



# TURBOCHEF® SPEEDCOOK OVEN COOKBOOK

PROVEN COMMERCIAL PERFORMANCE FOR YOUR HOME™



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## Welcome to Commercial Performance for Your Home

The Viking Professional TurboChef Speedcook Oven is a high performance commercial inspired oven designed specifically for today's home cook. No other oven provides a greater combination of performance, quality, and simplicity. These ingredients empower you to be the cook you want to be without sacrificing quality, flavor, or enjoyment. They bring to your kitchen a new sense of wonder, magic, and delight. And most importantly, they bring people back together at the dinner table to enjoy good company and great food.

Your Viking Professional TurboChef oven delivers unrivaled performance. As you will see in this cookbook, fresh, creative, and flavorful dishes that would take hours to prepare and cook can now be delivered in a fraction of the time. In fact, entire meals can be cooked in the time you would typically take for a single dish. Whether it is an elegant evening dinner cooked in less than 25 minutes or an entire Thanksgiving feast cooked in little more than an hour, Viking Professional TurboChef provides you with abilities unmatched in the world of cooking.

Of course, speed without quality is meaningless. It's the quality worthy of four-star kitchens that truly sets Viking Professional TurboChef apart. That quality is what turns world-renowned chefs into Viking Professional TurboChef enthusiasts. And, it is what consistently elevates an otherwise ordinary meal into an extraordinary one. Meats come out caramelized, moist, and tender. Baked goods are golden brown, flaky, and perfect. Vegetables are crisp, flavorful, and nutritious.

Best of all, you can deliver these results with remarkable simplicity and peace of mind. You can interact with the oven's high performance technology through a simple interface that guides you effortlessly through the settings for all your favorite dishes and recipes, taking guesswork out of the equation and delivering picture-perfect, delicious food in minutes.

**Speed. Simplicity. Purity.** These are the characteristics of high performance commercial-type appliances. They are the qualities that make the Viking Professional TurboChef oven unique. And, they are the qualities that will help make your kitchen and your cooking remarkable.

## Using your Viking Professional TurboChef Cookbook

This cookbook includes sixty recipes—merely a handful of the thousands of dishes our chef’s have created in the Viking Professional TurboChef oven. We’ve selected this brief collection to share with you for your enjoyment.

To make things simple, this recipe collection resides in your oven’s controller—the touchscreen—for easy reference and single-touch selection. Just select “Bake” on your touchscreen, choose “Cookbook Recipes” in the menu, then select the item you are preparing from the list of choices. The preparation is up to you, but you can consider the cooking as easy as pressing the “Start” button. Each recipe and its setting is tested and approved by our chefs for a perfect outcome every time.

Of course, if you are like most of us, you’ll want to add your personal magic to these recipes with a signature spice or twist of the ingredients. In fact, we know that when it comes to your family, our meatloaf recipe may not hold a candle to yours. Feel free to make it your own and use the prescribed setting. The outcome should still be spectacular.

We hope you will savor this collection of great food as much as we have. Perhaps a few will even make their way into your repertoire of family favorites. Enjoy.

## Making the Most of Your Entire Cooking Experience

While you are sure to be tempted to use only the speedcooking abilities of the top oven of the TurboChef, do not forget about the capabilities of the bottom oven.

Your bottom oven offers a variety of attractive benefits as well. It is a high-end conventional/ convection oven that will also yield exceptional cooking results in a more conventional time frame. Use it in conjunction with your top oven to perfectly orchestrate a meal. While cooking a single 20-minute dish in the bottom oven, you can prepare a few appetizers and a portion of your main course in the top oven. Or, use the “Warm” setting on your bottom oven to hold speedcook items at the perfect temperature until the entire meal is ready to be served. Or, if you have time for a traditionally slow-cooked meal, you can certainly do that too.

The entire oven has been designed to maximize your efficiency in the kitchen without any sacrifice of quality. Use this outstanding kitchen tool to your advantage.

# Recipes



# Appetizers

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## Southwestern Beef Empanadas

**PREP TIME:** Approximately 10 minutes  
**COOK TIME:** TurboChef : 4-1/2 minutes  
 Conventional : 25 minutes

An empanada is a stuffed pastry. Originally from Galicia, Spain, empanadas were imported to Latin America with the large number of Galician immigrants, primarily to Argentina and Uruguay. Today, Spain, Portugal, the Caribbean, and most Latin American countries have a version of empanada. In this recipe we have added a Southwestern twist to the filling.

### INGREDIENTS

1 tablespoon olive oil	1/2 teaspoon kosher salt
1/2 pound ground beef	1/8 teaspoon dried chipotle powder
1/2 cup diced onion	2 10-inch unbaked prepared pie crusts
1/4 cup diced canned green chilies	1-1/2 cups grated pepper jack cheese

### CHIPOTLE SAUCE

3/4 cup sour cream	green chilies
1/4 teaspoon kosher salt	1 green onion, minced
1 teaspoon ground dried ancho chili peppers	1 clove garlic, minced
1/2 teaspoon ground chipotle pepper	1 tablespoon tomato paste

2 tablespoons minced

1. Select "Cookbooks" on the touchscreen. Select "Appetizers" followed by "Southwestern Beef Empanadas." Press "Preheat" to begin the preheat cycle.
2. Heat the olive oil in a skillet and sauté the ground beef and diced onion. Add green chilies, pepper, salt, and chipotle powder. Cook until the beef is browned and the onions are transparent. Strain off any excess fat.
3. Combine all the ingredients for the Chipotle Sauce and refrigerate until needed.
4. Place one of the pie crusts onto a clean surface and roll out to a circle about 12 inches in diameter. Cut 3 pastry rounds out of it, each measuring about 5 inches in diameter (find a small plate to use as a guide). Repeat with the second pie shell. You will now have 6 pastry rounds.
5. Moisten the edges of the pastry with water using a pastry brush. On half of the pastry round, spoon about 1/4 cup of the beef mixture and top with about 1/4 cup of pepper jack cheese. Fold over the other half of the pastry and seal the edges with a fork, making a decorative edge. Place empanadas on a sheet pan and place in the oven.
6. Press "Start" and bake for 4-1/2 minutes.
7. Serve one empanada with a ramekin of Chipotle Sauce as an appetizer. For an entrée, serve two per person with Chipotle Sauce, beans, and rice.

**Yield: 6 servings as an appetizer or 3 as an entrée**

## Stuffed Portobello Mushrooms

**PREP TIME:** Approximately 15 minutes  
**COOK TIME:** TurboChef : 3 minutes  
 Conventional : 20 minutes

Portobello mushrooms have a meaty texture and pair nicely with beef but often substitute for it on a vegetarian menu. These are an excellent appetizer and also serve well as an accompaniment to a main course.

### INGREDIENTS

3 tablespoons olive oil	1/2 teaspoon freshly ground black pepper
1 6-ounce red onion, thinly sliced	1/4 cup pine nuts
2 large portobello mushrooms, 6-ounces each	1/2 cup grated Parmesan cheese
1/2 pound fresh spinach	4-5 slices roasted red pepper
2 cloves garlic, minced	1/2 cup shredded Manchego cheese
1/2 teaspoon kosher salt	

1. Select "Cookbooks" on the touchscreen. Select "Appetizers" followed by "Stuffed Portobello Mushrooms." Press "Preheat" to begin the preheat cycle.
2. In a sauté pan over a medium heat, add 1 tablespoon olive oil and onions. Stir for about 10 minutes, until onions are softened and lightly browned.
3. Clean mushrooms. Remove stems and gills and set aside.
4. Cut spinach into thick strips. Place in a mixing bowl along with the onions, garlic, salt, pepper, pine nuts, and Parmesan cheese. Toss with 1 tablespoon of olive oil. Mix well.
5. Brush sheet pan with remaining tablespoon of olive oil and put the mushrooms on the pan, top side down. Place 2 mounds of spinach mixture into each mushroom cap and top each with slices of roasted red pepper. Sprinkle with Manchego cheese and place in the oven.
6. Press "Start" and bake under "Stuffed Portobello Mushrooms" for 3 minutes. Cut into quarters to serve as an appetizer.

**Yield: 4 appetizer servings**

**Helpful Hint :** To serve as a side dish, cut mushrooms in halves. For an entrée, serve one cap per person.

## Cheese Bites

**PREP TIME:** Approximately 5 minutes  
**COOK TIME:** TurboChef : 2-1/2 minutes  
 Conventional : 11 minutes

These delicious cheese stuffed bites are great for a snack or as an accompaniment for your favorite pasta dish. Let the kids help make them for some family fun.

### INGREDIENTS

prepared biscuit dough, refrigerated                      2 tablespoons grated Parmesan cheese  
 2 sticks string cheese

1. Select "Cookbooks" on the touchscreen. Select "Appetizers" followed by "Cheese Bites." Press "Preheat" to begin the preheat cycle.
2. Cut 5 biscuits into 4 pieces each, yielding 20 pieces total.
3. Cut each stick of string cheese into 10 pieces, 20 pieces total.
4. Roll out each dough piece to about 1-inch in diameter. Wrap the dough around a small piece of cheese. Roll in your palms to form a ball. Dip the top of each ball in Parmesan cheese. Place on a sheet pan, 4 across and 5 down, with the cheese side up. Place sheet pan in the oven and press "Start." Bake for 2-1/2 minutes. Serve hot.

**Yield: 10 servings**

## Salmon en Croute

**PREP TIME:** Approximately 10 minutes  
**COOK TIME:** TurboChef : 4 minutes  
 Conventional : 30 minutes

En croute describes food that is wrapped in pastry and baked. The pastry seals in the natural moisture and flavor of the fish. In this recipe, we wrap the puff pastry around fresh salmon, but you might also want to try sea bass or halibut.

### INGREDIENTS

4 ounces cream cheese, softened                      2 5 to 6-ounce boneless, skinless salmon filets, each about 1-1/4 -inch thick  
 2 teaspoons minced fresh dill  
 1 teaspoon fresh lemon juice                      2 sheets packaged, frozen puff pastry, thawed  
 1 teaspoon grated lemon zest                      1 lemon, sliced

1. Select "Cookbooks" on the touchscreen. Select "Appetizers" followed by "Salmon en Croute" and then press "Preheat" to begin the preheat cycle.
2. Combine the softened cream cheese, 1 teaspoon dill, lemon juice, and lemon zest in a small bowl. Set aside.



SALMON EN CROUTE

3. Cut the salmon into 12 pieces about 1-inch square and 1/2 inch thick. Place the salmon pieces onto the thawed puff pastry, 3 across the width of the pastry and 4 down the length. Top each piece with about 2 teaspoons dill-cream cheese mix and place second sheet of puff pastry on top. Cut around the edges, leaving a 1/4-inch border. To create a decorative edge use a pastry wheel or ravioli cutter.
4. Place on a TurboChef Teflon Screen or cookie sheet and put in the oven. Press "Start" and bake under "Salmon en Croute" for 4 minutes. Use the "Cook More" function at the end of the cook cycle if you want your salmon more well done. Remove Salmon en Croute from the oven and garnish with the sliced lemon and the remaining teaspoon of fresh dill.

**Yield: 12 servings**



## Stuffed Mushrooms

**PREP TIME:** Approximately 25 minutes  
**COOK TIME:** TurboChef : 3-1/2 minutes  
 Conventional : 30 minutes

These mushrooms cook in no time at all, making them a perfect dish to pass around at a cocktail party, serve as an accompaniment to a roast, or include as part of a vegetarian buffet.

### INGREDIENTS

1 1-1/4 pounds large fresh mushrooms (about 20, roughly the size of a half dollar)	1/2 cup grated onion
1 cup grated Parmesan cheese	3 cloves garlic, minced
1/2 cup finely chopped parsley	1 teaspoon salt
1/2 cup bread crumbs	1 teaspoon freshly ground black pepper
	1 teaspoon dried oregano
	2/3 cup olive oil



1. Select "Cookbooks" on the touchscreen. Select "Appetizers" followed by "Stuffed Mushrooms." Press "Preheat" to begin the preheat cycle.
2. Wash mushrooms and remove stems from the tops. Finely chop stems for the stuffing mix.
3. In a mixing bowl, combine chopped stems, Parmesan cheese, parsley, bread crumbs, grated onion, garlic, salt, black pepper, oregano, and 1/3 cup of the olive oil. Mix well.
4. Place about 1 tablespoon stuffing mix in each mushroom cap.

5. Place mushrooms on a sheet pan. Before baking, drizzle a small amount of the remaining olive oil over the top. Press "Start" and bake for 3-1/2 minutes. Serve hot.

**Yield: 10 servings**

## Beef Filet on Parmesan Crostini

**PREP TIME:** Approximately 10 minutes  
**COOK TIME:** TurboChef : 11 minutes  
 Conventional : 35 minutes

Beef tenderloin makes an excellent appetizer. Ask your butcher to cut out the center portion of the tenderloin, known as the "châteaubriand." This is the leanest and tenderest part of the beef—perfect for an hors d'oeuvre. The marinade, if you choose to use it, adds flavor to the beef and makes it even more tender.

### INGREDIENTS

2 tablespoons Worcestershire sauce	2 tablespoons olive oil
2 tablespoons soy sauce	1/4 cup grated Parmesan cheese
2 cloves garlic, minced	1 cup sour cream
2 teaspoons cracked black pepper	4 tablespoons prepared horseradish
2 pounds beef tenderloin, center cut	1/2 cup minced chives
1 loaf french bread	

1. To prepare the marinade combine the Worcestershire sauce, soy sauce, garlic, and black pepper in Ziploc bag. Add the beef tenderloin, seal the bag, and let marinate 1 to 24 hours. The longer you leave the beef in the marinade, the stronger the flavor. If you prefer not to marinate the meat, simply season with salt, pepper, and garlic before cooking.
2. Select "Cookbooks" on the touchscreen. Select "Appetizers" followed by "Beef Filet on Parmesan Crostini." Press "Preheat" to begin the preheat cycle.
3. Drain the beef and place it in a large ceramic oval dish. Place dish in the oven and press "Start." Cook for 11 minutes (medium-rare). For a more done piece of beef, use the "Cook More" function to add additional cooking time. When done, the outside of the meat will be roasted and dark, the inside moist and tender. Allow the beef to rest at least 5 minutes and then chill for a few hours.
4. Select "Cook Mode" on the touchscreen. Select "Toast" followed by "Bread". Press "Preheat" to begin the preheat cycle.
5. Cut bread into 1/2-inch thick pieces and place on a sheet pan. Brush each piece with olive oil, and sprinkle with Parmesan cheese. Place pan in the oven. Press "Start" to toast for 1 minute.
6. Mix sour cream and horseradish. This may be prepared up to 2 days ahead and stored in the refrigerator.
7. Slice the beef tenderloin very thin. Place beef slice on toasted crostini and top with horseradish sauce. Garnish with chives.

