The Tender Cooker Is Simple to Use

Place up to 3 lbs. of meat, poultry and vegetables into the Tender Cooker. Add seasoning and 1/4 cup liquid such as broth or wine.

Place cover on Tender Cooker® and set the pressure regulator in place.

Cook in microwave oven at high power for specified time. Complete listing of cooking times and recipes are included. When done cooking let stand for about 5 minutes or until yellow pressure stem drops.

Remove cover and treat yourself and your family to a nutritious, home cooked meal, done to perfection in about 30 minutes.

Microwave Oven Pressure Cooker Recipes & Instructions
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Porcupine Meatballs
1 lb lean ground beef
¼ c uncooked regular rice
1 pkg dry onion soup mix
1 egg
¼ c red wine
¾ c water
2 c ketchup
1 T cornstarch
Combine beef, rice, soup mix and egg. Shape into 1-inch balls. Mix wine, water and ketchup in Tender Cooker®, add meatballs to liquid. Add gasket, cover and red weight. Microwave on HIGH for 20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove meatballs from sauce. Skim off any excess fat. In a separate container, blend 1 tablespoon cornstarch with a small amount of the meat juices; stir into remaining meat juices. Microwave sauce uncovered for 3 to 4 minutes on HIGH or until thickened. Pour sauce over meatballs. Use toothpicks to serve. Low wattage ovens: add approx. 2 minutes.

Zesty Chicken Wings
3 lbs chicken wings cut at joints (reserve tips for soup stock, if desired)
¾ c bottled prepared French dressing
¼ c dry white wine or water
2 T lemon juice
1 T garlic salt
1 T cornstarch
Place cut up chicken in Tender Cooker®. Mix dressing, wine, lemon juice and garlic salt; pour over chicken. Place a 7” diameter single layer circle of aluminum foil on top of chicken. Add gasket, cover and red weight. Microwave on HIGH for 25 minutes. Allow yellow stem to drop. Remove red weight and uncover. Place chicken on a heated serving dish. In a separate container, blend 1 tablespoon cornstarch with a small amount of the liquid. Stir into remaining meat juices. Microwave liquid uncovered for 3 to 4 minutes on HIGH or until thickened, stirring once. Pour sauce over chicken. Serve warm. Garnish with lemon slices if desired. Low wattage ovens: add approx. 6 minutes.

Chicken Pecan Pastry
6 slices bacon, partially cooked and drained
½ lb chicken livers
½ lb raw chicken
1 egg
4 T butter, melted
2 T brandy
¼ c pecans
½ t salt
¼ t nutmeg
¼ t pepper
Line a 1-qt microwave-safe bowl sized to fit Tender Cooker® with well drained bacon. Set aside. Puree chicken livers and chicken in a food processor or blender; add the eggs, butter, brandy, pecans, salt, nutmeg and pepper. Process with on/off motion for 20-30 seconds or until nuts are chopped. Pour into bowl. Cover top of bowl with a single layer of foil. Place a microwave-safe saucer sized to fit in bottom of Tender Cooker®, upside down. Pour in 2 cups hot water. Place covered bowl on saucer. Add gasket, cover and red weight. Microwave on HIGH for 13 minutes. To stop cooking action, cool immediately by running cold water over cover of Tender Cooker®. When yellow stem has dropped, remove red weight and uncover. Carefully remove bowl. To make a firm, easy to serve pastry, remove the foil and reposition directly on top of pastries. Place a weight (such as a 1-2 lb can) on top of foil to compress pastries. Chill well. Unmold onto serving plate and serve with crackers or thin-sliced French bread. Low wattage ovens: add approx. 2-3 minutes.

Tropical Ribs
½ c pineapple juice
1 T lemon juice or rice vinegar
2 T dry mustard
3 T soy sauce
½ T ginger
2 T brown sugar
3 lbs pork spare ribs (cut in half by butcher to finger-food size)
1 T cornstarch
Green onion, chopped, if desired
Combine sauce ingredients, pour over ribs and marinate in the refrigerator for several hours or overnight. Place ribs and marinade in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 25 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove ribs. In a separate container, blend 1 tablespoon cornstarch with small amount of the meat juices; stir into remaining meat juices. Microwave sauce uncovered for 3 to 4 minutes on HIGH or until thickened. Pour sauce over ribs. Garnish with chopped green onions if desired. Low wattage ovens: add approx. 2 minutes.

Zesty Lime Ribs
2½-3 lbs baby back ribs
¾ c fresh lime juice
3 T brown sugar
1 T salt
1 T coarsely ground black pepper
½ t Worcestershire sauce
¼ t grill powder
Cut ribs into individual sections. Place ribs in zip lock bag or foil Casserole. Combine remaining ingredients and pour over ribs; seal bag or cover casserole. Marinate in refrigerator overnight. Place ribs and marinade in Tender Cooker®. Cover with single layer 7” inch circle of foil. Add gasket, cover and red weight. Microwave on HIGH for 25-30 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove ribs and serve directly or to hot grill and cook for 6-8 minutes until lightly browned. Low wattage ovens: add 2-4 minutes. 10-12 appetizer servings.

Stuffed Grape Leaves
1-9 oz jar grapevine leaves
¼ lb ground beef
¼ lb cooked ham
16 c instant rice
1 sm. onion, minced
2 c chopped almonds
1 c chopped parsley
1 green pepper, minced
1 T dried mint leaves
¾ c lemon juice
Drain and carefully rinse grapevine leaves in cool water, separate, and pat dry. Mix together beef, lamb, ¼ cup consomme, rice, onion, almonds, parsley, garlic and mint leaves. Place 1 tablespoon mixture on dull side of each leaf. Tuck in ends and roll toward point. Arrange in layers in Tender Cooker®, seam side down. Combine remaining consomme and lemon juice, pour over stuffed leaves. Cover with single layer 7 inch circle of foil. Add gasket, cover and red weight. Microwave on HIGH for 20-22 minutes. Allow yellow stem to drop. Remove red weight and uncover. Garnish with lemon slices and serve with yogurt or sour cream. Low wattage ovens: add 1-2 minutes. About 50 appetizers.

Slick Chick
13 lb whole chicken
1 sm. onion, chopped
1 stalk celery, sliced
1 c water
½ t each salt and pepper
1 14 or 15 oz bottle barbecue sauce
Pour water in Tender Cooker® and stir in onion, celery, salt and pepper, add chicken. Add gasket, cover and red weight. Microwave on HIGH for 27-33 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove chicken from arm and cool slightly. Remove skin and discard. Remove meat from bones and finely chop. Strain broth from Tender Cooker® and store for other use. Return chicken to Tender Cooker® and stir in barbecue sauce. Microwave on MEDIUM or 50% power for about 15 minutes or until mixture has thickened. Low wattage ovens: increase first cooking time by 2-3 minutes. Filling for 40 cocktail buns.
appetizers

Poor Man's Caviar
1 med. eggplant, about 1 1/2 pounds
1 T. olive oil
1 med. onion, chopped
1/2 med. green pepper, finely chopped
2 cloves garlic, minced
1 tsp. ripe tomato, peeled, seeded and finely chopped
1/2 tsp. sugar
1 t. salt
3/4-1 1/2 L pepper
2 T. fresh lemon juice

Pierce whole eggplant with a long-tined fork; place in microwave oven and cook on HIGH for 6-8 minutes until soft. Cool; remove skin and finely chop in food processor. Combine oil, onion, green pepper and garlic in TenderCooker®. Microwave on HIGH for 4-6 minutes until tender. Stir in eggplant, tomato, sugar, salt and pepper. Add gasket, cover and red weight. Microwave on HIGH for 12-15 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir mixture in microwave on MED/DUM or 50% power for 8-10 minutes until moisture has evaporated and mixture holds its shape in a spoon. Stir in lemon juice. Taste and add more seasoning if needed. Place in covered container and chill thoroughly. Serve with crackers or bread. Low wattage ovens: add 1-2 minutes. About 6 cups.

Ham Balls in Pineapple Sauce
1 lb. ground smoked ham
1 lb. pork sausage
1/2 c. dry bread crumbs
1/2 c. onion, minced
1 egg
1/4 c. milk
1/4 c. dry mustard
Mix all ingredients and shape into 1 inch meatballs. Quickly brown in skillet and place in Tender Cooker®.

Pineapple Sauce
1 15 oz. can crushed pineapple
Juice of 1 med. orange
1/4 c. red wine vinegar
1 T. soy sauce
1 t. grated orange peel
1 t. ginger
2 T. water
1 c. water
1 T. cornstarch

Combine all ingredients, except water and cornstarch. Pour over meatballs. Add gasket, cover and red weight. Microwave on HIGH for 15-18 minutes. Allow yellow stem to drop. Remove red weight and uncover. Combine water and cornstarch; stir into meatballs. Microwave on HIGH for 2-3 minutes until thickened. Low wattage ovens: add approx. 8-10 minutes. 3-4 servings.

Beef Recipes
NOTE: To achieve maximum tenderness, all beef (except corned beef brisket) should be first seared in a conventional skillet or sealed in vacuum bags.

Corned Beef Brisket
3-3 1/2 lbs. corned beef
3 cups water
2-3 cloves garlic, cut up
1 bay leaf, crushed
1 T. pickling spice

Rinse corned beef in cold water. Place in Tender Cooker®. If brisket is too large, stand it upright in cooker in a “U” shape with lid upwards. Add water, garlic, bay leaf and pickling spice. Cover brisket with a 7-inch diameter single layer of foil. Add gasket, cover and red weight. Microwave on HIGH for 60 minutes. If brisket is larger than 2 1/2 lbs., add 5-8 minutes of cooking time. Allow yellow stem to drop. Remove red weight and uncover. Slice to serve. Low wattage ovens: add approx. 8 minutes. 3-4 servings.

Beef Burgundy
1 T. vegetable oil
2 lbs. beef stew meat, cut into 1" x 1" pieces
6 slices bacon, cut into 1" pieces
1/4 c. burgundy wine
1/2 c. beef broth
1/2 t. paresley leaves
1/2 t. thyme leaves
1/2 t. salt
1/2 t. pepper
2 garlic cloves, crushed
1 bay leaf
3 T. flour
8 oz. pkg. fresh mushrooms, cut into thirds
10 c. frozen pearl onions

Heat oil in medium skillet; add beef and bacon. Stir to brown evenly. Remove from skillet and place in base of Tender Cooker®. Pour wine and broth into skillet; used to brown meat; stir and scrape pan to remove any browned meat. Pour hot liquid over beef; add remaining ingredients except flour, mushrooms and onions. Add gasket, cover and red weight. Microwave on HIGH for 25 minutes. Allow yellow stem to drop. Remove red weight and uncover. Combine remaining ingredients and pour over ribs. Add gasket, cover and red weight. Microwave on HIGH for 25-30 minutes. Allow yellow stem to drop. Remove red weight and uncover. Serve on hot serving plate. Low wattage ovens: add approx. 8 minutes. 4-5 servings.

Smoky Short Ribs
2 lbs. beef short ribs or country style ribs
1-2 T. cooking oil
3/4 c. ketchup
1/2 c. water
1 sm. onion chopped
1/4 c. brown sugar
1 T. Worcestershire sauce
1 T. liquid smoke
1 1/2 c. hari, minced
1/2 t. salt

Heat oil in skillet; add ribs and brown on all sides. Place ribs in Tender Cooker®. Combine remaining ingredients and pour over ribs. Add gasket, cover and red weight. Microwave on HIGH for 24-26 minutes. Allow yellow stem to drop. Remove red weight and uncover. Serve on hot serving plate. Low wattage ovens: add 2-3 minutes. 4 servings.
Beef Stroganoff

1 T. oil
1 1/2 lbs beef stew meat or chuck steak cut in 1-inch cubes
3 T. dry red wine
3 T. flour
2 T. Worcestershire sauce
1 T. thyme
2 cloves garlic, chopped
1/2 t. salt
1/4 t. pepper
12 oz. fresh med. mushrooms, halved
1 large onion, halved and cut in wedges
3 c. dry sour cream

Cooked noodles
Chopped fresh parsley, if desired

Beef Stew

1 1/2 lbs beef stew meat
2 c. water
3 potatoes, cut in thirds
2 carrots, cut in thirds
1/2 onion, cut up
1/2 t. salt
1/4 t. pepper
1 T. flour

Heat oil in medium sized skillet. Sear meat on all sides. Place meat in Tender Cooker®. Add water to skillet; heat and scrape off any browned bits. Pour over meat. Stir in flour until beef is well coated. Then stir in Worcestershire sauce, water, garlic, salt and pepper. Stir in mushrooms and onions, pouring them down into Tender Cooker®. (It is not necessary to mix mushrooms and onions completely.) Place a single layer 7-inch diameter circle of foil on top. Add garlic, cover and red weight. Microwave on HIGH for 25 minutes. Allow yellow stem to drip. Remove red weight and uncover. Stir in sour cream. Serve over noodles. Sprinkle with parsley, if desired. 4-5 servings.

Beef Braised in Beer
1 c. beer
2 lbs. round steak, cut into 4-6 pieces
2 T. vegetable oil
1 lg. onion, sliced
2 T. flour
1 lg. clove garlic, minced
1 T. thyme leaves
1 t. Worcestershire sauce
1/2 t. pepper
1/2 t. salt

Open beer and measure one cup. Let stand to lose carbonation. Heat oil in skillet and brown beef on both sides; place in Tender Cooker®. Place onions on top. Combine remaining ingredients, including beer, and pour over onions and steak. Add garlic, cover and red weight. Microwave on HIGH for 20-22 minutes. Allow yellow stem to drip. Low wattage ovens: add 1-2 minutes. 4-6 servings.

TIP: To keep ground beef fresher tasting, place a few whole peppercorns in the shaker.

Beef Brisket

1 1/2 lb. beef brisket
Juice and grated peel of small lemon
1 T. margarine or butter
1 T. minced parsley
1 t. pepper
1/2 t. salt
1/4 c. chili sauce or ketchup
1 sm. onion, minced
1 T. Worcestershire sauce
1 T. brown sugar
1 T. flour

Pour meat and fat into meat mallet. Combine lemon juice and rind, margarine, parsley, pepper and salt. Spread mixture on one side of steak. Roll steak from small end and place in Tender Cooker®. Steam side down. Combine chili sauce, onion, Worcestershire sauce and brown sugar. Poor over steak. Cover with single layer 7-inch diameter circle of foil on top of food. Add garlic, cover and red weight. Microwave on HIGH for 16-20 minutes. Allow yellow stem to drip. Remove red weight and uncover. Stir in sour cream. Serve over noodles. Low wattage ovens: add 2-3 minutes. 4 servings.

TIP: Browning sauce adds a deeper, richer color to meat dishes when the meat is not seared first in a skillet.
'Beef Ribs in Mustard Sauce
1 1/2 lbs. beef short ribs
2 c. white wine or water
1/3 c. dry red wine
1/3 c. beef broth
1 T. prepared horseradish
2 garlic cloves, crushed
1/4 c. sour cream
Salt and pepper to taste

Heat oil in medium skillet, add ribs and brown evenly. Place ribs in base of Tender Cooker®. Add remaining ingredients except flour and sour cream. Add salt and cover and cook on HIGH for 3-4 hours. Stir rice in Tender Cooker® and season with salt and pepper. Remove meat and bones. Stir in sour cream. Serve sauce with ribs. 1-2 servings.

