

Steamed Mussels

Ingredients:

- 2 lbs. Mussels in Shell
- 1/2 Measure of White Wine
- 1 Bay Leaf

Combine all ingredients in the MicroMaster and microwave (with knob opened) for 5 minutes on maximum power. Remove and serve.

Cleaning

After use, carefully wash your MicroMaster with dish detergent, dismantling the cover if necessary. Your MicroMaster is top rack dishwasher safe. It can even be left overnight in a mixture of chlorine bleach and water to remove stubborn stains and odors (use one tablespoon of chlorine bleach per cup of water).

Warning: The times indicated in this recipe book are approximate as they depend on the power of each microwave oven. We recommend you start with less time than shown, increasing the time little by little, so that in future uses you will know the exact time required for cooking each dish.

INSTRUCTIONS & RECIPES

Your new MicroMaster will allow you to quickly and easily cook chicken, meat, beans, stews, and more. It can even be used to steam rice or vegetables. The instructions shown in this book have been tested in different microwave ovens of various powers.

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The recipes included are only a small representation of the capabilities of your MicroMaster. Feel free to experiment and come up with your own recipes or variations, including substitution of meats, poultry, and vegetables.

Special Note: The term "measure" in the recipes below refers to the measuring cup included with your MicroMaster. For example, a recipe calling for two cups of rice means two measuring cups full of rice. If you should happen to misplace the measuring cup, its capacity is 3/4 of a cup.

HOW TO COOK PASTA

Use the chart below to locate the type of pasta you want to cook. Put the pasta and water into a bowl. All cooking times are based on a 750 watt microwave oven. Place lid on bowl and close the knob. Cook on high according to the chart. Open knob, remove lid, drain, and rinse before serving.

Pasta Type	1 Cup Pasta 2 Cups Water	2 Cups Pasta 3 1/2 Cups Water
Rotini	8-11 minutes	10-13 minutes
Egg	5-8 minutes	7-10 minutes
Shell	8-11 minutes	10-14 minutes
Mostaccioli	9-12 minutes	10-14 minutes
Spaghetti	8-11 minutes	10-13 minutes

CAUTION: Use care when opening the lid after cooking as escaping steam is very hot!

HANDY GOURMET

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CHEF RENZO
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THE MICROMASTER

NEW MICROWAVE PRESSURE COOKER

Recipes



HEARTY MEALS IN MINUTES!

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White Rice

Put the rice and water into the MicroMaster according to the chart below. Stir in salt and/or oil as desired. Put the cooker into the microwave and cook at the maximum power with the knob opened for the time specified. After this time, remove the MicroMaster from the microwave and close the knob. Let stand until the rice reaches the desired consistency for serving.

Rice	Water	Cook Time
1 measure of rice	1 1/2 measures of water	9-11 minutes
2 measures of rice	3 1/4 measures of water	13-15 minutes
3 measures of rice	4 1/2 measures of water	15-18 minutes
4 measures of rice	5 3/4 measures of water	18-20 minutes

For Other Rice Dishes

Prepare meat or vegetables in the MicroMaster according to your taste. When ready, remove the MicroMaster from the microwave, add rice and water (following the measure times show above), and stir. Then microwave on the maximum power with the knob opened. After this time, remove the MicroMaster and close the knob.

Stewed Chicken

Ingredients:

- 4 Chicken Thighs
- Salt (to taste)
- 1/2 Beef Bouillon Cube
- 1/2 Measure of Water
- 1/2 Measure of Brandy or Cognac
- 1/2 Onion, quartered
- Saffron (to taste)
- 1 Large Pimiento
- Garlic (to taste)

Put the chicken thighs into the MicroMaster, placing the thinnest parts to the center. Pour in the brandy or cognac and add garlic, salt, and onion. Dilute the bouillon cube and saffron in the water and pour over the chicken. Cut the pimiento into 4 pieces and place one piece on each chicken thigh. Microwave for 15 minutes at maximum power with the knob opened. Remove and serve.