**Yield: 20 servings**

## Zucchini “Crostini”

**PREP TIME:** Approximately 15 minutes  
**COOK TIME:** TurboChef : 2-1/2 minutes  
 Conventional : 30 minutes

Unlike traditional crostini, which use bread, these pass-around morsels use a zucchini slice as the base for a topping. They're really good and will appeal to the carbo-phobes among your guests.

### INGREDIENTS

olive oil	1 egg, beaten
1 cup bread crumbs	1/2 pound zucchini
1/4 cup grated Parmesan cheese	1 ounce sun dried tomatoes, cut into strips
1 teaspoon salt	3 ounces fresh goat cheese
1/2 teaspoon freshly ground black pepper	fresh oregano for garnish <i>(optional)</i>

1. Select “Cookbooks” on the touchscreen. Select “Appetizers” followed by “Zucchini Crostini.” Press “Preheat” to begin the preheat cycle.
2. Oil a sheet pan and set aside.
3. In a shallow dish mix bread crumbs, Parmesan cheese, salt, and pepper to make the breading.
4. Slice the zucchini diagonally into 1/4-inch thick disks to make 18 pieces.
5. Dip the slices into beaten egg and then roll them in the breading to cover completely. As each piece is done, place it on the oiled sheet pan.
6. Place pan in the oven and press “Start.” Bake for 2-1/2 minutes.
7. Remove from the oven. Place a small mound of goat cheese, topped with a strip of sun dried tomato on the “Crostini.” Garnish with fresh oregano and serve.

**Yield: 6 servings**

# Seafood

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## Snapper en Papillote

**PREP TIME:** Approximately 30 minutes  
**COOK TIME:** TurboChef : 7 minutes  
Conventional : 35 minutes

Like the puff pastry in Salmon en Croute (page 8), the paper wrapping (papillote) for the fish ensures its moist texture after it's cooked. The crab and shrimp in combination with the snapper create a luxurious main course. This recipe also works well with grouper, halibut, and sea bass in place of the snapper.

### CAJUN CREAM SAUCE

4 tablespoons butter	1/2 teaspoon freshly ground black pepper
1 clove garlic, minced	1/4 teaspoon freshly ground white pepper
1 tablespoon minced parsley	1/2 teaspoon dried thyme
2 tablespoons thinly sliced green onions	1/2 teaspoon dried oregano
1/4 cup minced shallots	6 tablespoons flour
1 teaspoon paprika	1 cup white wine
1 teaspoon salt	1-1/2 cups heavy cream
1/2 teaspoon cayenne	

### SNAPPER EN PAPILOTE

4 tablespoons butter	6 5-ounce fresh snapper filets
6 ounces fresh mushrooms, sliced (about 2 cups)	6 ounces medium sized shrimp, cooked
6 ounces fresh chanterelle or shiitake mushrooms, sliced (about 2 cups)	6 ounces crab meat, cooked
1/2 cup diced onion	2 tablespoons chopped parsley
3 cups Cajun Cream Sauce	6 pieces parchment paper
1 teaspoon salt	
1 teaspoon freshly ground black pepper	

1. Select "Cookbooks" on the touchscreen. Select "Seafood" followed by "Snapper en Papillote." Press "Preheat" to begin the preheat cycle.
2. Melt 4 tablespoons butter in a sauté pan. Add the minced garlic, parsley, green onions, shallots, and spices. Sauté about 1 minute. Add flour and continue to cook for an additional 2 minutes to make a roux.
3. Slowly add 1-1/2 cups water, stirring constantly with a whisk, until the sauce is thick. Add wine and turn the heat up to bring the sauce to a boil and reduce the volume by half.
4. Lower the heat slightly, add cream, and continue to reduce until the sauce coats the back of a spoon, thickly like custard.
5. While the sauce is cooking, melt 4 tablespoons butter in a sauté pan. Add mushrooms and onions and sauté for 5 to 7 minutes—until onions are transparent and mushrooms are somewhat soft.



SNAPPER EN PAPILOTE

6. Sprinkle salt and pepper onto snapper and set aside. Slice cooked shrimp in half lengthwise and set aside.
7. Cut a large heart shape—about 12 inches at the widest part across the top—out of a each piece of parchment paper.
8. Assemble the Snapper en Papillote by placing 1 piece of snapper on one side of the parchment paper. Place 1/4 cup of mushroom and onions on top of each snapper. Evenly distribute 1/2 cup of shrimp and crab on top of mushrooms. Place 1/2 cup of the Cajun Cream Sauce on top of the shrimp and crab. Sprinkle with parsley and fold parchment paper in half to cover the fish. Roll up the sides of the parchment to seal.
9. With a large spatula slide snapper onto a baking sheet and place in the oven. Press "Start" and bake for 7 minutes.

**Yield: 6 servings**

**Time Saver Tip :** If you're in a hurry, substitute 3 cups prepared alfredo sauce with 3 tablespoons prepared blackened seasoning for the Cajun Cream Sauce.





## Parmesan-Crusted Tilapia

**PREP TIME:** Approximately 15 minutes  
**COOK TIME:** TurboChef : 7 minutes  
 Conventional : 30 minutes

Tilapia is a mild-flavored flat fish that is successfully farmed in this country. You can also use flounder or sole for this recipe.

### INGREDIENTS

2 medium red onions, thinly sliced	4 chanterelle or other mushrooms
1/2 cup olive oil	1/2 cup seasoned bread crumbs
8 small red potatoes, thinly sliced	1/2 cup grated Parmesan cheese
1 tablespoon chopped fresh rosemary	6 6-ounce tilapia fillets
1 teaspoon salt	12 strips roasted red pepper
1/2 teaspoon freshly ground pepper	1 lemon
	2 sprigs fresh rosemary

1. Select “Cookbooks” on the touchscreen. Select “Seafood” followed by “Parmesan-Crusted Tilapia.” Press “Preheat” to begin the preheat cycle.
2. On the stove top, caramelize onion with 1/4 cup of olive oil for 10 minutes in a sauté pan. In a separate sauté pan, cook red potatoes, chopped rosemary, salt, and pepper in 1/4 cup of olive oil for 5 to 6 minutes, until potatoes are just beginning to soften.
3. Remove potatoes and in the same pan sauté the mushrooms until tender, 4 to 5 minutes. Set aside.



PARMESAN-CRUSTED TILAPIA

4. On a plate, combine bread crumbs and Parmesan cheese. Dip both sides of the tilapia fillets in the bread crumbs and set aside.
5. Place the potatoes in six mounds on a lightly oiled sheet pan. Divide the caramelized onions and roasted red pepper strips between the 6 potato bundles.
6. Place the tilapia fillets, breaded side up, on top of each mound and place the sheet pan in the oven.
7. Press “Start” and bake for 7 minutes. Remove the sheet pan from oven. Using a spatula place each serving onto a serving plate. Squeeze fresh lemon juice over each serving. Garnish with sautéed mushrooms and rosemary sprigs.

**Yield:** 6 servings

## Scallops on Rosemary Skewers

**PREP TIME:** Approximately 20 minutes  
**COOK TIME:** TurboChef : 2-1/2 to 4-1/2 minutes  
 Conventional : 10 to 15 minutes

Using rosemary stalks as skewers gives these scallops a delightful, subtle flavor. In addition, they create an unusual presentation.

### INGREDIENTS

2 medium red onions, thinly sliced	4 chanterelle or other mushrooms
1/2 cup olive oil	1/2 cup seasoned bread crumbs
8 small red potatoes, thinly sliced	1/2 cup grated Parmesan cheese
1 tablespoon chopped fresh rosemary	6 6-ounce tilapia fillets
1 teaspoon salt	12 strips roasted red pepper
1/2 teaspoon freshly ground pepper	1 lemon
	2 sprigs fresh rosemary

1. Lightly oil a ridged grill pan and place in the oven to heat. Select “Cookbooks” on the touchscreen. Select “Seafood” followed by “Scallops on Rosemary Skewers” and the number of skewers you are cooking—2, 4 or 10. Press “Preheat” to begin the preheat cycle.
2. In a mixing bowl, combine olive oil, lemon juice, zest, garlic, shallots, and salt to make the marinade. Place scallops in marinade and set aside for at least 10 minutes and up to 1 hour.
3. Remove some leaves from the rosemary skewer to make space for the scallops. Place 2 to 3 marinated scallops onto each rosemary sprig. Skewer the scallops through the side so the large round surface is facing out. Grind a small amount of pepper onto each skewer.
4. Using oven mitts, as the pan will be very hot, remove the grill pan from oven. Place skewers onto the hot surface of the pan to sear the outside. Place pan back in the oven.
5. Press “Start” and bake under “Scallops on Rosemary Skewers” for appropriate length of time—2-1/2 to 4-1/2 minutes.

- Remove pan from the oven. Squeeze fresh lemon onto each skewer before serving.

**Yield: 6 servings as an appetizer or 3 as an entrée**

## Sesame-Crusted Tuna on Field Greens

**PREP TIME:** Approximately 11 minutes

**COOK TIME:** TurboChef : 4 minutes

Conventional : 7 minutes

This flavorful preparation is slightly tropical in taste, but the delicious results have universal appeal.

### INGREDIENTS

- |  |   |
|--|---|
| 14-16 cups assorted field greens or your favorite mix of arugula, radicchio, mustard greens, mizuna, frisee, oak leaf, red chard, and Belgian endive | 1/4 cup fresh cilantro leaves                           |
| 1 fresh papaya, peeled and diced into 1-inch pieces  | 2 6 to 7-ounce tuna steaks, 1-1/4 to 1-1/2-inches thick |
| 1 fresh mango, peeled and diced into 1-inch pieces   | 2 tablespoons toasted sesame seeds                      |
| 1/2 red onion, thinly sliced   | 2 tablespoons black sesame seeds                        |
| 1 avocado, sliced  | 2 tablespoons toasted sesame seed oil                   |
| 1/2 cup snow peas, cut into thirds   | 1/2 cup Cilantro Soy Vinaigrette ( <i>see recipe</i> )  |
- Lightly oil a ridged grill pan and place in the oven. Select "Cookbooks" on the touchscreen. Select "Seafood" followed by "Sesame-Crusted Tuna" and press "Preheat" to begin the preheat cycle.
  - In a large mixing bowl place field greens. Place the papaya (reserving 3 or 4 pieces), mango (also reserving 3 or 4 pieces), red onion, avocado, snow peas, and cilantro in a mixing bowl.
  - Brush each piece of tuna with sesame oil and press into a mixture of toasted and black sesame seeds.
  - Using oven mitts, as the grill pan will be very hot, remove the pan from the oven. Place tuna on the pan and place the pan back in the oven.
  - Press "Start" and bake for 4 minutes.
  - Toss the field greens with some of the Cilantro Soy Vinaigrette. Place greens on a platter and top each salad with the remaining mango and papaya pieces. When tuna is done, slice and place along edge of the salad. Drizzle each serving of tuna with the remaining dressing.

**Yield: 2 servings as an entrée or 4 as a side dish**

### CILANTRO SOY VINAIGRETTE

3 cup soy sauce

1 tablespoon lemon zest

1 tablespoon grated fresh ginger

1/4 cup rice wine vinegar

2 tablespoons honey

2/3 cup olive oil

1 tablespoon minced cilantro

Using a blender, add soy sauce, lemon zest, ginger, rice wine vinegar, and honey in the blender container. Blend 30 seconds. Slowly drizzle olive oil into the container until blended and slightly thickened. Add cilantro and stir. Serve on the salad.



**SESAME-CRUSTED TUNA ON FIELD GREENS**

## Ginger Salmon with Baby Bok Choy

**PREP TIME:** Approximately 20 minutes  
**COOK TIME:** TurboChef : 7 minutes  
 Conventional : 20 minutes

The grilled bok choy is a wonderful foil for the Asian-flavored salmon. The marinade penetrates the fish's flesh and highlights its fine taste.

### MARINADE

1/2 cup finely chopped fresh ginger	2/3 cup rice wine vinegar
grated peel of 2 limes	2/3 cup soy sauce
2 tablespoons fresh lime juice	1/4 cup toasted sesame oil
2 cloves garlic, minced	6 tablespoons dark brown sugar

### GINGER SALMON WITH BABY BOK CHOY

4 5 to 6-ounce boneless salmon filets, about 1-1/4 to 1-1/2 -inch thick	2 cups snow peas
4 heads baby bok choy, about 4 ounces each	2 tablespoons peanut or canola oil

1. Lightly oil a ridged grill pan. Place it in the oven to heat. Select "Cookbooks" on the touchscreen. Select "Seafood" followed by "Ginger Salmon with Baby Bok Choy." Press "Preheat" to begin the preheat cycle.
2. Combine all the marinade ingredients in a large bowl. Place salmon filets in the marinade and set aside for 30 minutes.
3. Bring a saucepan of water to a boil. Add the bok choy and snow peas and blanch for approximately 1 minute—just enough to soften slightly and brighten the color. Remove the vegetables with tongs and plunge into cold water. Hold until needed.
4. Using oven mitts, as the grill pan will be very hot, remove the pan from the oven. Remove the salmon filets from the marinade, brush with peanut or canola oil, and place onto the sizzling hot grill pan. Using tongs place the blanched baby bok choy and snow peas next to the salmon. Place the pan back in the oven.
5. Press "Start." Bake under "Ginger Salmon with Baby Bok Choy" for 7 minutes—you will have a medium rare piece of salmon, for more well done fish, use the "Cook More" function. When salmon, bok choy, and snow peas are cooked, remove from oven, plate, and serve.

