Crisp is a Whirlpool exclusive function that allows you to prepare oven-crisp, perfectly baked food in just a few minutes using patented technology. This function allows combination cooking using three different functions, and delivers results you would never have expected from a microwave oven. With the crisp function, microwaves are held and absorbed by the crisp plate, heating its entire surface. At the same time the energised microwaves and the grill element combine to cook food quickly and to brown top surfaces while bottom surfaces are crisped. Before cooking it is advisable to heat the crisp plate for 2½ or 3 minutes for foods that are traditionally browned or fried (e.g. eggs) and for small amounts of foods that require only brief cooking. Preheating is not necessary for foods that require longer cooking (pizza, cakes). Always use the turntable, which must be operating. The crisp plate is ideal for cooking pizza and savoury pies. Use this function to reheat ready-cooked pizza and other dough-based foods, to fry sausages and bacon, to cook meat, poultry, hamburgers or eggs as well as frozen foods (chips, fish fingers etc.).

Note: Depending on your microwave oven model, you will find a specific size of the crisp plate, specially adapted to allow the best cooking performance. For a proper follow of the recipes, please check the diameter of your crisp plate:
- Medium/Large size crisp plate diameter around 30cm
- Small size crisp plate diameter around 25cm.
**Salmon and Vegetable Quiche**

4 – 6 Servings

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Medium/Large Crisp Plate</th>
<th>Small Crisp Plate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh puff pastry</td>
<td>(220 – 240 g) 1 roll</td>
<td>1 roll</td>
</tr>
<tr>
<td>Steamed salmon</td>
<td>400 g</td>
<td>300 g</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>Belgian endives</td>
<td>400 g</td>
<td>250 g</td>
</tr>
<tr>
<td>Fresh soft cheese</td>
<td>100 g</td>
<td>75 g</td>
</tr>
<tr>
<td>Eggs</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>Milk</td>
<td>100 ml</td>
<td>75 ml</td>
</tr>
<tr>
<td>Parsley</td>
<td>1 tbspn</td>
<td>1 tbspn</td>
</tr>
<tr>
<td>Oil</td>
<td>2 teasp</td>
<td>2 teasp</td>
</tr>
<tr>
<td>Salt</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

4 SERVINGS

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>MEDIUM/LARGE CRISP PLATE</th>
<th>SMALL CRISP PLATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen diced potatoes</td>
<td>250 g</td>
<td>150 g</td>
</tr>
<tr>
<td>Butter or oil</td>
<td>15 ml (1 tbspn)</td>
<td>15 ml (1 tbspn)</td>
</tr>
<tr>
<td>Chopped onion</td>
<td>1 medium size</td>
<td>1 small</td>
</tr>
<tr>
<td>Eggs</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>Milk</td>
<td>30 ml (2 tbspn)</td>
<td>30 ml (2 tbspn)</td>
</tr>
<tr>
<td>Salt, pepper</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For a special touch:
if you prefer a really golden omelette, cook for 3-4 minutes longer on grill afterwards.

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

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

CHICKEN IN WINE SAUCE

4 SERVINGS

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

FOR THE SAUCE
100 ml of cream
1 tbspn of cornflour
a pinch of spiced salt
1/2 bitter almond

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

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

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

4 - 6 SERVINGS

**FUNCTION:** CRISP + MICROWAVE

**PREPARATION:** 10 MIN.

**COOKING TIME:** 14 - 15 MIN.

**INGREDIENTS**

1. Put a little salt and a knob of butter inside the duck. Grease the crisp plate with a little butter or oil. Preheat the crisp plate on crisp for 3 minutes.
2. Place the duck on the crisp plate breast upwards and cook for 12-14 minutes on crisp, turning half way through cooking.
3. Pour the white wine into the crisp plate towards the end of cooking, and allow to cook for a few minutes.
4. Check if the meat is cooked by inserting a skewer into the thickest parts of the flesh. Peel an orange and cut the peel into thin strips, which must be parboiled in extremely hot water for 1-2 minutes at 750 W.
5. Squeeze two oranges. Skim the fat from the juices from the duck and add the orange juice and the thin strips of peel.
6. Heat the sauce on microwave power at 750 W for 1-2 minutes and serve the duck with the sauce poured over.
7. Garnish with thin slices of orange.