Hungarian Goulash
1 1/2 lbs. beef stew meat
1 1/2 T. cooking oil
1 1/2 oz. can beef broth
2 T. tomato paste
1 med. onion, chopped
1 sm. green pepper, cut into strips
1/2 c. paprika
1 1/2 c. flour
1/2 c. cold water
2 T. flour
1/2 c. dry red wine


Stifado
1 1/2 lbs. beef stew meat, cut into 1/2-inch cubes
Salt and pepper to taste
1 1/2 c. margarine or butter, melted
2 T. flour
2 T. tomato paste
1 T. red wine
1 T. red wine vinegar
1/2 c. brown sugar
1/2 c. water
1/2 c. water
1/2 ml. vanilla extract
1/2 ml. ground cinnamon
1/2 ml. ground cloves
1/2 ml. ground cumin


Swedish Collops
1 1/2 lbs. beef stew meat
1 1/2 T. flour
Salt and pepper to taste
2 1/2 T. oil
1 med. onion, chopped
1 c. whole cranberry sauce
1/2 c. dry red wine
1/2 c. beef broth
1 lb. bay leaf


Chili con Carne
1 T. oil
1 lb. stew meat, cut in 1 inch cubes
1 1/2 c. sliced, seasoned tomatoes
1 med. onion, chopped
2 cloves of garlic, minced or 1/4 t. garlic powder
1 1/2 c. beef broth
1/2 c. canned kidney beans
1/4 c. water
1/2 c. flour
1/2 c. cold water

Heat oil in medium skillet, brown meat on all sides. Place meat in Tender Cooker®. Drain liquid from tomatoes into skillet; stir in beans and cover. Stir in sour cream. Low wattage oven; 1-2 servings.

Barbecue Beef Sandwiches
1 T. oil
2 lb. boneless chuck roast
1/2 c. bottled barbecue sauce
1/2 c. liquid smoke, if desired

Place roast in a slow cooker. Cover and cook on LOW for 4-5 hours. Remove meat from slow cooker. Slice meat and place on buns. Serve with barbecue sauce and liquid smoke. Stir in sour cream. Low wattage oven; 1-2 servings.

Country Style Round Steak
1 T. Worcestershire sauce
1 c. dry mustard
1/4 c. thyme leaves
1/2 lb. beef round steak, cut into 4-5 pieces
1 T. oil
1 c. beef broth
1/2 c. dry red wine
1/2 c. water
1 c. marinade
1/2 c. dry thyme leaves

Chuck Roast
1 T. oil
2½-3 lb. beef chuck roast
½ c. water
1 clove garlic, chopped
½ t. salt
½ t. pepper
1 onion, cut up
3 potatoes, cut up
1 T. flour
Heat oil in medium sized skillet, stir meat in all sides; place meat in Tender Cooker®. Add water, garlic, salt and pepper to skillet. Heat and scrape off any browned meat; pour over meat. Arrange onion and potatoes on top of meat. Place a single 7-inch diameter circle of foil on top of the food. Add gasket, cover and red weight. Microwave on HIGH for 30 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove meat and vegetables, keep warm. In separate container blend 1 tablespoon flour with a small amount of liquid; add to meat juices. Microwave uncovered for 3-4 minutes on HIGH until thickened; stir once. Low wattage oven; add approx. 6 minutes cooking time for roast. 3-4 servings.

Rolled Rump Roast
1 T. oil
2½-3 lb. rolled rump roast
¼ c. red wine
¼ c. water
3 cloves garlic, chopped
½ t. salt
½ t. fresh-cracked pepper
Heat oil in medium sized skillet, stir meat on all sides; place meat in Tender Cooker®. Add wine, water to skillet. Stir, heat and scrape off any browned meat. Pour over meat; add garlic, salt and pepper. Place a single layer 7-inch diameter circle of foil on top of the food. Add gasket, cover and red weight. Microwave on HIGH for 25-30 minutes. Allow yellow stem to drop. Remove red weight and uncover. For serve, place roast on heated serving plate. Skim fat from juices. Slice roast; for laying; pour small amount of juices over meat. Serve remaining juices separately. Low wattage oven; add approx. 6 minutes 4-6 servings.

TIP: If roast is uneven in shape, place smallest part of roast down into the cooking liquid. This helps prevent over-cooking.

Herbed Beef Roast
1 T. vegetable oil
2½-3 lb. beef rump roast
1 c. red wine or beef broth
½ c. water
1 T. thyme leaves
1 t. rosemary leaves
3 garlic cloves, crushed
½ t. salt
½ t. pepper
3 T. flour
Heat oil in medium skillet; add roast; brown roast on all sides. Place roast in Tender Cooker®. To same skillet add wine and water; scrape pan well to remove any browned meat. Pour hot liquid over meat; add remaining ingredients except flour. Add gasket, cover and red weight. Microwave on HIGH for 30 minutes. Allow yellow stem to drop; uncover. Remove roast, keep warm. Mix flour with small amount of hot cooking liquid; stir into remaining cooking liquid. Microwave, uncovered, on HIGH for 3-4 minutes, stirring once during cooking. Serve gravy with roast. 4-5 servings.

Sauerkraut Roast
1/2-3 lb. beef heel of round, top sirloin or brisket
1 c. red wine vinegar
1 c. water
1 onion, sliced
1 stalk celery, sliced
1 carrot, sliced
4 whole cloves
4 peppercorns
2 bay leaves
2 juniper berries
½ t. salt
½ t. pepper
2 T. cooking oil
6 gingersnaps
1 T. brown sugar
Thoroughly pierce roast with long-tined fork. Combine vinegar, water, onion, celery, carrot, cloves, peppercorns, bay leaves and juniper berries in 4 quart measure. Microwave on HIGH for 4-5 minutes; cool. Place roast in bowl or zip lock bag; pour in marinade. Cover bowl or seal bag and marinate for 24-48 hours, turning several times. Remove meat from marinade; dry well and sprinkle with salt and pepper. Heat oil in skillet and brown meat on all sides. Place meat in Tender Cooker® with 1 cup of marinade and 1 cup of strained marinade; discard remainder. Place single layer 7-inch circle of foil on top of meat. Add gasket, cover and red weight. Microwave on HIGH for 30-35 minutes. Allow yellow stem to drop. Remove red weight and uncover. Place roast on heated serving platter. Skim fat from juices and stir in crushed gingersnaps and brown sugar. Microwave on HIGH for 2-3 minutes until gravy reaches a boil and thickens. Slice roast and pour gravy over meat. Serve with potato pancakes and red cabbage. Low wattage oven; add 5-6 minutes. 4-6 servings.

TIP: Searing beef on all sides before placing in Tender Cooker®, seals in the natural juices and ensures maximum tenderness.

Pesto Pot Roast
1 3 lb. boneless beef eye of round roast
3 T. olive oil
2 T. flour
1 c. beef broth
½ c. fresh basil leaves, finely chopped
⅛ c. pine nuts or almonds
3 cloves garlic, minced
½ t. salt
½ t. pepper
½ t. browning sauce
Heat oil in skillet. Thoroughly coat roast with flour; brown on all sides. Place roast in Tender Cooker®. Pour broth into skillet; cook and stir, loosening brown bits. Stir in remaining ingredients; pour sauce over roast. Cook with single layer 7-inch circle of foil. Add gasket, cover and red weight. Microwave on HIGH for 27-30 minutes. Allow yellow stem to drop. Remove red weight and uncover. Slice roast and serve with sauce. Low wattage oven; add 3-4 minutes. 4-6 servings.

Barbecued Brisket
1 2½-3 lb. beef brisket, fat trimmed
Salt and pepper to taste
1 med. onion, finely chopped
1 c. barbecue sauce
Place brisket on waxed paper. Sprinkle with salt and pepper and cover with onion. Shape into a roll and place in Tender Cooker® with loose end down. Cover with barbecue sauce. Cover with single layer 7-inch circle of foil. Add gasket, cover and red weight. Microwave on HIGH for 25-30 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove brisket and slice across the grain. Serve with sauce. Low wattage oven; add 2-3 minutes. 6 servings.

Oriental Beef Brisket
1 2¾-2½ lb. boneless beef brisket
1 c. soy sauce
3 T. sugar
3 cloves garlic, minced
2 T. curry powder
¾ t. pepper
Place brisket in zip lock bag or flat casserole. Combine remaining ingredients and pour over brisket. Seal bag or cover casserole; refrigerate and marinate for 2 hours. Remove brisket and fold in U-shape placing in Tender Cooker® with curve up and ends down; pour in marinade. Cover with single layer 7-inch circle of foil. Add gasket, cover and red weight. Microwave on HIGH for 25-28 minutes. Allow yellow stem to drop. Remove red weight and uncover. Thinly slice brisket and serve with sauce over cooked rice. Low wattage oven; add 3-4 minutes. 4-5 servings.

Vegetable Stuffed Beef Rolls
1½ lb. round steak, cut into 6 pieces
Salt and pepper to taste
2 sm. carrots, peeled and finely chopped
1 stalk celery, finely chopped
1 sm. onion, finely chopped
1 egg, slightly beaten
½-¾ c. fine bread crumbs
1½ t. salt
1½ t. black pepper
1-2 T. cooking oil
1 T. flour
½-¾ c. water
Season steak with salt and pepper and pound with round meat mallet to flatten. Combine carrots, celery, onion, egg, bread crumbs and salt. Spoon stuffing onto steak pieces. Roll up and secure with toothpicks. Heat oil in skillet and brown rolls on all sides; place in Tender Cooker®. Add flour to skillet; stir to lightly brown. Pour in water; stir to loosen brown bits; pour over rolls. Add gasket, cover and red weight. Microwave on HIGH for 15-18 minutes. Allow yellow stem to drop. Low wattage oven; add 1-2 minutes. 5 servings.
Peking Roast
1 3 lb. sirloin tip beef roast
1 sm. onion, cut into pieces
2 cloves garlic, cut into small pieces
¼ c. vinegar
¼ c. water
2-3 T. oil
1 c. black coffee
Salt and pepper to taste
Cut 20-25 slices completely through roast and fill with onion and garlic pieces. Place roast in zip lock bag or casserolear. Pour in vinegar and water. Seal bag or cover casserole; refrigerate and marinate for 24 hours. Remove roast and brown in oil in skillet until very dark on all sides. Place roast in Tender Cooker®; add coffee, salt and pepper. Add garlic, cover and red weight. Microwave on HIGH for 30-32 minutes. Allow yellow stem to drop. Low wattage ovens: add 4-5 minutes. 6 servings.

Confetti Steak Strips
1½-2 lb. sirloin steak, cut into strips
2 T. olive oil
1 10¾ oz. can golden mushroom soup
¾ c. dry white wine
1 5 oz. jar pimientos
4 oz. fresh mushrooms, sliced
1 sm. green pepper, chopped
1 sm. onion, chopped
½ t. each tabasco and Worcestershire sauce
Heat oil in skillet; add beef and quickly brown on both sides. Place steak in Tender Cooker® and add remaining ingredients. Add garlic, cover and red weight. Microwave on HIGH for 15-17 minutes. Allow yellow stem to drop. Remove red weight and uncover. Serve over cooked pasta. Low wattage ovens: add 1-2 minutes. 5-6 servings.

Swede Steak
1 T. oil
1 lb. round steak, cut into 1-5 pieces
½ c. water
1 16 oz. can stewed tomatoes
½ onion, sliced
1 clove garlic, chopped
½ c. salt
½ t. pepper
Heat oil in medium sized skillet, sear meat on all sides; place meat in Tender Cooker®. Add water to skillet, heat and scrape off any browned meat. Pour hot peppers, over meat; add tomatoes, onion, garlic, salt and pepper. Add garlic, cover and red weight. Microwave on HIGH for 20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Low wattage ovens: add approx. 5 minutes. 4 servings.

Four Flavor Beef
2½-3 lb. eye of round beef roast
2-3 T. cooking oil
½ c. water
½ c. soy sauce
3 T. sugar
1 cinnamon stick
½ t. aniseeds
½ t. cherries
2 c. confectioner’s sugar
Heat oil in skillet; add roast and brown well on all sides. Place in Tender Cooker®. Combine water, soy sauce, Worcestershire sauce, asparagus and eggs; pour over roast. Add garlic, cover and red weight. Microwave on HIGH for 25-30 minutes. Allow yellow stem to drop. Remove red weight and uncover. Place roast. Combine cherries and confectioner’s sugar in pan liquid. Microwave on HIGH for 3-4 minutes until thickened. Slice beef and serve with sauce. Low wattage ovens: add 3-4 minutes. 6 servings.

Zesty Cabbage Beef Bake
1 lb. ground beef
⅓ c. paprika
1 t. each salt and pepper
3 c. shredded cabbage
1 med. onion, chopped
1 11 oz. can zesty tomato soup
Crumble ground beef into Tender Cooker®. Microwave on HIGH for 5-6 minutes until meat is done; drain. Place half of cabbage and onion in Tender Cooker®. Top with half of meat. Add salt and pepper. Add water, and cover red weight. Microwave on HIGH for 20-22 minutes; allow yellow stem to drop. Low wattage ovens: add 2½-3 minutes. 4 servings.

Cabbage Bundles
12 lg. cabbage leaves
1 lb. lean ground beef
1 c. cooked rice
1 sm. onion, minced
1 egg, beaten
⅔ t. each salt and pepper
Place cabbage leaves in covered casserole with one tablespoon water. Cover and microwave on HIGH for 3-4 minutes until leaves are limp. Combine remaining ingredients. Shape into 12 rolls. Place each roll in center of a casserole leaf. Fold ends and roll up. Place bundles in Tender Cooker®. Combine sauce ingredients and pour over bundies. Cover with a single layer 7 inch circle of foil. Add garlic, cover and red weight. Microwave on HIGH for 22-24 minutes. Allow yellow stem to drop. Low wattage ovens: add 2½-3 minutes.

Beef Barley Casserole
1 lb. lean ground beef
2 slices celery, sliced
1 sm. onion, chopped
1 clove garlic, chopped
1 10¼ oz. can cream of mushroom soup
1 4 oz. can mushrooms, drained
¾ c. barley
½ c. water
½ t. dill weed
Salt and pepper to taste
1 10 oz. pkg frozen peas, thawed
Crumble ground beef into Tender Cooker® and microwave on HIGH for 5-6 minutes; drain. Stir in remaining ingredients, except peas. Add garlic, cover and red weight. Microwave on HIGH for 25-27 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir in peas and cover microwave on HIGH for 2-3 minutes. Low wattage ovens: add 2½-3 minutes. 4 servings.

Sauce
1 8 oz. can tomato sauce
1 T. brown sugar
1 T. lemon juice
1 T. Worcestershire sauce
Combine all ingredients. 4½ servings

Spanish Rice
1 lb. ground beef
1 14½ oz. can whole tomatoes, chopped
½ c. water
½ c. long grain rice
1 med. onion, chopped
½ med. green pepper, chopped
1 clove garlic, minced
1 2 T. chili powder
⅛ t. salt
⅛ t. pepper
Ground cheese, opt.
Crumble ground beef into Tender Cooker®. Microwave on HIGH for 5-6 minutes until cooked. Drain. Stir in remaining ingredients, except cheese. Add garlic, cover and red weight. Microwave on HIGH for 20-22 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir and sprinkle with cheese. Low wattage ovens: add 1-2 minutes. 4 servings.

