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COOKING FOR PLEASURE WITH MIELE

microwave oven cookbook



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Miele

Dear Connoisseur

Mealtimes are when families are most often together. Food is nearly always the focus when friends gather, be it for a casual evening or a more formal celebration. And whenever people meet to enjoy a meal, cooking takes a central role.



In the Miele Test Kitchen, we are in the privileged position of being able to practise professionally the hobby we share with many thousands of people across the world – cookery. We get the chance to experiment with both the traditional and the more exotic ingredients every day. Even after many years of experience, we never cease to be amazed by the new flavours and tastes we can create using our Miele appliances.

This book draws together our experience, excitement and passion for experimenting in the imaginative yet easy-to-prepare recipes we have created for you to try. We wish you “bon appetit” and above all hours of successful cooking with your Miele microwave oven.

If you have any questions or comments, please give us a call on the number on the back cover.

Kind regards,
Your Miele Home Economists

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General tips

In addition to the standard microwave function, Miele offer appliances with a grill which can be used on its own or in combination with microwave heating. Top of the range models also feature automatic programmes for defrosting and cooking a variety of different foods.

The output levels vary according to model. The recipes in this book give settings of both 800 and 900 W. Please select the appropriate setting for your oven. Cooking times are given in minutes only, as timings can vary and may need to be a little bit longer or shorter. Where reduced output levels are given for continued cooking, they are in the range 600, 450, 300, 150 and 80 W.

The times given for defrosting, reheating and cooking serve as a guide only. Much depends on the temperature of the uncooked food and its quality. Small adjustments can be made to suit your own taste as to how well done, crisp or brown you like your fish, meat and vegetables.

When reheating and cooking, always cover the food with a microwave-safe lid or cling film. This will prevent food from drying out and soiling the oven. The one exception to this is when you are reheating meat or fish with a breadcrumb topping that needs to become crisp.

Food should be left uncovered when using the grill and grill combination function.



When browning food under the grill, or where the total grilling time is less than 15 minutes, the grill must always be pre-heated for approximately 3 minutes. It is not necessary to pre-heat the grill when using it in combination with the microwave (microwave + grill). In this useful combination programme, the microwave reduces the cooking time while the grill ensures an appetising browned finish.

Practical tips

Food	Weight/quantity	Power level in Watts	Time in minutes	Notes
Melting butter or Margarine	100 g	450	1:00–1:15	Do not cover.
Melting chocolate	100 g	450	3:00–3:30	Do not cover. Stir during cooking.
Dissolving gelatine	1 packet + 5 tbsp water	450	0:15–0:30	Do not cover. Stir during cooking.
Flan topping	1 packet + 250 ml liquid	450	4–5	Do not cover. Stir during cooking.
Proving dough	Dough with 100 g flour	80	3–5	Cover and leave to prove.
	Dough with 500 g flour	80	6–8	Cover and leave to prove.
Blanching almonds	100 g 5 tbsp water	800/900	1–2	Cover.
Popcorn	1 tbsp (20 g) popcorn	800/900	3–4	Place popcorn in a 1 litre container, cover, cook and sprinkle with sugar or salt.
Making crystallised honey runny	500 g	150	2–3	Place uncovered jar in microwave. Stir during cooking.
Steeping oil for salad dressings	125 ml	150	1–2	Do not cover. Heat until just warm.
Tempering citrus fruit	150 g	150	1–2	Place on a plate. Do not cover.
Marinating meat	1000 g	150	15–20	Marinate in a covered container, turning halfway through.

Food	Weight/quantity	Power level in Watts	Time in minutes	Notes
Bacon	100 g	800/900	2-3	Arrange rashers on kitchen paper. Do not cover.
Soaking dried fruit	250 g + 150 ml water	80	20	Do not cover.
Softening ice cream	500 g	150	2	Do not cover.
Warming plates	4 plates	800/900	2-3	Do not warm plates with any metal decoration.
Porridge	250 ml milk and 4 tbsp porridge oats	800/900 + 150	2-3 + 2-3	Bring to the boil in a covered bowl, then continue cooking at 150 W.
Skinning tomatoes	3 tomatoes	450	6-7	Cut a cross in the top of each tomato, place in a covered dish with a little water and heat. The skins will then slip off easily. Be careful as they can get very hot.
Defrosting and heating bread rolls	2 rolls	150/grill Grill	1-2 4-6	Place uncovered on the rack to defrost. Turn half way through grilling.
Scrambled eggs	2 eggs, 4 tbsp cream, salt and pepper	450	3-4	Beat together the eggs, cream, salt and pepper. Cover and cook.
Strawberry jam	300 g strawberries 300 g jam sugar	800/900	7-9	Mix the fruit and sugar, cover and cook.

All values are for guidance only.

Notes on containers

Suitable containers

- Microwaves penetrate porcelain, china, glass, cardboard and plastic, so containers made from these materials are suitable for use in the microwave oven.
- Porcelain can generally be used without a problem, however, some dishes have a metallic glaze or decoration and these are not suitable for the microwave oven.
- Painted stoneware can be used provided the pattern is covered with a glaze. Stoneware can become very hot.
- Heat-proof glassware and ceramic are particularly suitable.
- Plastic containers must be able to withstand a cooking temperature of at least 110°C, otherwise they will distort. Polystyrene containers suitable for short reheating periods can be used, but only at a low temperature.
- Roasting bags can be used provided they are closed with string rather than metal clips. Never use fastenings that contain metal.
- The material and shape of a container affect the cooking and reheating time. Round and oval dishes are good. Food heats up more evenly in these shapes than in a container with corners.

Unsuitable containers

- Metal containers, aluminium foil and cutlery should never be placed in the microwave oven, as metal reflects the microwaves and they cannot penetrate the food effectively. Food inside a closed metal container or wrapped in foil will not heat up at all.
- Never use dishes with a metallic trim such as gilt or cobalt blue. The metal content will reflect the microwaves and create sparks.
- Crystal is unsuitable as it contains lead. Handblown crystal should also be avoided as the microscopic bubbles in it will cause it to shatter. The same applies to glassware with fluted or curved edges.
- Wooden dishes cannot be used in the microwave oven as the water in the wood turns to steam during cooking, causing the wood to dry out and split.

Exceptions to the rule

- Ready-made meals in aluminium containers can be defrosted and reheated in the microwave oven. Make sure that the containers do not touch the walls of the oven. Always remove the lid before placing in the oven as the microwaves will only penetrate the food from above. It is generally better to take the food out of the aluminium container and place it in a microwave-safe dish, as the food will be more evenly heated this way.
- With unevenly shaped items such as poultry, legs and wings can be covered for a time with aluminium foil to help them defrost and cook more evenly. Never allow the foil to touch the walls of the oven as this could create sparks.
- To test whether a dish is suitable for the microwave, place it in the oven on the maximum setting for 30 seconds. If you hear cracking sounds or see sparks, the container is not safe for use in the oven.

Tips

- Leave food to stand for approximately 2 minutes after cooking to allow the heat to distribute itself evenly.
- Always ensure that egg and fish dishes reach an even temperature of at least 70°C. Turn or stir food and if necessary increase the reheating/ cooking time to be sure of achieving this temperature.
- Never cook a whole egg in the microwave oven. The shell cannot withstand the sudden increase in pressure and will burst. Pre-cooked hardboiled eggs can also explode when reheated in the microwave, even after they have been removed from the oven.
- When heating fruit or vegetables with a firm skin (e.g. tomatoes, aubergines) always prick the skin first to prevent it from bursting. The same applies to sausages.



Starters and snacks



AN APPETISING START

It is said that anticipating something is as good as enjoying it, and this is never so true as for a beautifully prepared meal. A tasty starter whets the appetite and excites the taste buds to crave further stimulation in the main course. If these light bites simply taste too good to be a starter, you can double the quantities and serve them as a main course! However you wish to serve them, we wish you "bon appetit".

Baked artichoke hearts

Serves 3

Ingredients:

8–10 tinned artichoke hearts
 200 ml double cream
 100 g cream cheese with herbs
 100 g Cheddar cheese, grated
 75 g ham, diced
 Grated nutmeg and seasoning
 to taste

Method:

1. Gently heat together the cream, cream cheese and half of the Cheddar, stirring continuously until smooth. Season with salt, pepper and nutmeg to taste. Add the diced ham.
2. Arrange the drained artichoke hearts in the bottom of a suitable dish, pour over the cheese sauce, then scatter the rest of the grated cheese over the top. Grill until golden.

Setting: **Grill**
 Position: **Rack**
 Duration: **10–12 minutes**
+ 3 minutes pre-heating

Marinated peppers

Serves 4

Ingredients:

3 yellow peppers
 3 red peppers
 3 orange peppers

For the marinade:

6 tbsp olive oil
 4 tbsp white wine
 4 tbsp white wine vinegar
 1 clove of garlic, crushed
 Salt and pepper
 3 tsp mixed herbs

Method:

1. Combine all the ingredients for the marinade in a jug.
2. Quarter the peppers, remove the seeds and pith. Place skin side up in the glass tray and grill until the skin blisters and blackens.
3. Remove from the oven and place the peppers in a polythene bag for about 10 minutes to sweat. Then peel off the skins.
4. Transfer to a serving dish and pour over the marinade. Leave for several hours for the peppers to absorb the flavours, then serve with French bread.
5. Sliced courgettes and mushrooms can also be marinated in this way. Blanch the vegetables first, but ensure that they are still al dente.

Setting: **Grill**
 Position: **Rack**
 Duration: **25–30 minutes**
+ 3 minutes pre-heating

Parma ham stuffed with Feta cheese

Serves 8

Ingredients:

8 slices of wafer thin Parma ham
200 g Feta cheese divided into
8 narrow rolls

Method:

Place one roll of Feta cheese on each slice of Parma ham. Roll them up. Arrange on the glass tray and grill.

Setting: **Grill**
Position: **Rack**
Duration: **Approx. 8 minutes**
+ 3 minutes pre-heating



Tip

These Parma ham rolls are also good made with cream cheese with herbs, peppers or onions.

Tomarella toast

Serves 4

Ingredients:

4 slices of white bread
200 g tomatoes, diced
100 g diced ham
150 g Mozzarella cheese, diced
A pinch of mixed herbs
Salt and pepper
1/2 tsp fresh basil, chopped

Method:

1. Liberally season the diced tomatoes and ham with salt, pepper and herbs and mix well. Lightly toast the bread. Place it on the glass tray and spoon the tomato mixture over.
2. Top each slice of toast with Mozzarella cheese and scatter more mixed herbs and basil over the top. Toast under the pre-heated grill.

