu button , and turn the central knob to select

Pasta & Lasagna (Category 8) and then Meat Lasagna (Recipe no. 3)

Press start to preheat the microwave.

When preheating is complete, insert the lasagna into the microwave and press start to activate the cooking cycle.

When complete, check that the pasta is tender and the cheese on top is nicely browned.

Serve with fresh mixed salad.

## Frozen lasagna

Serves 4

1200 g of frozen lasagne.

Remove the frozen lasagne from the Freezer.

Remove any aluminium foil and put the lasagne into the microwave – using a microwave proof dish on the low rack .

Press the Chef Menu button , and turn the central knob to select PASTA & LASAGNA (Category 8) and then FROZEN LASAGNA (Recipe no. 4)

Press start to activate the cooking cycle

When complete, check that the pasta is tender and the cheese on top is nicely browned. Serve with fresh mixed salad.





## Rolls

Serves 4

650g high gluten  
wheat flour,  
50g fresh yeast or use 10g,  
dry yeast,  
4dl water  
1 tsp oil,  
1/2 tsp salt.

Dissolve the yeast into water(2dl) in a mixing bowl.  
Add salt,oil and wheat flour and the rest of the water.  
Blend all ingredients in the mixer for about 5 minutes.  
Cover the bowl with a kitchen cloth and let the dough rise for 45 minutes.  
Take out the dough, place it on floured worktop and shape it with your hands into five long strips.  
Cut each strip into 5 equally sized rolls.  
Put rolls on a baking plate covered with baking paper.  
Cover again with the kitchen cloth and let it rise for an additional 30 minutes.  
Press the Chef Menu button , and turn the central knob to select BREAD (Category 9) and then ROLLS (Recipe no. 1).  
Place the baking plate with the bread in the microwave  
Press START to activate the cooking cycle.

## Bread loaf

Serves 4

1kg wheat flour,  
30g fresh yeast  
or use the 10g dry yeast,  
350ml water,  
200ml milk,  
20g salt,  
10 g sugar,  
70g butter.

Dissolve the yeast in water in a mixing bowl.  
Add sugar, salt, butter, milk, water and wheat flour.  
Mix all ingredients using an electric mixer for about 5 minutes.  
Cover the bowl with a kitchen cloth and let the dough rise for 45 minutes.  
When ready, place the dough on a floured worktop and shape it with your hands into two bread loaves.  
Put both loaves to microwave proof, buttered baking tins or baking plates.  
Cover with the kitchen cloth and let rise for additional 40-45 minutes.  
Press the Chef Menu button , and turn the central knob to select BREAD (Category 9) and then BREAD LOAF (Recipe no. 2).  
Place the baking plate with the bread in the microwave.  
Press START to activate the cooking cycle.





## Prebaked rolls

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Serves 4

800 g vacuum packed  
bread rolls.

Unwrap the prebaked rolls and place them on a microwave proof  
baking dish.

Place the dish in the microwave.

Press the Chef Menu button , and turn the central knob to select  
BREAD (Category 9) and then PREBAKED ROLLS (Recipe no. 3).

Place the baking plate with the bread in the microwave.

Press START to activate the cooking cycle.

## Frozen rolls

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Serves 4

800 g frozen  
bread rolls.

Unwrap the frozen rolls and place them  
on a microwave proof baking dish.

Place the dish in the microwave.

Press the Chef Menu button , and turn the central knob to select  
BREAD (Category 9) and then FROZEN ROLLS (Recipe no. 4).

Put the baking plate with the bread in the microwave.

Press START to activate the cooking cycle.





## Sponge cake

Serves 4

250g sugar,  
3 eggs,  
250g wheat flour,  
15g baking powder,  
75g butter or margarine,  
150g cold water,  
baking paper.

Whisk the eggs and sugar into a mixer for 5-6 minutes.  
Melt the margarine and stir it into the egg-sugar mixture. Mix flour with baking powder and gradually add to the eggs. Then add the water.  
Pour the batter on the bottom of a Pyrex glass dish (diameter 21cm) lined with baking paper.  
Press the Chef Menu button , then turn the central knob to select CAKES AND PASTRY (Category 10) and then SPONGE CAKE (Recipe no. 1)  
Press START to activate the cooking cycle  
When ready let the cake cool off and then remove from the dish and place onto the grill rack rack to cool down completely.

