

*Waveware*<sup>®</sup>  
microwave cookware

# Microwave **COOKBOOK**

FREE with every purchase of Waveware Cookware



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\* Photographs courtesy of An Bord Bia

† Photographs courtesy of Bord Iascaigh Mhara



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## ALL WAVEWARE COOKWARE IS:

- Conventional oven safe to 205°C/400°F/gas mark 4
- Non-stick
- Dishwasher safe
- Lightweight and easy to handle
- Multipurpose  
(you can even cook in the lids)



## DO

- Use plastic or “non-stick-safe” utensils
- Be aware that strong colourings (paprika, turmeric, yellow mustard) can cause some staining
- Follow instructions carefully
- Retain this booklet for your information
- Note that all recipes in this book are tested in an 850 watt oven
  - For 650 watt ovens – add 15 seconds per minute
  - For 700 watt ovens – add 10 seconds per minute
  - For 1000 watt ovens – subtract 10 seconds per minute
- Use the cooking charts on pages 16 & 17. These charts are an invaluable reference and can be used with all Waveware Cookware
- Read the Hints and Tips sections – all the things you need to know about microwave techniques are here

## DO NOT

- N.B.: Do not use Waveware Cookware under a grill  
(It is important to note that some “Autocook” facilities incorporate a period of grilling)
- Cut directly on the non-stick surface
- Use abrasive cleaners
- Use bamboo steaming baskets in a conventional oven

# 4 Tips That Do the Trick

Did you know that you could **DISSOLVE JELLY WITHOUT ADDING WATER?** Just microwave for forty-five seconds. Then you can add cold water gradually, stirring continuously thereby reducing the setting time.

If you have a jar of **HONEY THAT HAS CRYSTALLISED**, remove the lid, place the jar in your microwave and heat on medium for two minutes.

To **CLEAN** your oven and **REMOVE COOKING ODOURS**, simply heat a cup of water with a slice of lemon for 2-3 min.

**INCREASE THE JUICE FROM CITRUS FRUITS** by heating for forty seconds before squeezing.

**DO NOT HEAT EMPTY PLATES** in the microwave oven, as this can cause damage.

Did you know that **SAUCES, SOUPS, CUSTARDS**, etc. are **FAST** and **EASY** in a microwave? You don't have to keep stirring to get a smooth texture.



**TO PEEL TOMATOES**, place 2 cups of boiling water in a container, add the tomatoes and heat on high for 1 min. Plunge into cold water and the skin will peel off easily.

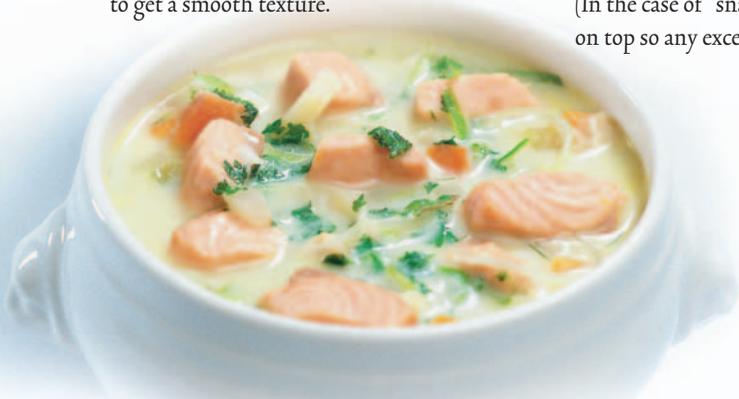


For **TEAR-FREE ONIONS**, trim the ends off and heat on high for 30 seconds.

**FRESHEN STALE CRACKERS, ROLLS OR BISCUITS** by placing on a rack or double thickness of kitchen towel and heating for 1 min then allowing standing time of 2-3 min.

For **BBQ PARTIES**, most chefs agree that it is safer to pre-cook food (particularly meats) in the microwave and finish on the barbecue.

**COVERING FOOD IN THE MICROWAVE** traps steam for cooking and keeps food hot during standing time. Food that you wouldn't normally steam (e.g. cakes, breaded fish, sauces), should not be covered. For everything else, make sure the lid is on properly to keep the steam in the container. (In the case of "snap-on" lids, just rest them on top so any excess steam can escape).



## FOOD PREPARATION

- ☞ Use evenly sized pieces of food for even cooking.
- ☞ Thin pieces will cook faster than thick, so it is best to arrange food with the thick pieces towards the edge of the dish.
- ☞ Reduce quantities of salt and pepper.
- ☞ Circular dishes are best to use as microwaves concentrate on edges too much and will overcook corners.



## COOKING

- ☞ Raise all foods and dishes from the microwave turntable with a rack to promote even, faster cooking.
- ☞ Use larger dishes and spread the food out. Try to place dishes to one side of the turntable.
- ☞ Some foods have a tendency to overcook in areas i.e., poultry wings, etc. You can prevent this by shielding the area with a small piece of aluminium foil. If using foil, make sure

that the pieces are more than 1 inch apart and cannot touch the walls of the oven, as they could cause 'arcing' (sparks). Arcing is not harmful to you, but may deface your microwave.

- ☞ Always remember to undercook rather than overcook as a few extra seconds or minutes can always be added.



- ☞ Standing time should be half the cooking time - don't ignore it - during this time the cooking process is completed and the heat equalises throughout the food giving excellent results. Keep the food covered during the standing time, do not let the steam escape - it keeps the food very hot and helps in the cooking process.
- ☞ The larger the volume of food, the greater the cooking time. For example, one potato will cook in 4-6 min, but two potatoes will take approx. 6-9 min. As a rule, when doubling the quantity, increase the cooking time by about one and a half times. When reducing the quantity by half, reduce the cooking time by about one third.



# 6 More Hints & Tips

## Adapting YOUR favourite recipes FOR THE MICROWAVE



☞ In general terms, microwave foods cook in about one-quarter to one third of the time they take conventionally. Allow for standing time (veg. up to 5 min. Meat dishes and roasts 10-20min.)

☞ Check the cooking process regularly. Stir and re-arrange foods as necessary.

☞ Use less liquid when cooking stews, casseroles, soups and vegetables.

☞ Foods rise higher in the microwave, so use larger containers.

☞ Reduce flavourings like herbs and spices by one third.

☞ Cakes and puddings may often appear wet on the surface when cooked but will dry out with standing time. Insert a wooden cocktail stick – if it comes out clean, it's cooked.



