

Waveware<sup>®</sup>  
microwave cookware

# Microwave



**The Deepdish Crisper**

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## Preheat Instructions

1. Place the pan in the centre of the glass turntable.
2. Preheat the empty dish for the times listed below.
3. Place food to be cooked on the pan, cover with lid and cook for recommended time.
4. Second and subsequent batches do not need additional preheating.

Preheat times:

Oven	750W	850W	1000W	1200W	1500W
Time	75 sec	60 sec	50 sec	40 sec	30 sec

For increased crispyness add 30 seconds to the preheating time.  
**WARNING** - do not preheat for more than twice the recommended time.

## Cooking Times

Always use the lid with the crisper

The recipes shown in this cookbook are tested in an 1100W microwave. You should increase or decrease the cooking times as below:

For 750 watt ovens: add 20 seconds per minute

For 850 watt ovens: add 15 seconds per minute

For 1200 watt ovens: subtract 5 seconds per minute

For 1500 watt ovens: subtract 15 seconds per minute

Times given are estimates only. You should always check that food is cooked fully.

## Safety Instructions

Always protect your hands when handling the dish.

Preheating times are from cold.

Although this is a metal dish, it is safe to use in the microwave. It has a microwave absorbent layer on the underside.

Dish washer safe.

Do not preheat for more than twice the recommended time.

For microwaves without turntables, rotate the Crisping Dish 180 degrees through preheating.

Always use plastic or non-stick safe utensils.

Read hints and tips section, all things you need to know about cooking techniques are here.

Failure to follow the above will result in damage to your crisping dish.

## The Deepdish Crisper

Congratulations on your purchase of a great new innovation from Waveware. Our new Crisper lid not only extends the life of your oven by protecting it from splashes and deposits of food residue but it also directs microwave energy to the underside of the dish. This extra energy generates a hot crisping effect to better sear the food and give us the nice crispy crust you know and love.



## More Uniform Cooking

Microwave ovens have a tendency to overcook the sides and undercook the center. The raised metal edges of the crisper balance this by shielding the sides and directing more microwave energy to the center. This ensures perfectly balanced cooking.

## Better Crisping

The Deepdish Crisper diverts more of the microwave energy to the underside of the crisper. This enhances the crisping function and allows for much shorter pre-heat times. There is now no need to reheat the crisper between cooking batches—simply load the next batch and start cooking.

# Cooking Times

All times are to be used after preheating

Food		Quantity	Cooking Time
Thin crust pizza		1	4/5 minutes
Thick crust pizza		1	7/8 minutes
Hash Browns	* Fresh	2	5 minutes
Chicken Nuggets	* Frozen	6-10	5 minutes
Streaky Bacon	* Fresh	5	6 minutes
Chicken Tenders	* Frozen	2	5 minutes
Chicken Tenders	* Fresh	2	4 minutes
Beef Burgers	* Frozen	2	5 minutes
Beef Burgers	* Fresh	2	4 minutes
Fish Cakes	* Frozen	2	5 minutes
Fish Cakes	* Fresh	2	4 minutes
Fish Sticks	* Frozen	4	5 minutes
Breaded Fish Fillet	* Frozen	1	5 minutes
Fresh fish fillet	* Fresh	1	4 minutes
Breaded chicken fillet	* Fresh	1	5 minutes
Fresh chicken fillet	* Frozen	1	4 minutes
Gammon Steak	* Fresh	1	4 minutes
Steak (Medium)	*Fresh	1	4 minutes
Bagel Bites	Frozen	4	1 minutes
French fries	* Frozen	1 dish	6 minutes
Onion Rings	* Frozen	1 dish	5 minutes

Foods marked with \* should be turned half way through cooking

Pizzas with uncooked bases are not suitable for the microwave. If you wish to make your own pizza, we would suggest that you use a pre-baked base in the supermarket.

# Bacon & Avocado Ciabatta

This makes a delicious snack at any time of the day or night.

It's quick, easy and full of flavor.

