

Cuisinart® INSTRUCTION BOOKLET

Recipe
Booklet
Reverse Side



Cuisinart® Compact Microwave

CMW-55 Series

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IB-8083

IMPORTANT SAFETY INSTRUCTIONS

WARNING: To reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy, and when using electrical appliances, basic safety precautions should be followed including the following:

1. Read all instructions before using the appliance.
2. Read and follow the specific warning: PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY, page 3.
3. This appliance must be grounded. Connect only to properly grounded outlet. See GROUNDING INSTRUCTIONS, page 4.
4. Install or locate this appliance only in accordance with the provided installation instructions, pages 7-8.
5. Some products such as whole eggs and sealed containers – for example, closed glass jars – can explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.
7. As with any appliance, close supervision is necessary when it is used by children.
8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
9. This appliance should be serviced only by qualified service technicians. Contact 1-800-726-0190.
10. Do not cover or block any openings on the appliance.
11. Do not store or use this appliance outdoors.
12. Do not use this product near water, for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar locations.
13. Do not immerse cord or plug in water.
14. Keep cord away from heated surfaces.
15. Do not let cord hang over edge of table or counter.
16. When cleaning surfaces of door and oven that come together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
17. To reduce the risk of fire in the oven interior:
 - a) Do not overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b) Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c) If materials inside the oven ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
 - d) Do not use the interior for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.
18. **Liquids such as water, coffee, or tea can be overheated beyond the boiling point without appearing to be boiling. This is called delayed eruptive boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS**

DISTURBED OR A UTENSIL IS INSERTED INTO THE LIQUID.

19. To reduce the risk of injury to persons:
 - a. Do not use straight-sided containers with narrow necks. Use a wide-mouth container.
 - b. Stir liquid both before and halfway through heating it.
 - c. Do not overheat liquid.
 - d. Use extreme care when inserting a spoon or other utensil into the container. This may also cause delayed eruptive boiling.
 - e. After heating, allow the container to stand in the microwave oven for at least 20 seconds before removing the container.

break or tamper with the safety interlocks.

2. Do not place any object between the front of the oven interior and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the door (for example, make sure that it is not bent); hinges and latches (for example, make sure that they are not broken or loosened); door seals and sealing surface.
4. The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

1. Do not attempt to operate this oven with the door open as this can result in harmful exposure to microwave energy. It is important not to

If the microwave unit is not kept clean, its surface could be degraded and lead to a hazardous situation.

SPECIAL CORD SET INSTRUCTIONS

DANGER - Electric Shock Hazard

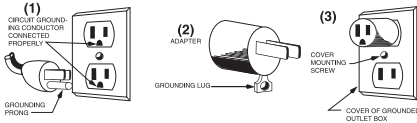
Touching some of the internal components can cause serious personal injury or death. Do not disassemble this appliance.

WARNING - Electric Shock Hazard

Improper use of the grounding can result in electric shock. Do not plug into an outlet until appliance is properly installed and grounded.



GROUNDING INSTRUCTIONS



This appliance must be grounded.

In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord with a grounding wire and grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood or if doubt exists as to whether the appliance is properly grounded. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-pronged grounding plug, and a 3-slot receptacle that will accept the plug on the appliance.

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or an extension cord should not be used unless the following precautions are followed (see 3, below).
3. If a long cord or extension cord is used:
 - The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.
 - The extension cord must be a grounding-type 3-wire cord.
 - The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over.

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INTRODUCTION

Congratulations on choosing a very smart microwave oven! Your Cuisinart® Compact Microwave requires very little counter space to perform a huge variety of functions! You'll find the interior big enough for most of the items you'd like to defrost, reheat or microwave. Take a few minutes to read how to use the presets and you'll be amazed at how easily you can prepare a meal, snack or beverage. And be sure to enjoy this oven's unique two-stage feature, which lets you set it to automatically shift from one function to another. There's so much to look forward to. Bon appetit!

IMPORTANT SAFEGUARDS

1. The oven must be placed on a level surface.
2. The glass turntable and turntable assembly must be in the oven during cooking. Handle the glass turntable carefully and place cookware on it gently to avoid possible breakage.
3. Incorrect use of a browning dish may cause the turntable to break, see page 6.
4. Use only the specified bag size when using the preset popcorn program.
5. The oven has several built-in safety switches to ensure that the power remains off when the door is open. Do not tamper with these switches.
6. Do not operate the microwave oven empty. Operating the oven with no food or food that is extremely low in moisture can cause fire, charring or sparking.
7. Do not cook bacon directly on the turntable. Excessive local heating of the turntable may cause the turntable to break.
8. Do not heat baby bottles or baby food in the microwave oven. Uneven heating/hotspots may occur and could cause injury.
9. Do not heat narrow-necked containers, such as syrup bottles.
10. Do not attempt to deep-fry in your microwave oven.
11. Do not attempt home canning in this microwave oven, as it is impossible to be sure all contents of the jar have reached boiling temperature.
12. Do not use this microwave oven for commercial purposes. This microwave oven is made for household use only.

13. Failure to maintain the oven in a clean condition could lead to deterioration that could adversely affect the life of the appliance and possibly result in a hazardous situation.

SPECIFICATIONS

Model:	CMW-55
Rated Voltage:	120V~ 60Hz
Rated Input Power:	1050W
Rated Output Power:	700W
Oven Capacity:	0.6 Cu Ft
Turntable Diameter:	9.6 inches
External Dimensions (WxHxD):	17.3 x 13.0 x 10.2 inches
Approximate Net Weight:	22 lbs.

CONTAINERS

CAUTION: Personal Injury Hazard

Tightly closed containers could explode. Closed containers should be opened and plastic pouches should be pierced before cooking.

See the charts on pages 6 and 7 of materials you can use in microwave oven or to avoid using in your microwave oven. There may be certain non-metallic materials that are not safe to use for microwaving. If in doubt, you can test the material/container in question following the procedure below.

Material/Container Test

1. Fill a microwave-safe container with 1 cup of cold water (250ml) along with the material or container in question.
2. Cook on maximum power for 1 minute.
3. Carefully feel the material or container. If it is warm, do not use it for microwave cooking.
4. Do not exceed 1 minute cooking time.

MATERIALS YOU CAN USE IN MICROWAVE

Arcing is sparks or electric flashes that crackle or pop. Arcing can produce heat that is quite intense and can damage the interior of the microwave or containers being used in the microwave. It can also cause fire.

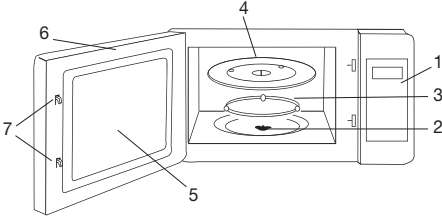
Arcing occurs when metal containers are used in the microwave and can also occur with the use of metal skewers, metal clamps, or twist ties for plastic bags. To prevent arcing, use these charts (below and following page) to determine which materials are microwave safe, or follow instructions from container/wrap manufacturer.

Aluminum foil	Shielding only. Small smooth pieces may be used to cover thin parts of poultry to prevent overcooking. Arcing can occur if foil is too close to oven walls. The foil should be at least 1 inch (2.5cm) away from the oven walls.
Browning dish	Use a browning dish in this microwave oven only if your browning dish is supplied with a microwave trivet that will lift the browning dish $\frac{3}{16}$ inch (5mm) above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Microwave safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
Glass jars	Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break. Use tempered glass only. Jars for canning are tempered and microwave safe.
Glassware	Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped glassware.
Oven cooking bags	Follow manufacturer's instructions. Do not close with metal tie. Make slits to allow steam to escape.
Paper plates & cups	Use for short-term cooking/warming only. Do not leave oven unattended while cooking. They should be labeled for use in microwave – with no color/dye.
Paper towels	Use to cover food for reheating and for absorbing fat. Use with supervision for short-term cooking only.
Parchment paper	Use as a cover to prevent splattering or as a wrap for steaming.
Plastic	Microwave safe only. Follow the manufacturer's instructions. Should be labeled microwave safe. Some plastic containers soften as the food inside gets hot. "Boiling bags" and tightly closed plastic bags should be split, pierced or vented as directed by package instructions. Do not reuse plastic containers from carry-out foods or frozen foods.
Plastic wrap	Microwave safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food. Vent or pierce before cooling.
Thermometers	Microwave safe only (meat and candy thermometers).
Wax paper	Use as a cover to prevent splattering and retain moisture inside.

MATERIALS TO BE AVOIDED IN MICROWAVE

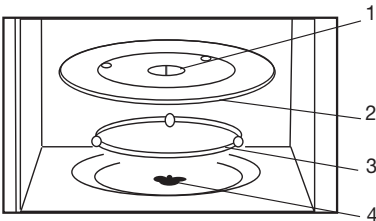
Aluminum tray	May cause arcing. Transfer food to microwave-safe dish.
Food carton with metal handle	May cause arcing. Transfer food to microwave-safe dish.
Metal or metal-trimmed utensils	Metal shields the food from microwave energy. Metal trim may cause arcing.
Metal twist ties	May cause arcing and could cause a fire in the oven.
Paper bags	May cause a fire in the oven.
Plastic foam	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	Wood will dry out when used in the microwave oven and may split or crack.

PARTS AND ACCESSORIES



1. Control Panel
2. Turntable Shaft
3. Turntable Assembly
4. Glass Turntable
5. Observation Window
6. Door Assembly
7. Safety Interlock System

TURNTABLE INSTALLATION



1. Hub (on bottom of glass turntable)
2. Glass Turntable
3. Turntable Assembly
4. Turntable Shaft

Never place the glass turntable upside down. Free movement of the glass turntable should never be restricted.

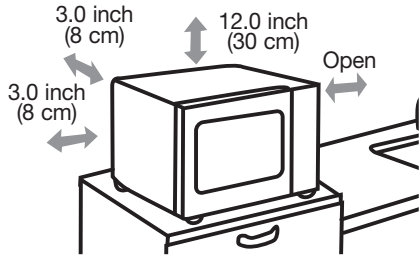
Both glass turntable and turntable assembly must always be used during cooking.

All food and containers of food are always placed on the glass turntable for cooking.

Do not use another type of round tray to replace original part. If glass turntable or turntable assembly cracks or breaks, a replacement can be ordered from Customer Services as a replacement part. See page 14 for details.

COUNTERTOP INSTALLATION

Remove all packing material and accessories. Examine the oven for any damage such as dents or broken door. Do not install if oven is damaged.



1. Select a level surface that provides enough open space for the intake an/or outlet vents.

2. Do not remove the legs from the bottom of the oven.
3. Leave a minimum clearance of 12 inches (30cm) above the oven. A minimum clearance of 3.0 (8cm) inches is required between the oven and any adjacent walls. One side must be open.
4. Remove any protective film found on the microwave oven cabinet surface.
5. Do not remove the light brown mica cover "wave guard" that is attached to the oven cavity to protect the magnetron.
6. Blocking the intake and/or outlet openings can damage the oven.
7. Operation of microwave oven may cause interference to other electronic equipment in the vicinity.
8. Plug your oven into a standard household outlet. Be sure the voltage and the frequency are the same as the voltage and the frequency on the rating label.

WARNING: Do not install oven over a range cooktop or other heat-producing appliance. If improperly installed near or over a heat source, the oven could be damaged and the warranty would be void.

The accessible surfaces may be hot during operation.