### BROWNING MEAT

– to add colour to microwave dishes

☞ **Brush On:**

Soy sauce, tomato sauce, brown sauce or gravy powder mixed with a little water.

☞ **Sprinkle On:**

Paprika, turmeric, colourful dried soup mix, browned breadcrumbs or crushed crisps.



### BROWNING CAKES & BREADS

☞ Chocolate and coffee flavours are ideal, as are chocolate and coffee toppings.

☞ To make cakes and breads look browner, use dark flours, dark sugars and molasses.

☞ Icings, frostings and glazes are a microwave baker's best friend.

☞ Never underestimate the power of food colouring! (One or two drops of yellow food colouring in pastry is particularly effective.)

☞ Sprinkle cakes and biscuits with chopped nuts, cinnamon & sugar, toasted coconut, hundreds & thousands or chocolate vermicelli before cooking.

☞ Sprinkle breads with poppy seeds, sesame seeds, caraway seeds, dried herbs or cracked wheat before cooking – these all add colour and an interesting crust.

# The Microwave Master Chef

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The Microwave Master Chef truly is one of the most versatile pieces of microwave cookware available. Perfect for roasting, steaming, boiling, re-heating, defrosting and much more, this set combines four microwave essentials to make the perfect kit for any microwave chef.

**Note:** Please also read Important Information on Page 3.



the set comprises

## MICRO-RACK

Raises food from the oven floor to allow all-round microwave penetration and collection of fats and juices.

## MICRO-TRAY

Use on its own as a useful small quantity dish or in conjunction with the micro-rack - the tray collects any fats or juices from the food above - perfect for gravy! And its handy pouring spout makes serving easy.

## DOME COVER

Use on its own as a very useful mixing bowl, or with the micro-tray as a lid, it becomes a 4-litre microwave casserole dish. Excellent for pasta and rice.

## BAMBOO STEAMING BASKETS (MX11 ONLY)

Perfect for beautiful steamed fish or vegetable selections. Looks great for serving at the table.

## RECIPES

A roast chicken with gravy and steamed vegetables cooks in about half an hour - it couldn't be easier, or tastier. Cooking meat in a microwave leaves it juicy and full of flavour, reduces shrinkage and retains more vitamins and minerals than cooking by conventional methods.

The following recipes show how quick and easy it is to cook delicious, wholesome meals in your microwave. Bacon, spinach and pesto pasta makes a healthy light lunch or the perfect side salad for a party or barbecue. Glazed ham is an appetising main meal, excellent hot or cold, and is very good served with a bacon, cheese and potato bake (Page 14).

Fish cooks beautifully in the microwave, and we have included some delicious fish recipes that are amazingly easy and quick to prepare.

Try your favourites, and adapt your own recipes using the guidelines on page 6 and the cooking charts in the centre of this booklet.

## Glazed Bacon

### Redcurrant Sauce

#### INGREDIENTS

- 1 ½ lbs centre loin bacon
- ½ tbsp. dark wholegrain mustard
- ½ tbsp. brown sugar
- 1 tbsp. Redcurrant jelly
- 1 tbsp. port/wine
- Redcurrants, if available

#### METHOD

Soak bacon in cold water in the dome cover overnight. Drain, and retain ¼ pint of the liquid. Blend the mustard and sugar in a cup. Place the bacon in the tray of the Master Chef, cover with the dome, and microwave on **HIGH** for 10 mins, with the tray on top of the rack. Allow to stand for 10 mins.



Spread the mustard mixture over the top. Cover and microwave at **HIGH** for 10 mins, transfer to a plate and cover with the dome. Allow to stand for 15 mins. To the juices in the tray, add the redcurrant jelly, port/wine, redcurrants and the liquid retained from soaking the bacon. Stir well and microwave on **HIGH** for 2-3 min, or until it boils and thickens.

## Roast Chicken & Gravy

#### INGREDIENTS

- 1.35kg/3 lb. whole chicken
- Seasoning
- 1-2 tbsp. flour
- 300ml/½ pint hot stock
- 1 chicken stock cube, crumbled

#### METHOD

Place the chicken on the rack and tray. Place a 4" x 4" piece of tinfoil across the lower breast and cavity opening. Sprinkle with seasoning and cover with the dome. Cook on **HIGH** for 8 mins per pound (in this case 24 min). Remove from the oven and stand for 4 minutes per pound i.e. (in this case, 12 min). Do not remove the cover for this standing



time (For larger chickens cook breast down for the first half of the cooking time.) To make gravy, add enough flour to absorb the fat. Gradually stir in the stock and stock cube. Cook on **HIGH** for 2-3 min. or until it boils. Season to taste, and serve with steamed veg.



## Bacon, Spinach & Pesto Pasta

For this tasty and easy warm salad, we have included a recipe for homemade pesto. There are several very good brands available to buy ready-made, but this is so easy to make and holds so well in the fridge that you may never buy them again!

### INGREDIENTS (SERVES 4-6)

- 450g/1 lb chunky pasta shapes
- 8 slices smoked streaky bacon
- 450g/1 lb chopped spinach leaves, stalks removed
- 1 tbsp. oil
- 1 chilli, finely chopped

### PESTO

- 1 large bunch fresh basil
- 50g/2 oz regato cheese, chopped
- 50g/2 oz pinenuts
- 2-3 garlic cloves, chopped
- 4-6 tbsp. olive oil

### METHOD

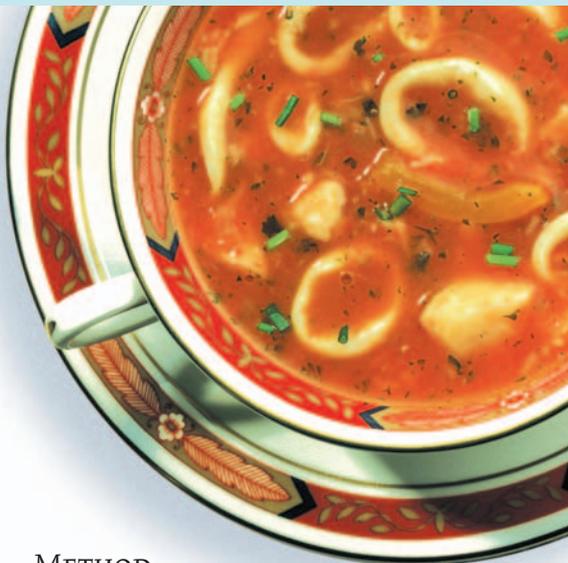
In the dome cover, cover the pasta with boiling water, add salt & oil and cook on HIGH for 10 min using the tray as a lid. Stand for 2 min, then drain and remove to serving bowl. Place 4 slices of bacon, rinds removed, on the rack in the tray. Cook for 3 min on HIGH. Repeat for remaining 4 slices.

