



VIKING

viking high speed convection oven

Cookbook

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) Do not attempt to operate this 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.
- (b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) 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.
- (d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.



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Get To Know Your Viking High Speed Convection Oven

Easy Living

Congratulations! You're about to enter a simpler, easier world of cooking. Can a new and different oven make for easy living? This new Viking High Speed Convection Oven can.

Viking engineers, product specialists and home economists have combined the latest technology with basic cooking information and family-pleasing recipes. The result is a complete cooking system that handles almost every meal item you can think of – effortlessly.

The Viking experts have put it all together for you – in the oven and in this cookbook. All you have to do is pick a recipe or choose a basic food, follow the directions and success is yours.

Hurried and Harried? Help is Here!

Our lives are so busy that we often have to sacrifice taste to time. But not you. Your new oven will give you well-prepared, good-looking, great-tasting food – fast. It's perfect for busy cooks like you who want to feed your families well but just don't have the time or the inclination to fuss.

This oven is going to change your cooking style (or give you one) and simplify your life.

The oven is literally a set-it-and-forget-it cooking assistant. It has state-of-the-art technology to make cooking up to five times as fast. It uses the right high speed cooking method and temperatures to give you perfectly cooked foods – day in and day out.

Thanks to the 100 great recipes in this book you'll have an entire repertoire of wonderful main dishes, casseroles, vegetables, breads and desserts. And they will all be simple to get on the table.

Most of the recipes are much like your family's current favorites, so you won't have to introduce any strange new foods – there's meat loaf, roast chicken, turkey, lasagna and more. Many will become your family's new favorites.

In addition to the recipes, Viking has designed the oven to handle 84 of your favorite basics such as burgers, chops, steaks, roasts, poultry, fish, baked potatoes, French fries and many convenience foods. A handy Basic Cook Chart is on pages 10-12.

There's really only one drawback to this cookbook for your new Viking oven - friends are going to ask you for the recipes but

you won't be able to share. That's because the recipes have been developed and written exclusively for the unique cooking system of the Viking oven. Those who'd like the recipes will want to go out and get their own Viking High Speed Convection Oven (or come to your house to cook).

Here's How It Works

Heat is the basis of all cooking. We started with fire, thousands of years ago. Today Viking engineers use a combination of heat sources, based on the latest technology, to create a complete cooking system.

Just to get technical for a minute, the oven has 2900 watts of cooking power from the heating elements, a variable 2-speed fan, plus 1000 watts of microwave power. The oven cooks food by moving superheated air so quickly that the air is pushed into the food, cooking it moist and tender inside, crisp and spectacularly brown on the outside.

In some cases the fast hot air gets a microwave assist, to help cook food even more quickly. It is a unique combination, created after years of research in Viking laboratories and test kitchens.

Food in the oven receives heated air from every direction – top, bottom and sides. What's exceptional about the Viking oven is the amazing range of temperatures available. You can proof bread at 100°F, grill steaks at 450°F, bake a tender, delicate quiche or pound cake – all in less time than in a conventional oven.

The best news is that you don't have to think about what the heat source is, how hot the air is, how fast it's moving, whether it should be fast at the beginning and slow at the end or when to add the microwave boost.

There's an amazing "brain" in the oven that's been programmed to handle everything for you. Once you learn the simple techniques of using the oven you don't have to worry about anything. The oven is completely programmed for 84 of the most popular basic and convenience foods and for all 100 of the recipes in this cookbook. You set it and forget it, until the oven's audible prompt reminds you of the next step or that the food is done.

For example, the Deluxe Roasted Chicken on page 39 is cooked by a combination of high speed convection and microwaves. A 4-pound chicken is ready to eat in just 24 minutes, and it is the most moist, beautifully browned bird you've ever seen. Compare that to 2 hours in a traditional oven. Five times faster!

Just think what you could do with that extra 1½ hours. Your part in this process was buying the chicken, putting it on the rack on the splash guard, touching # 20 (the program for the recipe), then ENTER and walking away!

Take Time Now To Save Time From Now On

The Viking High Speed Convection Oven was created to give you success in preparing family and company meals, busy day in and busy day out. You'll be using it every day and probably every meal.

So, to get off to a good start, take time now to get acquainted with your new assistant.

Read through the operation manual that came with the oven, then read through these introductory pages and the recipe pages. As with any new electronic device, knowledge is power, so the more you have acquainted yourself with all the features and benefits of this marvelous oven, the easier it will be for you to use.

To make things even simpler, keep the handy laminated guide next to the oven, as a quick reference.

In this cookbook every recipe has a number, so all the details for the exact cooking modes, times and temperatures have already been programmed into the oven. You just touch RECIPES, the number, ENTER and then follow the prompts on the display panel.

The complete cooking system of this oven means you can concentrate on the important things – family and friends – and leave the cooking to Viking.

Read the Recipe

Once you've selected one of the 100 wonderful recipes in this book, read it through carefully.

Note the ingredients, their weight, measurement and any description (chopped, shredded, etc.).

Note the pan or baking dish size and material. Do use ingredients and pans as the recipe directs because the cooking temperature, type and time have all been pre-selected for you, based on those foods and equipment.

Note whether the recipe calls for the low or high rack or the splash guard.

Note too that, at the end of the recipe, there is the total cooking time, so you can schedule the rest of your meal or your

cooking time. The display will also tell you the cooking time remaining – just touch START.

Cooking directions for foods that don't require recipes – basic meats, poultry and fish, or convenience foods and baked items – are all in the Basic Cook Chart on pages 10–12.

Take a Test Drive with the Demo Mode

Take yourself into the kitchen, pull out the operation manual and the laminated touch guide that came with the oven and look over the control panel. It will seem new to you. After all, this is a revolutionary new way to cook. Here's where the Demo Mode comes in – it takes you through all the steps, but with no power to the oven so you can take a trial run or two to practice. After a few minutes of introduction and one or two recipes you'll be on your way.

Baking Equipment

Baking Pans and Dishes. The recipes that follow call for readily available pans and baking dishes. They include:

- 8-inch square glass baking dish (you'll need 2)
- 10-inch ovenproof casserole
- Ovenproof glass plate (to hold cakes during baking)
- 12-inch pizza pans (you'll want at least 2)
- 9-inch glass pie plate

The Control Panel and Settings

Everything on the control panel relates directly to the Best Cooking Methods chart, pages 6-9, to the Basic Cook Chart, pages 10-12 or to the 100 recipes in this book.

The **MANUAL COOKING** section shows that you have the option for four cooking methods: **SPEED/GRILL**, **SPEED/ROAST**, **SPEED/BAKE** and **CONVECTION** with or without **PREHEAT**. As always, the charts and the operation manual are your guides to which method to use and how to use it.

MANUAL COOKING These settings allow you to adapt recipes not in this book. Each setting has a particular advantage. However, in most cases, you'll want to use the automatic settings since Viking has done all the programming for you.

SPEED/GRILL means just that – you are cooking at high temperatures like those of glowing coals. This super-hot, super-fast, super-browning setting has an automatic preheat. This setting brings the outdoors in since it's just like grilling – only easier. You grill in the oven, in the kitchen. No need to build a fire, wait for the coals, baste or turn. You cook foods on the rack and, because the temperatures are so high and the cooking so fast, you will need to watch. Perfectly cooked steaks, burgers, fish or poultry are your reward on this setting. **SPEED/GRILL** offers you:

- Maximum heat – temperatures reach 450°F, much like a grill, but constant and even
- Maximum air – which means temperature stays high and stays even
- Choice of racks – cook on either rack (food on the high rack browns more quickly – use splash guard)

SPEED/ROAST is automatically set at 325°F, but you can easily change to whatever temperature you need. No preheating is necessary for **SPEED/ROAST** and, because of the high speed air, roasting times are 33% to 50% less than in normal ovens. Use low rack and splash guard.

SPEED/BAKE is also automatically set at 325°F but can be changed if necessary. This setting has a full range of temperature options - from 100°F (perfect for proofing breads) to 450°F. This setting is for foods that take more than 20 minutes of traditional baking time. Because of the high air speed you decrease the baking temperature for recipes not in this book by 25°F. Baking time is 25% to 33% less than in normal ovens. Use the low rack for foods that are to be baked on this setting.

CONVECTION is for usual temperatures, for the few times you might prefer not to use a speed option. For example a new packaged or convenience food, a new recipe that doesn't seem easy to convert or one of your long-time favorite recipes (cookies, for example) that takes less than 20 minutes. You can pre-heat or not at this setting.

The **AUTOMATIC COOKING** section gives you:

- **MICROWAVE OPTIONS** with 1000 watts of microwave capability for **REHEAT** (5 settings), **POPCORN** (3 settings), **COOK** (5 settings) and **DEFROST** (4 settings). All these options and settings are detailed in the operation manual.
- Nine food categories included in the cookbook and in the Basic Cook Chart (Meats, Poultry, Fish and Seafood, Casseroles, Pizzas, Appetizers and Snacks, Pies, Desserts, and Cakes and Breads).
- **SPEED COOK** controls for **BASIC COOK** (back to the chart on pages 10–12) or **RECIPES**. As you read the recipes in this book, you'll see just how easy it is to use them. You're directed to touch **RECIPES**, touch the number of that recipe, touch **ENTER** and follow the display directions. The oven already knows just what to do for each basic cooking step or each recipe.

In the center of the control panel is the Interactive Display. The screen tells you where to start, what to do next and exactly where you are in the cooking process by displaying the cooking time. This is an advanced, interactive display designed to ask you questions and direct you through the cooking process. Its entire purpose is to ensure you the very best cooking.

Continuing across the panel you'll find the pads to touch for the recipe number, for the temperature you'd like if using **CONVECTION**, and to enter the cooking time or use the timer.

Next you come to the indicators for the **POWER LEVEL** you are using, the **TIMER/CLOCK** and two more important controls: **HELP** and **ADD-A-MINUTE**.

HELP is where you go for assistance. For example, in the recipes, the **HELP** will tell you what size pan or how many to use. In **MICROWAVE OPTIONS** it tells you whether or not to cover the food during cooking. A light above this pad will come on when there is a message for you about what you're doing.

ADD-A-MINUTE is the handy way to add a few minutes to the cooking time during cooking without having to re-enter the initial information. For example, in the cake or bread recipes, test for doneness a minute or so before the end of the cooking time and, if necessary, touch **ADD-A-MINUTE** to add extra minutes – up to 10 – in the same cooking program. If the oven stops at the end of the cooking time and the foods need extra time, follow the directions in the display to add more cooking time. You must add the additional cooking time within 3 minutes.

ADD-A-MINUTE provides one minute of 100% cooking per touch. See the operation manual for other **ADD-A-MINUTE** uses.

STOP/CLEAR and **START** are the final controls on the panel.

Especially Nice Features

Audible signal - the gentle beep lets you know when to take the next step in the cooking process. Or, if you prefer, you can eliminate the audible beep. See the Use and Care manual for information.

HELP - the display guides you through every step, so Help really does mean assistance. Viking technical experts have included all the information you need, so the answer and the prompts, are there for you.

Racks - two racks provide a variety of cooking options. You use the low rack on the turntable for grilling and roasting, so air can circulate under the food. Use the high rack on the turntable for baking two pans of cookies or dishes of lasagna, for example. The Basic Cook Chart, pages 10-12 gives you more information about when to use the racks.

Splash Guard - this makes clean-up easier after roasting or grilling.

Turntable - turntable system means foods cook evenly, whatever heat mode you are using. The turntable is 13-inches in diameter, so a standard 12-inch pizza pan is a perfect fit. You'll find that many of the recipes and Basic Cook Options use one or two pizza pans.

Air - the speed and direction of the air is pre-programmed to maximize the cooking of specific foods.

Cleaning - another assist from Viking. The exterior front is stainless steel, the inside has a special easy-to-clean finish and the turntable, the racks and splash guard can go in the dishwasher.

Safety

The oven does get hot, so it is not for young children to use. The special Child Lock feature keeps little fingers from starting the oven.

Tips

Be sure to close the door as soon as you add or remove food from the oven, so the heated air does not escape. This is especially important when cooking in batches, such as cookies.

When the recipe tells you no preheating is required this assumes that you are starting the oven at room temperature. Should you start with a hot oven foods will cook faster, so check for doneness before the end of the cooking time.

Get Cooking!

Pick a recipe, gather and prepare the ingredients, pick the right pan and go to it.

Every recipe gives you the total cooking time, so you can schedule when to come back to the kitchen or when to set the table. When you use **BASIC COOK** you can determine the time as soon as you touch **START** – just look at the display.

Foods and Best Cooking Methods

Your Viking oven uses several different cooking methods to give you the very best results. This chart guides you to the best cooking methods for those times when you use your own recipe (other recipes in the chart below) or use a food that's not included in the Basic Cook Chart (pages 10-12). It covers a wide variety of everyday foods and also includes a quick summary of the 100 recipes in this cookbook. The recipes already have automatic instructions embedded in them and the oven knows them by heart.

Matching the best method and setting to the food is the secret to success – time after time.

You'll see that the foods are grouped by types: Appetizers/ Snacks, Cakes, etc. and also by two handy methods: Defrosting and Reheating.

