

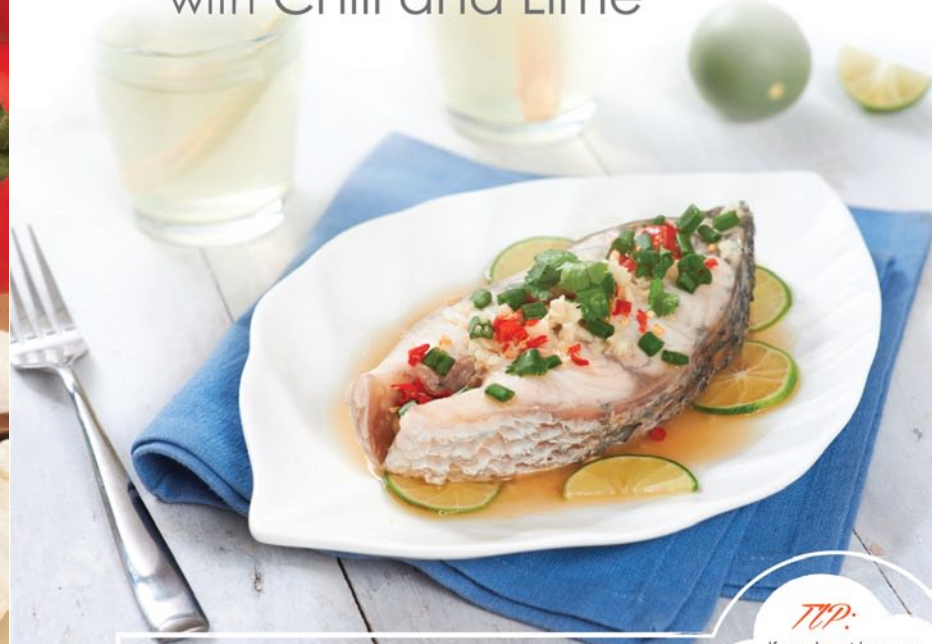
10
Minutes
Recipes



Quick & healthy cooking in
just 10 minutes or less.



Steamed Sea Bass with Chili and Lime



Ingredients

- | | |
|----------|---|
| 1 pc | sea bass fillet, approximately 180 g |
| 5 | red bird's eye chili |
| 120 ml | chicken stock |
| 3 tbsp | lime juice |
| 1 tbsp | fish sauce |
| 5 cloves | garlic, crushed |
| 2 | stalks spring onion, cut into 5 cm sections |

Thin slices of lime for garnish
Fresh coriander for garnish

Method

1. Arrange sea bass fillet on a microwave-safe dish.
2. Chop the bird's eye chilies finely, mix with the stock and stir well. Follow with lime juice and fish sauce, stir again to combine. Pour sauce over the fillet and scatter garlic and spring onions on top.
3. Place the glass shelf in the middle shelf position and place the casserole on the glass shelf.
4. Touch to select "Steam" function and select steam level to "1".
5. Set the cooking time to 10 minutes. Once done, remove the dish from the microwave oven and garnish with lime slices and fresh coriander. Serve steaming hot.

TIP:

If you do not have any fresh chicken stock on hand you may dissolve a quarter piece of chicken stock cube in 120 ml water.

 Turbo Steam  Serves 2

Steamed Ginger Chicken



TIP:

To butterfly the chicken breast, place the breast on a clean cutting board and hold a knife parallel to the board and cut down the length of the side of the breast. Slice through the breast widthwise almost to the end. Keep the edge intact and open the breast along the "fold", like a book.

Ingredients

180 g	chicken breast, butterflied
2 tbsp	ginger, grated
2 tbsp	shallots, minced
½ tbsp	oyster sauce
1 tsp	sesame oil
½ tsp	sugar
½ tsp	soya sauce
¼ tsp	white pepper powder

Fresh coriander to garnish
Spring onion to garnish
Red chili to garnish

Method

1. Combine everything except garnishing ingredients in a microwave-safe bowl.
2. Make sure chicken is well coated with the marinade.
3. Place the glass shelf in the middle position and put the bowl on the shelf.
4. Select "Micro Power", 300 W + Steam.
5. Select cooking time to 10 minutes.
6. Garnish with fresh coriander, spring onion and red chilies. Serve warm with white rice.



Turbo Steam



Micro Power

Serves 2

Poached Salmon with Lemon and Dill



TIP:

Salmon cooks very quickly and they tend to be dry and tough if overcooked. Always start with a shorter cooking time and increase the duration upon checking. The fish should flake easily with a fork when cooked properly.

Ingredients

2 pcs	Norwegian salmon fillet, 160 g each
45 g	butter
1 tbsp	lemon juice
1 tsp	sugar
2	sprigs fresh dill

pinch of salt
pinch of pepper

Method

1. Combine butter, lemon juice, sugar, one sprig of dill, salt and pepper in a microwave-safe dish.
2. Microwave for 40 seconds until butter is melted. Stir well.
3. Place salmon fillets into the dish and top with a fresh sprig of dill. Toss the fish well in the butter mixture.
4. Cover with microwave-safe wrap.
5. Touch to select "Micro Power" and adjust power level to 800 W.
6. Set cooking time to 3 minutes and 30 seconds or more depending on the thickness of the fish.
7. Dish out and serve immediately.



Micro Power



Serves 2

Healthy Vegetable Soup



TIP:


Water or vegetable stock can be used in replacement of chicken broth. Just add more salt and diced tomatoes to taste. Other ingredients such as canned kidney beans and diced celery can be added for texture and taste enhancement.