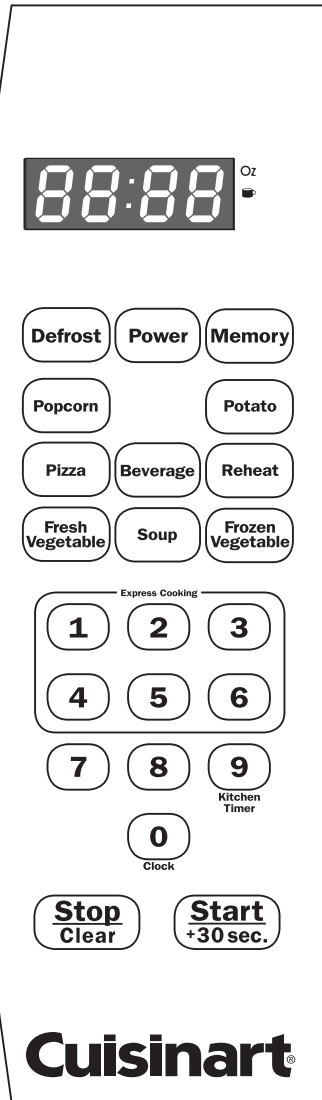
CONTROL PANEL

OPERATION

1. SETTING THE CLOCK

When the microwave oven is plugged into an outlet, the LED will display 0:00.

1. Press 0/CLOCK. LED will display 00:00.
2. Press the number keys to enter the correct time as corresponding 00 is flashing. Time entered can be 1:00–12:59.



For example, for 10:12, press 1, 0, 1, 2 in turn.

3. Press START/+30SEC. to confirm. Time will appear in LED.

Note:

To see the time of day while the timer is showing cooking time, press 0/CLOCK. To see the power level currently in use, press POWER. The LED will resume previous display after three seconds.

2. KITCHEN TIMER

1. Press touchpad 9/KITCHEN TIMER. LED will display 00:00.
2. Press the number keys to enter the desired cooking time. Enter hours and/or minutes as corresponding 00 is flashing on display. The maximum cooking time is 99 minutes and 99 seconds.
3. Press START/+30SEC. to confirm setting.
4. When the cooking time has elapsed, the buzzer will sound 5 times and the LED will display the current time.

3. MICROWAVE COOKING

Ten power levels are available.

Level	Power	Display
10	100%	PL10
9	90%	PL9
8	80%	PL8
7	70%	PL7
6	60%	PL6
5	50%	PL5
4	40%	PL4
3	30%	PL3
2	20%	PL2
1	10%	PL1

1. Press POWER repeatedly to choose the microwave power you need. PL10, PL9, PL8...PL1 will be displayed in sequence.
2. Press number keys to enter the cooking time; the maximum cooking time is 99 minutes and 99 seconds.
3. Press START/+30SEC. to start cooking; the LED will count down the remaining cooking time.

Note: If the STOP/CLEAR button is pressed during cooking, or if there no operation is selected within 1 minute of entering the cooking time, the oven will automatically go back to its former setting.

For example: to cook with 50% microwave power for 15 minutes:

1. Press POWER repeatedly until PL5 displays.
2. Enter the cooking time: press 1,5,0,0.
3. Press START/+30SEC. to start cooking.

Notes

- a. LED will display the remaining cooking time while the oven is operating or paused.
- b. If cooking is interrupted, START/+30SEC. must be pressed to resume cooking.

4. TO START COOKING

1. The microwave is automatically set at level 10 (PL10/100%.) Press START/+30SEC. to increase the cooking time; the maximum cooking time is 99 minutes and 99 seconds.
2. At 100% power level, with cooking time measured in 30-second increments, press START/+30SEC. Each press of the button will increase cooking time by 30 seconds. The maximum cooking time is 99 minutes and 99 seconds.

Note: Press START/+30SEC. to increase selected cooking time by 30-second increments. This applies to microwave and Express cooking. However, the operation will not work when defrosting by weight.

5. DEFROSTING BY WEIGHT

1. Press DEFROST once to choose the defrost by weight function; screen will display dEF1.
2. Press number keys to enter weight to be defrosted. Weight must be between 4 and 100 ounces.
3. Press START/+30SEC. to start defrosting; the LED will show the remaining defrosting time.

6. DEFROSTING BY TIME

1. Press DEFROST twice to choose

the defrost by time function; screen will display dEF2.

2. Press number keys to enter defrosting time. The time range is 00:01–99:99.
3. Press START/+30SEC. to start defrosting. The LED will show the remaining defrosting time.

Notes

- a. If the time entered is not within 00:01–99:99, the setting will not work.
- b. The default microwave power is power level 3. It cannot be changed.

7. EXPRESS COOKING

Popcorn

1. Press POPCORN repeatedly until a preset number of ounces you wish appears in the display. 1.75, 3.0 and 3.5 will be displayed in sequence. For example, press POPCORN once; 1.75 is displayed.
2. Press START/+30 SEC. to cook; time counts down.
3. When cooking is finished, buzzer sounds five times. 0:00 displays. If the clock has been set, current time will be displayed.

Times (Press Popcorn)	Weight	Display
Once	1.75 oz.	1.75
Twice	3.0 oz.	3.0
Three times	3.5 oz.	3.5

Potato

1. Press POTATO repeatedly until a preset number of ounces you wish appears in the display; 1, 2, 3 will be displayed in sequence.
Press 1 for 1 potato (approximately 8oz/230g)
Press 2 for 2 potatoes (approximately 1lb/460g)
Press 3 for 3 potatoes (approximately 1½ lb/690g)

For example, press POTATO once; 1 is displayed.

2. Press START/+30 SEC. to cook; time counts down.
3. When cooking is finished, buzzer sounds five times. 0:00 displays. If the clock has been set, current time will be displayed.

Times (Press Potato)	Weight	Display
Once	8 oz.	1
Twice	1 lb.	2
Three times	1½ lb.	3

Pizza

1. Press PIZZA repeatedly until a preset number of ounces you wish appears in the display; 1, 2, 3 will be displayed in sequence.
2. Press START/+30 SEC. to cook, time counts down.

For example, press PIZZA twice; 2 appears in the LED.

3. Buzzer sounds five times when cooking is finished.

Times (Press Pizza)	Weight	Display
Once	1 slice	1
Twice	2 slices	2
Three times	3 slices	3

Beverages

1. Press BEVERAGE repeatedly until a preset number of ounces you wish appears in the display; 1, 2, 3 will be displayed in sequence.
You can reheat 1 to 3 cups of beverage each time (each approximately 8oz/250ml). For example, press BEVERAGE twice; 2 appears in the display.
2. Press START/+30 SEC. to cook.
3. Buzzer sounds five times when cooking is finished. 0:00 displays. If the clock has been set, current time will be displayed.

Soup

1. Press SOUP repeatedly until the number you wish appears in the display. 4.0, 8.0, 12.0, 16.0 will be displayed in sequence.

For example, press SOUP twice; 8.0 appears in the display.

2. Press START/+30 SEC. to cook.
3. Buzzer sounds five times when cooking is finished. 0:00 displays. If the clock has been set, current time will be displayed.

Reheat

1. Press REHEAT repeatedly until a preset number of ounces you wish appears in the display; 9.0, 12.0 and 18.0 will be displayed in sequence. For example, press REHEAT twice; 12.0 appears in the display.
2. Press START/+30 SEC. to cook. Time counts down.
3. Buzzer sounds five times when cooking is finished. 0:00 displays. If the clock has been set, current time will be displayed.

Times (Press Reheat)	Weight	Display
Once	9.0 oz	9.0
Twice	12.0 oz	12.0
Three times	18.0 oz	18.0

Fresh Vegetables

1. Press FRESH VEGETABLE repeatedly until a preset number of ounces you wish appears in the display; 4.0, 8.0 and 16.0 will be displayed in sequence. For example, press FRESH VEGETABLE twice; 8.0 appears in the display.
2. Press START/+30 SEC. to cook. Time counts down.
3. Buzzer sounds five times when cooking is finished. 0:00 displays. If the clock has been set, current time will be displayed.

Frozen Vegetables

1. Press FROZEN VEGETABLE repeatedly until a preset number of ounces you wish appears in the display; 4.0, 8.0 and 16.0 will be displayed in sequence. For example, press FROZEN VEGETABLE twice; 8.0 appears in the display.
2. Press START/+30 SEC. to cook. Time counts down.
3. Buzzer sounds five times when cooking is finished. 0:00 displays. If the clock has been set, current time will be displayed.

Times (Press FROZEN VEGETABLE)	Weight	Display
Once	4.0 oz	4.0
Twice	8.0 oz	8.0
Thrice	16.0 oz	16.0

8. Memory

You can enter up to three cooking procedures, each with one or two stages of cooking, into the oven's memory. They will be numbered 1, 2 and 3, and will be saved for selection at any time, as long as power to the oven is uninterrupted.

To save a procedure in memory:

For example: Set the following procedure as memory 2: Cook at 80% power for 3 minutes 20 seconds.

1. Press MEMORY twice; the screen displays 2.
2. Press POWER until PL8 displays.
3. Press number keys 3, 2, 0 in turn to enter the cooking time.
4. Press MEMORY to save the setting. Buzzer sounds once.
5. To save a second stage in this procedure, follow instructions 1–4 above, entering instructions for power and timing for the second stage of cooking.

6. To operate microwave on a Memory immediately after saving it, press START/+30SEC.

To run a procedure that has been saved previously:

1. Press MEMORY until the procedure's number displays (1, 2 or 3). The LED will display the selected number.
2. Press START/ +30 SEC. to start cooking.
3. Buzzer sounds five times when cooking is finished. 0:00 displays. If the clock has been set, current time will be displayed.

Notes

- a. Express cooking cannot be saved as memory.
- b. If oven is unplugged or power is cut off, memory will not be saved and will have to be reset.

9. TO USE THE CHILD LOCK/ UNLOCK FUNCTION

To lock: Press STOP/CLEAR for 3 seconds. There will be a long beep; LED will display ___. The control panel will be deactivated. The door will still open and close.

To unlock: Press STOP/CLEAR for 3 seconds. There will be a long beep indicating that the lock is released and the control panel is activated.

10. MULTI-STAGE COOKING

This microwave oven can be set for 2 stages of cooking. If one stage is to defrost, either by weight or time, it will placed at the first stage automatically.

Example: To defrost 20 oz of beef first and then cook it at 80% microwave power for 7 minutes.

1. Press DEFROST once to choose defrost by weight function. dEF1 is displayed.
2. Press 2, 0 in sequence to set weight.
3. Press POWER until PL8 displays.
4. Press 7, 0, 0 in sequence to set cooking time.
5. Press START/ +30 SEC. to start cooking.

When defrosting is finished, the buzzer sounds once, and the second stage begins.

Notes

- a. Express cooking cannot be set as one of the 2 stages.
- b. You can choose defrosting either by time or weight as the first stage.