The symbols show you the best cooking methods/setting:

- ◆ A basic cook setting
- ▲ Possible cooking option
- ▲▲ Better cooking option

| | | Basic Cook Setting | Microwave Option | Cookbook Recipes | Convection | Speed/Grill | Speed/ Roast | Speed/ Bake |
|--------------------------------|--------------------------------|--------------------|------------------|------------------|------------|-------------|--------------|-------------|
| Appetizers & Snacks | | | | | | | | |
| | Convenience, frozen prepared | ◆ | | | | | | |
| | Other recipes | | | 10 | ▲▲ | ▲ | | |
| | Popcorn | | POPCORN | | | | | |
| Cakes | | | | | | | | |
| | Angel food from a mix | ◆ | | | | | | |
| | Bundt from a mix | ◆ | | | | | | |
| | Bundt, Other recipes | | | 2 | | | | ▲ |
| | Cupcakes from a mix | ◆ | | | | | | |
| | Cupcakes, Other recipes | | | | ▲▲ | | | |
| | Layer cakes from a mix | ◆ | | | | | | |
| | Layer cakes, Other recipes | | | 2 | ▲▲ | | | |
| | Loaf cakes from a mix | ◆ | | | | | | ▲ |
| | Loaf cakes, Other recipes | | | 1 | | | | ▲ |
| | Tube cakes | | | 1 | | | | ▲ |
| | Other recipes | | | | ▲▲ | | | |
| Casseroles | | | | | | | | |
| | Baked from cooked ingredients | ◆ | | | | | | |
| | Lasagna | ◆ | | 1 | | | | |
| | Macaroni and cheese | ◆ | | 1 | | | | |
| | Other recipes | | | 8 | ▲▲ | | | ▲ |
| Cookies | | | | | | | | |
| | Bar | | | 1 | | | | |
| | Brownies from a mix | ◆ | | | | | | |
| | Cookies, frozen prepared | ◆ | | | | | | |
| | Cookies, refrigerated prepared | ◆ | | | | | | |
| | Other recipes | | | 2 | ▲▲ | | | |

| | | Basic Cook Setting | Microwave Option | Cookbook Recipes | Convection | Speed/ Grill | Speed/ Roast | Speed/ Bake |
|---------------------------|---------------------------|--------------------|----------------------|------------------|------------|--------------|--------------|-------------|
| Defrosting | | | | | | | | |
| | Chicken breasts, boneless | | DEFROST | | | | | |
| | Chicken pieces, bone-in | | DEFROST | | | | | |
| | Chops | | DEFROST | | | | | |
| | Ground meat | | DEFROST | | | | | |
| | Steaks | | DEFROST | | | | | |
| | Other | | Microwave 30% Power | | | | | |
| Desserts | | | | | | | | |
| | Cheesecake | | | 1 | ▲▲ | | | |
| | Cream puffs | | | | ▲▲ | | | |
| | Crisps | | | 1 | ▲▲ | | | |
| | Cobblers, frozen prepared | ◆ | | | | | | |
| | Other recipes | | | 4 | ▲▲ | | | |
| Fish & Seafood | | | | | | | | |
| | Fillets | ◆ | | 5 | | | | |
| | Pieces, frozen prepared | ◆ | | | | | | |
| | Scallops | ◆ | | 1 | | | | |
| | Shrimp | ◆ | | 3 | | | | |
| | Steaks | ◆ | | 3 | | | | |
| | Sticks, frozen prepared | ◆ | | | | | | |
| | Other recipes | | | | ▲ | ▲▲ | | |
| Frozen | | | | | | | | |
| | Breakfast items | | COOK | | | | | |
| | Entrees | | COOK | | | | | |
| | Dinners | | COOK | | | | | |
| | Other | | Microwave | | | | | |
| Meat | | | | | | | | |
| Beef | Frankfurters | ◆ | | 1 | | | | |
| | Hamburgers | ◆ | COOK | 3 | | | | |
| | Roasts, tender boneless | ◆ | | | | | | |
| | Steaks, bone-in | ◆ | | | | | | |
| | Steaks, boneless | ◆ | | 3 | | | | |
| Lamb | Chops, bone-in | ◆ | | 1 | | | | |
| | Roast, boneless leg | ◆ | | | | | | |
| Pork | Bacon | | Microwave 100% Power | | | | | |
| | Chops, bone-in | ◆ | | 1 | | | | |
| | Chops, boneless | ◆ | | | | | | |
| | Loin roast, boneless | ◆ | | 1 | | | | |
| | Sausage | ◆ | | | | | | |
| | Smoked ham slice | ◆ | | 1 | | | | |
| | Tenderloin | ◆ | | 2 | | | | |

Best Cooking Methods *(continued)*

| | | Basic Cook Setting | Microwave Option | Cookbook Recipes | Convection | Speed/Grill | Speed/Roast | Speed/Bake |
|--------------------------------|------------------------------------|--------------------|------------------|------------------|------------|-------------|-------------|------------|
| Meat <i>(continued)</i> | | | | | | | | |
| Other | Meat loaf | ◆ | | 1 | | | | |
| | Meats, other kinds | | | | ▲▲ | | ▲ | |
| | Roasts, less tender | | | | ▲▲ | | | |
| | Steaks, chops | | | 1 | | ▲▲ | | |
| | OTHER recipes | | | 1 | | ▲▲ | | |
| Pies | | | | | | | | |
| | Crust | ◆ | | | | | | |
| | Custard, homemade | | | | ▲▲ | | | |
| | Fruit, frozen prepared | ◆ | | | | | | |
| | Fruit, homemade | | | 1 | ▲▲ | | | |
| | Variety, pecan, etc. | | | 2 | ▲▲ | | | |
| | Other recipes | | | 5 | ▲▲ | | | |
| Pizza | | | | | | | | |
| | Boboli | ◆ | | 1 | | | | |
| | Deli fresh | ◆ | | | | | | |
| | Pizza crust, from a mix | ◆ | | | | | | |
| | Pizza crust, refrigerated prepared | ◆ | | 4 | | | | |
| | Regular crust, frozen | ◆ | | | | | | |
| | Rising crust, frozen | ◆ | | | | | | |
| | Other recipes | | | 1 | ▲▲ | | | |
| Potatoes | | | | | | | | |
| | French fries, frozen | ◆ | | | | | | |
| | Hash brown patties, frozen | ◆ | | | | | | |
| | Quick-cooked | | COOK | | | | | |
| | Real baked | ◆ | | 1 | | | | |
| | Tater tots | ◆ | | | | | | |
| Poultry | | | | | | | | |
| Chicken | Breasts, boneless | ◆ | | 4 | | ▲▲ | | |
| | Convenience prepared, frozen | ◆ | | | | | | |
| | Convenience prepared, refrigerated | ◆ | | | | | | |
| | Pieces, bone-in | ◆ | | 4 | ▲ | ▲▲ | | |
| | Whole chicken | ◆ | | 2 | | | | |
| | Other recipes | | | | ▲ | ▲ | | ▲ |
| Turkey | Breast, bone-in | ◆ | | 1 | | | | |
| | Breast, boneless | ◆ | | 1 | | | | |
| | Other recipes | | | | ▲ | ▲▲ | ▲▲ | |

Best Cooking Methods *(continued)*

| | Basic Cook Setting | Microwave Option | Cookbook Recipes | Convection | Speed/Grill | Speed/Roast | Speed/Bake |
|------------------------------------|--------------------|------------------|------------------|------------|-------------|-------------|------------|
| Quick Breads | | | | | | | |
| Biscuits from a mix | ◆ | | | | | | |
| Biscuits, frozen prepared | ◆ | | | | | | |
| Biscuits, Other recipes | | | 2 | ▲▲ | | | |
| Biscuits, refrigerated prepared | ◆ | | | | | | |
| Cornbread | | | | ▲▲ | | | |
| Muffins from a mix | ◆ | | | | | | |
| Muffins, OTHER Recipes | | | 3 | ▲▲ | | | |
| Quick bread loaf from a mix | ◆ | | | | | | |
| Quick bread loaf, OTHER Recipes | | | 1 | ▲▲ | | | ▲ |
| Rolls, refrigerated prepared | ◆ | | | | | | |
| Sweet rolls, refrigerated prepared | ◆ | | | | | | |
| Sweet rolls, OTHER Recipes | | | 1 | ▲▲ | | | |
| OTHER recipes | | | 1 | ▲▲ | | | |
| Reheating | | | | | | | |
| Beverage | | REHEAT | | | | | |
| Casserole, quick portions | | REHEAT | | | | | |
| Dinner plate | | REHEAT | | | | | |
| Fresh rolls / muffins | | REHEAT | | | | | |
| Soup | | REHEAT | | | | | |
| Other | | Microwave | | | | | |
| Vegetables | | | | | | | |
| Fresh | | COOK | | | | | |
| Frozen | | COOK | | | | | |
| Grilled | | | 1 | | ▲▲ | | |
| Yeast Breads | | | | | | | |
| Breadsticks, refrigerated prepared | ◆ | | | | | | |
| Garlic loaf, frozen prepared | ◆ | | | | | | |
| Other recipes | | | 1 | ▲ | | | ▲▲ |

Basic Cook Chart

There are lots and lots of basic meat, poultry and fish cooking methods that don't require a recipe. This easy chart tells you just how to cook them in your Viking high speed oven.

And every household has its own favorite convenience foods: chicken nuggets, French fries, pocket sandwiches, frozen pies, cakes from a mix, refrigerated or frozen dough specialties. This chart tells you how to cook them as well.

This easy guide covers 84 favorite foods. Just look down the Food column for the food you'd like to cook. In that section you'll see an indication of doneness or levels. Then read across to determine the amount and form of food to buy. The amounts listed below are weights before cooking.

The rack column tells you if you need to use a rack at all and whether the high or low rack.

Next, and very important, is the cooking container. Because the oven has been programmed for a particular container for each food you should cook in or on that container. The next column lets you know if you should use the splash guard.

Remember that staying within the given weight ranges is essential for successful cooking in the high speed oven.

The Interactive Display also gives you all this information and is yet another guide to successful cooking. It reiterates all the information in the guide and in the chart. The display is your coach and won't let you go to the next step until you've entered the necessary information.

Cooking your favorite foods will soon become automatic. You'll soon memorize the Basic Cook Number for a family special, then just touch that number, press ENTER, check the display to be sure you have the rack and cooking container right, then press START.

| Category | Number | Food | Amount | Rack | Container | Splash guard | |
|----------|---|---|--------------|-------------|-----------------|--------------|----|
| Meats | 1 | Beef Frankfurters | 1 – 6 pieces | low | pizza pan | | |
| | 2 | Beef Hamburgers ¼ lb each medium, well | 2 – 6 pieces | low | | yes | |
| | 3 | Beef Meat Loaf | 1 – 2 lb | | glass loaf dish | | |
| | 4 | Beef Roast tender cut boneless rare, medium | 2.5 – 4 lb | low | | yes | |
| | 5 | Beef Steaks, bone-in 1-inch thick rare, medium | 1 – 3 lb | low | | yes | |
| | 6 | Beef Steaks, boneless 1-inch thick rare, medium | .5 – 2 lb | low | | yes | |
| | 7 | Lamb Chops, bone-in ¾ – 1 inch medium | .5 – 1.5 lb | low | | yes | |
| | 8 | Lamb Roast, boneless medium | 2.5 – 4 lb | low | | yes | |
| | 9 | Pork Chops, bone-in ½ – ¾ inch medium | .5 – 2 lb | low | | yes | |
| | 10 | Pork Chops, boneless 1-inch medium | .3 – 2 lb | low | | yes | |
| | 11 | Pork Roast, loin boneless medium | 2 – 3.5 lb | low | | yes | |
| | 12 | Pork Roast, tenderloin medium | 1.2 – 2 lb | | pizza pan | | |
| | 13 | Pork Sausage medium | .3 – 1 lb | | pizza pan | | |
| | 14 | Pork Smoked ham slice medium | 1 slice | low | | yes | |
| Poultry | 15 | Chicken Breasts, boneless medium | .5 – 2 lb | | pizza pan | | |
| | 16 | Chicken Pieces, bone-in medium | .5 – 3 lb | low | | yes | |
| | 17 | Chicken Whole medium | 2.5 – 7 lb | low | | yes | |
| | 18 | Convenience Chicken Nuggets, frozen | 1 level | .3 – 1.3 lb | | pizza pan | |
| | | | 2 levels | 1.4 – 2 lb | high | 2 pizza pans | |
| | 19 | Convenience Chicken Nuggets, refrigerated | 1 level | .3 – 1.3 lb | | pizza pan | |
| | | | 2 levels | 1.4 – 2 lb | high | 2 pizza pans | |
| | 20 | Convenience Chicken Patties, frozen | 1 level | .3 – 1.3 lb | | pizza pan | |
| | | | 2 levels | 1.4 – 2 lb | high | 2 pizza pans | no |
| 21 | Convenience Chicken Patties, refrigerated | 1 level | .3 – 1.3 lb | | pizza pan | | |
| | | 2 levels | 1.4 – 2 lb | high | 2 pizza pans | | |