**Yield: 4 servings**

## Shrimp Skewers

**PREP TIME:** Approximately 10 minutes  
**COOK TIME:** TurboChef : 3-1/2 minutes  
 Conventional : 10 to 15 minutes

These marinated shrimp are a quick and easy preparation. You can abbreviate the time in the marinade and have a dinner entrée in 15 minutes.

### INGREDIENTS

1 pound jumbo shrimp, peeled with tails on	1/2 teaspoon kosher or sea salt
1/4 cup olive oil	pinch freshly ground pepper
1 tablespoon fresh lemon juice	4 lemon wedges
1 tablespoon Herbs de Provence	6 bamboo skewers
1 teaspoon minced fresh thyme	Herbs de Provence Dipping Sauce ( <i>see recipe below</i> )
1 clove garlic, minced	

1. Select "Cookbooks" on the touchscreen. Select "Seafood" followed by "Shrimp Skewers." Press "Preheat" to begin the preheat cycle.
2. Place shrimp in mixing bowl, add olive oil, lemon juice, Herbs de Provence, thyme, and garlic to make a marinade. Toss and set aside. Allow shrimp to marinate at least 10 minutes and up to 4 hours.
3. Place 3 marinated shrimp onto each skewer—skewering right above the tail and again toward the top of the shrimp so the shrimp forms a "C." Grind a small amount of pepper onto each skewer and sprinkle with sea salt. Place skewers onto a sheet pan and place pan in the oven.
4. Press "Start." Bake under "Shrimp Skewers" for 3-1/2 minutes. Serve with Herbs de Provence Dipping Sauce.

**Yield: 6 servings as an appetizer or 3 as an entrée**

### HERBS DE PROVENCE DIPPING SAUCE

2 cups mayonnaise	1 tablespoon Dijon mustard
1/4 cup cocktail sauce	
2 tablespoons Herbs de Provence	

Combine mayonnaise, cocktail sauce, Herbs de Provence, and mustard. Refrigerated, this sauce will keep for up to 30 days and is also good with seafood steaks.

# Eggs, Poultry, and Meats

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## Quiche Lorraine

**PREP TIME:** Approximately 15 minutes  
**COOK TIME:** TurboChef : 15 to 25 minutes  
 Conventional : 1 to 1-1/2 hours

Quiche Lorraine is named for the medieval region of western Europe, where it originated. Lorraine is now a part of eastern France. The dish is enjoyed throughout France and, indeed, throughout the world.

### 9 x 1-3/4-inch PIE

12 strips bacon	3/4 cup heavy cream
1 cup diced onion	1/8 teaspoon grated nutmeg
1 9-inch unbaked prepared pie crust	1/4 teaspoon freshly ground white pepper
1-1/2 cups grated Gruyère cheese	1/4 teaspoon salt
8 eggs	

### DEEP DISH PIE (10 x 2-inches)

14 strips bacon	1 cup heavy cream
1-1/4 cups diced onion	1/4 teaspoon grated nutmeg
2 9-inch unbaked prepared pie crusts	1/2 teaspoon freshly ground white pepper
1-3/4 cups grated Gruyère cheese	1/2 teaspoon salt
12 eggs	

1. Select "Cookbooks" on the touchscreen. Select "Eggs, Poultry & Meats" followed by "Quiche Lorraine." Select "9-Inch" or "Deep-Dish" and press "Preheat" to begin the preheat cycle.
2. In a sauté pan, cook bacon strips until crisp. Remove and dice.
3. Reserve about 1 tablespoon of the bacon drippings. Add the onions and sauté for about 10 minutes.
4. Roll out the pie crust into a 10-inch diameter and form into a 9 x 1-1/4 -inch metal pie tin. If using the deep-dish pan, roll two pie crusts together to a 13-inch diameter circle and form into a 10 x 2-inch pie pan. Place bacon, then onions, then cheese into the pie crust.
5. In a mixing bowl, using an electric mixer, beat the eggs, cream, and spices until frothy and volume increases. Pour over the bacon, onions, and cheese. Place pan in the oven carefully as it will be very full.
6. Press "Start" and bake under "Quiche Lorraine" for 15 minutes (9-inch) to 25 minutes (deep-dish). While cooking, the center of the quiche should puff up and brown on top and the crust should turn a nice golden brown.
7. When cooking is complete, insert a knife or toothpick into the quiche's center to check for doneness—it should come out clean. If needed, use the "Cook More" function to add additional cook time.

**Yield: 6 to 8 servings**

**Helpful Hint :** You may want to extend the shelf in the oven, put the pan in the oven and pour the batter into the shell to avoid spilling.

## Strata

**PREP TIME:** Approximately 10 minutes  
**COOK TIME:** TurboChef : 20 minutes  
 Conventional : 1 hour

Sunday brunch is easy with these make-ahead stratas. Don't limit your stratas to Sunday or to brunch—they sometimes hit the spot for supper or lunch, too. With these three variations, you'll look for meals at which to serve a strata.

### INGREDIENTS

8 cups 1-inch cubes sour dough bread	1 quart milk
1 recipe strata ingredients (see below)	1 teaspoon Dijon mustard
2 cups cheese (see individual recipes)	1/2 teaspoon salt
6 eggs	1/2 teaspoon freshly grated white pepper
	1/8 teaspoon grated nutmeg
	1/4 cup minced parsley

### BACON AND SWISS STRATA

1 cup chopped green onion	2 cups grated Gruyère cheese
2 cups diced bacon	

### HAM AND CHEESE STRATA

1 cup diced fresh red bell pepper	2 cups 1/2-inch cubes ham
1/2 cup chopped green onions	2 cups grated sharp cheddar cheese

### SPINACH AND ONION STRATA

1-1/2 cups diced onion	1 14-1/2-ounce can diced tomatoes, well drained
20 ounces frozen spinach, thawed and well drained	2 cups grated Gruyère cheese

1. Place half of the cubed bread in the bottom of a greased (9 x 13-inch) ceramic or Pyrex dish.
2. Mix together the ingredients listed under the specific strata being made and sprinkle on top of the bread cubes. (For the Spinach & Onion Strata, sauté the onions for about 15 minutes or until they turn golden brown. Top bread cubes with onions and spinach.)
3. Sprinkle with cheese and top with remaining bread cubes. (For the Spinach & Onion Strata, also top with diced tomatoes.)
4. Whisk together eggs, milk, mustard, salt, pepper, nutmeg, and parsley. Pour batter over bread mixture. Cover with plastic wrap and refrigerate at least 4 hours or up to 12 hours.
5. To cook the strata, select "Cookbooks" on the touchscreen. Select "Eggs, Poultry & Meats" followed by "Strata." Press

- “Preheat” to begin the preheat cycle.
- Once the preheating cycle is complete, remove plastic wrap from the dish and place in the oven. Press “Start” and bake under “Strata” for 20 minutes.

**Yield: 8 to 10 servings**

## Roast Turkey

**PREP TIME:** Approximately 10 minutes  
**COOK TIME:** TurboChef : 42 minutes  
 Conventional : 4 hours

Turkey is meant for a TurboChef oven—the results are just amazing. You don’t need to baste the turkey because it is not in the oven long enough to dry out the white meat. The turkey will be moist with a crisp golden brown skin. It can almost be considered a “last-minute meal.”

### INGREDIENTS

1 11 to 12-pound turkey	1 teaspoon kosher salt
1-1/2 fresh lemons	1 teaspoon cracked black pepper
5 to 6 sprigs fresh rosemary	
1 tablespoon olive oil	

- Set oven rack in the middle position. Select “Cookbooks” on the touchscreen. Select “Eggs, Poultry & Meats” followed by “Roast Turkey.” Press “Preheat” to begin the preheat cycle.
- Empty and rinse the turkey’s cavity. Use a paper towel to pat dry. Tuck the wings under so the tips fold in.
- Quarter the lemons and place them in the cavity.
- Surround the lemons with whole sprigs of rosemary and tie the legs together loosely. Rub olive oil over top of turkey. Sprinkle with kosher salt and cracked black pepper.
- Place turkey on a rack in a roasting pan. Place in the oven and press “Start.” Bake under “Turkey” for 42 minutes. Turkey is done when thermometer reads at least 165°F in the thigh and juices run clear. If necessary, use the “Cook More” function at the end of the cook cycle to add a few more minutes to the cook time. Let turkey rest 10 to 20 minutes before serving.

**Yield: 8 to 10 servings**

- Melt butter in a saucepan. Add flour and stir constantly until

**TURKEY GRAVY**

2 tablespoons unsalted butter	salt
1 tablespoon flour	freshly ground black pepper
2 to 3 cups turkey drippings	

- mixed. Heat slowly until bubbly, for about 5 minutes.
- Pour turkey drippings into a measuring cup. Pour off fat that floats to the top and use only the “juice” from the drippings. You may also substitute chicken broth. Mixing constantly with a wire whisk, slowly add turkey drippings to the butter and flour mix.



ROAST TURKEY

- Whisk gravy until smooth. Adjust thickness by adding additional drippings or reduce by simmering.
- Season with salt and pepper to taste.

**Helpful Hints :** The TurboChef 30” can handle up to a 24 pound turkey. To cook a turkey up to 24 pounds, select “Cook Mode” then “Roast” then “Chicken & Fowl” followed by “Turkey,” “Whole,” and “Unstuffed.” Select the turkey’s weight. The oven automatically adjusts the cook time for the selected weight. If the turkey is over 20 pounds, you will want to use the lower oven rack position. You will also have the option to cook a stuffed turkey.

## Chicken and Mushroom Wild Rice Bake

**PREP TIME:** Approximately 40 minutes  
**COOK TIME:** TurboChef : 17 minutes  
 Conventional : 1 hour

Wild rice is native to the Great Lakes region of the United States. It is only distantly related to white rice. Though no longer wild, it still has a complex taste and texture that more than justifies its price.

### INGREDIENTS

1 cup uncooked wild rice	1/2 cup half-and-half or light cream
2 ounces shiitake mushrooms, thinly sliced (about 1 cup)	1/2 teaspoon salt
2 ounces baby bella mushrooms, thinly sliced (about 1 cup)	1 cup sour cream
8 tablespoons (1 stick) butter	1/2 cup dry sherry
1/4 cup flour	4 4 to 5-ounce boneless, skinless chicken breasts
1/2 cup chicken stock	1/2 cup grated Parmesan cheese

1. In a saucepan, bring 4 cups of water to a boil. Add wild rice and reduce heat to a simmer. Cover and cook 30 to 40 minutes—until kernels open and are tender but not mushy.
2. Select “Cookbooks” on the touchscreen. Select “Eggs, Poultry & Meats” followed by “Chicken and Mushroom Wild Rice Bake.” Press “Preheat” to begin the preheat cycle.
3. While rice is cooking, sauté the mushrooms in butter until tender. Add flour and continue to cook until thick and bubbly. Slowly add the chicken stock, stirring with a whisk until thick and smooth. Slowly add the half-and-half and salt. Continue to stir until thick. Cool the mushroom sauce and add the sour cream and sherry.
4. Spread cooked wild rice in a buttered ceramic or Pyrex dish (11 x 7 x 2-inch). Spread half of the mushroom sauce over the rice.
5. Place chicken breasts on top of the sauced rice, and spread remaining half of mushroom sauce over the chicken. Top with Parmesan cheese.
6. Place dish in the oven and press “Start.” Bake for 17 minutes. When done, cheese should be golden brown and the chicken cooked throughout—at least 165°F.

**Yield: 4 servings**

**Time Saver Tip :** Prepare a day ahead and store in the refrigerator until ready to cook. If refrigerated, use the “Cook More” function at the end of the cook cycle to add a few more minutes to the cook time.



CHICKEN AND MUSHROOM WILD RICE BAKE

## Chicken Rollatini

**PREP TIME:** Approximately 15 minutes  
**COOK TIME:** TurboChef : 8 minutes  
 Conventional : 1 hour

Created with family dinner in mind, this dish is great when accompanied by the Italian Zucchini Casserole (page 26) and Garlic Bread (page 28). Use the bottom oven as a warming drawer to keep the chicken warm while you prepare the sides.

1. Select “Cookbooks” on the touchscreen. Select “Eggs, Poultry & Meats” followed by “Chicken Rollatini.” Press “Preheat” to begin

### INGREDIENTS

4 6-ounce boneless, skinless chicken breasts	8 leaves fresh basil
1 cup bread crumbs	1/4 ounce sun dried tomato paste
1/3 cup grated Parmesan cheese	4 ounces Manchego cheese, cut into 4 2 x 1/4-inch sticks
4 slices prosciutto or Black Forest ham, sliced thin	

- the preheat cycle.
2. Flatten the chicken breasts to an even 3/8-inch thickness.
3. On a sheet pan, mix the bread crumbs and Parmesan. Press chicken into the breading, making sure to coat both sides.
4. Top breaded chicken with a slice of ham and two fresh basil leaves. On top of the basil leaves, squeeze a line of sun dried tomato paste down the center of the chicken and top with a piece of Manchego cheese.
5. Roll chicken around the filling like a pinwheel. Top with a sprinkle of Parmesan and place, seam side down, on an oiled sheet pan.



1. Bread both sides of the chicken with the crumb/Parmesan mixture.
2. Place ham, basil, tomato, and cheese in center of chicken.
3. Roll the chicken around the filling.



6. Place the pan in the oven and press "Start." Bake under "Chicken Rollatini" for 8 minutes.

**Yield: 4 servings**

## Lemon-Rosemary Roasted Chicken

**PREP TIME:** Approximately 5 to 15 minutes

**COOK TIME:** TurboChef : 21 minutes  
Conventional : 1 to 1-1/2 hours

Roast chicken is a favorite comfort food. The lemon-rosemary seasoning gives the chicken a little kick.

1. To make the marinade combine olive oil, lemon juice, zest, garlic, shallots, and rosemary in a mixing bowl large enough to hold the chicken or in a Ziploc bag. Empty and rinse the

### INGREDIENTS

- |   |                                    |
|---|------------------------------------|
| 1/2 cup olive oil                                 | 3 teaspoons chopped fresh rosemary |
| 2 tablespoons fresh lemon juice (about 1/2 lemon) | 1 4-1/2 to 5-pound whole chicken   |
| 2 teaspoons grated lemon zest                     | kosher salt                        |
| 2 cloves garlic, minced                           | freshly ground black pepper        |
| 3 tablespoons minced shallots                     |                                    |

- chicken's cavity. Place chicken in the marinade and let set at least 10 minutes and up to one hour.
2. Select "Cookbooks" on the touchscreen. Select "Eggs, Poultry & Meats" followed by "Lemon-Rosemary Roasted Chicken." Press "Preheat" to begin the preheat cycle.
3. Remove chicken from the marinade and place in a small roasting pan. Grind a small amount of pepper onto the chicken and sprinkle with a pinch of kosher salt.

