



**Bennett Read®**

**42L MICROWAVE**

LARGE-SCALE, DIGITAL COOKING CONVENIENCE

*Recipe  
Guide*

## **IMPORTANT**

Please read your Bennett Read 42L Microwave User Guide thoroughly before using the appliance.  
It contains important information regarding operation and safety.

## **PLEASE NOTE:**

Temperatures, methods etc. shown are approximate and may vary depending on the type and amount of food used.

Recipes are based on 1 - 4 servings.

Please increase or decrease ingredients in proportion, depending on the desired number of servings.

Use microwave-safe cups and containers.

Do not microwave sealed containers.

## **MEASUREMENT KEY:**

Tsp. = Teaspoon

Tbsp. = Tablespoon

(1 Tablespoon = 3 Teaspoons)

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## RECIPE SERVING SIZE CONVERSIONS

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Depending on the desired number of servings, follow this simple guide to modify any recipe:

1. Divide the number of servings you need by the number the recipe makes.

If you need two servings and the recipe makes four:  $2 \div 4 = 0.5$

If you need eight servings and the recipe makes six:  $8 \div 6 = 1.3$

This is your conversion factor which you'll use to find out how much of each ingredient you'll need.

2. Multiply each ingredient in your recipe by the conversion factor.

3. Round up or down slightly (except for baking) when conversions are hard to measure.

### EXAMPLE:

A Cinnamon Bun Raisin Oatmeal recipe serves four, but you only need three servings... The recipe calls for 1 cup steel-cut oats, 3 1/2 cups water, 1/4 cup light brown sugar and 1 Tsp. cinnamon.

Work out your conversion factor, in this case,  $3 \div 4 = 0.75$ , and multiply each ingredient amount by that number.

So, 1 cup (oats)  $\times 0.75 = 0.75$  cups,

3.5 cups (water)  $\times 0.75 = 2.63$  cups (round off to 2.6 cups),

0.25 cups (sugar)  $\times 0.75 = 0.19$  cups (round off to 0.2 cups).

Some ingredients, like the cinnamon spice, can be adjusted depending on the flavour you want.

## COOKING HINTS AND TIPS

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### MICROWAVE POWER LEVELS

The microwave power level controls how often heating is actively used during cooking and lets you control the heating intensity. For example, power level P80 may mean that heating is on for 80% of the time. The fan runs the whole time to circulate air, whilst heating circulates on and off to achieve optimum cooking.

There are different power level settings at your disposal, each best suited to certain tasks or recipes. Using the correct power level settings for different foods can give a better final result.

<b>POWER LEVEL</b>	<b>GUIDE</b>
<b>P90 - P100</b>	High Power Applicable for quick and thorough cooking Boiling water, ground meats, poultry, fish, shellfish, bacon, pie crust, fruits, vegetables, water-based soups or casseroles, pasta and reheating breads.
<b>P70 - P80</b>	Medium-High Power Applicable for medium express cooking Foods containing cheese and eggs, shellfish, casseroles, rib roast, duck, brownies, cheesecake, cream-based soups and reheating leftovers.
<b>P50 - P60</b>	Medium Power Applicable for steaming food Ham, pork, eggs and custards, puddings, cakes, sauces, steamed rice and soup. Can also be used for softening cream cheese and melting chocolate.
<b>P30 - P40</b>	Medium-Low Power Applicable for defrosting food Less tender beef pot roasts and lamb. Can also be used for simmering chilli, stew, spaghetti sauce, rice, cereal and softening ice cream.
<b>P10 - P20</b>	Low Power Applicable for keeping warm Used for keeping foods warm, proofing yeast dough and defrosting large roasts or turkeys.

## **COOKING TIMES**

- Cooking times are suggested for various dishes and cooking tasks. These are dependent on the wattage of the microwave and the recommended power level.
- If you aren't sure what cooking time to set, remember that the more powerful the microwave, the faster the cooking – a 1000W microwave will cook significantly faster than an 850W microwave, especially when the cooking time is a few minutes or more, for example, a dish that takes five minutes to cook in an 850W microwave, may only need four minutes in a 1000W microwave.

