

TIGER QUEEN

High Speed Convection Oven

Model: AX-797DV AX-797LV
AX-798DV AX-798LV



EZ COOK

MULTI CONVECTION OVEN

AX-797DV
AX-797LV
AX-798DV
AX-798LV

INSTRUCTION MANUAL AND RECIPE BOOK

ELECTRONIC CONTROL MODELS

SUPERIOR TO TRADITIONAL OVEN COOKING
WITH MICROWAVE SPEED...

A NEW GENERATION IN COOKING

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I – INTRODUCTION

EZ COOK MULTI CONVECTION OVEN

A NEW GENERATION IN COOKING

With the EZ COOK Multi Convection Oven, you can prepare delicious, healthful meals in less than half the time of traditional methods. What makes these superior results possible is our revolutionary approach to certain time-honored cooking methods.

Professional cooks have long known that they could improve upon traditional oven cooking by using a fan to accelerate the circulation of the oven's hot air. This traditional convection oven consists of a fan mounted on one side of a metal box.

The EZ COOK Multi Oven improves upon traditional convection ovens in the following ways:

- The EZ COOK Multi Oven is made of glass, not metal, so that you can clearly see what you are cooking from all side.
- The EZ COOK Multi Oven combines a circular bowl with fan mounted in the lid so that hot air currents move down over the food, around the bowl's sides and then back up to the fan. This creates a tornado-like flow of constantly moving, super-heated air that cooks and browns food quickly and thoroughly.
- The EZ COOK Multi Oven uses cooking racks that allow you to cook two levels of food at once. In addition, when meat, poultry or fish is cooked on the lower rack, fats and oils are blown away through the grating. You will cook lighter, more nutritious meals.

Consider these other benefits:

- Meat and poultry turn out brown and crisp on all sides, moist and juicy on the inside.
- Sliced potatoes can be “air fried” with a small amount of oil and will turn out crisp and golden brown.
- Breads and pastries rise higher and turn out fluffier and moister than in a standard oven.
- You can save up to 60 percent of the energy consumed by a standard oven.
- Multi-level cooking allows you to cook an entire meal at one time.

All this – and cook two to three times faster than a standard oven! That is why the EZ COOK Multi Oven represents “A New Generation in Cooking”.

BENEFITS OF THE EZ COOK MULTI OVEN

- * The EZ COOK OVEN roasts – broils – bakes – steams food perfectly.
- * The EZ COOK OVEN cooks food in less time than the average convection oven.
- * This convection cooking without the expense of installing wall units,
- * Easy to operate, just set time, temperature and fan speed.
- * Hot air circulates around food, therefore, the food cooks evenly.
- * Meat sears quickly on the outside, sealing juices on the inside.
- * Hot air circulation makes baked food rise higher.
- * EZ COOK OVEN uses less electricity than your conventional oven.
- * EZ COOK OVEN thaws frozen foods quickly.
- * EZ COOK OVEN has a built in cleaning cycle.

FEATURES OF THE EZ COOK MULTI OVEN

10 APPLIANCES IN ONE

- Standard Oven
- Broiler Oven
- Microwave Oven
- Toaster Oven
- Rotisserie
- Grill
- Deep-fat Fryer
- Convection Oven
- Electric Frying Pan
- Electric Steamer

COOKS EIGHT WAYS

- Broils
- Bakes
- Barbecues
- Fries without oil
- Roasts
- Grills
- Boils without water
- Steams

A HEALTHIER LIFESTYLE

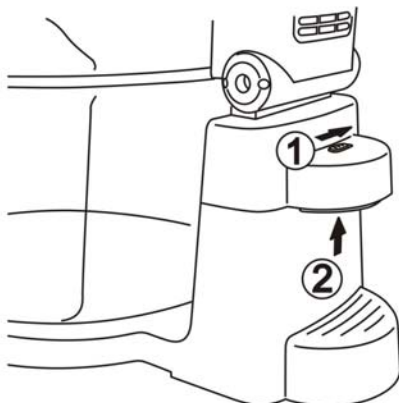
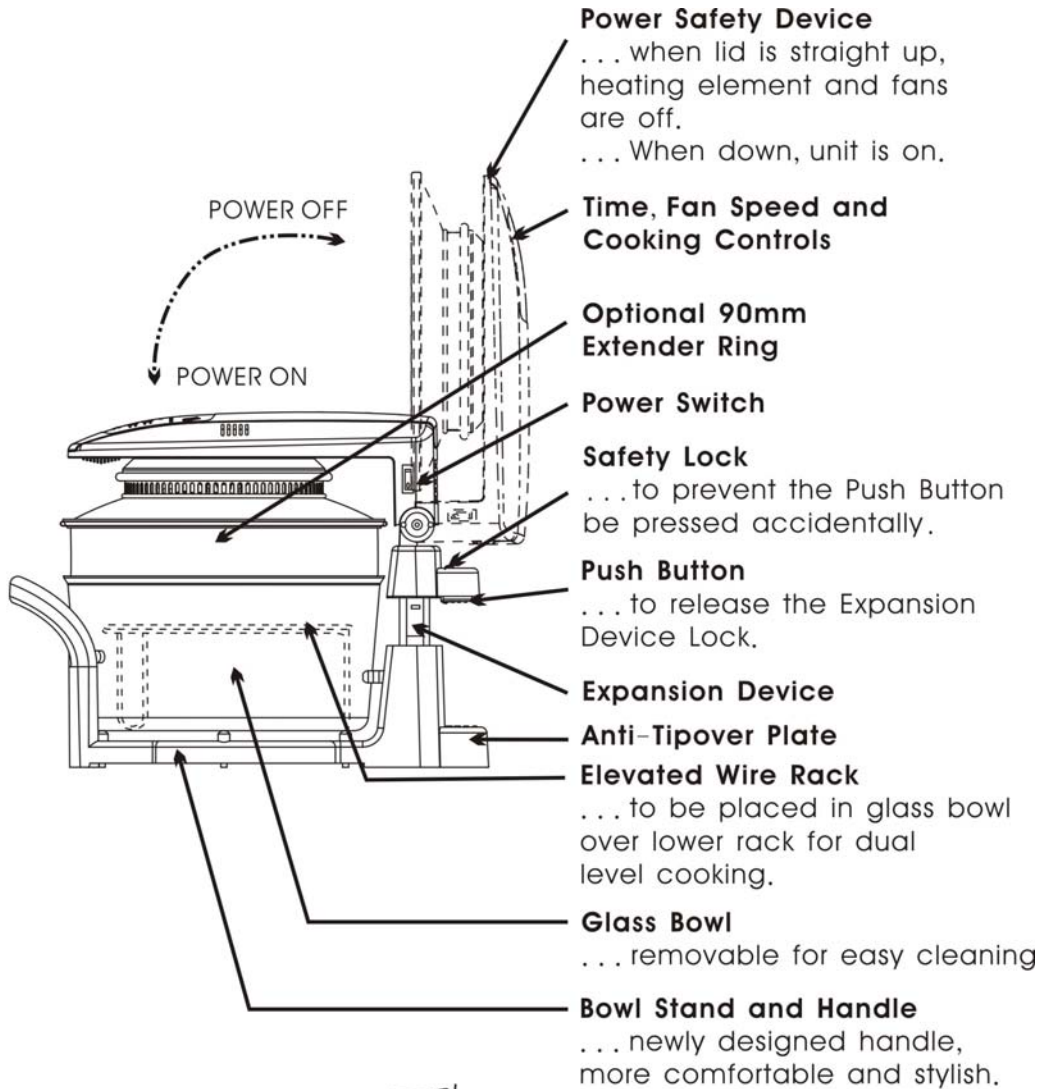
With the EZ COOK Multi Oven, you are always cooking with hot air (dry roasting) and with the food suspended on wire rack. As a result, retention of fat is minimized, leading to **fewer calories, lower fat and cholesterol consumption and a healthier lifestyle**. You will find that, with the EZ COOK Multi Oven, it is not necessary to add fat, oil, butter or margarine to most recipes. However, you can do so if you wish.

We recommend the following steps to further improve your health:

1. Eat a variety of foods including items from all food groups daily.
2. Eat less sugar, butter, oil, fat, sauces and sweets.
3. Eat plenty of fruits and vegetables (preferably steamed).
4. Drink only moderate amounts of alcohol.
5. Drink plenty of water every day.
6. Use less processed foods – eat more fresh food instead.
7. Eat less at a time, but eat regularly.
8. Use salt sparingly.
9. Dry roast your food as often as possible.