4. Place pan in the oven and press "Start." Bake for 21 minutes. The chicken is done when thermometer reads at least 165°F in the thigh and juices run clear. If necessary, use the "Cook More" function at the end of the cook cycle to add a few more minutes to the cook time.

**Yield: 6 servings**

**Time Saver Tip :** If you are in a hurry and don't have time to wait, or you just want a different flavor, try a seasoning rub. Made ahead of time, this rub will last up to a week in the refrigerator. To make the rub, combine all ingredients listed below.

**Helpful Hint :** Use this same marinade or seasoning rub on chicken portions. To cook chicken portions—bone-in, skin-on or boneless, skinless—Select "Cook Mode" then "Roast" then "Chicken RUB INGREDIENTS

- |                                    |  |
|------------------------------------|--|
| 2 tablespoons olive oil            | 2 teaspoons kosher salt                |
| 1 tablespoon paprika               | 1 teaspoon freshly ground black pepper |
| 1 tablespoon ground coriander seed | 2 cloves garlic, minced                |
| 1/2 teaspoon dried thyme           | 1 tablespoon fresh lemon juice         |

& Fowl" then "Chicken". Select either "Bone-In Portions" or "Boneless" and the number of portions you are cooking. If you select "Cut Whole" under "Bone-In Portions", you will either select "Breaded" or "Unbreaded".

## Châteaubriand Dinner

**PREP TIME:** Approximately 15 minutes

**COOK TIME:** TurboChef : 20 minutes  
Conventional : 1 hour

Châteaubriand is the center of the tenderloin 5 or 6 inches long. It's a tender and delicious cut that is showcased beautifully in this recipe.

### INGREDIENTS

- |   |                            |
|---|----------------------------|
| 5 tablespoons olive oil                   | 2 teaspoons minced garlic  |
| 1 beef tenderloin, 2-3 pounds, center cut | 1 pound carrots            |
| 2 teaspoons kosher salt                   | 1 pound small red potatoes |
| 2 teaspoons cracked black pepper          | 1/2 pound pearl onions     |

1. Select "Cookbooks" on the touchscreen. Select "Eggs, Poultry & Meats" followed by "Châteaubriand Dinner." Press "Preheat" to begin the preheat cycle.
2. Rub 1 tablespoon olive oil over the top of the beef. Sprinkle with 1 teaspoon kosher salt, 1 teaspoon black pepper, and the minced garlic. Place in a 10 x 14 x 2-inch ceramic dish.
3. Peel and cut carrots diagonally into 1-inch thick pieces. Cut potatoes into 1-inch thick pieces, and peel the pearl onions.





CHATEAUBRIAND DINNER

- Toss onions, carrots, and potatoes with remaining black pepper, salt, garlic, and 4 tablespoons olive oil. To ensure even roasting, spread the seasoned vegetables in a single layer around the beef.
- Place dish in the preheated oven. Press "Start" and bake for 20 minutes. This setting produces a medium-rare piece of beef. The onions, potatoes, and carrots will get roasted and slightly browned.
- If serving a dinner party, use the lower preheated oven as a warming drawer and allow beef to rest at least 5 minutes before cutting and serving. While the meat is resting, use the upper oven to bake or warm your favorite bread.

**Yield: 6 to 8 servings**

## Stuffed Flank Steak

**PREP TIME:** Approximately 5 minutes  
**COOK TIME:** TurboChef : 9 minutes  
 Conventional : 35 minutes

Flank steak is a delicious, lean beef. Stuffed Portobello Mushrooms (page 7) make a great accompaniment.

### INGREDIENTS

- |   |                                      |
|---|--------------------------------------|
| 1 2 to 2-1/2-pound flank steak                                | 1-1/2 teaspoons kosher salt          |
| 1 ounce fresh baby spinach                                    | 1-1/2 teaspoons cracked black pepper |
| 1/2 cup roasted red pepper strips (see <i>Helpful Hints</i> ) | 1 tablespoon extra virgin olive oil  |
| 1 ounce blue cheese   |                                      |

- Select "Cookbooks" on the touchscreen. Select "Eggs, Poultry & Meats" followed by "Stuffed Flank Steak." Press "Preheat" to begin the preheat cycle.
- Place steak on a clean cutting board or counter and top with fresh baby spinach, roasted red pepper, and cheese. Sprinkle over a teaspoon of salt and a few grinds of the pepper mill.

- Roll the flank steak like a pinwheel and tie string around the rolled up steak to secure it in place.
- Place the beef, seam side down, in a ceramic oval dish and spread with olive oil and a little more salt and pepper.
- Place dish in the oven and press "Start." Bake under "Stuffed Flank Steak" for 9 minutes (medium-rare). When done, the outside of the beef will be roasted and dark with a tender and moist inside. For well-done meat, use the "Cook More" function to add additional cook time.
- Allow beef to rest at least 5 minutes before cutting. Remove string and cut into pinwheel pieces.

**Yield: 4 servings**

**Helpful Hints :** For the roasted red pepper, you can make your own or use jarred store-bought ones.



- Scatter the spinach, red pepper, cheese, salt, and pepper over the meat.
- Starting at the short end, roll the meat into a cylinder.
- Secure the filling with string tied around the roll in two or three places.



## Old-Fashioned Meatloaf

**PREP TIME:** Approximately 20 minutes  
**COOK TIME:** TurboChef : 33 minutes  
 Conventional : 1 hour, 15 minutes

Meatloaf is the ultimate comfort food. This one's a classic, but you can vary it with ground poultry or just one meat.

### INGREDIENTS

2 eggs	1 pound ground beef, 80% fat or less
1/3 cup crushed tomatoes	1/2 pound ground veal
1/2 cup bread crumbs	1/2 pound ground pork
1-1/2 teaspoons dried thyme	1/2 cup chopped fresh parsley
1/2 teaspoon ground black pepper	1/3 cup coarsely cut onion
1 teaspoon kosher salt	3-4 slices of bacon, cut in half

1. Select "Cookbooks" on the touchscreen. Select "Eggs, Poultry & Meats" followed by "Old-Fashioned Meatloaf." Press "Preheat" to begin the preheat cycle.
2. In a medium bowl, combine eggs, crushed tomatoes, bread crumbs, thyme, pepper, and salt. Add ground meats, parsley, and chopped onion. Using clean hands, mix until well blended.
3. Spread the meatloaf into an ungreased metal loaf pan (9 x 5 x 3-inch). Drape the bacon over the meatloaf and place pan in the oven.
4. Press "Start" and bake for 33 minutes. When complete, the bacon should be crisp and the beef cooked throughout but still moist. Use the "Cook More" function at the end of the cook cycle to add additional time and produce a more done meatloaf. Allow meatloaf to rest for 5 minutes before cutting.

**Yield: 5 to 6 servings**

## Rack of Lamb

**PREP TIME:** Approximately 5 minutes  
**COOK TIME:** TurboChef : 7 minutes  
 Conventional : 30 minutes

This elegant and simple main course is great for entertaining. We have borrowed some tips from Anna Pump, the talented owner of Loaves & Fishes, a shop in Bridgehampton, on Long Island, that offers excellent take-out food and catering.

### INGREDIENTS

2 racks of lamb, 8 bones, french-cut (about 3 pounds)	2 cloves garlic, minced
1/4 cup Dijon mustard	1/4 cup chopped fresh mint leaves or rosemary
1 tablespoon soy sauce	

1. Select "Cookbooks" on the touchscreen. Select "Eggs, Poultry & Meats" followed by "Rack of Lamb." Press "Preheat" to begin the preheat cycle.

2. Using a sharp knife, remove most of the fat cap and silver skin from the lamb. Leave about 1/8-inch of fat on the eye of the lamb but scrape off any fat from the bones; they should be clean.
3. Mix together the mustard, soy sauce, garlic, and mint. Brush a light coating over the lamb, making sure not to cover the bones. Let the lamb marinate for up to 30 minutes at room temperature. Place the racks of lamb into a ceramic or Pyrex dish and place in the oven.
4. Press "Start" and bake under "Rack of Lamb" for 7 minutes. Remove from the oven and let rest for 4 to 5 minutes. Cut racks between every other bone to make 2 chop portions. Garnish with fresh mint or rosemary.

**Yield: 6 servings**



## Pork Tenderloin with Ginger-Apricot Glaze

**PREP TIME:** Approximately 5 minutes  
**COOK TIME:** TurboChef : 9 minutes  
 Conventional : 45 minutes

The sweet-tart contrast of the glaze sets this dish apart from most other pork tenderloin recipes. It's an unexpected and most welcome taste surprise.

### INGREDIENTS

1-1/2 teaspoons olive oil	2 cloves garlic, minced
1/4 teaspoon freshly ground white pepper	1 pork tenderloin, 16-18 ounces

### GLAZE

1/2 cup apricot jam	1 tablespoon minced fresh ginger
1 tablespoon Dijon mustard	1 tablespoon soy sauce

1. Select "Cookbooks" on the touchscreen. Select "Eggs, Poultry & Meats" followed by "Pork Tenderloin with Ginger-Apricot Glaze." Press "Preheat" to begin the preheat cycle.
2. Rub olive oil, garlic, and white pepper over the top of the tenderloin. Place pork in a ceramic or Pyrex dish and put the dish in the oven. Press "Start." Roast under "Pork Tenderloin with Ginger-Apricot Glaze" for 9 minutes.
3. Combine the glaze ingredients.
4. At 80% of the cooking time, when the signal goes off, spread glaze over the pork loin and put it back in the oven for about 2 minutes. Pork should be seared and brown on the outside and tender and cooked throughout on the inside. Serve with Baked Acorn Squash (*page 29*) or your favorite side dishes.

**Yield: 4 servings**

## Ciabatta Sandwich

**PREP TIME:** Approximately 1 minute  
**COOK TIME:** TurboChef : 1 minute, 15 seconds  
 Conventional : 10 to 15 minutes

Ciabatta is an Italian bread (the word means "slipper"), with a fine crisp crust, large holes, and a tender interior texture. It's relatively flat and shapeless, and perfect for sandwiches.

### EACH SANDWICH

1 3 x 5-inch ciabatta roll or bread	2 tablespoons Parmesan Mayo ( <i>see recipe below</i> )
olive oil	2 leaves fresh basil
1 ounce sliced Genoa salami	1 leaf of leaf lettuce
2 ounces sliced Black Forest ham	2 slices fresh tomato
2 slices provolone cheese	

### PARMESAN MAYO

1/2 cup mayonnaise	2 tablespoons grated Parmesan cheese
--------------------	--------------------------------------

1. Select "Cookbooks" on the touchscreen. Select "Eggs, Poultry & Meats" followed by "Ciabatta Sandwich" and press "Preheat" to begin the preheat cycle.
2. Cut roll crosswise and place open-faced on a baking sheet.
3. Spread top piece of bread with olive oil. On the bottom piece, place salami, ham, and provolone cheese. Make sure to cover all the meat with cheese. Build a second sandwich the same way.
4. Place pan with sandwiches in the oven and press "Start." Cook under "Ciabatta Sandwich" for 1-1/4 minutes. When done, the bread should be toasted and the cheese melted.
5. Remove sandwiches from the oven. Spread Parmesan Mayo evenly over the toasted bread. Place lettuce, basil, and tomato on top of melted cheese. Close sandwich and cut in half on the diagonal to serve. Serve with your favorite soup for a light supper or with your favorite chips as a lunch.

### Parmesan Mayo :

Combine mayonnaise and Parmesan cheese. Parmesan Mayo goes well with many sandwiches, so you might consider making a batch to keep in the refrigerator. It will keep for up to 30 days.

### Yield: 2 sandwiches

**Helpful Hint :** If you cannot find sandwich size rolls of ciabatta, use a whole loaf of ciabatta bread and cut it into thirds to create the right size bread for your sandwich.

# Vegetables and Sides

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## Steamed Asparagus

**PREP TIME:** Approximately 1 minutes  
**COOK TIME:** TurboChef : 45 seconds  
 Conventional : 7 to 10 minutes

This quick preparation makes it a perfect dish for entertaining. Put them in the oven when your guests sit down and serve perfect asparagus every time. You'll be hooked on this method the first time you try it.

### INGREDIENTS

20 fresh asparagus spears, pencil thin preferred  
 2 tablespoons butter *(optional)*  
 Herbs de Provence Butter *(page 29) (optional)*

1. Select "Cookbooks" on the touchscreen. Select "Vegetables & Sides" followed by "Asparagus." Press "Preheat" to begin the preheat cycle.
2. Remove the bottom woody part of the asparagus stalks by bending the stalks and allowing them to break naturally where the woody and more tender parts meet (the natural break point)—usually about 1-1/2 to 2 inches from the bottom of the stalk.
3. Rinse asparagus and wrap in a wet paper towel. Use a piece of parchment paper to wrap around the wet paper towel/ asparagus bundle. This protects the vegetable from the oven's heat and provides steam. Place the asparagus package in the oven.
4. Press "Start" and bake under "Asparagus" for 45 seconds. Take asparagus out of the oven and remove the parchment paper and paper towel. Top with butter and salt or Herbs de Provence



Butter. For softer vegetables, use the "Cook More" function to add additional cook time.

**Yield: 4 to 5 servings**

**Chef's Suggestion :** Serve your asparagus at room temperature with the Lemon and Garlic Sauce below.

### LEMON AND GARLIC SAUCE

1 tablespoon fresh lemon juice  
 1 teaspoon sesame oil  
 1 tablespoon soy sauce  
 1 clove garlic, minced  
 1 tablespoon toasted or black sesame seeds

Combine the lemon juice, sesame oil, soy sauce, and garlic. Pour over the asparagus and sprinkle with sesame seeds.

