

DIRECTIONS FOR COOKING FRESH VEGETABLES BY MICROWAVE

Weights given in the chart for fresh vegetables are the purchase weight before peeling and trimming. Prepare vegetables for cooking. Cut, slice, or trim as directed in the chart. Place vegetables in the casserole. Add amount of water recommended in the chart. Add salt to water or salt after cooking. Whole vegetables, such as potatoes or eggplant, should be pierced with a fork several times before cooking. Arrange on a microwave-safe dish in the oven. Arrange potatoes in a circular pattern on the dish. Cook potatoes, uncovered, by Microwave and Sensor Cooking.

To Microwave: Cover with a lid or plastic wrap. Cook according to the recommended time in the chart. Two-thirds of the way through cooking, stir, rearrange, and/or turn vegetables over.

To Cook by Sensor Cooking: With Sensor Cooking it is not necessary to know the weight of vegetables. Except potatoes, cover with a lid or cover loosely, but completely, with plastic wrap. Choose the appropriate vegetable category, then press **Start**.

For root vegetables, such as potatoes and carrots, press the **Sensor Cook pad** once. For fresh vegetables, press the **Sensor Cook pad** twice. For canned vegetables, press the **Sensor Cook pad** three times. For frozen vegetables, press the **Sensor Cook pad** four times. If softer or firmer vegetables are preferred, use the Doneness Control. When time appears in the Display Window, stir vegetables.

To Complete: After cooking, stir vegetables. Let stand, covered, before serving. Vegetables that are cut into pieces should stand 3 minutes. Whole vegetables should stand 5 minutes.

Microwave Cooking Chart for Fresh Vegetables

Vegetable	Amount	Water	Approximate Cooking Time at P7 Power (in minutes)
Artichokes, 6 - 8 oz. (170 - 225 g) ea.	2	rinsed and drained	9 - 11
	4		14 - 16
Asparagus, 6-in. (15 cm) spears	1 lb. (500 g)	2 tbsp (25 ml)	7 - 8
Beans, Green or Wax, cut into 1½-in. (3 cm) pieces	1 lb. (500 g)	¼ cup (50 ml)	9 - 11
Broccoli, cut into spears	1 lb. (500 g)	—	7 - 9
Brussels Sprouts	10 oz. (300 g)	2 tbsp (25 ml)	6 - 8
Cauliflower, flowerettes	1 lb. (500 g)	2 tbsp (25 ml)	10 - 12
Carrots, sliced ½-in. (1 cm) thick	1 lb. (500 g)	¼ cup (50 ml)	7 - 9
Corn, fresh on the Cob	1 ear	2 tbsp (25 ml)	2 - 3
	2 ears	2 tbsp (25 ml)	4 - 6
	4 ears	¼ cup (50 ml)	9 - 11
Eggplant, Fresh, cubed whole (pierce skin)	1 lb. (500 g)	¼ cup (50 ml)	7 - 8½
	1 - 1¼ lb. (500 - 600 g)	—	4½ - 6
Onions, small whole, 8 - 10	1 lb (500 g)	¼ cup (50 ml)	6½ - 7½
Potatoes, (pierce skin before cooking), about 6 oz. (145 g) ea. Cook uncovered. Turn over halfway through cooking. Place on microwave-safe dish.	1	—	2 - 3
	2	—	4 - 6
	4	—	8 - 10
Squash, Summer, sliced ½-in. (1 cm) thick	1 lb. (500 g)	—	7 - 9
Squash, Winter, cut up	1 lb. (500 g)	—	6½ - 7½

Inverter Turbo Defrost

Turbo Defrost can be used to defrost many cuts of meat, poultry and fish by weight.

To use, simply press the Inverter Turbo Defrost Pad and enter the weight of the food. Items that can be defrosted, are meat (chops, ground or roasts), poultry (whole or pieces) and fish or seafood.

Place meat on a microwave safe rack in an appropriate sized dish.

Remove ground meat from its tray.

Place roasts fat-side down and whole poultry breast side down on a microwave safe rack in an oblong dish.

The rack helps prevent the food from sitting in its own juice.

The juice will get hot during defrosting and if the food is sitting in the juice, the bottom will cook.

Place small items, such as chops, chicken pieces, shrimp, scallops and fish on a microwave rack set in an oblong dish.

Break apart small pieces, turn over roasts and remove thawed portions of ground meat.

Should "shielding" be required, do it when the two-beep signal is heard. The oven will not stop operating and some items may not require attention.

Follow the times and information given in the meat, poultry and fish sections.

Disinfect all surfaces that have come in contact with thawed meat, fish and poultry.

To prevent over-defrosting, thin areas or edges can be shielded with strips of aluminum foil. (see picture) However, when using foil, allow at least one inch (2 cm) of space between the foil and the interior oven walls. Also, if using two or more small pieces of foil to shield, place at least one inch (2 cm) apart from each other. This is to avoid arcing.



The oven beeps during the defrosting cycle to signal that the food needs to be turned or rearranged.

Follow the directions given in the chart below for the best results.

Remember, according to the USDA, defrosting in a microwave should be part of the cooking process, so once a product is defrosted, it's best not to put it back in the 'fridge – go right to getting it cooked.