II – USING YOUR EZ COOK MULTI OVEN

PRODUCT AND ACCESSORY DIAGRAMS USING YOUR AX-797DV & 797LV

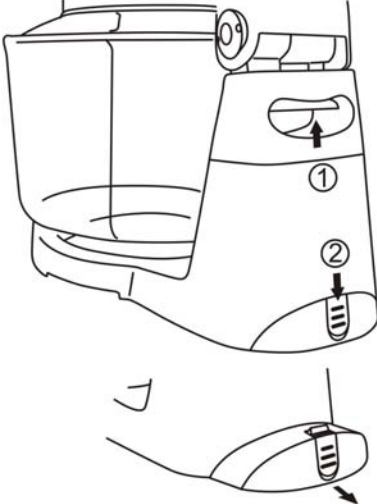
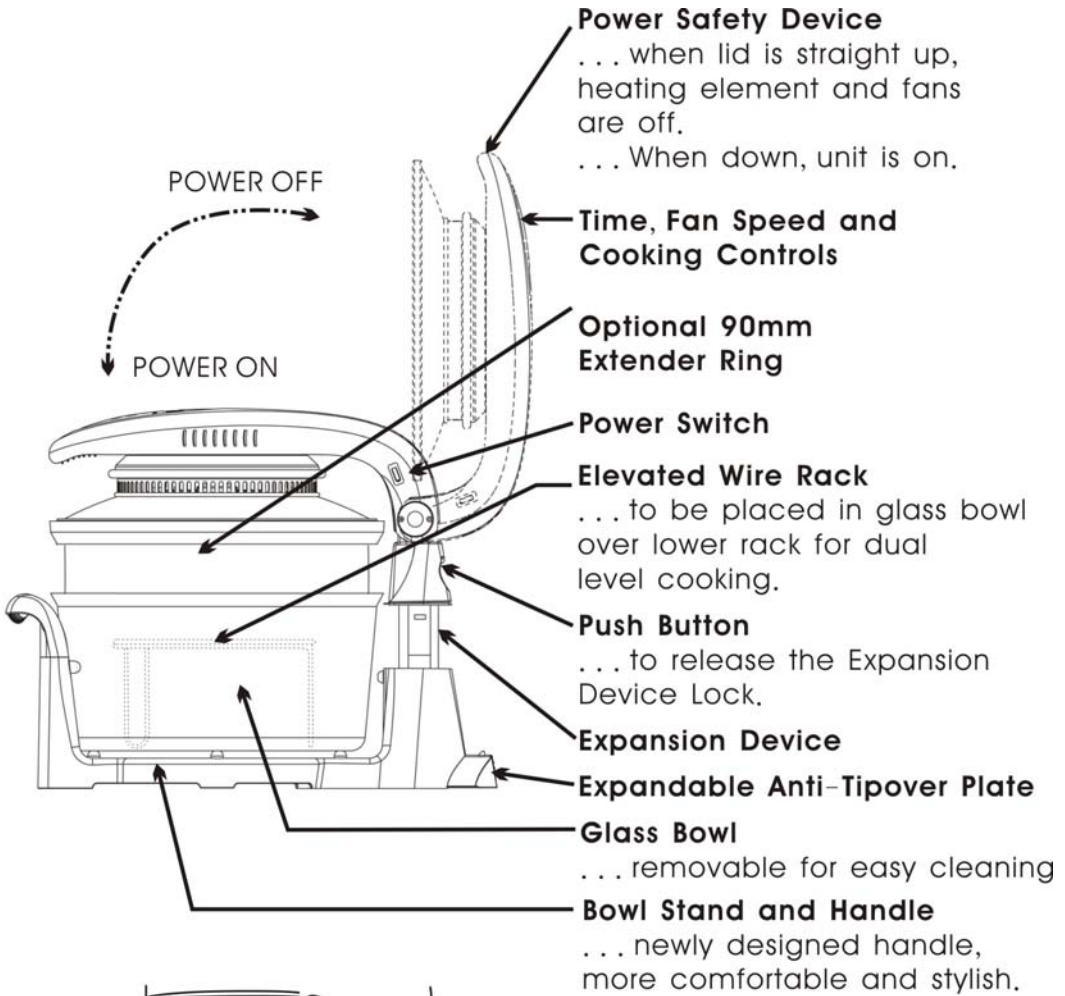


How to use Expansion Device:

1. Press the Safety Button and hold at its release position.
2. Press the Push Button upward and lift the Lid to expended position.

Warning: Do not press the Safety Button during moving or holding the appliance.

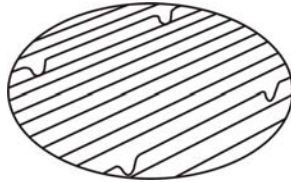
USING YOUR AX-798DV & AX-798LV



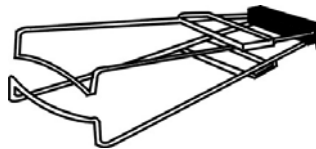
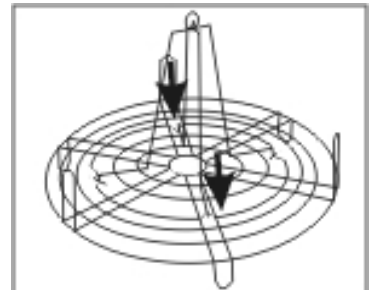
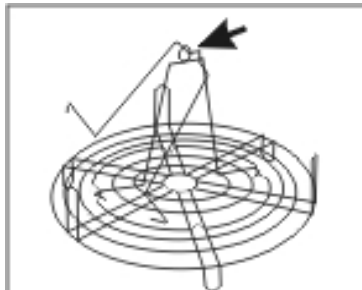
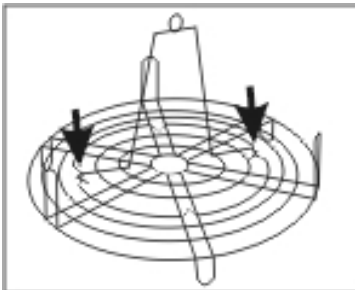
- How to use Expansion Device:**
1. Press the Push Button upward to release the Expansion Device Lock and lift the Lid to expanded position.
Warning: Do not press the Push Button during moving or holding the appliance.
 2. The Anti-tip-over Plate will slide out automatically when this button is pressed. Simply push the Anti-tip-over Plate to slide back.

Low Rack

...sits in bottom of glass bowl
to allow air to circulate around food.

**Tongs**

...for removing hot racks
and food from oven.

**OPTIONAL ACCESSORIES**

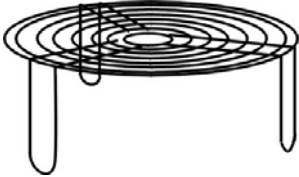
ROAST RACK (Must accompany with Extenter Ring.)

TO ASSEMBLY

- 1 – Put the hooks at the both end of the bracket with eyelet into the notches of the dual rack
- 2 – Put the other bracket through the eyelet and put its hooks into the notches.
- 3 – Make sure the roast rack is stable.

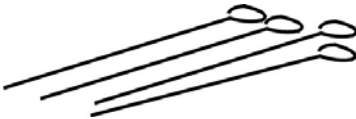
This accessory can roast the checken vertically.

OPTIONAL ACCESSORIES



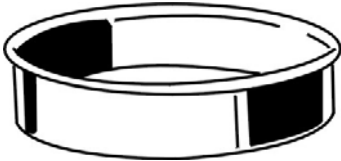
High Rack

...to be placed in glass bowl
over lower rack for dual
level cooking
...or, holds lid.



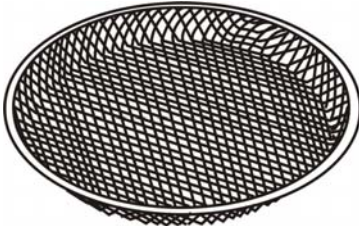
Skewers

... for preparing shish kebab or brochettes



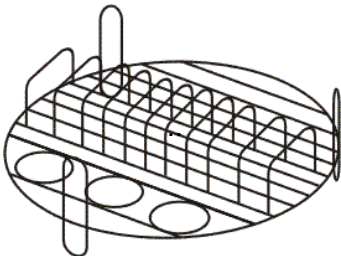
Extender Ring

...for use in cooking turkeys
and other large foods



Steamer

...for baking French fry without grease.
using as a pizza pan
for steaming fish wrapped with aluminum foil



Breakfast Rack

.for preparing breakfast – eggs, bacon
and toast.

SAFETY PRECAUTIONS

- Read all the instructions – then save for further reference.
- Do not let cord hang over edge of counter.
- Place oven securely in center of counter or work space.
- Always unplug oven before attempting to move it.
- **Oven surface are hot – always supervise children while in the kitchen.**
- Secure lid on the bowl to before turn on power.
- Do not operate with a damaged cord.
- Always unplug the cord and cool the oven before cleaning.
- Use two hands when moving the oven.
- Do not allow the lid to get wet.

- **WARNING**

**ALL GLASS SURFACES OF THE OVEN GET VERY HOT.
TOUCHING THESE SURFACES BEFORE OVEN COOLS WILL
CAUSE A BURN.
DO NOT TOUCH ANY GLASS PART OF THE OVEN UNTIL IT HAS
A CHANCE TO COOL.**

BEFORE YOU BEGIN COOKING

PREPARING YOUR EZ COOK MULTI OVEN

The EZ COOK OVEN should be heated once before cooking with it.

While preparing the oven according to the following instructions, the oven will give off a slight burning odor. The oven is actually burning off excess lubricants and will not harm you or the oven.

FOLLOW THESE EASY STEPS:

- * Plug the electrical cord into an AC outlet.
- * Wipe the inside of the glass bowl with a damp sponge.
- * Place the lid in the horizontal position.
- * Press the "Preheat" button.
The oven will heat for 6 minutes and shut off automatically. (The fan will continue for 90 seconds after preheating is complete.)
- * Allow to cool for 5 minutes or unit cool to the touch.
- * Wipe inside of the glass bowl with a damp sponge a second time.

**NOW YOUR EZ COOK OVEN IS READY
TO COOK YOUR FIRST MEAL !**

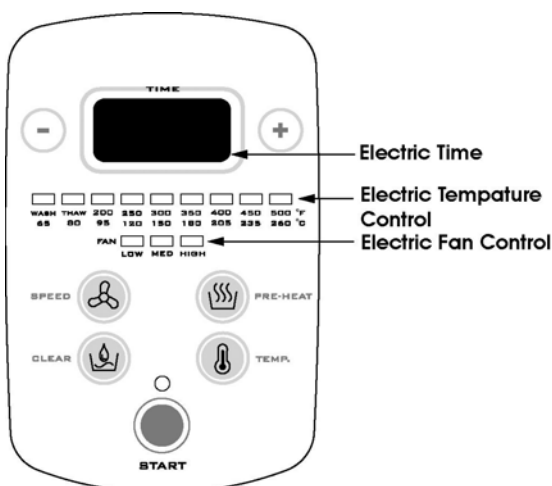
IMPORTANT !

REMEMBER TO USE THE PREHEAT CYCLE.