Setting: **Grill**
Position: **Rack**
Duration: **10-12 minutes**
+ 3 minutes pre-heating

Goat's cheese on toast

Serves 5

Ingredients:

5 slices of bread
200 g goat's cheese
3 tbsp white wine
Black pepper
1/2 tsp oregano
1 tsp parsley, chopped
1 clove of garlic, crushed

Method:

1. Pre-heat the grill, then lightly toast one side of the bread. Cut in half diagonally.
2. Mix the goat's cheese with the rest of the ingredients. Spread over the toast triangles and grill until golden.

Setting: **Grill**
Position: **Rack**
Duration
To toast bread: **Approx. 4 minutes**
To cook topping: **8–12 minutes**

Baked quark with herbs

Serves 12

Ingredients:

1 red pepper
1 onion, diced
50 g margarine
2 eggs
500 g quark
30 g semolina
100 g ham, diced
2 tbsp each of chopped parsley,
dill and chives
Salt and white pepper

Method:

1. Quarter the pepper, remove the seeds and pith, and chop finely. Place the pepper and onions in a bowl with about 10 g of the margarine. Cover and cook for approx. 6 minutes on 800/900 W.
2. Beat together the remaining margarine and eggs, then add the quark. Stir in the remaining ingredients, and season with salt and pepper.
3. Transfer the quark mixture to a lightly greased glass dish (approx. 25 x 11 cm), cover with microwave-safe cling film and cook for approx. 25 minutes at 450 W.
4. Allow to stand for about 5 minutes, then turn out and cut into 12 slices.

Setting: **Microwave**
Power level: **800/900 W + 450 W**
Position: **Turntable**
Duration: **6 minutes + 25 minutes**



Salmon trout loaf

Serves 10

Ingredients:

1 small onion, diced
 20 g butter
 750 g salmon trout fillet, diced
 90 g white bread, cubed
 1 egg
 Salt, pepper and grated nutmeg
 350 ml cream
 1 tbsp fresh dill, chopped

Method:

1. Sauté the onions in the butter. Add the diced fish and cook gently. Allow to cool slightly, then add the bread, egg, seasoning and cream. Stir well then leave to rest for approx. 1 hour.
2. Blend the mixture until smooth in a food processor. Stir in the dill. Spoon the mixture into a lightly greased glass dish (approx. 20 cm long). Press the mixture down well to avoid air bubbles.
3. Cover with microwave-safe cling film. Cook for 5 minutes at 600 W, then for a further 15 minutes at 450 W.
4. Allow to cool, then pour off any excess liquid. Turn out and cut into slices. Serve hot or cold with toast.

Setting: **Microwave**
 Power level: **600 W + 450 W**
 Position: **Turntable**
 Duration: **5 minutes + 15 minutes**





Soups



THE PERFECT COMFORT FOOD

Soup makes the ideal starter for a sumptuous feast, or a low-calorie option for a main course. Potatoes, pulses, vegetables, fish and seafood can all be simmered with stock to make a tasty soup. Serve it as it comes, chunky and wholesome, or liquidise it, adding cream to give variety and elegance. Psychologists tell us that soups have a calming effect and give us a sense of well-being. The perfect comfort food!

Tomato soup with basil cream

Serves 6

Ingredients:

200 g carrots, peeled and diced
 1 onion, diced
 10 g butter
 1 large tin (850 g) tomatoes
 Salt and pepper
 250 ml vegetable stock
 $\frac{1}{2}$ tsp sugar
 4 tbsp fresh basil, chopped
 100 ml double cream

Method:

1. Place the carrots, onion and butter in a suitable container. Cover and cook for 9 minutes at 800/900 W.
2. Add the tomatoes with their juice, salt, pepper, stock and sugar, cover and continue to cook for another 8 minutes at 450 W. Liquidise the soup. If it is too thick, add a little more stock or water.
3. Purée the cream and basil, then whip until it thickens but is not stiff. Pour the soup into bowls and top with a tablespoon of the cream. Decorate with fresh basil.

Setting: **Microwave**
 Power level: **800/900 W + 450 W**
 Position: **Turntable**
 Duration: **9 minutes + 8 minutes**

Pumpkin soup

Serves 6

Ingredients:

1 onion, diced
 1 tbsp oil
 500 g pumpkin flesh, diced
 125 ml milk
 375 ml vegetable or chicken stock
 Salt and white pepper
 1 tsp sugar
 10 g butter
 1 tbsp crème fraîche
 6 tbsp double cream
 1 tbsp pumpkin seeds, roughly chopped

Method:

1. Place the onion and oil in a bowl, cover and cook for 4 minutes at 800/900 W.
2. Add the pumpkin, milk, stock and seasoning. Cover and cook for 6 minutes at 800/900 W, then reduce to 450 W and continue cooking for about 15 minutes. Liquidise the soup, adding the butter and crème fraîche.
3. Pour the soup into bowls. Spoon a tbsp of cream and a sprinkling of pumpkin seeds over each portion.

Setting: **Microwave**
 Power level: **800/900 W + 800/900 W + 450 W**
 Position: **Turntable**
 Duration: **4 minutes + 6 minutes + 15 minutes**

Cream of sweetcorn soup

Serves 4

Ingredients:

1 tin sweetcorn (280 g)
 1 onion, diced
 20 g butter
 20 g flour
 500 ml vegetable stock
 1 chilli, deseeded and finely chopped
 Chilli powder, salt, pepper, sugar
 100 ml double cream
 100 g bacon, diced

Method:

1. Drain the sweetcorn and place about $\frac{3}{4}$ of it into a suitable container. Add the onion, stock, chilli and seasoning. Knead together the butter and flour and add to the vegetables and stock. Cover and cook for 7 minutes at 800/900 W, then reduce to 450 W and cook for a further 8 minutes.
2. Purée the soup and add the cream and remaining sweetcorn.
3. Place a sheet of kitchen paper on a plate, arrange the diced bacon on it and cook for 3 minutes at 800/900 W.
4. Heat the soup through and scatter the bacon over the top before serving.

Setting: **Microwave**
 Power level: **800/900 W + 450 W + 800/900 W**
 Position: **Turntable**
 Duration: **7 minutes + 8 minutes + 3 minutes**

Cream of potato soup with chervil

Serves 6

Ingredients:

40 g butter
 1 onion, diced
 30 g instant potato powder
 250 ml vegetable stock
 250 ml double cream
 100 ml milk
 2 tsp chopped chervil
 Salt

Method:

1. Place the butter and onion in a bowl, cover and cook for 3 minutes at 800/900 W.
2. Stir in the remaining ingredients, cover and cook at 450 W for a further 12 minutes.
3. As an optional garnish, add 100 g of finely chopped bacon which has been cooked between 2 layers of kitchen paper for 3 minutes at 800/900 W. Alternatively, add 100 g finely chopped smoked salmon. For a more filling soup, add 250 g diced potatoes to the vegetables before cooking and garnish with cooked prawns.

Setting: **Microwave**
 Power level: **800/900 W + 450 W**
 Position: **Turntable**
 Duration: **3 minutes + 12 minutes**

Clear mushroom soup with Parmesan dumplings

Serves 6

Ingredients:

30 g dried mushrooms
500 ml water
2 onions, diced
800 ml mushroom or beef stock
Salt and pepper
3 tbsp sherry
1 tsp chopped chives

For the dumplings:

150 ml milk
10 g butter
50 g semolina
1/2 beaten egg
20 g grated Parmesan
Salt

Method:

1. Soak the mushrooms in warm water for about 10 minutes. Add the onions and stock, cover and cook for around 15 minutes at 800/900 W. Strain through a sieve and add the salt, pepper and sherry to the clear soup.
2. To make the dumplings, mix together all the ingredients in a bowl, cover and bring to the boil by cooking for about 4 minutes at 800/900 W. Continue to cook for a further 10 minutes at 150 W, stirring from time to time.
3. Using your fingers or a wet teaspoon, make small dumplings from the mixture and drop them into the hot soup. Scatter with chopped chives and serve.

Setting: **Microwave**
Power level: **800/900 W + 800/900 W + 150 W**
Position: **Turtable**
Duration: **15 minutes + 4 minutes + 10 minutes**

Minestrone

Serves 4

Ingredients:

50 g bacon, diced
1 onion, diced
100 g green beans
100 g peas
100 g celery, sliced
100 g carrots, diced
150 g diced potatoes or 50 g fine noodles
1000 ml chicken or vegetable stock
2 tsp Italian mixed herbs (oregano, thyme, parsley)
1–2 tomatoes
100 g grated Parmesan
Salt (optional)

Method:

1. Place the bacon, onion, beans, peas, celery, carrots, potatoes or noodles, herbs and stock into a suitable container. Cover and cook for 12 minutes at 800/900 W. Reduce to 450 W and cook for a further 18 minutes, stirring from time to time.
2. Skin and dice the tomatoes and add to the soup.
3. Scatter generously with Parmesan or serve the cheese separately for people to add themselves.

Setting: **Microwave**
Power level: **800/900 W + 450 W**
Position: **Turtable**
Duration: **12 minutes + 18 minutes**



Fish soup

Serves 6

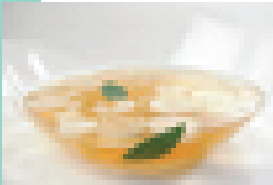
Ingredients:

1000 ml fish stock
 4 onions, sliced
 2 bay leaves
 Salt
 250 g salmon fillet, diced
 250 g cod fillet, diced
 4 tbsp lemon juice
 1/2 head of celery, sliced
 5 tbsp white wine
 3 pickled gherkins, finely diced
 150 g prawns
 2 tbsp horseradish sauce
 150 g sour cream
 2 tsp dill

Method:

1. Place the stock, onions, bay leaves and salt in a bowl, cover and cook for 12 minutes at 800/900 W.
2. Drizzle the diced fish with lemon juice and add to the stock with the celery, wine, gherkins, prawns and horseradish sauce. Cover and cook for a further 12 minutes at 800/900 W.
3. Stir the sour cream into the soup a teaspoon at a time and sprinkle with dill. Serve with French bread.

Setting: **Microwave**
 Power level: **800/900 W + 800/900 W**
 Position: **Turntable**
 Duration: **12 minutes + 12 minutes**





Curried prawn soup

Serves 2

Ingredients:

1 tbsp oil
 1 clove of garlic, finely chopped
 250 g prawns
 2 tbsp curry powder
 1/2 tsp ground coriander
 4 tbsp lemon juice
 50 g creamed coconut or 100 ml
 coconut milk
 400 ml fish stock
 Salt and pepper
 Chilli powder
 1 tsp finely chopped chilli
 (optional)

Method:

1. Place the oil, garlic and prawns in a bowl, cover and cook for 8 minutes at 800/900 W.
2. Add the curry powder, coriander, lemon juice, creamed coconut or coconut milk, stock and seasoning. Cover and cook for 5 minutes at 800/900 W, then for a further 10 minutes at 450 W.