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**Sausage Spirals**

4 SERVINGS

**FUNCTION:** CRISP

**PREPARATION:** 5 MIN.

**COOKING TIME:** 16 - 18 MIN.

**INGREDIENTS**

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

**FUNCTION:** CRISP  
**PREPARATION:** 20 min.  
**COOKING TIME:** 16 – 18 min.

1. Cut the courgettes lengthwise and remove the seeds. Cut the onion in halves and remove the center. Place the vegetables on a baking paper into the crispplate.
2. Mix the ricotta cheese, the cooked ham cut in smaller pieces, the diced cheese, the parmesan and the eggs. Mix well and finally stir in the parsley and the aromatic herbs. Season with salt.
3. Fill a forcing bag with the filling and pipe out the filling into the vegetables. Drop over a little oil.
4. Cook on Crisp function for 16 – 18 minutes until the filling is cooked and the vegetables are soft.

**INGREDIENTS**
- 2 courgettes
- 1 onion
- 250 g soft cheese like ricotta
- 200 g cooked ham
- 100 g diced cheese
- 100 g parmesan
- 3 eggs
- Parsley
- Oil
- Salt
- Aromatic herbs

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**ROAST POTATOES**

**FUNCTION:** CRISP  
**PREPARATION:** 10 min.  
**COOKING TIME:** 15 – 16 min.

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

**INGREDIENTS**
- 400 g potatoes
- Rosemary
- Oil
- Garlic
- Salt

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**HAMMBURGER**

**FUNCTION:** CRISP  
**PREPARATION:** 10 min.  
**COOKING TIME:** 8 – 9 min.

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

**INGREDIENTS**
- 400 g of minced meat
- 1/2 teaasp of salt
- 1 pinch of pepper
- 15 ml (1 tbspn) of oil, butter or margarine

Serve with:
- 4 burger buns
- cucumber salad
- ketchup or mustard
- raw or cooked onion rings
**Apple Strudel**

6 - 8 servings

**Function:** Crisp

**Preparation:** 15 min.

**Cooking Time:** 15-16 min

**Ingredients**

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

**For Brushing:**

1 egg
50 ml milk

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

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**Nut Cake**

12 – 16 slices

**Function:** Crisp + Microwave

**Preparation:** 15 Min.

**Cooking Time:** 10 – 12 min. for medium and large crisp plate

7 – 8 min. for small crisp plate

**Ingredients**

<table>
<thead>
<tr>
<th>Medium/Large Crisp Plate</th>
<th>Small Crisp Plate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate 250 g</td>
<td>125 g</td>
</tr>
<tr>
<td>Butter 240 g</td>
<td>120 g</td>
</tr>
<tr>
<td>Walnuts 45 g</td>
<td>25 g</td>
</tr>
<tr>
<td>Hazelnuts 45 g</td>
<td>20 g</td>
</tr>
<tr>
<td>Almonds 45 g</td>
<td>25 g</td>
</tr>
<tr>
<td>Sugar 170 g</td>
<td>85 g</td>
</tr>
<tr>
<td>Flour 15 ml (1 tbspn)</td>
<td>7.5 ml (½ tbspn)</td>
</tr>
<tr>
<td>Eggs 4</td>
<td>2</td>
</tr>
<tr>
<td>Vanila flavoured sugar 15 ml (1 tbspn)</td>
<td>10 ml (2 teasp)</td>
</tr>
<tr>
<td>Salt a pinch</td>
<td>a pinch</td>
</tr>
</tbody>
</table>

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