



Marvelous Microwave

Soup to Nuts

Hawaiian Meatballs

Your guests will love the tangy taste of these little meatballs and the surprise pineapple filling.

- 1 can (1 lb. 4 oz.) pineapple chunks, in syrup
- 1 lb. lean ground beef
- 1 egg
- 3 slices fresh bread, in small crumble
- 1 tablespoon instant minced onion
- 1 teaspoon salt
- 1/8 teaspoon allspice
- 1/2 cup catsup
- 2 tablespoons brown sugar
- 1 tablespoon Gravy Master

Directions:

1. Drain pineapple reserving syrup
2. Mix together beef, egg, bread crumbs, onion, salt, allspice and 2 tablespoons of the retained pineapple syrup.
3. Mold a small amount of the meat mixture around each pineapple chunk. Place in a shallow baking dish. Cover with waxed paper and cook on HIGH 4 minutes. Pour off meat juices.
4. Stir together 1/3 cup of the reserving pineapple syrup, catsup, brown sugar and Gravy Master; mix well. Pour over drained meatballs. Cook on HIGH 3 to 4 minutes. Serve over rice as a main dish or with toothpicks as an appetizer. Makes about 24 to 30 meatballs.

French Onion Soup

This quick and easy soup tastes like it simmered all day long.

- 2 tablespoons butter or margarine
- 2 medium onions, sliced very thin
- 1 teaspoon Gravy Master
- 1 can (10 1/2 oz.)consomme
- 1/2 cup water
- 1/4 cup dry white wine
- 1 bay leaf
- Few drops hot pepper sauce
- 2 slices French bread, toasted
- 1/2 cup grated Swiss cheese
- 2 teaspoons grated Parmesan cheese

Directions:

1. In a microwave-safe bowl or casserole, cook butter, onion, and Gravy Master on HIGH 4 minutes, stirring twice, until the onion is limp.
2. Add consomme, water, wine, bay leaf and pepper sauce. Cook on HIGH 4 minutes. Remove from oven. Discard bay leaf.
3. Pour soup into individual microwave-safe bowls. Float toasted bread on soup. Sprinkle with Swiss, then Parmesan cheese. Microwave on HIGH 2 minutes, until cheese melts. Makes 2 servings.

Stuffed Mushrooms

You can stuff the mushrooms ahead, then micro-cook them just before serving.

- 12 large mushrooms, about 2 inches in diameter
- 1/2 cup finely chopped onion
- 2 teaspoons Gravy Master, divided

1 package (3 oz.) cream cheese, softened
1/4 cup fine dry bread crumbs
1/2 cup chopped cooked bacon or ham

Directions:

1. Remove mushroom stems and chop finely. In a 1 1/2-quart casserole, place chopped stems and onion. Stir in 1 teaspoon of Gravy Master. Cover and cook on HIGH 4 minutes, stirring once.
2. Add cream cheese to hot mixture, mixing well. Stir in bread crumbs and bacon.
3. Rub mushroom caps with remaining teaspoon of Gravy Master. Arrange caps on microwave-safe platter.
4. Divide stuffing evenly among mushroom caps. Microwave on HIGH 3 to 4 minutes, rotating platter once during cooking time. Makes 12 mushrooms.

Tomato Clam Sipper

A cross between a drink and a soup, this is a great year-round pepper-upper.

4 cans (12 oz. each) tomato juice
2 teaspoons Gravy Master
2 teaspoons lemon juice
1 to 2 teaspoons horseradish, to taste
1/2 cup minced clams with their juice
4 lemon slices for garnish

Directions:

1. Combine all ingredients in microwave-safe pitcher.
2. Heat on HIGH 5 to 8 minutes or until heated through
3. Garnish each serving with lemon slices. Makes 4 servings.

Party Walnuggets

You can make a big batch of these and store them in an airtight container until party time.