## **COVERING FOOD**

- Use a lid, microwave-safe plastic wrap or paper, but don't let plastic come in direct contact with the food as it's likely to melt into it.
- Covering food helps hold moisture and even out heat distribution.
- Microwave-safe containers shouldn't overheat, break, or melt. However, they can still be hot afterwards, so use an oven mitt if appropriate and handle them carefully.
- Some microwave-safe containers may only be suitable for reheating, not cooking or boiling.

## **SIZE, QUANTITY AND SHAPE**

Try to keep food as uniform as possible. Reheat/cook in small portions to allow for more even heating. Put any larger or thicker pieces towards the outside of the dish.

## **COOKING EVENLY**

Food such as chicken, hamburger patties or steak should be turned once during cooking. Depending on the type of food, if applicable, interrupt the cooking process and stir the food from the outside to the centre of the dish, then resume cooking. This only needs to be done once or twice during cooking.

## **ALLOW STANDING TIME**

After cooking, leave the food in the microwave for an adequate length of time. This allows it to complete its cooking cycle and cool down gradually.

## **WHETHER THE FOOD IS DONE**

The colour and hardness of food helps to determine if it is done.

These include:

- Steam coming out from all parts of food, not just the edge
- Joints of poultry can be moved easily
- Pork or poultry shows no signs of blood
- Fish is opaque and can be sliced easily with a fork

## **BROWNING DISH**

When using a browning dish or self-heating container, always place a heat-resistant insulator, such as a porcelain plate, under it to prevent damage to the turntable and rotating ring.

## 90 SECOND KETO BREAD

### INGREDIENTS

Recipe using almond flour:

3 Tbsp. almond flour  
1 Tbsp. oil or melted butter  
1/2 Tsp. baking powder  
1 Large egg, beaten  
Pinch of salt (skip if your butter is salted)

Recipe using coconut flour:  
(This version is perfect for those with almond allergies)

1 1/3 Tbsp. coconut flour  
1 Tbsp. oil or melted butter  
1/2 Tsp. baking powder  
1 Large egg, beaten  
Pinch of salt (skip if your butter is salted)

TIME: 5 MIN

SERVINGS: 1

### DIRECTIONS:

1. Use a round ramekin that is or a microwave-safe container. Add the melted butter or the oil to the container and swirl it around.
2. Add the rest of the ingredients and mix with a fork. Tap the bottom of the dish on the counter a few times to remove air bubbles.
3. Microwave on high for about 90 seconds.
4. Remove from the microwave and let cool.

## CHICKEN KIEV

### INGREDIENTS:

5 Tbsp. butter, softened, divided  
1/2 Tsp. minced chives  
1/4 Tsp. garlic powder  
1/4 Tsp. white pepper  
4 Boneless skinless chicken breast halves (170g each)  
1/3 Cup cornflake crumbs  
1 Tbsp. grated parmesan cheese  
1/2 Tsp. dried parsley flakes  
1/4 Tsp. paprika

TIME: 30 MIN

SERVINGS: 4

### DIRECTIONS:

1. In a small bowl, combine 3 Tbsp. of butter, chives, garlic powder and pepper; shape into four cubes. Cover and freeze until firm, about 10 minutes.
2. Flatten chicken breast halves to 3/4 cm thickness. Place a butter cube in the centre of each. Fold long sides over the butter; fold ends up and secure with a toothpick.
3. In a shallow bowl, combine the cornflakes, cheese, parsley and paprika. Melt the remaining butter. Dip chicken into butter; coat evenly with cornflake mixture. Place seam side down in a microwave-safe dish.
4. Microwave, uncovered, on high for 5-6 minutes or until chicken juices run clear. Remove toothpicks. Drizzle chicken with pan drippings if desired.