Setting: **Microwave**
 Power level: **800/900 W + 800/900 W + 450 W**
 Position: **Turntable**
 Duration: **8 minutes + 5 minutes + 10 minutes**

Cream of rocket soup

Serves 6

Ingredients:

100 g rocket
 1 onion, diced
 10 g butter
 300 g cream cheese
 750 ml vegetable stock
 Salt and pepper
 Lemon juice

Method:

1. Place the onion and butter in a bowl, cover and cook for 4 minutes at 800/900 W.
2. Stir in the cream cheese. Shred the rocket leaves and add to the cream cheese mixture, keeping back about a tablespoon for decoration. Stir in the stock, cover and cook for 12 minutes at 800/900 W.
3. Purée the soup and season with the salt, pepper and lemon juice. Scatter the remaining rocket leaves over and serve.

Setting: **Microwave**
 Power level: **800/900 W + 800/900 W**
 Position: **Turntable**
 Duration: **4 minutes + 12 minutes**



Casseroles and savoury bakes



THE PLEASURE OF YOUR COMPANY

Casseroles and savoury bakes offer an enormous amount of variety. You can be as creative as you like, combining different ingredients depending on what is in season or what you have in the larder. These recipes are simple to prepare, and are certain to be a hit with your friends and family. And any leftovers can simply be refrigerated or frozen and reheated later.

Pasta bake

Serves 3

Ingredients:

150 g macaroni
 15 g butter
 1 onion, diced
 1 red pepper
 100 g carrots, sliced
 300 g tomatoes, roughly chopped
 100 ml vegetable stock
 150 g crème fraîche
 75 ml milk
 Garlic salt and pepper
 100 g ham, diced
 100 g goat's cheese with herbs,
 diced
 75 g Cheddar, grated

Method:

1. Cook the macaroni in rapidly boiling salted water until al dente. Drain.
2. Quarter the peppers, remove the seeds and pith and dice.
3. Gently fry the onion in butter, add the red pepper and carrots and continue to fry for a minute or two. Pour in the stock. Combine the crème fraîche with the milk, salt and pepper and mix into the vegetables. Bring to the boil.
4. Transfer the macaroni, tomatoes, ham and goat's cheese to a suitable dish, stir in the vegetable mixture, sprinkle with the grated Cheddar and bake until golden brown.

Setting: **Microwave/grill**
 Power level: **300 W/grill**
 Position: **Turntable**
 Duration: **35-45 minutes**

Leek and potato bake

Serves 4

Ingredients:

350 g potatoes, peeled weight,
 sliced
 350 g leeks, sliced
 200 g ham or salami,
 cut into strips
 125 g crème fraîche
 250 ml double cream
 200 g cream cheese with chives
 Salt, pepper and grated nutmeg
 150 g Emmental cheese, grated

Method:

1. Mix the potatoes, leeks and ham or salami in a bowl. Combine the crème fraîche, cream, cream cheese and seasoning and pour over the potato mixture.
2. Sprinkle with the grated cheese and bake uncovered.

Setting: **Microwave/grill**
 Power level: **300 W/grill**
 Position: **Turntable**
 Duration: **40-50 minutes**



Broccoli and mushroom bake

Serves 3

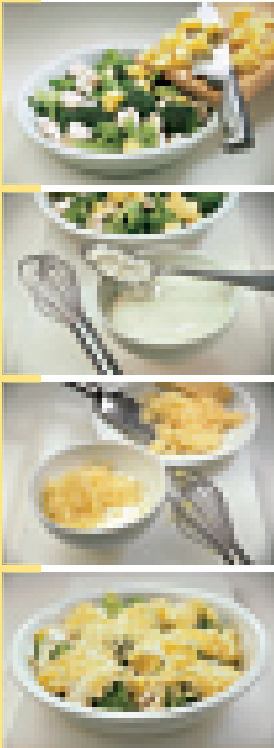
Ingredients:

300 g broccoli
 300 g mushrooms
 400 g potatoes, peeled weight,
 diced
 125 g crème fraîche
 100 ml double cream
 1 tbsp cornflour
 1 tsp salt
 1/2 tsp pepper
 150 g Cheddar, grated

Method:

1. Separate the broccoli into florets and place them in a suitable dish. Clean and slice the mushrooms and add them to the broccoli along with the diced potatoes.
2. Combine the crème fraîche with the cream, cornflour, salt, pepper and about $\frac{1}{3}$ of the Cheddar.
3. Stir the crème fraîche mixture into the vegetables. Sprinkle over the remaining Cheddar and bake uncovered until golden brown.

Setting: **Microwave/grill**
 Power level: **300 W/grill**
 Position: **Turntable**
 Duration: **40-50 minutes**



Red pepper and rice bake

Serves 4

Ingredients:

75 g bacon, diced
 1 onion, finely chopped
 2 red peppers
 75 g bottled peppers, e.g.
 antipasti
 125 g courgettes
 250 g smoked sausage or pepper-
 oni, sliced
 250 g tomatoes, chopped
 70 g long grain rice
 250 ml vegetable stock
 3 tbsp tomato purée
 Salt and pepper

Method:

1. Quarter the peppers, remove the seeds and pith and cut into thin strips. Slice the courgettes.
2. Transfer the peppers and courgettes to a suitable dish along with all the other ingredients. Stir well, cover and cook for 10 minutes at 800/900 W. Stir then continue cooking at 450 W for a further 18 minutes.

Setting: **Microwave**
 Power level: **800/900 W + 450 W**
 Position: **Turntable**
 Duration: **10 minutes + 18 minutes**

Vegetables au gratin

Serves 2 as a main course or 4 as a side dish

Ingredients:

500 g cauliflower or
 broccoli florets
 500 g carrots, sliced

For the cheese sauce:
 20 g margarine
 20 g flour
 300 ml vegetable stock
 200 ml milk
 100 g Emmental, diced
 50 g Cheddar, grated
 Salt, pepper and nutmeg
 1 tbsp parsley, chopped

Method:

1. Break the cauliflower or broccoli into florets and slice the carrots. Place them in a suitable dish.
2. Heat the margarine gently, stir in the flour, then add the stock and milk, stirring continuously. Add the Emmental and cook gently over a low heat until the cheese has melted. Season and stir in the parsley.
3. Pour the sauce over the vegetables, sprinkle with the Cheddar and bake uncovered.

Setting: **Microwave/grill**
 Power level: **300 W/grill**
 Position: **Turntable**
 Duration: **40-50 minutes**

Beef casserole with beetroot and white cabbage

Serves 4

Ingredients:

1 onion, diced
 20 g butter
 200 g beef, diced
 250 ml beef stock
 200 g potatoes, diced
 250 g white cabbage, shredded
 200 g beetroot, grated
 75 g leeks, finely chopped
 1–2 tbsp red wine vinegar
 Salt
 150 g crème fraîche
 1 tbsp chopped parsley

Method:

1. Place the onion, butter, beef and stock in a bowl. Cover and cook for 5 minutes at 800/900 W.
2. Add the potatoes, white cabbage, beetroot, leeks, vinegar and salt. Cook for 5 minutes at 800/900 W, then for a further 25 minutes at 450 W.
3. Stir in the crème fraîche, sprinkle with parsley and serve.

Setting: **Microwave**
 Power level: **800/900 W + 800/900 W + 450 W**
 Position: **Turntable**
 Duration: **5 minutes + 5 minutes + 25 minutes**

Asparagus au gratin

Serves 6

Ingredients:

1200 g asparagus
 150 g ham, diced
 100 g Parmesan, grated
 100 g Cheddar, grated
 25 g melted butter
 Salt and sugar
 2 tbsp chopped parsley

Method:

1. Trim the asparagus stalks and place in a suitable container with some salt, sugar and 3 tbsp water. Cover and cook for 5 minutes at 800/900 W, then continue cooking for approximately 7 minutes at 450 W, but be careful not to overcook. Drain.
2. Arrange the asparagus in the bottom of a suitable dish and pour over the butter.
3. Combine the ham, Parmesan, Cheddar and parsley and sprinkle over the asparagus. Grill until golden.

Setting: **Grill**
 Position: **Rack**
 Duration: **10 minutes**
+ 3 minutes pre-heating



Savoy cabbage casserole

Serves 4

Ingredients:

400 g potatoes, cubed
400 g Savoy cabbage,
roughly chopped
4 smoked sausages, sliced
 $\frac{1}{2}$ tsp caraway seeds
350 ml beef stock
Salt and pepper

Method:

Place the ingredients in a bowl, cover and cook for 15 minutes at 800/900 W, then for a further 25 minutes at 450 W.

Setting: **Microwave**
Power level: **800/900 W + 450 W**
Position: **Turntable**
Duration: **15 minutes + 25 minutes**



Tip

Caraway enhances the flavour of cabbage and meat dishes. If you prefer, $\frac{1}{4}$ to $\frac{1}{2}$ tsp ground caraway can be used in place of 1 tsp caraway seeds.

Chicken risotto

Serves 4

Ingredients:

600 g chicken or turkey breast
100 g each carrots, leeks and
mushrooms
20 g butter
1 tbsp curry powder
A pinch of saffron
Salt and pepper
150 g risotto rice (e.g. arborio)
600 ml chicken stock
50 g flaked almonds

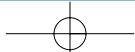
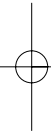
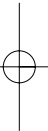
Method:

1. Cut the chicken or turkey into strips, and thinly slice the carrots, leeks and mushrooms. Place in a suitable container.
2. Add the butter, seasoning, rice and stock. Cover and cook for 10 minutes at 800/900 W, then for a further 20 minutes at 450 W. Scatter with flaked almonds and serve.

Setting: **Microwave**
Power level: **800/900 W + 450 W**
Position: **Turntable**
Duration: **10 minutes + 20 minutes**



Fish





COME TO THE TABLE!

Many delicious foods belong to the category “a moment on the lips, a lifetime on the hips”. Not so with fish, which is as healthy as it is delicious. Fish dishes come in an enormous variety depending on where the fish is sourced and on the different ways it is cooked around the globe. The recipes on the pages that follow are highly recommended, and are well worth a try!

Salmon on a bed of vegetables

Serves 4

Ingredients:

300 g carrots, grated
 300 g kohlrabi or white turnips,
 grated
 1 tbsp oil
 A bunch of fresh mixed herbs, e.g.
 parsley, chervil, dill and
 marjoram, chopped
 600 g salmon fillet
 2 tbsp lemon juice
 Salt
 200 g cream cheese with herbs
 125 ml milk
 125 ml double cream

Method:

1. Place the grated carrots and kohlrabi or turnips in a bowl with the oil and herbs. Cover and cook for 6 minutes at 800/900 W. Meanwhile, drizzle the fish with lemon juice.
2. Arrange half of the vegetables in a suitable dish. Place the fish on the vegetables, sprinkle with salt, and scatter the remaining vegetables over the top.
3. Beat together the cream cheese, milk and cream and pour over the vegetables and fish. Cook uncovered for 6 minutes at 800/900 W, then for a further 18 minutes on the microwave/grill setting at 450 W.