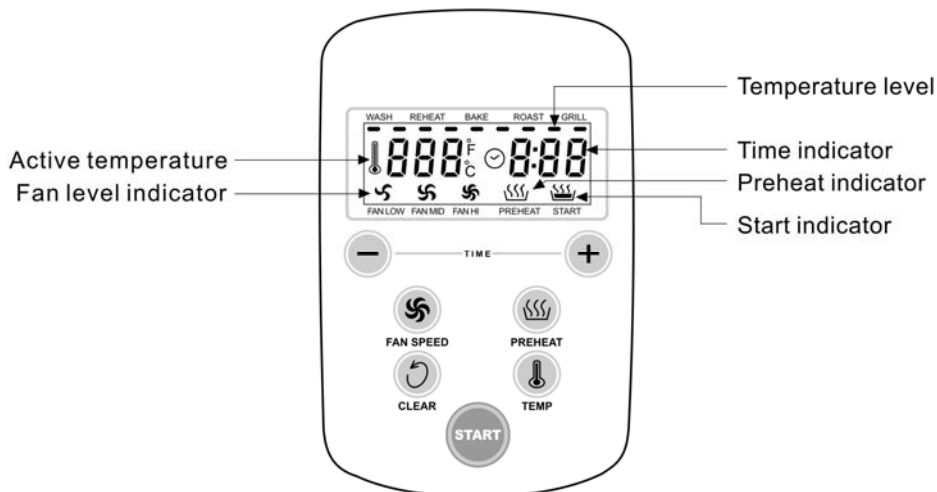
HOW TO OPERATE THE EZ COOK MULTI OVEN

- Plug one end of Power Cord into the socket of the body and the power plug in a standard AC outlet and turn the power switch on.
- The timer will display “00:00”, temperature indicator light will stay at 65°C (wash) and the fan speed indicator light at «High». If not, press “Clear” button to bring out the above status.
- Place lower wire rack in the glass bowl of the oven. (Note: Use the lower rack for all recipes unless otherwise noted.) Place food directly on rack unless otherwise specified.
- Close the lid by placing the lid in the horizontal “On” position.
- Press the “Preheat” button. This will cause the oven to operate at its highest temperature and fan speed for 6 minutes. Preheating is complete when the timer reaches “00:00” and the fan light flashes. Press the up arrow to increase the preheating time, if needed.
- Time Selection: press the up or down arrow lightly to raise or lower the time selected in increments of 1 minute up to 23 hours and 59 minutes (AX-797DV AX-798DV) / 9 hours and 59 minutes (AX-797LV AX-798LV). Holding an arrow button down will cause the increment more quickly. The “Clear” button will reset the timer to zero. (Note: you may change the cooking time during cooking by pressing the up or down arrow.)
- Temperature Selection: Press the “Temp” button gently to move the temperature selector through the temperatures one at a time from left to right. A light will indicate the selected temperature. Once 260°C (500°F) is reached the cycle will start all over again at “Wash” (Note: you may change the temperature setting during cooking by pressing the “Temp” button).
- Select Fan Speed: Press the “Speed” button to change the fan speed. The indicator light will move from left to right. Once “High” is reached the cycle will start over again at “Low” (Note: you may change the fan speed during cooking by pressing the “Speed” button).
- To begin cooking, press the “Start” button. The unit will not operate unless time, temperature and fan speed are set and safety handle (or lid) is down. (Note: Unplugging the oven will erase all settings.)
- When the timer reaches “00:00”, the cooking cycle is finished and the appliances will beep 6 times. At the same time, the power light goes off but the temperature indicator light is still on. If the oven temperature is over 150°C (350°F), the fan speed indicator light will flash and the fan will continue to operate to allow the heating element to cool. When the oven temperature drops down to 150°C (350°F), the fan will stop operating and the fan speed indicator light will stop flashing..

- Press the “Clear” bouton to reset all functions. The timer will be reset to “00:00”, temperature indicator light switched to “65°C (Wash)” and fan speed indicator light switched to “High”.
- If the safety handle or lid is raised to a vertical position during cooking the heating element will shut off and the timer will stop. The fan will stop operating while the oven temperature is below 150°C (300°F). However, if the oven temperature is over 180°C (350°F), the fan speed will switch to low speed and start to dissipate heat. At the same time, the fan speed indicator light stays at the original position and flashes until the oven temperature is dropped down to 150°C (300°F).
- When the oven temperature reaches the selected temperature during cooking, the temperature indicator light will flash. However, when the oven temperature drops below the selected temperature, the light will stay at “on” again without flashing.



AX-797DV, AX-798DV



AX-797LV, AX-798LV

CLEANING YOUR OVEN

LIGHT CLEANING

- Unplug oven and let cool.
- Use a sponge or dishcloth with a mild dishwashing detergent and warm water to wipe glass bowl clean.
- Rinse well to remove all detergent. Note: Never immerse lid in any liquid.

NORMAL CLEANING

- Unplug oven and let cool.
- Wipe lid and fan housing using a dishcloth or damp sponge with a mild dishwashing detergent.
- Do not clean with steel wool pads or abrasive materials.
- Wash wire racks in mild dishwashing detergent and water.
- Clean metal parts using a sponge or dishcloth with a mild dishwashing detergent, then wipe clean. If scrubbing is necessary, use a nylon or polyester mesh pad.

SELF CLEANING OF GLASS BOWL

- To self clean glass bowl, fill with approximately 4 cm of hot water.
DO NOT FILL ABOVE THE 4CM LEVEL.
- Add one squeeze of mild dishwashing detergent.
- Replace lid and plug in.
- Set time to 10 minutes.
- Select "Wash (65°C)" on the temperature control panel.
- Set fan speed to "Low". Press the "Start" button.
- After cycle is completed, rinse in warm water to remove all soap residue.

DISHWADHER – SAVE GLASS BOWL

The glass bowl and wire racks may also be washed in the dishwasher. However, never wash the lid in a dishwasher or immerse it in liquid. Remove the glass bowl from its stand before dishwashing.

REMEMBER:

- Unplug oven before cleaning the lid.
- Let oven cool before washing.
- Never immerse lid in liquid.
- Do not add water above the 4cm level when self cleaning.
- Do not let fan assembly get wet.

III – HELPFUL HINTS

COOKING TIPS

TO USE YOUR EZ COOK OVEN TO ITS FULLEST POTENTIAL, HERE ARE A FEW COOKING TIPS TO REMEMBER...

- **WHENEVER POSSIBLE PLACE FOOD DIRECTLY ON THE WIRE RACK**

Cooking on a wire rack allows the hot air to circulate freely around the food, cooking it quickly and evenly without turning.

- **COOKING A COMPLETE MEAL AT ONCE**

By using two levels of racks, it is easy to cook an entire meal at once. Keep in mind that different foods and different weights of foods take different amounts of time to cook. Think ahead. Put the food that takes the longest amount of time to cook on the bottom rack. Later on during the cooking process, put the other food on the top rack. Now your complete meal of meat, potatoes and vegetables are all cooked together and will be ready at the same time.

- **PLACING FOODS FOR OPTIMUM COOKING**

When placing several pieces of food in the wire rack, be sure to leave at least 1.5cm between the food and the side of the glass bowl. This space allows the air to flow freely through the oven. Also avoid stacking food on food in order to cook more at one time. The hot air must circulate freely in order to cook the food properly.

- **KEEPING FOOD CRISP**

After the food is cooked, reset the temperature control to “Thaw” and the fan speed to “Low”. This will keep the food hot and crisp temporarily until you are ready to serve.

- **TO MAKE YOUR CLEAN-UP EVEN EASIER**

Before cooking, spray the oven, including the racks and pans, with a non-stick product first. Wiping away the grease and residue after cooking will be even easier.

- **ADAPTING RECIPES**

As a rule of thumb, when using recipes intended for conventional ovens, temperatures will remain the same but cooking times will be less. After a short time you will easily be able to adapt your favorite recipes for the EZ COOK OVEN.

IMPORTANT !

REMEMBER TO USE THE PREHEAT CYCLE

- **COOKING TIME**

The cooking times in the recipes in this book should be used as a guide. You need to judge whether the food you are cooking weighs more or less than that which is used in the recipes and slightly adjust your cooking time. Also, you'll want to adjust for degree of crispness desired. When working with the EZ COOK OVEN, we suggest using a meat thermometer. Watch the cooking progress through the glass bowl.

SELECTING YOUR FOOD

MEAT

- Beef** Select rich, red, fine-textured meat with a light covering of fat (having a marbled appearance). Buy whole pieces and cut to suit – you can really save a lot..
- Lamb** Select lean meat. Meat should be soft, pinkish-red and fine textured.
- Pork** Select lean meat. Meat should be very light pink in color, fine textured and fresh smelling.

FISH

- Whole** Select only fresh fish with full, clear eyes and bright gills – a sure sign of freshness. Also, scales should be bright and clean – not slimy. Fish should look and smell fresh from the sea. Flesh should be firm, and spring back when touched.
- Fillets** Select only firm fillets without discoloration that have a pleasant sea smell. Fillets must not be dull, soft or ooze water when touched.

POULTRY

Select only fresh meat or birds. Poultry should look and smell fresh.

VEGETABLES / FRUIT

Select firm, almost ripe fruit; check for bruises and blemishes – color should be clear and bright. Vegetables should be crisp and of good color. Try to avoid vegetables sold tightly packed in plastic wrap – they will sweat and quickly spoil. Never use vegetables that are soft or limp.

FOOD PREPARATION AND PRESENTATION

PREPARATION

Careful preparation pays off in an appetizing, healthful and tasty meal. Always remove excess fat and trim meats. Clean and trim vegetables and garnishes, removing all bruises and blemishes. Use only the freshest meats and vegetables.

Always ensure that all parts of a meal are cooked at the right time. This usually requires different starting times that must be planned thoroughly.

PRESENTATION

Try a few of these interesting ways to perk up your table and make any meal a festive occasion:

- * Slice a freshly baked loaf of bread or dinner rolls into a basket lined with colorful napkins. Serve with butter or margarine, softened and mixed with grated cheese, garlic salt or your favorite seasoning.
- * Main course meats are more attractive when displayed on a large platter surrounded by fresh parsley springs, carrot curls (made with a potato peeler) and radish roses.
- * Serve sauces in a pretty piece of china or glassware. Drop in a ladle and bring to the table on a plate for easier passing between guests.
- * Flowers on the table are always effective, but in a pinch use a grouping of your favorite figurines or houseplants.
- * Candles make dinners cozy, so turn down the lights and turn up the charm. Float small, flat candles in a large, clear bowl filled with water. The effect is magical.

IV- RECIPES

For all the recipes, we have the following measures:

- 1 teaspoon = 5 ml
- 1 tablespoon = 15 ml
- 1 cup = 250 ml

A- APPETIZERS

The EZ COOK OVEN makes entertaining even easier. Most frozen appetizers can be served within 4 to 8 minutes after removing them from the freezer. You can also make your own appetizers and cook them at lightning speed in the EZ COOK OVEN.