1 cup walnut halves
3 teaspoons vegetable oil
3 teaspoons Gravy Master
1/2 teaspoon garlic salt
1 teaspoon dill weed
1 round (8 oz.) Brie or Camembert cheese, chilled
Crisp crackers, baguette slices or sliced tart apples or pears

Directions:

1. Spread walnut halves in a single layer in a glass pie plate. Cook on HIGH 4 minutes, stirring once
2. Combine oil and Gravy Master; drizzle on walnuts. Sprinkle with garlic salt and dill weed. Stir well.
3. Cook on HIGH 1 minute to brown walnuts. Cool.
4. Place cheese on glass plate. Heat in microwave 20 to 25 seconds, just until soft but not runny. Sprinkle walnuts over and around cheese. Spread on crackers, bread slices or fruit. Makes 4 appetizer servings.

Easy Bean Dip

You can make a big batch of these and store them in an airtight container until party time.

1 cup walnut halves
3 teaspoons vegetable oil
3 teaspoons Gravy Master
1/2 teaspoon garlic salt
1 teaspoon dill weed
1 round (8 oz.) Brie or Camembert cheese, chilled
Crisp crackers, baguette slices or sliced tart apples or pears

Directions:

1. Spread walnut halves in a single layer in a glass pie plate. Cook on HIGH 4 minutes, stirring once
2. Combine oil and Gravy Master; drizzle on walnuts. Sprinkle with garlic salt and dill weed. Stir well.

3. Cook on HIGH 1 minute to brown walnuts. Cool.
4. Place cheese on glass plate. Heat in microwave 20 to 25 seconds, just until soft but not runny. Sprinkle walnuts over and around cheese. Spread on crackers, bread slices or fruit. Makes 4 appetizer servings.

Cooking for Company

Orange Glazed Cornish Hens

This is a perfect main dish for a quick but elegant dinner. Serve hens on a bed of long grain and wild rice mix.

1/2 cup orange juice
Salt and pepper to taste
1/2 teaspoon garlic powder
1 (1 to 1 1/2 lbs. Each) Cornish hens, cut in half lengthwise
2 tablespoons Gravy Master
1/2 cup orange marmalade

Directions:

1. Combine orange juice, salt, pepper, and garlic powder. Pour over hens to coat well, and marinate in refrigerator about 30 minutes or longer.
2. Place hens in a shallow baking dish or platter. Combine Gravy Master and orange marmalade; mix well.
3. Baste hens all over with orange mixture. Cover loosely with waxed paper and cook on high 8 minutes, stirring frequently and basting with the sauce. Makes 2 to 4 servings, depending on size.

Turkey Breast with Golden Gravy

You needn't wait for special occasions to enjoy this handy turkey cut. It's perfect for small families.

2 tablespoons melted butter or margarine
2 tablespoons Gravy Master
1/2 teaspoon paprika
Salt and pepper to taste
1 boneless turkey breast roast (about 1 3/4 to 2 1/4 lbs.)
For the gravy:
4 tablespoons melted butter or margarine
Pan drippings
4 tablespoons flour
2 cups chicken broth
1 teaspoon Gravy Master

Directions:

1. Combine melted butter, Gravy Master, paprika, salt and pepper. Rub all over the turkey breast.
2. Place on baking dish, cover loosely with waxed paper and cook on HIGH about 9 minutes per pound, rotating dish halfway through cooking time, and basting with drippings. Set aside and keep warm while making gravy.
3. Add butter to drippings in the pan. Cook on HIGH 30 seconds. Whisk in flour until smooth. Slowly whisk in chicken bouillon and Gravy Master. Cover and cook on HIGH 2 or 3 minutes, until hot and bubbly. Makes 6 to 8 servings.

Shrimp Scampi

Serve with lots of crusty bread to soak up the juices...

tablespoons butter
1 tablespoon olive oil
1 tablespoon Gravy Master
2 cloves garlic, finely minced
3 tablespoons dry vermouth or white wine
3/4 lb. large shrimp, shelled and deveined, with tails left on.
1 teaspoon oregano

Directions:

1. In a shallow dish or pie plate, combine butter, oil, Gravy Master and garlic. Cook on HIGH 1 to 2 minutes, stirring once, to melt butter.
2. Stir in vermouth, then shrimp, and toss to coat well. Sprinkle with oregano.

3. Cook on HIGH about 3 minutes, stirring twice, just until shrimp are pink and cooked through. Do not overcook! Makes 2 main dish or 4 appetizer servings.