| Category | Number | Food | Amount | Rack | Container | Splash guard | |
|----------------------------|-------------------|-------------------------------|-------------------------|---------------|--------------|--------------------------|--------------|
| Poultry | 22 | Convenience Chicken | Pieces, bone-in, frozen | 1 level | .5 – 1.5 lb | | pizza pan |
| | | | | 2 levels | 1.6 – 3 lb | high | 2 pizza pans |
| | 23 | Convenience Chicken | Tenders, frozen | 1 level | .3 – 1.3 lb | | pizza pan |
| | | | | 2 levels | 1.4 – 2 lb | high | 2 pizza pans |
| | 24 | Convenience Chicken | Tenders, refrigerated | 1 level | .3 – 1.3 lb | | pizza pan |
| | | | | 2 levels | 1.4 – 2 lb | high | 2 pizza pans |
| | 25 | Convenience Chicken | Wings, frozen | 1 level | .5 – 2 lb | | pizza pan |
| | | | | 2 levels | 2.1 – 3 lb | high | 2 pizza pans |
| | 26 | Convenience Chicken | Wings, refrigerated | 1 level | .5 – 2 lb | | pizza pan |
| | | | | 2 levels | 2.1 – 3 lb | high | 2 pizza pans |
| 27 | Turkey | Breast, bone-in | | 3 – 6 lb | low | | yes |
| 28 | Turkey | Breast, boneless | | 1.5 – 3 lb | low | | yes |
| Fish & Seafoods | 29 | Filletts | | | .3 – 1.5 lb | high | pizza pan |
| | 30 | Pieces, prepared frozen | 1 level | .3 – 1.5 lb | | pizza pan | |
| | | | 2 levels | 1.6 – 2.5 lb | high | 2 pizza pans | |
| | 31 | Shellfish | | | .3 – 1.5 lb | high | pizza pan |
| | 32 | Steaks, 1-inch thick | | | .5 – 1.5 lb | | pizza pan |
| | 33 | Sticks, prepared frozen | 1 level | .3 – 1.3 lb | | pizza pan | |
| | | | 2 levels | 1.4 – 1.5 lb | high | 2 pizza pans | |
| Casseroles | 34 | Baked | 1 level | 1 | | 8-inch square dish | |
| | 35 | Lasagna | 2 levels | 2 | high | 2 (8-inch) square dishes | |
| | 36 | Macaroni & cheese | 1 level | 1 | | 8-inch square dish | |
| | | | 2 levels | 2 | high | 2 (8-inch) square dishes | |
| | 37 | Real baked potatoes | | | 1 – 4 | | pizza pan |
| Pizza | 38 | Boboli | | | 1 pizza | low | |
| | 39 | Deli fresh | | | 1 pizza | low | |
| | 40 | Pizza crust, from a mix | | | 1 pizza | low | pizza pan |
| | 41 | Pizza crust, refrigerated | | | 1 pizza | low | pizza pan |
| | 42 | Regular crust, frozen | | | 1 pizza | low | |
| | 43 | Reheat, refrigerated leftover | | | 1 – 4 slices | low | |
| | 44 | Rising crust, frozen | | | 1 pizza | high | |
| Appetizer & Snacks, frozen | 45 | Bagel bites | | | 7 – 14 oz | low | pizza pan |
| | 46 | Burritos or Chimichangas | | | 1 – 4 pieces | | pizza pan |
| | 47 | Cheese sticks | | | 8 – 10 oz | low | pizza pan |
| | 48 | Corn dogs | | | 1 – 6 pieces | | pizza pan |
| | 49 | Eggplant sticks | | | 6 – 10 oz | low | pizza pan |
| | 50 | Egg rolls | | | 1 – 4 pieces | | pizza pan |
| | 51 | French fries | 1 level | .3 – 1 lb | | pizza pan | |
| | | | 2 levels | 2 lb | high | 2 pizza pans | |
| | 52 | Hash brown potato patties | 1 level | 1 – 6 patties | | pizza pan | |
| | | | 2 levels | 12 patties | high | 2 pizza pans | |
| | 53 | Mini egg rolls | | | 3 – 9 pieces | low | pizza pan |
| | 54 | Mini tacos | | | 10 – 12 oz | low | pizza pan |
| | 55 | Onion rings | 1 level | .3 – .6 lb | | pizza pan | |
| | | | 2 levels | .7 – 1 lb | high | 2 pizza pans | |
| 56 | Pocket sandwiches | | | 1 – 4 pieces | | pizza pan | |

Basic Cook Chart (continued)

| Category | Number | Food | Amount | Rack | Container | Splash guard | |
|----------------------------|--------|------------------------------------|-------------------------------|--------------|-----------------|------------------------|-----------------------|
| Appetizer & Snacks, frozen | 57 | Sausage & biscuits | 2 – 6 pieces | | pizza pan | | |
| | 58 | Taquitos | 24 oz | low | pizza pan | | |
| | 59 | Tater Tots | 1 level | | pizza pan | | |
| | 60 | Toasted raviolis | 12 – 15 oz | low | pizza pan | | |
| Pies | 61 | Cobbler, frozen | 1 | low | metal pan | | |
| | 62 | Pie crust in glass dish | 1 | low | glass pie plate | | |
| | 63 | Pie crust in metal pan | 1 | | metal pie pan | | |
| | 64 | Pie, frozen fruit | 1 | low | metal pie pan | | |
| Desserts | 65 | Brownies from a mix | 2 levels | | high | 2 (8-inch) square pans | |
| | 66 | Cookies, frozen bake at 350° | 1 – 2 levels | | ▲ | pizza pan | |
| | 67 | Cookies, frozen bake at 375° | 1 – 2 levels | | ▲ | pizza pan | |
| | 68 | Cookies, refrigerated bake at 325° | 1 – 2 levels | | ▲ | pizza pan | |
| | 69 | Cookies, refrigerated bake at 350° | 1 – 2 levels | | ▲ | pizza pan | |
| Cakes & Breads | 70 | Cake | Angel food cake from a mix | 1 | | tube pan | |
| | 71 | Cake | Bundt from a mix bake at 350° | 1 | low | Bundt pan | |
| | 72 | Cake | Bundt from a mix bake at 375° | 1 | low | Bundt pan | |
| | 73 | Cake | Layer from a mix | 1 - 2 layers | | ▲▲ | 8-inch round pan(s) |
| | 74 | Cake | Cupcakes from a mix | 2 levels | | high | 2 (6-cup) muffin pans |
| | 75 | Quick Bread | Biscuits from a mix | 1 level | | low | pizza pan |
| | 76 | Quick Bread | Biscuits, frozen | 1 – 2 levels | | ▲ | pizza pan |
| | 77 | Quick Bread | Biscuits, refrigerated | 1 – 2 levels | | ▲ | pizza pan |
| | 78 | Quick Bread | Crescent rolls, refrigerated | 1 package | | | pizza pan |
| | 79 | Quick Bread | Loaf from a mix | 1 loaf | | | loaf pan |
| | 80 | Quick Bread | Muffins from a mix | 2 levels | | high | 2 (6-cup) muffin pans |
| | 81 | Quick Bread | Sweet rolls | 1 package | | low | pizza pan |
| | 82 | Yeast Bread | Breadsticks, refrigerated | 1 package | | high | 2 pizza pans |
| | 83 | Yeast Bread | Garlic loaf, frozen | 10 oz | | | pizza pan |
| | 84 | Yeast Bread | Loaf, refrigerated | 1 loaf | | | pizza pan |

▲ 1 level on low rack
2 levels on turntable and high rack

▲▲ 1 layer on turntable
2 layers on turntable and high rack



APPITIZERS & SNACKS

- 14 Smoky Pigs in Blankets
- 14 Bean and Cheese Dip
- 14 Buffalo Chicken Wings
- 15 Rosy Baked Brie
- 16 Grilled Portabella Appetizers
- 17 Spicy Appetizer Nuts
- 17 Cheesy Spinach Nuggets
- 18 Pistachio Camembert Tart
- 18 Artichoke Crab Spread
- 19 Veggie Nachos

Smoky Pigs in Blankets

Makes 16 servings

Everybody's all-time favorite – a real crowd pleaser. Put them out at half time, after school time or party time.

Per Serving:

Calories: 189
Fat: 14 g
Protein: 9 g
Cholesterol: 24 mg
Carbohydrate: 7 g
Sodium: 689 mg

- 1 (8-ounce) can refrigerated crescent rolls
- 2 tablespoons honey Dijon mustard
- 16 cocktail smoked sausages

Unroll dough. Separate into 8 triangles. Cut each triangle in half lengthwise making 16 triangles. Spread each triangle with the mustard. Place one cocktail sausage at wide end of triangle and roll to end. Place 8 blanketed pigs on each of 2 (12-inch) pizza pans. Place one pan on turntable and the other pan on the high rack.

Touch RECIPES, number 66, ENTER and START.

Baking time: 17 minutes – no preheating is necessary

Bean and Cheese Dip

Makes 12 servings

Ten minutes from opening the can to dipping with the chip! Perfect for parties, after school or late evening snacks.

Per Serving:

Calories: 86
Fat: 4 g
Protein: 5 g
Cholesterol: 15 mg
Carbohydrate: 7 g
Sodium: 276 mg

- 1 (16-ounce) can fat free refried beans
- 1½ cups shredded Mexican blend cheese
- ¼ cup chopped red pepper
- 1 (4-ounce) can sliced green chiles, drained

Spray a 9-inch glass pie plate with cooking spray. Spread beans over bottom of pie plate. Sprinkle cheese on top of beans. Top with peppers and drained chiles. Place pie plate on the turntable.

Touch RECIPES, number 60, ENTER and START.

Serve with large tortilla chips.

Cooking time: 8 minutes – no preheating is necessary

Buffalo Chicken Wings

Makes 6 servings

In Buffalo, these hot and spicy wings are served with blue cheese dressing and celery sticks.

Per Serving:

Calories: 304
Fat: 22 g
Protein: 19 g
Cholesterol: 57 mg
Carbohydrate: 6 g
Sodium: 212 mg

- 12 chicken wings
- 1 tablespoon garlic powder
- 2 teaspoons onion powder
- 2 teaspoons chili powder
- ¼ cup oil
- 2 tablespoons catsup
- 1 tablespoon honey
- 4 teaspoons hot sauce
- 1 teaspoon liquid smoke

Separate chicken wings at joints into 3 parts each, discarding tips. Spray a 12-inch pizza pan with cooking spray. Arrange wings on pan. In a small bowl, mix remaining ingredients. Pour over wings making sure that all sides are covered with sauce. Place pan on the low rack.

Touch RECIPES, number 61, ENTER and START.

Baking time: 13 minutes – no preheating is necessary



Rosy Baked Brie

Makes 12 servings

Bring on this Brie for a special event. Don't tell how easy it was.

Per Serving:

Calories: 92
Fat: 6 g
Protein: 4 g
Cholesterol: 19 mg
Carbohydrate: 5 g
Sodium: 122 mg

- 2 tablespoons peach preserves
- 2 tablespoons strawberry preserves
- 1 (8-ounce) round Brie cheese
- $\frac{1}{4}$ cup sliced almonds

In a small bowl, mix preserves together. Place Brie on oven-proof glass dish. Spread preserves on top of Brie. Cover evenly with almonds. Place dish on the low rack.

Touch RECIPES, number 65, ENTER and START.

Serve with crackers and crisp apple slices.

Baking time: 8 minutes – no preheating is necessary



Grilled Portabella Appetizers

Makes 16 servings

Big, meaty portabella mushrooms star in this variation on the Italian crostini.

Per Serving:

Calories: 305
Fat: 16 g
Protein: 16 g
Cholesterol: 24 mg
Carbohydrate: 27 g
Sodium: 620 mg

- 4 portabella mushrooms, each about 5-inches in diameter
- 2 tablespoons olive oil
- 4 slices provolone cheese
- 1 (12-ounce) jar peeled roasted red pepper halves
- 2 teaspoons dried chives or 2 tablespoons chopped fresh chives
- 4 slices Iktail smoked sausages

Gently turn and twist off mushrooms stems. Rinse and drain mushroom caps. Pat dry with paper towel. Rub lightly all over with olive oil.

Touch RECIPES, [number 63](#), ENTER and START to preheat the oven.

Spray low rack with cooking spray. Place mushrooms, cupped side up, on rack. At the audible signal when preheat is over, place mushrooms on low rack in the oven. Touch START.

At the second audible signal, do not touch STOP/CLEAR. Place roasted pepper half and 1 slice cheese on each mushroom. Sprinkle with chives. Touch START.

To serve, place grilled mushrooms on toasted bread and cut each into 4 pieces.

Baking time: 7 minutes after preheat

Spicy Appetizer Nuts

Makes 10 servings

Sweet, spicy, hot and addictive. Guests will ask you for the recipe!

Per Serving:

Calories: 199
Fat: 18 g
Protein: 4 g
Cholesterol: 6 mg
Carbohydrate: 7 g
Sodium: 240 mg

- 2 tablespoons butter
- 1 tablespoon Worcestershire Sauce
- 1½ teaspoons brown sugar
- 1 teaspoon ground red pepper
- ½ teaspoon chili powder
- ¼ teaspoon curry powder
- 1 (10-ounce) can deluxe mixed nuts

In a small bowl, mix all ingredients together except nuts. Pour nuts into resealable plastic bag. Pour spice mixture into bag. Seal. Shake to coat.

Spray a 12-inch pizza pan with cooking spray. Spread mixture evenly on pan. Place pan in oven on low rack.

Touch RECIPES, number 67, ENTER and START. Stir well at end.

Baking time: 6 minutes – no preheating is necessary

Cheesy Spinach Nuggets

Makes 30 nuggets

Pass these savory snacks for easy pick-up and eating. Only eight minutes to a great appetizer.