Chop roughly and add to pasta. Place the spinach in the dome cover and add the bacon juices from the tray and the chilli. Cook on HIGH for 5 min, using the tray as a lid. Add to pasta, stirring well. To make the pesto, whiz the basil, pinenuts, cheese and garlic together. Add the oil gradually. Add enough pesto sauce to the pasta to flavour well. Heat the lot for 2 min just before serving.

# Homemade Chunky Seafood Chowder

## INGREDIENTS (SERVES 6-8)

- 1 onion
- 1 leek, sliced
- 2 cloves garlic
- Chopped parsley
- 570ml/1 pt. hot stock
- 1 Medium carrot, diced
- 2 medium potatoes, chopped
- 456g/1 lb. fresh tomatoes, chopped
- 450g/1 lb. cod (or other whitefish) cubed
- 225g/8 oz shellfish: mussels, prawns, squid, scallops etc.



## METHOD

Cook all the veg except the tomatoes on HIGH for 8 min. Season. Add tomatoes and stock and cook on HIGH for 9 min. Add fish and cook on HIGH for 5 min. Serve with crusty bread.

# LEMON SOLE & CRAB PARCELS

## INGREDIENTS (SERVES 2)

- Pinch paprika
- Salt & pepper
- 2 oz/50g spinach leaves
- 2 oz/50g white crabmeat
- 4 fillets of Lemon Sole, skinned

## METHOD

Season the crabmeat with paprika, salt & pepper. Plunge half of the spinach into boiling water for 30 seconds. Drain and refresh in cold water. Cut each fish fillet in half lengthways. Place a layer of spinach on top of fish and top with crabmeat.

Roll fish up to make a neat parcel. Lightly oil the base of the bamboo steamer and line with remaining spinach. Place fish rolls on top.

In the tray of the Master Chef, put 3 tbspc. boiling water. Drop in the tray and place the bamboo steamer onto the tray. Cover with the dome and microwave on HIGH for 2 min.

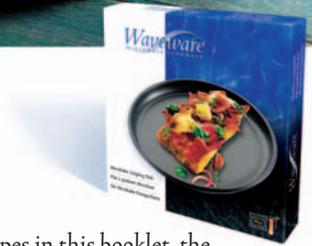
Fish Alternatives: Plaice, Dab, Whiting, Rainbow Trout.



One of the reasons people are often disappointed with microwave cooking is unappetising soggy bases and crusts. This can be a problem, particularly with foods such as Pizza and pastries.

The Microbake Crisping pan provides the perfect solution to this problem. The tray pre-heats to a very high temperature, searing and crisping the base of your food to give conventional oven results from your microwave.

**Note:** Please also read Important Information on Page 3.



## RECIPES

We have included a chart of cooking times for the most common convenience foods, as well as some recipes for tasty meals and snacks. The Bacon, Cheese and Potato bake is particularly good, and substituting garlic or another layer of cheese for the bacon gives a nourishing vegetarian meal. The Bacon, Black Pudding & Goats Cheese Pizza is delicious and easy to adapt, and the Bruschetta with bacon is an excellent lunch or party food.

Microwave apple tart is a quick and easy everyday treat, and adding Irish whiskey cream makes it a suitable dessert for a special occasion.



As with all the recipes in this booklet, the following pages are only suggestions to show what you can do with your crisping dish. For example, with a little twist, the apple tart recipe can become the basis for a quick quiche. Experiment with your favourite foods and soon you will be making everything from pizza to paella – perfect every time!

# 12 How to Use Your Microbake Crisping Pan

- ☞ Preheating times are from cold.
- ☞ If re-heating dish when warm, reduce pre-heat time by half.
- ☞ Ensure that food is fully in contact with crisper.

**Always protect your hands when handling the heated crisping dish.**

- ☞ First, preheat the Crisping Dish in the microwave oven – place the pan on the turntable and microwave on high according to the following chart.

Oven Power	650W	750W	850W	1000W
Preheat Time	3½ minutes	2½ minutes	2 minutes	1½ minutes



Then place your food on the Crisping Dish (Take care! The dish will be very hot) and microwave on **HIGH** as per the chart below. Foods marked with\* should be turned halfway through cooking.

Food	Quantity	Time
Pizza (Frozen)	1	6/7 minutes
Oven Chips* (Frozen)	1 dish	3 minutes
Potato Waffles* (Frozen)	2	4 minutes
Chicken Nuggets* (Frozen)	6 - 10	4 minutes
Chicken Burgers* (Frozen)	2	4 minutes
Beef Burgers* (Frozen)	2	4 minutes
Crispy Pancakes* (Frozen)	2	4/5 minutes
Fish Cakes* (Frozen)	2	4 minutes
Fish Fingers* (Frozen)	4	4 minutes
Breaded Fish Fillet * (Frozen)	1	4 minutes
Bacon*	2 slices	2 minutes
Pastry Shell (empty)	1	4 minutes



## Hot Apple Tart with IRISH WHISKEY CREAM

### INGREDIENTS:

- 3-4 medium cooking apples

### PASTRY

- 225g/9 oz plain flour
- Pinch salt
- 115g/5 oz butter/margarine
- Water
- Brown sugar
- 50g/2 oz caster sugar

### WHISKEY CREAM

- 250ml/½ pint cream
- Dash Irish whiskey
- 100g/4oz caster sugar

### METHOD

Sieve flour and salt into a bowl. Rub in butter until it resembles fine breadcrumbs. Add sufficient water to make a soft dough, and chill for 30 min. Roll half the pastry flat to a thickness of 3mm. Using the upturned crisping dish as a guide cut a circle to fit. Repeat for the other half. Preheat the pan and line with pastry. Cook for 4 min on HIGH. Peel and slice the apples thinly, and layer evenly in the pastry case, sprinkling caster sugar over each layer. Cover with the remaining pastry. Brush lightly with beaten egg, and sprinkle with brown sugar.