Setting: **Microwave + Microwave
 + Microwave/grill**
 Power level: **800/900 W + 800/900 W
 + 450 W/grill**
 Position: **Turtable**
 Duration: **6 minutes + 6 minutes + 18 minutes**

Cod in breadcrumbs

Serves 2

Ingredients:

2 cod fillets (approx. 200 g each)
 3 tbsp lemon juice
 Salt and pepper
 50 g butter
 2 tsp Dijon mustard
 1 onion, finely chopped
 40 g Cheddar, grated
 20 g breadcrumbs
 2 tbsp chopped dill

Method:

1. Drizzle the fish with the lemon juice, and set aside for 10 minutes. Grease a suitable shallow dish, season the fish and arrange it in the dish.
2. Melt the butter for 1 minute at 450 W. Combine with the mustard, onion, Cheddar, breadcrumbs and dill. Spread over the fish and cook on microwave/grill at 450 W until golden.

Setting: **Microwave/grill**
 Power level: **450 W/grill**
 Position: **Turtable**
 Duration: **10 minutes**

Cod in a red pepper sauce

Serves 4

Ingredients:

2 red peppers
3 onions, diced
20 g butter
Salt and pepper
1/2 tsp chopped thyme
200 ml double cream
800 g cod fillet
2 tbsp lemon juice
2 tbsp cornflour
1 tbsp chopped chives

Method:

1. Quarter the peppers, remove the seeds and pith and cut into slices. Place in a suitable dish with the onions, butter, seasoning and thyme. Cover and cook for 8 minutes at 800/900 W. Transfer to a liquidiser, add the cream and purée. Return the puréed sauce to the dish.
2. Drizzle the fish with lemon juice, season, then arrange on top of the pepper sauce. Cook uncovered for 8 minutes at 800/900 W, then for a further 12 minutes at 450 W.
3. Remove the fish. Stir the cornflour into the sauce, cover and heat for 2 minutes at 800/900 W. Beat until smooth. Return the fish to the sauce, scatter with the chopped chives and serve.

Setting: **Microwave**
Power level: **800/900 W + 800/900 W + 450 W**
Position: **Turntable**
Duration: **Approx. 30 minutes**

Prawn bake

Serves 2

Ingredients:

5 g butter
4 hard boiled eggs
100 g ham, diced
100 g Cheddar or Gouda cheese
250 g prawns
3 tbsp chopped dill
1 tsp mustard
150 g crème fraîche
Pepper
1 tbsp cornflour

Method:

1. Grease a suitable dish, approx. 19 cm in diameter, with the butter. Slice the eggs and arrange in the bottom of the dish.
2. Combine the dill, mustard, pepper, crème fraîche and cornflour. Fold in the ham and prawns. Spoon over the eggs.
3. Scatter the cheese over the top, cover and cook for 9 minutes at 600 W. Stir briefly and serve with toast.

Setting: **Microwave**
Power level: **600 W**
Position: **Turntable**
Duration: **8–10 minutes**

Fillet of sole in a prawn sauce

Serves 4

Ingredients:

- 4 Dover sole fillets (200 g each)
- 1 tbsp lemon juice
- Salt and pepper
- 30 g butter
- 30 g flour
- 50 ml white wine
- 250 ml water
- 50 ml cream
- 100 g prawns
- 50 g spring onions, sliced
- 1 tomato, skinned and diced

Method:

1. Drizzle the fish with lemon juice, season and place in a suitable dish. Beat the flour into the butter and dot over the fish. Mix the wine, water, cream, prawns, spring onions and tomatoes. Cover and cook for 8–10 minutes at 800/900 W.
2. Remove the fish and beat the sauce until smooth. Season with salt, pepper and a pinch of sugar. Pour the sauce over the fish and serve.

Setting: **Microwave**
 Power level: **800/900 W**
 Position: **Turntable**
 Duration: **8–10 minutes**

Tiger prawn kebabs

Serves 4

Ingredients:

- 12–16 raw tiger prawns, peeled and de-veined
- 2 tbsp lemon juice
- 12–16 mushrooms
- 12 slices smoked salmon
- 40 g butter or herb flavoured butter, melted
- 4 wooden kebab skewers, pre-soaked in water

Method:

1. Drizzle the prawns with lemon juice. Wipe the mushrooms. Roll up the slices of smoked salmon.
2. Skewer the prawns, mushrooms and smoked salmon rolls. Brush with the melted butter. Place the kebabs on the rack over the glass tray, and grill.

Setting: **Microwave/grill**
 Power level: **150 W/grill**
 Position: **Rack**
 Duration: **Approx. 6 minutes each side + 3 minutes pre-heating**



Fillet of plaice on a bed of spinach

Serves 2

Ingredients:

300 g plaice fillets
 2 tbsp lemon juice
 1 onion, diced
 40 g butter
 300 g leaf spinach (frozen)
 20 g flour
 250 ml vegetable stock
 2–3 tbsp white wine
 1 egg yolk
 100 ml double cream
 150 g Cheddar, grated
 Salt, pepper, nutmeg

Method:

1. Drizzle the fish with lemon juice and set aside for 10 minutes. Pat dry and season with salt and pepper.
2. Defrost the spinach at 600 W for 6 minutes then drain well, pressing out any excess liquid.
3. Sauté the onions in half the butter until golden. Add the spinach and cook for 5 minutes at 800/900 W.
4. Melt the remaining butter in a pan, then add the flour. Stir in the stock and wine, and bring to the boil, continuing to stir. Remove from the heat and add the cheese, beaten egg yolk and cream. Season with salt, pepper and nutmeg.
5. Spread the spinach over the bottom of a suitable shallow dish. Place the fish on top and pour over the sauce. Cook uncovered using 450 W and the grill for 12–15 minutes.

Setting: **Microwave + Microwave
 + Microwave/grill**
 Power level: **600 W + 800/900 W + 450 W/grill**
 Position: **Turntable**
 Duration: **6 + 5 + 12–15 minutes**



Haddock and tomato bake

Serves 4

Ingredients:

600 g unsmoked haddock fillet
 2 tbsp lemon juice
 600 g tomatoes
 Salt and pepper
 2 tsp oregano
 150 g Cheddar, grated

Method:

1. Drizzle the fish with lemon juice and cut into chunks. Dice the tomatoes. Place the fish, tomatoes and half the cheese in a greased dish, season with salt, pepper and oregano, and stir well.
2. Scatter the remaining cheese over the top and bake uncovered.

Setting: **Microwave/grill**
 Power level: **450 W/grill**
 Position: **Turntable**
 Duration: **18-22 minutes**

Trout with herbs

Serves 2

Ingredients:

2 trout, approx. 250 g each
 125 g double cream
 125 g crème fraîche
 2 tbsp chopped parsley
 1 tbsp lemon balm, finely
 chopped
 20 g butter
 Salt and pepper

Method:

1. Clean the trout and season inside and out. Grease a suitable dish with the butter and arrange the fish in it.
2. Combine the cream, crème fraîche and herbs, and pour over the fish. Cover and cook for 7 minutes at 800/900 W then at 450 W for a further 5 minutes.
3. Serve with new potatoes and salad.

Setting: **Microwave**
 Power level: **800/900 W + 450 W**
 Position: **Turntable**
 Duration: **7 minutes + 5 minutes**

Fish curry

Serves 4

Ingredients:

400 g tinned pineapple chunks
in juice
1 red pepper
1 banana, sliced
600 g cod fillet
3 tbsp lemon juice
40 g butter
125 ml white wine
Salt, sugar and chilli powder
2 tbsp curry powder
2 tbsp cornflour

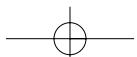
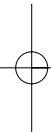
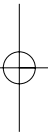
Method:

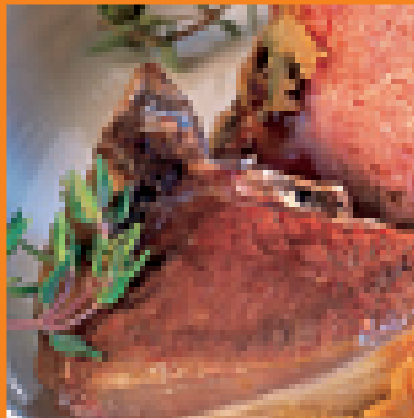
1. Quarter the pepper, remove the seeds and pith and cut into strips. Chop the fish roughly. Drain the pineapple, reserving 125 ml of the juice.
2. Place the fish in a dish and drizzle with the lemon juice. Stir in the pineapple, red pepper, banana, butter, wine, pineapple juice, seasoning and cornflour.
3. Cover and cook for 5 minutes at 800/900 W, then for a further 15 minutes at 450 W.

Setting: **Microwave**
Power level: **800/900 W + 450 W**
Position: **Turntable**
Duration: **5 + 15 minutes**



Meat





MEAT AND POULTRY

Meat and poultry are healthy components for anyone's diet, as well as adding a wealth of variety. They can be prepared in a range of ways, and by using different seasonings and serving them with interesting sauces and side dishes, they can constantly be presented in new guises, uniting cultures – both exotic and traditional – with their versatility.

Pork fillet in a Roquefort sauce

Serves 2

Ingredients:

500 g pork fillet
Salt and pepper
3 tbsp oil
2 onions, diced
50 ml white wine
125 ml double cream
200 g Roquefort cheese
2 tbsp beurre manie (made from
1 tbsp each of butter and flour)
2 tbsp chopped parsley

Method:

1. Place the onions and oil in a bowl, cover and cook for 4 minutes at 800/900 W. Add the pork, coating it on all sides. Pour in the wine, and cook covered for 10 minutes at 450 W.
2. Crumble the cheese and mix to a smooth paste with the cream and beurre manie paste. Cook uncovered for a further 5 minutes at 450 W, stirring halfway through.
3. Slice the meat, pour over the sauce and scatter with the parsley.

Setting: **Microwave**
Power level: **800/900 W + 450 W + 450 W**
Position: **Turntable**
Duration: **4 + 10 + 5 minutes**

Pork fillet in a wine and cream sauce

Serves 4

Ingredients:

40 g butter
1 onion, finely chopped
250 g mushrooms, thinly sliced
500 g pork fillet, cut into strips
Salt and pepper
125 ml white wine
125 ml cream
1 tbsp cornflour

Method:

1. Place the butter, onions and mushrooms in a bowl, cover and cook for 4 minutes at 800/900 W.
2. Add the meat, season and cook, covered, for 7 minutes at 800/900 W, stirring halfway through.
3. Pour in the wine and cream and cook for a further 3 minutes at 800/900 W.
4. If the sauce is a little thin, stir in the cornflour and cook for 2–3 minutes at 800/900 W.