Picadillo
1 ¾ c. slivered almonds
1 lb. extra lean ground beef
2 tomatoes, peeled and chopped
2 green peppers, seeded and chopped
1 med. onion, chopped
1 med. apple, peeled, cored and chopped
1 clove garlic, minced
1 ½ T. chilli powder
1 ½ t. cumin
1 ½ t. salt
1 ½ t. salt
1 ½ c. tomato sauce
1 ½ c. chopped green pepper
1 ¼ t. pepper
**Italian Meat Sauce for Pasta**
1 lb. lean ground beef
2 garlic cloves, minced or ¼ t. garlic powder
½ t. salt
¼  t. pepper
1½ t. Italian herb seasoning, divided
1 med. onion, chopped
1 15 oz. can tomato sauce
1 6 oz. can tomato paste
¾ c. water, divided
With a fork gently stir together ground beef, garlic, salt, pepper and only ½ teaspoon Italian herb seasoning in Tender Cooker®. Add onion to meat mixture, stir to blend. Do not pack meat firmly in Tender Cooker®. In separate bowl, stir together remaining 1 teaspoon Italian herb seasoning, tomato paste and ½ cup water. Pour over meat do not stir. Add gasket, cover and red weight. Microwave on HIGH for 20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir sauce and meat together. Add mixture, ½ cup water or more to taste. Serve over cooked pasta and added Parmesan cheese if desired. 4-6 servings.

**Meatballs in Vegetable Gravy**
1 lb. ground beef
3 slices bread, made into crumbs
1 10 oz. can tomato sauce
1 med. onion, minced
1 egg, beaten
Salt and pepper to taste
2 T. cooking oil
1 10 oz. can tomato sauce
2 carrots, peeled and chopped
1 stalk celery, chopped
1 10 oz. can cream of mushroom soup
Combine meat, bread crumbs, onion, egg, salt and pepper. Shape into 12 meatballs. Heat oil in skillet and quickly brown meatballs, place in Tender Cooker®. Add remaining ingredients; pour over meatballs. Add gasket, cover and red weight. Microwave on HIGH for 18-22 minutes. Allow yellow stem to drop. Low wattage oven: add 2-3 minutes. 4 servings.

**Easy Spaghetti Sauce**
1-1½ lbs. lean ground beef
1 16 oz. can tomatoes, Italian style
1¼ c. water
1 6 oz. can tomato paste
1 med. onion, chopped
2 cloves garlic, minced
1 T. olive oil
1 10 oz. can crushed tomatoes
1½-2 T. oregano
1½-2 T. basil
1 t. pepper
½-1 T salt
1 bay leaf
Crumble ground meat into Tender Cooker®. Microwave on HIGH for 5-6 minutes until browned. Stir in remaining ingredients. Add gasket, cover and red weight. Microwave on HIGH for 18-20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove bay leaf. Low wattage ovens add 1-2 minutes. 4-6 servings.

**Spiced Pork Roast**
3 lb. pork roast
⅔ c. apple cider
¼ t. dry sage
¼ t. pepper
Place pork roast in Tender Cooker®, add apple cider. Sprinkle sage and pepper over roast. Add gasket, cover and red weight. Microwave on HIGH for 30 minutes. Allow yellow stem to drop. Remove red weight and uncover. Low wattage oven: add approx. 6 minutes. 4-5 servings.

**Fruited Pork Roast**
¾ c. dried apricots
¼ c. pitted prunes
¼ c. raisins
¼ c. brown sugar
⅛ c. dry red wine or apple juice
2½-3 lb. boneless rolled pork roast
2 T. water
2 T. cornstarch
Place meat in Tender Cooker®, sprinkle with brown sugar and pour in wine. Place roast on top of fruit. Cover with single layer 7 inch circle of foil. Add gasket, cover and red weight. Microwave on HIGH for 25-30 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove roast. Combine water and cornstarch; stir into fruit mixture. Microwave on HIGH, uncovered, for 1-2 minutes until thickened. Serve sauce with roast. Low wattage oven: add 3-4 minutes. 4-5 servings.

**Fake Wild Boar**
2-2½ lb. boneless, rolled pork roast
10-12 juniper berries, crushed
½ c. each salt and pepper
⅛ c. dry red wine
2 T. water
⅛ c. sour cream
2 T. currant jelly
1 T. flour
Rub roast with juniper berries, salt and pepper. Place in Tender Cooker®. Pour in wine and water. Add gasket, cover and red weight. Microwave on HIGH for 20-23 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove roast and keep warm. Mix in flour from cooking liquid, Mix together sour cream, currant jelly and flour, stir into cooking liquid. Microwave on HIGH for 2-3 minutes until thickened. Slice roast and serve with gravy. Low wattage oven: add 2-3 minutes. 4-5 servings.
Polynesian Pork Roast
2½ lb. rolled boneless pork roast
1 16 oz. can crushed pineapple, with juice
1 c. pumpkin pie spice
1 T. dry ginger
½ t. salt
½ t. pepper
1 T. cornstarch
Stand roast on end in Tender Cooker®. Mix pineapple spices, salt and pepper, pour over roast. Add gasket, cover red weight. Microwave on HIGH for 25 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove roast to heated serving plate. In a small container, blend 1 tablespoon cornstarch with a small amount of meat juices; stir into remaining meat juices. Microwave sauce uncovered for 3-4 minutes on HIGH or until thickened, stirring once. Slice meat for serving. Pour ½ cup sauce over meat, serve remaining sauce separately. Low wattage ovens: add approx. 6 minutes. 4-5 servings.

Pork Chops with Wild Rice
2 stalks celery, thinly sliced
½ onion, chopped
½ c. water
½ c. uncooked regular white rice
3 T. chicken bouillon granules or 3 cubes
½ c. poultry seasoning
½ t. pepper
1-1½ lbs. pork chops
Paprika
Spiced apple rings, if desired
Stir together all ingredients except chops, paprika and apple rings in Tender Cooker®. Arrange chops on top, with bones to outside edges of Tender Cooker®. Sprinkle evenly with paprika. Place a single 7-inch diameter circle of foil on top of chops. Add gasket, cover and red weight. Microwave on HIGH for 15 to 20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Low wattage ovens: add approx. 5 minutes. 4 servings.

Pork Chops with Apples
1 c. apple juice
½ c. white wine or water
½ c. uncooked long grain rice
¼ c. uncooked wild rice
1 med. onion, cut into eighths
1 stalk celery, sliced
1 large tart red apple, cored, cubed "x 1"
½ t. salt
½ t. cinnamon
¼ t. pepper
4 (1-1½ lbs.) pork chops
In base of Tender Cooker® combine all ingredients except pork chops. Stir well. Top with pork chops. Add gasket, cover and red weight. Microwave on HIGH for 30 minutes. Allow yellow stem to drop. Remove red weight; uncover. 4 servings.

Pork Chops with Cranberries
4 pork chops, ½" thick (approx. 1½-2 lbs.)
1 16 oz. can whole cranberry sauce
½ c. water
½ t. salt
½ t. nutmeg
Mix cranberry sauce, water, salt and nutmeg. Layer pork chops with cranberry sauce, ending with sauce on top. Place a 7-inch diameter, single layer foil circle on top of cranberry sauce. Add gasket, cover and red weight. Microwave on HIGH for 15 to 20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Low wattage ovens: add approx. 5 minutes. 4 servings.

Pork Chop Sweet Potato Meal
¼ c. packed brown sugar
½ T. cinnamon
½ t. nutmeg
1-½ lbs. sweet potatoes (about 2 med., pared and sliced in 1 inch rounds)
Salt and pepper
1-½ lbs. pork chops
1 large apple, cored and sliced into 4 rings
½ c. water or apple juice
Stir together brown sugar, cinnamon and nutmeg; set aside. Place a layer of sweet potatoes in Tender Cooker®. Sprinkle with salt and pepper and half of brown sugar mixture. Arrange chops on top. Sprinkle lightly with salt and pepper. Place remaining sweet potato slices and apple rings over chops, covering chops as much as possible. Add water or juice. Sprinkle evenly with remaining brown sugar mixture. Place a 7-inch diameter single layer foil circle on top of brown sugar mixture. Add gasket, cover and red weight. Microwave on HIGH for 20 minutes. Allow yellow stem to drop. Remove red weight and uncover. To serve remove to serving plate. 4 servings.

Pork Chops with Apricots
4 ½ inch pork chops, fat trimmed
½ t. each salt, pepper and ginger
½ c. dried apricots
½ c. red wine or apricot juice
1 sm. onion, minced
3 T. brown sugar
Rub salt, pepper and ginger into pork chops. Place apricots in bottom of Tender Cooker®; top with pork chops. Combine wine, onion and brown sugar; pour over chops and apricots. Cover with single layer 7 inch circle of foil. Add gasket, cover and red weight. Microwave on HIGH for 15-17 minutes. Allow yellow stem to drop. Low wattage ovens: add 1-2 minutes. 4 servings.

Barbecued Pork
1 lb. cooked pork, finely diced
1 c. chili sauce
½ c. water
1 c. honey
1 t. salt
1 sm. onion, minced
1 whole garlic clove, minced
2 T. brown sugar
2 T. flour
4 t. Worcestershire sauce
1 T. vinegar
1 c. chili powder
Salt and pepper to taste
Combine all ingredients in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 18-20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Serve on toasted buns. Low wattage ovens: add 1-2 minutes. 6-8 servings.

Tip: For easy cleanup, cover inside of Tender Cooker® with non-stick spray.
Curried Pork and Rice

1/4 c. butter
2 stalks celery, cut into 1/2" pieces
1 med. onion, cut into eights
1/2 t. curry powder
1 1/2 lbs. pork, cut into 1" x 1" pieces
1 c. uncooked long grain rice
1/4 c. raisins
1 c. chicken broth
1/2 c. white wine
1/2 t. salt
1/4 t. pepper
1/4 c. slivered almonds

2 T. fresh chopped parsley

In base of Tender Cooker®, melt butter on HIGH for 50-60 sec. Stir in celery, onion and curry powder. Microwave on HIGH for 3-4 minutes, stirring once during cooking or until vegetables are crispy tender. Stir in remaining ingredients except almonds and parsley. Add gasket, cover and red weight. Microwave on HIGH for 30 minutes. Allow yellow stem to drop. Remove red weight, uncover. Stir in almonds and parsley. 4 servings.

Sweet Sour Pork

2 1/2-3 lb. pork, 1/2" x 1/2" cubes
1 16 oz. can plaited sweet cherries with juice
1/2 c. rice vinegar or white vinegar
1 clove garlic, chopped
1 1/2 med. green pepper, cut up
1 1/2 med. red pepper, cut up
1/2 med. onion, sliced into rings
1 T. cornstarch

Drain cherries, reserving juice, set aside. Combine pork, 1/2 cup cherry juice, vinegar and garlic in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 25 minutes. Allow yellow stem to drop. Remove red weight and uncover. Transfer pork to heated platter. In a separate container, blend 1 tablespoon cornstarch with small amount of meat juices, add to remaining meat juices. Add cherries, pepper and onions. Microwave uncovered for 3-4 minutes on HIGH until thickened and vegetables are hot. Combine sauce and pork. Serve with rice or noodles. Low wattage ovens: add approx. 5 minutes. 4-5 servings.

Pork with Peanuts

2 lbs. pork, cut into 1 inch cubes
Salt and pepper to taste
1 T. oil
1 1/2 c. water
1 sm. onion, sliced
3 cloves garlic, minced
2-3 sm yellow or green chilli peppers, minced
1 c. peanuts, ground in food processor or blender
Season pork with salt and pepper. Heat oil in skillet, add pork and quickly brown on all sides. Place in Tender Cooker®. Add water, onion, garlic, and chilli peppers. Add gasket, cover and red weight. Microwave on HIGH for 18-20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir in peanuts and microwave on HIGH for 5 minutes. Serve over cooked rice. Low wattage ovens: add 2-3 minutes. 6 servings.

Easy Pork Meal in One

1-1 1/4 lbs. boneless pork country-style ribs, cut into 1/2 inch cubes
1 envelope dry vegetable soup mix
4 med. potatoes (about 2 lbs.) peeled, if desired, and cut in eights
1/4 c. water

Salt and pepper, if desired

Stir together pork and dry soup mix, then stir in potatoes and water in Tender Cooker®. Push pork and potatoes into liquid. Add gasket, cover and red weight. Microwave on HIGH for 20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Serve from Tender Cooker® or remove to serving bowl. 4-5 servings.

Hot Spiced Pork

2 lbs. thinly sliced pork strips
1 c. sliced carrots
2 T. sesame oil
1 1/2 c. white wine
1 1/4 c. chicken broth
2 T. soy sauce
1/4 c. green onion, chopped
1 clove garlic, chopped
1/2 c. dry red pepper flakes
1 T. cornstarch

Place pork and carrot slices in Tender Cooker®, mix with sesame oil. Mix together wine, broth, soy sauce, green onion, garlic and pepper flakes; pour over pork. Add gasket, cover and red weight. Microwave on HIGH for 10-12 minutes. Allow yellow stem to drop. Remove red weight and uncover. Serve from Tender Cooker®. 6 servings.

Sausage Rice Casserole

1 lb. ring sausage, cut into 4-6 pieces
1/4 c. long grain rice
1 med. onion, chopped
1 stalk celery, sliced
Salt and pepper to taste
1 15 or 16 oz. can stewed tomatoes
1/4 c. water

In skillet, lightly brown sausage pieces on all sides; drain well. Place rice in Tender Cooker® and cover with onion and celery. Pour tomatoes and water over rice and vegetables; cover with sausage. Add gasket, cover and red weight. Microwave on HIGH for 22-25 minutes. Allow yellow stem to drop. Remove red weight and uncover. 6 servings.

Polish Sausage Stew

1 lb garlic-flavored ring sausage, cut into 8 pieces
2-3 med. potatoes, peeled and cut into 1/4 inch cubes
2 med. carrots, peeled and cut into 1/4 inch slices
1 med. onion, sliced
1/2 c. beer
2 T. vinegar
2 T. flour
1/4 c. dry red pepper flakes
1 T. chopped parsley

Combine all ingredients, except parsley, in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 18-20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir in parsley. Low wattage ovens: add 2-3 minutes. 4-5 servings.

Italian Sausage and Peppers

3-4 Italian sausage links
1 med. green pepper, cut into chunks
1 med. red pepper, cut into chunks
1 med. onion, sliced
1/2 clove garlic, minced
1 16 oz. can Italian style tomatoes
1 T. tomato paste
1/4 t. each pepper, marjoram and fennel

Remove casings from sausages and cut into 1/2 inch slices. Place in Tender Cooker® with remaining ingredients. Add gasket, cover and red weight. Microwave on HIGH for 22-25 minutes. Allow yellow stem to drop. Remove red weight and uncover. Spoon off extra fat. Stir and serve in toast buns or over cooked pasta. Low wattage ovens: add 3-4 minutes. 4-5 servings.

NOTE: Tender Cooker® is very full.
Barbecued Spareribs
2 lbs. pork spareribs, cut in serving size pieces
1 onion, sliced
2 cloves garlic, chopped
1 c. barbecue sauce
¾ c. water
Place ribs, onion and garlic in Tender Cooker®. Combine sauce and water; pour over ribs. Add gasket, cover and red weight. Microwave on HIGH for 20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Low wattage oven: add approx 5 minutes. 4 servings.

