

A close-up photograph of a white bowl filled with a vegetable soup. The soup contains green beans, orange carrots, and other vegetables in a light-colored broth. A single golden-brown crouton is placed on the rim of the bowl. In the background, out of focus, are fresh vegetables including a head of broccoli and several red bell peppers.

VIKING

viking convection microwave

Cookbook

CONVERSION CHART

Kilograms ↔ Pounds (1 kg = 2.2 lb)

Kg = lb	Kg = lb	Kg = lb	Kg = lb	Kg = lb
0.25 0.6	1.75 3.9	3.25 7.1	4.75 10.5	6.25 13.8
0.50 1.1	2.00 4.4	3.50 7.7	5.00 11.0	6.50 14.3
0.75 1.7	2.25 5.0	3.75 8.3	5.25 11.5	6.75 14.9
1.00 2.2	2.50 5.5	4.00 8.8	5.50 12.1	7.00 15.4
1.25 2.8	2.75 6.0	4.25 9.4	5.75 12.7	7.25 16.0
1.50 3.3	3.00 6.6	4.50 9.9	6.00 13.2	

°F ↔ °C

°F = °C	°F = °C	°F = °C	°F = °C	°F = °C
100 40	145 63	175 79	250 120	400 205
110 43	150 65	180 82	275 135	425 220
120 49	155 68	185 85	300 150	450 230
130 54	160 71	190 88	325 165	
135 57	165 74	200 93	350 175	
140 60	170 77	225 107	375 190	

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) Do not operate the oven if it is damaged. It is particularly important that the microwave oven door close properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
- (d) The microwave oven should not be adjusted or repaired by anyone except properly qualified service personnel.

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Convection Cooking

A high speed fan circulates air past the heat source and around the food. Excessively hot air does not collect at the top of the oven, and cool air is moved away from the food and reheated.

Some foods are best when cooked using convection heat alone, especially small, crisp items which cook in 20 minutes

or less. Among the foods you'll bake with convection heat are appetizers, cream puffs, brownies, biscuits and rolls, cookies, puff pastry, fish sticks, muffins, crusts, pizza and souffles.

Cook many foods directly on turntable or on broiling trivet so they are surrounded by hot air. Use baking rack for 2 level cooking of cakes, muffins or cookies.

The Convection Microwave Team

Both microwave and convection ovens have advantages over conventional cooking; together they produce results neither one can achieve alone. Microwaving brings out the natural flavor of foods and keeps them moist or juicy. Convection cooking browns and crisps food beautifully. In the combination oven, convection heat seals and browns the outside perfectly while microwave energy makes sure the interior is done.

Turkey is an excellent example of what this team can do. The combination oven allows you to roast a larger turkey than is

possible with microwaving alone. No turning over is needed. You don't have to baste, unless you want to give the bird a special seasoning. Conventionally roasted turkey browns nicely, but white meat becomes dry in the time needed to cook dark meat completely. Combination cooking gives white meat microwave juiciness with the crisp brown skin of hot air roasting.

Breads and cakes. The Convection Microwave team bakes breads with a golden brown crisp crust, two cake layers at a time, and fine-textured quick bread loaves.

Convection Microwave Utensils

A wide variety of utensils may be used in convection and combination cooking. Many of them are also suitable for microwaving alone. Microwave-only paper and plastic products should not be used for combination cooking or placed in the oven while it is still hot from convection cooking.

Be sure to use hot pads when handling utensils. They become hot from convection and combination cooking.

The metal turntable is a utensil itself: a drip pan under the broiling trivet during roasting and broiling, or a baking sheet for breads and cookies.

Baking rack serves as a shelf for two-level cooking, such as layer cakes or cookies. Use it for convection and combination cooking.

Oven glass is excellent for convection, combination and microwave cooking. Stoneware and pottery utensils designed for use in ovens may be used if they are also microwave-safe.

Glass ceramic (Pyroceram®) casseroles go from oven to table. They are microwave-safe and resist the heat of surface elements as well as ovens.

Ovenable paper containers are designed for use in both microwave and conventional ovens up to 400°F, so it's suitable for convection or combination cooking too. Other paper products used for microwaving alone, such as paper napkins and toweling cannot be used with convection heat.

Metal and aluminum foil pans are safe for combination as well as convection cooking. During the convection cycle heat transferred from the pan cooks the bottom and sides of food. During the microwave cycle, energy penetrates from the top.

Thermoset-filled polyester plastics are heat resistant to temperatures of 425°F as well as microwave-safe. They are sold as dual purpose utensils and can be used. Do not use any other plastic for combination and convection cooking.

Thermometers should only be used outside the oven, since microwave thermometers are not heat resistant and conventional types are not microwave-safe.



m e a t s a n d m a i n d i s h e s

Broiling Techniques



Preheat oven to 450°F and set oven for maximum cooking time. See chart on page 22. To use BROIL setting, set oven for maximum cooking time on BROIL. It automatically heats to 450°F. Season meat on both sides, if desired. Slash fat at 2.5 cm intervals to prevent curling.



Cook for the minimum time recommended in the chart; then test for doneness. Time varies with the thickness or weight of meat and is longer for frozen meat. Turning meat over is not necessary, as moving air cooks it on both sides.



Spray trivet and turntable with non-stick vegetable cooking spray for easy cleanup. Do not cover trivet with aluminum foil, as it blocks the flow of warm air that cooks the food.



Broil food in advance, if desired, then slice. Individual servings may be reheated as needed by microwaving at MEDIUM (50%).

Roasting Techniques

Preheating the oven is not necessary for roasted meat and poultry. You don't even need a pan because the turntable will catch the drippings. For moist, tender, perfectly done meat in a fraction of the conventional time, just season meat and place it in the oven and cook, following the temperature and time in chart on page 22.



