



SENSING THE DIFFERENCE



COOKBOOK

MICROWAVE OVEN

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CRISP IS A WHIRLPOOL EXCLUSIVE FUNCTION THAT ALLOWS YOU TO PREPARE OVEN-CRISP, PERFECTLY BAKED FOOD IN JUST A FEW MINUTES USING PATENTED TECHNOLOGY. THIS FUNCTION ALLOWS COMBINATION COOKING USING THREE DIFFERENT FUNCTIONS, AND DELIVERS RESULTS YOU WOULD NEVER HAVE EXPECTED FROM A MICROWAVE OVEN.

WITH THE CRISP FUNCTION, MICROWAVES ARE HELD AND ABSORBED BY THE CRISP PLATE, HEATING ITS ENTIRE SURFACE.

AT THE SAME TIME THE ENERGISED MICROWAVES AND THE GRILL ELEMENT COMBINE TO COOK FOOD QUICKLY AND TO BROWN TOP SURFACES WHILE BOTTOM SURFACES ARE CRISPED.

BEFORE COOKING IT IS ADVISABLE TO HEAT THE CRISP PLATE FOR 2½ OR 3 MINUTES FOR FOODS THAT ARE TRADITIONALLY BROWNED OR FRIED (E.G. EGGS) AND FOR SMALL AMOUNTS OF FOODS THAT REQUIRE ONLY BRIEF COOKING. PREHEATING IS NOT NECESSARY FOR FOODS THAT REQUIRE LONGER COOKING (PIZZA, CAKES).

ALWAYS USE THE TURNTABLE, WHICH MUST BE OPERATING. THE CRISP PLATE IS IDEAL FOR COOKING PIZZA AND SAVOURY PIES.

USE THIS FUNCTION TO REHEAT READY-COOKED PIZZA AND OTHER DOUGH-BASED FOODS, TO FRY SAUSAGES AND BACON, TO COOK MEAT, POULTRY, HAMBURGERS OR EGGS AS WELL AS FROZEN FOODS (CHIPS, FISH FINGERS ETC.).

NOTE: DEPENDING ON YOUR MICROWAVE OVEN MODEL, YOU WILL FIND A SPECIFIC SIZE OF THE CRISP PLATE, SPECIALLY ADAPTED TO ALLOW THE BEST COOKING PERFORMANCE. FOR A PROPER FOLLOW OF THE RECIPES, PLEASE CHECK THE DIAMETER OF YOUR CRISP PLATE:
MEDIUM/LARGE SIZE CRISP PLATE DIAMETER AROUND 30CM
SMALL SIZE CRISP PLATE DIAMETER AROUND 25CM.



VEGETARIAN FOCACCIA

6 – 8 SERVINGS

INGREDIENTS	MEDIUM/LARGE	SMALL
	CRISP PLATE	CRISP PLATE
Flour, type 00	400 g	300 g
Milk	400 ml	300 ml
Fresh yeast	20 g	15 g
Onion	30 g	20 g
Pepper	30 g	20 g
Courgette	30 g	20 g
Oil	30 ml (2 tbspn)	20 ml (1½ tbspn)
Salt, herbs		
A little oil for the crisp plate		

FUNCTION: CRISP

PREPARATION: 10 MIN. + 45 MIN. FOR RISING

COOKING TIME: 14 – 15 MIN. FOR MEDIUM AND LARGE CRISP PLATE

12 – 13 MIN. FOR SMALL CRISP PLATE

1. Heat the milk to 37° and dissolve the yeast into the milk. Add the salt, herbs and oil.
2. Add the flour and knead it until well mixed. Cover and let rise for 45 minutes in a warm place.
3. In the meantime sauté the vegetables cut in smaller pieces.
4. Lightly oil the crisp plate and pour the dough into it. The dough should not be kneaded after the rising. Spread it out evenly over the surface and decorate the surface with the sautéed vegetables.
5. Cook on Crisp function according to the recommended cooking time.