Salmon Steaks with Horseradish Sauce

A favorite at trendy restaurants that you can easily make at home.

1 teaspoon Gravy Master
2 salmon steaks, each about 1 inch thick
1 tablespoon butter
1 tablespoon snipped fresh chives
2 teaspoons cornstarch
Salt and pepper to taste
1/3 cup milk
1/3 cup dry white wine
3 teaspoons horseradish
1 teaspoon lemon juice
Fresh chives for garnish

Directions:

1. Rub Gravy Master on both sides of salmon steaks. Place in baking dish, cover with plastic wrap and cook on HIGH about 4 to 6 minutes, until fish flakes easily with a fork. Do not overcook! Set aside and keep warm while making sauce.
2. Cook butter on HIGH about 30 seconds, until melted. Stir in chives, cornstarch, salt and pepper, and mix well. Stir in milk and wine.
3. Cook uncovered on HIGH for 2 to 3 minutes, stirring frequently, until smooth. Stir in horseradish and lemon juice.
4. To serve, spoon sauce over salmon steaks. Garnish with fresh chives. Makes 4 servings.

Ham with Raisin Sauce

Serve with a green vegetable and your favorite sweet potatoes. The sweet potatoes can be baked--or quick cooked in the microwave oven for an easy but festive dinner.

Grated rind of 1 orange
1/2 cup orange juice
1/2 cup red currant jelly
1 tablespoon Gravy Master
1/4 teaspoon ground allspice
1 tablespoon cornstarch
1/4 cup water
1/2 cup golden raisins
1 lb. center-cut ham steak, fully cooked

Directions:

1. In a bowl, combine orange rind, orange juice, currant jelly, Gravy Master and allspice. Cook on HIGH 2 or 3 minutes, until it starts to boil.
2. Dissolve cornstarch in water and stir into hot mixture. Cook on HIGH 1 minute, stirring once. Stir in raisins. Set aside.
3. Cut slashes around edge of ham steak so it won't curl up while cooking. Place in a shallow baking dish and cover loosely with waxed paper. Cook on HIGH about 5 minutes, until heated through.
4. Drain fat from serving dish and remove from platter. Spoon on sauce. Microwave on HIGH 2 to 3 minutes, until heated. Makes 4 servings.

Down Home Cooking

Fish Fillets Parmesan

Once you try fish fillets from the microwave, you'll be hooked for life.

1 lb. fish fillets (sole, flounder, perch, or any mild white fish) Salt and pepper to taste
2 tablespoons butter or margarine
1/2 cup grated Parmesan cheese
1/2 cup mayonnaise
1 tablespoon Gravy Master
1 tablespoon lemon juice
2 tablespoons scallions

Directions:

1. Arrange fish fillets in a shallow baking dish. Sprinkle with salt and pepper and dot with butter. Cover loosely with waxed paper and cook on HIGH 2 minutes.
2. Combine Parmesan cheese, mayonnaise, Gravy Master, lemon juice and scallions. Spread mixture over fish.
3. Cover loosely with waxed paper and cook on HIGH 1 or 2 minutes or until fish flakes easily with a fork. Do not overcook! Makes 3 to 4 servings.

Pork Chops in Apple Cider

Apples and cider team up beautifully with pork in this hearty dish.

4 pork loin chops
2 red cooking apples, cut in thin wedges
1 large onion, thinly sliced
2/3 cup apple cider
2 teaspoons Gravy Master
1 teaspoon cornstarch
1/4 teaspoon sage
1/4 teaspoon thyme
Salt and pepper to taste

Directions:

1. Place meat on platter. Cover and cook on HIGH 4 minutes. Turn chops, rotate platter and cook 5 minutes more. Remove from oven, cover, and set aside.
2. Place apple and onion in microwave-safe bowl. Cover tightly and microwave on HIGH 2 or 3 minutes.
3. In a small bowl, combine cider, Gravy Master, cornstarch, sage and thyme. Stir to dissolve cornstarch and pour over apples and onions. Cook on HIGH 3 to 4 minutes, stirring several times, until liquid bubbles and thickens slightly. Pour mixture over chops. Salt and pepper to taste. If needed, microwave on HIGH 2 to 3 minutes to reheat. Makes 4 servings.