Season meat and place directly on the metal broiling trivet, which holds meat out of its juices. The turntable catches the dripping.

Roast meat in oven glass baking dish or shallow pyroceram casserole when you wish to make gravy. When meat is done, let it stand on carving board. Microwave gravy in the same dish.

Optional utensils are metal or foil roasting pans, an oven glass baking dish or pyroceram casserole. Elevate meat on a heat-resistant, if desired, and place utensil on turntable.

Roast less tender cuts of beef in heat resistant and microwave oven-safe covered casserole, or in cooking bag set in a baking dish. Covering helps tenderize meat.



Shield thin or bony areas of roasts or breast, wing tips and legs of birds to prevent overbrowning. Be sure foil does not touch trivet.



Check doneness after minimum time using a meat thermometer. If meat is not done, cook 5 minutes longer and check again. Let stand, tented with foil, 5 to 10 minutes before carving.

Barbecue Sauce

1 medium		onion, chopped
15 ml	1 tbsp	vegetable oil
250 ml	1 c	beef broth
1 can (158 ml)		tomato paste
75 ml	½ c	vinegar
50 ml	3 tbsp	packed brown sugar
50 ml	3 tbsp	Worcestershire sauce
25 ml	2 tbsp	prepared mustard
10 ml	2 tsp	salt
2 ml	½ tsp	pepper

Makes about 375 ml

1. Place onion and oil in medium bowl. Microwave at HIGH (100%) until onion is tender, 1 to 2 minutes. Blend in remaining ingredients.
2. Microwave at HIGH (100%) until bubbly, about 5 minutes. Reduce power to MEDIUM (50%). Microwave until thickened, about 5 minutes, stirring occasionally during cooking time.

Sausage Kabobs

		Barbecue Sauce (above)
1 kg	2 lb	Italian sausage
500 g	1 lb	large fresh mushrooms
2 large		green peppers, cut into chunks
2 medium		onions, cut into wedges
500 ml	1 pint	cherry tomatoes

Makes 4 servings

1. Prepare Barbecue Sauce. Set aside. Prick sausage in several places with fork. Microwave at MEDIUM-HIGH (70%) 10 minutes; remove sausage from oven.
2. Preheat oven at 450°F or use BROIL setting. Cut sausage into 5 cm pieces. Thread alternately with vegetables on 8 wooden or metal skewers. Place on broiling trivet. Brush with Barbecue Sauce. Broil 20 minutes, basting frequently with Barbecue Sauce.

Note: Skewers up to 30 cm can be used.

Roast Chicken

5 ml	1 tsp	ground ginger
2 ml	½ tsp	ground coriander
		pepper
2.5 to 3 kg	5 to 6 lb	roasting chicken
25 ml	2 tbsp	margarine or butter
125 ml	½ c	minced onion
125 ml	½ c	plain yogurt
125 ml	½ c	cereal cream (10% m.f.)
5 ml	1 tsp	turmeric
2 ml	½ tsp	salt

Makes 4 to 6 servings

1. Combine ginger, coriander and pepper; rub into chicken. Tie legs of chicken; place on roasting rack in roasting pan.
2. Place butter in a medium bowl. Microwave at HIGH (100%) until melted, 30 to 45 seconds. Blend in remaining ingredients. Reserve 50 ml of the mixture; set aside. Spread remaining mixture over chicken.
3. Roast 20 to 25 minutes per kg on HIGH MIX, 325°F or until chicken next to bone is no longer pink. Combine pan drippings and reserved sauce. Microwave at HIGH (100%) until hot; about 1 minute. Serve with chicken.

Broiled Chicken

250 ml	1 c	dry white wine
1 medium		onion, chopped
15 ml	1 tbsp	dried thyme leave
2 ml	½ tsp	salt
2 ml	½ tsp	garlic powder
1 ml	⅛ tsp	pepper
1.25 to 1.5 kg	2½ to 3 lb	broiler-fryer chicken, cut up

Makes 4 servings

1. Combine all ingredients except chicken. Reserve some of the marinade to be used later. Place chicken skin side down in large dish. Pour marinade over chicken. Marinade 2 hours.
2. Preheat oven to 450°F or use BROIL setting. Remove chicken from marinade. Place chicken pieces on broiling trivet. Broil until chicken next to bone is no longer pink, about 30 minutes.
3. Microwave the reserved marinade at HIGH (100%) until onion is soft, about 2 minutes. Pour over chicken pieces.

Steak Roulade

50 ml	¼ c	red wine
50 ml	¼ c	soy sauce
50 ml	¼ c	vegetable oil
700 g	1½ lb	flank steak
1 medium		onion, diced
1 stalk		celery, diced
½		green pepper, diced
125 ml	½ c	sliced mushroom
25 ml	2 tbsp	margarine or butter
125 ml	½ c	seasoned bread crumbs

Makes 4 servings

1. Combine wine, soy sauce and oil in large dish. Add steak and marinate several hours.
2. Combine remaining ingredients, except bread crumbs, in small bowl. Microwave at HIGH (100%) until soft, 4 to 5 minutes. Stir in crumbs.
3. Remove meat from marinade. Spread filling over meat. Roll meat up, starting at narrow end. Tie securely with string. Roast 30 minutes on HIGH MIX, 325°F, or until internal temperature reaches 130°F.

