

POULTRY

Juicy and moist describes poultry cooked by microwave energy. It is a superior method for cooking chicken to be used in casseroles, salads, or to have for sandwiches. See Poached Chicken recipe.

Arrangement is very important with poultry and its uneven shapes. Try to arrange pieces in a circular pattern wherever possible for the most even defrosting or cooking. The rounded part of the drumstick should go at the outer edge, for example, while the thinner end goes to the middle of the dish. Continue with other pieces until the overall layer is fairly even. Cover with wax paper to prevent spattering.

Poultry defrosts well with our AUTO DEFROST feature

(see page 15). Be sure that all poultry is completely defrosted before cooking. Check for doneness after stand time is over.

Remember that more cooking will take place during standing time. Poultry must be cooked to an internal temperature of 160°F for boneless pieces, to 170°F for bone-in pieces and to 185°F for whole birds.

Poultry is done when the meat is no longer pink and the juices are the colour of chicken broth with no traces of pink. Be sure to check for these signs by cutting into the inner thigh. You may also check for the internal temperature with an instant-read thermometer. Occasionally the bones will show red spots, but this does not affect the doneness.

POACHED CHICKEN

- 2 bone-in chicken breast halves (about 1 lb.)
- 1 celery stalk, cut up
- 1 medium carrot, cut up
- 1 small onion, chopped (about 1/2 cup)
- 1 cup chicken broth

1. In a 2-quart casserole, place chicken breast halves. Add celery, carrot, onion and chicken broth.
2. Cover with lid or vented plastic wrap. Cook on P-HI for 12 to 15 minutes or until chicken is no longer pink and juices run clear; turn chicken over halfway through cooking. Let stand 5 minutes.

4 servings

BBQ CHICKEN

- 1 broiler-fryer chicken, cut in serving pieces (2 1/2 to 3 lbs.)
- 1/2 cup catsup
- 2 tablespoons brown sugar
- 2 tablespoons vinegar
- 1 teaspoon Worcestershire sauce
- 1 teaspoon prepared mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

1. Rinse chicken and pat dry with paper towels. On a microwave rack, arrange chicken pieces skin side down in a single layer with thickest parts to outside.
2. In a 2-cup glass measure, combine catsup, brown sugar, vinegar, Worcestershire, mustard, salt and pepper. Reserve 1/2 cup of sauce.
3. Brush half of remaining barbecue sauce over chicken. Cover with wax paper. Cook on P-HI for 10 minutes. Rearrange and turn over chicken; brush with remaining sauce. Continue cooking on P-HI for 8 to 10 minutes or until chicken is no longer pink and juices run clear. Let stand 3 minutes. Serve with reserved sauce.

4 servings

MEXICAN CHICKEN RICE CASSEROLE

- 1 pound boneless, skinless chicken breasts, cut into strips
- 1/2 teaspoon cumin
- 1/4 teaspoon salt
- 1 tablespoon margarine or butter
- 1 clove garlic, minced
- 1 cup mild or medium salsa
- 1 cup chicken broth
- 3/4 cup quick cooking rice
- 1 cup corn chips, crushed to 1/2 cup
- 1/2 cup (2 oz.) shredded Monterey Jack or cheddar cheese

1. Season chicken with cumin and salt. In a 1 1/2-quart casserole, heat margarine on P-HI for 50 to 60 seconds or until melted; stir in chicken and garlic.
2. Cook, uncovered, on P-HI for 7-9 minutes or until chicken is no longer pink; stir three times during cooking. Stir in salsa, chicken broth and rice.
3. Cover with lid or vented plastic wrap. Cook on P-HI for 5-6 minutes or until boiling. Let stand, covered, until liquid is absorbed, about 4 minutes. Stir; sprinkle with crushed corn chips and cheese.
4. Cook, uncovered, on P-HI for 2-3 minutes or until cheese is melted.

4 servings

MEATS

Tender cuts of meat do well in the microwave, especially when cooked at lower power levels. Be sure meat is fully defrosted before cooking. Consult the meat cooking charts (pages 30-32) for details.

The exact time to cook each piece of meat will depend on the shape of the meat, the weight, the starting temperature of the meat and the desired doneness. Our timings assume the meat is taken from the proper storage (refrigerated). The lower number in the time range reflects time suggested for medium

meat; the higher number for well done. It is always possible to add time if needed, so it is best to start with the lower number for calculating the time.

Stand time after cooking is an important aspect of microwave cooking since more cooking will take place then. The residual heat in the food will equalize and finish the cooking process. Always check for doneness after the stand time.

MEATBALLS

- 1 egg, beaten
- 1/3 cup milk
- 1/4 cup quick cooking oats, uncooked
- 1/4 cup dry bread crumbs
- 1 pound lean ground meat
(combination of beef and pork or turkey)
- 1 medium onion, chopped
- 1 tablespoon dried parsley flakes
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

1. In a small bowl, combine egg, milk, oats and bread crumbs; let stand 2 minutes. In mixing bowl, combine ground meat, onion, parsley, salt and pepper. Add egg mixture; mix well. Form meat mixture into 24 meatballs.
2. In a 2-quart casserole, place meatballs in a single layer. Cover with wax paper. Cook on P-HI for 12 to 14 minutes or until meat is no longer pink; turn meatballs twice during cooking. Drain meatballs; let stand for 3 minutes before serving.

4 servings

PEPPER STEAK

- 1 pound beef steak
(flank, round or sirloin)
- 2 tablespoons white wine vinegar
- 1 tablespoon water
- 1/4 cup soy sauce
- 1 teaspoon garlic/salt
- 1/2 teaspoon sugar
- 1/4 teaspoon ground ginger
- 1 large green bell pepper, cut into strips
- 1 medium onion, sliced
- 2 medium tomatoes, peeled and quartered
- 1 cup fresh mushrooms, sliced
- 1 cup brown gravy
- Hot cooked rice

1. Slice beef across the grain into strips. In a 2-quart glass casserole, combine vinegar, water, soy sauce, garlic, salt, sugar and ground ginger. Add meat to mixture; coat each piece. Cover with lid or plastic wrap and marinate in refrigerator for 30 minutes.
2. Remove bowl from refrigerator. Stir in green bell pepper and onion; cover. Press Power pad continuously by P-8. Cook, uncovered, for 5 minutes. Stir in tomatoes and mushrooms.
3. Cover with lid or vented plastic wrap. Press Power pad by P-9. Continue cooking for 10 minutes or until meat is tender; stir once during cooking. Add brown gravy to meat mixture; stir.
4. Continue cooking on P-HI for 4 to 5 minutes or until meat mixture is thoroughly heated. Let stand for 3 minutes.

4 servings

TIP

Thin pieces of meat are no longer pink when fully cooked. Take meat from the microwave while slightly pink to prevent overcooking during standing time.