Setting: **Microwave**
Power level: **800/900 W**
Position: **Turntable**
Duration: **4 + 7 + 3 + 2 minutes**



Meatballs in a caper sauce

Serves 4

Ingredients:

400 g minced beef
1 bread roll
1 onion, diced
Salt and pepper
1 egg, separated
500 ml beef stock
40 g butter
40 g flour
1 tbsp capers
1 tsp lemon juice

Method:

1. Soak the bread roll in warm water for about 10 minutes, then squeeze out the moisture and knead it with the onion, salt and pepper, egg white and minced beef until well combined. Form into 8 balls.
2. Work the flour into the butter and place in a suitable dish with the meatballs. Pour over the cold stock, cover and cook for 12 minutes at 800/900 W.
3. Stir the sauce carefully until smooth. Add the capers and lemon juice. Mix the egg yolk with 2 tbsp of the hot sauce and then stir it into the rest of the sauce.
4. Heat briefly, but do not allow the sauce to boil as the egg yolk could cause it to separate.

Setting: **Microwave**
Power level: **800/900 W**
Position: **Turntable**
Duration: **12-14 minutes**



Tip

Capers are the dried and pickled buds of the caper plant which is to be found in Mediterranean countries. The smaller the capers, the more delicate the flavour.

Meat and vegetable loaf

Serves 4

Ingredients:

500 g minced beef
 2 eggs
 200 g quark
 Salt and pepper
 1/2 tsp each marjoram,
 thyme and sage
 150 g leeks
 150 g carrots
 1 red pepper
 50 g breadcrumbs
 50 g butter

Method:

1. Cut the leeks in half lengthways, wash and cut into thin slices. Dice the carrots. Quarter the red pepper, remove the seeds and pith and cut into thin strips.
2. Combine the minced beef with the eggs, quark, herbs, seasoning and breadcrumbs. Stir in the vegetables.
3. Form the mixture into a loaf and place in a suitable dish. Dot with butter and cook uncovered.

Setting: **Microwave/grill**
 Power level: **450 W/grill**
 Position: **Turntable**
 Duration: **30-35 minutes**

Beef burgers

Serves 6

Ingredients:

500 g minced beef
 Salt and pepper
 1 onion, diced
 1 tsp grain mustard
 6 slices of Cheddar

Method:

1. Combine the minced beef with the seasoning, mustard and onion. Form into 6 burgers.
2. Place on the rack over the glass tray and grill until nearly done.
3. Place a slice of cheese on top of each burger, and grill until melted.

Setting: **Microwave/grill**
 Power level: **150 W/grill**
 Position: **Rack**
 Duration: **15-20 minutes**
+ 3 minutes pre-heating

Chicken breasts in a mustard sauce

Serves 4

Ingredients:

250 g crème fraîche
4 tbsp grain mustard
1 garlic clove, crushed
Salt
 $\frac{1}{2}$ tsp sage
4 chicken breasts
(approx. 125 g each)

Method:

1. Combine the crème fraîche, mustard, crushed garlic, salt and sage in a bowl.
2. Add the chicken breasts, turning to coat them on all sides. Cover and cook for 6 minutes at 800/900 W, then for a further 14 minutes at 450 W.
3. Turn the chicken halfway through cooking and baste with the sauce.

Setting: **Microwave**
Power level: **800/900 W + 450 W**
Position: **Turntable**
Duration: **6 minutes + 14 minutes**

Caribbean chicken

Serves 2

Ingredients:

400 g chicken or turkey breast
1 apple, coarsely grated
1 tin pineapple (150 g)
10 g butter
250 ml jar curry sauce
Salt and curry powder

Method:

1. Cut the chicken or turkey into thin strips, and the pineapple into pieces. Place in a suitable dish with the curry sauce, apple, butter and seasoning. Cover and cook for 6 minutes at 800/900 W, then for a further 12 minutes at 450 W.
2. Stir halfway through cooking.

Setting: **Microwave**
Power level: **800/900 W + 450 W**
Position: **Turntable**
Duration: **6 minutes + 12 minutes**



Tandoori chicken

Serves 4

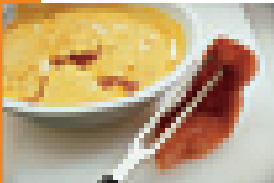
Ingredients:

- 4 chicken breasts (approx. 150 g each)
- 4 tsp tandoori powder
- Salt and pepper
- 1/2 tsp paprika
- 3 onions, diced
- 1 clove garlic, finely chopped
- 20 g fresh ginger, finely chopped
- or 1/2 tsp ground ginger
- 2 tbsps sesame oil
- 200 g natural yoghurt
- 100 g double cream or sour cream
- 150 ml chicken stock
- 2 tsp turmeric
- 1/2 tsp ground coriander

Method:

1. Mix the tandoori powder with salt, pepper and paprika. Rub into the chicken breasts and set aside for 10 minutes.
2. Place the oil, onions, ginger and garlic in a bowl, cover and cook for 4 minutes at 800/900 W. Stir in the yoghurt, cream, stock and spices.
3. Place the chicken breasts in the onion and yoghurt mixture, stir well, cover and cook for 12 minutes at 600 W. Turn halfway through cooking.

Setting: **Microwave**
 Power level: **800/900 W + 600 W**
 Position: **Turntable**
 Duration: **4 minutes + 12 minutes**





Vegetables and side dishes



THE UNSUNG HEROES

The fact that we eat potatoes, rice or pasta nearly every day without tiring of them is proof of the tremendous part they play in our well-being and in a healthy, tasty diet. With countless different ways of preparing them, they are much more than a healthy accessory. Side dishes are a constant scenery change in the theatre of culinary performance – and vegetables, with ever-increasing diversity, add colour and vitality to any dish.

Polenta with red pepper

Serves 6

Ingredients:

500 ml vegetable stock
125 g polenta
 $\frac{1}{2}$ tsp salt
1 tsp Hungarian paprika
1 red pepper

Method:

1. Quarter the pepper, remove the seeds and pith and cut into thin strips.
2. Place the red pepper strips in a suitable dish with the stock, polenta, salt and paprika. Stir well, cover and cook, stirring halfway through cooking.

Setting: **Microwave**
Power level: **800/900 W + 450 W**
Position: **Turtable**
Duration: **4 minutes + 7 minutes**

Gnocchi

Serves 4

Ingredients:

250 ml milk
250 ml water
 $\frac{1}{2}$ tsp salt
250 g semolina
2 egg yolks
20 g butter
100 g Emmental or Cheddar
cheese, grated

Method:

1. Combine the milk, water, salt and semolina in a bowl. Cover and cook for 5 minutes at 800/900 W, and then for a further 10 minutes at 150 W, stirring frequently.
2. Stir in the egg yolks. Use 2 teaspoons dipped in hot water to form dumplings and place these close together in a greased shallow dish.
3. Sprinkle with the grated cheese, dot with butter and grill for 10 minutes until golden.

Setting: **Microwave + Microwave + Grill**
Power level: **800/900 W + 150 W + Grill**
Position: **Turtable**
Duration: **5 minutes + 10 minutes + 10 minutes**

Cheese and potato bake

Serves 4

Ingredients:

500 g potatoes, peeled
250 ml cream
125 g crème fraîche
150 g grated Cheddar or Gouda
1 clove of garlic
Salt, black pepper and nutmeg
Butter

Method:

1. Grease a suitable dish, 24 cm in diameter, and rub with the garlic clove. Slice the potatoes thinly and arrange in the dish in alternate layers with $\frac{2}{3}$ of the cheese.
2. Combine the cream, crème fraîche and seasoning and pour evenly over the potatoes. Scatter the remaining cheese over the top and cook uncovered.

Setting: **Microwave/grill**
Power level: **300 W/grill**
Position: **Turntable**
Duration: **35-40 minutes**



Tip

There are many ways to vary this dish, e.g. mix in 2 tsp of herbes de Provence, use a different type of cheese, use stock or beer in place of cream, or add slices of apple, pear or spinach.

Herby mashed potato with pine nuts

Serves 6

Ingredients:

750 g potatoes, peeled weight
Salt and pepper
2–3 tbsp fresh basil
200 ml double cream
10 g butter
30 g pine nuts



Tip

If you don't have any fresh basil, use basil that has been deep frozen or preserved in oil. Do not use dried basil, as this tends to be slightly bitter.

Method:

1. Dice the potatoes and place in a suitable dish with approx. 7 tbsp water and a little salt. Cover and cook for 14–16 minutes. Drain and mash thoroughly.
2. Purée the basil with the cream in a blender, then mix this into the potatoes with the butter and pepper.
3. Brown the pine nuts in a non-stick pan over a gentle heat, stirring from time to time. Scatter over the mashed potatoes. Alternatively, omit the pine nuts and briefly grill the top of the potatoes before serving.

Setting: **Microwave**
Power level: **800/900 Watt**
Position: **Turntable**
Duration: **14–16 minutes**

Risotto

Serves 4

Ingredients:

250 g long grain or risotto rice
500 ml vegetable stock

Method:

Place the rice and stock in a suitable dish, stir well, cover and cook for 7 minutes at 800/900 W, then for a further 17 minutes at 450 W.

- I. Add a pinch of saffron and a finely chopped red pepper for a colourful dish.
- II. For vegetable risotto, add 150 g peas and 100 g diced carrot.
- III. Once cooked, stir in 200 g of drained chanterelle mushrooms and 50 g of grated Emmental.

Setting: **Microwave**
Power level: **800/900 W + 450 W**
Position: **Turntable**
Duration: **7 minutes + 17 minutes**



Celery gratin

Serves 4

Ingredients:

- 600 g trimmed celery
- 300 ml vegetable stock
- 1 onion, finely chopped
- 1 tbsp oil
- Salt, pepper and nutmeg
- 6 tbsp sour cream
- 50 g grated Emmental
- 2 tbsp bulghur wheat
- 2 tomatoes, diced

Method:

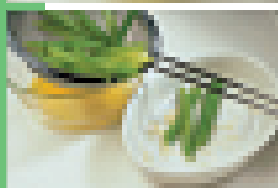
1. Cut the celery into 7–8 cm pieces and place in a suitable dish with the stock. Cover and cook for 6 minutes at 800/900 W. Drain well.
2. Place the oil and onion in a suitable dish, cover and cook for 3 minutes at 800/900 W. Scatter the celery over the top.
3. Stir the seasoning, cheese and bulghur wheat into the cream and pour over the vegetables. Scatter the tomatoes on top and cook, uncovered, at 450 W + grill for 15 minutes.