Poultry Pie

Filling:

750 ml	3 c	diced, cooked boneless chicken or turkey
1 package (300 g)		frozen peas, thawed
1 can (284 ml)		cream of mushroom soup
125 ml	½ c	milk
25 ml	2 tbsp	chopped pimiento
2 ml	½ tsp	dried oregano leaves
2 ml	½ tsp	dried marjoram leave
2 ml	½ tsp	salt
1 ml	¼ tsp	dried thyme leaves
1 ml	¼ tsp	garlic powder
1 ml	⅛ tsp	pepper

Crust:

250 ml	1 c	all-purpose flour
5 ml	1 tsp	baking powder
2 ml	½ tsp	salt
50 ml	¼ c	margarine or butter
50 to 75 ml	3 to 5 tbsp	milk

Makes 8 servings

1. Combine filling ingredients in a 23 cm (9 inch) deep dish pie pan; set aside.
2. Combine flour, baking powder and salt in medium bowl. Cut in butter until mixture resembles coarse crumbs. Add enough milk to form a soft dough. Roll out on lightly floured surface to fit top of dish. Fit dough onto dish. Trim, seal and flute. Cut small slits in crust.
3. Place pie on broiling trivet. Bake 25 to 30 minutes on LOW MIX, 375°F or until thoroughly heated.



Steak Kabobs ▲

50 ml	¼ c	sugar
50 ml	¼ c	soy sauce
50 ml	¼ c	white wine
15 ml	1 tbsp	vegetable oil
5 ml	1 tsp	ground ginger
1 ml	¼ tsp	salt
1 kg	2 lb	lean top beef round steak, cut into 2.5 cm cubes
2 large		green pepper, cut into chunks
2 medium		tomatoes, cut into quarters
250 ml	1 c	canned pineapple chunks, drained

Makes 4 servings

1. Mix sugar, soy sauce, wine, oil, ginger and salt in medium bowl. Stir in steak cubes; cover. Marinate at room temperature 1 hour or at least 4 hours in refrigerator.
2. Preheat oven at 450°F or use BROIL setting. Remove steak cubes from marinade; reserve marinade. Thread steak cubes alternately with remaining ingredients on 8 wooden or metal skewers. Place on broiling trivet. Broil until desired doneness, 7 to 9 minutes, brushing with marinade after half the time.

Note: Skewers up to 30 cm can be used.



Spicy Shrimp ▲

50 ml	¼ c	white wine
50 ml	¼ c	water
50 ml	3 tbsp	soy sauce
25 ml	2 tbsp	sugar
15 ml	1 tbsp	vegetable oil
10 ml	2 tsp	dried parsley flakes
1 ml	⅛ to ¼ tsp	ground ginger
Dash		hot pepper sauce
500 g	1 lb	jumbo raw shrimp, shelled and deveined

Makes 4 servings

1. Mix all ingredients except shrimp in medium bowl. Reserve some of the marinade to be used later. Stir in shrimp; cover. Marinate at room temperature 45 minutes or 3 hours in refrigerator.
2. Preheat oven at 450°F or use BROIL setting. Remove shrimp from marinade. Place shrimp on turntable or round pizza pan. Broil 6 to 8 minutes, brushing with marinade after half the time.
3. Serve the reserved marinade over rice or as a dipping sauce when served as an appetizer, if desired.

Meatloaf

700 g	1½ lb	ground beef
1		egg
1 small		onion, chopped
1		carrot, grated
1 stalk		celery, finely chopped
125 ml	½ c	seasoned bread crumbs
50 ml	¼ c	catsup
2 ml	½ tsp	dried thyme leaves
1 ml	¼ tsp	garlic powder
1 ml	⅛ tsp	pepper
125 g	¼ lb	boiled ham, sliced
125 g	¼ lb	Swiss cheese, sliced

Makes 4 to 6 servings

1. Thoroughly combine all ingredients except ham and cheese. On a sheet of wax paper, press mixture into a 23 x 30 cm rectangle.
2. Layer sliced ham on meat, then cheese. Roll up, starting at narrow end. Seal ends to form loaf. Place seam side down in 2 L (9 x 5 inch) loaf pan. Roast 30 to 35 minutes on HIGH MIX, 325°F, or until internal temperature reaches 150°F.

Cheese Soufflé

50 ml	¼ c	margarine or butter
50 ml	¼ c	all-purpose flour
2 ml	½ tsp	salt
1 ml	⅛ tsp	cayenne
375 ml	1½ c	milk
500 ml	2 c	shredded Cheddar cheese
6		eggs, separated

Makes 4 servings

1. Place margarine in large bowl. Microwave at HIGH (100%) until melted, about 1 minute. Blend in flour, salt and cayenne. Gradually stir in milk. Microwave at MEDIUM-HIGH (70%) until slightly thickened, about 6 minutes, stirring every 2 minutes. Add cheese. Microwave at MEDIUM-HIGH (70%) 2 minutes; stir to blend.
2. Preheat oven to 325°F. Beat egg yolks. Stir a small amount of hot sauce gradually into egg yolks; return to sauce, blending well. Cool slightly.
3. Beat egg whites until soft peaks form. With rubber spatula, fold egg whites into cheese sauce, half at a time, just until blended. Pour into greased 2-litre soufflé dish. Bake 30 to 35 minutes on LOW MIX, 325°F, or until top is puffed and golden and center is set. Serve immediately.

Broccoli Kugel

50 ml	3 tbsp	margarine or butter, melted
250 g	½ lb	cooked egg noodles
1 package (300 g)		chopped broccoli, thawed and drained
1 package (125 g)		cream cheese
250 ml	1 c	cottage cheese
125 ml	½ c	dairy sour cream
2		eggs, slightly beaten
2 ml	½ tsp	salt
2 ml	½ tsp	vanilla

Makes 8 servings

1. Combine half the butter, the noodles and broccoli in 2 L (8 x 8 inch) square baking dish. Combine remaining ingredients except the remaining butter in medium bowl; add to noodles and mix well. Brush with remaining butter.
2. Bake 30 minutes on LOW MIX, 350°F, or until thoroughly heated.

