

# Microwave-Convection Cooking On-the-Go

Family Motor Coach Convention - Albuquerque, NM - March 24, 2010

by Janet L. Sadlack

Combine stuffing with chicken breasts for a delightful combination to serve year around. The combination is perfect for the high-mix setting. Add vegetables and a salad for an easy meal.

## SAUCY CHICKEN & STUFFING

- 1 1/2 cups hot water
- 1 pkg. (10 oz.) chicken-flavored saucepan-type stuffing mix
- 1/4 cup dried cranberries
- 1/2 can (10 3/4 oz.) cream of chicken soup
- 1/2 cup light sour cream
- 20 oz. boneless, skinless chicken breasts

1. Preheat microwave-convection oven to 375°.
2. Combine water, stuffing mix and cranberries; mix well. Stir together soup and sour cream in 8-inch square silicone baking dish. Cut chicken into similar-sized serving pieces. Add to soup mixture, turning to coat with sauce. Arrange chicken toward edge of dish. Spoon stuffing mixture over chicken mixture.
3. COMBO-ROAST on low rack with high-mix setting at 375° for 20 to 23 minutes or until chicken is no longer pink. Let stand a few minutes before serving.

About 6 Servings

**TIPS** • Mushroom soup can be substituted for chicken soup.

- Boneless skinless chicken thighs can be used for breasts.
- When using a glass baking dish, spray dish with non-stick spray.
- Leftover soup can be frozen for use in another recipe or as a sauce.
- Cranberries can be omitted.

Fish cooks to perfection with a low-mix setting. The small amount of microwave energy speeds the cooking and keeps the fish moist and flavorful.

## CRUMB-TOPPED SALMON

- 1 lb. salmon fillet
- 1 teaspoon Dijon mustard
- 2 teaspoons brown sugar
- 2 tablespoons dry bread crumbs

1. Preheat microwave-convection oven to 375°.
2. Place salmon fillet, skin-side-down on Teflon baking round on low rack. Spread with mustard; sprinkle with brown sugar and crumbs.
3. LOW-MIX (combo-bake) on low rack at 375° for 10 to 12 minutes or until fish flakes easily with fork. Let stand a few minutes. Slide onto serving plate. Cut into sections.

About 4 Servings

**TIPS** • For other size fillets, allow about 10 minutes/pound cooking time with the low-mix combination.

- If placing fish directly on rack, spray or lightly oil for ease in removing fish.
- Any leftovers will make delicious salmon salad.

This puffy pancake is perfect for two. Breads that puff, like popovers and puffy pancakes, are best cooked with convection-only heat. Enjoy with strawberries and a favorite syrup or honey. The pancake is best served immediately as it collapses upon standing.

## PANNEKUCHEN

- 2 tablespoons butter
- 1/2 cup milk
- 2 eggs
- 1/2 cup all-purpose flour
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla
- 2 tablespoons honey

1. MICROWAVE (100%) butter in high-heat bowl 20 to 30 seconds or until melted. Preheat microwave-convection oven to 400°.
2. Mix milk, eggs, flour, sugar, salt and vanilla; stir in half the butter (reserve remainder). Mix with whisk just until smooth. Pour into 8-inch round steamer or pie pan (grease glass). Place on low rack.
3. CONVECTION-BAKE at 400° for 23 to 25 minutes or until puffed and golden brown. Remove from oven. Combine remaining butter with honey in high-heat microwave dish.
4. MICROWAVE (100%), uncovered, 20 to 30 seconds or until bubbly. Remove pancake from pan; cut with scissors into halves or quarters. Serve with butter mixture.

About 2 Servings

**TIPS** • If heating butter mixture after baking pancake, place container on silicone hot pad to protect from heat in oven.

- Batter can be prepared up to 2 hours ahead. Wait and bake just before serving.

A popular combination for sandwiches and pizza that is easily cooked on the low-mix setting. This makes a good luncheon dish, or, cut into squares for delicious appetizers.