PIZZA

4 SERVINGS

INGREDIENTS	MEDIUM/LARGE	SMALL
	CRISP PLATE	CRISP PLATE
Flour	230 – 250 g	150 – 160 g
Fresh yeast	15 g	10 g
Water	150 ml	100 ml
Oil	30 ml (2 tbspn)	15 ml (1 tbspn)
Salt		

INGREDIENTS FOR THE TOPPING:

Tinned tomatoes	350 g	250 g
Mozzarella cheese	175 g	125 g
Salt, oregano, a drizzle of oil		
A little oil for the crisp plate		

For a special touch:

For alternative pizza toppings, try ham, olives, artichokes, vegetables, seafood etc...

FUNCTION: CRISP

PREPARATION: 2 H 30 MIN.

COOKING TIME: 14 – 15 MIN. FOR MEDIUM AND LARGE CRISP PLATE

11 – 13 MIN. FOR SMALL CRISP PLATE

1. Blend the yeast in the water, which must be warm (37°C). Place the flour in a mixing bowl, add the blended yeast, the oil and salt. Mix well and then knead to a smooth, elastic dough. Cover the dough and leave to rise in a warm place for approximately 2 hours.
2. Lightly oil the crisp plate.
3. Flatten the dough out with your hands until it fills the entire crisp plate, then prick all over with a fork.
4. Drain and chop the tinned tomatoes and spread them evenly over the dough. Add the diced mozzarella cheese, the oregano, salt and drizzle with oil.
5. Cook the pizza for 14-15 minutes on Crisp, for small crisp plate cook the pizza for 11 – 13 minutes on Crisp

SALMON AND VEGETABLE QUICHE

4 – 6 SERVINGS

INGREDIENTS	MEDIUM/LARGE	SMALL
	CRISP PLATE	CRISP PLATE
Fresh puff pastry (220 – 240 g)	1 roll	1 roll
Steamed salmon	400 g	300 g
Tomatoes	4	2
Belgian endives	400 g	250 g
Fresh soft cheese	100 g	75 g
Eggs	4	3
Milk	100 ml	75 ml
Parsley	1 tbspn	1 tbspn
Oil	2 teasp	2 teasp
Salt		

FUNCTION: CRISP

PREPARATION: 15 MIN.

COOKING TIME: 12 – 14 MIN. FOR MEDIUM AND LARGE CRISP PLATE

11 – 12 MIN. FOR SMALL CRISP PLATE

1. Take two pieces of baking paper. On the first one, place the salmon pieces and the tomatoes cut in slices on top and sprinkle with herbs.
2. On the second paper, place the endives cut lengthwise and sprinkle with salt and herbs. Fold the papers with filling into two packages and place the packages on the crisp plate.
3. Cook them on Crisp for 8 minutes. Remove them from the crisp plate and let the plate cool down.
4. Whisk together eggs, milk, chopped parsley, oil and salt.
5. Roll out the puff pastry with its paper onto the crisp plate and prick the pastry.
6. Arrange the steamed salmon, tomatoes and endives onto the puff pastry together with the cheese cut in cubes.
7. Pour over the egg mixture and cook on Crisp function according to the recommended cooking time.

SPANISH OMELETTE

4 SERVINGS

INGREDIENTS	MEDIUM/LARGE CRISP PLATE	SMALL CRISP PLATE
Frozen diced potatoes	250 g	150 g
Butter or oil	15 ml (1 tbspn)	15 ml (1 tbspn)
Chopped onion	1 medium size	1 small
Eggs	4	3
Milk	30 ml (2 tbspn)	30 ml (2 tbspn)
Salt, pepper		

For a special touch:

If you prefer a really golden omelette, cook for 3-4 minutes longer on grill afterwards.

FUNCTION: CRISP

PREPARATION: 10 MIN.

COOKING TIME: 15 – 18 MIN. FOR MEDIUM AND LARGE CRISP PLATE AND
12 – 14 MIN. FOR SMALL CRISP PLATE

1. Preheat the crisp plate with butter or oil for 2½ - 3 minutes on crisp.
2. Place the diced potatoes on the crisp plate and cook on crisp for 6-8 minutes.
3. Mix in the onion and cook for a further 4-5 minutes on crisp. Mix once during cooking.
4. Meanwhile, beat the eggs together with the milk in a mixing bowl, add the salt and pepper.
5. Pour the egg mixture over the potatoes in the crisp plate and cook for 2-3 minutes on crisp.
6. Serve hot or cold, accompanied by a side salad.