## HONEY-LEMON CHICKEN ENCHILADAS

### INGREDIENTS:

1/4 Cup honey  
 2 Tbsp. lemon or lime juice  
 1 Tbsp. canola oil  
 2 Tsp. chilli powder  
 1/4 Tsp. garlic powder  
 3 Cups shredded cooked chicken breast  
 2 Cans or bottles (290ml each) enchilada sauce (or deli-ready spicy Italian arrabiata sauce)  
 12 Corn tortillas (15cm), warmed  
 3/4 Cup shredded reduced-fat cheddar cheese  
 Sliced green onions and chopped tomatoes, optional

TIME: 30 MIN

SERVINGS: 6

### DIRECTIONS:

1. In a large bowl, whisk the first five ingredients. Add chicken and toss to coat.
2. Pour 1 can/bottle of enchilada sauce into a greased microwave-safe dish. Place 1/4 cup chicken mixture off centre on each tortilla. Roll up and place in prepared dish, seam side down. Top with remaining enchilada sauce.
3. Microwave, covered, on high for 11-13 minutes or until heated through. Sprinkle with cheese. If desired, top with green onions and tomatoes.

## EASY STUFFED PEPPERS

### INGREDIENTS:

4 Red peppers  
 2 Pouches (250g each) cooked tomato rice  
 2 Tbsp. pesto  
 handful pitted black olives, chopped  
 200g Goat's cheese, sliced

TIME: 15 MIN

SERVINGS: 4

### DIRECTIONS:

1. Use a small knife to cut the top out of 4 red peppers, then scoop out the seeds. Set the peppers on a plate, cut side up, and cook in the microwave on high for 5-6 minutes until they have wilted and softened.
2. While the peppers are cooking, mix two 250g pouches of cooked tomato rice with 2 Tbsp. pesto and a handful of chopped pitted black olives and 140g of sliced goat's cheese.
3. Scoop the rice, pesto, olives and goat's cheese mix into the peppers, top with the remaining 60g sliced goat's cheese and continue to cook for 8-10 minutes.



## ITALIAN CHICKEN CORDON BLEU

### INGREDIENTS:

2 Tbsp. butter, cubed  
 1/2 Tsp. rubbed sage  
 6 Boneless skinless chicken breast halves (114g each)  
 1 Medium green pepper, julienned  
 1/3 Cup sliced fresh mushrooms  
 1 Can (440ml) tomato sauce  
 1 Tsp. sugar  
 1 Tsp. dried oregano  
 1/2 Tsp. salt  
 1/2 Tsp. garlic powder  
 1/2 Tsp. lemon-pepper seasoning  
 6 Slices deli ham  
 6 Slices Swiss cheese  
 Hot cooked rice, optional

TIME: 30 MIN

SERVINGS: 6

### DIRECTIONS:

1. Place butter and sage in a microwave-safe dish. Microwave, uncovered, on high for 30 seconds or until butter is melted. Place chicken in dish; turn to coat. Top with green pepper and mushrooms. Cook, uncovered, on high for 8-10 minutes or until chicken juices run clear, turning and rearranging the chicken twice.
2. Remove chicken and vegetables; keep warm. Add the tomato sauce, sugar and seasonings to cooking juices; mix well. Microwave, uncovered, on high for 2 minutes or until heated through. Return chicken to the dish; top with ham, cheese and green pepper mixture. Cook on high for 2 minutes or until the cheese is melted. Serve with rice if desired.

## VEGETABLE CURRY

### INGREDIENTS:

100g Frozen spinach  
 1 Tbsp. sunflower oil  
 3 Tbsp. medium Indian curry paste, such as tikka masala or rogan josh  
 1 Onion, finely chopped  
 375g Butternut squash, peeled and cut into 3cm chunks  
 200g Coconut cream or 400g Tin coconut milk, not shaken  
 100g Frozen peas

TIME: LESS THAN 60 MIN

SERVINGS: 2

### DIRECTIONS:

1. Put the frozen spinach in a microwaveable bowl and microwave on high for 2 minutes. Set aside.
2. Put the oil, curry paste, onion and squash in a large microwaveable mixing bowl and mix well. Cover the bowl with a plate and cook on high for 10 minutes, or until the squash is tender.
3. If using coconut milk, scoop out the thick, solid coconut cream from the top of the tin, avoiding the liquid underneath. Add the coconut cream to the curry. Stir in the spinach, along with any liquid, and the frozen peas.
4. Cover the dish with the plate, return to the microwave and cook for a further 5 minutes, or until hot throughout. Serve with warm naan bread or microwaved rice, or couscous.