Beef Stroganoff

You can prepare the stroganoff ahead, except for adding the sour cream. At serving time, reheat stroganoff briefly and stir sour cream into the hot mixture.

1 lb. sirloin steak, cut into strips
1 cup (8 oz.) sliced fresh mushrooms
1 onion, sliced
1 1/2 tablespoons flour
4 teaspoons Gravy Master
1/2 teaspoon dry mustard
1 tablespoon catsup
1/3 cup red wine or beef broth
Salt and pepper to taste
1/3 to 1/2 cup sour cream

Directions:

1. In a 2-quart casserole, sprinkle beef, mushrooms and onion with flour. Stir in Gravy Master, mustard, catsup and wine.
2. Cover and cook on HIGH 6 to 8 minutes, stirring occasionally, until beef cooks to your taste. Do not overcook!
3. Salt and pepper to taste. Stir in the sour cream. Serve over hot rice or noodles. Makes 4 servings.

Stuffed Peppers

Mix red and green peppers for an extra colorful dish.

4 large peppers
1 lb. ground beef
1/2 to 1/3 cup cooked white or brown rice
1 onion, finely minced
2 cloves garlic, finely minced
Salt and pepper to taste
1 can (8 oz.) tomato sauce
1 tablespoon Gravy Master
1 teaspoon oregano

Directions:

1. Cut tops from peppers to form lids and reserve. Seed peppers and remove membranes.
2. Combine beef, rice, onion, garlic, salt, pepper and 2 tablespoons of the tomato sauce. Fill peppers and place in a baking dish just the right size to hold peppers upright.
3. Combine remaining tomato sauce with Gravy Master and oregano. Pour over peppers. Top peppers with their reserved lids.
4. Cover with plastic wrap and cook on HIGH 10 to 15 minutes, rotating dish several times during cooking. Makes 4 servings.

Meatloaf Ring with Mustard Glaze

An old favorite in a new shape. This round loaf cooks more evenly in the microwave than the usual rectangular shape.

1 1/2 lbs. meat loaf mix (1/2 lb. ground beef, 1/2 lb. ground pork and 1/2 lb. ground veal) or 1 1/2 lbs. ground beef
1 onion, finely chopped
1 garlic clove, finely chopped
2 tablespoons finely chopped green pepper
1/2 teaspoon thyme
1 egg, lightly beaten
2 teaspoons Gravy Master
1 tablespoon catsup
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup dry bread crumbs
1 teaspoon dry mustard

For the glaze:

1 tablespoon Gravy Master
1/2 teaspoon dry mustard
1 tablespoon meatloaf juices

Directions:

1. Lightly mix all meatloaf ingredients and fill a 9-inch microwaveable ring mold (or make a ring by inverting a custard cup in the center of a 9-inch pie plate).
2. Cover meat with waxed paper and microwave on HIGH 10 minutes. Rotate loaf and cook 10 minutes more. Pour off drippings and discard fat. Let loaf stand while making the glaze.
3. To make glaze: combine 1 tablespoon of the meat juices with 1 tablespoon of Gravy Master and 1/2 teaspoon of mustard in a custard cup. Microwave on HIGH 1 minute. Brush over the loaf. Makes 6 servings.

Food for the Fast Lane**Chili Stuffed Potatoes**

This kid-pleasing combination makes a tasty and filling supper.

4 large baking potatoes
1 can (15 oz.) chili with beans
1 tablespoon Gravy Master
4 frankfurters, sliced
1 cup (4 ounces) shredded Cheddar cheese
Sliced Scallions (optional)

Directions:

1. Pierce potatoes with fork. Cook on HIGH about 15 minutes or until done, turning once and rearranging potatoes halfway through cooking.
2. Stir together chili, Gravy Master, frankfurters and cheese. Cook on HIGH 5 minutes or until heated through, stirring once.
3. Cut a cross on top of potatoes and press to open.
4. Top each potato with chili mixture. Sprinkle with sliced scallions, if you like. Makes 4 servings.

Chicken Fajitas

A great Mexican-style treat that's easy to make at home.