CHICKEN IN WINE SAUCE

4 SERVINGS

1 kg chicken (approx.)
30 g (2 tbspn) of butter or margarine
1 tbspn of sweet paprika or soya
3-4 basil leaves
1 1/2 dl (150 ml) of dry white wine

FOR THE SAUCE

100 ml of cream
1 tbspn of cornflour
a pinch of spiced salt
1/2 bitter almond

TO GARNISH

200 g of black or white grapes
20 g of toasted flaked almonds

FUNCTION: MICROWAVE

PREPARATION: 30 MIN.

COOKING TIME: 15-16 MIN.

1. Wash and dry the chicken, cut into portions and remove fatty parts.
2. Place the butter or margarine in a small microwave safe bowl. Then cover and melt at 350 W for 1 minute, mix in the sweet paprika or soya and brush this mixture over the chicken. Place the chicken in a microwave safe dish and add the basil and wine.
3. Cover and cook for 12 minutes at 750 W.
4. Mix the cream with the cornflour and pour over the chicken. Continue cooking, covered, for 2-3 minutes at 750 W. Add salt if required, and the grated bitter almond.
5. Cut the grapes in half and remove the seeds.
6. Place the chicken on a serving plate and garnish it with the grapes and toasted almond flakes.
7. If you want to toast the almond flakes, spread out them on the crisplate and toast on crisp for 2-3 minutes stirring every minute.

SAUSAGE SPIRALS

4 SERVINGS

INGREDIENTS

600 g sausages (raw meat)
30 g peppers in slices (red and yellow)
Bay leaves
Wooden sticks

FUNCTION: CRISP

PREPARATION: 5 MIN.

COOKING TIME: 16 -18 MIN.

1. Roll the sausages to flat spirals with the sliced pepper and bay leaves in between.
2. When the whole sausages is rolled, fasten them by sticking two wooden sticks crosswise along the sausage spirals to keep its shape during cooking.
3. Put the spirals on the crisp plate, covered by baking paper, and cook it on Crisp for 16 – 18 minutes, turning it over after about 10 minutes.



DUCK WITH ORANGE SAUCE

4 – 6 SERVINGS

INGREDIENTS

1 kg duck (approx.)
butter or oil
5 oranges
1 glass of white wine
salt

FUNCTION: CRISP + MICROWAVE

PREPARATION: 10 MIN.

COOKING TIME: 14-15 MIN.

1. Put a little salt and a knob of butter inside the duck. Grease the crisp plate with a little butter or oil. Preheat the crisp plate on crisp for 3 minutes.
2. Place the duck on the crisp plate breast upwards and cook for 12-14 minutes on crisp, turning half way through cooking.
3. Pour the white wine into the crisp plate towards the end of cooking, and allow to cook for a few minutes.
4. Check if the meat is cooked by inserting a skewer into the thickest parts of the flesh. Peel an orange and cut the peel into thin strips, which must be parboiled in extremely hot water for 1-2 minutes at 750 W.
5. Squeeze two oranges. Skim the fat from the juices from the duck and add the orange juice and the thin strips of peel.
6. Heat the sauce on microwave power at 750 W for 1-2 minutes and serve the duck with the sauce poured over.
7. Garnish with thin slices of orange.

HAMBURGER

4 SERVINGS

INGREDIENTS

400 g of minced meat
1/2 teasp of salt
1 pinch of pepper
15 ml (1 tbspn) of oil, butter or margarine
Serve with
4 burger buns
cucumber salad
ketchup or mustard
raw or cooked onion rings

FUNCTION: CRISP

PREPARATION: 10 MIN.

COOKING TIME: 8 – 9 MIN.

1. Mix the minced meat with the salt and pepper.
2. Shape into four hamburgers about 1 cm thick each.
3. Butter or oil the crisp plate and preheat it for 2-3 minutes on crisp.
4. Then arrange the hamburgers in it, cooking on crisp for 3 minutes.
5. Turn the hamburgers over and cook for another 3 minutes.
6. Serve on buns with ketchup or mustard and vegetables.

STUFFED VEGETABLES

4 SERVINGS

INGREDIENTS

2 courgettes
1 onion
250 g soft cheese like ricotta
200 g cooked ham
100 g diced cheese
100 g parmesan
3 eggs
Parsley
Oil
Salt
Aromatic herbs

FUNCTION: CRISP

PREPARATION: 20 MIN.