Cook on HIGH for 15 min. Allow to stand for 5 min. Whip the cream, then whisk in the caster sugar and whiskey. Serve the tart hot with a dollop of the whiskey cream.

**TIP:** If pastry seems a little pale, try adding 1-2 drops of yellow food colouring to the pastry mix.

## Bruschetta with Bacon & MELTED CHEESE



### INGREDIENTS (SERVES 4)

- 8 rashers
- 2 peppers
- 1 French stick
- 2-3 tbsp. olive oil
- Sprig thyme or a few basil leaves
- 100g/4oz farmhouse cheese, sliced
- 2 peppers, de-seeded, quartered, grilled and skin removed

### METHOD

Divide the bread in four and cut each quarter in half lengthways. Dip the cut sides in olive oil. Preheat the Crisping Dish and cook the bread for 2 min each side. Remove, re-heat the Crisping Dish and cook the bacon for 3 min., turning once. Top each bread slice with bacon, peppers, herbs and lastly cheese. Return to the Crisping Dish and microwave for 2-3 min. Drizzle with olive oil and serve hot.

## Bacon, Farmhouse Cheese and Potato Bake

### INGREDIENTS (SERVES 4-6 AS SIDE DISH)

- Salt & black pepper
- 3 tbsp. milk or stock
- 125ml/¼ pint cream
- 50g/2 oz onions, chopped
- 750g/1½ lb. potatoes, peeled
- 100g/4 oz mature cheddar cheese, sliced
- 4 slices thick cut smoked bacon, chopped

### METHOD

On a covered rack or upturned saucer, cook the potatoes on HIGH for 1 minute each. Slice thinly. Preheat the Crisping dish and cook the bacon pieces and onion for 3 mins, stirring once. Remove from the dish.

Place half the potatoes in the dish and spoon over the bacon and onions. Cover with the remaining potato. Mix the cream and milk/stock together and pour over. Layer the cheese on top and cook on HIGH for 15 min.





## Bacon, Black Pudding & Goats Cheese Pizza

### INGREDIENTS (SERVES 1-2)

- 1 prepared pizza base
- 50g/2 oz goats cheese
- 1 tbsp. sieved tomato or 2-3 sliced tomatoes
- 2-3 slices black pudding, cooked & crumbled
- 2-3 slices streaky bacon, sliced
- A few sprigs of thyme

### METHOD

Preheat the crisping dish and cook the bacon and black pudding on **HIGH** for 3 min. Spread the sieved tomato or tomato slices over the base. Crumble the black pudding and the goat's cheese. Sprinkle the bacon and black pudding over the tomato, then add the cheese and thyme. Re-heat the Crisping Dish and cook on **HIGH** for 6-10 min. or until cheese is bubbling and base is crisp.

# Cooking Charts – Meat, Poultry & Fish

When the chart refers to *Power & Time 1* and *Power & Time 2*, an adjustment will be required in the setting of the microwave halfway through cooking. Simply cook for *Power & Time 1*, adjust the microwave power setting as required and cook for *Power & Time 2*.

All foods should be stirred or turned as appropriate halfway through cooking.

All times quoted are for an 850W. oven. See *Important Information* to adjust times to suit different outputs.

Meat	QTY	Power & Time 1	Power & Time 2	Stand
Beef – minced	1/1 ½ lb	HIGH 2-2 ½ min per 1 lb	Stir + HIGH 2-2 ½ min / lb	5 min
Beef – Rib roast (boneless)	2-3 lb	HIGH for 4 ½ - 5 min per lb	50% for 5-6 mins per lb	10 min
Round steak	1/1 ½ lb	HIGH for 4 ½ mins per lb	DEFROST 20 mins per lb	10 min
Lamb chops	1/1 ½ lb	HIGH for 7 mins per lb	HIGH for 6 ½ - 7 mins per lb	N/A
Ham	1/1 ½ lb	50% for 5 mins per lb	50% for 5 mins per 1 lb	10 min

Poultry & Fish	QTY	Power & Time 1	Power & Time 2	Stand
Chicken whole	2-3 lb	HIGH for 8 min per lb	N/A	5
Chicken, portions	2 ½ - 3 lb	HIGH for 3-4 min per lb	Turn + HIGH for 3-4 min / lb	5
Chicken Kiev, frozen	2	DEFROST for 5-6 min	HIGH for 4 min	½ min
Turkey, whole	8-14 lb	HIGH for 6 min per lb	50% for 3 ½ min per lb	10 min
Salmon steaks (brushed with melted butter)	2	High for 5-6 min	N/A	3-5 min
White fish fillet	1	High for 1 ½ - 2 min	High for 30 sec if needed	1 min

# Cooking Charts – Vegetables, Potatoes & Rice

Vegetables	125g/5 oz.	250g/10 oz	500g/1¼ lbs	Water per 125g	Stand
Broccoli florets	4 min	6 min	9 min	1 tbsp.	2 min
Brussels sprouts	3 min	4 ½ min	7 min	2 tbsp.	2 min
Cabbage shredded	6 ½ min	9 ¾ min	14 min	6 tbsp.	2 min
Carrots, sliced	4 min	6 min	9 min	2 tbsp.	3 min
Courgettes, sliced	3 min	4 ½ min	6 ½ min	Knob Butter	2 min
Turnip cubed	4 min	6 min	9 min	1 tbsp.	2 min
Spinach	1 ½ min	2 ¼ min	3 ½ min	none	2 min
Leeks, chopped	3 min	4 min	6 min	Knob Butter	2 min
Parsnips	3 ½ min	5 ½ min	8 ¼ min	1 tbsp.	2 min
Cauliflower florets	4 min	6 min	9 min	2 tbsp.	2 min
Frozen cauliflower florets	3 ½ min	5 ½ min	8 ¼ min	None	2 min
Frozen corn-on-the cob	1 ear 4 min	2 ears 6 min	3 ears 9 min	None	2 min
Frozen green beans	5 min	7 min	10 ½ min	None	2 min
Frozen peas	4 min	6 min	9 min	None	2 min
Frozen sweetcorn	1 ½ min	2 ¼ min	3 min	None	2 min

Potatoes	1	2	4	Water	Stand
Small	3	4	6	None	3 min
Medium	3 ½	5	8	None	3 min
Large	4	6	10	None	3 min

Choose evenly sized potatoes, pierce with a fork and space evenly in the dish. A cover is essential for cooking and standing – it traps steam and softens the skin.