PRESET EXPRESS COOKING CHART

Item	Weight/Amount	Display	Notes
Popcorn (Use only prepackaged bagged popcorn. Do not pop loose popcorn)	1.75 ounces	1.75	Place prepackaged bagged popcorn in microwave according to package directions, making sure proper side of bag is up. Pop only one bag at a time. Use care when removing from microwave and opening hot bag.
	3.00 ounces	3.0	
	3.5 ounces	3.5	
Pizza (Use only microwave-safe dishes or containers)	1 slice	1	Remove from package or wrapping. Place on microwave safe dish or rack. Place rack or microwave-safe dish on turntable tray. Please note the number on the display equals the number of slices.
	2 slices	2	
	3 slices	3	
Beverage	8 ounces	1	Reheat beverage in microwave-safe mugs/cups. Do not cover. Place cups in microwave. After heating stir well.
	16 ounces	2	
	24 ounces	3	
Reheat	9.00 oz.	9.0	Place food on microwave-safe plate or in microwave safe bowl. Cover loosely with wax paper or plastic wrap, or a purchased microwave dish cover.
	12.00 oz.	12.0	
	18.00 oz.	18.0	
Baked potato	8 ounces	1	Scrub potatoes well. Prick each potato several times with a fork or tip of a sharp knife. After cooking, let stand 3 minutes before serving. Can be used to precook potatoes before placing in traditional oven to crisp skins.
	16 ounces	2	
	24 ounces	3	
Fresh vegetables	½ cup	4.0	Wash well. Place in a microwave-safe casserole or bowl with lid. Add a small amount of water. Cover. After cooking, let stand for 2 minutes before serving. This is a general cooking time, and may not be suitable for cooking all vegetables.
	1 cup	8.0	
	2 cups	16.0	
Soup	½ cup	4.0	Use this setting to reheat refrigerated liquids such as soups and sauces. Cover with microwave safe-lid. After cooking let stand for 2-3 minutes.
	1 cup	8.0	
	1½ cups	12.0	
	2 cups	16.0	
Frozen vegetables	½ cup	4.0	Remove from packaging and place in microwave-safe casserole or bowl. Add a small amount of liquid (2 to 4 tablespoons). Cover and cook. Stir and let stand. Add more cooking times as needed.
	1 cup	8.0	
	2 cups	16.0	

TROUBLESHOOTING

TROUBLE	POSSIBLE CAUSE	POSSIBLE REMEDY
Oven will not start	<ul style="list-style-type: none"> a. Electrical cord for oven is not plugged in. b. Door is open. c. Wrong operation is set. 	<ul style="list-style-type: none"> a. Plug into the outlet. b. Close the door and try again. c. Check instructions.
Arcing or sparking	<ul style="list-style-type: none"> a. Materials to be avoided in microwave oven were used. b. The oven was operated when empty. c. Spilled food remained in the interior. 	<ul style="list-style-type: none"> a. Use microwave-safe cookware only. b. Do not operate with oven empty. c. Clean interior with wet towel or microfiber cloth specifically for stainless steel.
Unevenly cooked foods	<ul style="list-style-type: none"> a. Materials to be avoided in microwave oven were used. b. Food was not defrosted completely. c. Cooking time and/or power level were not suitable. d. Food was not turned or stirred. 	<ul style="list-style-type: none"> a. Use microwave-safe cookware only. b. Completely defrost food. c. Use correct cooking time and/or power level. d. Turn or stir food.
Overcooked food	Cooking time and/or power level were not suitable.	Use correct cooking time and/or power level.
Undercooked foods	<ul style="list-style-type: none"> a. Materials to be avoided in microwave oven were used. b. Food was not defrosted completely. c. Oven ventilation ports were blocked. d. Cooking time and/or power level were not suitable. 	<ul style="list-style-type: none"> a. Use microwave safe cookware only. b. Completely defrost food. c. Check to see that oven ventilation ports are not blocked. d. Use correct cooking time and/or power level.
Improper defrosting	<ul style="list-style-type: none"> a. Materials to be avoided in microwave were used. b. Cooking time and/or power level were not suitable. c. Food was not turned or stirred. 	<ul style="list-style-type: none"> a. Use microwave-safe cookware only. b. Use correct cooking time and/or power level. c. Turn or stir food.

WARRANTY

LIMITED THREE-YEAR WARRANTY

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Compact Microwave that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® Compact Microwave will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We suggest you complete and return the enclosed product registration card promptly to facilitate verification of the date of original purchase. However, return of the product registration card does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Cuisinart® Compact Microwave should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, simply call our toll-free number 1-800-726-0190 for additional information from our Customer Service Representatives, or send the defective product to Customer Service at Cuisinart, 150 Milford Road, East Windsor, NJ 08520.

To facilitate the speed and accuracy of your return, please enclose \$15.00 for shipping and handling of the product.

Please pay by check or money order (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions).

NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty. Please be sure to include your return address, daytime phone number, description of the product defect, product model # (located on bottom of product), original date of purchase, and any other information pertinent to the product's return.

Your Cuisinart® Compact Microwave has been manufactured to the strictest specifications and has been designed for

use with the authorized accessories and replacement parts.

This warranty expressly excludes any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorized by Cuisinart.

This warranty does not cover any damage caused by accident, misuse, shipment or other ordinary household use.

This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so they may not apply to you.

CALIFORNIA RESIDENTS ONLY:

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store which sells Cuisinart products of the same type.

The retail store shall then, at its discretion, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product.

If the above two options do not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair, or if necessary, replacement, by calling our Consumer Service Center toll-free at 1-800-726-0190.

Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such products under warranty.

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Creamy Rice Pudding with Raisins

Old-fashioned rice pudding in minutes instead of hours.

Makes 4 cups

3 cups cooked short grain rice*
 2% cup regular or golden raisins
 1/4 cup granulated sugar

1 tablespoon cornstarch

1/2 teaspoon ground cinnamon

1/8 teaspoon salt

2% cups reduced fat milk

(for creamier, richer pudding, use whole milk)

3 large eggs, beaten

1 tablespoon pure vanilla extract

Place rice and raisins in a 1½-quart

and reserve.

Combine sugar, cornstarch, cinnamon,

and salt in a mixing bowl; stir to blend.

Whisk milk and egg together. While

whisking, gradually add milk mixture to

dry mixture, whisk well until smooth. Pour

mixture into a microwave safe bowl and

place in the Cuisinart® Compact

Microwave and microwave on high (PL

10) for 7 to 8 minutes, stirring once every

minute, until mixture is thick, bubbly and

similar to a custard sauce in appearance.

Stir in vanilla. Add to rice mixture and stir

well.

Cover the casserole with waxed paper

and microwave on high for 3 minutes,

then on medium-high (PL 7) for 2 to 3

minutes longer, until thick and creamy.

Let stand 5 minutes before serving, or

cover with a sheet of waxed paper or

plastic wrap placed directly on the

pudding to prevent a skin from forming,

let cool, cover and refrigerate until ready

to serve.

*Short grain rice will yield a creamier rice

pudding.

Nutritional information per serving (one-half cup):

Calories 224 (16% from fat) • carb. 40g • pro. 7g

• fat 4g • sat. fat 2g • chol. 86mg • sod. 104mg

• calc. 127mg • fiber 2g

Spoon into a prepared 9-inch cookie crum

crust, chill and serve as a pie.

Nutritional information per serving (one-half cup):
 Calories 331 (58% from fat) • carb. 33g • pro. 2g
 • fat 22g • sat. fat 12g • chol. 43mg • sod. 200mg
 • calc. 62mg • fiber 5g

Cranberry Poached Pears

Makes 4 servings

1 cup cranraspberry or cranberry

juice

1/4 cup dried cranberries

4 strips lemon zest

(each about 2-x-1/2 inches),

bitter white pit removed

2 pears (about 8 ounces each), ripe

but still firm

1 tablespoon fresh lemon juice

Combine juice, dried cranberries and zest in a

microwave-safe 1½-quart casserole and cover

with a sheet of waxed paper or casserole lid.

Place in the Cuisinart® Compact Microwave and

microwave on high (PL 10) for 3 minutes.

Peel the pears, cut in half and core. Brush with

lemon juice. Arrange the pears with the narrow

stem ends to the center in the hot liquid, cut

side down. Spoon some of the liquid over each.

Cover with waxed paper or lid and microwave

on high for 3 minutes. Turn cut side up, cover

and microwave on high for 1½ minutes. Let

pears cool in the poaching liquid, turning and

basting now and then. Remove and discard

lemon zest. When cool, remove pears. If

desired, poaching liquid can be reduced to a

syrup by microwaving uncovered on high for 4

to 5 minutes until reduced to about 2 table-

spoons.

Pears can be served at room temperature or

chilled. Arrange pear halves on dessert plates,

spoon cranberries into the hollow of the pear.

Top with syrup if made and freshly whipped

cream or vanilla yogurt.

Nutritional information per serving:

Calories 129 (3% from fat) • carb. 33g • pro. 0g

• fat 1g • sat. fat 0g • chol. 0mg • sod. 1mg

• calc. 17mg • fiber 3g

Applesauce

Makes about 2½ cups

- 4 apples (about 8 ounces each)*
- 2½ tablespoons water, apple cider,
- apple juice or cranberry juice
- ½ tablespoon fresh lemon juice
- (only if using water)
- ¼ teaspoon ground cinnamon
- pinch of allspice
- pinch of nutmeg

Peel, core, and cut apples into eighths. Place in a 1½-quart microwave-safe casserole or bowl. Toss with liquid in recipe. Cover with casserole lid or plate and place in the Cuisinart® Compact Microwave. Microwave on high (PL 10) for 15 to 18 minutes, stirring apples after 10 minutes of cooking, until apples are tender and can be mashed with a fork. Mash or purée to desired texture using a potato masher or hand blender. Add spices. Serve warm or let cool, cover and refrigerate. Keeps about 1 week in the refrigerator.

Nutritional information per serving:

Calories 102 (6% from fat) • carb. 26g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 2mg • calc. 9mg • fiber 5g

Lemon Curd

Makes about 3 cups

- 1 cup unsalted butter,
- cut into 16 pieces
- 2 cups granulated sugar
- zest of 4 lemons
- ¾ cup fresh lemon juice
- 4 large eggs

Lemon curd is very good with scones, gingerbread, or pound cake. It can also be used to fill tarts or meringues.

Place butter in a 4-cup microwave-safe measuring cup or bowl and cover with waxed paper. Place in the Cuisinart® Compact Microwave and microwave on high (PL 10) to melt, about 1½ minutes. Stir in the sugar, lemon zest, and lemon juice. Cover with waxed paper and microwave for 4 to 4½ minutes, stirring after 2, 3 and 4 minutes of cooking, until sugar is completely dissolved.

In a 1½-quart microwave-safe measuring cup or bowl with handle, beat eggs until frothy. While whisking the eggs, slowly add the hot butter mixture to the eggs, whisking constantly. Cover with waxed paper and microwave on medium-

Chocolate Mousse

Microwaving is a simple way to melt chocolate.

Makes 4 cups

- 1 cup reduced fat milk
- 2½ cups miniature marshmallows
- 8 ounces semisweet chocolate morsels or chopped semisweet chocolate
- 1 ounce unsweetened chocolate,
- cut into ½-inch pieces
- 1 teaspoon instant espresso powder
- 1 teaspoon pure vanilla extract
- 1 cup heavy cream, chilled

Combine milk, marshmallows, and both chocolate morsels in a 1½-quart microwave-safe bowl. Place wave on high (PL 10) for 2 minutes. Stir well with a whisk. Continue to microwave on high for 30-second intervals, stirring well after each, until the chocolate and marshmallows are completely melted and the mixture is smooth and homogeneous. Add espresso powder and vanilla, whisking to blend. Stirring now and then, allow the chocolate mixture to come to room temperature before continuing.

When chocolate mixture has cooled completely to room temperature, whip cream until it just holds stiff peaks. Stir about one fourth of the whipped cream into the chocolate mixture to lighten it. Then, gently fold the remaining cream into the chocolate mixture. Spoon into 5-ounce ramekins or stemmed glasses. Cover and chill for at least 6 hours. Remove from refrigerator 15 minutes before serving for best flavor.

Serving suggestions:
If desired, may be garnished with freshly whipped cream or chocolate shavings.

Nutritional information per serving (2 tablespoons):
Calories 146 (51% from fat) • carb. 17g • pro. 1g • fat 9g • sat. fat 5g • chol. 56mg • sod. 12mg • calc. 8mg • fiber 0g

high (PL 7) for 7 to 8 minutes. Stir and microwave on medium-high again for 2 minutes. Repeat – stir and microwave for an additional 2 minutes. Do not boil or the mixture will curdle. When thick, whisk again until smooth. Ladle into sterilized jars and let come to room temperature. Cover and refrigerate.