## Green Beans Amandine

**PREP TIME:** Approximately 2 minutes  
**COOK TIME:** TurboChef : 6 minutes  
 Conventional : 20 minutes

The familiar green bean contains immature seeds, which we eat along with the pod. This bean is enormously versatile and responds well to a myriad of cooking techniques. This one is a classic.

### INGREDIENTS

2 pounds fresh green beans  
 2 tablespoons chicken stock or water  
 1/2 teaspoon salt *(optional)*  
 2 tablespoons butter  
 1/2 cup chopped almonds

1. Select "Cookbooks" on the touchscreen. Select "Vegetables & Sides" followed by "Green Beans Amandine." Press "Preheat" to begin the preheat cycle.
2. Top and tail the beans after rinsing them. Place beans in a covered casserole dish (7 x 9 x 2-inch), add stock or water, and butter, cut into bits.
3. Place dish in the oven and press "Start." Bake under "Green Beans Amandine" for 6 minutes. Remove from the oven and top with the chopped almonds.

**Yield: 6 servings**

## Corn Poblano Casserole

**PREP TIME:** Approximately 20 minutes  
**COOK TIME:** TurboChef : 11 minutes  
 Conventional : 1 hour

This delicious dish is a treat, summer or winter, and it can be made with fresh or frozen corn.

### INGREDIENTS

1/2 cup diced poblano peppers	1/4 cup sugar
1/4 cup diced onion	1 tablespoon baking powder
8 tablespoons (1 stick) unsalted butter	1/2 cup corn syrup
2 cups corn, frozen and thawed or cut from the cob	2 eggs
3/4 cup yellow corn meal	1 cup half and-half or light cream
1/4 cup flour	1/2 teaspoon salt
1/2 cup bread crumbs	1/2 teaspoon freshly ground black pepper

1. Select "Cookbooks" on the touchscreen. Select "Vegetables & Sides" followed by "Corn Poblano Casserole." Press "Preheat" to begin the preheat cycle.
2. Sauté poblano peppers and onions in butter for 5 minutes or until onions are transparent. Add corn and continue to sauté for an additional 2 minutes. Remove from heat and allow to cool.
3. Combine all the remaining ingredients in a large bowl and stir until blended. Add sautéed vegetables.
4. Pour mixture into an ovenproof ceramic or Pyrex casserole dish (2-1/2 x 7 x 11-inch).
5. Place casserole in the oven and press "Start." Bake under "Corn Poblano Casserole" for 11 minutes. When cooked, the casserole should be browned on top, and when a knife is inserted in the center, it should come out clean.

**Yield: 6 to 8 servings**

## Italian Zucchini Casserole

**PREP TIME:** Approximately 15 minutes  
**COOK TIME:** TurboChef : 9 minutes  
 Conventional : 1 hour

Zucchini is a thin-skinned summer squash whose culinary uses are almost infinite. They are best small and young, unblemished, without dents and soft spots. This recipe highlights zucchini's versatility and flavor.

### INGREDIENTS

2 tablespoons olive oil	2 tablespoons chopped basil
3 cups julienned onion	2 teaspoons salt
2 cloves fresh garlic, minced	1 tablespoon dried oregano
1 pound zucchini, cut into 1/4-inch thick medallions	1 teaspoon chopped dried rosemary
1 pound yellow squash, cut into 1/4-inch thick medallions	1/4 cup bread crumbs
1 pound tomatoes, seeded and cut into large pieces or 1 28-ounce can diced tomatoes, drained	1/2 cup grated Parmesan cheese
	1/2 cup grated cheddar cheese

1. Select "Cookbooks" on the touchscreen. Select "Vegetables & Sides" followed by "Italian Zucchini Casserole." Press "Preheat" to begin the preheat cycle.
2. Heat the oil in a large sauté pan over medium to high heat. Stirring, sauté the onion and garlic until onions are transparent. Add the zucchini and yellow squash. Continue to sauté for 5 to 7 minutes, until zucchini begins to soften but is not fully cooked. Add the drained tomatoes and spices; cook, stirring, an additional minute.
3. Remove the zucchini with a slotted spoon, leaving the juices in the sauté pan, and place half in a 3 x 8 x 11-inch oval casserole dish. Sprinkle bread crumbs and half of the Parmesan cheese over the zucchini mix. Place the other half of zucchini over the bread crumbs—again making sure to drain off any juices. Top the casserole with cheddar and the remaining Parmesan cheese.
4. Place the casserole in the oven and press "Start." Bake under "Italian Zucchini Casserole" for 9 minutes. When cooked, the cheese on top of the casserole will be nicely browned and the inside will be hot and bubbling around the edges.

**Yield: 6 to 8 servings**

## Roasted Red Pepper and Asparagus

**PREP TIME:** Approximately 2 minutes  
**COOK TIME:** TurboChef : 2 minutes  
 Conventional : 15 minutes

Roasting vegetables is a great way to enhance flavor and texture. In this recipe, before you can say “abracadabra,” the vegetables are done.

### INGREDIENTS

20 fresh asparagus spears, pencil thin preferred	1 teaspoon kosher salt
1 fresh red pepper, seeded and sliced	1/2 teaspoon freshly ground black pepper (optional)
2 tablespoons olive oil	

1. Lightly coat a ridged grill pan with olive oil and place in the oven. Select “Cookbooks” on the touchscreen. Select “Vegetables & Sides” followed by “Roasted Red Pepper and Asparagus.” Press “Preheat” to begin the preheat cycle.
2. Remove the bottom woody part of the asparagus stalks by bending the stalks and allowing them to break naturally where the woody and more tender parts meet (the natural break point)—usually about 1-1/2 to 2 inches from the bottom of the stalk. Rinse asparagus and cut each into 2 to 3 pieces.
3. Remove seeds and stem from the red pepper and cut into strips, about 2 inches long and 1/2-inch wide.
4. Toss asparagus and red pepper in oil and seasonings. Remove the grill pan from the oven (use oven mitts, the pan will be hot) and place the seasoned vegetables on the pan.
5. Place the pan back into the oven and press “Start.” Bake under “Roasted Red Pepper and Asparagus” for 2 minutes. Remove the pan from the oven and serve immediately.

**Yield: 4 to 5 servings**

**Chef’s Suggestion :** Try different vegetables. Cauliflower, broccoli, turnips, parsnips, and carrots are delicious and healthy. Simply drizzle with some olive oil and season to taste.

## Sweet Potato Soufflé

**PREP TIME:** Approximately 15 minutes  
**COOK TIME:** TurboChef : 6 minutes  
 Conventional : 35 to 45 minutes

This recipe makes (8) 6-ounce individual soufflés, which makes for an elegant presentation. If you prefer a one-dish family-style preparation, you can use a casserole dish.

### INGREDIENTS

4 sweet potatoes (about 12 ounces each)	4 tablespoons unsalted butter, at room temperature
1 cup sugar	1/2 cup milk (whole or 2%)
1/2 teaspoon salt	1 teaspoon vanilla extract
2 eggs, beaten	

### TOPPING

1 cup brown sugar	1 cup chopped pecans
1/4 cup flour	4 tablespoons unsalted butter

1. Select “Cookbooks” on the touchscreen. Select “Vegetables & Sides” followed by “Baked Sweet Potatoes” and the number of potatoes being cooked (“4”). Press “Preheat” to begin the preheat cycle.
2. Rinse and clean the potatoes. Place them directly on the oven rack. Press “Start” and bake under “Baked Sweet Potatoes” for 10 minutes or until fully cooked.
3. Prepare the topping while the sweet potatoes are baking. Combine all topping ingredients in a medium sized bowl. Mix with a fork until the topping resembles coarse crumbs.
4. Remove potatoes from the oven and allow to cool just long enough to be able to handle. Remove the skins and mash the potatoes—you’ll need 3 cups of mashed sweet potatoes for the soufflé.
5. Still under “Cookbooks” on the touchscreen, select “Vegetables & Sides” followed by “Sweet Potato Soufflé.” Press “Preheat” to begin the preheat cycle.
6. In a large bowl, mix together 3 cups of mashed sweet potatoes,



sugar, salt, eggs, butter, milk, and vanilla. Set aside.

- Butter the bottom of (8) 6-ounce ramekins. Sprinkle sugar on the bottom and sides of each dish. This creates a “sugar crust” on the inside of the soufflé dish and allows the soufflé to rise properly.
- Fill each soufflé ramekin about 7/8 full with the sweet potato mixture. Top with 2 tablespoons of the topping.
- Place the soufflés in the oven directly on the rack and press “Start.” Bake under “Sweet Potato Soufflé” for 6 minutes. When done, soufflés should be crispy on top— like a pecan praline— with a hot and moist interior.

**Yield: 8 servings**

## Oven-Roasted Rosemary Potatoes

**PREP TIME:** Approximately 5 minutes  
**COOK TIME:** TurboChef : 6 minutes  
 Conventional : 1 hour

Oven-roasted potatoes are a family favorite. In fact, potatoes of all kinds and preparations are probably America’s favorite vegetable.

### INGREDIENTS

2-1/2 pounds small red potatoes, cut in squares	1/2 teaspoons kosher salt
1/4 cup olive oil	1/2 to 1 teaspoon cracked black pepper
1 to 2 teaspoons minced garlic	1 tablespoon fresh rosemary

- Select “Cookbooks” on the touchscreen. Select “Vegetables & Sides” followed by “Oven-Roasted Rosemary Potatoes.” Press “Preheat” to begin the preheat cycle.
- Place potatoes on a sheet pan and drizzle with olive oil. Sprinkle the garlic, salt, pepper, and rosemary over the potatoes.
- Place pan in the oven and press “Start.” Bake under “Oven-Roasted Rosemary Potatoes” for 6 minutes. Potatoes should be browned on top and soft in the center.

**Yield: 8 to 10 servings**

## Scalloped Potatoes

**PREP TIME:** Approximately 15 minutes  
**COOK TIME:** TurboChef : 20 minutes  
 Conventional : 1-1/2 hours

Scalloped potatoes are an American variation on the French gratin. No matter what you call them, most people would rather eat this accompaniment than the food it accompanies.

### INGREDIENTS

4 tablespoons unsalted butter	1-1/2 teaspoons salt
4 potatoes (about 12 ounces each), peeled and sliced 1/16-inch thin, with a mandolin, if you have one	1 teaspoon freshly ground white pepper
1/2 cup sliced onions	1 cup grated Gruyère cheese
	2 cups heavy cream

- Select “Cookbooks” on the touchscreen. Select “Vegetables & Sides” followed by “Scalloped Potatoes” and press “Preheat” to begin the preheat cycle.
- In a lightly buttered 9 x 13-inch ceramic or Pyrex dish, evenly layer the potatoes, remaining butter, salt, pepper, and cheese. Pour cream over the top and place in the oven.
- Press “Start.” Bake under “Scalloped Potatoes” for 20 minutes. Remove from the oven and let set 5 minutes before serving.

**Yield: 6 to 8 servings**

## Garlic Bread

**PREP TIME:** Approximately 5 minutes  
**COOK TIME:** TurboChef : 2 minutes  
 Conventional : 10 minutes

Garlic bread, a standby of old-fashioned Italian restaurants, is divine when homemade and given a little flourish of parsley and mozzarella.

### ROASTED GARLIC

1 head of garlic	1 tablespoon olive oil
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### GARLIC BUTTER

1 tablespoon mashed roasted garlic	8 tablespoons (1 stick) butter, softened at room temperature
1 tablespoon minced fresh parsley	

### GARLIC BREAD

1 loaf French or Italian bread	2 tablespoons minced fresh parsley
4 tablespoons garlic butter	1/2 cup shredded mozzarella cheese



1. Preheat the lower oven to 300°F.
2. Cut the top of the entire garlic bulb but leave attached at the root end.
3. Bake in the preheated oven for about 1 hour, until the garlic turns golden brown and develops a sweet, nutty taste and aroma. Set aside.
4. Select "Cookbooks" on the touchscreen. Select "Vegetables & Sides" followed by "Garlic Bread." Press "Preheat" to begin preheat cycle.
5. Peel and mash 3 to 4 cloves of the roasted garlic, enough to yield 1 tablespoon or a little more. Mix with the parsley and softened butter.
6. Cut bread in half lengthwise. Spread garlic butter over bread. Sprinkle with minced parsley and mozzarella cheese.
7. Place garlic bread on a sheet pan and place in the oven. Press "Start" and bake under "Garlic Bread" for 2 minutes. Remove from oven when done and serve warm.

**Yield: 6 to 8 servings**

## Herbs de Provence Biscuits

**PREP TIME:** Approximately 5 minutes  
**COOK TIME:** TurboChef : 2-1/2 minutes  
 Conventional : 11 minutes

These delicious little biscuits complement the fanciest meal but are easy enough to make every day.

### HERBS DE PROVENCE BUTTER

1 tablespoon Herbs de Provence spice blend	1/2 teaspoon mashed roasted garlic ( <i>See Garlic Bread</i> )
1 teaspoon fresh thyme ( <i>or 1/2 teaspoon dried</i> )	8 tablespoons (1 stick) butter, softened at room temperature
1 tablespoon olive oil	

### BISCUITS

prepared biscuit dough	1/4 cup Herbs de Provence Butter
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HERBS DE PROVENCE BISCUITS

1. Mix the dried spices with the olive oil. Let stand at least 10 minutes. Add the garlic and the softened butter. Herbs de Provence Butter can be made up to 30 days ahead and stored in the refrigerator.
2. Select "Cookbooks" on the touchscreen. Select "Vegetables & Sides" followed by "Herb de Provence Biscuits." Press "Preheat" to begin the preheat cycle.
3. Cut 5 biscuits into quarters. Roll each quarter into a ball and place on a sheet pan covered with a piece of parchment paper. Brush balls with Herbs de Provence Butter and place pan in the oven.
4. Press "Start" and bake under "Herb de Provence Biscuits" for 2-1/2 minutes. Remove from the oven and brush biscuits with about 1 tablespoon more butter. Allow the butter to melt over the top of the hot biscuits. Serve warm.

**Yield: 8 to 10 servings**

## Baked Acorn Squash

**PREP TIME:** Approximately 2 minutes  
**COOK TIME:** TurboChef : 10 minutes  
 Conventional : 1 hour

Acorn squash (*Cucurbita pepo*) is a winter squash, which means it's harvested in fall and stored until spring. Thick skinned, with large, inedible seeds, they come in an assortment of bright colors and delicious flavors.