## Ingredients

2 Small Ciabatta

2-3 tablesp. olive oil

10 Strips of Bacon  
rashers

2 tomatoes, sliced,  
(vine ripened  
if possible)

2 ripe avocados,  
peeled, stoned and sliced

A few basil leaves

Salt & pepper

Serves 2



## To Assemble:

Preheat the Crisper as directed on page 3.

Place 5 strips of bacon across the pan and cook for 3 minutes on one side and 2 minutes on the second side.

Repeat for the second batch of bacon.

Cut the bread in half and brush with olive oil.

Place the bacon on the bread. Top with the sliced tomatoes, avocados.

Season lightly, replace the top of the bread and enjoy!



# Chicken Pita Pockets



Another high speed recipe idea for a busy lifestyle ready in 10 minutes. For variety, try strips of lean pork in place of chicken

## Ingredients

- 1 lb / 450g Lean chicken
- 2 Peppers, deseeded and cut into squares
- 4 Wooden skewers
- 1 tablesp. Curry paste
- 1 tablesp. Oil
- Salt and black pepper

## To Serve:

- Mixed salad leaves
- Olive oil and lemon juice
- 4 pita breads, toasted
- Greek-style yogurt or mayonnaise (optional)
- Pinch salt



## To Cook:

- Cut the chicken into even chunks (about 1 inch thick)
- Mix the curry paste, oil and seasoning. Pour it over the chicken and let it marinate well.
- Thread the chicken and peppers onto the skewers.
- Preheat the Crisper as directed on page 3.
- Cook for 2/3 minutes on a high setting, turn, then cook for a further 2/3 minutes.
- To check if the chicken is cooked thoroughly, cut into the largest piece near the centre of the dish. If it is pink, then cook for an additional 1 minute.
- When cooked, leave to stand uncovered for 1 minute.

## Pork Ribs With Quick Barbecue Sauce

These ribs are par-boiled before cooking, this will reduce the fat and ensure that they are fully cooked. The microwave allows the food absorb the flavor without having to marinate for hours.

Serves 4  
1kg (2lbs) Pork ribs

Boil the ribs in a large pan of boiling water for 10 minutes.

You can flavor the liquid with onion and  $\frac{1}{2}$  tsp. of spice powder, but this is not essential. Drain and leave in the fridge until ready.

### Quick Barbecue Sauce :

3 tablesp. Tomato ketchup  
1 tablesp. Honey  
1 tablesp. White wine vinegar  
1 tablesp. Worcestershire sauce  
dash Tabasco  
1 Finely chopped red chilli (optional)  
Salt and Pepper

### To Cook:

Mix all the sauce ingredients together.

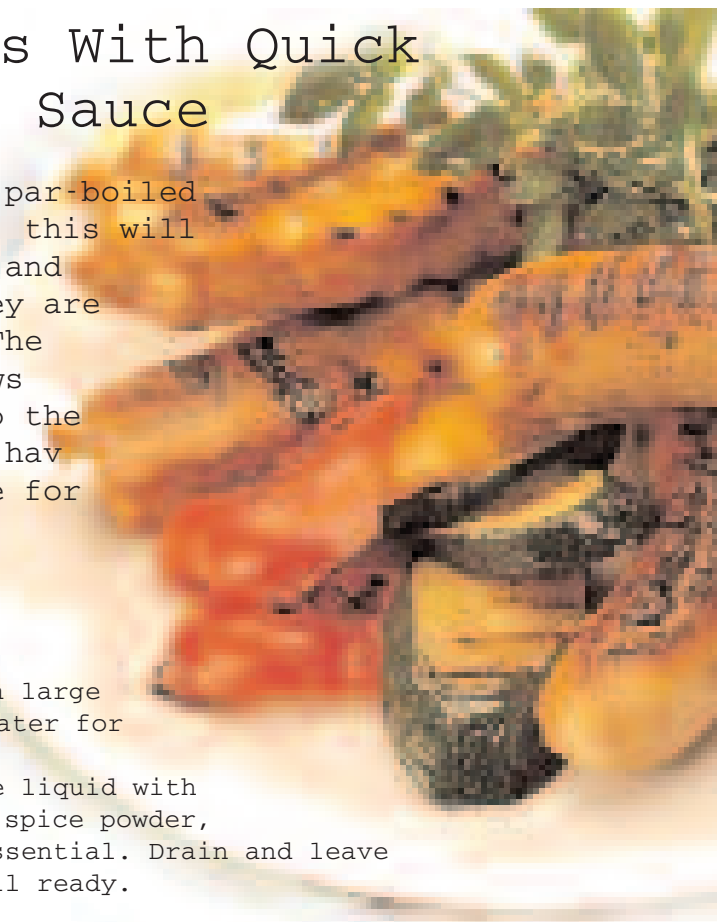
Brush all of the ribs thoroughly with the sauce.