IMPORTANT !

REMEMBER TO USE THE PREHEAT CYCLE

ORANGE SPARERIBS

Makes 6 to 8 servings

Marinate 4 to 8 hours

Cooking time: 25 minutes

1.5 kg (3 pounds) pork spareribs, trimmed

Marinade:

2 oranges

2 tablespoons honey

1 tablespoon lemon juice

1 tablespoon Worcestershire sauce

1 teaspoon soy sauce

Salt and pepper to taste

STEP ONE

Cut ribs into serving pieces, set aside.

STEP TWO

Prepare marinade: Using smallest holes of grater, grate outside peel of one orange, then scrape into saucepan. Juice both oranges and add to saucepan along with honey, lemon juice, Worcestershire and soy sauce. Bring to a simmer over medium-high heat.

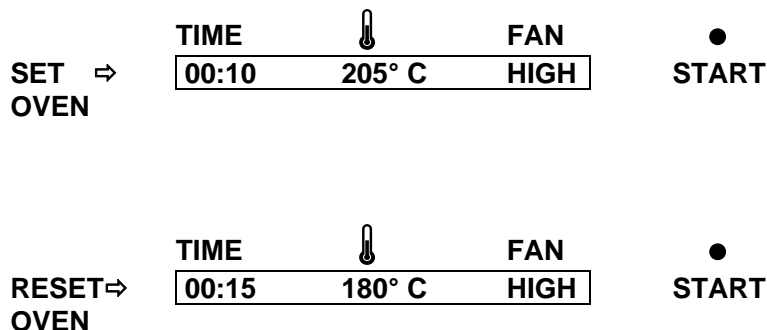
Stirring occasionally, cook sauce for 10 minutes. Remove from heat and cool thoroughly.

STEP THREE

Pour marinade over ribs, cover and refrigerate for at least 4 hours..

STEP FOUR

Place wire rack into glass bowl of oven. Drain marinade from ribs, reserving marinade to use for basting. Place ribs directly on wire rack and set oven



Baste ribs every 5 minutes with reserved marinade.

GARLIC TOAST

Makes 4 servings

Cooking time: 6 minutes

- Remember to use the preheat cycle.

1 loaf of French or Italian bread

1/2 cup butter, room temperature

2 tablespoons grated parmesan cheese

2 cloves garlic peeled and minced

Salt and pepper to taste

STEP ONE


Slice bread on diagonal into one-inch (2.5cm) pieces.

STEP TWO

Thoroughly mix butter, parmesan cheese, garlic, salt and pepper. Spread butter mixture on one side of bread slices.

STEP THREE

Place wire rack into the glass bowl of oven. Place 4 or 5 bread slices directly on wire rack. Set oven.

	TIME		FAN	
SET ⇒	00:06	235° C	MED.	●
OVEN				START

Bread should be golden brown. Repeat with remaining slices of bread.

Tip: For herb bread, add 2 teaspoons of chopped herb, such as parsley, basil or rosemary to butter mixture, instead of garlic.

SWEET AND SOUR CHICKEN KEBAB **WITH PEANUT DIPPING SAUCE**

Makes 25 to 30 individual skewers

Marinate: at least 30 minutes

Cooking time: 10 minutes

- Remember to use the preheat cycle.

3-1/2 pounds (2 kg) boneless chicken breast.

30 small skewers, 7 inches (17 cm) long, which are available at your favorite housewares store.

Marinade:

1/2 cup dry sherry

1/3 cup Teriyaki sauce

1/3 cup oriental sweet-and-sour sauce

2 cloves garlic, peeled and minced

1/3 cup lemon juice

1/2 cup honey

Dipping sauce:

1 cup crunchy peanut butter

1/3 cup lemon juice

1/3 cup chicken broth

Remainder of marinade (about 1 cup)

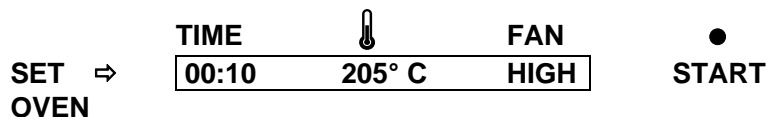
Sweet & Sour Chicken Kebab (Cont'd)

STEP ONE

Cut chicken breasts lengthwise into strips, 1-inch (2.5cm) wide. Using one hand to secure chicken, press skewer down the length of one strip. Repeat with remaining strips. Place ordinary kebab skewers in a glass baking dish, set aside. Combine sherry, Teriyaki sauce and sweet-and-sour sauce in a small bowl. Add garlic, lemon juice and honey; blend thoroughly. Pour marinade over skewered chicken, cover and refrigerate for at least 30 minutes, turning once.

STEP TWO

When ready to cook, drain marinade from the chicken, reserving marinade. Place wire rack into the glass bowl of oven. Arrange skewers directly on wire rack, being careful not to pack them too tightly together. Set oven.



Repeat with remaining skewers.

STEP THREE

In the meantime, prepare the dipping sauce. Combine peanut butter, lemon juice, chicken broth and remaining marinade into a saucepan. Bring to a boil over medium-high heat. Reduce heat and simmer sauce for 10 minutes, or just until sauce begins to thicken.

STEP FOUR

To serve: Arrange chicken skewers on serving platter and serve dipping sauce on the side.

SPICY WINGS

Makes 6 servings

Marinate: at least 30 minutes

Cooking time: 30 minutes

- Remember to use the preheat cycle.

1.5 kg (3 pounds) chicken wings, trimmed.

Marinate:

1/2 cup soy sauce

1/2 cup vegetable oil

1 tablespoon hot chili oil

1 large clove garlic, finely chopped


STEP ONE


Prepare marinade:

Combine soy sauce, oil, chilli oil and garlic in large mixing bowl. Add chicken wings and toss to coat. Cover and refrigerate for at least 30 minutes.


STEP TWO

Place both wire racks into glass bowl of oven. Drain marinade from wings. Arrange wings directly on wire racks, half the wings on the top rack, the other half on the bottom rack.

	TIME		FAN	●
SET ⇒	00:10	235° C	HIGH	START
OVEN				

	TIME		FAN	●
RESET ⇒	00:10	205° C	MED.	START
OVEN				

Remove top rack of wings. Reset oven.

	TIME		FAN	●
RESET ⇒	00:10	205° C	HIGH	START
OVEN				

B- MEATS, FISH AND POULTRY

The EZ COOK OVEN is the perfect oven for cooking all your meat, poultry and fish. Its fan forces hot air to circulate down the side of the meat, then it bounces off the bottom of the oven and cooks the underside simultaneously. This forced-air cooking process is so quick that it sears the outside of the meat, sealing in all the natural juices. Meats cooked in the EZ COOK OVEN will have a full roasted flavor, while being cooked at microwave speeds.

ROAST CHICKEN

Makes 4 servings

Cooking time: 20 minutes per pound or about 1 hour and 20 minutes.

- Remember to use the preheat cycle.

1 chicken (approx. 2 kg)

Dressing:

1 tablespoon butter

1 small onion, peeled and finely chopped

100 g (4 ounces) mushrooms, thinly sliced

1 1/2 cups soft bread crumbs

1 tablespoon chopped parsley

1 teaspoon grated fresh lemon peel

1/4 teaspoon dried marjoram

1/8 teaspoon nutmeg

1 egg

STEP ONE


Remove any excess fat from chicken and discard. Wash chicken under cold water, pat dry. Set chicken aside.

STEP TWO


Melt butter in a skillet over medium-high heat. Add onion and saute until soft, about 1 minute. Add mushrooms and saute one minute. Add bread crumbs, salt, pepper, parsley, lemon rind, marjoram, nutmeg and egg; mix thoroughly. Spoon bread crumb stuffing into the chicken's cavity. Rub skin with salt and pepper. Set aside.

STEP THREE

Place wire rack into glass bowl of oven. Put chicken directly on wire rack. Set oven.

	TIME		FAN	●
SET ⇒	00:40	180° C	HIGH	START
OVEN				

Turn chicken. Reset oven.

	TIME		FAN	●
RESET ⇒	00:40	180° C	MED.	START
OVEN				

ORIENTAL GRILLED CHICKEN

Makes 4 servings

Marinate: at least 1 hour

Cooking time: 25 minutes

- Remember to use the preheat cycle.

Chicken (approx. 2 kg), quartered

Oriental Grilled Chicken (Cont'd)

Marinade:

- 1 tablespoon vegetable oil
- 1/2 teaspoon chili powder
- 1 small onion, peeled and finely chopped
- 2 cloves garlic, peeled and minced
- 2 tablespoons soy sauce
- 1/2 cup water
- 2 tablespoons lime juice

STEP ONE



Remove excess fat from chicken. Set chicken aside.

STEP TWO

Heat oil with chili powder in a saucepan over medium heat. Add onion and saute for one minute. Add garlic and saute for one minute. Stir in soy sauce, water and lime juice. Bring to a boil, reduce heat and simmer for 3 minutes. Arrange chicken in a glass baking dish. Cool marinade. Pour over chicken, cover and refrigerate for 1 to 3 hours.

STEP THREE

Place wire rack into glass bowl of oven. Drain marinade from chicken, reserving marinade. Place chicken directly on wire rack. Set oven.

	TIME		FAN	
SET ⇒	00:45	180° C	HIGH	START
OVEN				

Baste with marinade after 10 minutes. Bring reserved marinade to a boil until it reduces to 3/4 cup; pour over chicken before serving.

ROAST TURKEY

Makes 8 servings

Cooking time: unstuffed - 12 minutes per pound or 2 hours
 stuffed – 15 minutes per pound or 2-1/2 hours

- Remember to use the preheat cycle.

Optional extender ring needed in order for turkey to fit in the oven.

One 4.5 kg (10 pound) turkey

1/4 cup oil, melted butter or margarine


Salt and pepper (if desired)

STEP ONE

Wash turkey under cold water, pat dry. Remove and discard any excess fat. Set turkey aside.