### INGREDIENTS

1 1-1/2 to 2 pound acorn squash	2 tablespoons brown sugar
2 tablespoons butter	pinch of ground cinnamon ( <i>optional</i> )

1. Select "Cookbooks" on the touchscreen. Select "Vegetables & Sides" followed by "Acorn Squash." Press "Preheat" to begin the preheat cycle.
2. Cut squash into halves. Remove seeds and place butter and sugar in the well of the squash. If desired, add cinnamon for additional flavor. Place squash halves on a sheet pan or in a shallow baking dish and place in the oven.
3. Press "Start" and bake under "Acorn Squash" for 10 minutes. When done, squash should be soft in the center and flake easily with a fork. Cut halves in half again for individual servings.

**Yield: 4 servings**

## Creamed Spinach Gratin

**PREP TIME:** Approximately 15 minutes  
**COOK TIME:** TurboChef : 3 minutes  
Conventional : 20 minutes

The flour in this recipe keeps the spinach from “weeping,” and the rest of the ingredients provide the delicious taste of this favorite vegetable preparation.

### INGREDIENTS

6 slices bacon, chopped into 1/2-inch pieces	1-1/4 teaspoons freshly ground black pepper
4 cups diced onions	1-1/2 cups milk (whole or 2%)
2 pounds fresh spinach	1 cup grated Gruyère cheese
4 tablespoons butter	1/4 teaspoon grated nutmeg
1/4 cup flour	1/2 cup grated Parmesan cheese
1-1/4 teaspoons salt	

1. Select “Cookbooks” on the touchscreen. Select “Vegetables & Sides” followed by “Creamed Spinach Gratin.” Press “Preheat” to begin the preheat cycle.
2. Place chopped bacon in a skillet and cook until browned and crispy, remove to paper towels to drain and set aside.
3. Remove all but 1 tablespoon of bacon fat from skillet. Add the onions and sauté approximately 2 minutes, until onions are soft. Add spinach and cook approximately 1 minute until spinach is wilted, but not fully cooked. Remove skillet from stove and set aside.
4. Over a medium heat, melt the butter in a saucepan. Add the flour, salt, and pepper. Cook for 2 minutes, stirring constantly. Slowly stir in the milk using a whisk. When the mixture has thickened, add the nutmeg and shredded Gruyère. Stir until cheese is melted.
5. Mix the cheese sauce into the spinach mixture and pour into a 7 x 9 x 2-inch Pyrex or ceramic dish. Sprinkle with Parmesan cheese and the reserved bacon.
6. Place dish in the oven. Press “Start.” Bake under “Creamed Spinach Gratin” for 3 minutes or until hot and bubbly.

**Yield: 6 to 8 servings**

# Pizza and Pasta

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## Basic Pizza Dough

**PREP TIME:** Approximately 2 hours

Make multiple pizzas for a crowd—you can double the dough recipe in way less than double the time. The toppings are the easy part. Use the lower oven as a proof box and the upper oven to bake the pizza. If you are making multiple pizzas, you can turn the lower oven into a warming oven after you have proofed the dough.

### INGREDIENTS

3 teaspoons active dry yeast      1-1/2 teaspoons salt  
 1 tablespoon sugar                  1 tablespoon olive oil  
 2-3/4 cups bread flour

1. Set the lower oven to “Bake” and then select “Proof” on the temperature dial. Place a pan of water under the lowest rack to create a heated proof box (95 to 105°F).
2. Dissolve yeast in 1 cup warm water (100 to 110°F). Add sugar and stir to dissolve. This is a very important step. You should use a thermometer to measure the water’s temperature. Yeast will die at 113°F, and the dough will fail if the water is too hot or cold.
3. Sift the flour and place it in a food processor. Add salt and pulse to mix the flour and salt. Add oil and pulse to mix oil into flour and salt. Once mixed, slowly add the bubbling yeast. Using the pulse function on the food processor, blend the ingredients together until the dough becomes very sticky and begins to form a ball.
4. Remove the dough and place on a floured surface. Gently knead into a ball. Add flour if the dough is too sticky. Knead dough for approximately 5 minutes or until it is smooth and elastic. Place in an oiled bowl, cover with a towel or plastic wrap, and place in the proof box.
5. Proof dough until it doubles in size—about 20 minutes. Remove from the proof box. Punch dough down. Proof again until it doubles in size—about 20 minutes. The dough is now ready to be rolled out and placed into the pan for a deep-dish pizza or stretched into a pizza crust.

**Yield:** 1 deep-dish or hand-stretched pizza crust

## Chicago Deep-Dish Pizza

**PREP TIME:** Approximately 15 minutes

**COOK TIME:** TurboChef : 6-1/2 minutes  
 Conventional : 45 minutes

Deep-dish pizza is legendary in Chicago. Loaded with cheese and topped with tomatoes and spices instead of a traditional sauce makes the Chicago deep-dish pizza unique.

### INGREDIENTS

1 recipe Basic Pizza Dough	1-1/2 teaspoons dried oregano
olive oil	1 clove garlic, minced
1 teaspoon corn meal	1 cup sliced mushrooms <i>(optional)</i>
6 ounces fresh hot or sweet Italian sausage	1 14-ounce can diced tomatoes, drained
3 cups grated mozzarella	1/2 cup grated Parmesan cheese
3/4 teaspoon ground fennel seed	

1. Follow instructions for making the Basic Pizza Dough.
2. Select “Cookbooks” on the touchscreen. Select “Pizza & Pasta” followed by “Chicago Deep-Dish Pizza.” Press “Preheat” to begin the preheat cycle.
3. Coat a deep-dish pizza pan (11-inch bottom diameter, 12-inch top diameter, and 1-1/2 inch deep) very lightly with olive oil. Sprinkle bottom of the pan with corn meal, with a heavier concentration in the center of the pan.



CHICAGO DEEP-DISH PIZZA



4. Remove proofed dough, place on a floured board and roll out with a rolling pin until it is about 13 to 14-inches in diameter. Gently transfer to the pizza pan. Press dough into the pan making a ridge. Place in the proof box for about 10 minutes until it puffs to about 1-inch thick.
5. While dough is proofing for the last time, cut sausage into medallions and sauté until done, about 3 to 4 minutes.
6. Remove the proofed dough from the proof box and top pizza with cheese, then sprinkle with the spices. Add the sausage and mushrooms (*optional*). Top with well-drained diced tomatoes and Parmesan cheese.
7. Press "Start" and bake under "Chicago Deep-Dish Pizza" for 6-1/2 minutes until hot and bubbly and the crust is golden brown. Cut the pizza into 8 slices and serve.

**Yield: 6 to 8 servings**

**Chef's Suggestion :** Make a vegetarian deep-dish pizza. Thaw 10 ounces of frozen, chopped spinach under running water or overnight in the refrigerator and squeeze it to remove as much moisture as possible. Follow the Chicago Deep-Dish recipe substituting spinach for the sausage and 1/4-cup diced red onions for the mushrooms. When you build the pizza, first place 1/2-cup of your favorite pizza or marinara sauce on the crust before sprinkling with cheese, spinach, spices, tomatoes, diced red onions, and Parmesan. Bake as instructed.

## Pesto Pizza

**PREP TIME:** Approximately 15 minutes  
**COOK TIME:** TurboChef : 4 minutes  
 Conventional : 30 minutes

Make a hand-stretched pizza out of the same basic dough. Basil pesto combines nicely with fresh mozzarella cheese and sun dried tomatoes. It's a variation on the popular "Margherita" pizza.

### INGREDIENTS

3/4 cup smoked or regular sun dried tomatoes	2 cups loosely packed fresh basil leaves
1 14-1/2 -ounce can diced tomatoes, drained	1/2 cup grated Parmesan cheese
1 recipe Basic Pizza Dough	2 cloves garlic
1 teaspoon corn meal	2 teaspoons fresh lemon juice
1/4 cup pine nuts	8-9 thin slices fresh mozzarella cheese

1. Combine the sun dried tomatoes and drained diced tomatoes. For best results, refrigerate overnight. This mixture can be held refrigerated for up to 30 days.
2. After the second proofing of the dough, on a clean surface sprinkled with corn meal, roll out the dough into a 12 to 13-inch round. Stretch the dough to form a raised edge on the outside and a thinner crust in the center. Place the dough on a pizza screen or a TurboChef Teflon Screen for a crisp crust. For a softer crust, place dough on a pizza pan.
3. On a stove top, toast pine nuts until lightly golden brown. In a food processor fitted with a blade, add basil, toasted pine nuts, 1/4 cup Parmesan cheese, and garlic. Run the food processor until the basil and other ingredients have formed a paste, about 1 minute. Drizzle in the olive oil and lemon juice with the motor running.
4. Select "Cookbooks" on the touchscreen. Select "Pizza & Pasta." Select "Pesto Pizza" and press "Preheat" to begin the preheat cycle.
5. Spread pesto sauce evenly over the pizza crust. Place fresh mozzarella cheese, sun dried tomato mix, and the remaining 1/4 cup Parmesan cheese over the pesto sauce.
6. Place pizza in the oven. Press "Start" and bake for 4 minutes.

**Yield: 6 to 8 servings**

## Thai Pizza

**PREP TIME:** Approximately 15 minutes  
**COOK TIME:** TurboChef : 4 minutes  
 Conventional : 30 minutes

This pizza is a delicious twist of flavors on a hand-stretched crust. The Thai Peanut Sauce can be made in advance and used for this pizza and as a dipping sauce for grilled chicken, shrimp, or beef.

### THAI PIZZA

1 recipe Basic Pizza Dough	2 tablespoons fresh bean sprouts
1 teaspoon corn meal	2 tablespoons chopped red onion
1/2 cup Thai Peanut Sauce (recipe below)	10 julienne slices fresh red bell pepper
1 cup grated mozzarella	2 tablespoons chopped peanuts
1 4-ounce chicken breast, grilled and cubed or sliced (about 1 cup)	2 tablespoons chopped fresh cilantro
2 tablespoons shredded carrots	

### THAI PEANUT SAUCE

1 cup Cream of Coconut	2 tablespoons fresh ginger, minced
3 tablespoons seasoned rice wine vinegar	2 tablespoons toasted sesame oil
2 tablespoons soy sauce	1/4 cup canola oil
1 teaspoon crushed red pepper flakes	1 cup peanut butter
3 cloves garlic, minced	2 tablespoons chopped fresh cilantro

1. In a food processor, blend Cream of Coconut, rice wine vinegar, soy sauce, garlic, ginger, and red pepper flakes. Blend for 30 to 45 seconds or until ginger and garlic are minced into fine pieces.
2. Slowly add oil to mixture while continuing to blend. Add peanut butter and cilantro and blend until smooth. Cilantro should still be in visible pieces.
3. Transfer to a clean container and refrigerate until needed —up to 30 days.
4. After the second proofing of the dough, on a clean surface sprinkled with corn meal, roll out the dough into a 12 to 13-inch round. Stretch the dough to form a raised edge on the outside and a thinner crust in the center. Place the dough on a pizza screen or a TurboChef Teflon Screen for a crisp crust. For a softer crust, place dough on a pizza pan.
5. Select “Cookbooks” on the touchscreen. Select “Pizza & Pasta.” Select “Thai Pizza” and press “Preheat” to begin the preheat cycle.
6. Spread Thai Peanut Sauce evenly over the pizza crust. Cover the sauce with mozzarella, chicken, carrots, bean sprouts, red onion, and red bell pepper.
7. Place in the oven. Press “Start” and bake for 4 minutes. After baking, remove pizza from the oven and sprinkle with chopped peanuts and cilantro.



**Yield:** 6 to 8 servings

## Baked Rigatoni

**PREP TIME:** Approximately 12 minutes  
**COOK TIME:** TurboChef : 4 minutes  
 Conventional : 20 minutes

Rigatoni is a short, hollow pasta with a large hole in the middle. The name comes from the ridges around the sides. It's good for almost any sauce you want to pair it with.

### INGREDIENTS

12 ounces uncooked rigatoni noodles	2 cups grated mozzarella
24 ounces prepared marinara sauce	

1. Select “Cookbooks” on the touchscreen. Select “Pizza & Pasta” followed by “Baked Rigatoni.” Press “Preheat” to begin the preheat cycle.
2. In a large quantity of water, boil pasta until just cooked al dente, about 12 minutes. Drain well and mix with marinara sauce. Transfer to a 1-1/2 to 2-inch deep ceramic or Pyrex dish. Top with mozzarella and place the dish in the oven.
3. Press “Start” and cook for 4 minutes. When done, the top of the cheese will be a golden brown and the inside should be hot and bubbling around the edges. If using a deeper pan, increase the cook time by using the “Cook More” function.



**Yield: 6 servings**

## Tortellini Alfredo

**PREP TIME:** Approximately 5 minutes  
**COOK TIME:** TurboChef : 4 minutes  
 Conventional : 20 minutes

This cheese-filled tortellini mixed with rich alfredo sauce is a gourmet macaroni and cheese.

### INGREDIENTS

20 ounces cheese-filled tortellini	1 cup diced prosciutto
15 ounces prepared alfredo sauce	2 cups grated mozzarella

1. Select "Cookbooks" on the touchscreen. Select "Pizza & Pasta" followed by "Tortellini Alfredo" and press "Preheat" to begin the preheat cycle.
2. Boil pasta according to package directions and drain.
3. Spread 1/4 cup of the sauce evenly on the bottom of a 2 x 7 x 9-inch deep ceramic or Pyrex dish.
4. In a large bowl, combine the cooked tortellini, prosciutto, and remaining alfredo sauce. Spread mixture evenly into the dish. Sprinkle mozzarella over the top, making sure to cover all the tortellini.
5. Place dish in the oven, press "Start." Cook under "Tortellini Alfredo" for 4 minutes. When done, the top of the cheese will be a golden brown and the inside should be hot and bubbling around the edges. If using a deeper pan, increase the cook time by using the "Cook More" function.

**Yield: 6 servings**

## Desserts and Sweets

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## Chocolate Cake

**PREP TIME:** Approximately 1 hour  
**COOK TIME:** TurboChef : 23 minutes  
 Conventional : 45 minutes

This makes a wonderful celebratory cake, even if you're just celebrating dinner with the family.