Ingredients

40 g	cabbage, coarsely cut
80 g	potato, cubed
30 g	carrot, cubed
80 g	yellow onion, diced
1 clove	garlic, minced
100 g	diced tomatoes in can
500 g	chicken broth
½ tsp	salt
¼ tsp	pepper

Method

1. Clean all ingredients and cut into desired sizes.
2. Combine all the ingredients except salt and pepper in a microwave-safe casserole. Allow at least ½ depth of volume for evaporation to prevent boiling over.
3. Cook covered on "Micro Power" high, 1000 W for 10 minutes.
4. Remove casserole from the microwave oven and season with salt and pepper. Stir well.
5. Serve with toasted baguette if desired.

 Micro Power  Serves 2

Wholemeal Chicken Wrap



TIP:

Wraps can be eaten hot or cold. Do whatever works best for your fillings. For vegetarian wraps, try tomatoes and basil or herbed mushrooms.

Ingredients

150 g	chicken breast
⅛ tsp	garlic power
⅛ tsp	onion power
¼ tsp	brown sugar
¼ tsp	honey
⅛ tsp	pepper
⅛ tsp	salt
¼ tsp	Worcestershire sauce
2 pcs	wholemeal tortilla wrap
50 g	red capsicum strips

Coral lettuce for serving
Mayonnaise for serving

Method

1. Butterfly the chicken breast and marinate it with garlic powder, onion powder, brown sugar, honey, pepper, salt and Worcestershire sauce.
2. Place the chicken breast on the grill tray and position the tray on the upper shelf position in the microwave oven.
3. Touch to select "Crispy grill".
4. Set the cooking time to 9 minutes or until the chicken is just cooked.
5. Remove the chicken onto a chopping board and cut into long strips.
6. Place a piece of tortilla wrap on a plate and lay some coral lettuce over it.
7. Arrange chicken and red capsicum strips on top of the lettuce and squeeze some mayonnaise over the chicken. Roll up carefully.

 Crispy Grill  Serves 2

Vegetarian Burger of Grilled Portobello, Pumpkin and Zucchini



TIP:

Try serving the burger with tomato salsa or guacamole in replacement of pesto.

Ingredients

- 2 burger buns, cut into half
- 60 g pumpkin, cut into long slices
- 80 g zucchini, cut into long slices
- 50 g eggplant, cut into long slices
- 40 g red capsicum, cut into long slices
- 2 Portobello mushrooms, stem removed
- 2 tbsps olive oil

Pinch of salt
Pinch of black pepper
Good quality pesto

Method

1. In a bowl, toss together pumpkin, zucchini, eggplant, Portobello and capsicum with olive oil, salt and pepper. Make sure the vegetables are well coated.
2. Arrange all the ingredients neatly on the glass shelf or metal tray. Place the tray in the middle position.
3. Touch to select "Grill" and set Grill level to "1" and adjust the cooking time to 10 minutes.
4. Halfway through the grilling time, open the door and turn the vegetables over to the other side. Close the door and restart the oven.
5. Spread some pesto over one side of each bun and arrange the grilled vegetables and mushrooms on the buns.

 Grill  Serves 2

Chocolate Mug Cake



TIP:

The cake batter can be prepared in advance and microwaved just before serving. If you are cooking one mug at a time, adjust the cooking time to one minute and twenty seconds or until just set. Besides chocolate chips, nuts and marshmallows can also be added if desired.

Ingredients

- 62 g plain flour
- 45 g cocoa powder
- ½ tsp baking powder
- 58 g sugar
- ¼ tsp salt
- 152 g milk
- 55 g oil
- 2 tbsps chocolate chips

Snow powder for dusting

Method

1. Combine plain flour, cocoa powder, baking powder, sugar and salt in a bowl. Stir to mix well.
2. In a separate bowl, whisk together milk and oil.
3. Combine the dry and wet ingredients together, stirring just until there is no sign of flour.
4. Pour batter into two microwavable mugs and sprinkle chocolate chips over the top.
5. Microwave the mug cakes on micro power 1000 W for two minutes and 30 seconds or until just cooked. Let the mug cake rest for at least a minute or two.
6. Dust the top with snow powder and serve with vanilla ice cream if desired.

 Micro Power  Serves 2

Steamed Bean Curd with Minced Prawns



Ingredients

250 g	soft bean curd (round tube)
60 g	prawns, shelled and deveined
10 g	water chestnut, finely diced
15 g	egg white
1/8 tsp	salt
1/8 tsp	sugar
1/4 tsp	cornstarch

pinch of white pepper
premium XO sauce
spring onions for garnish

Method

1. Remove bean curd from tube and cut into equal slices of about 2.5 cm thickness.
2. Roughly chop the prawns and mix together with diced water chestnuts.
3. Transfer to a bowl and add in egg white, salt, sugar, white pepper and cornstarch. Stir well to combine.
4. Arrange the bean curd slices on a microwave-safe dish and place a spoonful of prawn filling on top of the bean curd slices.
5. Place the glass shelf in the middle shelf position in the microwave oven and put the dish on the shelf.
6. Select "Micro Power". Select 300 W + Steam and adjust cooking time to 8 minutes.
7. Remove from the microwave oven and top with some premium XO sauce.
8. Garnish with chopped spring onions and served warm.

TIP:

XO sauce can be replaced with ebiko. Simply put a small mound of ebiko on the prawn filling of each portion after steaming.



Turbo Steam



Micro Power

 Serves 4



Panasonic Cooking
Opens Up Possibilities

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