COOKING TIME: 16 – 18 MIN.

1. Cut the courgettes lengthwise and remove the seeds. Cut the onion in halves and remove the center. Place the vegetables on a baking paper into the crispplate.
2. Mix the ricotta cheese, the cooked ham cut in smaller pieces, the diced cheese, the parmesan and the eggs. Mix well and finally stir in the parsley and the aromatic herbs. Season with salt.
3. Fill a forcing bag with the filling and pipe out the filling into the vegetables. Drop over a little oil.
4. Cook on Crisp function for 16 – 18 minutes until the filling is cooked and the vegetables are soft.

ROAST POTATOES

2 – 4 SERVINGS

INGREDIENTS

400 g potatoes
Rosemary
Oil
Garlic
Salt

FUNCTION: CRISP

PREPARATION: 10 MIN.

COOKING TIME: 15 – 16 MIN.

1. Peel and cut the potatoes in pieces – not too small pieces.
2. Cover the crisp plate with baking paper and place the potatoes onto the plate.
3. Sprinkle the potatoes with salt, rosemary, crushed or chopped garlic clove and drop oil over the potatoes.
4. Cook on Crisp function for 15 – 16 minutes. If the potatoes get too much color in the bottom, stir them after about 10 minutes and then continue the cooking until they become ready cooked.

APPLE STRUDEL

6 - 8 SERVINGS

INGREDIENTS

2 discs of puff pastry,
220 – 240 g each
6 apples
1 orange
50 g walnuts
50 g pine nuts
1 teasp (5 ml) of
cinnamon powder
50 g sultanas
50 ml rum
50 g sugar
100 g breadcrumbs

FOR BRUSHING:

1 egg
50 ml milk

FUNCTION: CRISP

PREPARATION: 15 MIN.

COOKING TIME: 15-16 MIN

1. Soak the sultanas in the rum for some while.
2. Peel and slice the apples and mix them with chopped walnuts, pine nuts, sugar, orange peel and cinnamon.
3. Lay one pastry disc partly on top of the other and roll them out to a single body with a rolling pin.
4. Add the sultanas and the breadcrumbs to the apple mixture. Breadcrumbs will absorb the juice coming from the apples.
5. Pour the apple mixture onto the pastry and roll it up lengthwise.
6. Shape the roll to a circle and place it on the crisp plate, leaving the paper from the pastry on the bottom of the plate. Squeeze the strudel a bit.
7. Make some cuts in it and brush it with a mixture of egg and milk.
8. Cook on Crisp function for 15 – 16 minutes.



NUT CAKE

12 – 16 SLICES

INGREDIENTS

	MEDIUM/LARGE	SMALL
	CRISP PLATE	CRISP PLATE
Chocolate	250 g	125 g
Butter	240 g	120 g
Walnuts	45 g	25 g
Hazelnuts	45 g	20 g
Almonds	45 g	25 g
Sugar	170 g	85 g
Flour	15 ml (1 tbspn)	7,5 ml (½ tbspn)
Eggs	4	2
Vanilla flavoured sugar	15 ml (1 tbspn)	10 ml (2 teasp)
Salt	a pinch	a pinch

FUNCTION: CRISP + MICROWAVE

PREPARATION: 15 MIN.

COOKING TIME: 10 – 12 MIN. FOR MEDIUM AND LARGE CRISP PLATE

7 – 8 MIN. FOR SMALL CRISP PLATE

1. Chop the nuts.
2. Break the chocolate in pieces and place it together with the butter in a microwave safe bowl. Melt on 350W for 3 – 4 min. Stir twice during this time and let cool off.
3. Separate the egg yolks from the egg whites and add the egg yolks, one at a time, to the butter – chocolate mix stirring continuously. Stir in also the sugar, the vanilla sugar, the chopped nuts and the flour.
4. Whisk the egg whites together with the salt until stiff and carefully fold them into the batter.
5. Pour the batter into the crispplate covered with baking paper in the bottom. Cook the large and medium plate for 10 – 12 min. on Crisp and the small plate for 7 – 8 min. on crisp.
6. Let the cake cool down in the crispplate and when cool lift it up from the plate together with the paper. Serve in thin slices with whipped cream.