Preheat the Crisper as directed on page 3.

Cook for  $1\frac{1}{3}$  minutes on the first side on high

Brush on some extra sauce when turning them and then -cook for ther 3 minutes on high.

Rest for 1 minute before serving





# Salmon Burgers

These are a wonderful variation on the traditional burger. Perfect for the kids coming in from school.

## Ingredients:

1 lb 450g Salmon flesh – minced  
 1 cup 4 oz breadcrumbs  
 1 spring onion - finely chopped  
 1 clove garlic - finely chopped  
 Grated zest and juice of 1/2 lemon  
 Salt and pepper  
 4 burger buns  
 Shredded lettuce  
 Sliced tomato  
 4 tablespoons crème fraiche  
 with lemon zest added  
 Chopped chives



## To Cook:

Add breadcrumbs, spring onion, lemon zest and garlic to salmon. Season and moisten with lemon juice.

Form into patties. Chill for at least 1 hour.

Preheat Crisper as directed on page 8 and cook for 1/2 minutes on each side

Place on toasted buns with lettuce and tomato.

Top with a spoonful of crème fraiche and sprinkle with chopped chives.

Serve with salad or baked potato.

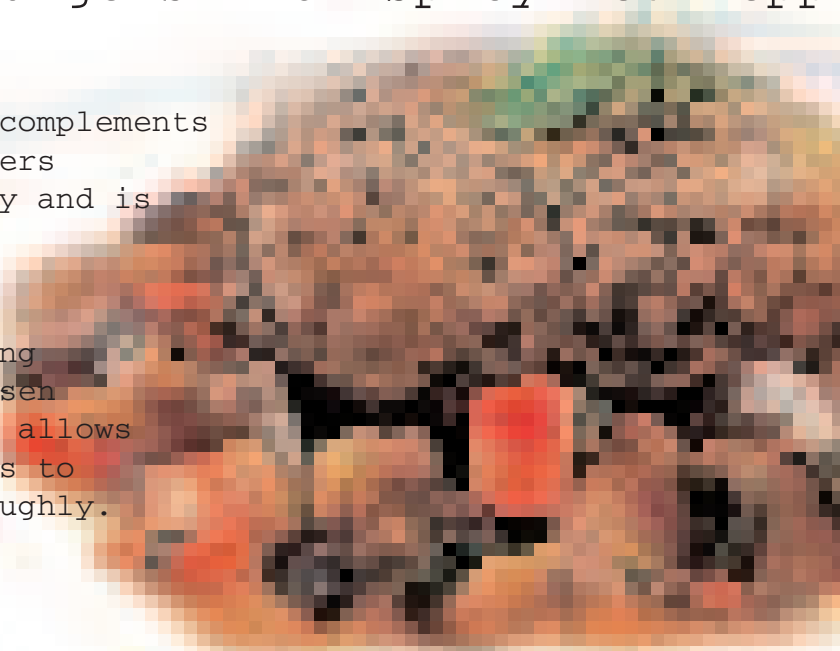


\*You can substitute trout.