Chinese Barbecued Ribs
2-2½ lbs. country-style ribs, fat trimmed
½ c. plum jam
1 ⅛ c. light corn syrup
⅛ c. soy sauce
1 bunch green onions, sliced
3 cloves garlic, minced
1 t. ginger
Place ribs in Tender Cooker®. Combine remaining ingredients and pour over ribs. Add single thickness 7-inch circle of foil. Add gasket, cover and red weight. Microwave on HIGH for 24-27 minutes. Allow yellow stem to drop. Remove red weight and uncover. Skin fat from sauce. Low wattage oven: add 2-3 minutes. 4 servings.

Country Style Ribs and Sauerkraut
1½-2 lbs. country style pork ribs
1 16 oz. can sauerkraut, including liquid
1 t. caraway seed
Place ribs in Tender Cooker®. Cut to fit if needed. Pour sauerkraut and liquid over ribs, sprinkle with caraway. Place 7-inch diameter, single layer foil circle on top of sauerkraut. Add gasket, cover and red weight. Microwave on HIGH for 25 minutes. Allow yellow stem to drop. Remove red weight and uncover. Low wattage oven: add approx 5 minutes. 4 servings.

Orange Gingered Spareribs
2 lbs. pork spareribs, cut in serving size pieces
¾ c. orange juice
¼ c. soy sauce
2 large cloves garlic, chopped
⅛ t. ground ginger, divided
⅛ orange, thinly sliced
1 T. cornstarch mixed with 1 T. cold water
Hot cooked rice
Garnish with parsley sprigs
Orange slices
Place ribs in Tender Cooker®. Stir together orange juice, soy sauce, garlic and only ⅛ teaspoon ginger; pour over ribs. Place orange slices on top of ribs. Add gasket, cover and red weight. Microwave on HIGH for 20 minutes. Allow yellow stem to drop. Remove red weight and uncover. To serve place rice on heated serving plate; top with ribs. Skin fat from juices, remove orange slices. Stir remaining ¼ teaspoon ginger and cornstarch mixture into hot juices. Microwave uncovered on HIGH 1½-2 minutes or until thick. Pour a small amount of sauce over ribs. Serve remaining sauce separately. Garnish ribs with cilantro sprigs and additional orange slices. 4-5 servings.

Tips: This is an excellent way to precook ribs before grilling. Follow directions above. Drain ribs, saving cooking juices. Stir remaining ¼ teaspoon ginger into juices. Transfer ribs to hot grill. Cook about 6 inches from coals or on medium until browned, about 15-20 minutes, turning several times and brushing generously with cooking juices. Spoon a little juice over ribs before serving. Discard remaining juice.

Lamb in Mushroom Dill Sauce
1½-2 lbs. boneless lamb, cut into 1 inch cubes
1 ¼ c. water
3 med. carrots, peeled and thinly sliced
2 T. chopped parsley
1 ½ t. dried dill weed
1 med. bay leaf
1 ½ t. peppers
1 9 or 10 oz. pkg. frozen peas, thawed
1 egg yolk, slightly beaten
1 T. lemon juice
Lemon slices, opt.

Baked Lamb Shanks
4 lamb shanks, fat trimmed
1 10¼ oz. can cream of asparagus soup
⅛ c. water
3 T. dry onion soup mix (⅓ of 1.25 oz. envelope)
Place shanks in Tender Cooker®, Combine soup, water and dry soup mix; pour over shanks. Cover with single layer 7 inch circle of foil. Add gasket, cover and red weight. Microwave on HIGH for 30-35 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove shanks, skin excess fat from sauce and serve. Low wattage oven: add 5-6 minutes. 4 servings.

Orange Curried Lamb
1 lb. lamb, cut into ½ inch cubes
⅛ c. water
3 T. frozen orange juice concentrate
1 sm. onion, chopped
1 stalk celery, sliced
⅛ c. golden raisins
2 T. lemon juice
⅛-⅓ t. curry powder
⅛ t. salt
⅛ t. allspice
2 T. water
1 T. cornstarch
2 c. cooked rice
⅛ c. toasted coconut
Combine lamb through allspice in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 10-20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Combine water and cornstarch and stir into curry. Microwave on HIGH for 1-2 minutes until thickened. Serve lamb over rice topped with coconut. Add other condiments, such as chutney or chopped peanuts if desired. Low wattage oven: add 1-2 minutes. 4 servings.

Tips: Serve with Apple Chutney from Miscellaneous Section.

Orange Glazed Lamb Steaks
4-6 lamb shoulder steaks, about 4 oz. each
1 6 oz. can frozen orange juice concentrate
1 t. Worcestershire sauce
⅛ t. mint leaves
⅛ t. rosemary
⅛ t. grated orange rind
⅛ t. salt
Place lamb steaks in Tender Cooker®. Combine remaining ingredients and pour over steaks. Cover with single layer 7 inch circle of foil. Add gasket, cover and red weight. Microwave on HIGH for 15-18 minutes. Allow yellow stem to drop. Low wattage oven: add 1-3 minutes. 4-6 servings.
**Veal Paprika**
1½ lb. veal, cut into ¾ inch cubes
2 T. oil
2 T. flour
½ c. water
1 med. onion, chopped
6-8 T. tomato paste
2 T. paprika
1 T. Worcestershire sauce
1 clove garlic, minced
¼ t. salt
1 5 oz. can evaporated milk

**Creamy Veal Casserole**
2 lbs. boneless veal, cut into 1 inch cubes
1 10 oz. can cream of mushroom soup
1 med. onion, sliced
2 T. margarine or butter
½ t. brownning sauce
¼ t. salt
¼ t. pepper
Dash of 2 or 3 hot pepper sauce
½ c. sour cream
2 c. cooked noodles
Combine all ingredients, except sour cream and noodles, in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 15-18 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir in sour cream and noodles. Low wattage oven: add 1-2 minutes. 4 servings.

**Irish Lamb Stew**
1-1½ lb. boneless lamb stew meat
1 10 oz. can chicken broth
3 med. potatoes, peeled and cut into 1 inch cubes
1 med. onion, coarsely chopped
2 T. finely chopped parsley
1½ t. thyme
1½ t. pepper
¾-1¼ t. salt
3 T. water
2 T. flour
Chopped parsley for garnish, opt.
Combine all ingredients, except water, flour and garnish, in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 24-26 minutes. Allow yellow stem to drop. Remove red weight and uncover. Mix water and flour together, stir into stew. Microwave, uncovered, on HIGH for 2-3 minutes until thickened. Low wattage oven: add 3-5 minutes. 4 servings.

**Osso Buco**
2-3 T. flour
¼ t. pepper
1¼ c. veal shank cross cuts (about 3 pounds)
3 T. margarine or butter
1 10 oz. can cream of mushroom soup
½ c. dry white wine
1 T. chopped parsley
1 T. lemon juice
1 clove garlic, minced
¼ t. grated lemon peel
Combine flour and pepper; coat shanks. Melt margarine or butter in skillet. Brown shanks on all sides; place in Tender Cooker®. Add remaining ingredients. Add gasket, cover and red weight. Microwave on HIGH for 28-30 minutes. Allow yellow stem to drop. Remove red weight and uncover. Serve over cooked rice. Low wattage oven: add 3-4 minutes. 4 servings.

**Chicken 'N Stuffing**
8 oz. pkg. stuffing mix
2½ lb. whole chicken
½ t. brownning sauce
¼ c. water
½ c. chicken bouillon granules
Paprika
2 T. flour
Prepare stuffing mix following package directions. Stuff chicken; secure wings and legs to chicken body with string. Combine brownning sauce, ½ c. water and broth. Place chicken in Tender Cooker®, pour water mixture over chicken, sprinkle with paprika. If breast bone is high, cover with narrow strip of foil. Add gasket, cover and red weight. Microwave on HIGH for 35 minutes. Allow yellow stem to drop. Remove red weight. Transfer chicken to heated serving plate. Mix flour with hot cooking liquid; microwave uncovered for 3-4 minutes on HIGH or until thickened. Serve gravy with chicken and stuffing. Low wattage oven: add approx. 6 minutes for chicken 4-5 servings.

**Tarragon Stuffed Chicken**
1 ½ lb. whole chicken
½ c. fresh tarragon leaves
2 lg. potatoes, peeled and cut into ½ inch cubes
1 sm. onion, sliced
Salt and pepper to taste
1 t. brownning sauce
½ c. chicken broth
Work about half of tarragon leaves under skin of chicken. Chop remaining tarragon leaves and combine with potatoes and onions; season with salt and pepper. Stuff chicken with mixture and place in Tender Cooker®. Pour in remaining potato mixture. Brush chicken with brownning sauce and pour in broth. Add gasket, cover and red weight. Microwave on HIGH for 25-28 minutes. Allow yellow stem to drop. Remove red weight and uncover. Garnish with fresh herbs if desired. Low wattage oven: add approx. 6 minutes. 4-5 servings.

**Chicken with Wine and Herbs**
3-3½ lbs. chicken, cut up, skin removed if desired
½ c. dry white wine
2 cloves garlic, chopped
1 t. dry tarragon
1½ t. dry thyme
1 t. dry parsley
½ t. salt
¼ t. pepper
¼ t. paprika
Place cut up chicken in Tender Cooker®, add wine, garlic, tarragon, thyme, parsley, salt and pepper. Sprinkle with paprika. Add gasket, cover and red weight. Microwave on HIGH for 35 minutes. Allow yellow stem to drop. Remove red weight and uncovered. Garnish with fresh herbs if desired. Low wattage oven: add approx. 6 minutes. 4-5 servings.

**Chicken Cacciatore**
1 onion, chopped
2 cloves garlic, chopped
1 16 oz. can tomatoes in juice, drained and juice reserved
½ c. red wine or chicken broth
1 large bay leaf
¼ t. dried oregano
¼ t. paprika
¼ t. salt
2½-3 lbs. chicken, cut up, skin removed, if desired Hot cooked pasta, if desired Stir together onions, garlic, drained tomatoes and ½ cup of juice, wine and seasonings in Tender Cooker®. Move chicken around in tomato mixture to thoroughly coat. Add gasket, cover and red weight. Microwave on HIGH for 28-30 minutes. Allow yellow stem to drop. Remove red weight and uncover. Garnish with sliced black olives and serve with pasta, if desired. 4-5 servings.

**Herbed Chicken**
1 2½-3 lb. tryer, cut into serving pieces
2-3½ t. brownning sauce
1 10 oz. can cream of chicken soup
1 c. onion, chopped
½ c. instant rice
3 T. chopped fresh parsley
1¼ t. dried marjoram
Brush chicken pieces with brown sauce. Place in Tender Cooker®, combine remaining ingredients and pour over chicken. Add gasket, cover and red weight. Microwave on HIGH for 25-30 minutes. Allow yellow stem to drop. Low wattage oven: add 2-3 minutes. 4-5 servings.
Tomato Basil Chicken
1 3 lb. chicken, cut into serving pieces
1 T. cooking oil
1 T. brown sauce
Salt and pepper to taste
1 1/2 chicken broth
1 med. onion, chopped
2 T. chopped fresh basil
1 clove garlic, minced
3 T. water
2 T. cornstarch
2 med. tomatoes, peeled and cut into thin wedges
1 1/2 chopped fresh basil
Pitted black olives, opt.

Combine oil and brown sauce. Brush on chicken pieces and place in Tender Cooker®. Combine salt, pepper, chicken broth, onion, 2 tablespoons basil and garlic, pour over chicken. Add gasket, cover and red weight. Microwave on HIGH for 25-26 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove chicken and keep warm. Combine water and cornstarch; stir into pan liquid along with tomatoes. Microwave on HIGH for 2-3 minutes until thickened. Pour sauce over chicken. Garnish with basil and black olives. Low wattage ovens: add 3-4 minutes. 4-5 servings.

Chicken Marrakesh
1 3 lb. frying chicken, cut up
1 onion, sliced
1 sm. lemon, cut into 6 wedges
1 t. chopped parsley
1 t. olive oil
1 sm. clove garlic, minced
1/2 t. marjoram
1/4-1/2 t. each salt and pepper
1/4-1/2 c. each cayenne pepper and turmeric
1 1/2 lbs. cane pineapple chunks
1/4 c. stuffed olives, sliced

Place chicken in Tender Cooker®. Combine all remaining ingredients, except for pineapple and olives. Stir in juice from pineapple chunks and pour sauce over chicken. Add gasket, cover and red weight. Microwave on HIGH for 25-29 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove chicken and keep warm. Stir pineapple chunks and olive slices into pan liquid. Microwave on HIGH for 1-2 minutes until heated through. Serve sauce over chicken. Low wattage ovens: add 2-3 minutes. 4-5 servings.

Tarragon Marinated Chicken
1 2½-3 lb. fryer, cut up
1 c. dry white wine
1 T. dried tarragon leaves
1/4 c. tarragon wine
Salt and pepper to taste
1 1/2 dry white wine
1 T. flour

Place chicken in zip lock bag or flat casserole. Combine 1 cup white wine, tarragon and brown sauce and pour over chicken. Seal bag or cover casserole and marinade overnight. Remove chicken from marinade and place in Tender Cooker®. Pour in 1 1/2 cups marinade and reserve remainder. Sprinkle chicken with salt and pepper. Add gasket, cover and red weight. Microwave on HIGH for 24-25 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove chicken and keep warm. Combine 3 tablespoons wine and flour. Stir into pan liquid with remaining marinade. Microwave on HIGH for 3-4 minutes until thickened. Pour sauce over chicken. Low wattage ovens: add 2-3 minutes 4-5 servings.

Paella
1 lb. chicken, skinned, bone, cut into 1 1/2 lbs. uncooked Italian sausage, casing removed, cut into 1/2" pieces
1/2 lb. uncooked long grain rice
1/2 c. uncooked long grain rice
1 c. frozen peas
1 med. red pepper or green pepper, cut into 1 x 1/2" pieces
1 1/2 c. chicken broth
1/2 c. white wine
1 sm. onion, cut into eighths
3 garlic cloves, crushed
1 t. salt
1/2 t. pepper
1/2 t. saffron, if desired

In base of Tender Cooker® combine all ingredients. Add gasket, cover and red weight. Microwave on HIGH for 18-20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir gently; let stand 5 minutes covered. 4 servings.

Chicken with Green Grapes
6 chicken breasts, skin removed
2 T. brown sauce
1/2 t. salt, poultry seasoning, rosemary and thyme
1/4 t. pepper
1 bay leaf
1/3 c. white wine
1 clove garlic, minced

Brush chicken pieces with brownning sauce. Combine salt, poultry seasoning, rosemary and thyme and pepper and sprinkle on chicken breasts; arrange in Tender Cooker®. Add bay leaf, wine and garlic. Cover. Microwave on HIGH for 17-20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove chicken to heated platter. Place in oven on low heat. Low wattage ovens: 1 1/2-2 minutes 4 servings.

Sauce
3 T. white wine
2 T. flour
1/2 c. light cream
1/2 c. halved seedless green grapes

Combine wine, flour and light cream. Stir into liquid in Tender Cooker® and microwave on HIGH for 2-4 minutes until thickened. Stir in grapes and microwave for one minute. Low wattage ovens: add 1-4 minutes 6 servings.

