



Whirlpool

SENSING THE DIFFERENCE



30 Recipes for your JET CHEF

Being a Chef has never been so Easy

# 6<sup>th</sup> sense

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

You are now the lucky owner of a truly remarkable appliance, equipped with the new MENU, consisting of 30 automatic recipes to prepare and enjoy!

In this book, you'll find a guide to support you in the preparation for each of these 30 delicious recipes.

Discover and taste Jet Chef'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'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.

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.



**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.



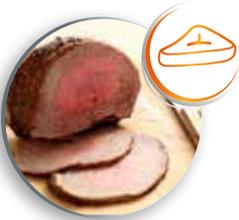
**Grill**  
Powerful quartz grill for grilled and gratined dishes.



**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.

# Menu - All the Recipes



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## Cakes & Pastries

[Crisp]



# 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.

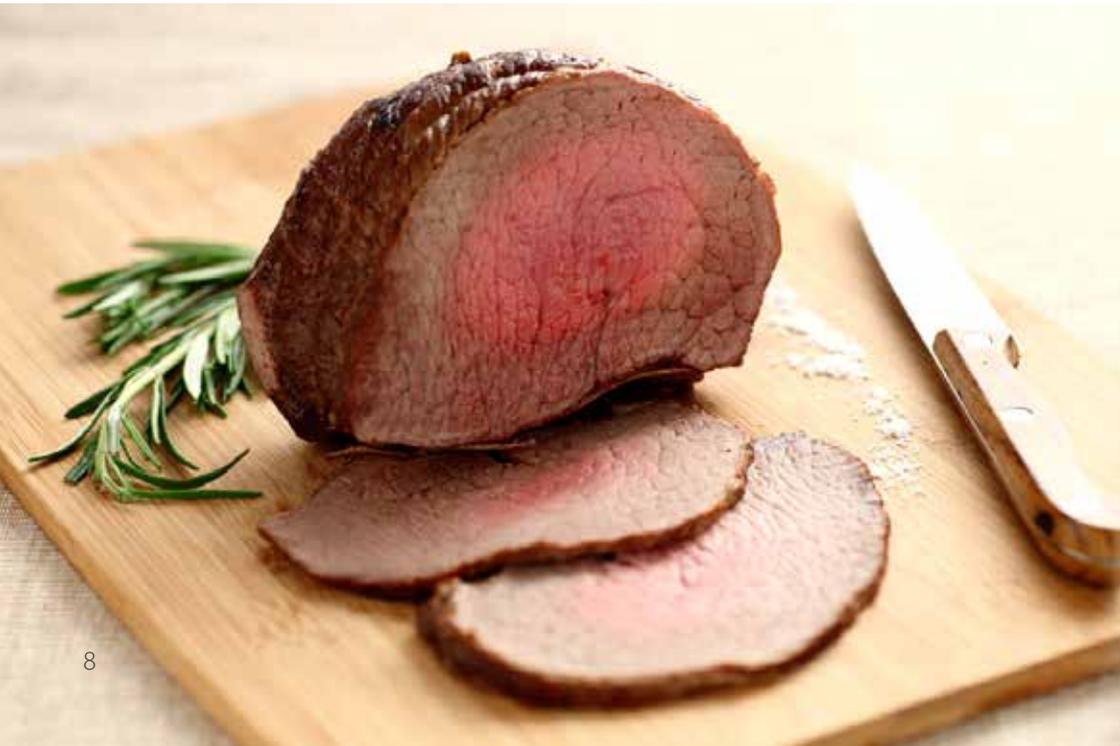
Place in the microwave, press the Menu button, and turn the central knob to select MEAT (Category 3) and then ROAST BEEF (Recipe no. 1).

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 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 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.



## 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.





## 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 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

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.



## 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.



## Baked Potatoes

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.





# 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.





# 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.





# 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.





# 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.

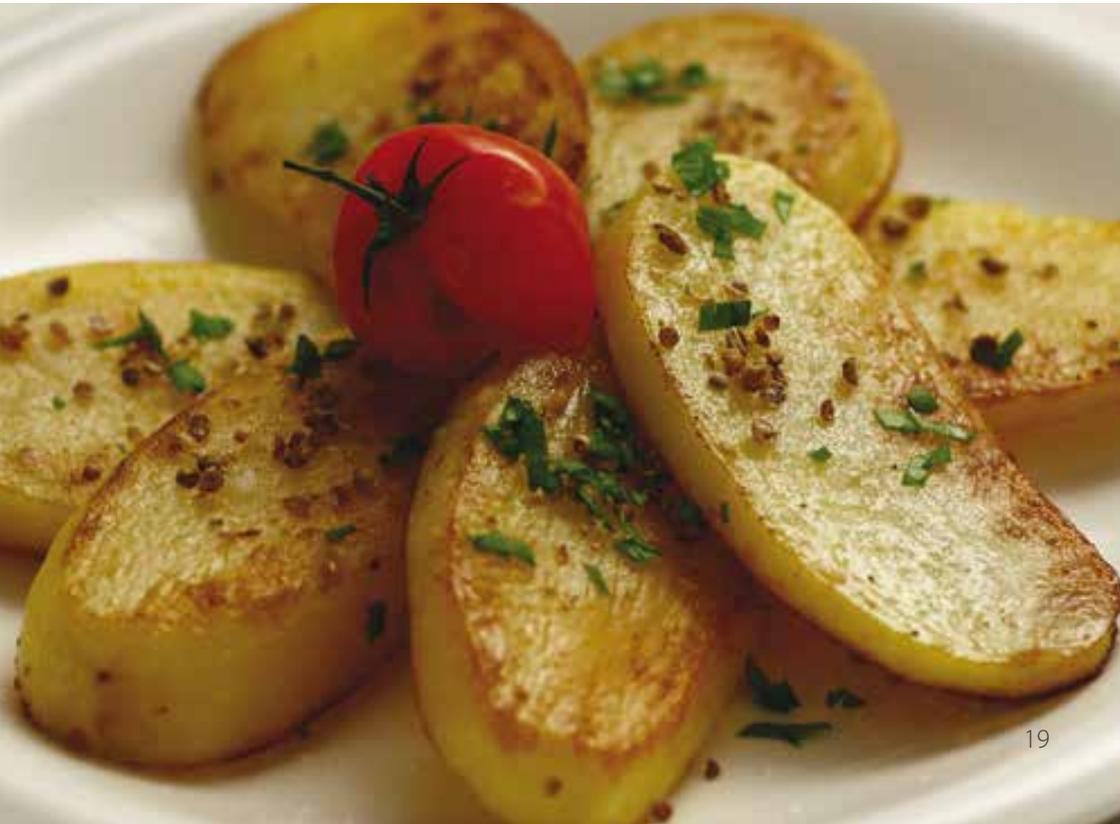
Lightly grease the Crisp plate and place the potato wedges on top, drip oil on the top of the potato wedge.

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.





## Home Made Pizza

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.

## 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.





## 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

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.





## 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.



## 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 time.  
Pour the sauce onto the pasta, add chili and oil, mix well and serve.



## 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.





## Creme Brulée

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.



## 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.





## Scones

Serves 4 | Cooking functions: Crisp

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.

## 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 to cool down completely.



## Roasted Nuts

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.

## 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.



# 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.