## Chocolate cake

Serves 4 | Cooking functions: Crisp

150g butter,  
400g sugar,  
200g wheat flour,  
3 eggs,  
40g cocoa powder,  
2 tablespoons icing sugar.

Melt the butter in the microwave oven. 160 W for 3:30 minutes.  
In a bowl beat the eggs with the sugar.  
Add flour and cocoa then the butter and the icing sugar.  
Grease the Crisp Plate and spread in the batter.  
Press the Chef Menu button , then turn the central knob to select CAKES AND PASTRY (Category 10) and then CHOCOLATE CAKE (Recipe no. 2).  
Press START to activate the cooking cycle.  
When ready take out of the microwave and allow to cool down.  
Serve with cream.



## Carrot cake

Serves 4 | Cooking functions: Crisp

400g shredded carrot,  
300g wheat flour,  
3 teaspoons baking soda,  
280g caster sugar,  
2 teaspoons ground  
cinnamon,  
3 eggs,  
150 ml rapeseed oil  
(or other cooking oil),  
breadcrumbs.

In a bowl beat the sugar with the eggs.  
Add all the remaining ingredients and mix well.  
Grease the Crisp Plate and line it with bread crumbs.  
Pour the mixture onto the crisp plate  
Press the Chef Menu button , then turn the central knob to select  
CAKES AND PASTRY (Category 10) and then CARROT CAKE (Recipe no. 3)  
Press START to activate the cooking cycle.  
When ready, take it out of the microwave and allow to cool down.





## Scones

Serves 4 | Cooking functions: Crisp

275g wheat flour,  
2 teaspoons baking powder,  
50g butter or margarine at room temperature,  
2 dl whole milk,  
margarine for the Crisp Plate.

Place the flour into a mixing bowl. Add the baking powder and salt. Add the butter and work it with the dough hooks. Add milk and mix it rapidly into a dough. Place the dough on a floured surface and shape it with your hands into 6 small pieces. Place the cake on the greased Crisp Plate and cut the tops so that 6 wedges are marked. Press the Chef Menu button , then turn the central knob to select CAKES AND PASTRY (Category 10) and then SCONES (Recipe no. 4) Press START to activate the cooking cycle. When ready remove from oven and let cool down.

## Muffins

Serves 4

3 cups wheat flour,  
200g sugar,  
1 teaspoon baking power,  
2 eggs,  
100g butter,  
1dl milk,  
100g blueberrys.

Mix all the ingredients in a bowl. Whisk with electric mixer until everything is well blended. Add the blueberries and mix well with a spoon or fork. Spread the batter into the baking paper molds and place into a baking plate suitable for microwaves. Press the Chef Menu button , then turn the central knob to select CAKES AND PASTRY (Category 10) and then MUFFINS (Recipe no. 5). Insert the baking plate into the microwave. Press START to activate the cooking cycle.



# Cookies

Serves 4

200g butter,  
90g sugar,  
220g wheat flour,  
80g corn starch,  
½ teaspoon baking  
powder,  
1 tablespoon vanilla,  
favored icing sugar.

Soften the butter in the microwave for 1 minute at 750W.  
Mix together flour, sugar, corn starch, vanilla and baking powder.  
Add the butter and mix well to obtain a soft dough.  
Divide the dough into pieces with a weight of approx. 20g each.  
Shape the pieces into balls and place them on a baking plate,  
lined with baking paper.  
Flatten each ball by pressing them with a fork.  
Press the Chef Menu button , then turn the central knob to select  
CAKES AND PASTRY (Category 10) and then COOKIES (Recipe no. 6).  
Press START to activate the cooking cycle.





## Brownies

Serves 4

120g dark chocolate,  
120g butter,  
3 eggs,  
200g sugar,  
100g flour,  
1 teaspoon baking power,  
50g walnuts.

Break the chocolate into pieces in a microwave safe bowl, melt at 350W for 3 minutes.

Melt 120g butter in a microwave safe bowl in the microwave oven for 1mins 15sec with 350W.

Whisk 3eggs and 200g sugar until porous.

Add the chocolate and butter and stir in carefully. Mix the wheat flour and baking power and stir in carefully.

Finally, chop the 50g walnuts and mix them into the mixture.