# Beef Burgers with Spicy Red Pepper Salsa

The salsa complements these burgers wonderfully and is so easy to make.

The standing time is essential as it allows the burgers to cook thoroughly.



## Burgers:

1 lb 450g Minced beef  
1 Onion, finely chopped and cooked  
2 tablesp. Chopped parsley  
1 Egg yolk  
Dash of soy sauce  
Salt and black pepper

## To Prepare:

Mix the beef, onion, parsley, soy sauce, egg yolk and seasoning together.

Shape into 4 burgers. Refrigerate until you are ready to cook.

Pre heat the Crisper as directed on page 3.

Covering the crisper, cook two burgers at a time for 3 minutes on the first side and

2 on the second side.

Ensure the burgers are cooked

## Salsa:

1 Red pepper, de-seeded and chopped  
2 Large tomatoes  
1 Small onion, chopped  
Juice of half a lemon  
1 Green chilli, chopped  
1-2 Tablesp. olive oil  
2 Tablesp. parsley or basil  
Salt and black pepper

## To make the salsa:

Add all of the ingredients to a food processor and mix on pulse, you can make it as chunky or as smooth as you like.

Refrigerate until ready to use.

*This salsa is also great with steaks*

# Flapjacks

This recipe is a great way to get the kids into baking. It is very little waiting around before they're cooked!

## Ingredients:

- 1 level tablesp Golden syrup
- 1/2 cup 4 oz Light brown sugar
- 1 stick 4 oz Butter
- 2 cups 6 oz Rolled oats
- Small pinch of salt
- Handful Raisins or Hazelnuts (optional)

Place the syrup, butter and sugar in a microwave proof bowl and cook on a medium setting for 1 minute or until melted, stir thoroughly.

Add the rolled oats, raisins and nuts (if using) and a pinch of salt, mix well.

Put the mixture into the Crisping Dish and press down firmly to level.

Cook for 5 minutes on high.

Cut into portions while still warm and leave in the tin until



# Thai Fish Bites

Next time you have some left over potato, try making these fish bites. They are low in fat, contain lots of good fish oil and pack a flavor. They are good for lunch or supper with some salad. Or you can cut the cakes into quarters and serve on a platter for casual dining on the TV with friends. Serves 4-6

## Ingredients :

4 oz 110g Cooked Potatoes  
 1 lb / 450g Cod Fillet, skinned  
 and roughly chopped  
 1½ tblsp Thai Red Curry Paste  
 1 Egg  
 1 rind Lime, very finely sliced  
 1 tblsp Coriander, chopped  
 4 Chives, chopped  
 1 tblsp Plain Flour

## For the Sweet Chilli Dip:

4 tblsp Soy Sauce  
 Juice of 1 Lime  
 1 Red Chilli, de-seeded and sliced  
 thinly  
 Pinch of Sugar

## Method

Place the cod, cooked potato, curry paste, egg and lime rind in a food processor and blend until smooth (or you could use a fork and mash to a rougher paste). Stir in the coriander and scallions.

To make the cakes take a small handful of fish mixture and shape it into a ball, flatten it slightly at the top and bottom. Continue making them until you have about 10-12 cakes.