Broccoli Quiche

1		baked 23 cm (9 inch) deep dish or 25 cm (10 inch) pie shell
1 medium		onion, chopped
5		eggs, beaten
500 ml	2 c	shredded Swiss cheese
500 ml	2 c	shredded mozzarella cheese
1 can (160 ml)		evaporated milk
1 package (300 g)		frozen chopped broccoli, thawed and drained
1 ml	¼ tsp	ground nutmeg
1 ml	¼ tsp	salt
1 ml	⅛ tsp	pepper

Makes 4 to 6 servings

1. Place onion in small dish. Microwave at HIGH (100%) until tender, about 2 minutes.
2. Combine onion and remaining ingredients. Pour into prepared pie shell. Place on broiling trivet.
3. Bake 30 to 35 minutes on LOW MIX, 350°F. If wooden pick inserted in center does not come out clean, let stand in oven a few minutes to complete cooking.



Pot Roast with Vegetables ▲

2 to 2.5 kg	4 to 5 lb	round or chuck pot roast
2 ml	½ tsp	salt
2 ml	½ tsp	garlic powder
2 ml	½ tsp	dried thyme leaves
1 ml	⅛ tsp	pepper
4		potatoes, peeled and quartered
3		onions, quartered
2		carrots, sliced
175 ml	¾ c	water
25 ml	2 tbsp	brown bouquet sauce

Makes 8 servings

1. Place meat in 4-litre casserole. Pat seasonings into meat. Add vegetables. Combine water and browning sauce; pour into casserole dish. Cover.
2. Roast 40 to 44 minutes per kg on HIGH MIX, 325°F, or until internal temperature reaches 140°F.

Frittata

175 ml	¾ c	diced green pepper
175 ml	¾ c	diced mushrooms
175 ml	¾ c	diced zucchini
175 ml	¾ c	diced onion
125 ml	½ c	diced pimiento
25 ml	2 tbsp	vegetable oil
6		eggs
2 packages (250 g each)		cream cheese
50 ml	¼ c	milk
500 ml	2 c	cubed bread (3 slices)
375 ml	1½ c	shredded Cheddar cheese
5 ml	1 tsp	salt
2 ml	½ tsp	garlic powder
1 ml	¼ tsp	pepper

Makes 6 to 8 servings

1. Combine vegetables and oil in medium bowl; cover. Microwave at HIGH (100%) until vegetables are tender, about 5 minutes. Drain liquid.
2. Beat eggs with cream cheese and milk until smooth. Mix in remaining ingredients. Pour into buttered 23 cm (9 inch) spring form pan.
3. Bake 30 minutes on LOW MIX, 350°F, or until set in center. Cool 10 to 20 minutes. Cut into wedges.

Leg of Lamb

50 ml	¼ c	margarine or butter, softened
2 ml	½ tsp	garlic powder
2 ml	½ tsp	dried thyme leaves
2 ml	½ tsp	dried oregano leaves
2 ml	½ tsp	dried parsley flakes
25 ml	2 tbsp	lemon juice
1 small		onion, chopped
2 to 2.5 kg	4 to 5 lb	leg of lamb

Makes 4 to 6 servings

1. Combine butter, garlic powder, thyme, oregano and parsley. Add lemon juice and onion, making a paste. Spread over lamb.
2. Roast 28 to 32 minutes per kg on HIGH MIX, 325°F, or until internal temperature reaches 130°F.

Pineapple Pork Roast

250 ml	1 c	pineapple jam
50 ml	¼ c	prepared mustard
15 ml	1 tbsp	prepared horseradish
15 ml	1 tbsp	soy sauce
1.5 to 2.5 kg	3 to 5 lb	pork roast

Makes 4 to 6 servings

1. Combine all ingredients except pork roast.
2. Roast 28 to 32 minutes per kg on HIGH MIX, 325°F, or until internal temperature reaches 175°F.
3. Cover roast with sauce during last 20 minutes of cooking. Extra sauce may be heated and served with roast.

Stuffed Pork Chops

4		pork chops, 2.8 cm thick
250 ml	1 c	chopped apple
125 ml	½ c	soft bread crumbs
125 ml	½ c	chopped walnuts
50 ml	¼ c	chopped onion
50 ml	¼ c	raisins
1		egg
5 ml	1 tsp	dried parsley flakes
2 ml	½ tsp	dried thyme leaves
1 ml	¼ tsp	ground sage
1 ml	⅛ tsp	pepper

Makes 4 servings

1. Make pocket in each chop. Combine remaining ingredients; mix well. Stuff each chop with one-fourth of the mixture. Place chops directly on turntable or round pizza pan.
2. Roast 30 minutes on HIGH MIX, 325°F, or until meat next to bone is no longer pink.



b a k i n g & d e s s e r t s

Bread Techniques



Proofing dough. Use your own recipe or frozen dough. Place in well-greased bowl or loaf pan; cover with damp cloth. Place in oven at 100°F (Warm) for 30 to 45 minutes.

Frozen dough will take longer, 2 to 2¼ hours. Dough is doubled when impressions remain after fingers are pressed 1.2 cm into dough.



Preheating of oven is not necessary. Bake one loaf 25 minutes and two loaves 30 minutes at LOW MIX, 350°F. After baking, bread should be golden brown and sound hollow when tapped. Do not let bread stand in oven; remove from pans immediately to cool on wire rack.



Braid or other shape. Remove turntable from oven. Shape bread; place directly on turntable. No preheating is needed. Bake for three-fourths of the time in your conventional recipe on LOW MIX, 350°F.