Grease the Crisp Plate with butter. Pour the batter onto the Crisp Plate and spread out evenly.

Press the Chef Menu button , then turn the central knob to select CAKES AND PASTRY (Category 10) and then BROWNIES (Recipe no. 7).

After the preheating is complete, put the lower rack in the oven and put the Crisp Plate on top of the lower rack.

Press START to activate the cooking cycle.

When ready, take out from the microwave and allow to cool down.

Serve with cream or vanilla sugar.





## Swiss roll

Serves 4

3 eggs,  
130g sugar,  
130g wheat flour,  
2 teaspoons baking power,  
½ dl water,  
butter and breadcrumbs  
to grease the baking plate.

Whisk the eggs and sugar with an electrical mixer until fluffy for 2-3 minutes.

Sift the wheat flour and baking powder and stir in carefully together with the cold water.

Spread 1 tablespoon butter on the baking plate, than spread 2 tablespoons of breadcrumbs on top of the butter, remove loose breadcrumbs.

Spread the batter on the baking plate evenly.

Press the Chef Menu button , then turn the central knob to select CAKES AND PASTRY (Category 10) and then SWISS ROLL (Recipe no. 8). Press START to activate the cooking cycle.

## Meringues

Serves 4

2 egg whites,  
80g sugar,  
110g dried grated coconut,  
½ teaspoon vanilla,  
powder.

Beat the egg whites with the sugar using an electrical mixer for 5-6 minutes until very fluffy and foamy.

Add the coconut and the vanilla.

With 2 spoons shape into 16-24 pieces in a baking plate lined with baking paper.

Press the Chef Menu button , then turn the central knob to select CAKES AND PASTRY (Category 10) and then MERINGUES (Recipe no. 9). Press START to activate the cooking cycle.

When ready, remove from the microwave and allow to cool completely.



## Home made fruit pie

Serves 4 | Cooking functions: Crisp

375g wheat flour,  
175g butter,  
75g sugar,  
1 egg,  
50 ml water,  
25g fresh white  
breadcrumbs,  
500g fresh peeled apple,  
75g sugar.

In a mixing bowl put the butter, sugar, flour and egg.  
Add the water and mix well all ingredients to obtain a smooth dough  
Grease the Crisp Plate and line with half of the dough.  
Fill the pastry with breadcrumbs, apples and sugar.  
Roll out the rest of the dough and cover the apples with it,  
brush with egg.  
Press the Chef Menu button , then turn the central knob to select  
CAKES AND PASTRY (Category 10) and then Home MADEFRUIT PIE  
(Recipe No. 10).  
insert the Crisp Plate into the microwave.  
Press START to activate the cooking cycle.  
When ready can be served warm with a scoop of icecream or cold  
sprinkled with icing sugar.

## Prebaked frozen fruit pie

Serves 4 | Cooking functions: Crisp

1 prebaked frozen fruit pie,  
1 tablespoon caster sugar,  
1 teaspoon cinnamon.

Remove the frozen fruit pie from its box and any plastic wrapping.  
Place the fruit pie in the Crisp Plate.  
Insert the Crisp Plate into the microwave.  
Press the Chef Menu button , then turn the central knob to select  
Cakes and Pastry (Category 10) and then Prebaked Frozen Fruit Pie  
(Recipe No. 11).  
Press START to activate the cooking cycle.  
Serve sliced sprinkled with the sugar and cinnamon mixed together.





## Baked apples

Serves 4

4 fresh apples,  
50 g butter,  
2 spoons caster sugar,  
cinnamon.

Wash apples, remove the core and the seeds.  
Fill each apple with sugar, cinnamon and butter.  
Place them in the microwave using an microwave proof dish.  
Press the Chef Menu button , then turn the central knob to select  
DESSERTS AND SNACKS (Category 11) and then BAKED APPLES  
(Recipe no. 1).  
Press START to activate the cooking cycle.  
Serve warm, sprinkled with some extra cinnamon.





## Fruit compote

Serves 4 | Cooking functions: Steam

800 g fresh apples.

Peel and core the fruit and cut into pieces.

Weigh the apples and place in the steam grid.

Add the 100ml of water in the bottom and cover with lid – follow the water dosage indications.

Press the Chef Menu button , then turn the central knob to select DESSERTS AND SNACKS (Category 11) and then FRUIT COMPOTE (Recipe no. 2).