## SPAGHETTI BOLOGNESE

### INGREDIENTS:

1 Onion, chopped  
 1 Garlic clove, chopped  
 300g Lean beef mince  
 1 x 400g Can chopped tomatoes  
 50ml Boiling water  
 1 Beef stock cube  
 1 Tsp. dried oregano (optional)  
 Black pepper (optional)  
 300g Uncooked spaghetti  
 1 Tbsp. vegetable oil

TIME: LESS THAN 60 MIN  
 SERVINGS: 4

### DIRECTIONS:

1. Put the chopped onion and garlic into a large microwave-safe bowl. Add the mince and mix with a fork, breaking up the meat until it is well combined. Cover the bowl with a microwaveable lid or cling film, leaving a small area open, and microwave on full power for 3 minutes. Remove the bowl. Stir with the fork, breaking up the mince again, cover and return to the microwave for another 3 minutes. Take care when removing the bowl as it will be very hot. Break up any clumps of mince again.
2. Stir in the chopped tomatoes to the bowl together with 50ml of boiling water, and crumble over the stock cube, oregano and black pepper (if using). Cover again and cook in the microwave on full power for 7 minutes. Remove the bowl, stir well, cover and return to the microwave for another 10 minutes on full power, stirring halfway through. Remove the bowl and leave it to stand.
3. Break the spaghetti into thirds and put it into a separate microwave-safe bowl. Add the oil and mix well to coat the spaghetti with oil. Pour the boiling water over until just covered and stir well. Put into the microwave and cook on full power for 4 minutes. Remove the bowl and stir the spaghetti. Cover and return to the microwave and cook on full power for another 4 minutes.
4. Take the bowl out of the microwave and leave it to stand for 2 minutes. Check that the spaghetti is cooked and is al dente (still has a little bite). Cook for another couple of minutes if it's not soft enough. Drain the cooked spaghetti and serve with the bolognese sauce.

## POACHED EGGS

### INGREDIENTS:

1 Free-range egg  
 dash vinegar  
 toast, to serve  
 1 Tomato, sliced  
 Spring onion, chopped  
 Salt & pepper

TIME: 5 MIN  
 SERVINGS: 1

### DIRECTIONS:

1. Crack an egg into a microwaveable bowl and pour in some cold water and a dash of vinegar.
2. Place a plate over the bowl and microwave for 1 minute on high, then continue to microwave in 10 second intervals until cooked to your liking.
3. Place the sliced tomato onto the toast, and add the poached eggs on top.
4. Sprinkle with chopped spring onion and season to taste.
5. Serve with tea or coffee if desired.



**TIP:**  
Double up on the  
eggs and toast for  
a heartier meal!

## CHIPOTLE RANCH CHICKEN TACOS

### INGREDIENTS:

2 Cups shredded rotisserie chicken  
 2 Cups frozen corn, thawed  
 1/4 Cup pico de gallo (thick salsa as an alternative)  
 8 Taco shells, warmed  
 1 Cup shredded Monterey Jack cheese  
 1 Cup coleslaw mix  
 6 Radishes, thinly sliced  
 1/2 Cup chipotle ranch salad dressing  
 3 Jalapeno peppers, seeded and thinly sliced

TIME: 20 MIN  
 SERVINGS: 4

### DIRECTIONS:

1. Combine the chicken, corn and pico de gallo in a small microwave-safe dish. Cover and cook on high for 1-2 minutes or until heated through.
2. Spoon chicken mixture into taco shells. Top with remaining ingredients.