### SPINACH & ARTICHOKE PIZZA

- 1 pre-baked 11.5 to 12-inch Italian pizza crust
- 3 oz. cream cheese
- $\frac{1}{3}$  cup freshly grated Parmesan cheese
- 2 cups chopped cooked chicken
- 2 cups chopped fresh spinach
- $\frac{1}{2}$  can (15-oz.size) quartered artichoke hearts, drained
- 2 roma tomatoes, chopped
- $\frac{1}{2}$  teaspoon dried basil leaves
- 2 cups (8 oz.) shredded Mozzarella cheese

1. Preheat microwave-convection oven to 400°. Place pizza crust on Teflon baking round. Spread with cream cheese. Sprinkle with Parmesan cheese, spinach and artichokes. Add tomatoes. Sprinkle with basil and Mozzarella cheese. Slide baking sheet onto low rack.
2. COMBO-BAKE on low rack with low-mix setting at 400° for 12 to 14 minutes or until topping is heated and browned lightly. Let stand about 5 minutes before serving.

About 8 Servings

**TIPS** • Fresh basil will be a nice addition. Increase amount to 1 tablespoon snipped.

- Assemble pizza up to 1 hour ahead and refrigerate. Bake just before serving.
- For a mini sized pre-baked pizza, use half the topping ingredients. Reduce time to 8 to 10 minutes.
- For appetizer servings, cut into squares, using kitchen shears.
- For added flavor, use garlic or an herb-flavored goat cheese. If cheese is cold, microwave about 10 seconds to warm slightly for easy spreading.
- Be sure to transfer pizza to a cutting board before cutting with a pizza cutter.

Rhubarb and strawberries combine for a delicious filling for this dessert tart. It is like an open-faced pie with a shortbread crust and fruit-studded topping. Serve with ice cream or whipped cream.

### RHUBARB-STRAWBERRY TART

**Crust:**

- 1 stick butter ( $\frac{1}{2}$  cup)
- 1 cup all purpose flour
- $\frac{1}{3}$  cup powdered sugar

**Filling:**

- 2 eggs
- $\frac{2}{3}$  cup sugar
- $\frac{1}{2}$  teaspoon almond extract
- $\frac{1}{4}$  cup all purpose flour
- $\frac{3}{4}$  teaspoon baking powder
- $\frac{1}{4}$  teaspoon salt
- 2 cups sliced fresh rhubarb
- 2 cups sliced fresh strawberries

1. MICROWAVE (100%) butter in microwave-safe bowl about 20 seconds or until softened. Preheat microwave-convection oven to 350°.
2. Add flour and powdered sugar to butter; mix well. Press into 9-inch round silicone baking pan, pressing  $\frac{3}{4}$ -inch up sides of pan.
3. CONVECTION BAKE at 350° on low rack 12 to 13 minutes or until lightly browned. Meanwhile, beat eggs in mixing bowl. Beat in sugar and extract. Add flour, baking powder and salt; mix well. Arrange rhubarb and strawberries in crust. Pour batter over fruit.
4. LOW-MIX (combo-bake) on low rack at 350° for 22 to 25 minutes or until filling is set. Cool completely. Turn upside down onto Teflon baking sheet-covered plate. Invert onto serving plate so tart is again right-side-up. Cut into wedges; serve with whipped cream or ice cream.

About 8 Servings

**TIPS** • Raspberries can be used for strawberries.

- Refrigerate leftovers. To warm individual servings, microwave 10 to 15 seconds/serving.

This recipe has been a long-time family favorite. It is great plain or with an almond glaze. Or, serve as the base for delicious strawberry shortcakes. It bakes nicely with the low-mix setting in either a tube or round pan.