Insert the steamer accessory in the microwave.

Press start to activate the cooking cycle.

When complete, crush with a fork and serve in cups.

## Crème brûlée

Serves 4

100ml double cream,  
200ml milk,  
2 eggs,  
2 egg yolks,  
3 tablespoon sugar,  
1/2 teaspoon vanilla,  
500ml boiled water,  
brown sugar.

Heat up the cream and milk using the microwave at 650w for 2 minutes

Whisk eggs and egg yolks with the sugar and vanilla.

Pour the hot milk and cream into the eggs and whisk well.

Divide into 4 cups suitable for microwave.

Put the cups on the low grid and place in the oven.

Press the Chef Menu button , then turn the central knob to select DESSERTS AND SNACKS (Category 11) and then CRÈME BRULÉE (Recipe no. 3).

Press START to activate the cooking cycle

When complete, allow to cool. Sprinkle each cup with brown sugar and place back in the microwave.

Activate the Grill function for 2 minutes to brown the top.



## Soufflé

Serves 4

6 Egg yolks,  
1 teaspoon Rum,  
10 g butter,  
30 g sugar,  
50 ml milk,  
50 g wheat flour,  
2 egg whites.

Wash and dry a baking bowl, brush the bowl inner walls and bottom with butter.  
Pour the sugar into the bowl, rotate until all the inner walls are covered with sugar.  
Pour out any left over sugar.  
Mix the egg yolks, milk and rum.  
Sift in the flour and mix well.  
Melt the butter and pour into the mixture.  
Using a stand mixer, mix the eggwhites and sugar.  
Pour 1/3 of the eggwhites into the first mixture and stir evenly, repeat and add another 1/3 into the mixture.  
Finally, pour the whole mixture into the baking bowl.  
Place bowl on the low rack inside the microwave.  
Press the Chef Men button , then turn the central knob to select DESSERTS AND SNACKS (Category 11) and then SOUFFLÉ (Recipe no. 4).  
Press start to activate the cooking cycle.  
Serve immediately.

## Hot fudge sauce

Serves 4

50 g butter,  
100 g sugar,  
100 g dark chocolate,  
50 ml cream ,  
1 tablespoon strained,  
cocoa,  
vanilla sugar 1 teaspoon.

Melt the butter with the chocolate in a microwave proof dish at 650W for 2 minutes.  
Add the remaining ingredients and place in the microwave.  
Press the Chef Menu button , then turn the central knob to select DESSERTS AND SNACKS (Category 11) and then HOT FUDGE SAUCE (Recipe no. 5)  
Press START to activate the cooking cycle  
Serve with baked fruit or a cake in winter and icecream in summer





## Pop corn

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Serves 4

Bagged popcorn - 100 g.

Place the popcorn bag in the center of the microwave.  
Press the Chef Menu button , then turn the central knob to select DESSERTS AND SNACKS (Category 11) and then POPCORN (Recipe no. 6).  
Press START to activate the cooking cycle.  
When ready, season with salt or sugar as desired.

## Roasted nuts

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Serves 4 | Cooking functions: Crisp

200 g walnuts.

Press the Chef Menu button , then turn the central knob to select DESSERTS AND SNACKS (Category 11) and then ROASTED NUTS (Recipe no. 7).  
Insert the empty Crisp plate in the microwave.  
Press start to preheat the Crisp plate.  
When the preheating phase is complete, open the door and remove the plate.  
Place the nuts on the Crisp plate and put back in the microwave.  
Press start to continue the cooking cycle.  
Stir the nuts when instructed by the microwave.



## Roasted pumpkin seeds

Serves 4 | Cooking functions: Crisp

400g white fish fillet,  
2 eggs,  
50g breadcrumbs,  
100ml sunflower oil,  
1 lemon,  
salt.

Press the Chef Menu button , then turn the central knob to select DESSERTS AND SNACKS (Category 11) and then ROASTED PUMPKIN SEEDS (Recipe no. 8).

Insert the empty Crisp plate in the microwave.

Press start to preheat the Crisp plate.

When the preheating phase is complete, open the door and remove the plate.

Place the pumpkin seeds on the Crisp plate and put back in the microwave.

Press START to continue the cooking cycle.

Stir the pumpkin seeds when instructed by the microwave.