## POACHED SALMON WITH CUCUMBER SAUCE

### INGREDIENTS:

1 Cup water  
 1/2 Cup dry white wine or chicken broth  
 1 Small onion, sliced  
 2 Sprigs fresh parsley  
 1/4 Tsp. salt  
 5 Peppercorns  
 4 Salmon steaks (170g each)

### SAUCE:

1/2 Cup sour cream  
 1/3 Cup chopped seeded peeled cucumber  
 1 Tbsp. finely chopped onion  
 1/4 Tsp. salt  
 1/4 Tsp. dried basil

TIME: 20 MIN  
 SERVINGS: 4

### DIRECTIONS:

1. In a microwave-safe dish coated with cooking spray, combine the first five ingredients. Microwave, uncovered, on high until mixture comes to a boil, 2-3 minutes.
2. Carefully add salmon to the dish. Cover and microwave at 70% power until fish flakes easily with a fork, 5 to 5-1/2 minutes.
3. Meanwhile, in a small bowl, combine the sour cream, cucumber, onion, salt and basil. Remove salmon from poaching liquid. Serve with sauce.





## COD DELIGHT

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**INGREDIENTS:**

1 Small tomato, chopped  
1/3 Cup finely chopped onion  
2 Tbsp. water  
2 Tbsp. canola oil  
4 to 5 Tsp. lemon juice  
1 Tsp. dried parsley flakes  
1/2 Tsp. dried basil  
1 Small garlic clove, minced  
1/8 Tsp. salt  
4 Cod fillets (113g each)  
1 Tsp. seafood seasoning

TIME: 15 MIN

SERVINGS: 4

**DIRECTIONS:**

1. In a small bowl, combine the first nine ingredients. Place cod in a baking dish; top with tomato mixture. Sprinkle with seafood seasoning. Microwave, covered, on high for 5-6 minutes or until fish just begins to flake easily with a fork. 15 to 20 mins, or until they are crisp on top and cooked through. Let stand for 5 mins before serving.

## PARMESAN CHICKEN

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**INGREDIENTS:**

2 Boneless skinless chicken breast halves (113g each)  
4 Tsp. soy sauce  
1/4 Tsp. garlic powder  
1/8 Tsp. pepper  
1/4 cup grated Parmesan cheese  
1 Tsp. butter

TIME: 15 MIN

SERVINGS: 2

**DIRECTIONS:**

1. Place chicken in a microwave-safe dish. Top with soy sauce, garlic powder and pepper. Sprinkle with cheese and dot with butter. Cover and cook on high for 4-5 minutes.



## CAULIFLOWER & ONION FRITTATA

### INGREDIENTS:

4 Cups cauliflower  
1 Small onion, chopped  
1 Spring onion, chopped  
4 Large eggs  
3/4 Tsp. salt  
1/8 Tsp. pepper  
1 Cup grated cheddar cheese

TIME: 25 MIN

SERVINGS: 4

### DIRECTIONS:

1. In a microwave-safe pie plate, combine cauliflower and onion. Microwave, covered, on high for 3-4 minutes or until tender; drain.
2. In a bowl, whisk eggs, salt and pepper; stir in cheese and spring onion. Carefully pour over the cauliflower mixture. Microwave at 70% power for 8-9 minutes or until a knife inserted in the centre comes out clean.

## TUNA POTATO JACKETS

### INGREDIENTS:

4 Potatoes (about 200g each)  
185g Can tuna in water, drained  
8 Baby tomatoes, halved  
Juice 1 lime  
6 Tbsp. sour cream  
Rocket

TIME: 30 MIN

SERVINGS: 4

### DIRECTIONS:

1. Scrub the potatoes and prick them all over with a fork. Place on a microwaveable plate and cook on high for 18-20 minutes, or until tender. Slice in a cross and place on a serving plate.
2. Flake the drained tuna with a fork and divide it between the potatoes. Squeeze over the lime juice. Top with a dollop of sour cream, scatter with the halved baby tomatoes and garnish with rocket.