### ALMOND POUND CAKE

- $\frac{1}{2}$  cup butter (1 stick)
- $\frac{1}{2}$  cup cooking oil
- $1\frac{1}{3}$  cups sugar
- 4 eggs
- 1 can (12.5 oz.) almond filling
- 3 cups all-purpose flour
- 2 teaspoons baking powder
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  cup milk

1. MICROWAVE (100%) butter in microwave-safe mixing bowl 20 to 30 seconds or until softened.
2. Preheat microwave-convection oven to 350°.
3. Blend butter with oil and sugar. Add eggs, one at a time, beating well after each. Blend in almond filling. Add remaining ingredients; mix just until blended and smooth.
4. Spoon batter into ungreased silicone Bundt-type pan, spreading evenly.
5. LOW-MIX (combo-bake) on low rack at 350° for 25 to 30 minutes or until toothpick inserted near center comes out clean. Cool completely. Invert onto serving plate.

About 16 Servings

**TIPS** • This cake freezes well. Cut into smaller sections and freeze with waxed paper between slices for easy removal at serving time.

- Non silicone pans will require greasing and cake should be removed after 15 minutes cooling time.
- Look for almond filling with pie fillings in most supermarkets.

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# Microwave-Convection Cooking for Two

Family Motor Coach Convention - Albuquerque, NM - March 25, 2010

by Janet L. Sadlack

Combine meat and potatoes when cooking smaller quantities. The time will be less and the combinations will work more efficiently.

## MEATLOAF DINNER

- 1<sup>1</sup>/<sub>4</sub> lbs. lean ground beef
- <sup>1</sup>/<sub>3</sub> cup rolled oats or bread crumbs
- 3 green onions, chopped
- <sup>1</sup>/<sub>4</sub> cup milk
- 1 egg
- 1 teaspoon prepared mustard
- <sup>1</sup>/<sub>8</sub> teaspoon ground pepper
- 4 tablespoons catsup
- 2 tablespoons brown sugar
- 1 large baking potato, scrubbed

1. Preheat microwave-convection oven to 350°.

2. Combine beef, crumbs, onions, milk, egg, mustard, pepper and half the catsup; mix well. Shape into 4 balls. Freeze 2 for another meal. Place meat mixture in 9x5-inch silicone pan; flatten slightly. Cut potato in half lengthwise. Place Teflon baking round on low rack. Place pan with meat in center; place potatoes, cut-side-down at side of pan on baking round.

3. COMBO-ROAST on low rack with high-mix setting at 350° for 14 to 15 minutes or until meat is just about done (155°). Combine 1 tablespoon brown sugar and 1 tablespoon catsup. Spread over top of meat loaf. Return to oven.

4. COMBO-ROAST on low rack with high-mix setting at 350° for 4 to 5 minutes or until glazed. Remove meat loaves and drain on paper towel. Serve with potatoes.

About 2 Servings

**TIPS** · To use frozen meatloaves, allow to thaw before cooking as directed above.

- Sweet potatoes can be used for baking potato. If desired, turn right side up and top with butter and brown sugar when topping meatloaves with catsup.
- For added flavor, use up to <sup>1</sup>/<sub>4</sub> lb. favorite sausage for ground beef.
- If extra time is needed for potato, return to oven and microwave 45 to 90 seconds after cooking meatloaves.

Combine a pork chop and potato for another easy meal idea.

## PORK CHOP DINNER

- 1 boneless pork chop (.7 lb.)
- 1 teaspoon Dijon mustard
- 1 tablespoon raspberry jam
- 1 large sweet potato

1. Preheat microwave-convection oven to 350°.

2. Place Teflon baking sheet on low rack. Place pork chop in center of rack. Top with mustard and jam; spread evenly. Cut sweet potato in half lengthwise. Place cut-side-down next to pork chop.

3. LOW-MIX (combo-bake) on low rack at 350° for 15 to 17 minutes or until pork is done and potato is tender. Let stand a few minutes before transferring to serving plate. Cut pork chop in half for serving.

About 2 Servings

**TIPS** · Potato can be microwaved a few additional minutes to finish cooking if necessary.

For small serving needs, use half a normal recipe and bake in regular rather than bakery-sized cups.