Setting: **Microwave + Microwave
+ Microwave/grill**

Power level: **800/900 W + 800/900 W
+ 450 W/grill**

Position: **Turntable**

Duration: **6 minutes + 3 minutes + 15 minutes**



Green beans tossed in tomatoes and breadcrumbs

Serves 6

Ingredients:

500 g green beans
3 tomatoes, diced
2–3 tbsp oil
50 g breadcrumbs
Salt and black pepper
1 tsp chopped thyme

Method:

1. Place the beans with 3 tbsp of water and a little salt in a suitable dish. Cover and cook for 5 minutes at 800/900 W, then for approx. 8 minutes more at 450 W, taking care not to overcook the beans. Drain well and transfer to the glass tray.
2. Combine the tomatoes with the oil, breadcrumbs, seasoning and thyme. Scatter over the beans and grill until golden brown.

Setting: **Microwave + Microwave + Grill**
Power level: **800/900 W + 450 W + Grill**
Position: **Turntable**
Duration: **5 minutes + 8 minutes
+ 10–15 minutes
+ 3 minutes pre-heating**

Chicory in a balsamic dressing

Serves 4

Ingredients:

4 chicory heads
8 tbsp olive oil
3 tbsp balsamic vinegar
Salt and pepper

Method:

1. Halve the chicory lengthways and remove the bitter core. Place in a suitable dish with a little salt and 3 tbsp water, cover and cook for 5 minutes at 800/900 W, then for a further 5 minutes at 450 W. Drain well.
2. Brush the glass tray with oil and arrange the chicory, cut side down, in the dish. Grill under the pre-heated grill for approx. 10 minutes. Turn the chicory over and grill the other side for a further 10 minutes.
3. Combine the oil, balsamic vinegar and seasoning, and drizzle over the chicory.

Setting: **Microwave + Microwave + Grill**
Power level: **800/900 W + 450 W + Grill**
Position: **Turntable + Rack**
Duration: **5 minutes + 5 minutes
+ approx. 10 minutes per side
+ 3 minutes pre-heating**

Carrots in a chervil cream sauce

Serves 4

Ingredients:

750 g carrots, peeled
10 g butter
100 ml vegetable stock
150 g crème fraîche
2 tbsp white wine
Salt and pepper
 $\frac{1}{2}$ tsp sugar
1 tsp mustard
3 tbsp chervil, chopped
1–2 tbsp cornflour

Method:

1. Cut the carrots into batons or slices.
2. Place in a suitable dish with the butter, stock, crème fraîche, wine, seasoning, mustard, chervil and cornflour.
3. Mix well, cover and cook for 10 minutes at 800/900 W, then for a further 15 minutes at 450 W.

Setting: **Microwave**
Power level: **800/900 W + 450 W**
Position: **Turntable**
Duration: **10 minutes + 15 minutes**



Tip

For an oriental flavour, try replacing the **chervil** with 1 tbsp of crushed or ground **coriander seeds**.

French beans in a thyme sauce

Serves 4

Ingredients:

750 g French beans
50 ml water
150 ml double cream
150 g crème fraîche
2 tsp mustard
Salt and pepper
1 tbsp cornflour
3 tbsp thyme, chopped

Method:

1. Wash and trim the beans and place them in a suitable dish. Combine the water, cream, crème fraîche, mustard, seasoning, cornflour and thyme. Pour over the beans and stir well.
2. Cover and cook for 8 minutes at 800/900 W, then for a further 12 minutes at 450 W.

Setting: **Microwave**
Power level: **800/900 W + 450 W**
Position: **Turntable**
Duration: **8 minutes + 12 minutes**



Cucumber salad

Serves 4

Ingredients:

2 cucumbers (approx. 300 g)

Dill sauce:

100 g crème fraîche
2 tsp chopped dill
Salt

Tarragon sauce:

50 g crème fraîche
100 ml cream
100 ml vegetable stock
2 tsp tarragon, chopped
Salt and pepper

Method:

1. Peel the cucumbers if preferred. Cut in half lengthways and scoop out the seeds with a teaspoon. Cut into 1/2 cm thick slices. Place in a bowl, cover and cook for 8 minutes at 800/900 W.
2. To make the dill sauce, combine the crème fraîche, dill and salt. Spoon over the cooked cucumber. Serve chilled.
3. For the tarragon sauce, mix the crème fraîche with the cream, stock, tarragon and seasoning. Cook uncovered for 5 minutes at 800/900 W. Pour over the cooked cucumber. Serve chilled

Setting: **Microwave**
Power level: **800/900 W + 800/900 W**
Position: **Turntable**
Duration: **8 minutes + 5 minutes**

Cauliflower in a mustard sauce

Serves 4

Ingredients:

1 cauliflower
250 ml chicken stock
100 ml double cream
30 g butter
20 g flour
3 tbsp grain or mild mustard
Salt, pepper and a little sugar

Method:

1. Cut the cauliflower into florets and place them in a bowl with 3 tbsp of water. Cover and cook for 10 minutes at 800/900 W, then for a further 15 minutes at 450 W, stirring halfway through. Drain.
2. Work the flour into the butter to obtain a smooth paste. Place in a suitable dish with the stock, cream, mustard and seasoning. Cover and cook for 5 minutes at 800/900 W. Stir thoroughly until smooth.
3. Pour the sauce over the cauliflower, or serve separately in a jug.

Setting: **Microwave**
Power level: **800/900 W + 450 W + 800/900 W**
Position: **Turntable**
Duration: **10 minutes + 15 minutes + 5 minutes**



Golden curried potatoes

Serves 6

Ingredients:

1000 g new potatoes or diced large potatoes
 2 onions, diced
 20 g butter
 3 tbsp curry powder
 500 ml vegetable stock
 100 ml double cream
 250 g peas
 Salt and pepper

Method:

1. Peel or scrub the potatoes and dice if large. Place the butter and onions in a bowl, cover and cook for 4 minutes at 800/900 W. Add the potatoes, curry powder and stock, cover and cook for a further 10 minutes at 800/900 W.
2. Stir in the cream and peas. Cover and cook for 10 minutes at 600 W, then for a further 10 minutes at 450 W. Season with salt and pepper.

Setting: **Microwave**
 Power level: **800/900 W + 600 W + 450 W**
 Position: **Turntable**
 Duration: **14 minutes + 10 minutes + 10 minutes**

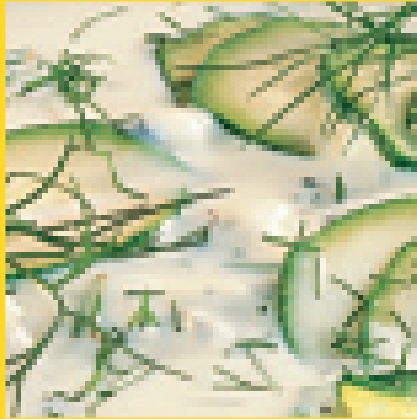


Tip

The golden colour of the potatoes in this dish is due to the turmeric in the curry powder. **Turmeric** is a member of the ginger family, and is a root with a light spicy flavour. It is not only used for culinary purposes, but in the textile industry as a dye.



Sauces



THE CROWNING GLORY

Asparagus insists on them; desserts deserve them; and they bring out the best in meat and fish dishes. Be they classics such as Hollandaise, or new, imaginative creations, a delicious sauce is the icing on the cake for many recipes, whether creamy or peppery. By varying them each time, your favourite dishes can be given a new character.

Courgette cream sauce

Serves 3

Ingredients:

300 g courgettes
2 tbsp olive oil
2 cloves of garlic, crushed
Salt and pepper
1 tsp thyme, chopped
½ tsp rosemary, chopped
40 g Gorgonzola
75 g cream cheese
150 g sour cream
2 tbsp dill, chopped

Method:

1. Finely slice the courgettes. Place in a suitable bowl with the oil, garlic, salt, pepper, thyme and rosemary. Cover and cook for 5 minutes at 800/900 W.
2. Crumble the Gorgonzola and add to the vegetables along with the cream cheese, sour cream and dill. Cook for 5 minutes at 800/900 W.
3. This sauce goes well with pasta or fish.

Setting: **Microwave**
Power level: **800/900 W + 800/900 W**
Position: **Turntable**
Duration: **5 minutes + 5 minutes**

Hollandaise sauce

Serves 4

Ingredients:

175 g butter
2 egg yolks
2 tbsp water
1 tsp lemon juice
Salt, white pepper and
cayenne pepper

Method:

1. Melt the butter in a small bowl, uncovered, for 1 minute at 450 W.
2. Heat the water in another bowl for 1 minute at 600 W. Add the egg yolks to the water and beat with a balloon whisk until frothy.
3. Pour in the melted butter, stirring all the time. Cover the sauce and heat for 4 minutes at 150 W, beating well halfway through. Season with salt, pepper and lemon juice.

Setting: **Microwave**
Power level: **450 W + 600 W + 150 W**
Position: **Turntable**
Duration: **1 minute + 1 minute + 4 minutes**



Tip

To prevent curdling, do not allow the sauce to boil once the egg has been added. This sauce is ideal with fresh vegetables and steamed fish.



Zabaione (Marsala cream sauce)

Serves 6

Ingredients:

3 eggs
2 tbsp lemon juice
200 ml Marsala or Port
70 g sugar
250 ml double cream, whipped

Method:

1. Place the eggs, lemon juice, Marsala or Port and sugar in a bowl and beat together. Cover and cook for 5 minutes at 450 W. Halfway through, beat thoroughly with a balloon whisk.
2. Allow the sauce to cool slightly then fold in the stiffly whipped cream.

Setting: **Microwave**
Power level: **450 W**
Position: **Turtable**
Duration: **5–7 minutes**



Tip

For a different flavour, replace the Marsala or Port with 250 ml **white wine** and the juice of half a lemon, and thicken with 1 tsp of cornflour. Prepare the sauce as above, omitting the cream. Serve with lightly poached fruit.

Vanilla cream sauce

Serve 6

Ingredients:

1 packet instant custard powder
Sugar
Milk
125 ml double cream

Method:

1. Mix the custard powder with milk and sugar as directed on the packet.
2. Add the cream, cover and cook for 8 minutes at 800/900 W, stirring halfway through.
3. Alternatively, whip the cream and fold it in at the end.

Setting: **Microwave**
Power level: **800/900 W**
Position: **Turntable**
Duration: **8 minutes**



Tip

You can make a **luxury rum and raisin** sauce by omitting the cream and folding raisins soaked in rum into the sauce at the end of the cooking time. Serve with sponge puddings, fruit tarts, pies and crumbles.

Desserts



ALL'S WELL THAT ENDS WELL

If your guests can still find room for it, you know you've made a good dessert! Few can resist the temptation, be it ice cream, a traditional hot pudding, something fruity or "death by chocolate". A good dessert will win much admiration, and often with very little effort on the part of the cook!