Rice	Qty	Boiling Water	Time at HIGH	Stand
Long grain rice	8 oz	1 pint	9 mins	5 min
Brown rice	8 oz	1 pint	20 min	5 min
Quick cook rice	8 oz	1 pint	7 min	3 min

Cooking times from when water returns to the boil. Add salt & oil to water.

# 18 The Multipurpose Cooking System

The Multipurpose cooking system offers all the versatility of a generous family-sized microwave dish and the convenience of an adjustable divided dish in one.

**Note:** Please also read Important Information on Page 3.

the set comprises

## BASE TRAY

The deep 3 litre base tray is excellent for casseroles, stews, soups and pasta and rice dishes in family size portions.

## ADJUSTABLE DIVIDER

Add the adjustable divider and prepare a full meal for one or two – all in one dish.

## LID

The shallow lid is an excellent plate cover/stacker and a handy 1 litre bowl for sauces or small portions.

## RECIPES

It may come as a surprise to some to discover that meat cooked in a microwave is as good, and in some cases better, than meat cooked by conventional means. Even cheaper cuts of meat are beautifully tender and full of flavour. The recipes on the following pages demonstrate this to perfection. Braised beef in Irish stout (gourmet stew!) – is inexpensive and easy to make, and delicious and wholesome to eat. Thai curry is easy to make – but impressive to serve. This is a recipe for a delicious oriental



curry, adapted for the microwave. The quantities stated make a reasonably mild curry (for a hotter curry, increase the amount of chilli and curry paste.) It is fairly easy to buy a good-quality Thai curry paste, but it is much better and very easy to make your own using the recipe included. Almost all supermarkets now stock the more exotic ingredients.

The aubergine bake is an excellent vegetarian main meal, or reduce the quantities for a delicious starter or side dish.

Fish cooks beautifully in the microwave – and it's done in literally seconds. The trout in white wine is healthy and easy to make for a special occasion, or simply as a treat to yourself! The Cream of Crab and Spinach Soup sounds decadent – but is surprisingly inexpensive and a cinch to make. The perfect entrée for that important dinner party.

## BRAISED BEEF *in* IRISH STOUT



### INGREDIENTS (SERVES 4-6)

- 2 lbs top shoulder beef
- 2 carrots, sliced
- 2 leeks, sliced
- 100g/4 oz mushrooms, sliced
- 1 onion, sliced
- ½ pint boiling beef stock
- Salt & pepper
- 330ml Guinness
- 35ml black rum
- 50g/2 oz butter
- 25g/1 oz flour

### METHOD

Heat some oil in a frying pan, brown the beef well and remove to the tray. Sauté the leeks & carrots and add to the beef. Put the stock, Guinness and rum into the hot pan and reduce to approx. ¾ pint. Add to the beef and veg. Season to taste.

Microwave on **HIGH** for 4 min. Stir, and microwave on **DEFROST** for 60 min. Stir 4-5 times during cooking. Sauté the mushrooms and onions in hot butter, and add to the beef and veg. Blend the flour with the remaining butter in the pan,

add to the casserole, stir very well and microwave for 2 min on **HIGH**. Allow to stand for 15 min and serve in a deep dish with lots of buttery mash.

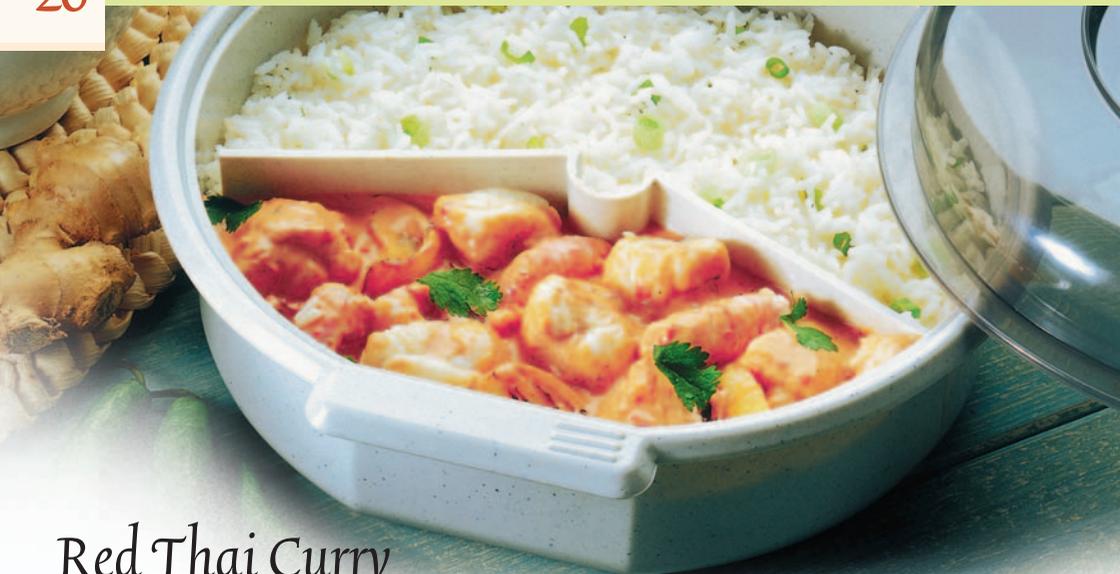
## Spicy Aubergine Bake

### INGREDIENTS (SERVES 2 AS MAIN MEAL)

- 2 medium aubergines
- 5 tbsp. olive oil
- 2 cloves garlic
- 3 dried chillies
- Salt & black pepper
- 400g can peeled chopped tomatoes

### METHOD

Slice the aubergines, sprinkle with salt and lay in a colander for 15 min. Rinse well and drain. Chop the chillies finely and remove all the seeds. Mix the chillies and aubergines in the tray with all the other ingredients, microwave on **HIGH** for 8-10 min., and stand for 3 min.