Per Serving:

Calories: 50
Fat: 2 g
Protein: 2 g
Cholesterol: 22 mg
Carbohydrate: 6 g
Sodium: 169 mg

- 1 (10-ounce) package frozen chopped spinach
- 1½ cups herb stuffing mix
- 3 eggs
- ¼ cup finely chopped onion
- ¼ cup grated Parmesan cheese
- 3 tablespoons butter, melted
- ½ teaspoon garlic powder
- ¼ teaspoon dried thyme leaves, crushed
- ⅛ teaspoon pepper

Unwrap spinach and place in microwave-safe bowl. Cover with plastic wrap or lid. Microwave at HIGH (100%) for 6 minutes. Drain very well. Combine remaining ingredients with spinach. Shape mixture into 30 (1-inch) nuggets. Spray 2 (12-inch) pizza pans with cooking spray. Place 15 nuggets on each pan. Place one pan on turntable and other on the high rack.

Touch RECIPES, number 62, ENTER and START.

Baking time: 10 minutes – no preheating is necessary

Pistachio Camembert Tart

Makes 16 servings

The French call this *Camembert en croute* – Camembert in a crust. You'll call it your secret weapon for entertaining.

Per Serving:

Calories: 80
Fat: 6 g
Protein: 4 g
Cholesterol: 30 mg
Carbohydrate: 3 g
Sodium: 150 mg

- 1 (4-ounce) can refrigerated crescent dinner rolls
- 1 (8-ounce) round Camembert cheese
- 1 egg, beaten
- 1 tablespoon chopped pistachio nuts
- 2 large apples or pears, thinly sliced

Spray 12-inch pizza pan with cooking spray. Unroll dough on pan. Press together to form a rectangle. Place cheese round in center of dough. Bring 4 sides of dough up over cheese, enclosing cheese completely. Press firmly to seal. Turn wrapped cheese over so it is seam side down. Brush top with beaten egg. Sprinkle with nuts. Place pan on turntable.

Touch RECIPES, **number 64**, ENTER and START.

Allow to stand 2 to 3 minutes after baking. Serve with fruit slices.

Baking time: 10 minutes – no preheating is necessary.

Artichoke Crab Spread

Makes 12 servings

Spread on fancy crackers or thin slices of toasted French bread.

Per Serving:

Calories: 109
Fat: 7 g
Protein: 6 g
Cholesterol: 20 mg
Carbohydrate: 6 g
Sodium: 339 mg

- 1 cup low fat mayonnaise
- ½ cup shredded Parmesan cheese
- ½ cup shredded sharp Cheddar cheese
- 1 (14-ounce) can artichoke hearts or hearts of palm, drained and chopped
- 4 ounces cooked crab meat
- 1 teaspoon dried parsley flakes or 1 tablespoon chopped fresh parsley

In a medium bowl, mix all ingredients except parsley. Spoon into greased 9-inch glass pie plate. Sprinkle with parsley.

Touch RECIPES, **number 59**, ENTER and START to preheat the oven.

At the audible signal when the preheat is over, place pie plate on low rack. Touch START.

Baking time: 6 minutes after preheat



Veggie Nachos

Makes 6 servings

Pass the salsa, guacamole and sour cream to make these nachos super deluxe.

Per Serving:

Calories: 138
Fat: 10 g
Protein: 7 g
Cholesterol: 22 mg
Carbohydrate: 6 g
Sodium: 223 mg

- 24 large tortilla chips
- $\frac{1}{4}$ cup each diced green and red bell pepper
- $\frac{1}{4}$ cup sliced green onion
- $\frac{1}{4}$ cup diced zucchini
- $\frac{1}{4}$ cup diced fresh tomato
- $\frac{1}{4}$ cup sliced black olives
- $\frac{1}{4}$ teaspoon ground cumin
- $\frac{3}{4}$ cup shredded Monterey Jack cheese
- $\frac{1}{2}$ cup shredded sharp Cheddar cheese

Spread tortilla chips in 10-inch pie plate. In a large bowl, toss veggies with cumin. Sprinkle over chips. Top with cheeses. Place pie plate on the low rack.

Touch RECIPES, number 68, ENTER and START.

Baking time: 6 minutes – no preheating is necessary



PIZZA

- 21 Hawaiian Barbecue Pizza
- 22 Brie and Cranberry Pizza
- 22 Hail Caesar Pizza
- 23 Pesto Pizza
- 24 Chewy Pizza Bread
- 24 Grecian Potato Pizza



Hawaiian Barbecue Pizza

Makes 6 servings

Even better than a fancy pizza from a well-known pizza kitchen restaurant – and you put it together for a lot less time and money.

Per Serving:

Calories: 357
Fat: 11 g
Protein: 21 g
Cholesterol: 48 mg
Carbohydrate: 43 g
Sodium: 747 mg

- 1 (16-ounce) Italian pizza crust (Boboli)
- ½ cup barbecue sauce
- 1 cup shredded pizza cheese, divided
- 1½ cups strips or chunks deli-roasted chicken
- 1 cup fresh or thawed frozen pineapple chunks
- 1 medium green pepper, seeded and cut into thin strips
- ¼ small red onion, sliced ¼-inch thick and separated

Touch RECIPES, **number 57**, ENTER and START to preheat the oven.

Place crust directly on low rack. Spread with barbecue sauce. Sprinkle with ½ cup of the cheese. Arrange the chicken, pineapple, green pepper and onion on top. Sprinkle with the remaining cheese. At the audible signal when the preheat is over, place pizza on low rack in the oven. Touch START.

Baking time: 6½ minutes after preheat

Brie and Cranberry Pizza

Makes 8 servings

Rich, tart-sweet and crunchy, this is not your basic cheese and tomato pizza. Adventurous diners will appreciate the unique combination of ingredients.

Per Serving:

Calories: 280
Fat: 14 g
Protein: 10 g
Cholesterol: 30 mg
Carbohydrate: 28 g
Sodium: 380 mg

- 1 (10-ounce) refrigerated pizza crust
- 1 (8-ounce) Brie cheese, rind removed, cut into 1/2-inch cubes
- 1/2 cup canned whole cranberry sauce
- 1/4 cup orange marmalade
- 1/2 cup chopped cashews

Touch RECIPES, **number 53**, ENTER and START to preheat the oven.

Spray a 12-inch pizza pan with cooking spray. Spread pizza crust over pan, tucking edges in to fit.

At the audible signal when preheat is over, place the pan on the low rack. Touch START. In the meantime, stir together the cranberry sauce and marmalade.

At the audible signal when the crust is partially baked, remove from oven. Do not touch STOP/CLEAR. Scatter the cheese on the partially baked crust. Spoon the cranberry/marmalade mixture evenly over the cheese. Sprinkle with the cashews.

Place pan on low rack. Touch START.

Baking time: 6 minutes after preheat

Hail Caesar Pizza

Makes 8 servings

Take-out pizza is a thing of the past, now that you have your new Viking oven and this easy but awesome recipe.

Per Serving:

Calories: 197
Fat: 11 g
Protein: 7 g
Cholesterol: 19 mg
Carbohydrate: 17 g
Sodium: 666 mg

- 1 (10-ounce) refrigerated pizza crust
- 1/4 cup bottled Caesar salad dressing, divided
- 1/2 cup finely chopped oil-packed sundried tomatoes
- 1/4 cup sliced ripe olives
- 2 tablespoons sliced pimiento-stuffed green olives
- 2 teaspoons chopped fresh basil
- 1/2 cup grated Parmesan cheese

Touch RECIPES, **number 56**, ENTER and START to preheat the oven.

Spray a 12-inch pizza pan with cooking spray. Spread crust over pan, tucking edges to fit. Brush crust with 3 tablespoons of the dressing. In a small bowl, combine tomatoes, olives, chopped basil and remaining salad dressing. Mix well. Spread evenly over crust.

At the audible signal when the preheat is over, place the pan on the low rack. Touch START.

When pizza has baked, sprinkle with Parmesan cheese.

Baking time: 4 1/2 minutes after preheat



Pesto Pizza

Makes 8 servings

Need to impress someone, or a group, and in a hurry? Here's the designer pizza recipe to make your reputation.

Per Serving:

Calories: 213
Fat: 11 g
Protein: 11 g
Cholesterol: 16 mg
Carbohydrate: 19 g
Sodium: 497 mg

- 1 (10-ounce) refrigerated pizza crust
- ½ cup prepared pesto
- 1 cup shredded mozzarella cheese, divided
- 1½ ounces prosciutto, cut into thin strips
- 12 ounces firm ripe tomatoes, cut into ⅛-inch slices

Touch RECIPES, number 58, ENTER and START to preheat the oven.

Spray a 12-inch pizza pan with cooking spray. Spread crust over pan, tucking edges to fit. At the audible signal when the preheat is over, place pan on the low rack. Touch START.

Place tomato slices on paper towels to absorb moisture. At the audible signal, do not touch STOP/CLEAR. Remove crust from oven. Spread the pesto over the entire pizza crust. Top with half the mozzarella cheese, then arrange prosciutto strips and tomato slices over cheese. Sprinkle with remaining mozzarella. Place pan on low rack. Touch START.

Baking time: 7½ minutes after preheat

Chewy Pizza Bread

Makes 6 servings

Rich, tart-sweet and crunchy, this is not your basic cheese and tomato pizza. Adventurous diners will appreciate the unique combination of ingredients.

Per Serving:

Calories: 150
Fat: 2 g
Protein: 5 g
Cholesterol: 5 mg
Carbohydrate: 29 g
Sodium: 450 mg

- $\frac{3}{4}$ cup all-purpose flour
- $\frac{3}{4}$ cup whole wheat flour
- $1\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup regular or nonalcoholic beer
- $\frac{1}{2}$ cup prepared chunky spaghetti sauce
- $\frac{1}{3}$ cup shredded part-skim mozzarella cheese
- $\frac{1}{2}$ teaspoon Italian seasoning

Touch RECIPES, **number 54**, ENTER and START to preheat the oven.

Spray an 8-inch square glass baking dish with cooking spray. In a medium bowl, mix flours, baking powder and salt. Stir in beer just until flour is moistened. Spread dough in dish. Spread spaghetti sauce over dough. Sprinkle with cheese and Italian seasoning.

At the audible signal when the preheat is over, place dish on the low rack. Touch START.

Serve warm.

Baking time: 12 minutes after preheat

Grecian Potato Pizza

Makes 8 servings

Take-out pizza is a thing of the past, now that you have your new Viking oven and this easy but awesome recipe.

Per Serving:

Calories: 243
Fat: 12 g
Protein: 12 g
Cholesterol: 27 mg
Carbohydrate: 25 g
Sodium: 643 mg

- 2 red thin-skinned potatoes, about 6 ounces each
- 1 (10-ounce) refrigerated pizza crust
- 1 cup shredded mozzarella cheese
- 1 cup shredded jack cheese
- Fresh ground pepper
- 1 teaspoon dried rosemary, crushed
- $\frac{1}{2}$ cup thinly sliced onion
- 1 tablespoon drained capers, if desired
- $\frac{1}{4}$ cup crumbled feta cheese
- 1 tablespoon olive oil

Microwave potatoes just until tender. Slice crosswise into $\frac{1}{4}$ -inch slices.

Touch RECIPES, **number 55**, ENTER and START to preheat the oven.

Spread pizza crust into lightly greased 12-inch pizza pan, tucking edges in to fit. Scatter cheeses evenly over the crust. Lay potato slices in a single layer on top of cheeses. Lightly grind pepper on top. Scatter rosemary, onion, capers and feta cheese on top. Drizzle with olive oil.

At the audible signal when the preheat is over, place pan on the low rack. Touch START.

Baking time: 6 minutes after preheat



MEAT

- 26 Zesty Pork Tenderloin
- 27 Oriental Flank Steak
- 27 Apricot Pork Roast
- 28 Glazed Ham Slice
- 28 Steak Kabobs
- 30 Chinese Pork Chops
- 30 Pork Tenderloin with Herbs
- 31 Glazed Veal Chops
- 32 Meat Loaf Surprise
- 32 Heavenly Hamburgers
- 33 Crispy Franks
- 33 Sour Cream Burgers
- 33 Sweet and Sour Lamb Chops
- 34 Barbecued Steaks
- 34 Spareribs with Plum Glaze
- 35 Beef and Bean Wheels



Zesty Pork Tenderloin

Makes 6 servings

Here's the ever-popular pork tenderloin with an Asian flavor to it.

Per Serving:

Calories: 170
Fat: 5 g
Protein: 7 g
Cholesterol: 70 mg
Carbohydrate: 6 g
Sodium: 60 mg

- 1 (1½-pound) pork tenderloin
- ¼ cup catsup
- 1 tablespoon sugar
- 1 tablespoon white wine or water
- 1 tablespoon Hoisin sauce
- ½ teaspoon salt
- 1 clove garlic, minced

Trim fat from pork. In resealable plastic bag or shallow glass dish big enough to hold the tenderloin, mix remaining ingredients. Add pork. Turn pork or seal bag and turn to coat with marinade. Cover and refrigerate at least 1 hour or as long as overnight. Drain.

Place tenderloin on a greased 12-inch pizza pan. Place pan on the turntable. Touch RECIPES, number 16, ENTER and START.

Roasting time: 22 minutes – no preheating is necessary.

Oriental Flank Steak

Makes 4 servings

You'll find Hoisin sauce in the Oriental/Asian foods section of the supermarket and fresh ginger in the produce section. Peel an inch or so of the ginger root and then grate, using the small side of a shredder/grater.