Glazed Chicken with Kumquats
4-5 chicken breasts, skin removed
3 T. liquid from preserved kumquats
1 T. water
2 T. brown sugar
1 T. orange juice concentrate
1 T. lemon juice
2 to 3 hot chili peppers, seeded and finely chopped
1/4 t. paprika
1/4 c. brown sugar
1/2 c. water
1 T. cornstarch
1/2 c. reserved kumquats
1 T. chopped chives

Place chicken breasts in Tender Cooker®. Combine liquid from kumquats, 3 T. water, orange juice concentrate, lemon juice, chili peppers, paprika and brown sugar sauce; pour over chicken. Add gasket, cover and red weight. Microwave on HIGH for 22-24 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir gently; let stand 1 minute. Low wattage ovens: add 1-3 minutes 6-8 servings.

Chicken in Dijon Mustard Sauce
4 chicken breasts, skin removed (about 2 pounds)
1/4 c. Dijon mustard
1/2 c. each salt and pepper
1/2 c. chicken broth
4 slices bacon, cooked, drained and crumbled
1/2 c. light cream or evaporated milk
2 T. flour
Chopped chives or parsley, opt.

Spread chicken with mustard and sprinkle with salt and pepper. Pour broth in Tender Cooker® and add chicken breasts, bone side down. Sprinkle with bacon. Cover with single layer 7 inch circle of foil. Add gasket, cover and red weight. Microwave on HIGH for 17-20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove chicken to heated platter and keep warm. Combine light cream and flour; stir into pan liquid. Microwave on HIGH for 2-3 minutes until thickened. Pour sauce over chicken and sprinkle with chives or parsley. Low wattage ovens: add 1-2 minutes 4 servings.

Chicken Legs with Orange Honey Sauce
2-3 lb. chicken legs
1 orange, sliced
1/2 c. orange juice
1 T. orange marmalade
1/4 c. green onion, chopped
2 cloves garlic, chopped
1/2 c. salt
1/4 t. pepper
1 T. cornstarch
1 T. honey

Arrange chicken legs in Tender Cooker®. Mix orange juice, half of the orange slices (reserving the other half for garnish), orange marmalade, green onion, garlic, salt and pepper. Pour over chicken. Place a 7 inch diameter single layer of foil on top of chicken. Add gasket, cover and red weight. Microwave on HIGH for 25-30 minutes. Allow yellow stem to drop. Remove red weight and uncover. Low wattage ovens: add approx. 5 minutes for chicken. Place chicken legs on heated serving plate. In a separate container, blend 1 tablespoon cornstarch with a small amount of hot orange juice mixture; stir into remaining orange juice mixture. Add 1 teaspoon honey. Microwave sauce uncovered 3-4 minutes on HIGH or until thickened. Pour over chicken legs. Garnish with remaining orange slices and additional green onions, if desired. 4-5 servings.
Cocido
1 1/2 lb lean pork, cut into 1 inch cubes
6 chicken legs
1 T olive oil
1 1/2 oz. can chicken broth
1 small clove garlic, minced
1/2 c. salt
1/2 c. crushed oregano leaves
1/4 c. pepper
1/4 c. browning sauce
1 1/2 oz. can garbanzo beans, drained
1/4 lb. cooked ham, diced
1 c. shredded cabbage
1/2 c. green pepper, chopped
1 stalk celery, sliced
1 bunch green onions, sliced
1/2 c. stuffed olives
1 sm. jalapeno pepper, minced

Brown pork and chicken legs in oil in skillet. Place in Tender Cooker®. Add chicken broth, garlic, salt, oregano, pepper and browning sauce. Add gasket, cover and red weight. Microwave on HIGH for 15-17 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir in remaining ingredients. Add gasket, cover and red weight. Microwave on HIGH for 8-10 minutes. Allow yellow stem to drop. Low wattage ovens: add 3-4 minutes. 6 servings.

NOTE: Tender Cooker® is full.

Chicken in Orange Sauce
1 1/2 oz. cream of chicken soup
1/4 c. water
1 med. onion, chopped
1 c. sliced almonds
1/2 c. golden raisins
1 lg. clove garlic, minced
1 T grated orange peel
1 T cinnamon
4 chicken breasts (about 2 pounds)

Place all ingredients except chicken breasts, in Tender Cooker®; blend well. Place chicken on top of mixture. Add gasket, cover and red weight. Microwave on HIGH for 20-22 minutes. Allow yellow stem to drop. Remove red weight and uncover. Serve over cooked rice. Low wattage ovens: add 1-2 minutes. 4 servings.

Smothered Chicken Legs
1 1/2 oz. cream of celery soup
1 1/2 c. milk
6-8 chicken legs (about 2 pounds)
1/4 c. cooking sherry
3 T. dry onion soup mix (half of a 1/2 oz. envelope)
Chopped chives or parsley, opt.

Combine soup, rice and milk; pour into Tender Cooker®. Place chicken legs on top. Pour sherry over chicken and sprinkle with soup mix. Add gasket, cover and red weight. Microwave on HIGH for 24-25 minutes. Allow yellow stem to drop. Remove red weight and uncover. Place rice in serving dish, top with chicken and garnish. Low wattage ovens: add 2-3 minutes. 4 servings.

Turkey Breast with Vegetable Stuffing
2 1/2 lbs. turkey breast, skinned and boned
1 med. carrot, julienne-sliced
1 med. red pepper, julienne-sliced
1 stalk celery, julienne-sliced
1/2 med. onion, chopped
1/2 c. salt
1/4 c. dry thyme
1/4 c. pepper
1 pkg. frozen chopped spinach, thawed and well drained

String
1/4 c. white wine or water
1/4 c. chicken broth
Lightly pound turkey with meat mallet or edge of plate to flatten. Mix carrots, red pepper, celery, onion, salt, thyme and pepper. Set aside. Lay well drained spinach on ponded side of turkey, spread vegetable mixture evenly over spinach. Start cooking on long side, roll up turkey breast and vegetables. Tie securely in several places with string. Place in Tender Cooker®, pressing gently to fit. Pour in wine and broth. Place a 4-inch wide strip of foil across top of turkey. Add gasket, cover and red weight. Microwave on HIGH for 30-35 minutes. Allow yellow stem to drop. Remove red weight and uncover. To serve, place on heated serving plate, cover with foil. Let stand 5 minutes for easier slicing. Low wattage ovens: add approx. 6 minutes. 4-5 servings.

TIP: Cooking liquid makes a great soup stock.

Turkey Creole
2 turkey thighs (1 1/2-1 3/4 lbs.)
1 T. each salt and pepper
1 16 oz. can Cajun style tomatoes
1 clove garlic, minced
2 T. water
1 T. flour

Season turkey thighs with salt and pepper. Add tomatoes, garlic, and water. Cover and red weight. Microwave on HIGH for 25-28 minutes. Allow yellow stem to drop. Remove turkey from Tender Cooker®. Mix water and flour until smooth, stir into cooking liquid. Microwave on HIGH for 2-3 minutes until thickened. Remove turkey from bones. To serve, place cooked rice in serving dish, top with turkey and cover with sauce. Low wattage ovens: add 5-6 minutes. 4 servings.

Chicken and Herb Wild Rice
2 lbs. chicken thighs (6-7 pieces), skinned
3 c. chicken broth
1 1/2 c. white wine or water
1/2 c. uncooked regular rice
1/4 c. uncooked wild rice
1 stalk celery, diced
2 T. onion, chopped
1 1/2 c. dry tarragon
1/4 c. dry parsley
1/4 c. dry basil
1/4 t. salt
1/4 c. pepper
1/4 c. paprika

Combine all ingredients in Tender Cooker®, placing chicken thighs on top. Sprinkle with paprika. Add gasket, cover and red weight. Microwave on HIGH for 25-28 minutes. Allow yellow stem to drop. Remove red weight and uncover. Garnish with fresh herbs if desired. Low wattage ovens: add approx. 6 minutes. 4-5 servings.

Chicken and Herb Wild Rice
2 lbs. chicken thighs (6-7 pieces), skinned
1 1/2 c. white wine or water
1/2 c. uncooked regular rice
1/4 c. uncooked wild rice
1 stalk celery, diced
2 T. onion, chopped
1 1/2 c. dry tarragon
1/4 c. dry parsley
1/4 c. dry basil
1/4 t. salt
1/4 c. pepper
1/4 c. paprika

Combine all ingredients in Tender Cooker®, placing chicken thighs on top. Sprinkle with paprika. Add gasket, cover and red weight. Microwave on HIGH for 25-28 minutes. Allow yellow stem to drop. Remove red weight and uncover. Garnish with fresh herbs if desired. Low wattage ovens: add approx. 6 minutes. 4-5 servings.

Chicken and Herb Wild Rice
2 lbs. chicken thighs (6-7 pieces), skinned
1 1/2 c. white wine or water
1/2 c. uncooked regular rice
1/4 c. uncooked wild rice
1 stalk celery, diced
2 T. onion, chopped
1 1/2 c. dry tarragon
1/4 c. dry parsley
1/4 c. dry basil
1/4 t. salt
1/4 c. pepper
1/4 c. paprika

Combine all ingredients in Tender Cooker®, placing chicken thighs on top. Sprinkle with paprika. Add gasket, cover and red weight. Microwave on HIGH for 25-28 minutes. Allow yellow stem to drop. Remove red weight and uncover. Garnish with fresh herbs if desired. Low wattage ovens: add approx. 6 minutes. 4-5 servings.
**Lemon Chicken**

4 halved chicken breasts (approx. 2½ lbs.), skinned, boned, thinly sliced
1 c. chicken broth
2 ½ lemon juice
2-3 cloves garlic, chopped
2 T. green onion, chopped
½ t. salt
¼ t. pepper
1 T. cornstarch
½ c. grated lemon, thinly sliced

Combine chicken slices, broth, lemon juice, garlic, green onion, salt and pepper in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 25 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove chicken with slotted spoon to a heated serving plate. In a separate container, blend 1 tablespoon cornstarch with a small amount of hot chicken liquid. Stir into remaining chicken liquid. Add lemon slices. Microwave uncovered for 2-3 minutes on HIGH or until thickened. Pour over chicken. Garnish with additional lemon slices and green onion if desired. Serve with rice or noodles. Low wattage oven: add approx. 6 minutes. 4-5 servings.

**Spanish Chicken and Rice**

1 c. frozen green peas
½ green pepper, coarsely chopped
1 onion, coarsely chopped
1 8 oz. can tomato sauce
½ c. water
¾ c. uncooked regular white rice
1 t. dried thyme
¾ t. pepper
3 slices uncooked bacon, cut in fourths
1⅓-2 lbs. chicken thighs and legs, skinned Paprika

Remove peas from freezer and thaw at room temperature. Stir together green pepper, onion, tomato sauce, water, rice, thyme and pepper in Tender Cooker®. Arrange separated bacon slices over rice mixture, covering evenly. Place chicken over bacon topping. Sprinkle with paprika. Add gasket, cover and red weight. Microwave on HIGH for 20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove chicken to large hot serving plate. Stir thawed peas into rice and spoon around chicken on serving plate 4 servings.

**Chicken Deluxe**

2 lbs. boneless, skinless chicken breasts cut into thin strips
¾ c. white wine
1 T. flour
2 t. chopped fresh parsley
¼ t. salt and pepper
1-½ oz. jars marinated artichoke hearts
1⅓ oz. jar mushrooms, drained
1 ½ oz. jar chopped pimientos

Place chicken in Tender Cooker®. Combine wine, flour, parsley, salt, pepper and liquid from artichokes; pour over chicken and stir to coat. Add gasket, cover and red weight. Microwave on HIGH for 15-20 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir in artichoke hearts, mushrooms and pimientos. Microwave on HIGH for 4-5 minutes. Serve over a combination of cooked white and wild rice. Low wattage oven: add 1-2 minutes. 4-6 servings.

**Spicy Beef Chowder**

½ lb. ground beef
1½ c. water
1 8 oz. can tomato sauce
2 med. potatoes, peeled and cut into ½ in. cubes
2 carrots, peeled and cut into ¼ in. slices
1 ½ c. onion, chopped
1 stalk celery, sliced
⅛ c. green pepper, chopped
1-½ T. chili powder
¼ t. each salt and pepper

Gumbo ground beef into Tender Cooker®. Microwave on HIGH for 3-4 minutes until browned; drain. Stir in remaining ingredients. Add gasket, cover and red weight. Microwave on HIGH for 22-24 minutes. Allow yellow stem to drop. Low wattage oven: add 1-2 minutes. 4-6 servings.

NOTE: Tender Cooker® is full.

**Soup Stock**

1-½ lb. beef soup bone
3 c. water
1 clove garlic, minced
¼ c. onion, chopped
¼ c. celery, chopped

Combine all ingredients in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 35 minutes. Allow yellow stem to drop. Remove red weight and uncover. Cool soup stock, skin fat off and remove meat from bone. Stock and meat are now ready to use as a base for your favorite recipe. Low wattage oven: add approx. 5 minutes. 3 cups.

**Sweet and Sour Cabbage Soup**

1 lb. stew meat, cut into ½ inch cubes
1 ½ c. orange juice
1 ½ c. water
1 ½ c. water
2 T. brown sugar
⅓ 1 T. powdered allspice
⅛ 1 t. pepper

Combine all ingredients in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 30-35 minutes. Allow yellow stem to drop. Low wattage oven: add 4-6 minutes. 6 servings.

**Borscht**

3-4 med. beets, peeled and finely shredded
1 c. shredded cabbage
2 carrots, peeled and chopped
1 med. onion, chopped
1 ½ c. white beet broth
¼ t. each salt and pepper
1 1 lemon juice or vinegar
Soymilk or yogurt

Grated lemon peel, opt.

Combine all ingredients, except for sour cream or yogurt and lemon peel, in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 20-22 minutes. Allow yellow stem to drop. Remove red weight and uncover. Serve topped with sour cream or yogurt and sprinkled with grated lemon peel. Low wattage oven: add 1-2 minutes. 6 servings.

**Sausage Cabbage Soup**

1 lb. ring sausage, sliced
4 c. water
2⅓-3 c. shredded cabbage
1 2 potatoes, peeled and cut into 1½ inch cubes
2 carrots, peeled and cut into ½ inch slices
2 green onions, sliced
8-asparagus stems
1 bay leaf
⅛ 1 c. white peppercorns
⅛ 1 t. salt

Combine all ingredients, except for parsley, in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 20-22 minutes. Allow yellow stem to drop. Remove red weight and uncover. Garnish with parsley. Low wattage oven: add 2-5 minutes. 4-6 servings.
French Onion Soup
3 T. margarine or butter
3 T. onions, thinly sliced
2 1/4 oz. cans beef broth
1 1/4 cups Worcestershire sauce
1/4 t. pepper
2 hard rolls, sliced in half
Grated Parmesan or Romano cheese
Place margarine in Tender Cooker® Microwave on HIGH for 1-2 minutes until melted. Stir in onions and microwave on HIGH for 5-6 minutes until golden brown. Pour 1 1/2 cups Worcestershire sauce and pepper. Add gasket, cover and reduce weight. Microwave on HIGH for 10-11 minutes. Allow yellow stem to drop. Remove red weight and uncover. Toast rolls on both sides. Sprinkle one side with cheese and broil until bubbly. Divide soup into 4 bowls. Float toast on top. Cheese side up. Low wattage oven: 1-2 minutes. 4 servings.
NOTE: Flavor improves when refrigerated overnight. Reheat for 8-10 minutes.