## Red Thai Curry

### INGREDIENTS (SERVES 4-6)

- 2 lb shoulder beef, cubed
- 1 tsp. fresh ginger, grated
- 1 ½ tbsp. Thai curry paste
- 500ml coconut milk
- 2 fresh chillies, chopped
- 3 large garlic cloves, chopped
- 2 tsp. fish sauce
- 1 ½ tbsp. chilli paste
- 3 large potatoes, peeled & cubed
- 1 small tin bamboo shoots or water chestnuts, drained
- 1 lime
- 1 tbsp. lemongrass, chopped
- 6-10 baby onions, peeled

### METHOD

Heat 2 tbsp. oil in the tray for 1 min on HIGH. Add the garlic, ginger & lemongrass. Microwave on HIGH for 1 min. Brown the beef well on a hot pan and add to the tray; microwave on HIGH for 2 min. Blend the Thai curry paste and 2 tbsp. of the coconut milk on a saucer, heat on HIGH for 1 min, and add to the meat, stirring well. Add the rest of the coconut milk, the chilli paste, 1 tsp. grated lime zest, a splash of fish sauce, and the juice of ½ lime. Microwave on HIGH for 4 min, stir

well, return to microwave and heat on DEFROST for 30 min, stirring twice during cooking. Add the potatoes and baby onions and microwave for 30 min on DEFROST, stirring every 10 min.

Add the bamboo shoots or water chestnuts, heat on DEFROST for 20 min, stir and allow to stand for 15 min. Serve with fragrant rice and Hot Naan Bread.

## Thai Curry Paste

### INGREDIENTS

- 6 dried chillies
- 1 tsp. lime zest
- 5 garlic cloves, peeled & chopped
- 1 tsp. galangal (or 1 tsp. fresh ginger, peeled & grated)
- 1 tsp. chopped lemongrass
- 3 shallots, peeled & chopped

### METHOD

Soak the chillies in cold water for 10 min. remove the seeds and chop finely. Whiz or pound all the ingredients to a thick paste like peanut butter. Makes approx. 4 Tbsp., excess will keep well in a tightly covered container in the fridge.





## Cream of Crab Spinach Soup

### INGREDIENTS (SERVES 4)

- Salt & pepper
- Pinch nutmeg
- ½ large onion
- 1 potato – chopped
- 225g/½ lb spinach
- 150mls/¼ pint cream
- 100-150g/4-6 oz crabmeat
- 300mls/½ pt. each hot stock and milk

### METHOD

Cook all the veg in the tray of the Multipurpose Cooking System with a knob of butter for 4 min. Add stock and milk and cook on HIGH for 7 min. Liquidise and return to tray. Add crabmeat, cream and nutmeg. Heat on HIGH for 2-4 min, season and serve with a swirl of cream.



## Baked Trout & WITH WHITE WINE & FRESH HERBS

### INGREDIENTS (SERVES 2)

- 2 x 6 oz/175g skinned fillets of sea trout
- 1 teaspoon lemon juice
- ½ tsp. each chopped fresh parsley, chives, dill & basil.
- 2 tbsp. dry white wine
- 2 tsp. olive oil



### METHOD

Place the fish in the tray of the Multi Purpose Cooking System and add the wine and lemon juice. Cook on HIGH for 3 minutes. Remove the fish, and add the herbs and oil to the juices. Heat on HIGH for 1 minute. Pour over the fish and serve with boiled potatoes and vegetables.

This unique set is suitable for both the single person as well as the whole family. Each section is large enough to hold portions of up to three servings and comes complete with fitted lid. Both bases and lids have sturdy handles for ease and safety of use.

**Note:** Please also read Important Information on Page 3.

The beauty of the set is that foods requiring different cooking times can be added in succession, so everything is ready at once. Convenient and easy to store, the Three-Piece Cookset is perfect for cooking a selection of vegetables, soups or a complete meal.

## COOKING WITH THE THREE PIECE COOKSET

Vegetables cooked in the microwave are outstanding – full of flavour and bursting with colour and nutrients. Microwaving retains more vitamins and minerals than conventional methods of cooking – and its so quick and easy! We recommend trying as many vegetables and vegetable combinations as you can – see the chart in the centre of this booklet for cooking times. Our particular favourite is a combination of leeks and courgettes – unusual and delicious! The beauty of the Three Piece Cookset is that dishes can be added one by one so that a complete meal or vegetable selection is ready to serve all at once. At first adjusting the cooking times to allow for different foods may seem complicated



but follow the steps on the next page using our example as a guide and

you will see just how easy it is.

## RECIPES

This cookset is perfect for vegetables, and the cooking chart on the centre pages gives correct times. Try the ratatouille, a delicious vegetable dish in a large quantity recipe split into handy portions for freezing. Particularly good with meat dishes (try the savoury mince slices Page 30) or as a vegetarian main meal.

Fish cooks beautifully in the microwave and the whitefish and mustard served with vegetables is a perfect complete meal for two. Most fish cook very quickly in the microwave, so use the recipes and charts in this booklet as guidelines and then experiment with your own favourites.

# Three-Piece Cookset Times

The larger the volume of food, the greater the cooking time. Adding a second dish of food to the microwave will change the cooking times for both dishes, because the volume of food is greater. The steps below show how to calculate the change in cooking times when adding one or more dishes to have everything ready at once.

Using the charts in the centre of this book, note the cooking times of the three foods you wish to cook. (For the first few times it may help to write these down.) Then use the following guidelines to determine the cooking sequence.

**Dish A:** (longest time)

**Dish B:** (middle time)

**Dish C:** (shortest time)

The three step cooking times are as follows -

**Step 1:** Dish A only for  
(Time Dish A less Time Dish B)

**Step 2:** Add Dish B for  
(Time Dish B less Time Dish C) x 1 ½

**Step 3:** Add Dish C for Time Dish C x 2



Example	Time	Duration
Dish A: 10oz/250g Frozen Green Beans	7 min	(longest)
Dish B: 10oz/250g Potatoes	6½ min	(middle)
Dish C: 5 oz/125g Broccoli	4 min	(shortest)
<b>Step 1:</b> Beans only for ½ min	(7 min - 6½ min)	
<b>Step 2:</b> Add Potatoes and cook for 3¾ min	(6½ min - 4 min) x 1 ½	
<b>Step 3:</b> Add Broccoli for 8 mins	(4 min x 2)	

If two foods have the same cooking times, add both at the same time and skip to the next step.



## FISH & Potato Curry FOR TWO

### INGREDIENTS (SERVES 2)

- ¾ lb/350g white fish or shellfish
- 4 oz/100g French beans
- ½ red chilli, chopped, seeds removed
- Chopped fresh coriander
- 1 clove chopped garlic
- 4 large spicy poppadoms
- ½ lb/225g potatoes
- 1 tbsp. curry paste
- ½ tin coconut milk
- 2 tsp. sugar
- 1 lime

### METHOD

Place the fish, beans & potatoes in separate dishes & cover with lids. Add ½ cup of boiling water to the fish and microwave on HIGH in the following sequence.