1 pound boneless skinless chicken breasts, cut into strips
1/3 cup lime juice
1/2 teaspoon salt
2 teaspoons Gravy Master
1/4 teaspoon chili powder
1 cup salsa
1/2 cup thinly sliced onion
4 flour tortillas
1 cup chopped onion
1 cup chopped tomato
1/2 cup sour cream
1/2 cup guacamole
Chopped fresh coriander (cilantro) or parsley

Directions:

1. Place chicken strips in shallow baking dish. Combine lime juice, garlic powder, salt, Gravy Master and chili powder. Pour over chicken and marinate in refrigerator 30 minutes. Drain.
2. Cover and cook on HIGH 3 minutes, stirring once. Stir in salsa and onion. Cover and cook on HIGH 3 minutes more.
3. Wrap tortillas in paper towels. Microwave on HIGH 1 minute.
4. Spoon chicken mixture down center of tortillas. Top with tomatoes, sour cream and guacamole. Sprinkle with coriander or parsley. Fold tortillas to close. Makes 4 servings.

Lamb Gyros on Pita Rounds

A great Mexican-style treat that's easy to make at home.

1 pound boneless skinless chicken breasts, cut into strips
1/3 cup lime juice
1/2 teaspoon salt
2 teaspoons Gravy Master
1/4 teaspoon chili powder
1 cup salsa
1/2 cup thinly sliced onion
4 flour tortillas
1 cup chopped onion
1 cup chopped tomato
1/2 cup sour cream
1/2 cup guacamole
Chopped fresh coriander (cilantro) or parsley

Directions:

1. Place chicken strips in shallow baking dish. Combine lime juice, garlic powder, salt, Gravy Master and chili powder. Pour over chicken and marinate in refrigerator 30 minutes. Drain.
2. Cover and cook on HIGH 3 minutes, stirring once. Stir in salsa and onion. Cover and cook on HIGH 3 minutes more.
3. Wrap tortillas in paper towels. Microwave on HIGH 1 minute.
4. Spoon chicken mixture down center of tortillas. Top with tomatoes, sour cream and guacamole. Sprinkle with coriander or parsley. Fold tortillas to close. Makes 4 servings.

Bacony Chicken Wings

You can serve these as a party appetizer or a family snack.

8 chicken wings
4 tablespoons catsup
2 tablespoons dry sherry
3 tablespoons Gravy Master
3 to 4 drops sesame oil
2 garlic cloves, finely minced
8 slices bacon, cut in half crosswise

Directions:

1. Remove wing tips and save for soup or other uses. Cut each wing at the joint to make 2 pieces. Place in a shallow dish.
2. Combine catsup, sherry, Gravy Master, sesame oil and garlic. Mix well and pour evenly over chicken wings to coat well. Cover and refrigerate 20 minutes.
3. Remove chicken from marinade. Wrap each wing piece with a bacon strip, securing with wooden toothpicks.

4. Place chicken in one layer in shallow platter or baking dish. Cover loosely with waxed paper and cook on HIGH 5 or 6 minutes, turning once, until bacon is crisp. Drain on paper towels. Makes 16 pieces

Welsh Rarebit

Call it "rabbit" or "rarebit" --this is a delicious light meal that hits the spot any time of day.

2 tablespoons butter or margarine
2 tablespoons flour
1 cup beer, at room temperature
2 teaspoons Dijon-style mustard
1 teaspoon Gravy Master
2 cups (8 oz.) shredded sharp Cheddar cheese Salt and pepper to taste
4 English muffins, split and toasted Cooked bacon, crumbled
8 tomato wedges, for garnish

Directions:

1. In a 2-cup glass measure, microwave butter on HIGH about 30 seconds, until melted.
2. Remove from oven and whisk in flour, then beer, mustard and Gravy Master until smooth.
3. Microwave on HIGH about 2 minutes. Stir in cheese and microwave on MEDIUM 2 minutes to melt cheese. Add salt and pepper to taste.
4. Place 2 toasted muffin halves on each plate. Top with cheese mixture. Sprinkle with crumbled bacon. Garnish with tomato wedges. Makes 4 servings.