Cake Techniques



Tube or Bundt Cakes. Do not preheat oven. Bake cakes for three-fourths of minimum time on recipe or package directions, using LOW MIX, 350°F. Bake cake on broiling trivet. If arcing occurs with fluted tube pan, place a heat-and-microwave-safe dish or plate between pan and broiling trivet.

Layer Cakes. Use a mix or your own conventional recipe. Follow recipe or package directions for preheating and baking instructions.



Angel Food. Do not preheat oven. Bake your recipe or a mix for 25 to 30 minutes on LOW MIX, 350°F.



Loaf Cakes or Quick Breads. Do not preheat oven. Bake for three-fourths of minimum time on recipe or package directions, using LOW MIX, 350°F. Test for doneness. If loaf is not done, let stand in oven a few minutes to complete cooking.

Pie Techniques



Pie Shell. Use mix, frozen pie dough, or your recipe for single crust pie. Prick crust with fork. Preheat oven to 425°F. Place pie shell on broiling trivet; bake with convection heat 8 to 10 minutes, or until lightly browned. Cool and fill.



Custard Pies. Prebake and cool pie shell as directed on the left. Fill with uncooked custard. Without preheating, bake pie on pizza pan placed on broiling trivet for 30 to 35 minutes on LOW MIX, 325°F. If custard is not set, let stand in oven a few minutes to complete cooking.



Double Crust or Crumb Top Pies. Preheat pie as you would for conventional baking; make slits in top of two crust pie. Preheat oven to 400°F. Place pie on broiling trivet. Bake double crust or lattice pies 25 to 35 minutes on HIGH MIX, 400°F; crumb top pies 20 to 25 minutes on HIGH MIX, 400°F.



Frozen Prepared Custard-Type Pies. Preheat oven to temperature listed on package. Place pie on broiling trivet. Bake three-fourths of package time using LOW MIX set at the package temperature. If filling is not set, let stand in oven to complete cooking.

Frozen Prepared Pies. Do not preheat oven. Bake on pizza pan placed on broiling trivet. Use HIGH MIX, 375°F for fruit pies; 21 cm (8-inch) - 35 minutes, 23 cm (9-inch) - 40 to 45 minutes.

Biscuits

50 ml	3 tbsp	sugar
50 ml	4 tbsp	warm water
2 packages (8 g each)		active dry yeast
1000 to 1175 ml	4½ to 5 c	all-purpose flour
50 ml	3 tbsp	baking powder
5 ml	1 tsp	salt
5 ml	1 tsp	baking soda
250 ml	1 c	vegetable shortening
500 ml	2 c	buttermilk

Makes 36 biscuits

1. Dissolve sugar in warm water. Sprinkle yeast over water. Set aside. Combine 1000 ml flour with remaining dry ingredients. Cut in shortening until mixture resembles coarse crumbs. Add yeast mixture and buttermilk to dry ingredients. Mix in enough of remaining flour to form a soft dough. Knead 5 or 6 times.
2. Roll out desired amount on lightly floured surface to a little over 0.6 cm thick. Cut with floured 5 cm biscuit cutter.
3. Preheat oven to 400°F. Place biscuits on lightly greased pan. Let rise 10 minutes. Baked at 400°F for 10 to 12 minutes, or until golden brown.

Note: Dough can be refrigerated for one week in an air-tight plastic bag.

Beer Muffins

1000 ml	4 c	biscuit baking mix
1 can (341 ml)		beer
25 ml	2 tbsp	sugar

Makes 12 muffins

1. Preheat oven to 400°F. Combine all ingredients in large bowl. Spoon batter into twelve greased muffin cups.
2. Bake at 400°F for 15 to 20 minutes, or until golden brown.

Zucchini Muffins

1		egg
75 ml	⅓ c	vegetable oil
125 ml	½ c	milk
375 ml	1½ c	all-purpose flour
125 ml	½ c	sugar
5 ml	1 tsp	baking powder
2 ml	½ tsp	ground cinnamon
2 ml	½ tsp	salt
250 ml	1 c	grated zucchini
125 ml	½ c	chopped walnuts
125 ml	½ c	raisins

Makes 12 muffins

1. Combined egg, oil and milk in 500 ml measure. Combine remaining ingredients in medium bowl. Pour liquid into dry ingredients and mix until just moistened. Fill 12 greased muffin cups ¾ full.
2. Bake 20 to 24 minutes on LOW MIX, 400°F, or until tops spring back when touched lightly with finger.

Strawberry Puff Ring

125 ml	½ c	water
25 ml	2 tbsp plus 1½ tsp	margarine or butter
125 ml	½ c	all-purpose flour
3		eggs
500 ml	2 c	prepared vanilla pudding or sweetened whipped cream
500 ml	1 pint	strawberry, rinsed, hulled and sliced
		powdered sugar

Makes 6 to 8 servings

1. Place water and margarine in medium bowl. Microwave at HIGH (100%) until boiling, about 2 minutes. Blend in flour until smooth. Microwave at HIGH (100%) 1 minute. Add eggs, 1 at a time, beating well after each. Preheat oven to 400°F. Drop dough by tablespoonfuls into 8 equal puffs touching each other in 20 cm circle onto greased round pizza pan or turntable.
2. Bake 25 minutes at 400°F. Prick puff with sharp knife in several places to allow steam to escape. Let stand in oven 5 minutes; remove from oven to cool. Cut cooled puff ring in half. Spoon pudding into bottom half of ring; top with strawberries. Replace top half. Sprinkle with powdered sugar.