Cheddar Cheese Sauce

Delicious served over microwaved

broccoli and cauliflower.

Makes 1 cup

1	cup reduced fat milk
2	tablespoons unsalted butter
2	tablespoons unbleached all-pur-
	pose flour
¼	teaspoon kosher salt
¼	teaspoon dry mustard
	dash Tabasco® or other hot
	sauce to taste
¾	cup (3 ounces) shredded sharp
	Cheddar*

Place milk in a 1-cup glass measuring cup or other microwave-safe cup and place in the Cuisinart® Compact Microwave. Microwave for 1½ minutes on high (PL 10); reserve.

Place butter in a 4-cup glass measuring cup or other deep 4-cup microwave-safe bowl with a handle. Cover with a sheet of waxed paper and microwave for 1 minute on high or until melted.

Add flour and stir with a whisk until smooth. Microwave on high for 2 minutes until foamy, stirring with a whisk after 45 seconds and again after 1½ minutes of cooking. Add warm milk, salt, mustard, and hot sauce; whisk until smooth. Microwave on medium-high, uncovered for 3 minutes, stirring after 1 minute, and then every 45 seconds, until the sauce boils

and thickens. At this point, you have a medium white sauce.

Add cheese and stir until smooth. Microwave, uncovered, on medium-high (PL 7) for 3 minutes, whisking after 1 minute, after 2 minutes, and again when done. Serve hot.

If not using immediately, cover with a round of waxed paper directly on the sauce to prevent a skin from forming. To reheat after standing for a short time (10 to 15 minutes), microwave on medium (PL 5) for 1½ minutes, stirring after 45 seconds.

*May use grated Reggiano Parmigiano or Asiago in place of Cheddar.

Nutritional information per serving (2 tablespoons):
 Calories 90 (69% from fat) • carb. 3g • pro. 4g
 • fat 7g • sat. fat 4g • chol. 21mg • sod. 126mg
 • calc. 114mg • fiber 0g

Strawberry Pomegranate Jam

Making jam in the microwave couldn't

be simpler, and the result here is

this delightful ruby red jam.

Makes about 1¾ cups

1	pound strawberries, stemmed
	and quartered
¾	cup plus 1 tablespoon granulated
	sugar
¾	ounce powdered fruit pectin for
	low sugar recipes
2	tablespoons pomegranate juice

Place all ingredients in a 1½-quart microwave-safe bowl or casserole that is at least 4 inches deep. Stir to combine. Cover loosely with a sheet of waxed paper cut just slightly larger than the bowl/casserole.

Place in the Cuisinart® Compact Microwave and microwave on high (PL 10) for 5 minutes. Stir using a heatproof spatula or wooden spoon; be sure to scrape the bottom of the bowl. Microwave uncovered on high for 5 minutes. Stir well. Microwave, uncovered, on high for 2 minutes. Stir well. Microwave on high for 2 more minutes – jam will be boiling. Remove from Microwave and carefully skim off and discard any foam that has accumulated on the top.

Stir and allow to cool for at least 20 minutes before using – jam will thicken as it cools. Transfer to containers with non-metallic covers and refrigerate; keeps about 10 days in the refrigerator.

Nutritional information per serving (2 tablespoons):
 Calories 65 (0% from fat) • carb. 17g • pro. 0g
 • fat 0g • sat. fat 0g • chol. 0mg • sod. 4mg
 • calc. 5mg • fiber 1g

Israeli Couscous Pilaf with Cranberries, Golden Raisins and Pine Nuts

This side dish is wonderful served on its own, or can be used to stuff the steamed halves of acorn squash.

Makes about 3 cups (six ½-cup servings)

1½	cup pine nuts
1½	tablespoons extra virgin olive oil
¼	cup chopped shallot
1	garlic clove, peeled and chopped
¾	teaspoon herbes de Provence
1	cup Israeli couscous*
1	cup low sodium chicken or vegetable broth/stock
1	cup water
¾	cup dried cranberries, divided
½	cup golden raisins
¾	teaspoon kosher salt
¼	teaspoon freshly ground pepper
2	tablespoon chopped fresh parsley
1	teaspoon chopped fresh orange zest

(optional garnish) julienne fresh sage leaves

Spread pine nuts in a microwave-safe dish and place in the Cuisinart® Compact Microwave. Microwave for 1½ to 2 minutes on high (PL 10), stirring every 30 seconds until they are toasted to taste. Reserve.

Place olive oil, shallot, garlic, and herbes de Provence in a 1½-quart microwave-safe casserole or bowl. Stir to combine. Cover with a sheet of waxed paper and microwave on high (PL 10) for 2 minutes. Stir, re-cover with waxed paper and microwave on high for 1 minute. Stir in couscous and spread into an even layer. Cover with waxed paper and microwave on high for 1 minute. Add broth/stock and water; stir. Cover with a lid or plate and microwave on high for 5 minutes. Stir in half the dried cranberries, all the raisins, salt and pepper; cover. Microwave on medium-high (PL 7) for 8 to 9 minutes, until all the liquid is absorbed and reserved toasted pine nuts, remaining dried cranberries, parsley and orange zest. If desired, sprinkle with julienned fresh sage leaves to garnish. Serve hot.

Nutritional information per serving:

Calories 191 (35% from fat) • carb. 28g • pro. 4g • fat 8g • sat. fat 1g • chol. 0mg • sod. 251mg • calc. 17mg • fiber 2g

Simple Hollandaise

Sauces with egg emulsions can be daunting – making this one in your microwave makes it quick and easy. Serve with fish, vegetables or to make Eggs Benedict.

Makes about 1 cup

½	cup unsalted butter,
	cut into ½-inch slices
3	large egg yolks
2	tablespoons fresh lemon juice
1	tablespoon water
½	teaspoon kosher salt
¼	teaspoon dry mustard

Place butter in a microwave-safe 1-cup measure. Cover with waxed paper and place in the Cuisinart® Compact Microwave and microwave on high (PL 10) to melt, about 1 minute. Let cool slightly, about 4 to 5 minutes.

Place egg yolks, lemon juice, water, salt and dry mustard in a microwave-safe 4-cup measure or bowl with handle. Whisk until emulsified and smooth. Whisk in melted, cooled butter; whisk until completely emulsified.

Cook sauce uncovered for 2 minutes on medium-high (PL 7), stopping to whisk briskly every 20 seconds. The mixture will begin to thicken at the edges and resemble a soft custard. Cook until mixture thickens enough to coat the back of a spoon. Serve warm with seafood, vegetables, or eggs.

If not serving immediately, cover with a round of waxed paper placed directly on the sauce to prevent a skin from forming. To reheat, remove waxed paper. Microwave on medium-low (PL 3) for 2 minutes, stirring with a whisk after 1 minute of cooking, and again when cooking is completed.

Nutritional information per serving (2 tablespoons):
Calories 125 (95% from fat) • carb. 0g • pro. 1g • fat 13g • sat. fat 8g • chol. 111mg • sod. 88mg • calc. 12mg • fiber 0g

*Israeli couscous is a semolina pasta about the size of a peppercorn. It can be found in many well-stocked grocery stores with international food sections, or in specialty grocery stores.

Risotto with Peas
 Making risotto in the microwave has 2 distinct advantages – no constant stirring, and it is prepared in the serving dish.
 Makes 4 to 6 servings as a side dish, or 2 to 3 servings as an entrée

1 cup frozen peas
 1 cup water
 ¼ teaspoon saffron threads
 2 cups low sodium chicken broth
 2 tablespoons unsalted butter, cut into eight ½-inch pieces
 ½ cup finely chopped shallot
 1 cup Arborio rice
 ⅓ cup dry white vermouth or other dry white wine
 ½ teaspoon kosher salt
 ⅓ cup freshly grated Reggiano Parmigiano

Destro peas in microwave. Do not cook. Transfer to a strainer and let drain.
 Place water in a 2-cup measure and place in the Cuisinart® Compact Microwave and heat to boiling, about 3 minutes on high (PL 10). Add saffron threads and stir; reserve. Heat chicken broth in a 2-cup glass measure for 5 minutes on high; reserve.
 Heat the butter for 30 seconds on high in a 1½-quart round microwave-safe casserole at least 4 inches high. Add chopped shallot, cover with a round of waxed paper cut just slightly larger than the diameter of the dish. Microwave on high for 3 minutes. Stir. Add Arborio rice and stir to coat with melted butter; microwave on high for 2 minutes. Stir and arrange in an even layer; microwave on high for 2 minutes. Stir in wine; microwave on high for 1 minute. Stir in saffron-infused water; microwave on high for 5 minutes. Stir in 1 cup of the reserved heated chicken stock. Microwave on high for 5 minutes. Stir in remaining chicken stock and salt; microwave on high for 5 minutes. Stir in reserved peas and the grated cheese. Microwave on high for 1 minute. Let stand for 3 minutes. Stir again. Serve hot.
 Nutritional information per serving (based on 6 servings):
 Calories 146 (33% from fat) • carb. 15g • pro. 7g • fat 5g • sat. fat 3g • chol. 15mg • sod. 228mg • calc. 71mg • fiber 1g

Potato Salad
 Cooking your potatoes in the microwave for the summertime favorite keeps the kitchen cool – and no pot to wash!
 Makes 3 cups potato salad

1 pound russet baking potatoes, scrubbed well and dried
 ½ cup lowfat mayonnaise
 ¼ cup lowfat sour cream
 ½ teaspoon Dijon-style mustard
 1 teaspoon dill weed or tarragon (dry; double if using fresh)
 ½ teaspoon kosher salt
 ¼ teaspoon freshly ground black pepper
 1 tablespoon rice vinegar or white balsamic vinegar
 ½ cup thinly sliced celery
 ¼ cup chopped onion (may use white, red or green)

Prick each potato in several places with a fork or the tip of a paring knife. Place 2 paper towels on the turntable of the Cuisinart® Compact Microwave and arrange the potatoes in a circle toward the edge of the turntable. Microwave on high (PL 10) for 12 minutes. Let stand 3 minutes. Test for doneness; add 2 to 3 minutes more cooking time if needed. Let potatoes cool for 5 to 10 minutes.
 While potatoes are “baking”, combine the mayonnaise, sour cream, mustard, dill/tarragon, salt, and pepper in a small bowl. Stir with a whisk to blend.
 Peel warm potatoes and discard skins. Cut the potatoes into bite-sized pieces. Place in a large bowl and sprinkle with vinegar while potatoes are still warm. Add celery and onions; stir gently to combine and coat potatoes. Taste and adjust seasoning accordingly. Serve immediately or cover and refrigerate until ready to serve.
 Nutritional information per serving (one-half cup):
 Calories 163 (30% from fat) • carb. 26g • pro. 3g • fat 5g • sat. fat 1g • chol. 10mg • sod. 257mg • calc. 33mg • fiber 2g

Smashed Potatoes and Cauliflower with Garlic

Cauliflower is substituted for some of the potatoes to lighten up this side dish. The best thing is no need to drain the potatoes and cauliflower, making them even easier to prepare.