Leek Potato Soup
3 med. potatoes, peeled and cut into 3/4 in. cubes
1/4 lb. leeks, chopped
2 1/4 oz. cans beef broth
1 T. margarine or butter
1/4 t. pepper
1/2 c. milk or light cream
4-6 slices toast
Combine all ingredients, except for milk and toast, in Tender Cooker®. Add gasket, cover and reduce weight. Microwave on HIGH for 20-23 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir in milk or light cream. To serve, pour over toast in soup bowls. Low wattage oven: add 1-2 minutes. 4 servings.

Portuguese Caldo Verde
6-8 oz. Italian sausage
2% milk
3 T. med. potatoes, peeled and cut into 3/4 in. slices
1/2 lb. fresh spinach, washed, drained and chopped
1 T. clove garlic, minced
1/4 t. each salt and pepper
Shape sausage into one inch meatballs. Flatten to 1/2 inch and quickly brown in skillet; drain. Place meatballs in Tender Cooker® along with remaining ingredients. Add gasket, cover and reduce weight. Microwave on HIGH for 12-18 minutes. Allow yellow stem to drop. Low wattage oven: add 1-2 minutes. 4 servings.

Peanut Soup
3 lb. beef stew meat, cut into 1/2 inch cubes
1 T. cooking oil
1 10 oz. can beef broth
1 8 oz. can tomato sauce
1 med. onion, chopped
1 c. green beans, minced
1/4 t. salt
1/4 t. pepper
1/4 t. nutmeg
1/2 oz. can evaporated milk
1 T. cornstarch
1 c. chopped peanuts
Chopped parsley, opt.

Sopa Ranchera
1 sm. onion, chopped
1 T. oil
2 1/4 oz. cans beef broth
1 T. garlic, peeled and chopped
4/4 c. long grain rice
1/4 t. chili powder
1/4 t. pepper
1 10 oz. pkp. frozen peas, thawed
Place onion and oil in Tender Cooker®. Microwave on HIGH for 4-5 minutes until onion is golden brown. Stir in remaining ingredients, except peas. Add gasket, cover and reduce weight. Microwave on HIGH for 20-22 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir in peas. Cover and microwave on HIGH for 3-4 minutes. Low wattage oven: add 2-3 minutes. 5-6 servings.

Vichysoise
1 1/2 c. sliced leeks
3 T. margarine or butter
3 med. potatoes, peeled and diced
1 1/4 oz. can chicken broth
1/2 c. milk
1 1/4 c. light cream
Sliced chives
Place leeks and margarine in Tender Cooker®. Microwave on HIGH for 3-4 minutes until leeks are tender. Stir in potatoes, broth and milk. Add gasket, cover and reduce weight. Microwave on HIGH for 15-16 minutes. Allow yellow stem to drop. Remove red weight and uncover. Cool and purée into food processor or blender; process until very fine. Stir in light cream. Chill thoroughly. Garnish with chives. Low wattage oven: add 1-2 minutes. 4 servings.

Lima Bean Soup
1 10 oz. pkg. frozen lima beans
1 1/4 oz. can chicken broth
2 carrots, peeled and thinly sliced
1 sm. onion, chopped
1 stalk celery, sliced
1/4 t. basil
1/4 t. thyme
Salt and pepper to taste
Place beans in microwave oven on HIGH for 2-3 minutes. Place 1/2 cup lima beans in food processor or blender with 1/2 cup chicken broth, process until smooth. Pour mixture into Tender Cooker®. Stir in remaining ingredients. Add gasket, cover and reduce weight. Microwave on HIGH for 15-16 minutes. Allow yellow stem to drop. Low wattage oven: add 1-2 minutes. 4 servings.

Pumpkin Rice Soup
2 1/4 oz. cans chicken broth
1 16 oz. can pumpkin
1 med. onion, minced
3 T. long grain rice
1 1/4 oz. Worcestershire sauce
1/2 t. curry powder
1/2 c. milk
1/2 c. light cream
Chopped parsley or chives, opt.
Cheesy Broccoli Bisque
4 oz. blanched silvered almonds
2 T. margarine or butter
1 med. onion, thinly sliced
3 c. chopped fresh broccoli
1 lg. potato, peeled and cut into ½" cubes
1 ½ c. grated Cheddar cheese
½ c. milk
½ c. water
1 T. thyme
½ t. pepper
1 T. carrot, grated
3 T. butter
½ t. salt
½ t. pepper
Place margarine in a saucepan over medium heat. Add onion and cook until translucent. Add broccoli, potato, and 1 ½ cups milk. Bring to a boil and simmer for 10 minutes. Add cheese and stir until melted. Add remaining ingredients and simmer for 30 minutes. Season to taste. Serve with crusty bread. 5-6 servings.

Cheesy Cauliflower Soup
1 sm. cauliflower, chopped (about 1 ¼ pounds)
1 ½ c. milk
1 ½ c. water
1 ½ c. cream cheese
1 T. flour
1 egg
1 T. butter
1/4 lb. cheddar cheese
1/4 lb. mozzarella cheese
Salt and pepper
Place cauliflower and 1 ½ cups milk in a saucepan over medium heat. Bring to a boil and simmer for 10 minutes. Add remaining ingredients and simmer for 30 minutes. Season to taste. Serve with crusty bread. 5-6 servings.

Cheesy Cauliflower Soup
1 sm. cauliflower, chopped (about 1 ¼ pounds)
1 ½ c. milk
1 ½ c. water
1 ½ c. cream cheese
1 T. flour
1 egg
1 T. butter
1/4 lb. cheddar cheese
1/4 lb. mozzarella cheese
Salt and pepper
Place cauliflower and 1 ½ cups milk in a saucepan over medium heat. Bring to a boil and simmer for 10 minutes. Add remaining ingredients and simmer for 30 minutes. Season to taste. Serve with crusty bread. 5-6 servings.

Creamy Leek and Potato Soup
4 c. water
2 c. leeks, sliced
2 c. potatoes, peeled and diced
Salt and pepper
Place leeks and potatoes in a large saucepan and cover with water. Bring to a boil and simmer for 20 minutes. Drain and process in a blender. Add remaining ingredients and simmer for 10 minutes. Season to taste. Serve with crusty bread. 5-6 servings.

Golden Soup
4 slices bacon
1 med. onion, chopped
3 c. water
4-5 carrots, peeled and chopped
1 med. potato, peeled and diced
1 stalk celery, chopped
1 T. sugar
1/2 t. each, salt, sage and thyme
1/4 t. pepper
1/2 c. light cream
1 T. chopped parsley
1 T. chopped chives
Crumbs, opt.
Place bacon in a large skillet and cook until crisp. Drain on paper towels. Reserve bacon fat. In the same skillet, add onion and celery. Cook until softened. Add carrots, potato and bacon fat. Cook until vegetables are tender. Add remaining ingredients and simmer for 15 minutes. Season to taste. Serve with crusty bread. 5-6 servings.

Watercress Soup
1 T. olive oil
1 clove garlic, minced
2 ¼ c. water
2 c. potatoes, peeled and diced
1 T. lemon juice
1/4 c. thyme
1/4 c. milk
Salt and pepper
In a large saucepan, heat oil over medium heat. Add garlic and thyme and cook until fragrant. Add water and potatoes. Bring to a boil and simmer for 10 minutes. Add remaining ingredients and simmer for 10 minutes. Season to taste. Serve with crusty bread. 5-6 servings.

Watercress Soup
1 T. olive oil
1 clove garlic, minced
2 ¼ c. water
2 c. potatoes, peeled and diced
1 T. lemon juice
1/4 c. thyme
1/4 c. milk
Salt and pepper
In a large saucepan, heat oil over medium heat. Add garlic and thyme and cook until fragrant. Add water and potatoes. Bring to a boil and simmer for 10 minutes. Add remaining ingredients and simmer for 10 minutes. Season to taste. Serve with crusty bread. 5-6 servings.

Fresh Tomato Basil Soup
1 T. olive oil
1 clove garlic, minced
2 ¼ c. water
2 c. tomatoes, peeled and diced
1 T. basil leaves
1 T. lemon juice
1/4 c. thyme
1/4 c. milk
Salt and pepper
In a large saucepan, heat oil over medium heat. Add garlic and thyme and cook until fragrant. Add water and tomatoes. Bring to a boil and simmer for 10 minutes. Add remaining ingredients and simmer for 10 minutes. Season to taste. Serve with crusty bread. 5-6 servings.

Fresh Tomato Basil Soup
1 T. olive oil
1 clove garlic, minced
2 ¼ c. water
2 c. tomatoes, peeled and diced
1 T. basil leaves
1 T. lemon juice
1/4 c. thyme
1/4 c. milk
Salt and pepper
In a large saucepan, heat oil over medium heat. Add garlic and thyme and cook until fragrant. Add water and tomatoes. Bring to a boil and simmer for 10 minutes. Add remaining ingredients and simmer for 10 minutes. Season to taste. Serve with crusty bread. 5-6 servings.

Ground Mushroom Bisque
1 lb. fresh mushrooms, finely minced
1 med. onion, minced
2 c. milk
1 T. margarine or butter
2 T. flour
1 clove garlic, minced
1/2 t. each, salt and pepper
1/2 lb. leeks, sliced
1 egg yolks, beaten
1/2 lb. Parmesan cheese
1/2 c. light cream
1/2 lb. leeks, sliced
1 egg yolks, beaten
1/2 lb. Parmesan cheese
1/2 c. light cream
Place mushrooms and onions in a large saucepan over medium heat. Add milk and remaining ingredients. Bring to a boil and simmer for 10 minutes. Season to taste. Serve with crusty bread. 5-6 servings.

Ground Mushroom Bisque
1 lb. fresh mushrooms, finely minced
1 med. onion, minced
2 c. milk
1 T. margarine or butter
2 T. flour
1 clove garlic, minced
1/2 t. each, salt and pepper
1/2 lb. leeks, sliced
1 egg yolks, beaten
1/2 lb. Parmesan cheese
1/2 c. light cream
1/2 lb. leeks, sliced
1 egg yolks, beaten
1/2 lb. Parmesan cheese
1/2 c. light cream
Place mushrooms and onions in a large saucepan over medium heat. Add milk and remaining ingredients. Bring to a boil and simmer for 10 minutes. Season to taste. Serve with crusty bread. 5-6 servings.

Ham and Lentil Soup
2 c. water
1 c. lentils
1 T. vegetable oil
1 t. salt
2 c. water
1 c. cooked ham
2 med. carrots, chopped
1 stalk celery, chopped
1 med. onion, chopped
2 garlic cloves, crushed
2 t. basil leaves
1/4 c. light cream
1/4 tsp. paprika
Combine 2 cups water, lentils, water, oil, salt, and remaining ingredients. Bring to a boil and simmer for 10 minutes. Season to taste. Serve with crusty bread. 5-6 servings.

Ham and Lentil Soup
2 c. water
1 c. lentils
1 T. vegetable oil
1 t. salt
2 c. water
1 c. cooked ham
2 med. carrots, chopped
1 stalk celery, chopped
1 med. onion, chopped
2 garlic cloves, crushed
2 t. basil leaves
1/4 c. light cream
1/4 tsp. paprika
Combine 2 cups water, lentils, water, oil, salt, and remaining ingredients. Bring to a boil and simmer for 10 minutes. Season to taste. Serve with crusty bread. 5-6 servings.

Scotch Broth
1 1/2 lb. stewing lamb with bones
1/2 c. water
3/4 c. water
2 bay leaves
1/4 t. salt
2 carrots, peeled and sliced 1/4 inch thick
1 onion, chopped
1 stalk celery, sliced
3 T. barley
1/2 c. finely chopped parsley
1/4 tsp. pepper
Place lamb, water, bay leaves and barley in a large saucepan over medium heat. Bring to a boil and simmer for 10 minutes. Season to taste. Serve with crusty bread. 5-6 servings.

Scotch Broth
1 1/2 lb. stewing lamb with bones
1/2 c. water
3/4 c. water
2 bay leaves
1/4 t. salt
2 carrots, peeled and sliced 1/4 inch thick
1 onion, chopped
1 stalk celery, sliced
3 T. barley
1/2 c. finely chopped parsley
1/4 tsp. pepper
Place lamb, water, bay leaves and barley in a large saucepan over medium heat. Bring to a boil and simmer for 10 minutes. Season to taste. Serve with crusty bread. 5-6 servings.
**Chicken Soup**
- 2 lbs. chicken parts
- 1 carrot, diced
- 1 stalk celery, sliced
- 1/2 med. onion, sliced
- 1 clove garlic, chopped
- 1 dry parsley
- 1 c. water

Combine all ingredients in Tender Cooker®. Add water, cover, and cook on HIGH for 30 minutes. Allow yellow stem to drop. Remove red and white. Cover, then place in tenderer. Stir in remaining ingredients. Add water, cover, and cook on HIGH for 10 minutes. Allow yellow stem to drop. Remove red and white and uncover. Garnish with parsley. Low wattage: add approx. 2-3 minutes. 4 servings.

**Green Pepper Soup with Cheese Balls**
- 1 lb. ground beef
- 2 1/2 c. green pepper, chopped
- 1/2 c. onion, chopped
- 1/2 c. cheese balls

Combine ingredients and shape into balls. Add to soup. Cover and microwave on HIGH for 6 minutes. Low wattage: add approx. 2-3 minutes. 6 servings.

**Smoky Potato Soup**
- 3/4 lb. smoked fish, broken up with skin and bones discarded
- 2 potatoes, peeled and cut into 1-inch pieces
- 1 onion, chopped
- 1/4 c. water
- 1/4 c. nutmeg

Combine fish, potatoes, onion, clam, juice, water and pepper in Tender Cooker®. Add water, cover and cook on HIGH for 15 minutes. Allow yellow stem to drop. Remove red and white and uncover. Strain soup, saving broth. Place solids in blender or food processor. Add 1 cup milk and blend smooth. Pour broth, blended mixture, remaining milk and nutmeg in Tender Cooker®. Microwave, uncovered, on HIGH for 3-5 minutes until heated through. Garnish with parsley. Low wattage: add approx. 2-3 minutes. 4 servings.

**Artichokes**
- 3 medium artichokes with stems and sharp tips removed. Place in Tender Cooker®, add 1/4 cup water. Add water, cover, and cook on HIGH for 10 minutes. Stir occasionally. Allow yellow stem to drop. Remove red and white and uncover. Transfer artichokes to serving plate. Serve with garlic butter. Low wattage: add approx. 2 minutes.

**Carrots**
- 1 lb. carrots, cleaned and cut into 1/2-inch slices
- 1 T. margarine or butter
- 1 t. dill weed
- Salt and pepper to taste

Place carrots in Tender Cooker®. Add water, cover and cook on HIGH for 10 minutes. Allow yellow stem to drop. Remove red and white and uncover. Drain beans. Stir in carrots, dill weed, salt and pepper. Low wattage: add approx. 1-2 minutes. 4 servings.