Apple delight

Serves 6

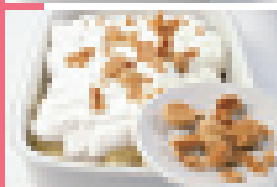
Ingredients:

4 sharp apples
30 g sugar
50 ml water or apple juice
125 g sponge fingers or amaretti
biscuits
40 ml Calvados
200 g mascarpone
250 g quark
150 ml milk
20 g sugar or honey

Method:

1. Peel and core the apples and slice thinly. Place in a bowl with the sugar and water or apple juice. Cover and cook for 7 minutes at 800/900 W.
2. Arrange the sponge fingers or amaretti biscuits in the bottom of a serving dish, and drizzle with the Calvados. Leave for approx. 10 minutes, then spread the apples and juice on top.
3. Combine the mascarpone, quark, milk and sugar or honey. Spoon over the apples. Sprinkle with crushed amaretti biscuits if desired.

Setting: **Microwave**
Power level: **800/900 W**
Position: **Turntable**
Duration: **7 minutes**



Stracciatella crème with espresso sauce

Serve 8

Ingredients:

1 jar (470 g) of black or morello cherries
 Juice of 2 oranges
 1 tbsp honey
 1 tbsp cornflour
 4 tbsp Amaretto

250 g mascarpone
 250 g quark
 75 g sugar
 250 ml double cream
 50 g plain chocolate, grated

Sauce:

100 g plain chocolate
 100 ml espresso
 5 tbsp cream
 A pinch of cinnamon, coriander and ground cloves

Method:

1. Mix the cornflour with a little cherry juice to a smooth paste. Stir in the rest of the cherry juice, the orange juice and the honey. Cover and cook for 5 minutes at 800/900 W, stirring halfway through. Add the amaretto and cherries. Divide between 8 dessert bowls.
2. Beat together the mascarpone, quark and sugar. Whip the cream until stiff and fold into the mascarpone mixture with the grated chocolate. Place in the refrigerator to chill.
3. Break the chocolate into pieces and place them in a bowl with the other sauce ingredients. Cook for 3 minutes at 450 W. Stir well and set aside to cool.
4. Using a tablespoon, make scoops of the mascarpone cream mixture and arrange on top of the cherries. Drizzle some of the espresso sauce on top of each.

Setting: **Microwave**
 Power level: **800/900 W + 450 W**
 Position: **Turntable**
 Duration: **5 minutes + 3 minutes**



Tip

The **crystallisation of honey** has no bearing on its quality. The higher the sugar content, the faster the honey will crystallise. Simply heat it in the microwave in a microwave-proof container for a few seconds to make it runny again.

Strawberry swirl

Serves 6

Ingredients:

300 g strawberries
 50 g sugar
 6 leaves of gelatine (or 2 x 11 g sachets of gelatine)
 200 g sour cream
 150 g natural yoghurt
 4 tsp vanilla sugar
 50 g sugar
 250 ml double cream

Method:

1. Soak the gelatine leaves in cold water for approx. 10 minutes. Purée the strawberries with the sugar. Remove 3 of the gelatine leaves from the water and gently squeeze. Warm the gelatine for 15 seconds at 450 W. Mix with a little strawberry purée until dissolved, then stir into the rest of the fruit, ensuring it is thoroughly mixed.
2. Combine the sour cream with the yoghurt, vanilla sugar and sugar. Gently squeeze the excess water out of the remaining gelatine leaves, and warm them for 15 seconds at 450 W. Mix a little of the sour cream mixture into the gelatine, then stir into the rest of the sour cream. Refrigerate until the mixture begins to set.
3. Whip the cream and fold into the sour cream mixture. Spoon into serving dishes and swirl some of the strawberry purée into each. Chill before serving.

Setting: **Microwave**
 Power level: **450 W + 450 W**
 Position: **Turntable**
 Duration: **15 seconds + 15 seconds**

Baked quark pudding

Serves 4

Ingredients:

500 g quark
 100 g sugar
 2 eggs
 2 tsp vanilla sugar
 125 g semolina
 Juice of ½ lemon
 ½ tsp baking powder
 125 g raisins
 2 tbsp breadcrumbs
 30 g butter

Method:

1. Mix the quark with the sugar, eggs, vanilla sugar, semolina, lemon juice and baking powder. Stir in the raisins and spoon into a greased soufflé dish (20 cm diameter).
2. Sprinkle with breadcrumbs, dot with butter and cook uncovered.
3. You could also add 500 g stoned cherries or chopped apricots.

Setting: **Microwave**
 Power level: **800/900 W**
 Position: **Turntable**
 Duration: **10–12 minutes**



Lemon mousse

Serves 4

Ingredients:

250 g natural yoghurt
 50 g crème fraîche
 Juice of 2 lemons
 2 tsp vanilla sugar
 90 g sugar
 4 leaves of gelatine
 250 ml double cream
 500 g summer berries
 50 g sugar

Method:

1. Soak the gelatine in cold water for approx. 10 minutes. Squeeze out the excess liquid and heat for 15 seconds at 450 W.
2. Combine the yoghurt, crème fraîche, lemon juice, sugar and vanilla sugar. Mix approx. 1 tbsp of the mixture into the gelatine, then stir into the rest of the yoghurt mixture. Chill.
3. When the yoghurt mixture begins to set, whip the cream and fold it into the yoghurt.
4. Sprinkle the berries with sugar and, if using frozen fruit, defrost for 10 minutes at 150 W. Arrange the fruit on 4 dessert plates with scoops of the mousse. Decorate with spirals of lemon zest or sprigs of lemon balm.

Setting: **Microwave**
 Power level: **450 W + 150 W**
 Position: **Turntable**
 Duration: **15 seconds + 10 minutes**



Tip

To get **more juice from your lemons**, roll the uncut lemons firmly with palm of your hand on the worktop before squeezing.



Warm tropical fruit cup

Serves 6

Ingredients:

500 ml tropical fruit juice
 40 g cornflour
 40 g sugar
 2 tsp vanilla sugar
 2 tbsp lemon juice
 1 banana
 1–2 oranges
 3–4 pineapple slices
 1 kiwi fruit

Method:

1. Place the cornflour, sugar and vanilla sugar in a bowl and gradually stir in the fruit juice. Cover and cook, stirring occasionally.
2. Peel and slice the fruit and add to the sauce with the lemon juice.
3. Serve with vanilla ice cream.

Setting: **Microwave**
 Power level: **800/900 W**
 Position: **Turntable**
 Duration: **6–8 minutes**

Baked peaches

Serves 4

Ingredients:

12 peach halves (tinned)
 75 g sugar
 250 ml dry white wine
 65 g French toast
 75 g marzipan
 1/2 tsp cinnamon
 2 tbsp Amaretto
 2 tbsp lemon juice
 30 g desiccated coconut

Method:

1. To make the topping, finely chop 4 peach halves and mix them with the Amaretto, lemon juice and cinnamon. Set aside for 10 minutes. Finely chop the marzipan and French toast.
2. Caramelize the sugar in a saucepan on the hob until it turns golden brown, then carefully pour in the wine. Simmer for a few minutes.
3. Stir the chopped ingredients into the wine mixture.
4. Place the remaining 8 peach halves in a suitable dish and divide the topping between them. Sprinkle with coconut, place the dish on the rack and grill until golden brown. Serve warm.

Setting: **Grill**
 Position: **Rack**
 Duration: **8–10 minutes**
+ 3 minutes pre-heating

Chocolate mousse with brandy

Serves 4

Ingredients:

2 leaves of gelatine
200 g nougat chocolate
2 tbsp brandy
1 tbsp water
2 eggs, separated
250 ml double cream

Method:

1. Soak the gelatine leaves in cold water for approx. 10 minutes. Break the chocolate into small pieces and melt for 4 minutes at 450 W, stirring halfway through.
2. Beat the egg yolks until foamy, then stir in the water and brandy.
3. Squeeze the water out of the gelatine and heat it for 15 seconds at 450 W.
4. Stir the chocolate into the egg yolks. Stir a little of this mixture into the gelatine, then combine the gelatine with the rest of the chocolate. Chill until the mixture begins to set.
5. Beat the egg whites until stiff and whip the cream. Fold carefully into the chocolate until thoroughly combined. Chill the mousse for 30 minutes.

Setting: **Microwave**
Power level: **450 W**
Position: **Turntable**
Duration: **4 minutes + 15 seconds**

Drinks



THIRST-QUENCHERS AND PUNCHES

What do thirst-quenchers, punches and hot and cold beverages have in common? They hit the spot faster than any food, and flood us with a feeling of well-being as we drink. Long, cold drinks quench our thirst on a hot summer's day, whilst aromatic coffees and drinks with a shot of alcohol are a great stimulant. What better way to satisfy your thirst or simply enjoy the company of others!

Iced mocha

Serves 2

Ingredients:

250 ml freshly brewed coffee
 20 g plain chocolate
 A pinch of ground cinnamon
 A pinch of ground cardamom
 1 tsp brown sugar
 2 tbsp rum
 250 g vanilla or stracciatella ice cream

Method:

1. Mix the coffee in a suitable jug with the chocolate, cinnamon, cardamom, sugar and rum. Using the boiling rod, heat for 4 minutes at 450 W until the chocolate has melted. Allow to cool slightly.
2. Pour into two tall glasses and scoop the ice cream into the coffee. Decorate with whipped cream and grated chocolate.

Setting: **Microwave**
 Power level: **450 W**
 Position: **Turntable**
 Duration: **4 minutes**



Tip

Cardamom is a member of the ginger family and is the second most expensive spice in the world after saffron. The white or green pods contain seeds which are rich in aromatic oils. The seeds are used whole in some dishes, or can be dried and ground into a powder.

Orange coffee

Serves 4

Ingredients:

375 ml strong coffee
 4 tsp sugar
 80 ml orange liqueur
 125 ml double cream
 2 tsp vanilla sugar

Method:

1. Stir the sugar and liqueur into the coffee in a suitable jug. Using the boiling rod, heat for 4 minutes at 800/900 W. Pour into 4 mugs.
2. Whip the cream with the vanilla sugar and spoon over the hot coffee. Serve immediately.

Setting: **Microwave**
 Power level: **800/900 W**
 Position: **Turntable**
 Duration: **4 minutes**

Autumn punch

Serves 4

Ingredients:

500 ml fruit tea
300 ml cranberry juice
1 cinnamon stick
4 cloves
4 tsp brown sugar
Juice of 1 orange

Method:

1. Prepare the fruit tea and pour into a suitable jug with the cranberry juice. Add the cinnamon stick, cloves and brown sugar.
2. Using the boiling rod, heat for 4 minutes at 800/900 W. Add the orange juice and pour into 4 glasses.

Setting: **Microwave**
Power level: **800/900 W**
Position: **Turntable**
Duration: **4 minutes**



Tip

Brown sugar is produced from dark sugar syrup and its rich, caramel flavour not only enhances drinks, but is the ideal ingredient when baking with nuts, chocolate or dried fruit, or to add to fruit salads and chutney.

Hot cherry punch

Serves 4

Ingredients:

800 ml sour cherry juice
Sugar to taste
4–8 tbsp kirsch or
crème de cassis

Method:

1. Pour the cherry juice and kirsch or crème de cassis into a suitable jug and add sugar to taste.
2. Using the boiling rod, heat for 4 minutes at 800/900 W, then divide between 4 glasses.