## PENNE PAPPA AL POMODORO

### INGREDIENTS:

1 Garlic clove, crushed  
small handful fresh basil or  
1/4 Tsp. of mixed dried  
herbs  
250g Chopped tomatoes  
25g Bread, diced or torn  
(crusts are best but any  
bread will do)  
85g Penne pasta  
2 Tbsp. vegetable or  
sunflower oil

TIME: 25 MIN

SERVINGS: 1

### DIRECTIONS:

1. Combine the garlic, herbs, tomatoes and a pinch of salt in a microwaveable bowl. Fold the bread crusts through then add the pasta, making sure it's completely coated in the sauce so it doesn't dry out. Cover the bowl with cling film then pierce a few times in the centre. Put kitchen paper on your microwave plate to absorb any spills then place the bowl on top and cook on high for 2 minutes. Carefully peel back the cling film and stir well. Add 80ml water and stir again, then replace the film and leave it to stand for 1 minute.
2. Return the bowl to the microwave and cook on medium for 4 minutes. Remove from the microwave, peel back the film and stir well. Add a splash of water if the sauce is starting to dry out. Cook on medium for another 4 minutes. Add another splash of water if needed, then stir the oil through to serve.

## VEGGIE BIRYANI

### INGREDIENTS:

250g Basmati rice  
400g Special mixed  
frozen vegetables  
A generous handful of  
raisins  
1 Vegetable stock cube  
2 Tbsp. korma curry paste  
A generous handful of  
roasted salted cashew  
nuts

TIME: 20 MIN

SERVINGS: 4

### DIRECTIONS:

1. Boil the kettle. Get out a large microwaveable bowl and pile in the rice, veg and raisins.
2. Pour 600ml boiling water over the rice mixture and crumble in the stock cube, then stir in the curry paste. Cover the bowl with cling film, leaving a small gap at the side to let out the steam. Cook on full power for 8-12 minutes.
3. Remove from the microwave and let it stand, still covered, for 5 minutes to complete cooking – if you don't let it stand the rice will be too nutty. Fluff up the rice, scatter with cashews and serve.



## MICROWAVE BIRYANI

### INGREDIENTS:

2 Spring onions, finely sliced  
 1 Fat garlic clove, crushed  
 Knob of butter  
 Seeds from 1 cardamom pod  
 1/4 Tsp. chilli flakes  
 140g Rice  
 400ml Vegetable or chicken stock  
 1/4 Tsp. Turmeric  
 1/4 Tsp. Ground cumin  
 pinch of cinnamon  
 1 Tbsp. raisins or sultanas  
 200g Vegetables of your choice, finely chopped or grated (try a combination of grated carrot, frozen peas, peppers in 1cm chunks or finely sliced mushrooms).  
 Small handful of coriander or mint leaves, to serve

TIME: 25 MIN  
 SERVINGS: 2

### DIRECTIONS:

1. Add the onions, garlic, butter, cardamom seeds and chilli flakes to a large microwaveable bowl and cook in the microwave on high for 30 seconds. Tip in the rice and stock, along with the turmeric, cumin, cinnamon and raisins. Stir well and then cover with cling film, leaving a small gap for escaping steam.
2. Place a few sheets of kitchen paper on your microwave turning plate to absorb any spills, then place the bowl on top and cook on high for 2 minutes. Remove and stir, then leave to stand for 1 minute; it will continue to cook even after it has been removed, so allowing it to stand is really important.
3. Repeat 2-3 more times until the rice is just cooked, the last time adding your finely chopped veg to the bowl and stirring through. Garnish with fresh coriander or mint, to serve.