STEP TWO

Place wire rack into glass bowl of oven. Put the turkey directly on wire rack, add the extender ring (optional accessory) to the top of the glass bowl if needed. The turkey should be basted at 20 – minute intervals with the butter, oil, or margarine (this will seal in the turkey's natural juices); salt and pepper as needed. Set oven.

	TIME		FAN	
SET ⇒	See Above	205° C	MED.	●
OVEN				START

Roast Turkey (Cont'd)

Turkey Stuffing:

4 cups bread cubes or soft bread crumbs

2 cup chopped celery

1 cup chopped onion

1/2 cup margarine (1 stick)

1 teaspoon thyme

1 teaspoon marjoram

1/2 cup turkey stock, chicken stock or water

salt and pepper to taste

STEP ONE

Melt margarine in a large frying pan. Add onion and celery, saute until soft and transparent (5 minutes).

STEP TWO

Add bread cubes or crumbs, marjoram and thyme. Stir gently to combine. Pour stock or water over mixture. Season with salt and pepper, mix lightly.

STEP THREE

Just before cooking, loosely stuff the turkey's neck and body cavities. Cook according to time given for stuffed turkey. Any extra stuffing can be cooked separately in a greased baking dish.

NOTE:

If you do not have the optional extender ring, please refer to the Accessory Order Form included with your original paperwork.

GRILLED SIRLOIN STEAK

Makes 4 servings

Cooking time: Rare 8 - 10 minutes
 Medium 10 - 12 minutes
 Well Done 12 - 14 minutes

1 sirloin steak, 2 to 2,5 cm thick

2 cloves garlic, peeled and crushed



Salt and pepper to taste

STEP ONE

Rub both sides of the steak with garlic. Season with salt and pepper, set aside.

STEP TWO

Use the elevated wire rack so that the steak sits high in glass bowl of oven. Place the steak directly on the wire rack. Set oven.

	TIME		FAN	
SET ⇒	See Above	260° C	HIGH	START
OVEN				

IMPORTANT !

REMEMBER TO USE THE PREHEAT CYCLE

GRILLED FILET MIGNON

Makes 4 servings

Cooking time:	Rare	8 - 10 minutes
	Medium	12 minutes
	Well Done	14 minutes

- Remember to use the preheat cycle.

4 filet mignons, cut 2,5 cm thick

1 tablespoon vegetable oil


Salt and pepper to taste

STEP ONE

Brush filets with oil. Sprinkle with salt and pepper. Set aside.

STEP TWO

Use elevated wire rack. Place filets directly on wire rack. Set oven.

	TIME		FAN	
SET ⇒	See Above	260° C	HIGH	
OVEN				START

HAMBURGERS AND HOT DOGS – ALONE OR TOGETHER

Makes 4 servings

Cooking time: 8 to 12 minutes

- Remember to use the preheat cycle.

Hamburger:

Rare 10 minutes

Medium 12 minutes

Well Done 14 minutes

500 g ground chuck or favorite cut

250 g hot dog (4 or 5 hot dogs – 50 to 60g each)

STEP ONE

Shape ground chuck into 4 burgers, 10cm in diameter. Make 8 mm slashes at 2.5 cm intervals down the length of the hot dogs.

STEP TWO

Place elevated rack into oven. Place burgers on rack. Set oven.

SET ⇒	TIME		FAN	●
OVEN	See Above	260° C	HIGH	START

STEP THREE

Using elevated rack again, place hot dogs on rack. Reset oven.

SET ⇒	TIME		FAN	●
OVEN	00:04	260° C	HIGH	START

Note: If you want hamburgers and hot dogs to be ready at the same time, place the burgers on the bottom rack. Set oven.

SET ⇒	TIME		FAN	●
OVEN	See Above	260° C	HIGH	START

Four minutes before burgers are ready, place hot dogs on upper rack and replace lid. Both hamburgers and hot dogs will be ready together.

BONELESS RIB ROAST

Makes 6 servings

Cooking time: Rare 1 hours and 40 minutes
 Medium 1 hours and 50 minutes
 Well Done 2 hours

- Remember to use the preheat cycle.

2 kg bonless rib roast, tied


Salt and pepper

STEP ONE

Rub roast well with salt and pepper.

STEP TWO

Place wire rack into glass bowl of oven. Set rib roast directly on wire rack. Set oven.

SET ⇒ TIME  FAN ● START
OVEN See Above 180° C MED.

When done, turn heat off and leave roast in oven for 10 minutes before slicing.

WESTERN BEEF BARBECUE

Makes 4 to 6 servings

Marinate: at least 4 hours or overnight

Cooking time: 1 hour and 20 minutes

- Remember to use the preheat cycle.

500 to 800 g petite chuck steaks or boneless short ribs

Marinade:

½ cup cider vinegar

½ cup water

1 tablespoon vegetable oil

2 tablespoons dried onion or 1 small onion finely chopped

1 tablespoon lemon pepper seasoning

½ cup canned tomato sauce

Barbecue Sauce:

Reserved marinade

1 cup canned tomato sauce

½ cup bottled barbecue sauce

1 tablespoon brown sugar

Salt to taste

STEP ONE

In a 23 x 33 cm glass baking dish, combine the marinade ingredients. Place the beef in the marinade, turning once to coat. Store, covered in the refrigerator overnight.


Western Beef Barbecue (Cont'd)


STEP TWO

Lay out a sheet of heavy duty foil, measuring about 35 x 50 cm. Remove the meat from the marinade and lay it on the foil. Spoon about 1/3 cup of the marinade over the meat. Bring the longer ends of the foil together, folding edges over several times to seal. Fold over remaining shorter ends to seal the package.

STEP THREE

Place wire rack into glass bowl of oven. Place the foil package directly on the rack. Set oven.


	TIME		FAN	●
SET ⇒	00:10	260° C	HIGH	START
OVEN				

	TIME		FAN	●
RESET ⇒	01:00	180° C	HIGH	START
OVEN				

Meanwhile, transfer reserved marinade to a saucepan, simmer for 10 minutes or until thickened. Add the tomato sauce, barbecue sauce and sugar. Simmer for 5 minutes.

STEP FOUR

With tongs, carefully remove and open the foil package. Spoon 1/3 cup of the barbecue sauce over the meat, fold the package up and return to oven for 10 minutes.

	TIME		FAN	●
RESET ⇒	00:10	180° C	HIGH	START
OVEN				

Serve on rolls with the extra sauce.

ROAST PORK CHINESE STYLE

Makes 8 servings

Marinate: at least 2 hours

Cooking time: 1 hour and 10 minutes

- Remember to use the preheat cycle.

A boneless pork loin (approx. 1.5kg)

Marinade:

½ cup hoisin sauce

¼ cup sweet and sour sauce

1 teaspoon minced fresh ginger or 1/2 teaspoon of ground ginger

¼ cup orange juice

2 cloves garlic, peeled and minced

Sauce:

1 cup cold chicken broth

1 teaspoon cornstarch dissolved in 1 tablespoon of water

STEP ONE

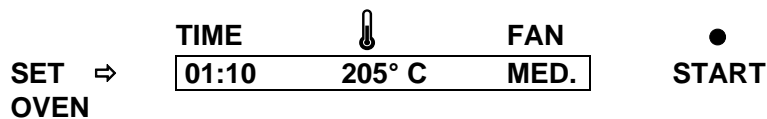
Trim excess fat from roast.

STEP TWO

Prepare marinade: In a large glass baking dish, combine hoisin sauce, sweet and sour sauce, ginger, garlic and orange juice. Add the pork and turn to coat with marinade. Cover and refrigerate for at least 2 hours.

STEP THREE

Place wire rack into glass bowl of oven. Remove pork from marinade, Reserve marinade. Place pork directly on wire rack. Set oven.



When done, let pork rest, out of oven, for 10 minutes before slicing.

STEP FOUR

In the meantime: 30 minutes before pork is ready, prepare sauce. Pour reserved marinade into saucepan, add broth and cornstarch. Simmer 15 minutes. When pork is ready add any accumulated juices from oven bowl to sauce. Simmer another 2 minutes.

STEP FIVE

Slice pork into 6mm slices. Overlap slices on serving platter. Spoon on warm sauce.

ALL AMERICAN MEAT LOAF

Makes 4 servings

Cooking time: 50 minutes

- Remember to use the preheat cycle.

700 g ground beef or meat loaf mixture

1 slice bread, made into crumbs

1 egg, slightly beaten

¼ cup low fat sour cream or plain yogurt

¼ cup tomato juice or vegetable juice

¼ cup finely chopped onion

1 teaspoon oregano

1 teaspoon basil

1 teaspoon thyme

1 tablespoon bottled steak sauce


Salt and pepper to taste

STEP ONE

In a large bowl combine egg, bread crumbs, sour cream, tomato juice, steak sauce onions and herbs. Add ground meat and mix well. Shape meat mixture into a loaf measuring 8 x 17 cm.

STEP TWO

Place wire rack into glass bowl of oven. Place loaf directly on rack. Set oven.

	TIME		FAN	●
SET ⇨	00:50	205° C	MED	START
OVEN				

Serve with your favorite sauce.

BBQ SPARERIBS

Makes 2 servings

Marinate: at least 2 hours

Cooking time: 20 minutes

- Remember to use the preheat cycle.

1kg spareribs, trimmed

10 green onions

Marinate:

2 tablespoons white wine

2tablespoons soy sauce

1 teaspoon garlic salt

½ cup hoisin sauce

1 small onion, peeled and finely chopped

2 cloves garlic, peeled and minced

Pepper to taste

STEP ONE


Cut spareribs into 5 cm pieces.

STEP TWO

Prepare marinade: In a glass baking dish combine wine, soy sauce, garlic salt, hoisin sauce, onion, garlic and pepper. Add ribs and green onions. Cover and refrigerate for at least 2 hours.

STEP THREE

Place wire rack into glass bowl of oven. Remove ribs and green onions from marinade and place directly on wire rack. Set oven.

	TIME		FAN	
SET ⇨	00:20	205° C	HIGH	START
OVEN				

Watch carefully after 15 minutes!