Per Serving:

Calories: 226
Fat: 13 g
Protein: 22 g
Cholesterol: 60 mg
Carbohydrate: 4 g
Sodium: 421 mg

- 3 tablespoons Hoisin sauce
- 3 tablespoons catsup
- 1 tablespoon grated fresh ginger
- 2 green onions, thinly sliced
- 1 (1½-pound) flank steak

In a medium bowl or resealable plastic bag, combine all ingredients except flank steak. Add steak, stir or seal bag and turn to coat all sides. Cover bowl. Refrigerate at least 2 hours or as long as overnight.

Touch RECIPES, **number 10**, ENTER and START to preheat the oven.

Spray low rack with cooking spray. At the audible signal when the preheat is over, place splash guard on turntable and drained steak on the low rack on the splash guard. Touch START.

Steak will be medium rare. If you wish steak to be medium, simply leave in the oven an extra minute or two.

Cut thin slices across the grain to serve.

Grilling time: 8 minutes after preheat

Apricot Pork Roast

Makes 6 servings

Perfect for a Sunday or other special dinner and in only 35 minutes with no preheating! Mustard and horseradish punch up the sweet apricot glaze.

Per Serving:

Calories: 394
Fat: 15 g
Protein: 29 g
Cholesterol: 93 mg
Carbohydrate: 36 g
Sodium: 376 mg

- 1 cup apricot preserves
- ¼ cup prepared mustard
- 1 tablespoon prepared horseradish
- 1 tablespoon soy sauce
- 1 (3-pound) boneless pork loin roast

In a small bowl, combine all ingredients except pork roast. Set aside.

Spray low rack with cooking spray. Place splash guard on turntable and roast on low rack on the splash guard. Touch RECIPES, **number 1**, ENTER and START.

At the audible signal, do not touch STOP/CLEAR. Spread or brush apricot mixture over roast. Touch START.

Roasting time: 35 minutes – no preheating is necessary

Glazed Ham Slice

Makes 4 servings

It takes only 15 minutes to cook the ham slice. Serve with some small red potatoes and green beans.

Per Serving:

Calories: 226
Fat: 4 g
Protein: 17 g
Cholesterol: 40 mg
Carbohydrate: 30 g
Sodium: 1227 mg

- 1 center cut slice fully-cooked ham, $\frac{3}{4}$ to 1-inch thick
- $\frac{1}{4}$ cup apricot nectar
- 1½ teaspoons lemon juice
- $\frac{1}{2}$ cup packed brown sugar
- $\frac{1}{2}$ teaspoon dry mustard

In a medium bowl or resealable plastic bag, combine all ingredients except flank steak. Add steak, stir or seal bag and turn to coat all sides. Cover bowl. Refrigerate at least 2 hours or as long as overnight.

Slash fat edge of ham slice at 1-inch intervals. Place slice in 10-inch square casserole. Blend apricot nectar, lemon juice, brown sugar and mustard. Microwave at HIGH (100%) 1 to 1½ minutes or until bubbly, stirring occasionally. Spoon glaze over ham. Place casserole on low rack. Touch RECIPES, number 6, ENTER and START.

Spoon glaze left in casserole over top before serving.

Baking time: 13 minutes – no preheating is necessary

Steak Kabobs

Makes 8 servings

Start this recipe several hours in advance or the night before. No need to fuss with a fire or to turn the kabobs as they cook – the oven does it all for you.

Per Serving:

Calories: 216
Fat: 8.5 g
Protein: 26 g
Cholesterol: 82 mg
Carbohydrate: 7.5 g
Sodium: 190 mg

- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup soy sauce
- $\frac{1}{4}$ cup white wine
- 1 tablespoon oil
- 1 teaspoon ground ginger
- $\frac{1}{4}$ teaspoon salt
- 2 pounds lean top round steak, cut into 1-inch cubes
- 2 large green peppers, seeded and cut into chunks
- 2 medium tomatoes, cut into quarters
- 1 (8-ounce) can pineapple chunks in juice, drained

In a medium bowl or resealable plastic bag, mix sugar, soy sauce, wine, oil, ginger and salt. Add steak cubes. Stir or seal bag and turn to coat. Cover bowl or seal bag. Refrigerate at least 4 hours or as long as overnight.

Lift steak cubes from marinade. Thread steak cubes alternately with remaining ingredients on 8 wooden or metal skewers. Spray low rack with cooking spray. Place splash guard on turntable and low rack with kabobs on the splash guard. Touch RECIPES, number 14, ENTER and START.

Grilling time: 9 minutes – no preheating in necessary



STEAK KABOBS

Chinese Pork Chops

Makes 4 servings

The chops bake in an easy sweet-soy sauce in less than 20 minutes. Cook some instant rice and broccoli and add fruit for dessert.

Per Serving:

Calories: 533
Fat: 23 g
Protein: 71 g
Cholesterol: 209 mg
Carbohydrate: 6 g
Sodium: 655 mg

- 8 pork chops, ½-inch thick
- 2 tablespoons soy sauce
- ¼ cup chili sauce
- 1 tablespoon honey

Trim fat from pork chops. Arrange in single layer in greased 10-inch square casserole. In a small bowl, combine soy sauce, chili sauce and honey. Spoon over chops. Place casserole on low rack in the oven. Touch RECIPES, number 4, ENTER and START.

At the audible signal, do not touch STOP/CLEAR. Rearrange chops and spoon sauce over chops. Touch START.

Baking time: 19 minutes – no preheating is necessary

Pork Tenderloin with Herbs

Makes 6 servings

Pork tenderloins have, with good reason, become favorites in many busy households. They are quick, easy and play well with a variety of herbs and seasonings.

Per Serving:

Calories: 162
Fat: 5 g
Protein: 24 g
Cholesterol: 79 mg
Carbohydrate: 3 g
Sodium: 397 mg

- 1 tablespoon butter
- 2 cloves garlic, minced
- 1 teaspoon dried marjoram leaves, crushed
- ½ teaspoon dried oregano leaves, crushed
- ½ teaspoon pepper
- 1 (1½-pound) pork tenderloin

Place butter in 2-cup measure. Microwave at HIGH (100%) until melted, 20 to 30 seconds. Add garlic, marjoram, oregano and pepper. Mix well. Brush on tenderloin.

Place tenderloin on a greased 12-inch pizza pan. Place pan on the turntable. Touch RECIPES, number 11, ENTER and START.

Roasting time: 22 minutes – no preheating is necessary



Glazed Veal Chops

Makes 4 servings

Lime, honey and ginger partner perfectly with veal. Serve the glazed chops with hot buttered noodles or other pasta and some grilled tomato slices.

Per Serving:

Calories: 189
Fat: 4 g
Protein: 27 g
Cholesterol: 105 mg
Carbohydrate: 10 g
Sodium: 120 mg

- 1/2 teaspoon grated lime peel
- 3 tablespoons lime juice
- 2 tablespoons honey
- 2 teaspoons grated fresh ginger
- 4 veal rib chops, cut 1-inch thick (about 8-ounces each)

In a small bowl, stir together lime peel, lime juice, honey and ginger. Place veal rib chops in shallow dish just large enough to hold them. Brush lime mixture liberally over both sides of chops. Cover and refrigerate 30 minutes to an hour. Remove chops from dish and drain.

Spray low rack with cooking spray. Place splash guard on turntable and chops on low rack on splash guard. Touch RECIPES, number 7, ENTER and START.

Grilling time: 13 minutes – no preheating is necessary

Meat Loaf Surprise

Makes 6 servings

What could be better than a 17-minute meat loaf? A 17-minute meat loaf with melted cheese and ham inside, that's what!

Per Serving:

Calories: 384
Fat: 23 g
Protein: 30 g
Cholesterol: 145 mg
Carbohydrate: 12 g
Sodium: 525 mg

- 1½ pounds lean ground beef
- 1 egg
- 1 small onion, finely chopped
- 1 carrot, grated
- 1 stalk celery, finely chopped
- ½ cup seasoned bread crumbs
- ¼ cup catsup
- ½ teaspoon dried thyme leaves, crushed
- ¼ teaspoon garlic powder
- ⅛ teaspoon pepper
- 4 ounces boiled ham, chopped
- 4 ounces Swiss cheese, chopped

In a large bowl, thoroughly combine all ingredients except ham and cheese. On a sheet of wax paper, press mixture into a 9 x 12-inch rectangle. Distribute chopped ham and cheese over rectangle. Roll up, starting at narrow end. Seal ends to form loaf. Place seam side down in 9 x 5-inch glass loaf dish. Place meat loaf on turntable. Touch RECIPES, number 9, ENTER and START.

Remove from oven when cooking is finished. Cover and let stand 5 to 10 minutes.

Baking time: 17 minutes – no preheating is necessary

Heavenly Hamburgers

Makes 6 servings

Mmmm! Roquefort stuffed burgers with the added zip of mustard and Worcestershire. Could become a standard at your house.

Per Serving:

Calories: 210
Fat: 20 g
Protein: 28 g
Cholesterol: 94 mg
Carbohydrate: 2 g
Sodium: 438 mg

- 1½ pounds lean ground beef
- 1 egg, beaten
- 4 ounces Roquefort or blue cheese
- 2 tablespoons mayonnaise
- 2 tablespoons Worcestershire sauce
- 1 teaspoon dry mustard

In a large bowl, mix the beef and egg and form into 12 thin patties. In a small bowl, crumble cheese and mix with mayonnaise, Worcestershire sauce and mustard. Place spoonful of cheese on each of 6 patties. Cover with remaining 6 patties. Press edges together to seal. Spray low rack with cooking spray. Place splash guard on the turntable and low rack with hamburgers on splash guard. Touch RECIPES, number 8, ENTER and START.

Grilling time: 13 minutes – no preheating is necessary

Crispy Franks

Makes 10 servings

Great for a main dish, served with macaroni and cheese or mashed potatoes, or for a special snack.

Per Serving:

Calories: 231
Fat: 19 g
Protein: 6 g
Cholesterol: 25 mg
Carbohydrate: 9 g
Sodium: 701 mg

- 10 frankfurters
- ½ cup low fat mayonnaise
- ¼ cup prepared mustard
- 1 (3½-ounce) package potato chips, crushed

Split frankfurters lengthwise. In a small bowl, combine mayonnaise and mustard. Brush mixture generously over frankfurters. Spread chips on baking sheet. Roll frankfurters in potato chips. Place on greased 12-inch pizza pan. Place pan on low rack. Touch RECIPES, number 5, ENTER and START.

Grilling time: 8 minutes – no preheating is necessary

Sour Cream Burgers

Makes 6 servings

You'll never cook burgers in a skillet or outside on the grill again. They are just too easy in the Viking oven – and there's no turning.

Per Serving:

Calories: 273
Fat: 15 g
Protein: 25 g
Cholesterol: 50 mg
Carbohydrate: 8 g
Sodium: 226 mg

- 1½ pounds lean ground beef
- ½ cup sour cream
- ½ cup dry bread crumbs
- 2 tablespoons Worcestershire sauce
- 1 tablespoon minced onion

In a large bowl, thoroughly combine ground beef, sour cream, bread crumbs, Worcestershire sauce and onion. Shape into 6 patties about ¾-inch thick. Spray low rack with cooking spray. Place patties on low rack. Place splash guard on turn-table and patties on low rack on the splash guard. Touch RECIPES, number 12, ENTER and START.

Grilling time: 13 minutes – no preheating is necessary

Sweet and Sour Lamb Chops

Makes 4 servings

Only 14 minutes for perfectly cooked lamb chops – with no watching, no turning. And these are the less expensive shoulder chops. Serve with rice and stir-fried asparagus for a fantastic feast.

Per Serving:

Calories: 310
Fat: 13 g
Protein: 29 g
Cholesterol: 100 mg
Carbohydrate: 20 g
Sodium: 375 mg

- ¼ cup vinegar
- ¼ cup packed brown sugar
- ½ teaspoon salt
- ¼ teaspoon ground ginger
- ⅛ teaspoon pepper
- 4 shoulder lamb chops, ¾ to 1-inch thick
- 1 medium orange, sliced
- 1 medium lemon, cut into wedges

In a small bowl, combine vinegar, brown sugar, salt, ginger and pepper. Mix well. Arrange chops in a single layer in a greased 2-quart casserole. Pour sweet sour mixture over chops. Add orange slices and lemon wedges. Place casserole on low rack. Touch RECIPES, number 15, ENTER and START.

Baking time: 14 minutes – no preheating is necessary

Barbecued Steaks

Makes 4 servings

Marinate the steaks overnight, so they're tender and full of the great flavors of this homemade barbecue sauce. Again – no fire to build or tend and no need to turn. Just let the oven take over and enjoy.

Per Serving:

Calories: 591
Fat: 49 g
Protein: 31 g
Cholesterol: 150 mg
Carbohydrate: 6 g
Sodium: 408 mg

- ¼ cup butter, melted
- ¼ cup catsup
- 1½ tablespoons tarragon vinegar
- ½ tablespoon Worcestershire sauce
- ½ teaspoon Tabasco sauce
- ½ small onion, grated
- 1 clove garlic, minced
- 1½ tablespoons chopped parsley
- ½ teaspoon dry mustard
- ½ teaspoon paprika
- 4 boneless tender beef steaks, ¾-inch thick

In a medium bowl, combine all ingredients except steaks. Place steaks in shallow casserole. Pour sauce over steaks. Cover and refrigerate overnight.

Drain steaks. Spray low rack with cooking spray. Place splash guard on turntable and steaks on the low rack on the splash guard. Touch RECIPES, number 2, ENTER and START.