## EASY SWEET & SOUR CHICKEN

### INGREDIENTS:

9 Tbsp. tomato sauce  
 3 Tbsp. malt vinegar  
 4 Tbsp. dark muscovado sugar (brown sugar alternative)  
 2 Garlic cloves, crushed  
 4 Skinless and boneless chicken breast, cut into chunks  
 1 Small onion, roughly chopped  
 2 Red peppers, seeded and cut into chunks  
 227g Can pineapple pieces in juice, drained  
 100g Sugar snap peas, roughly sliced  
 handful salted, roasted cashew nuts, optional

TIME: 25 MIN  
 SERVINGS: 4

### DIRECTIONS:

1. In a large microwaveable dish, mix the tomato sauce, vinegar, sugar and garlic thoroughly with the chicken, onion and peppers. Microwave, uncovered, on high for 8-10 minutes until the chicken is starting to cook and the sauce is sizzling.
2. Stir in the pineapple pieces and sugar snap peas and return to the microwave for another 3-5 minutes until the chicken is completely cooked. Leave to stand for a few minutes, then stir in the cashews, if using, and serve.





**TIP:**  
Cook in advance to  
allow the flavours  
time to develop and  
settle.



## PEANUT BUTTER & JAM BROWNIES

### INGREDIENTS:

75g Butter, plus a little extra for greasing

50g Peanut butter

1 Egg

25g Cocoa powder

50g Plain flour

100g Sugar

A few Tsp. of jam

TIME: 15 MIN

SERVINGS: 6

### DIRECTIONS:

1. Add the butter and peanut butter to a microwave-safe bowl and cook on high for 30 seconds to melt. Remove from the microwave and stir thoroughly. Allow to cool slightly then add the egg and stir to combine. Grease with butter and line a second microwaveable round dish with cling film. Tip the peanut butter mixture into the lined dish then sieve in the cocoa powder and flour and tip in the sugar. Mix gently to form a thick, sticky paste. Smooth the top of the mixture with the back of a large spoon.
2. Using a teaspoon, make crater-holes in the top of the brownie mixture and fill each generously with jam as it will melt and bubble down when cooked. Pop in the microwave for 3-4 minutes on high. Remove and leave to cool for 15 minutes (it will carry on cooking as it cools), then enjoy!

## CHOCOLATE CAKE

### INGREDIENTS:

100ml Sunflower oil, plus extra for pan

175g Caster sugar

140g Plain flour

3 Tbsp. cocoa

3 Tsp. baking powder

2 Large eggs

1 Tsp. vanilla essence

chocolate sprinkles, to serve

For the chocolate ganache:

100g dark chocolate, broken into pieces

5 Tbsp. double cream

TIME: 15 MIN

SERVINGS: 10

### DIRECTIONS:

1. Grease a silicone microwaveable cake pan with a little oil and place a circle of baking parchment in the bottom.
2. Mix the sugar, flour, cocoa and baking powder in a bowl. In a jug, whisk the oil, eggs, vanilla and 100ml hot water until combined.
3. Add the liquid ingredients to the dry ingredients and mix thoroughly until you have a lump-free batter. Pour the mixture into the cake pan and gently tap to pop any air bubbles. Cover with cling film.
4. Microwave on full power for 5-7 minutes. Remove and check if the cake is cooked by poking a skewer into the middle: if it comes out clean, the cake is ready. Allow the cake to stand for 5 minutes, then remove the cling film and turn it out onto a cooling rack.
5. For the ganache, melt the chocolate on half power for approximately 1-2 minutes, stirring every 30 seconds until melted. Add the cream and mix thoroughly until smooth and glossy.
6. Once the cake is cool, spread it over the ganache and scatter with the sprinkles. The cake will keep for up to 3 days in an airtight container.



## EASY MICROWAVE CARAMELS

### INGREDIENTS:

1/4 Cup unsalted butter  
 1/4 Cup white sugar  
 1/4 Cup brown sugar  
 1/4 Cup corn syrup (honey alternative)  
 1/4 Tsp. salt  
 1/4 Cup sweetened condensed milk  
 Optional Toppings:  
 Salt  
 Chocolate

TIME: 16 MIN

SERVINGS: 36

### DIRECTIONS:

1. Mix all ingredients in a large microwave-safe bowl (the mixture will bubble up so make sure there is lots of room in the bowl).
2. Microwave on high for 6-7 minutes, stirring every 90 seconds.
3. Pour into a small buttered dish and allow to cool completely. Cut into small squares.
4. If desired, drizzle with chocolate and a sprinkle of sea salt.