Potatoes only	3 min
Add bean dish	1 min
Add fish dish	2 min



Keep the lid on the fish and place to one side. Plunge the beans into cold water. In a hot pan, fry the cooked potatoes until golden brown. Add the chilli and curry paste and cook for 1-2 min. Drain the fish and add the juices to the pan. Stir in the coconut milk and sugar and simmer for 2-3 min. Add the beans and heat through. Gently stir in the fish and coriander. Serve with poppadoms and a squeeze of lime.



## Honeyed Plaice & Chinese Noodles

### INGREDIENTS (SERVES 2)

- 4 fillets of plaice
- 250g mussel flesh
- Juice & rind of 1 orange
- 1 tbsp. honey
- 1 tbsp. soy sauce
- Freshly ground black pepper

### CHINESE NOODLES

- 4 portions thread egg noodles
- 2 scallions, chopped
- 1 tbsp. soy sauce

### METHOD

Place the mussel flesh onto the fish fillets and roll up neatly. Put the parcels into two Three Piece Cookset dishes. Mix the honey, soy sauce and orange juice together. Pour over the fish.

Microwave on **HIGH** for 3 min. In the third Three Piece Cookset dish, cook the noodles as per pack directions or the chart in the centre of this booklet. Add chopped scallions and soy sauce and toss to mix. Serve the plaice on a bed of noodles garnished with orange peel.

# Smoked Whitefish with Wholegrain Mustard & BUTTERED VEGETABLES



## INGREDIENTS (SERVES 2)

- 2 medium portions whitefish
- 2 tbsp. wholegrain mustard
- 1 small cabbage, shredded
- 6-10 baby potatoes

## METHOD

Place the fish and potatoes in separate dishes. In the third dish, place the cabbage, 6 tbsp. water and a pinch of freshly ground black pepper.

Microwave in the following sequence:

1. Potato & Cabbage dishes **HIGH** for 6 min
2. Add fish dish **HIGH** for a further 8½ min

Take the dishes from the microwave and allow to stand for 3 minutes. N.B. **DO NOT** lift the lid for this time. Transfer the fish to a serving plate and spread generously with mustard. Microwave on **HIGH** for 20 seconds only. Add a knob of butter to the cabbage and potatoes. Season and enjoy!

## Ratatouille

### INGREDIENTS (SERVES 4 AS MAIN MEAL)

- 1 med. aubergine, thinly sliced
- 6 tomatoes, skinned and chopped
- 1 green pepper, seeded and chopped
- 1 tbsp. tomato puree
- 2 cloves garlic, crushed
- 1 courgette, sliced
- 1 onion sliced
- 1 sprig thyme
- Salt & pepper
- 6 tbsp. olive oil
- 1 tbsp. chopped fresh basil

### METHOD

Layer the Aubergine slices in a colander and sprinkle with salt. Allow to drain for 15 min, then pat dry with kitchen paper. Mix the aubergine, courgette, tomatoes, green pepper, onion, tomato

purée, garlic, oil, thyme, salt and pepper in a large bowl. Split between the three dishes of the Three Piece Cookset. Cook on **HIGH** for 15 min. stirring well every 5 min. Stir in the basil and season to taste. Serve hot or cold.



# 28 The Microwave Baker

This versatile baking set comes complete with two interchangeable purpose-designed bases. This allows you to cook a variety of cakes, sponges, cheesecakes and breads. The materials are capable of withstanding the high temperatures reached by fats and sugars and the clear base allows you to check the cake base during cooking.

**Note:** Please also read Important Information on Page 3.

Use the **flat base** for sponges, fruitcakes, gateaux and mousses. Use the **saverin base** for ring cakes, ring moulds, patés and terrines.

The saverin base is specially designed to allow microwaves to penetrate the centre of denser mixtures (such as breads and meat dishes) for even cooking and perfect results.

## COOKING CAKES IN THE MICROWAVE

Cakes cooked in the microwave are beautifully light and fluffy, and rise much higher than conventionally cooked cakes, so remember to only fill the Microwave Baker half-full. For the very best results, raise the Microwave Baker on a rack for the greatest microwave penetration and try some of the tips on page 6.



## RECIPES

The recipes on the following pages have been tested by a baking enthusiast – but a microwave novice. They are simple and easy to follow (particularly the savoury slices) and give excellent results. The rich chocolate cake is moist and melt-in the mouth, luscious hot or cold served with whipped cream or crème fraiche. The savoury slices make a quick and easy family meal, delicious served with ratatouille or seasonal vegetables and rice.

Try out the recipes here, and you should have no problems adapting your own recipes for the microwave.



## Naughty but Nice CHOCOLATE CAKE

### INGREDIENTS

- 6 tbsp. cocoa powder
- 5 tbsp. clear honey
- ¼ pint soured cream
- 6 tbsp. ground almonds
- 3 large eggs, lightly beaten
- 175g/6 oz self-raising flour
- 175g/6 oz dark brown sugar
- 175g/6 oz margarine, softened

### METHOD

Lightly grease the Microwave Baker with the flat base. Cream the margarine and sugar until soft and fluffy. Gradually beat in the eggs, then the honey and soured cream. Sift the flour and cocoa together and fold lightly into the mixture using a metal spoon. Spoon the mixture into the Microwave

Baker, place on a rack and microwave on **HIGH** for 10 min. Allow to stand for 10 min. Insert a cocktail stick into the centre, if it comes out clean, the cake is cooked. If not, microwave for a further 1-2 min., stand for 5 min. and test again.



## RICH FRUIT CAKE

### INGREDIENTS

- 2 eggs
- 3 tbsp. milk
- 1 tbsp. brandy
- 150g/5 oz butter
- 75g/3 oz plain flour
- 2 tbsp. black treacle
- 150g/5 oz soft brown sugar
- 75g/3 oz self-raising flour
- 2 tsp. mixed spice
- 25g/1 oz glacé cherries, chopped
- 25g/1 oz nuts, chopped
- 450g/1 lb. mixed dried fruit

### METHOD

In a large mixing bowl, melt the butter on **HIGH** for 1 min. Add the eggs, sugar, treacle and brandy, blending well. Using a metal spoon, fold in the flours. Add the spice, milk, nuts, cherries and fruit

and stir well. Spoon into the Microwave Baker with flat base insert and level the surface. Cook on **DEFROST** for 40-45 min. Allow to stand for 30 min before turning out. Decorate with glacé cherries if desired.