## SMALL-SIZED POPOVERS

- 1 tablespoon butter
- <sup>1</sup>/<sub>2</sub> cup milk
- 1 egg
- <sup>1</sup>/<sub>2</sub> cup all purpose flour
- <sup>1</sup>/<sub>8</sub> teaspoon salt

1. MICROWAVE (100%) butter in 2-cup mixing bowl 30 to 40 seconds or until melted. Preheat microwave-convection oven to 400°.

2. Mix milk and eggs with melted butter. Add flour and salt. Beat with wire whisk just until smooth (do not overbeat). Pour into 4 ungreased regular-sized silicone muffin cups set on Teflon baking sheet-topped low rack or turntable.

3. CONVECTION-BAKE on at 400° for 22 to 25 minutes or until puffed and golden brown. Serve immediately.

4 Popovers

**TIPS** · Generously grease or oil glass custard cups or metal muffin pan.

- Half a recipe can be baked in 4 individual fluted silicone baking cups, reducing the time to 25 to 30 minutes.

Use the microwave to cook egg dishes for breakfast, brunch or supper. Precook uncooked additions so they will be ready when the quick to cook eggs are done.

## HAM & POTATO FRITTATA

- 2 small red-skinned potatoes
- <sup>1</sup>/<sub>2</sub> cup chopped mushrooms
- 2 tablespoons chopped pepper
- <sup>1</sup>/<sub>4</sub> cup chopped cooked ham
- 1 tablespoon water
- 2 eggs, beaten
- <sup>1</sup>/<sub>4</sub> teaspoon dried basil
- Freshly ground pepper
- 2 tablespoons shredded cheese

1. Scrub potatoes; slice and combine with mushrooms, pepper ham and water in 8-inch round silicone steamer. Cover.

2. MICROWAVE (100%) 3 to 4 minutes or until potatoes are tender. Mix together eggs, basil and pepper. Pour over potato mixture; mix lightly. Cover.

3. MICROWAVE (60 to 70%) 1<sup>1</sup>/<sub>2</sub> to 2 minutes or until egg is just about set. Sprinkle with cheese. Cover. Let stand a few minutes or until cheese is melted and egg is set. Cut into quarters

About 2 Servings

**TIPS** · Egg beaters can be substituted for fresh eggs.

- Other vegetables can be substituted.

Purchase frozen breads and then cook just the quantity needed. Low-mix helps bake frozen biscuits quickly.

## BAKED FROZEN BISCUITS

1. Preheat microwave-convection oven as directed on package.

2. Place desired number of biscuits on Teflon-coated baking sheet on low rack.

3. COMBO-BAKE on low rack with low-mix setting at 375° for 11 to 12 minutes or until baked. Serve warm.

**TIPS** · Bake desired number of biscuits and then return remaining to freezer for use another day.

- For cinnamon-coated biscuits, dip tops first in melted butter and then in cinnamon-sugar. Place sugar-side up on baking sheet.

Keep this streusel mixture in a covered container and use to quickly turn fruit into an easy dessert.

### TOPPING FOR FRUIT CRISP

- 1 cup all-purpose flour
- 1/2 cup rolled oats
- 1/2 cup packed brown sugar
- 1 teaspoon cinnamon
- 6 tablespoons butter

1. Combine all ingredients in mixing bowl.
2. MICROWAVE (100%), uncovered, 30 to 40 seconds or until slightly warm. Mix with fork until crumbly. Store in tightly covered container.

About 2 Cups

**TIPS** • Oil can be substituted for butter. If desired, add a little salt.

- If using a sugar substitute such as Splenda or Xylitol, add about 1 teaspoon molasses for the rich brown sugar flavor.

Use these timings for preparing individual fruit crisp with the above topping.

### INDIVIDUAL FRUIT CRISP

- 1 medium apple or peach, peeled
- 1/4 cup Topping (above)

1. Slice apple or peach into one or two serving dishes. Sprinkle with topping.
2. MICROWAVE (100%), uncovered, 1 1/2 to 2 minutes or until fruit is tender and bubbly. Serve warm or cold, plain or with whipped cream.