### CAKE BATTER

1/2 pound (2 sticks) unsalted butter	2 cups sugar
2-1/2 cups flour	2 teaspoons vanilla extract
1-1/2 teaspoons ground cinnamon	1 cup sour cream
3/4 cup sugar	1 teaspoon baking soda
3/4 cup cocoa powder	1/2 teaspoon salt
1 cup cold brewed coffee	5 egg whites

### CHOCOLATE FROSTING

3 cups semisweet chocolate pieces	1-1/2 cups sour cream
12 tablespoons (1-1/2 sticks) butter	7 to 7-1/2 cups confectioners' sugar

1. Select "Cookbooks" on the touchscreen. Select "Desserts & Sweets" followed by "Chocolate Cake." Press "Preheat" to begin the preheat cycle.
2. Lightly grease and flour (2) 9-inch round cake pans. Set aside.
3. In a small bowl, combine cinnamon, sugar, cocoa powder, and cold coffee; set aside.
4. In the bowl of a standing mixer fitted with a whisk, or in a large bowl using a hand mixer, cream together the sugar and butter. Add the cocoa mixture along with the vanilla and sour cream. Mix together until blended. Add flour, baking soda, and salt. Continue to beat until well blended.
5. Place egg whites in a clean, stainless steel bowl, discard the yolks or save them for a custard. Whip the egg whites until they form soft peaks. Fold egg whites into the chocolate cake batter being careful not to lose all the air in the egg whites. Divide the batter evenly between the 2 pans and place the pans in the oven.
6. Press "Start" and bake for 23 minutes or until a toothpick, inserted in the center of the cake, comes out clean.
7. While the cake is baking, prepare the frosting. Melt the chocolate and butter in a double boiler. Stir to blend and let cool for 10 minutes. In the bowl of a standing mixer fitted with a whisk, add sour cream, sugar, and chocolate. Whip until fluffy.
8. Remove cake pans from the oven and cool. Run a knife around the edge of the cake and invert each cake onto a cake rack. Flip over so the cakes are right side up. Allow cakes to cool completely.
9. Place one cake layer, right side up, on a serving platter. Spread the top with chocolate frosting. Place the second layer on top of the first and frost the top and sides of the cake using a metal cake spatula. Smooth the sides of the cake and create a decorative top by pulling the frosting up into peaks.

**Helpful Hints :** Store this cake under a glass dome at room temperature for up to 2 days or 4 days in the refrigerator.

## Peanut Butter Bars

**PREP TIME:** Approximately 10 minutes  
**COOK TIME:** TurboChef : 6-1/2 minutes  
 Conventional : 25 minutes

These chewy morsels are excellent paired with a glass of cold milk—delicious—and the combination will make you feel like a kid again. They're also good with fruit or ice cream as part of dessert or all by themselves for an afternoon pick-me-up.

### INGREDIENTS

1 cup granulated sugar	2-1/2 cups flour
1 cup packed brown sugar	1-1/2 teaspoons baking soda
1 cup peanut butter (creamy or chunky)	1 teaspoon baking powder
1/2 pound (2 sticks) butter, softened	1/2 teaspoon salt
2 large eggs	12 ounces chocolate chips

1. Select "Cookbooks" on the touchscreen. Select "Desserts & Sweets" followed by "Peanut Butter Bars." Press "Preheat" to begin the preheat cycle.
2. In a large bowl with an electric mixer, beat granulated sugar, brown sugar, peanut butter, butter, and eggs. Stir in the flour, baking soda, baking powder, and salt. Press dough into an ungreased 16 x 12-inch sheet pan until even in thickness. Place pan in the oven.
3. Press "Start" and bake for 6-1/2 minutes.
4. Remove pan from the oven and sprinkle over the chocolate chips. Place an inverted sheet pan over the pan of bars to trap heat and allow the chocolate chips to melt. Once melted, spread chocolate over the bars as a frosting. Allow to cool before serving.
5. Cut bars 5 across and 6 down to yield 30 portions. These will last at room temperature up to 5 days.

**Yield: 30 servings**

## Chocolate Soufflé

**PREP TIME:** Approximately 15 minutes  
**COOK TIME:** TurboChef : 5 minutes  
 Conventional : 20 minutes

Soufflés are a little bit of heaven, right there on your plate. Their reputation for being difficult to prepare is undeserved, as you'll see after making this delectable chocolate version. Please do use the two different chocolates as they create the balance of flavors that make these soufflés so remarkable.

### INGREDIENTS

5 tablespoons unsalted butter	1 cup sugar
7-1/2 ounces 99% cocoa butter dark chocolate	1/2 teaspoon cream of tartar
7-1/2 ounces 70% cocoa butter dark chocolate	pinch of salt
13 large eggs	confectioners' sugar (optional)

1. Select "Cookbooks" on the touchscreen. Select "Desserts & Sweets" followed by "Chocolate Soufflé" and press "Preheat" to begin the preheat cycle.
2. In a double boiler over, not touching, simmering water, melt the butter and chocolate, stirring to blend. Remove top pan of the double boiler and let set at room temperature.
3. Separate the eggs, putting the whites in a clean, stainless steel bowl. In a separate bowl, place 4 egg yolks. Discard the remaining yolks (or save them for use within a couple of days for a custard or to thicken a soup). Whip the egg whites until they begin to thicken and become fluffy. Slowly add sugar, salt, and cream of tartar. Continue to whip until egg whites form soft peaks.
4. Mix 1/2 cup water into the egg yolks. Add a little bit of the warm chocolate to the egg mixture to temper it and then, little by little, beat the yolks mixture into the chocolate. Don't let the chocolate become cool or it will leave lumps in the soufflé batter. You can prepare the two soufflé mixtures up to this point and keep them separately at room temperature for up to 2 hours.
5. Butter the bottom and sides of (8) 6-ounce soufflé dishes with softened but not melted butter. Add sugar and rotate the dish so the sugar coats the entire inside of the dish.
6. When ready to bake, fold about one quarter of the meringue into the chocolate to make a smooth mixture. Gently fold the remaining meringue into the chocolate, making sure not to lose the air in the whites that will cause the soufflé to rise to its impressive heights.
7. Fill each dish about 7/8 full with the soufflé batter and place the 8 dishes in the oven—directly onto the rack. Press "Start" and bake under "Chocolate Soufflé" for 5 minutes. Soufflé should come up about 1/2-inch over the top of the soufflé dish and be set, but still soft in the center. Serve them in the soufflé dishes. Dust with confectioners' sugar, if desired.

**Yield: 8 servings**



1. Melt butter and chocolate in the top of a double boiler, stirring with a spatula.
2. Carefully, fold the beaten egg whites into the chocolate mixture.
3. Fill individual soufflé dishes almost to capacity – 7/8 full.

## Crumb-Topped Apple Pie

**PREP TIME:** Approximately 1 hour  
**COOK TIME:** TurboChef : 30 minutes  
 Conventional : 1 hour, 10 minutes

Select a firm apple with a tart taste for best results— Cortland, McIntosh, Macoun are good and so are New Zealand Jazz, Pink Lady, or the always-available Granny Smith. The crumb topping on this pie coupled with tart apples makes this taste like an old-fashioned favorite.

### CRUST

1-3/4 cups unbleached flour	1 tablespoon sugar
10 tablespoons butter, cut into 6 pieces	1 tablespoon fresh lemon juice

### FILLING

9 cups peeled, cored, and sliced apples	1/2 teaspoon ground cinnamon
1/2 cup brown sugar	1 tablespoon fresh lemon juice
3 tablespoons unbleached flour	1/2 cup raisins (optional)

### TOPPING

1 cup packed brown sugar	1/4 teaspoon ground cinnamon
1/4 cup unbleached flour	4 tablespoons butter, softened at room temperature

## Fruit Tart

1. Select "Cookbooks" on the touchscreen. Select "Desserts & Sweets" followed by "Crumb-Topped Apple Pie." Press "Preheat" to begin the preheat cycle.
2. To prepare the pie crust, place flour, butter, and sugar into the bowl of a food processor fitted with a metal blade. Pulse for 5 seconds. With the motor running, add the lemon juice and 6 tablespoons water. Continue to mix until the pastry starts to cling together.
3. Remove the pastry from the bowl and shape it into a ball. Cover with plastic wrap and chill for at least 30 minutes or up to 24 hours. When ready to bake, turn it onto a floured surface and roll out to a 13-inch circle.
4. Gently transfer the dough to a 10 x 2-inch pie pan, trim the crust 1/2-inch beyond the pan. Make a decorative edge with the tines of a fork or your index finger.
5. To prepare the filling, combine apples, brown sugar, flour, cinnamon, and lemon juice. You should have about 9 to 9-1/2 cups of apple filling. Spread evenly over the pie crust.
6. For the topping, combine brown sugar, flour, cinnamon, and butter. Mix with a fork or pastry cutter until the butter is about the size of peas and the mix is crumbly. Sprinkle the topping over the pie filling, and place the pie in the oven.
7. Press "Start." Bake under "Crumb-Topped Apple Pie" for 30 minutes. Bake until the crust is golden brown, the topping is melted and bubbling, and the apples are tender. Cool slightly before serving.

**Yield: 6 to 8 servings**



FRUIT TART

**PREP TIME:** Approximately 20 minutes  
**COOK TIME:** TurboChef : 10 minutes  
 Conventional : 20 minutes

The shortbread-crust tart, with its mixed fruit topping, is a delicious and almost-healthy dessert.

### CRUST

1/2 pound (2 sticks) unsalted butter	2 cups flour
1/2 cup confectioners' sugar	1/4 teaspoon salt

### TOPPING

3 ounces cream cheese, softened	1-1/2 cups sliced strawberries
2 tablespoons confectioners' sugar	3 kiwi fruits, peeled and sliced
2 teaspoons fresh lemon juice	1/2 cup blueberries
1 teaspoon vanilla extract	1/2 cup green grapes
	1/2 cup raspberries or blackberries

### GLAZE

5 tablespoons confectioners' sugar	1 teaspoon fresh lemon juice
1 tablespoon water	1-1/2 teaspoons cornstarch

1. Select "Cookbooks" on the touchscreen. Select "Desserts & Sweets" followed by "Fruit Tart." Press "Preheat" to begin the preheat cycle.
2. To prepare the crust, cream together butter and sugar. Add flour and salt and blend well. Gather dough into a ball and roll out to an 11-inch disk, about 1/4-inch thick. Place dough into an 11 x 1-1/2 -inch fluted-edge tart pan and build up the edges about 1-inch.
3. Place crust in the oven and press "Start." Bake under "Fruit Tart" for 10 minutes. Remove from the oven and cool.
4. To prepare the topping, beat the cream cheese, confectioners' sugar, lemon juice, and vanilla extract until smooth.
5. Combine all glaze ingredients in a small saucepan and bring to a boil stirring constantly. When glaze becomes transparent and is no longer cloudy (about 1 minute) remove from heat and let cool.
6. Spread sweetened cream cheese over the crust. Starting from the outside and moving toward the center, attractively arrange the fruit over the crust. Brush glaze over fruit. Serve immediately or refrigerate up to 2 hours.

**Yield: 6 to 8 servings**

## Bread Pudding with Whiskey Sauce

**PREP TIME:** Approximately 15 minutes  
**COOK TIME:** TurboChef : 5 minutes  
 Conventional : 1 hour

Bread pudding is a great way to use leftover bread. This version is accompanied by a superb Whiskey Sauce.

### WHISKEY SAUCE

1-1/2 teaspoons cornstarch	1/4 cup sugar
1/4 cup milk	2 tablespoons whiskey (Jack Daniel's or Maker's Mark)
2 tablespoons butter	

### BREAD PUDDING

3/4 cup milk	1/4 cup raisins
1/4 cup cream sherry	2-1/2 cups packed diced French bread
1 egg, beaten	1 tablespoon butter
1/2 cup sugar	
1-1/2 teaspoons vanilla extract	

1. In a bowl, combine the cornstarch and 1 tablespoon cold water; stir until blended. In a small saucepan, combine the milk, butter, and sugar. Heat, stirring, until the sugar is dissolved and the mixture is bubbly. Add cornstarch mixture and continue stirring. Add the whiskey and continue stirring until the sauce is thick and well blended. Remove the saucepan from the heat. Let cool slightly.
2. Select "Cookbooks" on the touchscreen. Select "Desserts & Sweets" followed by "Bread Pudding with Whiskey Sauce" and press "Preheat" to begin the preheat cycle.
3. In a large bowl, combine milk, sherry, egg, sugar, vanilla, and raisins. Add diced bread and let soak for 10 to 15 minutes.
4. Butter (4) 6-ounce soufflé cups. Evenly distribute batter among the cups and place on a sheet pan.
5. Place pan in the oven and press "Start." Bake under "Bread Pudding with Whiskey Sauce" for 5 minutes. Remove from the oven and serve in the soufflé cup with Whiskey Sauce.

**Yield: 4 servings**

## Cinnamon Streusel Coffee Cake

**PREP TIME:** Approximately 10 minutes  
**COOK TIME:** TurboChef : 25 minutes  
 Conventional : 1 hour

Coffee cake is a universal favorite, not too sweet, with a comforting texture and familiar taste. It's versatile enough for dessert, for tea, or for a snack.

### CINNAMON STREUSEL


1 cup brown sugar	1-1/2 teaspoons ground cinnamon
1/4 cup flour	
4 tablespoons butter, at room temperature	1 cup chopped pecans

### COFFEE CAKE BATTER

3 cups unbleached flour	12 tablespoons (1 1/2 sticks) unsalted butter
1-1/2 teaspoons baking powder	
1 teaspoon baking soda	4 large eggs, at room temperature
3/4 teaspoon salt	2 cups sour cream
1-1/2 cups sugar	

1. Combine all the ingredients for the streusel in a mixing bowl. Mix with a fork or pastry cutter until the butter is about the size of peas and the mix is crumbly. Set aside. Makes about 2 cups.
2. Select "Cookbooks" on the touchscreen. Select "Desserts & Sweets" followed by "Cinnamon Streusel Coffee Cake." Press "Preheat" to begin the preheat cycle.
3. Lightly grease a 9 x 13-inch cake pan.
4. In a large bowl mix flour, baking powder, baking soda, and salt; set aside.
5. In the bowl of a standing mixer fitted with the whisk attachment, combine the sugar, butter, and vanilla. Add eggs, one at a time. Scrape the sides of the bowl occasionally and mix for 2 minutes.
6. On low speed, add the flour mixture and sour cream alternately to the sugar mixture until well blended. Pour 4 cups of the batter into the pan and spread evenly.
7. Sprinkle 1 cup of the cinnamon streusel on top of the batter. Pour remaining 2 cups of batter over cinnamon streusel and top with the rest of the streusel.
8. Place the pan in the oven and press "Start." Bake under "Cinnamon Streusel Coffee Cake" for 25 minutes. Remove pan from the oven, and cool slightly before serving.