Grilling time: 13 minutes – no preheating is necessary

Spareribs with Plum Glaze

Makes 6 servings

You make the easy plum glaze while the ribs cook. The Viking oven makes cooking ribs a snap.

Per Serving:

Calories: 747
Fat: 54 g
Protein: 40 g
Cholesterol: 177 mg
Carbohydrate: 25 g
Sodium: 179 mg

- 3 pounds lean spareribs, cut into pieces
- 1 (1-pound 13-ounce) can plums
- ¼ cup frozen orange juice concentrate
- ½ teaspoon Worcestershire sauce

Place spareribs in 10-inch square casserole with lid. Cover. Place on turntable in the oven.

Touch RECIPES, number 13, ENTER and START.

While spareribs are cooking, drain plums, reserving ½ cup plum syrup. Remove pits. In food processor, process plums until smooth. Add the ½ cup reserved plum juice, orange concentrate and Worcestershire sauce and process until mixed.

At the audible signal, do not touch STOP/CLEAR. Turn spareribs over and rearrange. Re-cover. Touch START.

At the next audible signal, do not touch STOP/CLEAR. Remove spareribs and drain well. Brush both sides with plum sauce. Place splash guard on turntable and low rack with spareribs on the splash guard. Touch START.

At end, brush spareribs with remaining glaze.

Total cooking time: 38 minutes – no preheating is necessary



Beef and Bean Wheels

Makes 5 servings

Here's simplicity – the green beans cook with the meat. All you have to add is a salad and some crusty bread or rolls.

Per Serving:

Calories: 256
Fat: 12 g
Protein: 29 g
Cholesterol: 50 mg
Carbohydrate: 6 g
Sodium: 482 mg

- 1½ pounds lean ground beef
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ¼ teaspoon dried basil leaves, crushed
- ¼ teaspoon dried thyme leaves, crushed
- ½ cup tomato sauce
- 1 (10 ½-ounce) package frozen French-style green beans, thawed and well-drained

In a large bowl, mix together beef, salt, pepper, basil, thyme and tomato sauce. Place on wax paper and pat into 10 x 12-inch rectangle. Spread green beans over meat. Beginning with a 10-inch side, roll as for a jelly roll. Cut into 10 (1-inch) slices. Place on greased 12-inch pizza pan. Place pan of wheels on low rack. Touch RECIPES, number 3, ENTER and START.

Baking time: 13 minutes – no preheating is necessary



POULTRY

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Savory Roast Chicken

Makes 6 servings

Even prettier than if you did it on an old-fashioned outdoor grill – wonderfully brown outside, moist and flavorful inside.

Per Serving:

Calories: 235
Fat: 7 g
Protein: 27 g
Cholesterol: 81 mg
Carbohydrate: 5 g
Sodium: 349 mg

- 1 cup dry white wine
- 1 medium onion, chopped
- 1 tablespoon dried thyme leaves, crushed
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ⅛ teaspoon pepper
- 1 (3-pound) broiler-fryer, cut up

Measure all ingredients except chicken into large resealable plastic bag. Add chicken. Seal bag and turn to coat pieces. Refrigerate about 2 hours.

Lift chicken pieces from bag, reserving marinade. Spray low rack with cooking spray. Arrange chicken pieces on low rack. Place splash guard on turntable and low rack with chicken over the splash guard. Touch RECIPES, number 21, ENTER and START.

Pour marinade into small bowl. Microwave at HIGH (100%) until onion is soft, about 2 minutes. Pour over chicken pieces to serve.

Grilling time: 16 minutes – no preheating is necessary

Sesame Oven-Fried Chicken

Makes 5 servings

Five minutes to prepare and less than 15 minutes to cook this crispy, savory main dish. Add some coleslaw, a fruit salad and the Green Onion Biscuits and dinner's on in half an hour.

Per Serving:

Calories: 1125
Fat: 100 g
Protein: 41 g
Cholesterol: 362 mg
Carbohydrate: 14 g
Sodium: 620 mg

- 1 egg
- ½ cup milk
- ½ cup all-purpose flour
- 2 tablespoons sesame seeds
- 2 teaspoons paprika
- 1 teaspoon baking powder
- 1 teaspoon garlic powder
- ½ teaspoon salt
- 1 (3-pound) broiler-fryer, cut up
- ¼ cup butter, melted

In a medium bowl, beat egg and milk. Combine flour, sesame seeds, paprika, baking powder, garlic powder and salt in plastic or paper bag. Dip chicken pieces in egg mixture, then shake in bag to coat. Arrange chicken pieces skin side up on greased 12-inch pizza pan. Pour butter evenly over chicken. Place pan on the low rack.

Touch RECIPES, number 27, ENTER and START.

Baking time: 15 minutes – no preheating is necessary



Herb Grilled Chicken

Makes 4 servings

In less than half an hour you have a savory, spicy chicken. Add rice, fresh spinach and some gingered pineapple for dessert.

Per Serving:

Calories: 875
Fat: 62 g
Protein: 69 g
Cholesterol: 343 mg
Carbohydrate: 6 g
Sodium: 483 mg

- 1 teaspoon ground ginger
- ½ teaspoon ground coriander
- Dash pepper
- 1 (5-pound) roasting chicken, weight after cleaning, no giblets
- ½ cup minced onion
- ½ cup plain yogurt
- ½ teaspoon turmeric
- ½ teaspoon salt

In a small bowl, combine ginger, coriander and pepper. Rub into chicken. Tie legs of chicken together. Spray the low rack with cooking spray. Place chicken, breast side up, on low rack.

In a medium bowl, mix together onion, yogurt, turmeric and salt. Set aside.

Place splash guard on turntable and low rack with chicken on the splash guard. Touch RECIPES, number 26, ENTER and START.

At the audible signal, do not touch STOP/CLEAR. Spoon yogurt mixture evenly over chicken. Touch START.

Roasting time: 28 minutes – no preheating is necessary

Deluxe Roasted Chicken

Makes 6 servings

To spread the cheese/butter herb mixture under the skin, separate the skin from the breast by gently, but firmly, slipping your index finger between the skin and breast at the back scavity. Keep working forward as far as you can reach, but be careful not to tear the skin. The result is the most beautiful, most savory chicken you'll ever eat!

Per Serving:

Calories: 270
Fat: 15 g
Protein: 32 g
Cholesterol: 94 mg
Carbohydrate: 1 g
Sodium: 216 mg

- 3 tablespoons butter, softened
- 1 clove garlic, minced
- 3 tablespoons grated Parmesan cheese
- ½ teaspoon ground sage
- ¾ teaspoon thyme leaves, crushed
- ¾ teaspoon basil leaves, crushed
- 1 (5-pound) roasting chicken, weight after cleaning, no giblets

In a small bowl, blend butter, garlic, Parmesan cheese, sage, thyme and basil. Turn chicken breast side up and work your fingers under the skin at the openings on each side of the back cavity. Continue into thigh and leg. Using fingers, spread herb mixture evenly under skin.

Spray the low rack with cooking spray. Place chicken, breast side up, on low rack. Place splash guard on turntable and low rack with chicken over the splash guard. Touch RECIPES, number 20, ENTER and START.

Roasting time: 28 minutes – no preheat is necessary

Caribbean Chicken Breasts

Makes 6 servings

Plan ahead for this taste of the tropics – you can marinate the chicken breasts a day in advance. Come dinner time the next day, you've the beginnings of a feast and in just ten minutes in the oven!

Per Serving:

Calories: 270
Fat: 15 g
Protein: 32 g
Cholesterol: 94 mg
Carbohydrate: 1 g
Sodium: 216 mg

- ⅔ cup pineapple juice
- ⅓ cup frozen orange juice concentrate
- ⅓ cup soy sauce
- 2 tablespoons honey
- 1 tablespoon minced garlic
- 1 teaspoon dried thyme leaves, crushed
- 1 teaspoon rum flavoring
- 6 (4-ounce) boneless, skinless chicken breasts

In a medium bowl, combine all ingredients except chicken. Place ⅔ cup of the marinade in large resealable plastic bag. Set aside remaining marinade. Add chicken breasts to bag, seal and turn to coat all pieces with marinade. Refrigerate 4 to 24 hours, turning occasionally.

Remove chicken from marinade and pat dry with paper towels. Discard bag and marinade.

Spray low rack with cooking spray. Place chicken, breast side up, on low rack. Place splash guard on turntable and low rack with chicken on the splash guard. Touch RECIPES, number 18, ENTER and START.

Microwave reserved marinade in glass measure at MEDIUM HIGH (70%) until mixture comes to a full boil. Continue cooking until slightly reduced. Drizzle over grilled chicken.

Grilling time: 10 minutes – no preheating is necessary



Stuffed Chicken Breasts

Makes 4 servings

Want to impress someone? Here's the entrée to do it. You can prepare the chicken a few hours in advance and let it wait in the refrigerator. The baking time is less than 15 minutes!

Per Serving:

Calories: 303
Fat: 14 g
Protein: 42 g
Cholesterol: 121 mg
Carbohydrate: 0 g
Sodium: 684 mg

- 4 (6-ounce) boneless, skinless chicken breast halves
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 4 ounces creamy goat cheese
- ¼ cup chopped drained sun dried tomatoes in olive oil
- 2 ounces prosciutto, coarsely chopped
- 1 tablespoon olive oil

Place each chicken breast between sheets of plastic wrap and pound with rolling pin until ¼-inch thick. Season pounded breasts on both sides with salt and pepper.

In a small bowl, blend cheese, sun dried tomatoes and prosciutto and spread 3 tablespoons on each breast. Starting at a short end, roll up and secure with wooden picks. Arrange chicken rolls, seam side down, in oiled 8-inch square glass baking dish. Brush tops with olive oil. Place baking dish on the turntable.

Touch RECIPES, **number 28**, ENTER and START.

To serve, remove wooden picks and serve whole or cut 1-inch thick diagonal slices. Pour pan juices over chicken and serve immediately.

Baking time: 13½ minutes – no preheating is necessary

Roasted Turkey Breast

Makes 8 servings

Less than 45 minutes for this savory, herbed turkey. Just enough time to mash potatoes, cook some broccoli and set the table for a very special meal.

Per Serving:

Calories: 262
Fat: 6 g
Protein: 48 g
Cholesterol: 131 mg
Carbohydrate: 1 g
Sodium: 183 mg

- 3 tablespoons butter, softened
- 1 clove garlic, minced
- 3 tablespoons grated Parmesan cheese
- 2 teaspoons dried sage leaves, crushed
- $\frac{3}{4}$ teaspoon dried thyme leaves, crushed
- $\frac{3}{4}$ teaspoon dried basil leaves, crushed
- 1 tablespoon chopped fresh parsley
- 1 (4-pound) bone-in turkey breast, weight after excess fat has been removed

In a medium bowl, blend together all ingredients except turkey.

Turn turkey breast skin side up with neck area facing you. Work your fingers under the skin at the openings on each side of the neck. Using fingers, spread herb mixture evenly under the skin. Spread remaining mixture on the under side of the breast.

Spray with low rack with cooking spray. Place turkey breast on the low rack. Place splash guard on turntable and low rack with turkey on the splash guard. Touch RECIPES, number 25, ENTER and START.

Roasting time: 36½ minutes – no preheating is necessary

Apple Turkey Breast

Makes 6 servings

Beautifully browned, delightfully topped with a spicy apple glaze/sauce, and all in just 34 minutes in the oven!

Per Serving:

Calories: 291
Fat: 2 g
Protein: 60 g
Cholesterol: 164 mg
Carbohydrate: 6 g
Sodium: 106 mg

- 1 3-pound boneless turkey breast in netting – remove gravy packet and use elsewhere (final cooking weight about 2¼ pounds)
- $\frac{1}{4}$ cup thawed frozen apple juice concentrate
- $\frac{1}{8}$ teaspoon ground cinnamon
- Pinch ground nutmeg
- Pinch ground allspice
- 1 tablespoon cornstarch
- 2 tablespoons water

Place turkey breast in 8-inch square baking dish. Place dish on the low rack. Touch RECIPES, number 17, ENTER and START.

In a small bowl, combine apple juice concentrate with spices.

At the audible signal, do not touch STOP/CLEAR. Pour apple juice over turkey breast. Touch START.

At end, remove turkey breast to a platter and cover with foil to keep it hot. Stir apple and turkey juices together. Pour into a 2-cup glass measure and add enough water to make 1 cup liquid. In a small bowl, blend cornstarch and the 2 tablespoons water. Stir into liquid in the 2-cup measure. Microwave at HIGH (100%) for 2 minutes or until thickened, stirring often. Serve with sliced turkey breast.

Roasting Time: 30 minutes – no preheating is necessary



Honey Mustard Drumsticks

Makes 8 servings

Pop these tangy drumsticks in the oven for any gathering – kids, teens, grownups all love them.

Per Serving:

Calories: 303
Fat: 14 g
Protein: 42 g
Cholesterol: 121 mg
Carbohydrate: 0 g
Sodium: 684 mg

- ½ cup coarse ground mustard
- ¼ cup Dijon-style mustard
- ¼ cup honey
- 3 pounds chicken drumsticks

In a small bowl, combine coarse mustard, Dijon mustard and honey. Set aside. Spray the low rack with cooking spray. Place chicken on low rack. Place splash guard on turntable and low rack with chicken over the splash guard. Touch RECIPES, number 22, ENTER and START.

At the audible signal, do not touch STOP/CLEAR. Brush or spread drumsticks with mustard sauce. Touch START.