## CRÈME BRÛLÉE

### INGREDIENTS:

1 1/2 Cups heavy cream  
 3 Large egg yolks  
 1/4 Cup granulated sugar, plus 5 Tbsp. for topping  
 1 Tsp. Vanilla extract  
 Hot water

TIME: 1 HR 25 MIN

SERVINGS: 4

### DIRECTIONS:

1. In a large microwaveable mixing bowl, microwave cream uncovered for 3 minutes. Meanwhile, whisk together egg yolks, 1/4 cup sugar, and vanilla extract in a separate large mixing bowl until well combined.
2. Whisking constantly, pour heated cream in a thin stream down the side of the bowl of the egg mixture. Once combined, divide custard among four 1/2 cup ramekins (or any ovenproof or microwaveable container, like a mug).
3. Place custards in a shallow microwaveable dish, making sure they don't touch one another. Pour hot water between the ramekins until it reaches two-thirds of the way up the sides. Microwave until the centre of the custards is just set, about 3 to 5 minutes. Remove from the microwave and let completely cool in the water. When cool, refrigerate covered for at least 1 hour.
4. Once the custards have rested, heat the oven to high broil and, once heated, sprinkle about 4 teaspoons of sugar on each custard. Place the custards under the broiler/grill for about 2-5 minutes, or until the tops are caramelized and golden brown; watch carefully to avoid burning. Remove from oven and serve.





**NOTE:**

This mixture gets  
VERY hot. Ensure  
there are no children  
close by when  
you make this.



## CHEESECAKE

### INGREDIENTS:

1 Tbsp. butter  
 2 Tennis biscuits (or vanilla wafer biscuits, oreo's or ice cream cones as alternative)  
 113g Cream cheese, softened  
 2 Tbsp. sugar  
 3-4 Drops vanilla extract  
 Raspberries, or other fruit to serve

TIME: 5 MIN

SERVINGS: 1

### DIRECTIONS:

1. Melt the butter in a small microwaveable mug or dish. Grease a ramekin with the melted butter.
2. Crush the tennis biscuits into fine crumbs, then mix them with the remaining butter. With a spoon, press the crust flat against the sides of the dish.
3. In a small bowl, combine the cream cheese, sugar, and vanilla, stirring until there are no lumps. Transfer the mixture on top of the biscuit crust, then spread it evenly on top.
4. Microwave for at least 4 minutes, 30-45 seconds at a time at 50% power. Make sure the cheesecake does not bubble over the sides.
5. Chill in the freezer for at least 30 minutes, until it is completely cool to the touch.
6. With a knife, loosen the edges of the cheesecake then invert it onto a plate, or eat straight from the dish.

## SELF-SAUCING CHOCOLATE MUG CAKE

### INGREDIENTS:

3 Tbsp. plain white flour  
 3 Tbsp. sugar  
 1 1/2 Tbsp. cocoa powder  
 1/2 Tsp. baking powder  
 3 Tbsp. milk  
 2 1/2 Tbsp. oil (or melted butter)  
 1/4 Tsp. vanilla essence  
 1 1/2 Tbsp. brown sugar  
 1 Tsp. cocoa powder  
 3 Tbsp. hot water

TIME: 5 MIN

SERVINGS: 1

### DIRECTIONS:

1. In a small bowl add the flour, sugar, 1st measure of cocoa powder and baking powder and stir well.
2. Add to this the milk, oil and vanilla essence and mix until fully combined.
3. Pour into a microwave-proof oversized mug or dessert bowl (it will rise during baking).
4. Sprinkle over the brown sugar and a second measure of cocoa powder.
5. Carefully pour over the hot water.
6. Cook in the microwave for 1 and a 1/2 minutes, remove carefully once cooked.
7. Serve warm with ice cream, cream, custard or a delicious dessert sauce!

**Note:** Use an oversized mug or dessert bowl as it will rise and could overflow during cooking





# Bennett Read

## 42L MICROWAVE

LARGE-SCALE, DIGITAL COOKING CONVENIENCE