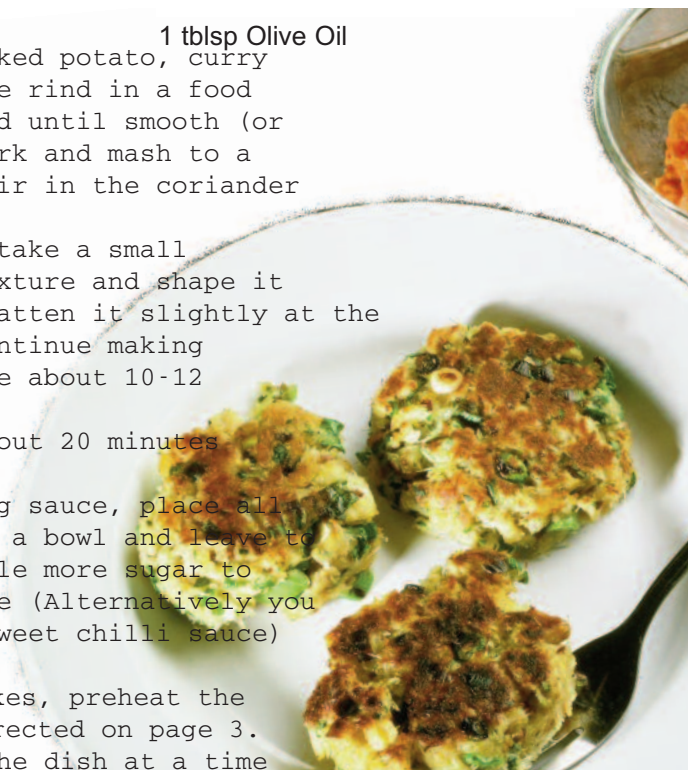
Refrigerate for about 20 minutes before cooking.

To make the dipping sauce, place all the ingredients in a bowl and leave to infuse. Add a little more sugar to sweeten if you like (Alternatively you could just buy a sweet chilli sauce)

To cook the fish cakes, preheat the crisping dish as directed on page 3.

Place 4 cakes on the dish at a time  
 Cook for 1½ minutes

Turn and cook for a further 2 minutes



# Chocolate Tart

This sinful tart is delicious when served slightly warm 40 minutes after cooking. The pastry is quick and easy to make and done in the food processor.

## Sweet crust pastry:

1½ cup 9 oz Flour  
 1½ stick / 5oz Margarine/Butter  
 1 large Tbsp Icing Sugar  
 1 Egg yolk

## Chocolate filling:

1 1/3 cup 350 ml Fresh cream  
 11 oz Plain Chocolate  
 (about 55% cocoa solids, any more would be too bitter)  
 1 egg + 1 egg yolk

## Pastry:

Beat the flour, butter and sugar in a food processor until crumbs are formed.

Add the egg yolk and beat until the ingredients form dough.

Wrap the dough in Saran wrap and chill for 30 minutes.

Roll out the dough evenly and place on the preheated Crisping Dish, making sure it covers the whole surface, including the sides.

Cook for 5 minutes on high in the microwave.

## Filling:

Warm the cream to just below boiling point.

Add the broken chocolate pieces and stir until melted.

Lightly whisk the egg and additional egg yolk in a cup and pour into chocolate mixture. Stir in thoroughly.

Pour the filling into the pastry case and microwave for 7 minutes on um setting.

After this cook the tart for an additional 1-minute on high.

The tart should have a wobble when you remove it from the microwave.

Leave to cool for about forty minutes or until it has almost set.

Serve with whipped cream or vanilla ice-cream.



## Mini Sponges/GØnoise

These sponges fluff up beautifully in the microwave and are delicious served immediately with thick cream and berries.

Makes 16 sponges approx.

### Ingredients:

Sponge  
2 Medium Eggs  
 $\frac{1}{3}$  cup / 2 oz Castor Sugar  
 $\frac{1}{3}$  cup / 2 oz Self raising flour  
 $\frac{1}{2}$  tsp Vanilla Extract

### Topping:

$\frac{1}{2}$  lb Strawberries  
1 tablesp Castor Sugar  
1 cup /  $\frac{1}{2}$  Pint Unsweetened  
Cream, whipped

### To Cook:

Add eggs, vanilla essence and sugar to a mixing bowl.

Whisk until it makes a thick mousse.

Strain in the flour and fold gently with a metal spoon until it is absorbed by the mixture.

Preheat the Crisping Dish as directed on page 3.

When fully heated quickly drop four dessert spoons of the mixture into the Crisping Dish.

Cook for 45 seconds.

Turn and cook for a further 15 seconds.

If you wish to make more, preheat the Crisping Dish for an additional 45 seconds each time before using.