Baking time: 19½ minutes – no preheating is necessary

Crunchy Garlic Chicken

Makes 6 servings

The garlicky dip and chili-flavored corn flake crumbs make this 15-minute chicken recipe sensational.

Per Serving:

Calories: 195
Fat: 5 g
Protein: 27 g
Cholesterol: 76 mg
Carbohydrate: 8 g
Sodium: 392 mg

- 2 tablespoons butter, melted
- 2 tablespoons non fat milk
- ½ teaspoon salt
- ½ teaspoon garlic powder
- 2 cups corn flakes, crushed or 1 cup corn flake crumbs
- 3 tablespoons chopped fresh parsley
- ½ teaspoon chili powder
- 6 (4-ounce) boneless, skinless chicken breast halves

In a resealable plastic bag, mix melted butter, milk, salt and garlic powder. In a separate resealable plastic bag, mix corn flake crumbs, parsley and chili powder. Put chicken into garlic mixture. Seal bag. Turn to coat. Remove and place in crumb bag. Seal bag. Turn to coat.

Spray a 3-quart casserole with cooking spray. Arrange chicken breasts in casserole and spray tops of chicken with cooking spray. Place casserole with chicken on the low rack. Touch RECIPES, number 19, ENTER and START.

Baking time: 17 minutes – no preheating is necessary

Mustard and Mayo Chicken

Makes 5 servings

Grilling in your Viking oven is easy. You arrange the chicken on the low rack and place it over the splash guard, to catch any drips – no fire to build or watch.

Per Serving:

Calories: 233
Fat: 15 g
Protein: 21 g
Cholesterol: 72 mg
Carbohydrate: 0 g
Sodium: 479 mg

- 1 (3-pound) broiler-fryer, cut up
- ¼ cup spicy prepared mustard
- ¼ cup mayonnaise
- 1 clove garlic, minced

Spray the low rack with cooking spray. Arrange chicken pieces skin side up on rack.

In a small bowl, combine mustard, mayonnaise and garlic. Set aside. Place splash guard on turntable with low rack of chicken on the splash guard. Touch RECIPES, number 23, ENTER and START.

At the audible signal, do not touch STOP/CLEAR. Spread mustard/mayo mixture on chicken pieces. Touch START.

Grilling time: 16 minutes – no preheating is necessary



Onion Chicken Fingers

Makes 4 servings

A super snack or extra-easy main dish. Serve with catsup, barbecue or sweet-sour sauce for dipping.

Per Serving:

Calories: 528

Fat: 30 g

Protein: 25 g

Cholesterol: 38 mg

Carbohydrate: 36 g

Sodium: 1184 mg

- 2 cups canned French fried onions
- 2 tablespoons honey Dijon mustard
- 2 tablespoons coarse ground mustard
- 1 pound boneless, skinless chicken fingers (also called tenders)

Place French fried onions in resealable plastic bag. Seal. Crush with rolling pin.

In a small bowl, mix mustards together. Coat chicken fingers with mustard mixture. Shake in bag with crushed onions. Spray a 12-inch pizza pan with cooking spray. Arrange chicken fingers on pan. Touch RECIPES, number 24, ENTER and START to preheat the oven.

At the audible signal when preheat is over, place pan on the low rack. Touch START.

Baking time: 7 minutes after preheat



FISH & SEAFOOD

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Spicy Shrimp

Makes 4 servings

Serve these shrimp with sweet-sour sauce, cocktail sauce or enjoy as is – the marinade adds wonderful flavor.

Per Serving:

Calories: 109
Fat: 2 g
Protein: 18g
Cholesterol: 129 mg
Carbohydrate: 3 g
Sodium: 319 mg

- ¼ cup white wine
- ¼ cup water
- 3 tablespoons soy sauce
- 2 tablespoons sugar
- 1 tablespoon oil
- 2 teaspoons dried parsley flakes
- ¼ teaspoon ground ginger
- Dash hot pepper sauce
- 1 pound jumbo raw shrimp, peeled and deveined

In a medium bowl or resealable plastic bag, mix all ingredients except shrimp. Add shrimp. Stir or seal bag and turn to coat. Cover bowl. Refrigerate 45 minutes to 3 hours.

Touch RECIPES, number 39, ENTER and START to begin preheat.

Remove shrimp from marinade and arrange on 12-inch greased pizza pan.

At the audible signal when the preheat is over, place pan on the high rack. Touch START.

Grilling time: 4 ¾ minutes after preheat

Fish Steaks with Herbs

Makes 4 servings

Twelve minutes, no turning, no checking – this is the best method to perfectly cooked fish, every time. If you buy frozen steaks, quickly defrost them in the microwave.

Per Serving:

Calories: 184
Fat: 9 g
Protein: 24 g
Cholesterol: 36 mg
Carbohydrate: 0 g
Sodium: 140 mg

- 4 (4-ounce) halibut, salmon or swordfish steaks, cut 1-inch thick
- 2 tablespoons butter, softened
- 1 teaspoon finely shredded lemon peel
- 1 teaspoon dried marjoram leaves, crushed

Arrange fish steaks on a lightly greased 12-inch pizza pan. Spread tops with half the herb mixture. Place pan in the oven on the low rack.

Touch RECIPES, number 29, ENTER and START.

When finished, remove from oven and immediately spread with remaining herb butter.

Grilling time: 12 minutes – no preheating is necessary

Savory Baked Fish

Makes 6 servings

Consider the numbers: two ingredients, five minutes. Then consider this easy recipe for a wonderful meal on a very busy night.

Per Serving:

Calories: 288
Fat: 14 g
Protein: 34 g
Cholesterol: 107 mg
Carbohydrate: 3 g
Sodium: 227 mg

- 6 (6-ounce) scrod, flounder or other boneless, mild fish fillets
- $\frac{3}{4}$ cup prepared ranch salad dressing

Arrange fillets on greased 12-inch pizza pan. Spread 2 tablespoons dressing over each fillet.

Touch RECIPES, number 36, ENTER and START to begin preheat.

At the audible signal when the preheat is over, place pan in the oven on the high rack. Touch START.

Grilling time: 5 minutes after preheat

Teriyaki Fish Fillets

Makes 4 servings

In a hurry? Marinate any type of fish fillets in flavorful teriyaki sauce and then cook in just 5 minutes.

Per Serving:

Calories: 133
Fat: 1 g
Protein: 22 g
Cholesterol: 54 mg
Carbohydrate: 5 g
Sodium: 629 mg

- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup soy sauce
- $\frac{1}{4}$ cup dry sherry
- 2 tablespoons packed brown sugar
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{8}$ teaspoon garlic powder
- 1 pound fish fillets, fresh or defrosted frozen

Combine all ingredients except fish in 8-inch square glass baking dish. Stir until blended. Add fish, turning once to coat both sides. Cover. Refrigerate 1 hour. Lift fillets from marinade and arrange on greased 12-inch pizza pan.

Touch RECIPES, number 40, ENTER and START to begin preheat.

At the audible signal when the preheat is over, place pan in the oven on the high rack. Touch START.

Grilling time: 5 minutes after preheat



PINEAPPLE SALSA SWORDFISH

Pineapple Salsa Swordfish

Makes 4 servings

Bright and beautiful pineapple salsa is a just-right topper for the easy 12-minute, no-turn swordfish steaks.

Per Serving:

Calories: 210
Fat: 6 g
Protein: 31 g
Cholesterol: 60 mg
Carbohydrate: 7 g
Sodium: 410 mg

- 3 cloves garlic, minced
- 2 teaspoons grated lime peel
- ½ teaspoon salt
- 4 (6-ounce) swordfish steaks, 1-inch thick
- 1 (8-ounce) can pineapple tidbits in unsweetened juice, drained, reserving liquid
- ¼ cup chopped red bell pepper
- 1 tablespoon chopped red onion
- 1 tablespoon chopped fresh cilantro
- 1 jalapeño chile, seeded and finely chopped

In a small bowl, mix garlic, lime peel and salt together. Rub onto surface of swordfish steaks.

Arrange steaks on greased 12-inch pizza pan. Place pan in the oven on low rack.

Touch RECIPES, number 33, ENTER and START.

Meanwhile, in a medium bowl, combine all remaining ingredients and 2 tablespoons of the reserved pineapple juice. Mix well. Serve salsa with fish.

Grilling time: 12 minutes – no preheating necessary

Shrimp de Jonghe

Makes 6 servings

A classic from the '50s and well worth reviving. The rich garlicky shrimp with a toasty bread crumb topping cooks perfectly in the Viking high speed oven.

Per Serving:

Calories: 210
Fat: 6 g
Protein: 31 g
Cholesterol: 60 mg
Carbohydrate: 7 g
Sodium: 410 mg

- ½ cup butter, cut into 4 pieces
- 4 cloves garlic, peeled and sliced
- ½ cup dry sherry
- 1 tablespoon chopped parsley
- ½ teaspoon salt
- 1 teaspoon chopped chives
- ¼ teaspoon dried tarragon leaves
- ¼ teaspoon instant minced onion
- Dash ground nutmeg
- Dash of dried thyme leaves
- ¾ cup fine dry bread crumbs
- 1¾ pounds raw shrimp, peeled and deveined

In 10-inch round casserole, microwave butter and garlic at HIGH (100%) until garlic is browned, 4 to 5 minutes. Remove and discard garlic. Stir in sherry, parsley, salt, chives, tarragon, onion, nutmeg and thyme. Pour half of the butter mixture into a small bowl. Add bread crumbs to bowl and stir.

Touch RECIPES, number 38, ENTER and START to begin preheat.

Mix shrimp into garlic-butter in casserole, coating completely.

At the audible signal when the preheat is over, place casserole on the low rack. Touch START.

At the next audible signal, do not touch STOP/CLEAR. Stir shrimp, moving undercooked ones to edge of casserole. Sprinkle with buttered bread crumbs. Touch START.

At end, remove casserole from oven, cover with foil and let stand 2 minutes.

Baking time: 10 minutes after preheat



Salmon with Tomatoes

Makes 4 servings

The Viking oven is a superb way to cook salmon fillets. And, it's also the easiest – no turning, no testing – just set and forget.

Per Serving:

Calories: 221
Fat: 6 g
Protein: 35 g
Cholesterol: 88 mg
Carbohydrate: 4 g
Sodium: 295 mg

- 1 (14-ounce) can Italian-style diced tomatoes
- ¼ cup finely chopped fresh dill weed
- 1 teaspoon minced garlic
- 4 (6-ounce) flat salmon fillets

Drain tomatoes and mix with dill and garlic. Set aside.

Touch RECIPES, number 35, ENTER and START to begin preheat.

Place salmon fillets in a single layer in a lightly greased 10-inch square casserole.

At the audible signal when the preheat is over, place casserole on the low rack. Press START.

At the next audible signal, do not touch STOP/CLEAR. Add tomato mixture to top of fish fillets. Press START.

Baking time: 6 minutes after preheat

Salmon with Basil Sauce

Makes 4 servings

The Viking oven does such a wonderful job of cooking fish that even non-fish cookers will become converts.

Per Serving:

Calories: 253
Fat: 10 g
Protein: 36 g
Cholesterol: 91 mg
Carbohydrate: 1 g
Sodium: 189 mg

- ½ cup loosely packed fresh basil leaves
- 2 tablespoons white wine
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- ½ teaspoon Dijon-style mustard
- 4 (6- to 8-ounce) salmon steaks, 1-inch thick
- Cayenne pepper

Combine all ingredients except salmon and cayenne in blender. Blend until smooth. Set aside.

Arrange steaks on greased 12-inch pizza pan. Place pan in the oven on the low rack.

Touch RECIPES, number 34, ENTER and START.

At the audible signal, do not touch STOP/CLEAR. Spread basil sauce on salmon and sprinkle lightly with cayenne pepper. Press START.

Grilling time: 12 minutes – no preheating is necessary

Lemon Buttered Sole

Makes 4 servings

Delicate sole or flounder is easy to overcook by other methods. In your Viking oven, you get tender-cooked fish – every time.

Per Serving:

Calories: 324
Fat: 24 g
Protein: 22 g
Cholesterol: 54 mg
Carbohydrate: 4 g
Sodium: 494 mg

- ½ cup butter
- 2 tablespoons all-purpose flour
- 2 tablespoons lemon juice
- 1 tablespoon snipped parsley
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ⅛ teaspoon celery seed
- 1 pound sole or flounder fillets, fresh or defrosted frozen

Place butter in 10-inch square casserole. Microwave at HIGH (100%) until melted, 45 seconds to 1 minute and 30 seconds. Blend in all remaining ingredients except fish fillets.

Touch RECIPES, number 31, ENTER and START to begin preheat.

Dip fish fillets into butter sauce, turning to coat both sides, and arrange in the casserole.

At the audible signal when the preheat is over, place casserole on the low rack and touch START.

Baking time: 4½ minutes after preheat

Italian Shrimp

Makes 4 servings

This is the recipe for the less-experienced cooks in your household. It's easy, delicious and no-fail.

Per Serving:

Calories: 381
Fat: 30 g
Protein: 22 g
Cholesterol: 202 mg
Carbohydrate: 7 g
Sodium: 695 mg

- 1½ pounds large shrimp, shelled and deveined
- 1 cup Italian salad dressing
- 3-4 cloves garlic, peeled and halved
- Paprika

Put shrimp in resealable plastic bag or glass bowl. Pour dressing over and add garlic. Seal or cover and refrigerate 2 to 24 hours.