ROAST LEG OF LAMB

Makes 8 servings

Cooking time: 1 Hour and 40 minutes

Leg of lamb (approx. 2 kg)

2 cloves garlic, peeled and crushed

1 tablespoon chopped fresh rosemary or 1 teaspoon dry rosemary


Salt and pepper to taste

STEP ONE


Trim off excess fat from leg of lamb. Rub meat with garlic, then season with rosemary, salt and pepper. Set aside.

STEP TWO

Place elevated wire rack into glass bowl of oven. Put lamb directly on wire rack. Set oven

	TIME		FAN	●
SET ⇒	00:20	260° C	HIGH	START
OVEN				

Wrap the meat in foil and replace in oven. Reset oven.

	TIME		FAN	●
SET ⇒	01:20	205° C	MED.	START
OVEN				

Tip: Lamb shoulder can be substituted for a leg.

IMPORTANT !

REMEMBER TO USE THE PREHEAT CYCLE.

BACON AND EGGS

Makes 4 servings

Cooking time: 10 minutes


- Remember to use the preheat cycle.

4 eggs


8 strips of bacon

STEP ONE

Place wire rack into glass bowl of oven. Lay out the 8 strips of bacon on the rack. Set oven.

	TIME		FAN	●
SET ⇒	00:04	205° C	MED.	START
OVEN				

Place elevated rack into oven and place the eggs (still in the shells) on the elevated rack. Set oven.

	TIME		FAN	●
SET ⇒	00:06	205° C	MED.	START
OVEN				

Eggs will be perfectly soft cooked. (Add another 4 minutes of cooking time if you prefer your eggs hard –boiled).

Note: Be careful when removing eggs, use either tongs or a hot pad. Shells are very hot!

GRILLED SHRIMP

Makes 4 servings

Cooking time: 10 minutes

- Remember to use the preheat cycle.

750 g jumbo shrimp (peeled and cleaned)

¼ cup melted butter

1 garlic clove, peeled and minced


2 tablespoons lemon juice

STEP ONE

Rinse and pat dry shrimp. In small bowl, combine melted butter with garlic and lemon juice. Set aside.

STEP TWO

Place elevated wire rack into glass bowl of oven. Brush shrimp with butter Mixture and arrange directly on wire rack. Set oven.

	TIME		FAN	●
SET ⇒	00:10	205° C	HIGH	START
OVEN				

Serve hot with a bed of lemon-flavored rice.

BBQ SHRIMP

Makes 4 servings

Marinate: 1 hour

Cooking time: 10 minutes

- Remember to use the preheat cycle.

750 g jumbo shrimp

Marinade:

1 small onion, peeled and finely chopped

1 teaspoon sesame oil

2 tablespoons white wine

2 tablespoons lemon juice

1 garlic clove, peeled and minced

3 tablespoons hoisin sauce


STEP ONE

Shell and clean shrimp, leaving the tail intact. Set aside.

Prepare marinade by combining onion, sesame oil, white wine, lemon juice, garlic and hoisin sauce in a mixing bowl. Add shrimp, toss and refrigerate for an hour.

STEP TWO

Place elevated wire rack into glass bowl of oven. Drain marinade from shrimp. Arrange shrimp directly on wire rack, leaving some space between shrimp. Set oven.

	TIME		FAN	●
SET ⇒	00:10	205° C	HIGH	START
OVEN				

Repeat with remaining shrimp. In meantime: bring reserved marinade to a boil, simmer 5 minutes. Drizzle shrimp with marinade before serving.

FISH IN A SACK

Makes 4 to 6 servings

Cooking time: 15 minutes

- Remember to use the preheat cycle.

500 g fish fillets: flounder, tilapia, cat fish or red snapper

1 small onion, thinly sliced

1 teaspoon freshly grated ginger or 1/2 teaspoon of ground ginger

1 medium red pepper, thinly sliced

6 mushrooms, thinly sliced

Juice of 1/2 lemon

2 tablespoons Teriyaki sauce

1 tablespoons peanut oil

STEP ONE

Lay two 35 x 50 cm sheets of heavy duty foil on a flat work surface.


Arrange 1/2 of the onion, ginger, red pepper and mushrooms in the center of each foil. Top each vegetable group with 1/2 of the fish fillets. Sprinkle each fish and vegetable combination with lemon juice, Teriyaki sauce and oil.

STEP TWO

Bring long sides of foil together, fold edges together to seal. Fold over short ends several times to seal.

STEP THREE

Place wire rack into glass bowl of oven. Place both foil packages side by side directly on wire rack. Set oven.

	TIME		FAN	●
SET ⇒	00:15	180° C	HIGH	START
OVEN				

Carefully open packages. Serve fish with vegetables and broth.

GRILLED TUNA STEAKS
(SWORDFISH AND SALMON)

Makes 4 servings
Cooking time: 8 minutes
Marinate: 30 minutes

- Remember to use the preheat cycle.

Four 10 cm tuna steaks, 170 g each

Marinade:

¼ cup soy sauce

2 tablespoons fresh lemon juice

6 green onions, trimmed and thinly sliced, including green tops

2 tablespoons vegetable oil

STEP ONE

Prepare marinade: Combine soy sauce, lemon juice, green onion and oil in a shallow pan. Add steaks and turn once to coat in marinade. Cover and refrigerate for 30 minutes.

STEP TWO

Place elevated wire rack into glass bowl of oven. Set steaks directly on Wire rack. Set oven.

		⌄		
	TIME		FAN	
SET ⇒	00:08	260° C	MED.	●
OVEN				START

NOTE: Swordfish or salmon steaks can be substituted for tuna.

C.

VEGETABLES

Preparing vegetables in the EZCOOK OVEN combines the two most popular techniques in cooking. You have the roasted flavors associated with a conventional oven at microwave speeds. The EZ COOK OVEN opens the door to an entirely new world of vegetable cookery.

FRENCH FRIES

Makes 4 servings

Cooking time: 10 minutes

- Remember to use the preheat cycle.

2 medium potatoes, washed and peeled

STEP ONE


To make French fries slice potatoes into 1 cm spears.

STEP TWO

Place wire rack into glass bowl of oven. Spread Potatoes evenly in a 22cm Non-stick baking pan. If desired, brush or toss with a small amount of oil for added crispness.

STEP THREE

Set oven.

	TIME		FAN	●
SET ⇒	00:10	205° C	HIGH	START
OVEN				

Toss fries half way through cooking.

POTATOES BAKED IN JACKETS

Makes 4 servings

Cooking time: 35 minutes

- Remember to use the preheat cycle.

4 medium-sized baking potatoes, washed

4 teaspoons butter or margarine, room temperature

Garlic salt to taste


Black pepper to taste

STEP ONE

Dry potatoes with paper towel. Pierce skin several times with a fork. Rub skin of each potato with a teaspoon of butter. Sprinkle with desired amount of garlic salt and pepper.

STEP TWO

Place wire rack into glass bowl of oven . Set potatoes directly on wire rack.

	TIME		FAN	●
SET ⇒	00:35	235° C	HIGH	START
OVEN				

Potatoes are done when a fork can be easily pressed into the center.

Tip: You can cook potatoes along with a roast. Set potatoes around meat or On the elevated cooking rack and adjust baking time to 40minutes.

CAULIFLOWER AU GRATIN

Makes 4 to 6 servings

Cooking time: 17 minutes

- Remember to use the preheat cycle.

1 small cauliflower

4 tablespoons butter or margarine

3 tablespoons flour

1 ½ cups milk

¾ cup grated mild cheddar cheese

Salt and pepper to taste

½ cup fresh bread crumbs

STEP ONE

Cut cauliflower into large florets, discarding center stalk. Cook for 5 minutes in boiling salted water. Drain and set cauliflower aside.

STEP TWO

Melt 3 tablespoons of butter in a saucepan. Stir in flour and cook for 1 minute. Cook and stir until sauce is smooth and thickened. Stir in ½ cup cheese and blend smooth. Season with salt and pepper, remove from heat.

STEP THREE

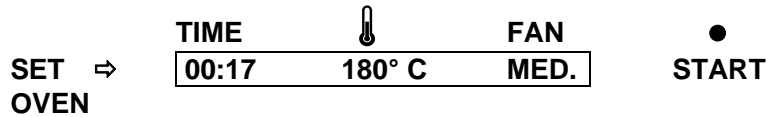
In a small mixing bowl, combine bread crumbs with remaining ¼ cup cheese and butter. Mix thoroughly.

STEP FOUR

Put cauliflower in an oven –proof casserole. Pour in cheese sauce and top with an even coating of bread crumb mixture.

STEP FIVE

Place wire rack into glass bowl of oven



Tip: This dish can be made in advance and heated at the last minute.
Extend cooking time to 25 minutes.

ROASTED VEGETABLES

Makes 4 servings

Cooking time: 23 minutes

- Remember to use the preheat cycle.

500 g of vegetables, such as sweetpotatoes, eggplant, zucchini, yellow squash, onions, green tomatoes

3 tablespoons vegetable oil

½ teaspoon garlic salt

¼ teaspoon black pepper

STEP ONE

Wash and dry vegetables. Cut into chunks approximately 1 cm x 5 cm.


STEP TWO

In a pot with a lid, combine oil with garlic salt and pepper. Add vegetable slices and secure lid. Toss vegetables vigorously in pot.

Roasted vegetables (Cont'd)

STEP THREE

Place wire rack into glass bowl of oven. Arrange vegetables directly on wire rack. Set oven.

	TIME		FAN	●
SET ⇒	00:23	235° C	MED.	START
OVEN				

Tip: You can roast vegetables at the same time that you cook a roast. Either arrange vegetables directly on rack with meat or set them on the top rack. Cooking time will increase to 35minutes.

BABY ROSEMARY POTATOES

Makes 6 servings

Cooking time: 40 minutes

- Remember to use the preheat cycle.

1 kg baby potatoes, washed

2 tablespoons butter or margarine

2 tablespoons vegetable oil

1 teaspoon grated orange peel

2 cloves garlic, peeled and minced

Salt and black pepper to taste


2 teaspoons chopped fresh rosemary or 1/2 teaspoon of dry rosemary

STEP ONE

Heat butter and oil in saucepan with orange peel, garlic, salt, pepper and rosemary. Add potatoes and toss.

STEP TWO


Place wire rack into glass bowl of oven. Arrange potatoes directly on wire rack. Set oven.