**Dilly Green Beans**
- 1 lb. fresh green beans, ends removed
- 1/2 c. water
- 1 T. margarine or butter

Place green beans in Tender Cooker®. Add water, cover, and cook on HIGH for 5-6 minutes. Stir occasionally. Allow yellow stem to drop. Remove red and white and uncover. Drain beans. Stir in margarine, dill weed, salt and pepper. Low wattage: add approx. 2 minutes. 4 servings.

**Smoky Potato Soup**
- 1/2 c. green pepper, chopped
- 1/2 c. onion, chopped
- 1/2 c. cheese balls

Combine ingredients and shape into balls. Add to soup. Cover and microwave on HIGH for 6 minutes. Low wattage: add approx. 2-3 minutes. 6 servings.

**Salmon Soup**
- 1/2 c. salmon
- 1/2 c. parsley

Drain liquid from salmon. Add water to make 4 cups. Pour liquid and barley in Tender Cooker®. Add water, cover, and cook on HIGH for 15 minutes. Allow yellow stem to drop. Remove red and white and uncover. Stir in carrots, turnip and onion. Add water, cover and cook on HIGH for 3 minutes. Allow yellow stem to drop. Stir in salmon, dill weed, salt and pepper. Low wattage: add approx. 2 minutes. 6 servings.
Lemon Glazed Beets
6-7 med. beets (about 1½-2 lbs.)
¾ c. honey
2 T. margarine or butter, softened
Juice of one small lemon
⅛-⅛½ grated lemon rind
⅛ t. salt
2 T. water
1 T. cornstarch

Peel beets and cut into sixthts. Combine honey, margarine, lemon juice, lemon rind and salt in Tender Cooker®. Stir in beets, coating well. Add gasket, cover and red weight. Microwave on HIGH for 20-22 minutes. Adjust yellow stem to drop. Removed red weight and uncover. Combine water and cornstarch; stir into beets. Microwave on HIGH for 1-2 minutes until thickened. Low wattage oven: add 1-2 minutes. 4 servings.

Southern Style Green Beans and New Potatoes
⅜-⅜½ lb. fresh green beans
9 new potatoes, 1½-2 inches in diameter
⅜ c. water
⅛ t. salt
2 T. bacon fat
⅛-½ t. pepper

Remove ends of green beans and place in Tender Cooker®. Place potatoes on beans and add water, bacon fat and pepper. Add gasket, cover and red weight. Microwave on HIGH for 12-14 minutes. Adjust yellow stem to drop. Low wattage oven: add 1-2 minutes. 4 servings.

Beets in Bacon Sauce
4-5 slices bacon
1½-2 lbs. beets, peeled and cut into ¼ inch cubes
1 med. onion, minced
1 cup cooking apple, peeled, cored and chopped
⅛ c. water
2 T. vinegar
1 T. brown sugar
5 whole cloves
⅛ t. each salt and pepper
2 T. water
1 T. cornstarch

Microwave bacon on HIGH for 4-5 minutes until crisp and browned. Drain, crumble and set aside. Combine one tablespoon bacon fat, beets, onion, apple, ½ cup water, vinegar, brown sugar, cloves, salt and pepper in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 20-22 minutes. Adjust yellow stem to drop. Removed red weight and uncover. Mix water and cornstarch together; stir into beets. Microwave on HIGH for 1-2 minutes until thickened. Stir in bacon. Low wattage oven: add 2-3 minutes. 4 servings.

Parsley Buttered New Potatoes
8-10 new potatoes (1½-1½ pounds)
⅛ c. water
2 T. margarine or butter
2 T. chopped parsley
⅛ t. salt

Combine all ingredients in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 10-11 minutes. Adjust yellow stem to drop. Low wattage oven: add 1 minute. 4 servings.

Potatoes O'Brien
4 med. potatoes, peeled and thinly sliced
1 lg. onion, chopped
1 med. green pepper, chopped
1 2 oz. jar sliced pimientos, drained
⅛ t. salt
⅛ t. pepper
⅛ c. milk
2 T. cornstarch
2 T. margarine or butter

Layer half of potatoes, onion, green pepper and pimientos in Tender Cooker®. Sprinkle with half of salt and pepper. Repeat. Combine 2 tablespoons milk with cornstarch; stir into mixture remaining milk and pour over potatoes. Dot with margarine. Add gasket, cover and red weight. Microwave on HIGH for 15-18 minutes. Adjust yellow stem to drop. Low wattage oven: add 1-2 minutes. 4 servings.

Scalloped Potatoes
4 med. potatoes, (3 cups) pared and thinly sliced
1 small onion, thinly sliced rings
4 T. flour
⅛ t. salt
⅛ t. pepper
2 T. butter, cut in pieces
1 c. milk

Layer potatoes, onion, flour, salt, pepper and butter. Pour milk over ingredients. Add gasket, cover and red weight. Microwave on HIGH for 15 minutes. Adjust yellow stem to drop. Removed red weight and uncover. Stir gently before serving. Low wattage oven: add approx. 2 minutes. 4 servings.

VARIATION: Add 1½ cups cubed ham and 2 tablespoons milk with the potatoes and onions for a complete one dish meal. Increase cooking time 2-4 minutes depending on the temperature of the ham.
TIP: If potatoes become too thick, blend in ¼ to ½ cup warm milk.

German Potato Salad
4 med. potatoes (3 cups) pared and thinly sliced
8 slices uncooked bacon, cut in fourths
⅛ c. onion, diced
1 stalk celery, diced
⅛ c. vinegar
⅛ c. water
2 T. flour
⅛ t. salt
⅛ t. pepper
parsley flakes, if desired

Combine all ingredients in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 17 minutes. Adjust yellow stem to drop. Removed red weight and uncover. Stir gently before serving. Garnish with parsley, if desired. Low wattage oven: add approx. 3 minutes. 4 servings.

Italian Scalloped Potatoes
4 med. potatoes, peeled and thinly sliced
1 lb. hot Italian sausage, cooked, crumbled and drained
1 8 oz. can tomato sauce
1 sm. onion, minced
2 T. flour
1 T. chopped parsley
¾ t. each basil, oregano, and thyme
Grated mozzarella cheese

Bake inside of Tender Cooker® and place half of potatoes in bottom. Cover with sausage. Combine remaining ingredients, except cheese, and pour half of sauce over sausage and potatoes. Add remaining potatoes and cover with rest of sauce. Add gasket, cover and red weight. Microwave on HIGH for 16-18 minutes. Adjust yellow stem to drop. Removed red weight and uncover. Top with grated mozzarella cheese. Low wattage oven: add 1-2 minutes. 5-6 servings.
Acorn or Buttercup Squash
1 1½-2 lb. acorn or buttercup squash
1 ¾ c. water
2-3 T. margarine or butter
Salt and pepper or brown sugar and cinnamon
Pierce whole squash 3-4 times with a long-tined fork and place in Tender Cooker®. Pour in water. Add gasket, cover and red weight. Microwave on HIGH for 8-9 minutes per pound. Allow yellow stem to drop. Remove red weight and uncover. Remove squash and cut in half; scoop out seeds and membranes. Cut squash in wedges and season with margarine, salt and pepper or brown sugar and cinnamon. Low wattage ovens: cook for 9-10 minutes per pound. 4-6 servings.

Spiced Red Cabbage
1 ¾ c. water
2 T. margarine or butter, melted
1 T. sugar
1 t. vinegar
1 ½ t. salt
5 whole cloves
1 sm. red cabbage, shredded (about 1 pound)
1 lg. cooking apple, peeled, cored and sliced
Combine water, margarine, sugar, vinegar, salt and cloves in Tender Cooker®. Stir in cabbage and apple until well coated. Add gasket, cover and red weight. Microwave on HIGH for 8-10 minutes. Allow yellow stem to drop. Low wattage ovens: add 2-3 minutes. 4-6 servings.

Braised Sauerkraut
2 slices bacon
1 sm. onion, minced
1 16 oz. can sauerkraut, drained
1 apple, peeled and chopped
1 c. beef broth
1 sm. potato, peeled and grated
Microwave bacon for 2-2½ minutes until crisp. Drain, reserving one tablespoon bacon fat. Place bacon fat and onion in Tender Cooker®. Microwave on HIGH for 2-3 minutes. Stir in sauerkraut, apple and broth. Add gasket, cover and red weight. Microwave on HIGH for 4-6 minutes until mixture thickens. Garnish with crumbled bacon. Low wattage ovens: add 1-2 minutes. 4-5 servings.

Steamed Kohlrabi
3 med. kohlrabi, cubed (about 1 pound)
1 ¾ c. water
1 ½ t. salt
Combine ingredients in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 10-11 minutes. Allow yellow stem to drop. Low wattage ovens: add 1-2 minutes. 4 servings.

Candied Sweet Potatoes
3 med. sweet potatoes, peeled and cut into ¼ inch slices
1 ¼ c. orange juice
2 T. brown sugar
2 T. light corn syrup
2 T. margarine or butter, melted
1 t. cornstarch
1 ¼ t. grated orange peel
Cinnamon to taste
Place half of potatoes in Tender Cooker®. Combine remaining ingredients and pour half of mixture over potatoes. Repeat. Add gasket, cover and red weight. Microwave on HIGH for 12-13 minutes. Allow yellow stem to drop. Low wattage ovens: add 2-3 minutes. 4 servings.

Cracked Wheat Pilaf
1 c. cracked wheat bulgar
1 c. chopped walnuts
2 T. margarine or butter
1 14½ oz. can chicken broth
2 carrots, peeled and chopped
1 bunch green onions, sliced
1 stalk celery, sliced
1 t. dill weed
1 ¼ t. each salt and pepper
Combine bulgar, walnuts and margarine in Tender Cooker®.Microwave on HIGH for 3-4 minutes until bulgar is lightly browned. Stir remaining ingredients. Add gasket, cover and red weight. Microwave on HIGH for 15 minutes. Allow yellow stem to drop. Low wattage ovens: add 1-2 minutes 4-6 servings.

Rice Pilaf
1 c. long grain rice
1 14½ oz. can chicken broth
2 tomatoes, peeled and chopped
1 med. green pepper, chopped
1 sm. onion, chopped
1 clove garlic, minced
1 ½ c. silvered almonds
1 T. olive oil
1 ½ c. salt
1 ¼ t. pepper
1 ½ t. turmeric
3/4-1 c. currants or raisins
Combine all ingredients, except currants or raisins, in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 13-15 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir in currants or raisins. Low wattage ovens: add 1-2 minutes. 5-6 servings.

Mushroom Barley Pilaf
1 ¾ c. barley
2 T. margarine or butter
1 14½ oz. can beef broth
4 oz. fresh mushrooms, sliced
1 med. onion, chopped
1 ¼ t. pepper
Chopped chives, opt.
Combine barley and margarine in Tender Cooker®. Microwave on HIGH for 4-6 minutes until golden brown. Stir remaining ingredients. Add gasket, cover and red weight. Microwave on HIGH for 25-10 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir and sprinkle with chives. Low wattage ovens: add 3-4 minutes. 5-6 servings.

Italian Vegetable Casserole
1 ¾-1 lb. eggplant, peeled and cubed
1 med. zucchini, sliced
1 med. onion, sliced
1 sm. green pepper, cut into strips
1 t. leaf oregano
1 ½ t. garlic salt
1 ½ t. pepper
1 c. marinara sauce
Parmesan cheese, opt.
Layer half the eggplant, zucchini, onion and green pepper in Tender Cooker®. Sprinkle with half the seasoning and pour in half the sauce. Repeat. Add gasket, cover and red weight. Microwave on HIGH for 13-12 minutes. Allow yellow stem to drop. Remove red weight and uncover. Sprinkle with Parmesan cheese. Low wattage ovens: add 2-3 minutes. 4-5 servings.
**Mexican Rice**
1 c. long grain rice
3 T. margarine or butter
1 c. water
2 med. tomatoes, peeled and chopped
1 med. onion, chopped
1 sm. green pepper, chopped
1-2 T. chili powder
½ T. salt
1 T. cumin or cilantro

Place rice and margarine in Tender Cooker. Microwave on HIGH for 4-6 minutes until golden brown stirring twice. Stir in remaining ingredients. Add gasket, cover and red weight. Microwave on HIGH for 18-20 minutes. Allow yellow stem to drop. Low wattage ovens: add 1-2 minutes. 4-6 servings.

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**Vegetable Rice Medley**
½ c. regular uncooked rice
1 c. broccoli, broken into med. sized florets
1 c. cauliflower, broken into med. sized florets
¼ c. red onion, chopped
1 T. butter, cut up
½ c. chicken broth
½ c. white wine or water
½ T. salt
¼ T. pepper
¼ t. dry tarragon, basil or mixed herbs

Combine all ingredients in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 15 minutes. Allow yellow stem to drop. Remove red weight and uncover. Low wattage ovens: add approx. 2 minutes. 3-4 servings.

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**Red Rice**
1 16 oz. can tomatoes, chopped
¼ c. long grain rice
1 rib celery, chopped
½ med. green pepper, chopped
1 sm. onion, chopped
½ c. water
2 slices bacon, cooked, drained and crumbled
1 T. tomato paste
½ t. salt
2-3 dashes hot pepper sauce
Pepper to taste

Combine all ingredients in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 16-18 minutes. Allow yellow stem to drop. Low wattage ovens: add 1-2 minutes. 5-6 servings.

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**Vegetable Rice Stew with Dumplings**
2 14½ oz. cans chicken broth
2 med. potatoes, cut into ½ inch cubes
2 carrots, cut into ½ inch slices
2 stalks celery, sliced
1 sm. onion, chopped
½ c. long grain rice
4 slices bacon, cooked, drained and crumbled
2 T. chopped parsley
	Pepper to taste

Combine all ingredients, except parsley, in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 18-20 minutes. Allow yellow stem to drop. Remove red weight and uncover.

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**Dumplings**
1 c. flour
1¼ t. baking powder
⅛ T. salt
8 T. milk
1 egg, beaten

Combine dry ingredients. Blend milk and egg and stir into dry ingredients. Drop by spoonfuls one top of stew. Add cover. Microwave on HIGH for 4-4½ minutes. Sprinkle with parsley. Low wattage ovens: add 1-2 minutes when cooking stew 4 servings.

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**Eggplant Casserole**
1 sm. eggplant (about 1 pound)
½ lb. lean ground beef, cooked and drained
¼ c. instant rice
1 egg slightly beaten
1 sm. onion, minced
¼ c. minced green pepper
1 clove garlic, minced
1 c. each basil and oregano
½ t. pepper
¼ t. salt
1 16 oz. can tomatoes
Grated Parmesan cheese
Olive slices, opt.

Peel and coarsely chop eggplant. Stir in remaining ingredients, except tomatoes, cheese and olives. Place half of mixture in Tender Cooker® and top with half of tomatoes. Repeat layers. Add gasket, cover and red weight. Microwave on HIGH for 20-23 minutes. Allow yellow stem to drop. Remove red weight and uncover. Sprinkle with Parmesan cheese and garnish with olive slices. Low wattage ovens: add 1-2 minutes. 4-6 servings.
Steamed Fruit Pudding Cake
4 T. butter, softened
½ c. brown sugar
2 eggs
½ c. cream
2 T. brandy or apple juice
½ lb. (about 1 ½ cups) chopped mixed dried fruits, dates, raisins, apples, currants or fruit cake mix
1 T. flour
1 T. orange rind
¼ t. nutmeg
¼ c. dry bread crumbs
1 t. baking powder
Grease and sugar a 4-cup microwave-safe mold with center post or a microwave-safe 4-cup bowl with a small glass in the center sized to fit inside Tender Cooker®. Cream butter and sugar until light and fluffy. Mix in eggs, beating well after each addition. Blend in cream and brandy. On a piece of wax paper, combine fruits, flour, orange rind, nutmeg, bread crumbs and baking powder. Stir into creamed mixture just until moistened. Pour into prepared pan, cover with a single layer of foil. Pour 1 cup hot water into Tender Cooker®, place dish in cooker. Add gasket, cover and red weight. Microwave on HIGH for 15 minutes. Allow yellow stem to drop. Remove red weight and uncover. Serve warm or cold. Garnish with lemon and whipped cream. Low wattage ovens add approx. 4-6 servings.