## Savoury Mince Slices

WITH  
PEPPER SAUCE

A tasty, healthy family meal that takes literally minutes to prepare. Delicious with Ratatouille (page 27) or seasonal vegetables and rice.

### INGREDIENTS (SERVES 4-6)

#### SAVOURY SLICES

- 1 lb. lean minced beef
- 1 tbsp. tomato ketchup
- 1 clove garlic, crushed
- 4 tbsp. sage and onion stuffing mix
- Salt & pepper
- 1 tbsp. Worcestershire sauce
- 1 onion, finely sliced
- 1 egg, beaten

#### PEPPER SAUCE

- 1 tbsp. olive oil
- 1 glass red wine
- Salt & plenty of freshly ground black pepper
- Chopped parsley (optional)
- ¼ pint beef stock
- 1 chopped shallot
- ¼ pint cream

#### METHOD

In a large bowl, mix all the ingredients well. Using the saverin base of the microwave baker, spoon the mixture in and press down well. Place on a rack and microwave on HIGH for 5 min. Wrap in tinfoil and allow to stand for 10 min.

Unwrap and microwave on HIGH for another 10 min., rewrap and allow to stand for 10 min. In a hot frying pan, fry the shallot until soft. Deglaze the pan with the beef stock, add the wine and reduce by half. Season with salt and lots of black pepper. Add the butter and allow to melt. Add the cream and bring to boiling point. Check the seasoning; add chopped parsley, if desired.

Cut the cooked meat into slices and pour on the sauce. Serve with ratatouille or seasonal vegetables and rice.



There is nothing worse than cooking a beautiful meal and watching it spoil as you wait for plates to heat. Add to that the fact that sometimes, one oven just doesn't seem to be enough for all your pots, pans, roasting tins, gravy boats and plates as well.

Thankfully Waveware have developed an ingenious solution to this age-old problem.

**Note:** Please also read Important Information on Page 3.

Microwave platewarmers are small pads of microwave attracting material. Simply stack them with the plates to be heated, microwave for a few seconds, and place wherever is convenient to you. Your plates will stay warm for up to half an hour.

Each pack of three heats up to four plates and includes a handy hanging hook for convenient storage on the side of your microwave.

*A simple solution  
to a thorny problem!*



## FEATURES & USES

- 👉 Use as a heated place setting and enjoy a Mediterranean approach to mealtimes
- 👉 Stack three as a handy tabletop hotplate
- 👉 Use cold as a non-slip grip for kids' meals
- 👉 Dishwasher safe
- 👉 Three year warranty
- 👉 Made from all non-toxic materials

# Microwave COOKBOOK

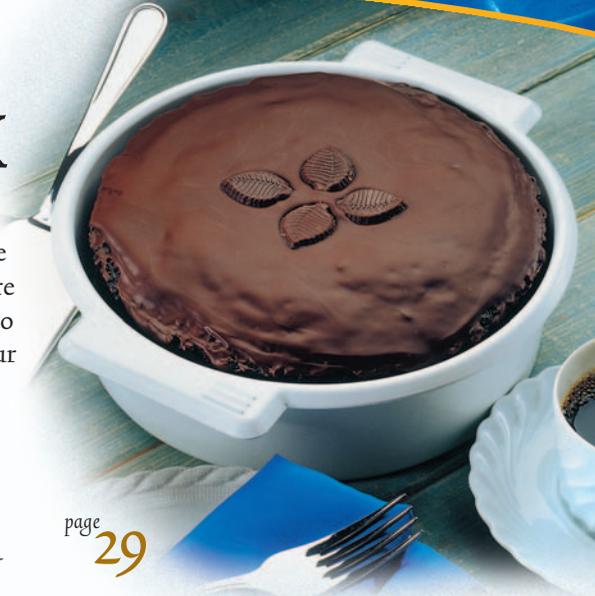
NOWADAYS, it's hard to find time to think about food, much less prepare a full meal. Microwaves are fast, easy to use and help you make the most of your time in (and out) of the kitchen.

Nearly all of us own one, but very few of us have ever actually cooked anything in there! We re-heat meals and de-frost frozen food all the time – but our microwaves were made to do so much more!

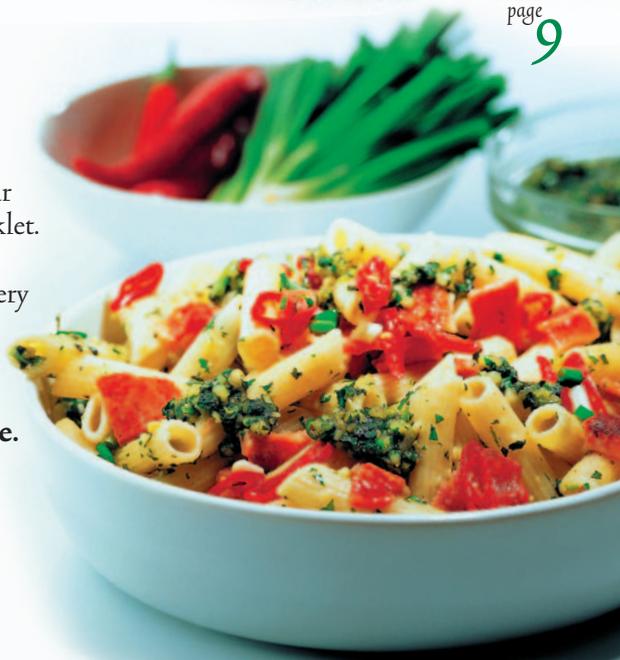
Our aim is to help you get the very best from your microwave. To this end we have created the Waveware Microwave Cookbook, everything you need to know about cooking in your microwave in one small, handy booklet.

Packed with delicious recipes for every day as well as those special days, the Waveware Microwave Cookbook is **Free with every purchase of Waveware microwave cookware.**

Waveware Limited,  
Templemichael Business Park,  
Longford, Ireland.  
Tel: +353 43 45929  
Webpage: [www.waveware.ie](http://www.waveware.ie)  
E-mail: [info@waveware.ie](mailto:info@waveware.ie)



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