▲ Onion-Cheese Bread

1 medium		onion, chopped (about 125 ml)
15 ml	1 tbsp	margarine or butter
375 ml	1½ c	biscuit baking mix
125 ml	½ c	milk
1		egg, well beaten
125 ml	½ c	shredded sharp Cheddar cheese
15 ml	1 tbsp	dried parsley flakes
25 ml	2 tbsp	margarine or butter
125 ml	½ c	shredded sharp Cheddar cheese

Makes 6 to 8 muffins

1. Combine onion and 15 ml margarine in small bowl. Microwave at HIGH (100%) until onion is tender, about 2 minutes. Set onion aside.
2. Preheat oven to 400°F. Mix baking mix, milk and egg until just moistened in medium bowl. Stir in onion, 125 ml cheese and parsley. Spread in greased 2 L (8 x 8 inch) square baking pan, 8 x 8 inches. Dot with 25 ml margarine; sprinkle with 125 ml cheese. Bake until wooden pick inserted in center comes out clean, about 20 minutes.

Orange Nut Bread

500 ml	2 c	all-purpose flour
10 ml	2 tsp	baking powder
5 ml	1 tsp	salt
125 ml	½ c	packed brown sugar
125 ml	½ c	orange marmalade
1		egg, well beaten
75 ml	¼ c	milk
125 ml	½ c	orange juice
15 ml	1 tbsp	grated orange peel
25 ml	2 tbsp	margarine or butter, melted
125 ml	½ c	chopped walnuts

Makes 8 to 10 servings

1. Mix flour, baking powder and salt in large bowl. Mix in brown sugar, marmalade, egg and milk until smooth. Stir in orange juice, orange peel and margarine until just mixed. Stir in nuts. Pour into greased 1.5 L (8 x 4 inch) loaf pan.
2. Bake 30 to 35 minutes on LOW MIX, 350°F. If wooden pick inserted in center does not come out clean, let stand in oven a few minutes to complete cooking. Cool 5 minutes; remove from pan. Cool completely on wire rack.



Nut Cake With Mocha Frosting ▲

8		eggs
375 ml	1½ c	sugar
500 ml	2 c	hazelnuts or walnuts
50 ml	¼ c	all-purpose flour
25 ml	1½ tbsp	baking powder

Frosting:

500 ml	1 pint	whipping cream
125 ml	½ c	sugar
50 ml	¼ c	chocolate flavor drink mix
15 ml	2½ tsp	vanilla
5 ml	1 tsp	instant coffee

Makes 8 to 10 servings

1. Grease and flour two 23 cm (9 inch) round cake pans; line with wax paper. Combine eggs and sugar in blender; blend until light and fluffy. Add nuts; blend until finely chopped. Add flour and baking powder; blend until just mixed. Pour into prepared pans. Bake 20 to 25 minutes on LOW MIX, 350°F. If wooden pick inserted in center does not come out clean, let stand in oven a few minutes to complete cooking. Cool.
2. For frosting, combine remaining ingredients in medium bowl. Beat until stiff. Fill and frost cake and chill. Cake must be refrigerated.

Cheese Cake

300 ml	1¼ c	all-purpose flour
175 ml	¾ c	margarine or butter
50 ml	¼ c	sugar
1		egg yolk
		Grated lemon peel from ½ lemon

Filling:

4 packages (250 g)		cream cheese
300 ml	1¼ c	sugar
25 ml	2 tbsp	all-purpose flour
4		eggs
1		egg yolk
25 ml	2 tbsp	whipping cream
		Grated lemon peel from ½ lemon

Makes 12 servings

1. Combine crust ingredients in small bowl; beat until well mixed. Refrigerate, covered, for 1 hour.
2. Preheat oven to 400°F. Press one-third flour mixture into bottom of 23 cm (9 inch) spring form pan. Bake at 400°F for 8 minutes; cool. Lower oven temperature to 350°F.
3. In large bowl, beat cream cheese until smooth. Slowly beat in sugar. Add flour and remaining ingredients. Beat 5 minutes. Press remaining dough around side of pan to within 2.5 cm of top; do not bake. Pour cream cheese mixture into pan.
4. Bake 35 minutes on LOW MIX, 350°F. Let cheese cake remain in oven 30 minutes. Remove cool in pan.

Sour Cream Pound Cake

1000 ml	4 c	all-purpose flour
10 ml	2 tsp	baking powder
5 ml	1 tsp	baking soda
2 ml	½ tsp	salt
500 ml	2 c	sugar
250 ml	1 c	margarine or butter, softened
4		eggs
5 ml	1 tsp	vanilla
500 ml	2 c	dairy sour cream
125 ml	½ c	sugar
50 ml	¼ c	finely chopped walnuts
25 ml	2 tbsp	ground cinnamon

Makes 10 to 12 servings

1. Mix flour, baking powder, baking soda and salt in medium bowl. Set aside. Beat 500 ml sugar and the margarine until light and fluffy. Add eggs, 1 at a time, beating well after each. Mix in vanilla. Stir in flour mixture alternately with sour cream, beating after each addition until smooth. Set aside.
2. Combine 125 ml sugar, the nuts and cinnamon. Pour half of batter into well greased 3-4 L (10 inch) tube pan, sprinkle with half of filling. Repeat with remaining batter and filling.
3. Bake 40 to 45 minutes on LOW MIX, 350°F. If wooden pick inserted in center does not come out clean, let stand in oven a few minutes to complete cooking. Cool 10 minutes; remove from pan. Cool completely on wire rack.