	TIME		FAN	●
SET ⇒	00:40	180° C	HIGH	START
OVEN				

Tip: For large potatoes, halve or quarter them before roasting.

STEAMED VEGETABLES

Clean and cut vegetables as desired. Wrap a small amount of vegetables with foil, making several packages. Before sealing, sprinkle 1 teaspoon of water into each package. Seal tightly. Place them directly around food already cooking, or directly on the wire rack. Most soft vegetables (such as zucchini, onions, peas) will take 15 to 20 minutes and most hard vegetables (such as carrots and potatoes) will take 30 to 40 minutes. Test for doneness.

	TIME		FAN	●
SET ⇒	See Above	205° C	HIGH	START
OVEN				

IMPORTANT !

REMEMBER TO USE THE PREHEAT CYCLE.

D.

BREADS

The EZ COOK Multi oven harnesses convection circulation with extraordinary results. The air circulation creates a vacuum, which means that any bread baked in the EZ COOK OVEN will actually be pulled up, increasing its size. The crust is crispy, while the inside is tender and delicious. If you don't want a crisp crust, simply cover the bread with a foil tent for 3/4 of the baking time. The result is a bread with a good chewy crust. The forced air circulation bakes food evenly, without any fear of the conventional oven hot-spots. The result: perfect baked goods.

YANKEE CORNBREAD

Makes one loaf

Cooking time: 25 minutes

- Remember to use the preheat cycle.

1 cup all –purpose flour

¼ cup sugar

3 teaspoons baking powder

½ teaspoons salt

1 cup yellow cornmeal

1 egg, beaten

¼ cup vegetable oil

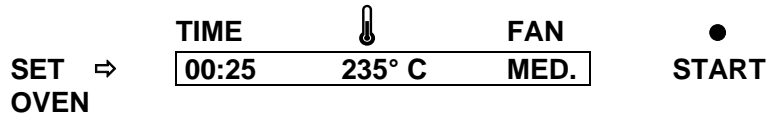
1 cup milk

STEP ONE

Combine flour, sugar, cornmeal, baking powder and salt. Set aside.
Combine milk, egg and oil, mixing well. Add liquid mixture to flour mixture.
Mixing just until dry ingredients are moistened. Spoon batter into a greased 20x20 cm pan.

STEP TWO

Place wire rack into glass bowl of oven. Set oven.



To test for doneness, insert a toothpick into center of bread. Pick should come out clean. Cut into squares and serve hot with butter and honey.

HEARTY WHOLE WHEAT BREAD

Make 6 little loaves, 15 x 8 cm

Baking time: 20 minutes

- Remember to use the preheat cycle.

3 cups whole wheat flour

2 ½ cups all purpose flour

1 tablespoon dry yeast or 1 package

3 tablespoons sugar

2 1/3 cups warm water(110°F to 115°F)

1 teaspoon salt

¼ cup vegetable oil

Hearty Whole wheat bread (Cont'd)

STEP ONE

In a large bowl combine flours, sugar and salt. Sprinkle yeast over warm water in a small bowl. Stir to soften and combine. Add oil. Pour liquid ingredients into dry ingredients. Mix with hands until well combined.

STEP TWO


Turn out dough onto lightly floured surface. Knead for 3 minutes. Place dough in an oiled bowl, turn once to coat with oil. Cover with plastic wrap and allow to rise for 1 to 1½ hours.

STEP THREE

Punch down dough. Turn out onto lightly floured surface. Form into a log shape. Using a sharp knife divide dough into 6 equal pieces. Shape each piece into a small loaf. Place each loaf into greased 15 x 8 cm pans. Allow to rise for 30 minutes.

STEP FOUR

Place wire rack into glass bowl of oven. Bake bread, 3 loaves at a time, as follows. Set oven.

	TIME		FAN	●
SET ⇒	00:20	205° C	MED.	START
OVEN				

Turn bread out immediately onto wire rack.

COLONIAL MINI LOAVES

Makes 6 little loaves, 15 x 8 cm
Baking time: 20 minutes

- Remember to use the preheat cycle.

5 ½ to 6 cups unbleached white flour

3 tablespoons sugar

1 tablespoon salt

¼ cup vegetable oil

2 ½ cups warm water (about 45°C)

2 packages or 2 tablespoons active dry yeast

STEP ONE

In a small bowl, sprinkle the yeast over the warm water. Stir with a whisk or fork to combine. Add the sugar and oil.

STEP TWO

In a large bowl, combine 5½ cups of flour and the tablespoon of salt. Pour the yeast mixture into the flour mixture and, using your hands, combine to form a dough. If too dry, add more water. If too wet, add more flour.

STEP THREE


Turn dough out onto lightly floured board. Knead for 3 to 5 minutes. Place dough into an oiled bowl, cover with plastic wrap and allow to rise until doubled, about 1 to 1½ hours.

STEP FOUR

Punch down dough and turn out onto a lightly floured board. Shape dough into an oblong about 30 cm long. Divide oblong into 6 equal pieces. Shape each piece into a loaf and place into greased pans. Allow to rise 3 minutes.

STEP FIVE

Place wire rack into glass bowl of oven. Place 2 or 3 pans directly onto the rack. Set oven.

	TIME		FAN	●
SET ⇒	00:20	180° C	MED.	START
OVEN				

Remove from pans immediately; cool on a wire rack. Repeat baking with remaining loaves.

SUNSHINE ORANGE NUT BREAD

Makes one 22 x 11 cm loaf

Baking time: 45 minutes

- Remember to use the preheat cycle.

1 ½ cups all purpose flour

½ cup sugar

1 ½ teaspoons baking powder

1 ½ teaspoons baking soda

Pinch of salt

¼ cup vegetable oil

¼ cup applesauce

½ cup fresh orange juice

Grated rind of one large orange

2 eggs

1 cup chopped hazelnuts, pecans or walnuts

Glaze:

¼ cup orange juice

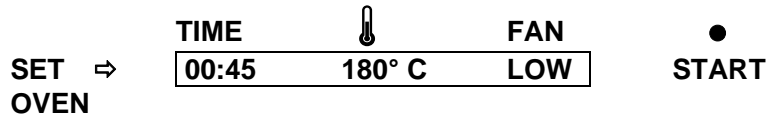
¼ cup sugar

STEP ONE

In a large mixer bowl, combine dry ingredients, except the nuts. Add the oil, applesauce, orange juice, rind and eggs. Beat on low speed just until Combined. Stir in chopped nuts. Pour into greased 22x11 cm loaf pan.

STEP TWO

Place wire rack into glass bowl of oven. Set oven.



STEP THREE

Combine orange juice and sugar in a small saucepan and simmer for 5 minutes, stirring constantly. Spoon hot glaze over bread as soon as it comes out of the oven. Cool in the pan or on wire rack.

FROZEN PIZZA

Makes 4 servings



Cooking time: 7 minutes

- Remember to use the preheat cycle.

One frozen pizza, no larger than 28 cm or use individual pieces

STEP ONE

Place wire rack into glass bowl of oven. Place the frozen pizza on the lower cooking rack. Set oven.

SET ⇒ OVEN	TIME 00:04	 260° C	FAN LOW	● START
RESET ⇒ OVEN	TIME 00:03	 260° C	FAN HIGH	● START

CINNAMON PULL-APARTS

Makes 3 little loaves, 15 x 8 cm

Baking time: 20 minutes

- Remember to use the preheat cycle.

Loaf:

$\frac{3}{4}$ cup warm water(40°C to 45°C)

1 package or 1 tablespoon active dry yeast

$\frac{1}{4}$ cup sugar

1 teaspoon salt

3 tablespoons margarine, melted

1 egg

2 ½ cups unbleached white flour

Topping:

¼ cup margarine, melted

¼ cup sugar mixed with 1 teaspoon cinnamon

STEP ONE

Sprinkle yeast over warm water in a large bowl; stir until dissolved. Add sugar, salt, margarine, egg and 1 1/2 cups flour. Beat with wooden spoon until smooth.

STEP TWO

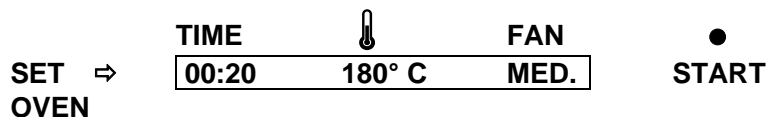
Gradually add remaining flour. Mix by hand until thoroughly mixed. Turn dough out onto lightly floured board. Knead until smooth, about 2 minutes.

STEP THREE

Place dough in a lightly oiled bowl, cover with plastic wrap. Allow to rise for one hour. Punch down dough. Turn onto a lightly floured board. Shape into a log about 15 cm long. Divide the dough into 6 equal pieces. Divide each piece into 6 dough balls. Place 3 balls down one side of a greased 15 x 8 x 5 cm pan. Brush with melted margarine and sprinkle with cinnamon sugar. Slightly overlapping, place 3 more dough balls down the other side of the pan. Repeat brushing and sprinkling process.

STEP FOUR

Allow loaves to rise for 30 minutes. Place wire rack in glass bowl of oven. Place pans on wire rack. Set oven.



Remove bread from pans immediately and cool on wire rack.

E.

DESSERTS

The EZ COOK Multi oven allows you to prepare your desserts while your main meal is cooking. Then, without having to clean the oven out, your desserts will cook while you are enjoying your main meal.

NEW ENGLAND BLUEBERRY CUSTARD

Makes 6 servings

Cooking time: 50 minutes

- Remember to use the preheat cycle.

3 cups fresh or frozen blueberries

6 eggs

$\frac{3}{4}$ cup sugar

6 tablespoons all purpose flour

1 $\frac{1}{4}$ cups milk

$\frac{3}{4}$ cup sour cream

1 teaspoon vanilla extract

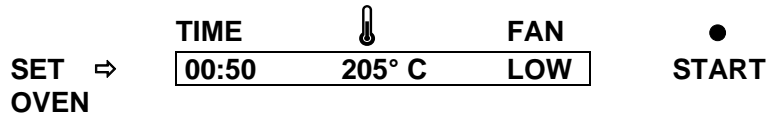
STEP ONE

Scatter berries in the bottom of deep 20 cm, ovenproof baking dish.