Setting: **Microwave**
Power level: **800/900 W**
Position: **Turntable**
Duration: **4 minutes**

Pineapple rum punch

Serves 4

Ingredients:

2 slices fresh (or tinned)
pineapple
250 ml pineapple juice
250 ml red wine
50 g sugar
Juice of 1 lemon
20 ml white rum

Method:

1. Chop the pineapple into small pieces and place in a suitable jug.
2. Add the remaining ingredients and heat for 5 minutes at 800/900 W. Divide between 4 glasses.

Setting: **Microwave**
Power level: **800/900 W**
Position: **Turntable**
Duration: **5 minutes**

Lumumba

Serves 2

Ingredients:

375 ml milk
2–3 tbsp chocolate powder
2–3 tbsp rum or amaretto
2 tbsp whipped cream

Method:

1. Place the milk and chocolate powder in a suitable jug, stir well and heat uncovered for 2 minutes at 800/900 W. Pour into 2 glasses.
2. Add the rum or amaretto to each glass and stir. Spoon 1 tbsp cream on top and sprinkle with chocolate powder.

Setting: **Microwave**
Power level: **800/900 W**
Position: **Turntable**
Duration: **2 minutes**



Jams, jellies and chutneys



SOMETHING TO RELISH

Homemade preserves are essential store cupboard ingredients. What better way to preserve seasonal fruits than to make a variety of jams, jellies and chutneys which can be enjoyed throughout the year. Your family and friends will love them!

Notes on preserving

Only use ripe, blemish-free fruit to make jam. If freezing fruit to make into jam, freeze it in quantities that are suitable for jamming. Weigh all of the ingredients carefully, and make sure your utensils are scrupulously clean.

Do not change the quantity given for the sugar. Use preserving sugar for fruit with a high natural pectin content such as plums, red and blackcurrants, gooseberries, damsons and Seville oranges; and jam sugar containing pectin for fruit with a low natural pectin content like strawberries, cherries, peaches, apricots and rhubarb.

To test the setting point of jam, place a few drops on a saucer and tip the saucer a little. If the jam is very runny, it needs to be cooked a little longer. If it runs for 2–3 cm before solidifying, it is ready. Use a large, high-sided container to make jam, and only fill it one third full. The contents will bubble up during cooking, and can easily boil over.

You can sterilise your jars by filling them a third full with water, and heating them using microwave power until the water is boiling, and a good amount of steam has built up. Tip the water out carefully, and fill the jars whilst still hot.

If using screw-top jars, fill whilst the jam is hot, screw the lids on tightly and stand the jars upside down on their lids for about 5 minutes. Then turn them the right way up again.



Morello cherry and vanilla conserve

Ingredients:

300 g morello cherries
150 g jam sugar
1 vanilla pod
2 tbsps kirsch (optional)

Method:

1. Place the cherries, jam sugar and vanilla pod in a suitable glass bowl. Mix, cover and cook, stirring several times. Stir in the kirsch if using.
2. While still hot, ladle into sterilised jars and seal immediately.

Setting: **Microwave**
Power level: **800/900 W**
Position: **Turntable**
Duration: **9–11 minutes**



Tip

If you like to add a **shot of alcohol** to your preserves, stir it in after cooking or the flavour will be lost.

Peach jam

Ingredients:

500 g peaches, stones removed
500 g jam sugar
5 g citric acid
3 tbsps apricot liqueur
or red Campari

Method:

1. Chop the peaches and place with the jam sugar and citric acid in a suitable glass bowl. Purée coarsely with a hand-held blender, cover and cook. Stir several times during cooking. Add the apricot liqueur or Campari.
2. While still hot, ladle into sterilised jars and seal immediately.

Setting: **Microwave**
Power level: **800/900 W**
Position: **Turntable**
Duration: **12–15 minutes**

Plum jam

Ingredients:

500 g plums, stones removed
500 g preserving sugar
30 g flaked almonds
3 tbsp crème de cassis

Method:

1. Place the plums and sugar in a suitable glass bowl and purée coarsely with a hand-held blender. Cover and cook for 15 minutes at 800/900 W, stirring from time to time. If using frozen plums, the cooking time will be approx. 5 minutes longer.
2. Stir in the flaked almonds and crème de cassis.
3. Ladle into sterilised jars and seal immediately.

Setting: **Microwave**
Power level: **800/900 W**
Position: **Turntable**
Duration: **12–15 minutes**

Blackberry and pear jam

Ingredients:

300 g blackberries
200 g pears, peeled,
cored and diced
Juice of $\frac{1}{2}$ lemon
A pinch each of cinnamon, ginger
and ground cloves
500 g jam sugar

Method:

1. Place the ingredients in a suitable glass bowl and stir well. Cover and cook, stirring several times.
2. While still hot, ladle into sterilised jars and seal immediately.

Setting: **Microwave**
Power level: **800/900 W**
Position: **Turntable**
Duration: **10–12 minutes**



Grape jelly with Grappa

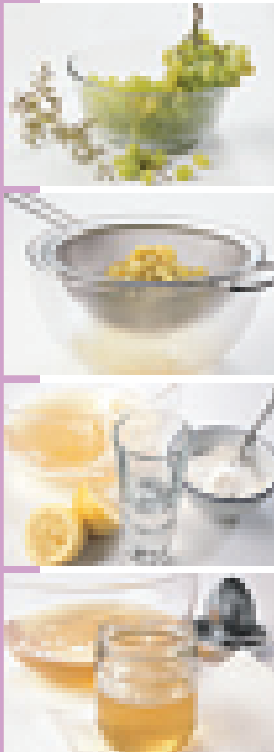
Ingredients:

1000 g seedless white grapes
Juice of 2 lemons
300 g jam sugar
2 tbsp Grappa

Method:

1. Place the grapes in a suitable glass bowl, cover and cook for 20 minutes. Pour the fruit and juices through a fine sieve, squeezing to extract all the liquid.
2. Pour 600 ml of the extracted juice into a bowl with the lemon juice, sugar and Grappa. Cover and cook, stirring from time to time.
3. While still hot, ladle into sterilised jars and seal immediately.

Setting: **Microwave**
Power level: **800/900 W**
Position: **Turntable**
Duration: **12-15 minutes**



Tomato chutney

Ingredients:

- 750 g tomatoes
- 70 g brown sugar
- 1 clove of garlic
- 4 chillies
- A sprig of fresh tarragon
- 2 tbsp red wine vinegar

Method:

1. Chop the tomatoes, garlic and chillies. (For a milder flavour, remove the seeds from the chillies.)
2. Place all the ingredients except the vinegar in a suitable glass bowl and stir well. Cover and cook for 10 minutes at 800/900 W, then for a further 30 minutes at 450 W until the mixture is reduced to a thick mass. Add the vinegar and cook, uncovered, for another 10 minutes at 450 W.
3. The chutney should taste quite fiery when hot, as the flavour will become milder as it cools.
4. While still hot, ladle into sterilised jars and seal immediately.

Setting: **Microwave**
 Power level: **800/900 W + 450 W + 450 W**
 Position: **Turntable**
 Duration: **Approx. 50 minutes**

Plum chutney

Ingredients:

- 750 g plums, stones removed
- 50 ml water
- 200 g brown sugar
- 1/2 tsp ground ginger
- 1/2 tsp mace
- 1 piece preserved ginger, finely chopped
- 50 g raisins
- 2 tbsp vinegar

Method:

1. Chop the plums and place in a suitable glass bowl with the water, sugar, spices, preserved ginger and raisins. Cover and cook for 10 minutes at 800/900 W, then for a further 30 minutes at 450 W until reduced to a thick mass.
2. Stir in the vinegar and cook, uncovered, for a further 10 minutes at 450 W.
3. The chutney should have a very strong flavour when hot, as it will become milder when it cools.
4. While still hot, ladle into sterilised jars and seal immediately.

Setting: **Microwave**
 Power level: **800/900 W + 450 W + 450 W**
 Position: **Turntable**
 Duration: **Approx. 50 minutes**

A

Apple delight	84
Asparagus au gratin	38
Autumn punch	95

B

Baked artichoke hearts	16
Baked peaches	90
Baked quark pudding	86
Baked quark with herbs	18
Beef burgers	57
Beef casserole with beetroot and white cabbage	38
Blackberry and pear jam	102
Broccoli and mushroom bake	36

C

Caribbean chicken	58
Carrots in a chervil cream sauce	70
Cauliflower in a mustard sauce	72
Celery gratin	68
Cheese and potato bake	65
Chicken breasts in a mustard sauce	58
Chicken risotto	40
Chicory in a balsamic dressing	69
Chocolate mousse with brandy	91
Clear mushroom soup with Parmesan dumplings	26
Cod in a red pepper sauce	45
Cod in breadcrumbs	44
Courgette cream sauce	78
Cream of potato soup with chervil	25
Cream of rocket soup	30
Cream of sweetcorn soup	25
Cucumber salad	72
Curried prawn soup	30

F

Fillet of plaice on a bed of spinach	48
Fillet of sole in a prawn sauce	46
Fish curry	50
Fish soup	28
French beans in a thyme sauce	70

G

Gnocchi	64
Goat's cheese on toast	18
Golden curried potatoes	74
Grape jelly with Grappa	104
Green beans tossed in tomatoes and breadcrumbs	69

H

Haddock and tomato bake	49
Herby mashed potato with pine nuts	66
Hollandaise sauce	78
Hot cherry punch	95

I

Iced mocha	94
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L

Leek and potato bake	34
Lemon mousse	88
Lumumba	96

M

Marinated peppers	16
Meat and vegetable loaf	57
Meatballs in a caper sauce	56
Minestrone	26
Morello cherry and vanilla conserve	101

O

Orange coffee 94

P

Parma ham stuffed with Feta cheese 17
 Pasta bake 34
 Peach jam 101
 Pineapple rum punch 96
 Plum chutney 105
 Plum jam 102
 Polenta with red pepper 64
 Pork fillet in a Roquefort sauce 54
 Pork fillet in a wine and cream sauce 54
 Prawn bake 45
 Pumpkin soup 24

R

Red pepper and rice bake 37
 Risotto 66

S

Salmon on a bed of vegetables 44
 Salmon trout loaf 20
 Savoy cabbage casserole 40
 Stracciatella crème with espresso sauce 85
 Strawberry swirl 86

T

Tandoori chicken 60
 Tiger prawn kebabs 46
 Tomarella toast 17
 Tomato chutney 105
 Tomato soup with basil cream 24
 Trout with herbs 49

V

Vanilla cream sauce 81
 Vegetables au gratin 37

W

Warm tropical fruit cup 90

Z

Zabaione (Marsala cream sauce) 80



Notes

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