Makes about 2½ cups

¾	pounds Yukon Gold potatoes, peeled, cut into 1-inch cubes
½	pound cauliflower, separated into 1-inch florets, then cut in half
2	garlic cloves, peeled and thinly sliced
¼	cup low sodium vegetable broth, chicken broth or water
¾	cup plus 1 tablespoon whole milk or half-and-half
2	tablespoons unsalted butter, cut into ½-inch pieces
¼	teaspoon kosher salt
¼	pinch freshly ground white pepper

Place the potatoes, cauliflower, garlic, and broth/water in a 1½-quart microwave-safe casserole/bowl that is at least 4 inches deep. Cover tightly with lid or a plate and place in the Cuisinart® Compact Microwave. Microwave on high (PL 10) for 10 minutes. Stir. Microwave on high for 8 minutes. Remove and let stand for 2 to 3 minutes. Place milk and butter in a 2-cup glass measure or bowl. Microwave on high for 2 minutes, until milk is hot and butter is completely melted. Pour over potato/cauliflower mixture. Sprinkle with salt and pepper. Use a potato masher or hand mixer to “smash” potatoes and cauliflower to desired consistency. If a smoother texture is desired, use a food mill. Serve hot.

Nutritional information per serving

(one-half cup, made with milk):

Calories 124 (39% from fat) • carb. 17g • pro. 3g • fat 5g • sat. fat 3g • chol. 15mg • sod. 179mg • calc. 38mg • fiber 2g

Broccoli and Cheddar Stuffed Potatoes

Twice baked potatoes in minutes.

Makes 4 servings as a side dish

2	medium russet potatoes
1½	cups chopped fresh broccoli (stems cut to ½-inch pieces, flowers cut to bite-sized pieces)
2	tablespoons water
2	teaspoons unsalted butter
2	tablespoons chopped green onion (include some of the green)
3	tablespoons lowfat sour cream or plain yogurt
3	tablespoons lowfat milk
¾	cup (about 3 ounces) light shredded sharp Cheddar, divided
½	teaspoon kosher salt
¼	teaspoon freshly ground white or black pepper
2	slices crispy microwaved bacon, crumbled (optional)

Place the broccoli and water in a shallow microwave-safe bowl. Cover with plate or lid and microwave for 1 serving on fresh vegetable setting. Remove from microwave, uncover and drain. Slice potatoes in half horizontally. Scoop the cooked potato flesh into a medium bowl, leaving ¼-inch-thick potato shell; reserve shells. Add butter and chopped green onions to potatoes in bowl and mash well. Add sour cream/yogurt and milk. Mash well. Choose about 16 pieces of the broccoli florets and reserve. Stir in remaining cooked broccoli, ½ cup of the cheese, salt, and pepper. Spoon the potato mixture into shells. Arrange about 4 florets decoratively on each potato. Place the potatoes in a circle on a microwave safe plate. Cover with a microwave safe paper towel or waxed paper. Microwave on high (PL 10) for 4 minutes. Sprinkle with remaining cheese. Potatoes can be served at this point, or returned to the microwave for another 1½ minutes on high to melt cheese. If desired, sprinkle with crumbled crispy bacon bits. Serve hot.

Green Beans with Mushrooms and Toasted Almonds

Makes 4 servings

3	tablespoons silvered almonds
½	tablespoon unsalted butter
½	tablespoon extra virgin olive oil
4	ounces white button or cremini mushrooms, cleaned and sliced
½	teaspoon herbes de Provence or thyme
1	pound green beans, rinsed, drained and cut into 1 to 1¼-inch slices
½	cup water
¼	teaspoon kosher salt
	Freshly ground pepper to taste

Place the almonds in a microwave safe plate or ceramic 9-inch pie plate and place in the Cuisinart® Compact Microwave. Microwave on high (PL 10) for 2 minutes, stirring after every 30 seconds of cooking, to toast. Remove, transfer to a small bowl and reserve.

Using same pie plate, melt butter with olive oil, 20 seconds on high. Add sliced mushrooms to plate and toss to coat with butter and olive oil. Sprinkle with herbes de Provence. Microwave uncovered for 5 minutes, stirring halfway through cooking time, reserve.

Place green beans and water in a 1½-quat microwaveable bowl or casserole with lid. Microwave for 8 to 10 minutes on high, stirring after 5 minutes of cooking, until beans are done to taste.

Drain beans. Stir in the cooked mushrooms, top with toasted almonds and serve hot.

Nutritional information per serving:

Calories 101 (46% from fat) • carb. 12g • pro. 3g
 • fat. 6g • sat. fat 1g • chol. 4mg • sod. 88mg
 • calc. 70mg • fiber 5g

½	teaspoon finely chopped lemon zest
½	tablespoon lemon juice
1	teaspoon dill weed
¼	teaspoon kosher salt

Place all ingredients in small bowl and stir with whisk until smooth. Let stand for 30 minutes before serving to allow flavors to blend. If not serving following resting, cover and refrigerate until ready to serve.

Nutritional information per serving (about ½ cup):
 Calories 70 (53% from fat) • carb. 5g • pro. 3g
 • fat 4g • sat. fat 1g • chol. 3mg • sod. 210mg
 • calc. 121mg • fiber 0g

Honey Ginger Glazed Baby Carrots

Makes 4 servings

Using the prepared carrots makes this a quick and easy side dish that is ready in just minutes.

1	pound baby cut carrots
3	tablespoons water
1	tablespoon unsalted butter
1	tablespoon honey
½	tablespoon fresh lemon juice
1	teaspoon ground ginger
½	teaspoon Dijon-style mustard
½	teaspoon kosher salt
	freshly ground pepper to taste

Place carrots and water in a 1½-quat microwave-sate dish and cover. Place in Cuisinart® Compact Microwave and microwave on high (PL 10) for 6 to 8 minutes or until crisp tender, stirring after 4 minutes of cooking. Leave covered and let stand for 2 to 3 minutes.

While carrots stand, place butter, honey, lemon juice, ginger, mustard, salt, and pepper in a 1-cup microwaveable measuring cup. Microwave, covered with a sheet of waxed paper, on high (PL 10) for 45 seconds. Drain carrots. Pour the honey sauce over the carrots and stir to coat. If desired, microwave for an additional minute on high. Serve hot.

Nutritional information per serving:

Calories 67 (33% from fat) • carb. 12g • pro. 1g
 • fat 3g • sat. fat 2g • chol. 8mg • sod. 313mg
 • calc. 29mg • fiber 2g

Maple Glazed Acorn Squash

Since acorn squash takes about an hour to prepare in a conventional oven, microwave cooked squash is quite a timesaver, and almost turns it into "fast food."

Makes 2 servings

1 acorn squash (about 1¼ to

1½ pounds), washed

¼ cup water

1 teaspoon unsalted butter

2 tablespoons maple syrup

½ teaspoon low sodium soy sauce

¼ teaspoon ground cinnamon

freshly ground pepper to taste

Cut squash in half and remove seeds and fibers. Place cut side down in a microwaveable pie plate, soufflé or other dish that will hold the squash in a single layer. Add water and cover dish tightly with a lid, plate or microwave-safe plastic wrap. Place in the Cuisinart® Compact Microwave and microwave on high (PL 10) for about 8 to 12 minutes, until the squash is tender when tested with a sharp knife. Let stand for 3 minutes.

While squash is cooking, combine maple syrup, soy sauce, cinnamon, and freshly ground pepper to taste. When squash is tender, turn over. Place ½ teaspoon butter in the cavity of each squash half. Divide maple syrup mixture evenly among the squash halves. Use a pastry brush to brush over the squash. Return to the microwave and microwave for 1 minute on medium-high (PL 7). Serve hot.

Nutritional information per serving:

• fat 2g • sat. fat 1g • chol. 5mg • sod. 69mg
 • calcs. 164mg • fiber 10g
 Calories 234 (8% from fat) • carb. 56g • pro. 4g

Tip: Prepare acorn squash, but do not glaze. Prepare Israeli Couscous Pilaf with Cranberries, Golden Raisins and Pine Nuts (p. 20) and use as stuffing for squash. Both can be prepared ahead and reheated in your microwave or a conventional oven.

Artichokes with Tangy Lemon Herb Sauce

Makes 2 servings

Tangy Lemon Herb Sauce,

recipe follows

1 cup water

1 slice lemon

1 garlic clove, peeled and sliced

2 tablespoons chopped shallot

½ tablespoon extra virgin olive oil

2 globe artichokes,

about 8 ounces each

½ lemon

Place water, lemon slice, garlic, shallot, and olive oil in a 1½ quart microwave-safe casserole with lid.

Wash the artichokes under cold water. Pull

off lower outer leaves/petals and discard. Trim

stem ends so that artichokes will sit upright.

Cut off top inch of artichoke and use kitchen

snips/shears to trim sharp tips of leaves. Rub

all cut surfaces immediately after cutting with

lemon half to prevent discoloration. Place on

sides in seasoned water in casserole and cover

with a sheet of waxed paper, then the lid. Place

in the Cuisinart® Compact Microwave and

microwave on high (PL 10) for 8 minutes. Turn

artichokes over, re-cover and microwave on

high for 8 minutes longer. Stand artichokes

upright in liquid and cover. Let stand for

5 minutes before serving.

Serve cooked artichokes with Tangy Lemon

Herb Sauce or other favorite dipping sauce.

Nutritional information per serving (one artichoke):
 Calories 121 (6% from fat) • carb. 26g • pro. 8g
 • fat 1g • sat. fat 0g • chol. 0mg • sod. 216mg
 • calcs. 105mg • fiber 12g

Tangy Lemon Herb Sauce

Tangy Lemon Herb Sauce also makes a good sauce to serve with fish cooked in your Cuisinart Microwave.

Makes about ½ cup

½ cup plain lowfat yogurt

2 tablespoons chopped parsley

½ garlic clove, peeled and finely

chopped

½ tablespoon extra virgin olive oil

Salmon with Julienne Vegetables

Makes 2 servings

- 1/2 cup julienne carrots
- 1 cup julienne fennel bulb
- 1 cup julienne red potato
- 1/3 cup julienne shallot
- 1/2 cup julienne plum tomato
- 1 1/2 tablespoons extra virgin olive oil, divided
- 1 1/2 teaspoons dry basil, divided
- 1/2 teaspoon finely chopped fresh lemon zest
- 1 teaspoon kosher salt, divided
- 2 6-ounce pieces salmon fillet*

Place the carrots, fennel, potato, shallot, and tomato in a medium bowl with 1 tablespoon of the olive oil, 1 teaspoon of salt, the lemon zest, and 3/4 teaspoon of salt. Toss to combine. Arrange in an even layer in a 9-inch microwave-safe plate and cover with a round of waxed paper. Place in the Cuisinart® Compact Microwave and microwave on high (PL 10) for 4 minutes. Add julienne squash, stir and re-cover. Microwave on high for 3 minutes longer – vegetables should be not quite cooked.

Arrange salmon fillets over the vegetables. Drizzle with the remaining olive oil, and sprinkle with the remaining basil and salt. Cover with the round of waxed paper. Microwave on high for 7 to 9 minutes – until salmon is flaky – timing will depend on thickness of fish, and its temperature. Let stand for 2 to 3 minutes before serving. Garnish with the fennel bulb. Depend on lemon and fronds from the fennel bulb.

Nutritional information per serving:
 Calories 477 (40% from fat) • carb. 34g • pro. 38g • fat 22g • sat. fat 3g • chol. 94mg • sod. 804mg • fiber 4g

*It is important that they be of a similar and equal thickness – if they are not evenly thick, fold the thin portion under to make them equal.

Pesto Chicken Salad

Pesto Chicken Salad makes delicious sandwiches. Use this method to poach chicken for any recipe requiring cooked chicken.