**Yield: 8 to 10 servings**

**Time Saver Tip :** This coffee cake can be made ahead of time and  kept in an airtight container for 1 day at room temperature or 3 days in the refrigerator. Warm in the oven before serving.



## Banana Nut Muffins

**PREP TIME:** Approximately 15 minutes  
**COOK TIME:** TurboChef : 13 minutes  
 Conventional : 25 minutes

If you have bananas that are getting too ripe to eat use them in these muffins—a welcome dessert for an informal meal.

### INGREDIENTS

- |                            |                            |
|----------------------------|----------------------------|
| 1 cup sugar                | 1/2 teaspoon grated nutmeg |
| 10 tablespoons canola oil  | 1/2 teaspoon baking soda   |
| 2 large eggs               | 1 teaspoon baking powder   |
| 2 ripe bananas             | 1/2 teaspoon salt          |
| 1 cup unbleached flour     | 1/2 cup chopped walnuts    |
| 1 teaspoon ground cinnamon |                            |

1. Select “Cookbooks” on the touchscreen. Select “Desserts & Sweets” followed by “Banana Nut Muffins” and press “Preheat” to begin the preheat cycle.
2. In a large bowl, blend sugar and oil together. Add the eggs, one at a time, beating after each egg.
3. Mash the bananas and add to the sugar mixture, stirring well to blend.
4. In a separate bowl, combine all the dry ingredients. Add to the wet ingredients, stirring just enough to moisten the dry ingredients. Batter should be lumpy, not too smooth. Fold in the walnuts.
5. Prepare the muffin tins with paper liners (or grease and flour the bottom and sides of each compartment). Using 1/2 cup muffin tins, fill each compartment with about 1/4 cup of batter or about 1/2 full. Place tin in the oven.
6. Press “Start” and bake under “Banana Nut Muffins” for 13 minutes or until a toothpick, inserted in the center of the middle muffin, comes out clean. Allow the fully baked muffins to cool 5 minutes before removing from muffin pan.

**Yield: 12 muffins**



LEMON TART

## Lemon Tart

**PREP TIME:** Approximately 25 minutes  
**COOK TIME:** TurboChef : 19-1/2 minutes  
 Conventional : 55 minutes

This tart has a wonderfully fresh taste. It’s a great dessert after a serious meal.

### CRUST

- |                                      |                                |
|--------------------------------------|--------------------------------|
| 1/2 pound (2 sticks) unsalted butter | 1 tablespoon grated lemon zest |
| 1/2 cup confectioners’ sugar         | 2 cups unbleached flour        |
|                                      | 1/4 teaspoon salt              |

### FILLING

- |                            |                                 |
|----------------------------|---------------------------------|
| 1/4 cup unbleached flour   | 2 tablespoons grated lemon zest |
| 1/2 teaspoon baking powder | 1/4 cup fresh lemon juice       |
| 1/4 teaspoon salt          | 1 cup flaked coconut            |
| 4 large eggs               | 1-1/4 cups sugar                |

### GLAZE

- |                              |                                 |
|------------------------------|---------------------------------|
| 1 cup confectioners’ sugar   | 3 tablespoons fresh lemon juice |
| 1 teaspoon grated lemon zest |                                 |

1. Select “Cookbooks” on the touchscreen. Select “Desserts & Sweets” followed by “Lemon Tart” and “Crust.” Press “Preheat” to begin the preheat cycle.
2. To prepare the crust, cream the butter, sugar, and lemon zest in the bowl of a standing electric mixer or in a large bowl using a hand-held mixer. Add flour and salt and blend well.
3. Gather dough into a ball and press into an 11 x 1-1/2-inch tart pan, building up the sides about 1-inch.
4. Place pan in the oven and press “Start.” Bake under “Crust” for 6-1/2 minutes. Crust should be lightly golden and set like a shortbread when done. Set aside.



5. Still under "Cookbooks," select "Desserts & Sweets" followed by "Lemon Tart" and "Tart." Press "Preheat" to begin the preheat cycle. The oven will adjust its temperature as needed.
6. To prepare the filling, whisk together all the filling ingredients in a clean bowl. Pour filling into baked crust.
7. Place pan in the oven and press "Start." Bake under "Tart" for 13 minutes. Test the center of the filling by pressing lightly. If you don't leave an indentation in the filling the tart is done. Use the "Cook More" function if the filling is still loose. Let cool before topping with glaze.
8. Combine the confectioners' sugar with the zest and lemon juice. Glaze should be about the thickness of corn syrup but not as thick as frosting. The consistency should allow you to drizzle the glaze over the tart. If needed, add a small amount of water—1/2 teaspoon at a time—to thin the glaze. Drizzle the glaze over the tart and continue to cool until ready to serve.

**Yield: 8 to 10 servings**

**Chef's Suggestion :** Make lemonade. You will need a lot of lemon zest for this recipe. Use 7 to 8 lemons to get the amount of zest you need and use the lemons for the fresh lemonade. Add sugar and water to taste to the lemon juice to make lemonade.

## Bananas Foster Rollups

**PREP TIME:** Approximately 15 minutes

**COOK TIME:** TurboChef : 2 minutes  
Conventional : 10 minutes

Bananas Foster are thought to have originated at Brennan's, the famous New Orleans restaurant, and named for Richard Foster, a very good customer. This is a variation on that legendary preparation.

### CARAMEL RUM SAUCE

8 tablespoons (1 stick) butter	1/2 cup heavy cream
1 cup brown sugar	1 teaspoon rum
1/4 cup dark corn syrup	

### ROLLUPS

2 bananas	4 tablespoons butter, melted
2 teaspoons rum	vanilla ice cream
1 cup packed brown sugar	fresh mint leaves (optional)
16 Imperial spring roll pastry wrappers (see <i>Helpful Hint</i> )	

1. In a pan, melt butter over low heat. Add brown sugar and stir to combine. Add the corn syrup and stir until blended. Continue to cook over low heat while slowly adding the cream. Add rum and stir. Set aside.
2. Cut bananas in half crosswise. Cut halves lengthwise into quarters to yield 8 pieces per banana, measuring approximately 1/2 x 3 inches.

3. In a mixing bowl, combine rum and brown sugar. Roll each banana piece into the brown sugar/rum mix to coat outside.
4. Place one banana piece at the bottom of a spring roll wrapper. Fold ends toward the center and roll wrapper like a burrito. As each is done, place on a sheet pan. Brush melted butter onto each rollup. Bake immediately or store in the refrigerator for up to 24 hours. You should have 12 rollups.
5. Select "Cookbooks" on the touchscreen. Select "Desserts & Sweets" followed by "Bananas Foster Rollups." Press "Preheat" to begin the preheat cycle.
6. Brush the rollups with melted butter. Place pan in the oven and press "Start." Bake under "Bananas Foster Rollups" for 2 minutes.
7. For presentation, place a scoop of vanilla ice cream in the center of a plate or dessert bowl. Place 3 to 4 Bananas Foster Rollups in a pyramid over the ice cream. Drizzle with Caramel Rum Sauce. If desired, garnish with fresh mint.

**Yield: 4 to 5 servings**

**Helpful Hints :** Spring roll pastry wrappers can be found in Asian grocery stores. If you can not find these wrappers, you may substitute phyllo dough.



1. Roll each banana piece in brown sugar and rum.
2. Place one banana piece at the bottom of a spring roll wrapper. Fold ends toward the center and roll like a burrito.
3. The dazzling finished dessert.

## Pumpkin Pie

**PREP TIME:** Approximately 15 minutes  
**COOK TIME:** TurboChef : 20 to 30 minutes  
 Conventional : 1 to 1-1/2 hours

Pumpkin is a hard-skinned squash whose flavor is often less impressive than its flamboyant exterior. Never mind—canned pumpkin, usually processed from butternut or other flavorful squash, makes this pie utterly delicious.

### 9-INCH

3/4 cup sugar	2 large eggs
1/2 teaspoon salt	1 15-ounce can pure pumpkin
1 teaspoon ground cinnamon	1 12-ounce can evaporated milk
1 teaspoon ground ginger	1 9-inch unbaked prepared pie crust
1/2 teaspoon ground cloves	
1/2 teaspoon grated nutmeg	

### DEEP DISH

1-1/4 cups white sugar	3 large eggs
3/4 teaspoon salt	1-1/2 15-ounce cans pure pumpkin (22½ ounces)
1-1/2 teaspoons ground cinnamon	1-1/2 12-ounce cans evaporated milk (18 ounces)
1-1/2 teaspoons ground ginger	2 9-inch unbaked prepared pie crusts
3/4 teaspoon ground cloves	
3/4 teaspoon grated nutmeg	

1. Select “Cookbooks” on the touchscreen. Select “Desserts & Sweets” followed by “Pumpkin Pie” and “9-Inch” or “Deep-Dish.” Press “Preheat” to begin the preheat cycle.
2. In a small bowl, mix sugar, salt, cinnamon, ginger, cloves, and nutmeg.
3. In a large bowl, beat eggs. Stir in pumpkin and add sugar and spice mixture. Stirring constantly with a whisk, gradually add evaporated milk.
4. Form a pie crust into a 9 x 1-1/4 -inch metal pie tin or use two pie crusts and roll out to make about a 12-inch shell that fits into 10 x 2-inch a pie pan. Add the batter and place pie in the oven.
5. Press “Start” and bake under “Pumpkin Pie” for 20 minutes (9-inch) to 30 minutes (deep-dish). Insert a knife or toothpick into the pie’s center to check for doneness—it should come out clean. If needed, use the “Cook More” function to add additional cooking time. Cool for 1 to 2 hours. Serve at room temperature within 2 to 4 hours of baking. Refrigerate leftovers.

**Yield: 6 servings for 9-inch pie or 10 servings for deep-dish pie**

## Cranberry-Orange Mini Loaves

**PREP TIME:** Approximately 15 minutes  
**COOK TIME:** TurboChef : 9 minutes  
 Conventional : 1 hour

This makes a perfect hostess or holiday gift. It’s a lovely sweet to serve with afternoon or morning tea, and with a little ice cream, well, it’s a fine dessert.

### INGREDIENTS

2 cups unbleached flour	1/2 cup orange juice
1/2 teaspoon salt	2 tablespoons canola oil
1/2 teaspoon baking soda	1/4 cup boiling water
1-1/2 teaspoons baking powder	1 large egg
1 cup sugar	1 cup chopped cranberries
grated peel from 1 orange	1 cup chopped walnuts

1. Select “Cookbooks” on the touchscreen. Select “Desserts & Sweets” followed by “Cranberry-Orange Mini Loaves” and press “Preheat” to begin the preheat cycle.
2. In a large bowl combine flour, salt, baking soda, baking powder, and sugar.
3. Combine orange peel, orange juice, oil, and boiling water in a small bowl.
4. Blend liquid mixture into the dry ingredients. Once blended, add the egg and beat well. Fold in the cranberries and nuts.
5. Pour batter into 2 greased 3-1/2 x 5-3/4 x 2-1/4-inch mini loaf pans and place in the oven. Press “Start” and bake under “Cranberry-Orange Mini Loaves” for 9 minutes or until browned on the outside and cooked in the center. Test for doneness by inserting a toothpick in the center of the bread, if it comes out clean, the bread is done. Allow the fully baked loaves to cool 10 minutes before removing from pans. These mini loaves will keep up to 2 days.

**Yield: 6 to 8 servings**

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 Soufflés:  
 Chocolate, **38**, 38  
 Sweet Potato, **27**, 27–28  
 Southwestern Beef Empanadas, 7  
 Soy Cilantro Vinaigrette, 14  
 Spinach:  
 Gratin, Creamed, 30  
 and Onion Strata, 17–18  
 Starters. **See Appetizers**  
 Strata, 17–18  
 Stuffed Flank Steak, **21**, 21  
 Stuffed Mushrooms, **9**, 9  
 Stuffed Portobello Mushrooms, 7  
 Sweet Potato Soufflé, **27**, 27–28  
 Sweets. **See Desserts and Sweets**  
 Swiss & Bacon Strata, 17–18

## T

Tarts:  
 Fruit, **39**, 39  
 Lemon, **41**, 41–42  
 Thai Pizza, **34**, 34  
 Tilapia, Parmesan-Crusted, **13**, 13  
 Tortellini Alfredo, 35  
 Tuna, Sesame-Crusted, on Field Greens, **14**, 14  
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## V

Vegetables and Sides, 24–30  
 Acorn Squash, Baked, 29  
 Asparagus, Steamed, **25**, 25  
 Corn Poblano Casserole, 26  
 Garlic Bread, 28–29  
 Green Beans Amandine, 25  
 Herbs de Provence Biscuits, **29**, 29



## Vegetables and Sides (**continued**)

- Mushrooms, Stuffed, **9**, 9
  - Portobello Mushrooms, Stuffed, 7
  - Potatoes, Oven-Roasted Rosemary, 28
  - Potatoes, Scalloped, 28
  - Red Pepper & Asparagus, Roasted, 27
  - Spinach Gratin, Creamed, 30
  - Sweet Potato Soufflé, **27**, 27–28
  - Zucchini Casserole, Italian, 26
- Vinaigrette, Cilantro Soy, 14

## **W**

- Whiskey Sauce, 40
- Wild Rice Bake, Chicken & Mushroom, **19**, 19

## **Z**

- Zucchini:
  - Casserole, Italian, 26
  - “Crostini,” 10

## **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY**

- DO NOT attempt to operate the top oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important NOT to defeat or tamper with the safety interlocks.
- DO NOT place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- The oven should not be adjusted or repaired by anyone except properly qualified personnel.
- DO NOT operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.