The sponges can be cooled on a wire rack, but are best eaten warm.

### For the topping:

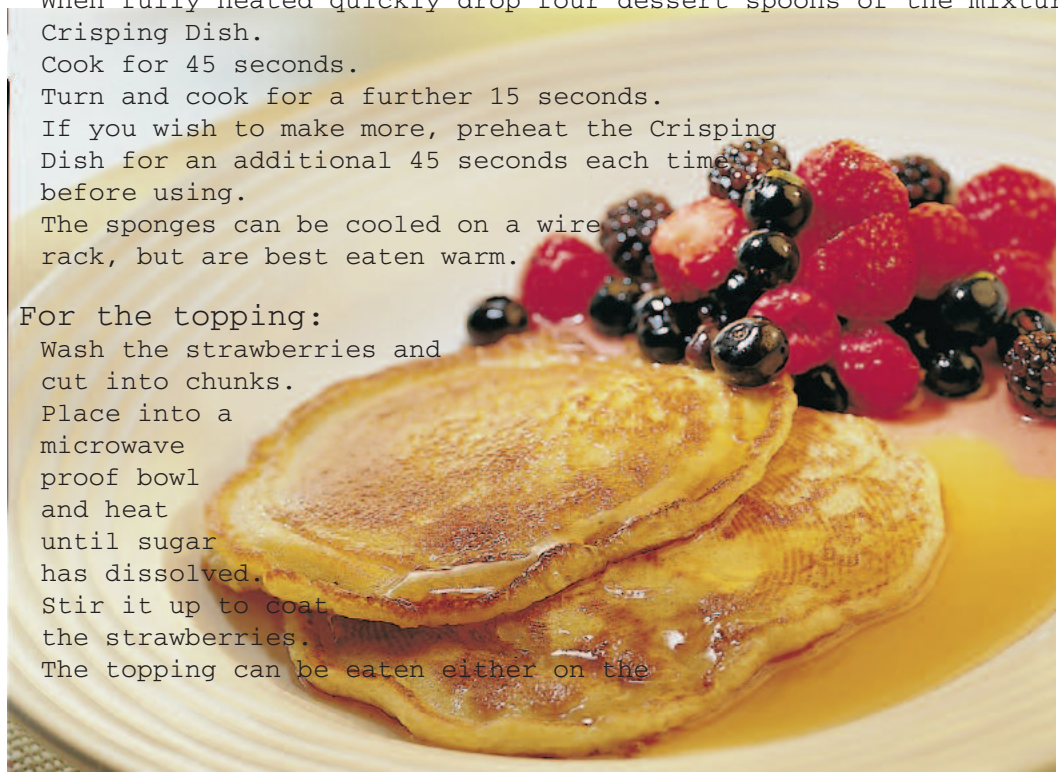
Wash the strawberries and cut into chunks.

Place into a microwave proof bowl and heat

until sugar has dissolved.

Stir it up to coat the strawberries.

The topping can be eaten either on the



# Tips

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

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



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

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

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

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

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

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

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



For BBQ PARTIES, most chefs agree that it is best to pre-cook food (particularly meats) in the microwave before finishing on the barbecue.

Use evenly sized pieces of food for even cooking.

Reduce quantities of salt and pepper.

## Microwave COOKBOOK

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### The Crisping Dish

One of the reasons people often disappointed with microwave cooking is unappetising soggy bases and crusts. This can be a particular problem with foods such as pizza, fries, etc.

The Microbake Crisping Dish provides a perfect solution to this problem. The hot Crisping tray sears and crisps to give conventional oven results in the microwave. Capable of cooking everything from frozen convenience foods (like oven chips and breaded fish) to home-made pastries, pies and tarts, The Microbake Crisping Dish is excellent for late night snacks or quick family meals.



### The Deepdish Crisper

This unique innovation diverts all energy to the underside of the deepdish. This enhances the crisping function and produces excellent results with a much lower preheat time. It also reduces overbaking around the edges - a common complaint when cooking in the



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