Makes 6 servings

- 2 cups low sodium chicken broth*
- 1 shallot, peeled and chopped
- 4 boneless, skinless chicken breast halves,
- about 6 ounces each
- 1/2 cup thinly sliced celery
- 1/3 cup chopped onion
- 2/3 cup light mayonnaise
- 1/4 cup prepared pesto

Place chicken broth and shallot in a microwave-safe baking dish or glass casserole and cover with lid or waxed paper. Place in the Cuisinart® Compact Microwave and microwave on high (PL 10) for 3 to 4 minutes to bring to a boil. Add chicken, cover and microwave on medium-high (PL 7) for 4 minutes. Turn chicken and cook, covered, on medium-high for 4 to 5 minutes longer. Let chicken cool in cooking liquid.

Place celery, onion, mayonnaise and pesto in a medium bowl and stir to combine. When chicken has cooled completely, dice. Add to mayonnaise mixture and toss gently to blend. Cover and chill.

Serving suggestions:
 Line individual plates with lettuce or spinach, and garnish with tomato, cucumber or other vegetables of choice. Pesto Chicken Salad may also be used for sandwiches.

Nutritional information per serving:

Calories 289 (46% from fat) • carb. 4g • pro. 283mg • fat 15g • sat. fat 3g • chol. 99mg • sod. 283mg • fiber 0g

Scallops Provençal

The microwave shines when cooking seafood and shellfish.

Serve with crusty French bread and lots of napkins.

Spicy Cajun BBQ Shrimp

Makes 2 servings

Makes 4 to 6 servings

1 pound sea scallops (about 8 to 10 scallops)

¼ cup finely chopped shallot

or red onion

2 garlic cloves, finely chopped

teaspoon herbes de Provence

3 tablespoons dry white vermouth

or dry white wine

1 tablespoon extra virgin olive oil

teaspoon kosher salt

¼ teaspoon freshly ground pepper

1 can (14 to 15 ounces) diced

tomatoes, drained

10 nigise or other black olives,

pitted and halved, optional

Rinse and pat scallops completely dry. Remove tough muscle from side of scallop if still on, and discard. Reserve scallops.

Place chopped shallots/onion, garlic, and herbes de Provence in a microwave-safe round dish such as a deep dish pie plate. Stir in vermouth, olive oil, salt, and pepper. Cover with a round of waxed paper cut to fit on top of the rim of the dish so that it is not touching the food. Place in the Cuisinart® Compact Microwave and microwave on high (PL 10) for 2 minutes. Stir, replace cover and microwave on high for another 2 minutes.

Stir in diced tomatoes and olives if using. Cover with the waxed paper and microwave on high for 5 minutes. Stir. Microwave uncovered for 2 minutes. Remove about one third of the tomato mixture.

Arrange the scallops in a circle on top of the remaining tomatoes. Top with reserved tomato mixture. Microwave on high for 4 minutes. Turn longer. Let stand 2 to 3 minutes before serving. Scallops will continue to cook while resting – resist the urge to microwave further.

Serving suggestion: serve with rice or pasta.

Nutritional information per serving

(without optional olives):

Calories 504 (27% from fat) • carb. 21g • pro. 62g • fat 15g • sat. fat 1g • chol. 149mg • sod. 1133mg • calc. 99mg • fiber 3g

1-½ pounds medium (28-35 count)

6 tablespoons unsalted butter, cut

into 6 pieces

6 tablespoons extra virgin olive oil

½ cup beer, at room temperature

¼ cup fresh lemon juice

1 tablespoon soy sauce

1 tablespoon Worcestershire sauce

2 cloves garlic, finely minced

1 large bay leaf

1 teaspoon freshly ground black

pepper

1/2-¾ teaspoon cayenne pepper, to

taste

½ teaspoon basil

½ teaspoon oregano

½ teaspoon rosemary

½ teaspoon thyme

½ teaspoon kosher salt

Rinse and drain shrimp, pat dry and reserve.

Place the remaining ingredients in a 1½-quart microwave-safe round casserole or bowl that is about 4 inches deep. Place in the Cuisinart® Compact Microwave and microwave on high (PL 10) for 2½ minutes. Stir. Microwave on medium-high (PL 7) for 4 minutes. Stir.

Microwave again on medium-high for 4 minutes. Stir well. Add shrimp and stir to coat.

Microwave on high for 3 minutes. Stir.

Microwave on high for 1 minute. Stir and let stand for 2 minutes to complete cooking.

If there are any shrimp that appear undercooked at this point, return to the microwave

and cook on high for 30-second increments, letting stand for 1 minute after each.

Nutritional information per serving:

Calories 346 (68% from fat) • carb. 2g • pro. 24g • fat 26g • sat. fat 9g • chol. 252mg • sod. 505mg • calc. 64mg • fiber 0g

This slightly spicy, slightly smoky tomato soup would be perfect alongside a grilled cheese sandwich.

Chipotle Tomato Soup

- Makes about 5 cups
- 1 tablespoon extra virgin olive oil, divided
- ½ cup chopped (½-inch) onion
- ¼ cup sliced carrots (½-inch)
- ¼ cup sliced celery (½-inch)
- 1 garlic clove, peeled and chopped
- ½ teaspoon oregano
- pinch ground coriander
- pinch ground cumin
- 1 can (14-15 ounces) diced tomatoes with juices
- 1 large roasted red bell pepper, seeded and cut into 1-inch pieces
- ¾ cups low-sodium chicken (drain and pat dry if using jarred)
- 1 or vegetable stock
- 1 tablespoon white rice
- ¼ teaspoon kosher salt
- ½-1 tablespoon chipotle chile peppers with adobo sauce*

Creamy Sweet Potato and Parsnip Soup with Ginger

Makes 2 entrée or 4 first course servings (total yield 3 cups)

- ¾ pound sweet potatoes, peeled, cut into ½-inch dice
- ¼ pound parsnips, peeled, cut into ½-inch dice
- ¼ cup chopped onion
- ½ tablespoon chopped fresh ginger
- ½ teaspoon kosher salt
- 2½ cups low sodium chicken or vegetable broth/stock, divided
- 1 teaspoon unsalted butter, cut into 4 pieces
- 1 tablespoon fresh lemon juice
- ½-¾ cup half-and-half (may use fat-free) or more stock

Place peeled and diced sweet potatoes and parsnips, onion, ginger, and salt in a 1½-quart microwave safe bowl or casserole. Add 1 cup of the broth/stock and stir; dot with butter. Cover with a sheet of waxed paper, then with a lid or plate. Place in the Cuisinart® Compact Microwave and microwave on high (PL 10) for 20 minutes, stirring after 10 minutes. Let stand 2 to 3 minutes.

Use a hand blender to puree until smooth while gradually adding the remainder of the broth/stock until completely smooth and homogenous. (May also be done in a blender.) Stir in lemon juice. Return to microwave, cover and microwave on high for 1 minute. Add ½ cup half-and-half or more stock. Blend until creamy and smooth. Add remaining half-and-half if a thinner soup is desired. Cover and microwave on medium-high (PL 7) for 2 minutes to heat through. Serve hot.

Nutritional information per serving (¾ cup):
 Calories 131 (1% from fat) • carb. 30g • pro. 4g • fat 0g • sat. fat 0g • chol. 0mg • sod. 494mg • calc. 40mg • fiber 4g

Note:

To make a puree to serve as a side dish, follow recipe but do not add all the remaining broth/stock. Puree vegetables until smooth and creamy, adding broth/stock as needed. Add 2 to 3 tablespoons half-and-half to finish if desired.

Nutritional information per serving:
 Calories 98 (27% from fat) • carb. 16g • pro. 3g • fat 3g • sat. fat 0g • chol. 0mg • sod. 636mg • calc. 52mg • fiber 4g

Scrambled Eggs for Two

Makes 2 servings

1 **tablespoon unsalted butter, optional**

4 **large eggs**

1 **tablespoon water**

kosher salt, to taste

freshly ground pepper to taste

Melt butter (if using) in a 2-cup glass measuring

cup for 20 seconds on high (PL 10). Let cool

one minute. Break eggs into the cup, add water,

and beat to blend with a fork or small whisk.

Microwave, uncovered on high for 1 minute. Stir

vigorously to break up solids into curds.

Microwave, uncovered on high for 30 seconds,

until creamy and firm, but still moist. Stir to

reach preferred consistency, remembering that

eggs will continue to cook even after the micro-

wave has stopped – resist the urge to cook lon-

ger; they will be at a safe temperature at 165°F.

If dryer eggs are preferred, cook an additional

10 to 15 seconds after second stirring. Season

to taste with salt and freshly ground pepper and

serve hot.

Nutritional information per serving

(made without butter):

Calories 149 (62% from fat) • carb. 1g • pro. 12g

• fat 10g • sat. fat 3g • chol. 425mg • sod. 121mg

• calc. 49mg • fiber 0g

Omelet with Zucchini and Mushrooms

This omelet is an easy supper
on a busy night.

Makes 1 omelet

4 **teaspoons unsalted butter, divided**

¼ **cup julienneed zucchini**

3 **1-inch mushrooms, sliced**

2 **green onions, trimmed and cut**

¼ **into ¼-inch pieces**

¼ **teaspoon basil or Italian herb**

blend

2 **large eggs**

¼ **teaspoon kosher salt**

2 **pinch freshly ground pepper**

2 **tablespoons lowfat shredded**

cheddar or Swiss cheese

Place 3 teaspoons of the butter in a 9-inch

glass pie plate and place in the Cuisinart®

Compact Microwave. Microwave on high (PL

10) for about 10 to 20 seconds. Add zucchini,

mushrooms, green onions, and basil to plate

and toss to coat with butter. Microwave on high

for 5 minutes, stirring the vegetables halfway

through cooking time. Remove and reserve.

Soften the remaining teaspoon of butter in a 5-

or 6-inch microwave-safe soup plate. Spread

butter in bowl of dish. Beat eggs with a whisk

until frothy. Add salt and pepper. Pour into pre-

pared plate. Microwave on high for 45 seconds.

Use a heatproof rubber spatula to move the

partially set edges of the eggs to the center and

turn over. Microwave on high for 35 to 45 sec-

onds – omelet will rise and puff, until just set

and top is creamy. Top with cooked vegetables

and shredded cheese. Microwave on medium-

high (PL 7) for 20 seconds to reheat vegetables

and partially melt cheese. Loosen omelet with

the spatula, folding it over and turning onto

serving plate. Serve hot.

Nutritional information per omelet:

Calories 349 (72% from fat) • carb. 7g • pro. 18g

• fat 28g • sat. fat 13g • chol. 474mg • sod. 369mg

• calc. 168mg • fiber 2g

Breakfast

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Scrambled Eggs for One

Since the eggs will not stick to the microwaveable measuring cup, you can eliminate the butter – though it is quite tasty.

½ tablespoon unsalted butter,

optional

2 large eggs

1 tablespoon water

kosher salt, to taste

freshly ground pepper, to taste

Place butter (if using) in a 2-cup glass measuring cup and place in the Cuisinart® Compact Microwave and microwave for 20 seconds on high (PL 10) to melt the butter. Let cool one minute. Break eggs into the cup, add water, and beat to blend with a fork or small whisk.

Microwave, uncovered on high for 30 seconds. Stir vigorously to break up solids into curds. Microwave, uncovered on high for 30 seconds, until creamy and firm, but still moist. Stir to reach preferred consistency, remembering that eggs will continue to cook even after the microwave has stopped – resist the urge to cook longer; they will be at a safe temperature at 165°F. If dryer eggs are preferred, cook an additional 10 to 15 seconds after second stirring. Season to taste with salt and freshly ground pepper and serve hot.

Nutritional information per serving
(made without butter):

Calories 149 (62% from fat) • carb. 1g • pro. 12g • fat 10g • sat. fat 3g • chol. 425mg • sod. 121mg • calc. 49mg • fiber 0g

AUTO DEFROSTING GUIDE

Follow the instructions below when defrosting different types of food.