Spiced Pears
4 firm, ripe pears
½ c. sweet red wine
6 T. sugar
1 t. grated orange rind
1 t. grated lemon rind
1¼ t. cinnamon
2 whole cloves
Quarter, core and peel pears; place in Tender Cooker®. Combine remaining ingredients and pour over pears. Add gasket, cover and red weight. Microwave on HIGH for 10 minutes. Allow yellow stem to drop. Remove red weight and uncover. Serve warm or cold. Garnish with lemon and whipped cream. Low wattage ovens add approx. 3 minutes.

Hot Pudding Sauce
4 T. butter, softened
½ c. sugar
2 egg whites, beaten until foamy
2 T. almond-flavored liqueur or 1 t. almond extract
1-2 t. lemon juice
¼ t. lemon rind
¼ t. cinnamon
In a medium sized microwave-safe bowl, cream butter and sugar. Mix in beaten egg whites. Stir in liqueur, lemon juice, lemon rind and cinnamon. Microwave on HIGH for 2 minutes or until slightly thickened, stirring 3 times. Serve warm with Steamed-Fruit Pudding Cake.

Fruit Soup
8 oz. pkg. mixed, dried fruit (cut fruit pieces in half if extremely large)
2 c. water
½ c. frozen apple juice concentrate, thawed
½ c. brandy or additional apple juice
3 inch piece of stick cinnamon
½ c. raisins
¼ c. sugar
1 T. raspberry jam, seedless
½ t. nutmeg
2 T. cornstarch
Lemon slices and whipped cream for garnish, if desired
Combine all ingredients in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 15 minutes. Allow yellow stem to drop. Remove red weight and uncover. Serve warm or cold. Garnish with lemon and whipped cream. Low wattage ovens add approx. 4-6 servings.

Rice Pudding
2 eggs, beaten
2 T. sugar
¼ c. cream or milk
⅓ c. cooked rice
¼ c. sugar
⅓ t. cinnamon
⅛ t. nutmeg
1 T. butter, cut in pieces
In a 1-quart (4 cup) microwave-safe glass or plastic bowl (that is sized to fit inside Tender Cooker®), beat eggs, blend in sugar and cream. Stir in rice, raisins, cinnamon, nutmeg and butter. Cover bowl with single layer of foil. Pour ½ cup hot water into Tender Cooker®, place bowl in water. Add gasket, cover and red weight. Microwave on HIGH for 10 minutes. (Note: The Tender Cooker® may not reach maximum pressure.) Let stand 3 minutes; hold Tender Cooker® under cold running water until yellow stem drops. Remove red weight and uncover. Carefully remove bowl from cooker, serve pudding warm or cold. Low wattage ovens add approx. 3 minutes.

Steamed Cranberry Pudding
1 c. all-purpose flour
¾ t. baking soda
½ t. cinnamon
½ t. each cloves and nutmeg
½ c. brown sugar
¾ c. water
¾ c. whole cranberry sauce
¼ c. chopped nuts
Heavy cream, opt.
Sift dry ingredients into mixing bowl. Combine brown sugar and water, stir into flour mixture along with cranberry sauce. Pour into a nutmeg with cream. Low wattage ovens add 1-2 minutes. 6 servings.

Chocolate-Pecan Rice Pudding
2 c. cooked rice
⅓ c. milk
⅓ c. sugar
3 T. cocoa
⅛ c. chopped pecans
6 maraschino cherries, opt.
Whipped topping, opt.
Combine rice, milk, sugar and cocoa in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 15-16 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir in nuts and vanilla. Spoon into 6 dessert dishes. Serve warm topped with whipped topping and a cherry. Low wattage ovens add 1-2 minutes. 6 servings.

Apple Currant Pudding
¾ c. long grain rice
4 cooking apples, peeled, cored and sliced
⅓ c. currants or raisins
⅔ c. white wine
Margarine or butter
Sugar
Cinnamon
Put rice in Tender Cooker®. Cover with apples and currants; pour in wine. Add gasket, cover and red weight. Microwave on HIGH for 15 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir mixture and divide among 4 dessert dishes. Top each serving with margarine, sugar and cinnamon. Low wattage ovens: add 1-2 minutes. 4 servings.
Steamed Chocolate Pudding with Orange Cinnamon Sauce
4 c. sugar
¾ c. margarine or butter
1 t. vanilla
1 egg
1 c. + 3 T. flour
1 c. unsweetened cocoa
¾ t. cinnamon
¼ t. baking soda
¼ c. milk
½ c. chopped nuts
Cream sugar, margarine and vanilla; beat in egg. Combine flour, cocoa, cinnamon and baking soda, add alternately with milk. Stir in nuts. Generously butter inside of Tender Cooker® and outside of 6 ounce pyrex custard cup. Place cup in center of Tender Cooker, open end up, and carefully pour batter around cup. Cover with single layer 7 inch circle of foil. Add gasket, cover and red weight. Microwave on HIGH for 6 minutes. Allow yellow stem to drop. Remove red weight and uncover. Immediately unmold onto serving plate. Serve warm with Orange Cinnamon Sauce.

Orange Cinnamon Sauce
2 T. sugar
1 T. cornstarch
¾ c. cinnamon
¾ c. orange juice
Nuts or chocolate curls, opt.
Combine dry ingredients in 2 cup measure; stir in orange juice. Microwave on HIGH for 2-3 minutes until thickened. Pour over pudding and garnish with nuts or chocolate curls. Low wattage ovens: add 1 minute for pudding & 6 servings.

Steamed Lemon Pudding
4 c. margarine or butter
3 T. sugar
2 eggs, well beaten
2 T. lemon juice
1 c. flour
1 tsp. baking powder
1 T. lemon juice
1 T. apricot or blueberry preserves
2 T. water
1 c. almonds, chopped
Cream margarine and sugar. Beat in eggs one at a time. Combine flour, lemon juice and preserves. Fold into beaten mixture. Generously grease inside of Tender Cooker® and outside of 6 ounce pyrex custard cup. Place cup in center of Tender Cooker, open end up, and pour batter around cup. Cover with single layer 7 inch circle of foil. Add gasket, cover and red weight. Microwave on HIGH for 5 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir in almonds. Serve warm. Low wattage ovens: add 1 minute 4-5 servings.

Apple Chutney
1 6 oz. pkg. dried apple chunks or slices
1/2 c. water
1/4 c. raisins
1/4 c. honey
3/4 c. cider vinegar
1/4 c. each ginger, mustard and curry powder
1/4 c. salt
1/4 c. walnut halves

Shrimp Gumbo
1 16 oz. can Italian style tomatoes
1 c. sliced okra
1 sm. onion, chopped
1/2 med. green pepper, chopped
2 cloves garlic, minced
1/4 c. water
2 T. tomato paste
4 T. Worcestershire sauce
3-4 t. chili powder
1 T. olive oil
1 t. sugar
1/4 t. salt
3-4 dashes hot pepper sauce
8-10 oz. raw, peeled shrimp
File powder, opt.
Combine all ingredients, except for shrimp and file powder, in Tender Cooker®. Add gasket, cover and red weight. Microwave on HIGH for 12-13 minutes. Allow yellow stem to drop. Remove red weight and uncover. Stir in shrimp. Microwave, uncovered, on HIGH for 5-6 minutes. Stir and serve over cooked rice. Sprinkle each serving with file powder. Low wattage ovens: add 2-3 minutes when cooking sauce. 1-2 minutes after adding shrimp. 4-5 servings.

Lemon Rice
1/4 c. rice
2 T. margarine or butter
1 1/2 c. water
1 chicken bouillon cube
1 1/2 t. grated lemon peel
1/4 t. salt
1 egg, beaten
1/2 c. grated Parmesan cheese
1 1/2 t. lemon juice
Place rice and margarine in Tender Cooker®. Microwave on HIGH for 3-5 minutes until golden brown, stirring twice. Stir in water, bouillon cube, lemon peel and salt. Add gasket, cover and red weight. Microwave on HIGH for 12-14 minutes. Allow yellow stem to drop. Remove red weight and uncover. Combine egg, cheese and lemon juice; stir into rice. Low wattage ovens: add 2-3 minutes. 4-5 servings.

Orange Almond Rice
1 c. rice
1/4 c. silvered almonds
3/4 c. margarine or butter
1 c. orange juice
1 c. water
1 1/2 t. grated orange peel
1/4 t. salt
Place rice, almonds and margarine in Tender Cooker®. Microwave on HIGH for 3-5 minutes until golden brown. Stir in remaining ingredients. Add gasket, cover and red weight. Microwave on HIGH for 14-15 minutes. Allow yellow stem to drop. Low wattage ovens: add 1-2 minutes. 5-6 servings.
Cook bacon in skillet, remove and drain. Add rabbit to skillet and brown on both sides; place in Tender Cooker®. Dissolve bouillon cubes in hot water, pour over rabbit. Add gasket, cover and red weight. Microwave on HIGH for 20-25 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove rabbit and keep warm. Combine light cream, flour and currant jelly; stir into pan liquid. Microwave on HIGH for 2-3 minutes until thickened. Pour sauce over rabbit. Sprinkle with crumbled bacon. Low wattage oven: add 2-3 minutes. 4 servings.

**Raisin Sauce**

- ½ c. vinegar
- ½ c. corn syrup
- ½ c. raisins
- ¼ t. each allspice, cinnamon and cloves

Combine ingredients in 4-cup measure. Microwave on DEFROST, LOW or 30% POWER for 10-12 minutes until heated through.

**Tongue in Raisin Sauce**

- 1½-2 lb. tongue
- 3 c. water
- ¼ c. vinegar
- 1 onion, sliced
- 6 peppercorns, crushed
- 6 allspice berries, crushed
- 2 bay leaves
- 1 t. salt

Place tongue in Tender Cooker®. Combine remaining ingredients, pour over tongue. Add gasket, cover and red weight. Microwave on HIGH for 45-60 minutes. Allow yellow stem to drop. Remove red weight and uncover. Remove tongue from broth and discard broth. Peel outer skin from tongue, remove veins and cores at base. Slice tongue and place in Tender Cooker®. Pour in Raisin Sauce. Microwave on DEFROST, LOW or 30% POWER for 10-12 minutes until heated through.

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### Cooking Chart For Rice And Beans

1. All foods cooked at HIGH power.
2. Allow pressure stem to drop after cooking.
3. Add one teaspoon oil when cooking rice.
4. Salt is optional when cooking any of the foods.
5. Soak dried beans and black-eyed peas overnight in 4 cups of water, drain and add fresh water to cook.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>WATER</th>
<th>MIN. 600-700 WATTS</th>
<th>MIN. BELOW 600 WATTS</th>
<th>YIELD</th>
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</thead>
<tbody>
<tr>
<td>Long Grain White Rice</td>
<td>¾ cup</td>
<td>1 cup + 2 Tbsp.</td>
<td>6-8½</td>
<td>9-1½</td>
<td>2 cups</td>
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<tr>
<td>Long Grain White Rice</td>
<td>1 cup</td>
<td>1½ cups</td>
<td>18-20</td>
<td>20-22</td>
<td>2½ cups</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>¾ cup</td>
<td>1½ cups</td>
<td>16-18</td>
<td>18-20</td>
<td>2 cups</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>⅓ cup</td>
<td>1 cup</td>
<td>18-20</td>
<td>20-23</td>
<td>2½ cups</td>
</tr>
<tr>
<td><em>Old Rice</em></td>
<td>⅓ cup</td>
<td>2 cups</td>
<td>18-20</td>
<td>20-23</td>
<td>2 cups</td>
</tr>
<tr>
<td>Texas Basmati Rice</td>
<td>1 cup</td>
<td>1½ cups</td>
<td>9-9½</td>
<td>10-10½</td>
<td>3 cups</td>
</tr>
<tr>
<td>Rice</td>
<td>1 cup</td>
<td>1½ cups</td>
<td>9-9½</td>
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<td>3-3½ cups</td>
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<tr>
<td>California Wild Rice</td>
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<td>1½ cups</td>
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<tr>
<td>Black Turtle Beans</td>
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<td>20-22</td>
<td>22-25</td>
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<tr>
<td>Galico Bean Mix</td>
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<tr>
<td>Great Northern Beans</td>
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<tr>
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<tr>
<td>Lima Beans</td>
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<tr>
<td>Navy Beans</td>
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<tr>
<td>Black Eyed Peas</td>
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<td>20-22</td>
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<td>Barley</td>
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<td>Cracked Wheat Bulgar</td>
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<td>7-8</td>
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<tr>
<td>Cracked Wheat Bulgar</td>
<td>1 cup</td>
<td>2 cups</td>
<td>9-10</td>
<td>11-12</td>
<td>2 cups</td>
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</table>

**Notes:**

1. Sugar and acid foods, such as tomatoes or vinegar, tend to have a hardening effect on dried beans and peas. Add only after beans are thoroughly softened and cooked.
2. Cooking of lentils is not recommended; a large volume of foam may clog pressure regulator vent.

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### Tender Cooker® Replacement Parts

<table>
<thead>
<tr>
<th>Product No.</th>
<th>Description</th>
<th>Cost</th>
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<tbody>
<tr>
<td>62100</td>
<td>Gasket</td>
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<tr>
<td>62101</td>
<td>Secondary Pressure Relief w/ Pressure Indicating Stem</td>
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<tr>
<td>62102</td>
<td>Pressure Regulator Weight</td>
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<td>62103</td>
<td>Safety Valve (gray)</td>
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<tr>
<td>62106</td>
<td>Cover w/ Locking Ring Assembly</td>
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<tr>
<td>62109</td>
<td>Base</td>
<td>$15.00</td>
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</tbody>
</table>

Orders of $15.00 or more can be charged to your Master Card, Visa or American Express. Please add $1.00 for postage and handling of first (4) items, and $.95 for shipping cover or base. If charged to your credit card, please include card #, expiration date and your signature.

Mail To: Nordic Ware® Mall Order Dept., P.O. Box 18122, Minneapolis, MN 55416-2276

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**Nordic Ware® 5 Year Warranty**

We warrant your Nordic Ware product to be free of defects in materials and workmanship for a period of 5 years after the original date of purchase. This warranty does not cover replacement parts or damage caused by accidents, misuse, overheating, normal wear or non-use. If your Nordic Ware product should become defective within the warranty period we will elect to repair or replace it at our pro-rata cost basis depending on the length of warranty remaining. To exercise your warranty rights, return the product along with the original sales receipt to: Nordic Ware® Service Department, Hwy 7 at '00', Minneapolis, MN 55416. This warranty gives you specific legal rights and you may also have other rights which vary from state to state. Call 1-800-328-4310 Ext. 629 with any question.