Combine the eggs, sugar, flour, milk, sour cream and vanilla in a blender and blend at high speed for 1 minute, scraping down the sides of the jar once.

STEP TWO

Pour the custard over the berries. Place the wire rack into the glass bowl of oven. Set oven.



Cake is done when knife inserted comes out clean. Serve hot or warm.

APPLE-ALMOND PUDDING

Makes 6 servings

Baking time: 35 minutes

- Remember to use the preheat cycle.

1 kg of apples (approx. 6 medium-sized apples)

¼ cup water

1 tablespoon honey

½ cup fresh bread crumbs

6 tablespoons butter or margarine

⅓ cup sugar

½ cup ground almonds

Grated peel of 1 lemon

1 large egg

¼ cup sliced almonds

Apple-Almond Pudding (Cont'd)

STEP ONE

Peel, core, and chop apples. In a saucepan, simmer apples with water until soft. Set aside.

STEP TWO

In a mixing bowl, combine bread crumbs and honey. Spread mixture evenly over bottom of an oven-proof casserole, set aside.

STEP THREE


In mixing bowl, cream the butter and sugar until smooth and light. Beat in ground almonds, lemon rind and egg until smooth.

STEP FOUR

Spoon apples into the casserole and cover with batter. Sprinkle with sliced almonds.

STEP FIVE

Place wire rack into glass bowl of oven. Put casserole on rack. Set oven.

	TIME		FAN	●
SET ⇒	00:35	180° C	LOW	START
OVEN				

BAKED APPLES

Makes 4 servings

Baking time: 35 minutes

- Remember to use the preheat cycle.

4 large cooking apples, washed

2 tablespoons brown sugar

½ cup dried mixed fruits, chopped

½ cup water

Whipped cream or vanilla yogurt (optional)

STEP ONE


Remove cores from apples. Using the tip of a sharp knife, score the skin around the middle of each apple. Stand apples up in an oven-proof casserole.

STEP TWO

In a mixing bowl, combine brown sugar with dried fruits. Divide fruits among the four apples. Stuff the holes. Pour water into bottom of casserole.

STEP THREE

Place wire rack into glass bowl of oven. Put casserole on wire rack. Set oven.

	TIME		FAN	●
SET ⇒	00:35	235° C	LOW	START
OVEN				

When done, a fork should pierce the apple easily. Serve with whipped cream or vanilla yogurt.

OLD FASHIONED BREAD AND BUTTER PUDDING

Makes 4 servings

Baking time: 30 minutes

- Remember to use the preheat cycle.

8 thin slices white bread, crusts removed

4 tablespoons butter

½ cup currants or raisins

2 tablespoons brown sugar

2 tablespoons white sugar

2 large eggs

2 cups milk

1 teaspoon ground cinnamon

2 teaspoons brown sugar (for dusting)

STEP ONE

Butter one side of each bread slice. Cut 4 bread slices in half on the diagonal. Cut remaining four bread slices into quarters. Set aside.

STEP TWO

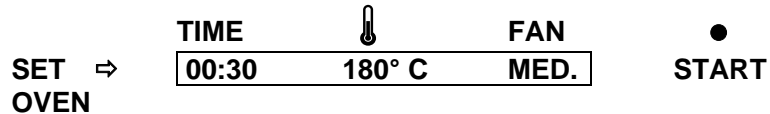
Line the sides of an oven-proof casserole with the bread halves, butter side against the dish. Arrange half the remaining bread in the bottom of the casserole. Sprinkle with half the currants and brown sugar. Make a second layer with remaining bread, currants and brown sugar. Set aside.

STEP THREE

In a mixing bowl, whisk together white sugar, eggs and milk. Pour mixture into casserole, dust with cinnamon and let stand for 30 minutes.

STEP FOUR

Cover casserole with foil. Place wire rack into glass bowl of oven. Set casserole directly on wire rack. Set oven.



Sprinkle with 2 teaspoons brown sugar before serving.

JAMAICAN BANANAS FOSTER

Makes 4 servings

Baking time: 20 minutes

- Remember to use the preheat cycle.

4 firm bananas, halved lengthwise

¼ cup butter or margarine, softened

½ cup brown sugar

1½ tablespoons lemon juice


1/3cup banana liqueur or rum

¼ cup brandy, warmed

Vanilla ice cream


STEP ONE

Place wire rack into glass bowl of oven. In a 22 or 25 cm oven-proof casserole, combine softened butter and brown sugar. Place casserole on rack. Set oven.


	TIME		FAN	●
SET ⇒	00:05	260° C	HIGH	START
OVEN				

STEP TWO

Add lemon juice and rum or banana liqueur. Set oven.

	TIME		FAN	●
SET ⇒	00:10	260° C	HIGH	START
OVEN				

Add sliced bananas, turning once to coat with sauce. Set oven.

	TIME		FAN	●
SET ⇒	00:05	260° C	HIGH	START
OVEN				

STEP THREE

At the table, pour warmed brandy over bananas and ignite. When flames go out, serve over ice cream.

RICH AND DARK FUDGE CAKE

Makes one 20 x 20 cm cake

Baking time: 35 minutes

- Remember to use the preheat cycle.

1 cup flour

1 cup sugar

½ cup cocoa

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

1 egg slightly beaten

½ cup milk

¼ cup vegetable oil

1 teaspoon vanilla


½ cup boiling water

STEP ONE

In a large mixer bowl, combine dry ingredients. Add egg, milk, oil and vanilla and beat on medium speed for 2 minutes. Stir in boiling water. Pour into greased 20 x 20 cm pan.

STEP TWO

Place wire rack into glass bowl of oven. Set oven.

	TIME		FAN	●
SET ⇒	00:35	180° C	LOW	START
OVEN				

Cool in pan 10 minutes, remove from pan to wire rack. Cool completely. Frost as desired.

V. EZ COOK MULTI OVEN

TROUBLE SHOOTING GUIDE

<u>SYMPTOME</u>	<u>PROCEDURE</u>
OVEN WILL NOT TURN ON	<ul style="list-style-type: none">• Check to see that the power cord is plugged into AC outlet.• Secure the lid all the way down. <p>NOTE: This “PUSH DOWN” motion acts as a safety switch and will not allow the oven to work when in the up-right position.</p>
OVEN WILL NOT HEAT UP	<ul style="list-style-type: none">• Check the thermostat to see that it is set for a high enough temperature.
LID OR BOWL IS CRACKED	<ul style="list-style-type: none">• Order replacement from the EZ COOK service department at once.

QUICK REFERENCE GUIDE

Remember to use the preheat cycle.

ITEMS	COOKING TIME	TEMP.	FAN SPEED	COOKING AND SERVING TIPS
MEATS AND FISH				
Beef Rib Roast Boneless	50 to 60 minutes per kg.	180°C	MED	Top with your favorite sauce.
With bone	50 to 60 minutes per kg.	180°C	MED	
Meat Loaf (1kg)	50 to 60 minutes	205°C	MED	Top with tomato paste.
Hamburgers 4 Burgers (125g each)	10 minutes (rare) 12 minutes (medium) 14 minutes (well done)	260°C	HIGH	Grill on lower rack.
Hot Dogs (50g to 60g each)	4 minutes	260°C	HIGH	Grill on upper rack.
Rib Eye or Strip Steak	8 minutes (rare) 10 minutes (medium) 12 minutes (well done)	260°C 260°C 260°C	HIGH	Cook on upper rack.
Grilled shrimp	6 to 8 minutes	205°C	HIGH	Peel and devein. Baste and place 6 to 8 shrimp on each skewer.
Lobster Tails	12 minutes	235°C	MED	Split and discard undershell. Upper rack.
Pork Loin Roast	23 minutes per 500g	205°C	MED	Bottom rack.
Pork Chops (1.25cm thick)	8 to 10 minutes	235°C	MED	Upper rack.
Sausage Patties (500g)	10 minutes	205°C	HIGH	Upper rack.
Leg of Lamb	Rare-40 minutes per kg. Medium-50 minutes per kg. Well-60 minutes per kg.	205°C	MED	Cook at 260°C on HIGH fan for first 20 minutes.
Breaded Fish (Frozen)	5 to 7 minutes less than package directs	205°C	HIGH	Upper rack.
Bacon (500g)	10 minutes	205°C	MED	Use either rack, both if needed.

ITEMS	COOKING TIME	TEMP.	FAN SPEED	COOKING AND SERVING TIPS
POULTRY				
Chicken (1.5kg) Quartered	25 minutes	180°C	MED	Use HIGH fan speed for first half of cooking time. Lower rack. Brush with sauce, if desired, in last 10 minutes.
Halved	35 minutes	180°C	MED	
Whole	45 minutes per 500g	180°C	MED	
Chicken Breasts (Boneless)	10 minutes	180°C	HIGH	Upper rack.
Chicken Breasts (with Bones)	20 to 25 minutes	180°C	HIGH	Lower rack.
Turkey (Unstuffed)	12 minutes per 500g	205°C	MED	Season before roasting.
Turkey Breast (Half -1.5kg)	45 to 60 minutes	205°C	MED	Season before roasting.
Cornish Hens	20 minutes per 500g	205°C	MED	Season before roasting.
BREADS AND CONVENIENCE FOODS				
Muffins	10 minutes	205°C	LOW	Place in a 6 muffin tin with liners
Biscuits	9 minutes	205°C	LOW	Use a 23cm non-stick pan.
Dinner Rolls	15 minutes	180°C	LOW	Rise till doubled before baking.
Tacos (Frozen)	6 to 7 minutes	235°C	LOW	Lower rack. Spray rack with non-stick coating.
Brownies	20 minutes	180°C	MED	Lower rack. Spray rack with non-stick coating.
VEGETABLES				
Baked Potato (170g to 220g ounces)	35 to 45 minutes	235°C	HIGH	Lower rack. Spray rack with non-stick coating.
Corn on the Cob (4 ears)	20 minutes	205°C	LOW	Lower rack. Remove silk and soak in water for 15 minutes before roasting.
French Fries	10 minutes or until crisp(spray lightly with oil to make fries browner)	205°C	HIGH	Upper rack. Spray rack with non-stick coating.