FOOD	STANDARD AMOUNT	DIRECTIONS
Roast Beef, Pork	2.5-6.0 lbs.	Start with the food placed fat side down. After each stage, turn the food over and shield any warm portions with narrow strips of aluminum foil.
Steaks, Chops, Fish	0.5-3.0 lbs.	After each stage, rearrange the food. If there are any warm or thawed portions of food, shield them with narrow flat pieces of aluminum foil. Remove any pieces of food that are nearly defrosted. Let stand, covered, for 5-10 minutes.
Ground Meat	0.5-3.0 lbs.	After each stage, remove any pieces of food that are nearly defrosted. Let stand, covered with foil, for 5-10 minutes.
Whole Chicken	2.5-6.0 lbs.	Remove giblets before freezing poultry. Start defrosting with the breast side down. After the first stage, turn the chicken over and shield any warm portions with narrow strips of aluminum foil. After the second stage, again shield any warm portions with narrow strips of aluminum foil. Let stand, covered, for 30-60 minutes in the refrigerator.
Chicken Pieces	0.5-3.0 lbs.	After each stage, rearrange or remove any pieces of food that are nearly defrosted. Let stand for 10-20 minutes.

Check foods when the oven signals. After the final stage, small sections may still be icy; let them stand to continue thawing. Shielding roast and steaks with small pieces of foil prevents the edges from cooking before the center of the food has defrosted. Use narrow, flat, smooth strips of aluminum foil to cover the edges and thinner sections of the food.

Meats that have been defrosted in the microwave should be cooked immediately to prevent harmful bacteria from developing.

DIRECTIONS	PREPARATION	VEGETABLE
Place in casserole/baking dish with 3 tablespoons water. Cover. Microwave on High (PL-10) for 3 to 5 minutes until crisp/tender, stirring once during cooking.	Remove strings, wash. Trim tips and tops.	Peas edible pod – snow peas or sugar snap, 12 ounces
Place in casserole/baking dish with 2 to 3 tablespoons water. Microwave on High (PL-10) for 5 to 8 minutes, until tender or done to taste.	Shell and rinse.	Peas, green 3 cups fresh (from about 2 pounds in pods)
Place in casserole/baking dish with 3 tablespoons water. Cover. Microwave on High (PL-10) for 10 to 14 minutes, stirring 2 or 3 times during cooking.	Wash and peel. Cut into ½-inch cubes.	Rutabagas (Yellow, waxy turnips or Swedes), 1 pound
Place in casserole/baking dish with 1 tablespoon water. Cover. Microwave on High (PL-10) for 3 to 6 minutes, stirring once during cooking.	Wash and drain, remove stems.	Spinach 1 pound
Place squash halves, cut side down in casserole/baking dish with ¼ cup water. Cover. Microwave on High (PL-10) for 8 to 12 minutes, until tender when tested with a knife. Let stand 3 minutes before turning over.	Cut thin slice from root end/base. Wash. Cut into quarters lengthwise or cut into ½-inch slices.	Squash Acorn, delicata, golden nugget, kabocha, 1 to 1½ pound
Place squash halves, cut side down in casserole/baking dish with ¼ cup water. Cover. Microwave on High (PL-10) for 10 to 14 minutes, until tender when tested with a knife. Let stand 3 minutes before turning over. For cube/sliced butternut squash, place in casserole/baking dish with 3 tablespoons water. Cover. Microwave on High (PL-10) for 5 to 9 minutes, until tender.	Wash and half lengthwise, remove seeds and stem. Butternut squash can also be peeled and cubed or sliced.	Squash Banana, butternut, butternut, Hubbard, turban
Place in casserole/baking dish with 2 tablespoons water. Cover. Microwave on High (PL-10) for 4 to 7 minutes, stirring once during cooking.	Wash, trim and discard stem and into ¼-inch slices.	Squash Zucchini, summer, yellow crookneck, 1 pound
Place squash halves, cut side down in baking dish with ¼ cup water. Cover. Microwave on High (PL-10) for 16-21 minutes, until tender. Let rest 3 minutes before using.	Wash, half lengthwise – remove and discard seeds.	Squash Spaghetti (one squash, about 2½ to 3 pounds)
Place in casserole/baking dish with 2 tablespoons water. Cover. Microwave on High (PL-10) for 9 to 12 minutes, until tender, stirring once during cooking.	Wash and peel, cut into quarters or cubes.	Sweet Potatoes 1 pound

DIRECTIONS	PREPARATION	VEGETABLE
Place in casserole/baking dish with 3 tablespoons of water. Cover. Microwave on High (PL-10), 9 to 12 minutes for a whole head, 7 to 11 minutes for florets (stirring once during cooking).	Wash; remove and discard leaves. Leave whole or cut/break into florets.	Cauliflower 1 pound
Place in casserole/baking dish with 2 tablespoons water. Microwave on High (PL-10) for 5 to 6 minutes, until crisp/tender, stirring once during cooking.	Remove leaves, wash. Cut into ½-inch slices.	Celery 6 stalks
Place in casserole/baking dish with 2 tablespoons water. Cover. Microwave on High for 4 to 6 minutes, stirring once.	Remove husks and silk; cut kernels from ears to yield about 2 cups.	Corn 4 ears
Wrap each ear in waxed paper or parchment. Place on glass turntable. Microwave on High (PL-10) for 2 to 4 minutes for 1 ear; 4 to 6 minutes for 2 ears; 7 to 10 minutes for 3 ears, and 9 to 12 minutes for 4 ears.	Remove husks and silk.	Corn on the Cob 4 ears
Place in casserole/baking dish with ¼ cup water. Microwave on High (PL-10) for 6 to 9 minutes.	Trim, discarding upper stalks and tough/wilted outer layer of stalks. Cut thin slice from root end/base. Wash. Cut into quarters lengthwise or cut into ½-inch slices.	Fennel 2 bulbs
Place lima beans in a microwave-safe dish with ¼ cup water. Microwave on High (PL-10) for 6 to 9 minutes.	Shell lima beans and rinse.	Lima Beans 3 cups (about 3 pounds in pods/shells)
Place in casserole/baking dish with 2 tablespoons melted butter or extra virgin olive oil. Cover. Microwave on High (PL-10) for 4 to 6 minutes, stirring twice during cooking.	Wash and dry immediately. Leave whole, quarter or slice.	Mushrooms 1 pound
To sauté, melt ½ tablespoon each of unsalted butter and olive oil in a microwave-safe plate for 20 seconds on High (PL-10). Add up to 6 ounces sliced mushrooms to plate and toss to coat. Season to taste. Microwave on High (PL-10) uncovered for 5 minutes, stirring twice during cooking.	Feel boiling onions before cooking. Peel pearl onions after cooking.	Onions 8 ounces Small boiling or pearl,
Place in casserole/baking dish with 3 tablespoons water. Cover. Microwave on High (PL-10) for 4 to 7 minutes, until tender, stirring once during cooking.	Wash and peel. Cut into ¼-inch slices or quarter lengthwise and cut into 2-inch lengths.	Parsnips 1 pound

DIRECTIONS	PREPARATION	VEGETABLE
<p>Place in casserole/baking dish with ¼ cup water. Cover. Microwave on High (PL-10) for 3-6 minutes, turning halfway through cooking, until a leaf pulls out easily. Invert to drain.</p>	<p>Choose firm, closed artichokes. Wash well; trim stems and cut about 1 inch from top. Use kitchen scissors to snip off sharp tips from leaves. Rub/brush cut edges with fresh lemon juice.</p>	<p>Artichokes globe (2-about 10 ounces each)</p>
<p>Place in casserole/baking dish with 3 tablespoons water. Cover. Microwave on High (PL-10) for 3 to 6 minutes, rearranging or stirring halfway through cooking until done to taste.</p>	<p>Wash and break off woody part of spear. Peel as desired. Leave whole or cut on diagonal into 1- to 2-inch lengths.</p>	<p>Asparagus (1 pound) Cooking time will vary greatly with thickness of asparagus. For best results choose asparagus of similar thickness.</p>
<p>Place in casserole/baking dish with 3 tablespoons water. Cover. Microwave cut or whole beans for 8 to 12 minutes on High (PL-10); Microwave French cut or haricots verts for 5 to 9 minutes.</p>	<p>Wash. Trim ends. Cut into 1 to 1½-inch pieces, French-cut or leave whole. Trim ends from haricots verts, leave whole.</p>	<p>Beans (green, yellow wax) or haricots verts</p>
<p>Place in casserole/baking dish with 3 tablespoons water. Cover. Microwave whole beets for 9 to 12 minutes on High (PL-10) until tender. Let cool and skins will slip off easily. Microwave sliced/diced beets for 9 to 12 minutes, stirring after 5 minutes.</p>	<p>Trim stems to 1-inch. Scrub beets well, but prick, do not peel if cooking whole. For sliced or diced, peel and cut.</p>	<p>Beets 1 pound (3 to 4 medium)</p>
<p>Place in casserole/baking dish with 3 tablespoons water. Microwave on High (PL-10) for 4 to 9 minutes, until crisp-tender or to taste, stirring once during cooking. If using in a salad or to add to another dish, choose shorter cooking times and refresh immediately in ice water.</p>	<p>Wash, remove and discard stalks and outer leaves. Cut into florets (1-inch) or spears.</p>	<p>Broccoli 1 pound</p>
<p>Place in casserole/baking dish with ¼ cup water. Cover. Microwave on High for 7 to 9 minutes, stirring once during cooking.</p>	<p>Trim off and discard loose outer leaves. Trim stem ends and cut a cross in end with sharp knife.</p>	<p>Brussels Sprouts 1 pound</p>
<p>Place in casserole/baking dish with 3 tablespoons water. Cover. Microwave on High (PL-10), 7 to 9 minutes for sliced, 5 to 7 minutes for julienned, stirring once during cooking.</p>	<p>Wash and peel. Cut into ¼-inch slices or julienne.</p>	<p>Carrots 1 pound</p>
<p>Place in casserole/baking dish with 3 tablespoons water. Microwave on High (PL-10) for 7 to 9 minutes, stirring once during cooking.</p>	<p>Pinse (they may be prewashed, but rinse again).</p>	<p>Carrots, baby cut 1 pound</p>

SUGGESTIONS FOR COOKING EGGS IN YOUR MICROWAVE

- Never cook eggs in the shell and never warm hard-cooked eggs in the shell; they can explode.
- Cook eggs just until barely set and allow for carryover cooking during which time they will finish cooking; they become tough if overcooked.

SUGGESTIONS FOR COOKING VEGETABLES IN YOUR MICROWAVE

- Vegetables should be washed in cold clear water just before cooking. Some vegetables such as spinach may require several washings. Often, no extra water is needed. If dense vegetables such as potatoes, carrots and green beans are being cooked, add about $\frac{1}{4}$ cup of water.
- Small vegetables such as sliced carrots, peas, lima beans will cook faster than larger ones.
- Whole vegetables such as potatoes, acorn squash or corn on the cob should be arranged in a circle on the turntable before cooking. They will cook more evenly if turned over after half the cooking time.
- Always place vegetables like asparagus and broccoli with the stem ends pointing toward the edge of the dish and the tips toward the center.
- When cooking cut vegetables, always cover the dish with a lid or vented microwave plastic wrap.
- For best results when cooking asparagus, arrange trimmed asparagus in a spoke fashion, stem end out. About two-thirds through cooking reverse so that tips are on the outer edge.
- Prick skin of whole, unpeeled vegetables such as potatoes, squash, eggplant, etc., in several spots before cooking.

fore cooking to prevent them from bursting.