Coconut Oatmeal Pie

3		eggs, well beaten
250 ml	1 c	packed brown sugar
150 ml	$\frac{2}{3}$ c	granulated sugar
150 ml	$\frac{2}{3}$ c	quick cooking oats
150 ml	$\frac{2}{3}$ c	shredded coconut
125 ml	$\frac{1}{2}$ c	milk
25 ml	2 tbsp	margarine or butter, melted
5 ml	1 tsp	vanilla
125 ml	$\frac{1}{2}$ c	broken pecans
1		23 cm (9-inch) unbaked pie shell

Makes 23 cm (9 inch) pie

1. Preheat oven to 450°F. Combine all ingredients except pecans in large bowl. Add pecans; mix well. Pour into pie shell.
2. Place pie on broiling trivet. Bake at 450°F for 8 minutes. Lower temperature to 375°F. Bake 15 minutes on LOW MIX, 375°F, or until set.

Peach Kuchen

250 ml	1 c	all-purpose flour
15 ml	1 tbsp	sugar
1 ml	$\frac{1}{4}$ tsp	salt
1 ml	$\frac{1}{4}$ tsp	baking powder
50 ml	$\frac{1}{4}$ c	margarine or butter
4 to 5 medium		peaches, peeled and sliced
50 ml	$\frac{1}{4}$ c	sugar
5 ml	1 tsp	ground cinnamon
250 ml	1 c	dairy sour cream
1		egg yolk, slightly beaten
5 ml	1 tsp	vanilla

Makes 8 servings

1. Combine flour, 15 ml sugar, salt and baking powder in medium bowl; mix well. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Turn mixture into 2 L (8 x 8 inch) square baking pan. Pat evenly over bottom and one-fourth way up the sides.
2. Arrange peaches on top of flour mixture. Combine sugar and cinnamon, sprinkle over peaches. Combine sour cream, egg yolk and vanilla; pour over peach mixture.
3. Bake 30 minutes on LOW MIX, 375°F, or until juice begins to bubble. Cool; cut into squares.

Spicy Nut Cake

750 ml	3 c	all -purpose flour
5 ml	1 tsp	baking soda
2 ml	$\frac{1}{2}$ tsp	ground allspice
2 ml	$\frac{1}{2}$ tsp	ground cinnamon
2 ml	$\frac{1}{2}$ tsp	ground nutmeg
500 ml	2 c	sugar
175 ml	$\frac{3}{4}$ c	margarine or butter, softened
4		eggs
250 ml	1 c	buttermilk
2 ml	$\frac{1}{2}$ tsp	vanilla
500 ml	2 c	jam (combine 2 or more flavors)
500 ml	2 c	chopped pecans

Makes 10 to 12 servings

1. Mix flour, baking soda, allspice, cinnamon and nutmeg. Set aside. Beat sugar and margarine until light and fluffy. Add eggs, 1 at a time, beating well after each. Stir in flour mixture alternately with buttermilk, beating well after each addition until batter is smooth. Mix vanilla, jam and pecans together. Fold mixture into batter until thoroughly blended.
2. Pour into greased 3-4 L (10 inch) tube pan. Bake 50 to 55 minutes on LOW MIX, 350°F. If wooden pick inserted in center does not come out clean, let stand in oven a few minutes to complete cooking. Cool 10 minutes; remove from pan. Cool completely on wire rack.



◀ Chocolate Chip Bars

550 ml	2¼ c	all-purpose flour
5 ml	1 tsp	baking soda
2 ml	½ tsp	salt
175 ml	¾ c	granulated sugar
175 ml	¾ c	packed brown sugar
125 ml	½ c	margarine or butter
125 ml	½ c	vegetable oil
5 ml	1 tsp	vanilla
2		eggs
1 package (350 g)		chocolate chips
250 ml	1 c	chopped nuts

Makes 32 bars

1. Combine flour, soda and salt; set aside. Cream together granulated sugar, brown sugar, butter, oil and vanilla. Beat until creamy. Beat in eggs. Gradually add flour mixture; mix well. Stir in chocolate chips and nuts.
2. Press mixture into 2 ungreased 2 L (8 x 8 inch) square pans. Bake 20 to 25 minutes on LOW MIX, 350°F, or until wooden pick inserted in center comes out clean. Let cool in pans. Cut into 32 squares.

Carousel Crackles

250 ml	1 c	semi-sweet chocolate chips
250 ml	1 c	packed brown sugar
75 ml	⅓ c	vegetable oil
2		eggs
5 ml	1 tsp	vanilla
250 ml	1 c	all-purpose flour
5 ml	1 tsp	baking powder
1 ml	¼ tsp	salt
125 ml	½ c	finely chopped walnuts
50 to 75 ml	¼ to ⅓ c	powdered sugar

Makes 48 cookies

1. Place chocolate chips in large mixing bowl. Microwave at HIGH (100%) until melted, about 2 minutes. Blend in brown sugar and oil. Add eggs, 1 at a time, beating well after each. Stir in vanilla. Combine flour, baking powder and salt; stir into chocolate mixture. Mix in nuts. Chill dough at least 1 hour.
2. Preheat oven to 350°F. Drop dough by rounded teaspoonfuls into powdered sugar; roll to coat. Place 5 cm apart on greased turntable or round pizza pan. Bake at 350°F for 10 to 12 minutes. Remove from turntable; cool on wire rack.

Baked Fruit

15 ml	1 tbsp	margarine or butter
125 ml	½ c	cake or cookie crumbs
500 ml	2 c	canned fruit halves, well drained (any combination of apricots, peaches or pears), reserve 125 ml juice
50 ml	3 tbsp	margarine or butter
50 ml	¼ c	packed brown sugar
125 ml	½ c	flaked coconut
125 ml	½ c	cake or cookie crumbs
2 to 5 ml	½ to 1 tsp	curry powder

Makes 6 servings

1. Grease shallow baking dish with 15 ml margarine. Spread 125 ml crumbs in baking dish. Arrange fruit hollow side up over crumbs. Dot with 50 ml margarine. Sprinkle with brown sugar, coconut and 125 ml crumbs. Mix reserved fruit juice and curry; pour evenly over top. Cover.
2. Bake 10 minutes on HIGH MIX, 450°F, or until golden brown. Serve warm.