About 2 Servings

**TIPS** • For berries and rhubarb, use about 1 cup of fruit. With tart fruits, add 1 teaspoon sugar or sweetener to fruit before adding topping.

- When fruit is frozen, increase time to 2 to 3 minutes.
- For a double quantity, increase time to 3 to 4 minutes.
- Combine fruit for an interesting combination. Or, make one dessert with one type of fruit and the other with another favorite.

Reduce a cheesecake recipe and then bake in individual cups for small-sized needs.

### CHOCOLATE CHEESECAKES

- 1 (16 oz.) pkg. cream cheese
- 2 1/2 oz. semi-sweet chocolate
- 1/4 cup sugar
- 1 egg
- 1/2 teaspoon vanilla
- 1/3 cup cookie crumbs

1. MICROWAVE (100%) cream cheese and chocolate 45 to 90 seconds or until chocolate is softened, stirring once.
2. Preheat microwave-convection oven to 325°. Stir chocolate until melted. Stir in sugar. Beat in egg and vanilla. Place 6 individual silicone muffin cups on Teflon-round topped low rack. Sprinkle scant tablespoon crumbs into each. Top with equal amounts of chocolate filling.
3. COMBO-BAKE on low rack with low-mix setting at 325° for 10 to 12 minutes or until just about set. Cool. Massage edges to release from baking cups. Turn out of cups and place crumb-side down on serving plate. If desired, top with whipped topping or cream.

About 6 Servings

**TIPS** • Cheesecakes can be refrigerated for several days or frozen for longer storage.

- For mocha flavor, add 1 teaspoon instant coffee granules to warm chocolate; stir until blended.
- For a special dessert, top with whipped cream, toasted nuts and chocolate curls.
- Use crushed cookies, like Oreo or Vanilla wafers for crumbs. Or, crush favorite biscotti and use for crumbs.

*Making your own pudding mix makes pudding on the go easy and can be designed to fit special sugar needs.*

### CHOCOLATE PUDDING MIX

- 1 cup sugar
- 1/3 cup cornstarch
- 1/2 cup baking cocoa
- 1/4 teaspoon salt

1. Stir together all ingredients until thoroughly mixed and no lumps remain. Store in air-tight container.

About 2 Cups

**TIP** • A sugar replacement such as Splenda or Xylitol can be used for sugar.

Turn mix into easy pudding as needed. Increase quantity as needed...just increase cooking time as well.

### CHOCOLATE PUDDING

- 3/4 cup milk
- 1/2 cup chocolate pudding mix (scant)
- Dash vanilla

1. Measure milk into 2-cup microwave measure. Add pudding mix; mix with whisk until smooth.
2. MICROWAVE (100%), uncovered, 2 to 3 minutes or until mixture boils well, stirring once or twice. Stir in vanilla. Serve warm or chilled, plain or with whipped cream.

About 2 Servings

**TIP** • Top pudding with whipped topping if desired.

*An easy microwaved cake for a quick dessert or snack. Prepare for two servings in a single bowl, and then cut in half for serving. Delicious served warm with ice cream or whipped cream!*

### CHOCOLATE CAKE IN A DISH

- 1/4 cup sugar
- 1/4 cup flour
- 2 tablespoons baking cocoa
- 1 egg
- 3 tablespoons water
- 2 tablespoons cooking oil
- 2 tablespoons chocolate chips

1. Stir together sugar, flour and cocoa in 1.5-cup high-heat bowl. Add egg, water and oil; mix with fork just until smooth. Stir in chips.
2. MICROWAVE, uncovered, (100%) 3 to 3 1/2 minutes or until cake is set. Let cool a few minutes. Turn onto plate; cut into halves or quarters. If desired, serve with whipped cream.

About 2 Servings

**TIPS** • Batter can be refrigerated. Increase time 15 to seconds when cooking chilled batter.

- Use Xylitol or Splenda for sugar and white hole wheat flour. If desired, use a light olive oil for cooking oil.

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