- For more even cooking, stir or rearrange whole vegetables halfway through the cooking time.
- Generally, the denser the food, the longer the standing time (standing time refers to the time necessary for dense, large foods and vegetables to finish cooking after they come out of the oven). A baked potato can stand on the counter for five minutes before cooking is completed, while a dish of peas can be served immediately.

GUIDE FOR COOKING POULTRY IN YOUR MICROWAVE

- Place poultry on a microwave-safe roasting rack in a microwave-safe dish.
- Cover poultry with wax paper to prevent spattering.
- Use small pieces of aluminum foil to shield bone tips, thin meat areas or areas that start to overcook.
- Check the temperature in several places before letting the poultry stand the recommended time.

GUIDE FOR COOKING FISH/SHELLFISH IN YOUR MICROWAVE

- Arrange pieces with thick sections to outside.
- When possible fold fish fillets to create pieces of similar size and thickness.
- Cover before cooking with a plate or wax paper.

FOOD	COOK TIME/ POWER LEVEL	DIRECTIONS
Whole Chicken Up to 4 lbs.	Cooking Time: 6-9 mins/lb 170°F - 180°F Power Level: Medium High (70)	Place chicken breast-side down on microwave-safe roasting rack. Cover with wax paper. Turn over when the cooking time is half up. Cook until juices run clear and meat near the bone is no longer pink. Skin will not be browned or crispy. To aid in browning, brush with Gravy Master® or similar product prior to cooking. Let stand 5-10 minutes.
Chicken Pieces Up to 2 lbs.	Cooking Time: 6-9 mins/lb 180°F dark meat 170°F light meat Power Level: Medium High (70)	Place chicken bone-side down on dish, with the thickest portions toward the outside of the dish in a spoke pattern. Cover with wax paper. Turn over when the cooking time is half up. Cook until juices run clear and meat near the bone is no longer pink. Skin will not be browned or crispy. To aid in browning, brush with Gravy Master® or similar product prior to cooking. Let stand 5-10 minutes.

FOOD	COOK TIME/ POWER LEVEL	DIRECTIONS
Fillets – cod, halibut, haddock, 1 pound fillets of even thickness	Cooking Time: 4-6 minutes Power Level: High (PL-10)	Let stand 3 minutes before serving.
Salmon, fillets 1 pound	Cooking Time: 2½-3 minutes Power Level: High (PL-10)	Cover loosely with wax paper. Let stand 4-5 minutes before serving.
Flounder, sole, thin flat fillets, 1 pound	Cooking Time: 4-6 minutes Power Level: High (PL-10)	Fold over to create thickness of about ¾ inch. Let stand 3 minutes before serving.
Shrimp, 1 pound, large – peeled and deveined.	Cooking Time: 1-3 minutes Power Level: High (PL-10)	Arrange on flat microwave-safe plate, meaty (head) portion to outside, cover with plate. Let rest 3 to 5 minutes covered.
Scallops, 1 pound large – remove muscle/foot before cooking.	Cooking Time: 2-4 minutes turn over/stir after 1-1½ minutes, Power Level: High (PL-10)	Arrange in single layer in microwave-safe pie plate. Season with melted butter and/or lemon juice. Cover with plate. Let stand 2 to 3 minutes, covered.

FOOD	COOK TIME/ POWER LEVEL	DIRECTIONS
Boneless roast beef Up to 4 lbs.	Cooking Time: Rare – 7-11 min/lb for 115°F Medium – 8-12 min/lb for 120°F Well Done – 9-14 min/lb for 145°F Power Level: High (Hi) for first 5 minutes, then Medium (PL-5) or according to specific recipe.	Place roast fat-side down on roasting rack. Cover with wax paper. Turn over up. Let stand 10 minutes.
Pork Boneless or Bone-in Up to 4 lbs.	Cooking Time: Well Done – 11-15 min/lb for 160°F Power Level: High (Hi) for first 5 minutes, then Medium (50)	Place roast fat-side down on roasting rack. Cover with vented plastic wrap. Turn over when cooking time is half up. Let stand 10 minutes.

COOKING GUIDE

The following guides will help you to cook a variety of foods in the microwave. Some foods are more suited for microwave cooking than others. Times will vary depending on the starting temperature of the foods being cooked.

MEAT IN YOUR MICROWAVE

- Place meat on a microwave-safe roasting rack in a microwave-safe dish.

- Start meat fat side down. Use narrow strips of aluminum foil to shield any bone tips or thin meat areas.
- Check the temperature in several places before letting the meat stand the recommended time.
- Microwaved meats will be somewhat different in texture than meats cooked by traditional methods. Brushing meats with a product such as Gray Master® will aid in "browned" appearance and make finished product more visually appealing.
- The following temperatures are removal temperatures. The temperature of the food will rise during the standing time.

THE MICROWAVE SUGGESTED DISHES FOR USE IN

- To soften hard-as-rocks brown sugar, place on a glass or ceramic plate. Cover with wax paper. Top with a slice of fresh white bread. Cover with plastic wrap. Microwave on High (PL-10) for about 30 seconds.
- Reheat rice by placing in serving dish/bowl. For 1 cup rice, sprinkle with 2-3 teaspoons water, and cover with a plate or plastic wrap. Microwave on High (PL-10) for 1½ minutes. Let stand for 2 minutes before using.
- Glass measuring cups with handle – 1-cup, 2-cup, 4-cup and 8-cup sizes.
- Glass, ceramic or porcelain ramekins – 4 to 8 ounces in size.
- Glass/ceramic bowl with lid – 1½-quart, 3-quart sizes
- Glass/ceramic oval baker/gratin dish – 12-ounce, 24-ounce sizes.
- 12-ounce mugs for coffee
- Glass/ceramic 9- to 12-inch pie plates
- Glass/ceramic/porcelain soufflé dishes – 1-quart, 2-quart, 3-quart sizes

OTHER USES FOR YOUR MICROWAVE

- When microwaving in glass, be sure it is tempered glass or it will shatter.
- If using paper goods in the microwave, use only white, undecorated materials, not made of recycled papers (these may contain chemicals or bits of metal which can ignite). For paper towels it is suggested that the package have a microwave-safe claim for the product.
- If the start/30-second button is pressed while the microwave is in use, this will default set the power to level 10 as well as adding an extra 30-seconds of cooking time.
- To proof yeast doughs, place prepared dough in a large bowl and cover with plastic wrap. Place a 2-cup measure filled with 1 cup water in the microwave and bring to the boil. Move it immediately to back corner of microwave and place covered bowl of dough in the microwave. Close door and let rise in the warm, steamy microwave for 20 to 30 minutes until doubled in volume. Remove from microwave and proceed according to recipe instructions.
- Decrystallize honey by uncovering the jar and placing in the microwave for 30 to 60 seconds on Medium High (PL-7).
- Get more juice from citrus. Place lemons and limes in microwave on High (PL-10) for 20 to 30 seconds and your juice yield will be greatly improved and less difficult.
- Soften freezer-hard ice cream by microwaving on Medium (PL-5) for 30 to 60 seconds.

- Soften cream cheese in microwave. Remove from original wrapper and microwave on Medium-Low (PL-3) for about 40 to 60 seconds.
- To soften butter for baking, unwrap and place on small microwavable dish. Microwave on Low (PL-1 or PL-2) for 20 to 30 seconds for each 2 tablespoons.
- To melt butter, unwrap, cut into tablespoons and place in glass measuring cup. Cover loosely with wax paper to prevent spattering. Microwave on High (PL-10) in 30-second increments until three-quarters melted, then stir to complete melting.
- To heat syrup for pancakes or waffles, place in a microwave-safe container with a handle (sugar syrups get extremely hot), and microwave on High (PL-10) for 30-second intervals until warm.
- An instant-read thermometer is a great tool to have – it will allow you to check temperatures as needed and will give you a reading within seconds. Do not cook with the instant-read thermometer in foods – it is only for checking finished cooking temperatures.
- Use microwave-safe containers for cooking. Check manufacturer's instructions as to microwavability. China or porcelain with gold or silver in the pattern cannot be microwaved. Do not reuse deli containers, plastic containers from frozen food items, or other "single use containers" such as margarine tubs or whipped topping containers in the microwave, as they may change chemically/physically when microwaved a second time and impart or leach harmful chemicals into microwaved foods. Some plastics are not designed to withstand high heat or to be reused, and will change form or warp – it is not recommended to eat foods from containers that have changed shape.

will become rubbery in texture when reheated in the microwave. Meats that are tender when cooked by traditional methods may be tough and rubbery because of their complex protein/fat structure.

- Foods cooked in the microwave will be greatly affected by their starting temperature. Room temperature foods will not take as long to cook as foods taken right from the refrigerator.
- Move foods around and stir them frequently to ensure even cooking. You will get best results with vegetables and seafood when they are of similar size and thickness. Vegetables should be cut and trimmed to similar sizes.
- Arrange foods in a “spoke” or “wreath” pattern if possible to help cook evenly.
- Do not cook eggs in their shells – they will burst! If poaching eggs, prick yolks with tines of a fork so that they do not burst.
- For cooking hot cereals such as oat meal, follow package instructions. Cook in a large enough container to allow for boil-ups.
- To melt chocolate in the microwave, cut it into 1-inch pieces, or use chocolate morsels. Place in glass container with handle (a measuring cup will be fine) and microwave on Medium High (PL-7) for 1 minute. Stir well. If necessary, microwave again at 30-second intervals as necessary. Stir well, as chocolate melts while it is being stirred. When about ¾ of the chocolate is melted, stir to complete melting. DO NOT OVER-MICROWAVE – chocolate burns easily!
- Toast nuts, bread crumbs and coconut. Spread them on a microwave-safe plate or pie plate. Microwave on High for 1 to 3 minutes, stirring once every minute. There will be carryover cooking, so take care not to overcook or these items will burn.

- To boil liquids, microwave until the surface bubbles actively, just like boiling on the stovetop.
- Although cooking dried beans in the microwave is not recommended, you can presoak them by “flash-soaking” in the microwave: cover beans with 2 inches of water in a microwave-safe container on high for 12 minutes. Let stand in microwave for 15 minutes longer. Drain and cook on stovetop until tender, adding fresh liquid and cooking according to package/recipe directions.
- Carryover cooking – When microwave, foods will continue cooking after the microwave has stopped. It is better to undercook slightly and let foods stand to prevent overcooking. The type of food and its individual characteristics will be an indicator of how it cooks. Microwaving is particularly well suited to cooking vegetables and pastries.

COOKING

Keeping your microwave clean will keep it working efficiently and effectively.

- In a 2-cup measure, bring 1 cup water mixed with 2 tablespoons lemon juice or baking soda to a boil in the microwave. Allow to stand in microwave for 5 minutes to steam. Then wipe walls of microwave with clean paper towels, a damp clean towel or a dampened microfiber cloth to remove softened cooking residues.
- Do not use scouring pads or abrasive or harsh detergents.
- If using a chemical-based spray for cleaning, be sure to wipe interior of microwave clean with a dampened towel so that the chemicals and their aromas are not absorbed by the next foods cooked.

CLEANING

TIP AND HINTS

Cuisinart® Compact Microwave

CMW-55 Series



Cuisinart® *Recipe Booklet*

Instruction
Booklet
Reverse Side

Version No.: CMW55 IB-8083	
Size: 140MM(W)X216MM(H)	
Material: COVER: 157GSM MATT ARTPAPER INSIDE: 120GSM GLOSS ARTPAPER	
Coating: GLOSS VARNISHING IN COVER	
Color (Front): 4C(CMYK)+1C(BK) (Back): 1C(BK)+1C(BK)	
Date: JUN-16-2008	Co-ordinator : ASTOR YOU