Combination Roasting Chart

Cut		Time
Beef		
Roasts (tender cuts)	Rare	25-28 min. / kg at HIGH MIX, 325°F
	Medium	26-30 min. / kg at HIGH MIX, 325°F
	Well Done	28-34 min. / kg at HIGH MIX, 325°F
Roasts (less tender cuts)	Rare	25-30 min. / kg at HIGH MIX, 325°F
	Medium	26-34 min. / kg at HIGH MIX, 325°F
	Well Done	28-36 min. / kg at HIGH MIX, 325°F
Veal		
Roasts (boned, rolled, tied)	Well Done	28-32 min. / kg at HIGH MIX, 325°F
Breast (stuffed)	Well Done	22-26 min. / kg at HIGH MIX, 325°F
Pork		
Roasts (boned, rolled, tied or bone-in)	Well Done	28-32 min. / kg at HIGH MIX, 325°F
Smoked Ham		14-18 min. / kg at HIGH MIX, 325°F
Lamb		
Leg, Roasts	Rare	20-24 min. / kg at HIGH MIX, 325°F
	Medium	24-28 min. / kg at HIGH MIX, 325°F
	Well Done	28-32 min. / kg at HIGH MIX, 325°F
Poultry		
Chicken, whole		18-26 min. / kg at HIGH MIX, 325°F
Chicken, pieces		20-24 min. / kg at HIGH MIX, 375°F
Turkey (unstuffed)		15-20 min. / kg at HIGH MIX, 325°F
Turkey Breast		26-32 min. / kg at HIGH MIX, 325°F

Convection Broiling Chart

Cut		Weight/ Thickness	Convection Time	
Beef				
Rib		1.8-2.5 cm 200-250 g each	Rare	10-13 min.
			Medium	14-16 min.
			Well Done	17-20 min.
Steaks: Sirloin, Porterhouse, T-Bone		2.5-3.7 cm	Rare	10-13 min.
			Medium	14-18 min.
			Well Done	19-25 min.
Chuck Steak		2.5 cm	Rare	12-14 min.
			Medium	15-18 min.
			Well Done	19-23 min.
London Broil		2.5-3 cm 1.25-1.5 kg	Rare	23-25 min.
			Medium	26-30 min.
Hamburgers		125 g each	Medium	13-15 min.
			Well Done	18-20 min.
Pork				
Chops: loin or center		1.8-2.5 cm	Well Done	16-20 min.
Bacon		Regular sliced		4-5 min.
		Thick sliced		7-8 min.
Sausage:	Brown 'n Serve	Patties: 1.3 cm, 250-500 g		8-10 min.
	Fresh	Links: 250-500 g		8-10 min.
Ham slice, fully cooked		1.8 cm		10-12 min.
Frankfurters		500 g		5-7 min.
Lamb				
Chops: rib, loin or center		1.8 cm 85-125 g each	Medium	12-14 min.
			Well Done	15-17 min.
Chicken				
Broiler-Fryer, halved, quartered or cut up		0.5-1.5 kg		25-35 min.
Fish				
Fillets		0.6-1.8 cm		6-7 min.
Steaks		1.8 cm		12-14 min.

Combination Baking Chart

Item	Procedure
Cakes: Your recipe or mix	
Tube or Bundt Cakes	LOW MIX, 350°F for three-fourths the recommended time.*
Angel Food	LOW MIX, 350°F for 25 to 30 minutes.
Loaf Cakes or Quick Breads	LOW MIX, 350°F for three-fourths the recommended time.
Bar Cookies: Your recipe or mix	LOW MIX, 350°F for three-fourths the recommended time or until wooden pick inserted in center comes out clean.
Pies	
Single Crust: Baked before filling, your recipe, mix or frozen prepared	Prick crust with fork. Preheat oven to 425°F. Bake on broiling trivet 8 to 10 minutes or until lightly browned. Let cool before filling.
Double Crust	Preheat oven to 400°F. Bake on broiling trivet 25 to 35 minutes on HIGH MIX, 400°F.
Crumb Top	Preheat oven to 400°F. Bake on broiling trivet 20 to 25 minutes on HIGH MIX, 400°F.
Custard Pie	Prebake, following directions for single crust; cool. Fill with desired uncooked custard. Bake on pizza pan on broiling trivet 35 minutes on LOW MIX, 325°F. If custard is not set, let stand in oven a few minutes.
Pecan Pie	Bake on broiling trivet 25 to 30 minutes on LOW MIX, 350°F.
Frozen Prepared Fruit Pies	Place on pizza pan on broiling trivet and bake 30 to 40 minutes using HIGH MIX, 375°F.
Frozen Prepared Custard Pies	Preheat oven to package temperature. Place on broiling trivet and bake three-fourths of package time using LOW MIX, and package temperature. If not set, let stand in oven a few minutes.
Breads	
Loaf: Your recipe or frozen, thawed and proofed	LOW MIX, 350°F. 1 to 2 loaves, 25 to 30 minutes.
Braid or other shape	Remove metal turntable from oven. Place bread directly on metal turntable. LOW MIX, 350°F for three-fourths the conventional time.

- * If arcing occurs while using a fluted tube pan, place a heat-resistant dish (Pyrex® pie plate, glass pizza tray or dinner plate) between the pan and the broiling trivet.



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