Drain and discard marinade. Thread shrimp on 4 metal or wood skewers and arrange on 12-inch greased pizza pan. Sprinkle lightly with paprika.

Touch RECIPES number 30, ENTER and START to begin preheat.

At the audible signal when the preheat is over, place pan on the high rack. Touch START.

Grilling time: 4¾ minutes after preheat

Old Bay Grilled Fish

Makes 4 servings

Old Bay is THE favorite seasoning for fish all along the East Coast. You'll find it with the specialty spices in your supermarket. Pick catfish, snapper or any other fish fillets.

Per Serving:

Calories: 423
Fat: 29 g
Protein: 33 g
Cholesterol: 102 mg
Carbohydrate: 10 g
Sodium: 456 mg

- 4 (6-ounce) skinless, boneless fish fillets
- ¾ cup Italian dressing
- 2 lemons, sliced
- Old Bay seasoning

Arrange fillets in shallow dish or resealable plastic bag. Add Italian dressing, cover or seal bag and refrigerate 20 minutes to 2 hours.

Lift out of marinade and arrange fillets on greased 12-inch pizza pan. Cover fillets with lemon slices. Sprinkle tops of fillets with Old Bay seasoning.

Touch RECIPES number 32, ENTER and START to begin preheat.

At the audible signal when the preheat is over, place pan on the high rack. Touch START.

Grilling Time: 5 minutes after preheat



Scallop Kabobs

Makes 4 servings

The Viking high speed oven is absolutely the best way to cook scallops. And this is the best marinade recipe – ever!

Per Serving:

Calories: 95
Fat: 4 g
Protein: 11 g
Cholesterol: 19 mg
Carbohydrate: 3 g
Sodium: 781 mg

- 24 large sea scallops
- 2 teaspoons olive oil
- 2 tablespoons white vinegar
- ¼ cup low sodium soy sauce
- 1 teaspoon fresh ginger, chopped finely
- 1 clove garlic, minced
- 1 tablespoon fresh parsley, minced

Rinse scallops and put in a resealable plastic bag. Add all remaining ingredients. Seal the bag. Turn bag to mix. Refrigerate 2 to 6 hours.

Drain scallops and discard marinade. Thread the scallops on 4 (10-inch) wood or metal skewers across the grain. Spray a 12-inch pizza pan with cooking spray. Arrange scallop skewers on pan.

Touch RECIPES, number 37, ENTER and START to begin preheat.

At the audible signal when the preheat is over, place pan on the high rack. Touch START.

Grilling time: 6¾ minutes after preheating



CASSEROLES

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Stuffed Peppers

Makes 6 servings

As good as Grandma's but updated with ground turkey and brown rice and only 12 minutes in the oven! This is another super recipe for pot lucks or entertaining.

Per Serving:

Calories: 175
Fat: 7 g
Protein: 13 g
Cholesterol: 110 mg
Carbohydrate: 15 g
Sodium: 410 mg

- 3 medium green, red or yellow peppers
- 1/2 pound ground turkey, cooked, drained and crumbled
- 1 cup cooked brown rice
- 1 (4-ounce) can chopped green chiles, drained
- 1 (2-ounce) jar diced pimientos, drained
- 1/4 cup chopped green onions
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1/4 teaspoon pepper
- 2 eggs
- 1/2 cup shredded Monterey Jack cheese

Cut bell peppers lengthwise into halves. Remove seeds and membranes. Rinse peppers. Arrange in greased 10-inch casserole. Cover. Microwave at HIGH (100%) 4 minutes. Drain.

In a medium bowl, combine all remaining ingredients except cheese. Divide filling among pepper halves. Put casserole on turntable.

Touch RECIPES, number 51, ENTER and START.

Remove from oven and sprinkle with cheese.

Baking time: 12 minutes – no preheating is necessary

Mexicali Corn Pudding

Makes 8 servings

A main dish for meatless meals or a light supper or a pleasing partner to Deluxe Roast Chicken.

Per Serving:

Calories: 312
Fat: 14 g
Protein: 8 g
Cholesterol: 96 mg
Carbohydrate: 40 g
Sodium: 726 mg

- 1 (8½-ounce) box corn muffin mix
- 1 (11-ounce) can corn with pepper pieces
- 1 (15½-ounce) can cream-style corn
- 1 cup low fat sour cream
- 3 eggs, beaten
- ¼ cup finely chopped red pepper
- ¼ cup butter, melted
- ⅛ teaspoon cayenne pepper

In a large bowl, combine all ingredients and turn into a greased 10-inch square casserole. Place casserole on the low rack.

Touch RECIPES, **number 47**, ENTER and START.

Baking time: 34½ minutes – no preheating is necessary

Citrus Treasure Fish

Makes 4 servings

Bright and beautiful and oh so easy! Serve with microwaved rice.

Per Serving:

Calories: 312
Fat: 14 g
Protein: 8 g
Cholesterol: 96 mg
Carbohydrate: 40 g
Sodium: 726 mg

- 8 ounces fresh snow peas
- 1 (26-ounce) jar refrigerated citrus sections, drained
- 1 pound fresh or defrosted frozen fish fillets
- 3 tablespoons chopped green onions
- 4 teaspoons low salt soy sauce
- 4 teaspoons cooking oil
- 1 teaspoon dry sherry
- 1 teaspoon cornstarch
- 1 teaspoon sugar
- 1 clove garlic, minced
- ½ teaspoon grated fresh ginger
- ¼ teaspoon pepper

Spray a 2½-quart square casserole with cooking spray. Arrange peas over the bottom of the casserole, then drained citrus sections and then fish fillets in a single layer. In a small bowl, combine all remaining ingredients, stirring well. Pour over fish in casserole. Cover and refrigerate 1 to 2 hours.

Touch RECIPES, **number 43**, ENTER and START to preheat the oven.

At the audible signal when the preheat is over, uncover the casserole and place on the low rack. Press START.

Baking time: 10 minutes after preheat



Grilled Vegetables

Makes 6 servings

What a wonderful way to serve vegetables! And the Viking oven does all the work – no need to fuss as you would with an outside grill, checking and turning and checking.

Per Serving:

Calories: 99
Fat: 5 g
Protein: 3 g
Cholesterol: 0 mg
Carbohydrate: 13 g
Sodium: 170 mg

- 2 small zucchini squash, cut into ¼-inch slices
- 2 small yellow squash, cut into ¼-inch slices
- 1 red pepper, seeded and cut into strips
- 1 green pepper, seeded and cut into strips
- 1 yellow or orange pepper, seeded and cut into strips
- 1 red onion, sliced and separated into rings
- 1 cup baby carrots
- 1 pound fresh asparagus, cut into 1½-inch lengths
- 2 tablespoons olive oil
- 2 teaspoons Italian seasoning
- 1 teaspoon seasoned salt

In a large bowl, toss vegetables with oil and seasonings to coat completely. Divide between 2 (12-inch) pizza pans. Place one pan on the turntable and one pan on the high rack.

Touch RECIPES, number 45, ENTER and START.

Grilling time: 14 minutes – no preheating is necessary

Baked Shrimp Salad

Makes 4 servings

A great dish for brunch or a special supper – and all in less than 10 minutes, including preparation. Complete the meal with Caesar salad from a bag, fruit sorbet and cookies.

Per Serving:

Calories: 291
Fat: 15 g
Protein: 31 g
Cholesterol: 207 mg
Carbohydrate: 7 g
Sodium: 747 mg

- 1 pound cooked shrimp, cut into bite-size pieces
- ½ cup chopped celery
- ½ cup chopped onion
- ⅓ cup low fat mayonnaise
- 1 cup shredded sharp Cheddar cheese
- ⅛ teaspoon pepper
- ½ teaspoon salt
- Paprika

In a medium bowl, combine all ingredients. Mix. Spray 9-inch pie plate with cooking spray. Turn shrimp mixture into pie plate. Sprinkle lightly with paprika.

Touch RECIPES, **number 41**, ENTER and START to preheat the oven.

At the audible signal when the preheat is over, place pie plate on the low rack. Press START.

Baking time: 6 minutes after preheat

Tamale Casserole

Makes 6 servings

This has been a favorite Viking recipe for many years. Now, in the new high speed oven, its total cooking time is just 35 minutes.

Per Serving:

Calories: 341
Fat: 16 g
Protein: 22 g
Cholesterol: 108 mg
Carbohydrate: 27 g
Sodium: 909 mg

Filling:

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 small green pepper, seeded and chopped
- 2 (8-ounce) cans tomato sauce
- 1 clove garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon taco seasoning mix
- ½ teaspoon sugar
- ¼ teaspoon salt
- ¼ teaspoon pepper

Corn Bread:

- ½ cup yellow cornmeal
- ½ cup all-purpose flour
- 2 teaspoons baking powder
- 1 tablespoon sugar
- ¼ teaspoon salt
- ½ cup milk
- 1 egg
- 2 tablespoons oil

Topping:

- ½ cup shredded Cheddar cheese
- ¼ cup sliced pitted black olives

In 2-quart casserole, mix ground beef, onion and green pepper. Cover. Put casserole on turntable. Touch RECIPES, **number 52**, ENTER and START.

At the audible signal, do not touch STOP/CLEAR. Uncover. Break up beef and stir in tomato sauce, garlic, chili powder, taco seasoning mix, sugar, salt and pepper. Re-cover. Return to oven and touch START.

In a medium bowl, combine cornmeal, flour, baking powder, sugar and salt. Stir in milk, egg and oil. Beat mixture just until moistened, a few lumps will remain. Set aside.

At the next audible signal, do not touch STOP/CLEAR. Pour cornmeal mixture over beef mixture. Do not cover. Return uncovered casserole to oven and touch START.

When done, sprinkle with toppings. Let stand 5 minutes before serving.

Total Cooking Time: 35 minutes – no preheating is necessary



Party Roasted Potatoes

Makes 4 servings

This will become your favorite potato recipe! Only 16 minutes to cook and with no watching, no turning. You'll probably want to keep a plant of fresh rosemary going so you'll always have a supply.

Per Serving:

Calories: 310
Fat: 12 g
Protein: 8 g
Cholesterol: 5 mg
Carbohydrate: 47 g
Sodium: 430 mg

- 2 pounds red skinned potatoes
- 1 medium red onion, coarsely chopped
- ¼ cup olive or vegetable oil
- 2 tablespoons chopped fresh rosemary
- 4 cloves garlic, finely chopped
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ cup freshly grated or shredded Parmesan cheese

Cut potatoes into 1½-inch chunks. In a large bowl, toss potatoes, onion, oil, rosemary, garlic, salt and pepper. Turn out onto greased 12-inch pizza pan and arrange in a single layer. Place pan on low rack. Touch RECIPES, number 49, ENTER and START.

At the audible signal, do not touch STOP/CLEAR. Sprinkle with cheese. Return to oven and touch START.

Baking time: 18 minutes – no preheating is necessary

Pasta with Squash and Shallots

Makes 4 servings

You'd expect to find this elegant pasta dish at an expensive Italian restaurant, but you can easily do it at home. Expect applause.

Per Serving:

Calories: 248
Fat: 8 g
Protein: 7 g
Cholesterol: 5 mg
Carbohydrate: 39 g
Sodium: 713 mg

- 3 cups 1-inch cubes peeled butternut squash (1 medium squash, about 1½ pounds)
- 8 shallots, peeled and halved lengthwise (about ½ pound)
- 1 tablespoon chopped fresh or 1 teaspoon dried rubbed sage
- 1 tablespoon packed dark brown sugar
- 1½ tablespoons olive oil, divided
- 1 teaspoon salt
- ½ teaspoon black pepper
- 4 ounces uncooked fettuccine
- ¼ cup grated Parmesan cheese

In a large bowl, combine the squash, shallots, sage, brown sugar, 2½ teaspoons of the oil, salt and pepper. Spray a 12-inch pizza pan with cooking spray. Turn squash and shallots out onto pan. Place pan on low rack.

Touch RECIPES, **number 50**, ENTER and START.

While the squash bakes, cook pasta as package directs. Drain.

Place hot, cooked pasta in a warmed serving bowl. Add 2 teaspoons oil, toss well. Spoon the squash mixture over pasta. Sprinkle with cheese.

Roasting time: 16 minutes – no preheating is necessary

Crustless Chicken Quiche

Makes 6 servings

Busy night. Come home, defrost spinach in the microwave, stir together quiche, put in oven, sit down for 15 minutes to admire homework. Toss salad, set table, eat, relax.

Per Serving:

Calories: 184
Fat: 6 g
Protein: 22 g
Cholesterol: 159 mg
Carbohydrate: 10 g
Sodium: 518 mg

- 1 cup chopped cooked chicken
- 1 (10-ounce) package frozen chopped spinach, thawed and well-drained
- ½ cup chopped onion
- 1 cup fat free shredded Cheddar cheese
- 4 eggs
- 1 (12-ounce) can evaporated low fat milk
- ½ teaspoon seasoned salt

Arrange chicken over bottom of greased 9-inch pie plate. Top with spinach, onion and cheese. In a medium bowl, blend eggs, milk and seasoning. Pour over chicken mixture. Place pie plate on the low rack.

Touch RECIPES, **number 44**, ENTER and START.

Let stand 10 minutes before serving.

Baking time: 29 minutes – no preheating is necessary

Chicken Linguine Casserole

Makes 4 servings

Save some chicken from yesterday's Deluxe Roast Chicken, then make one quick swing through the supermarket to pick up the rest of the ingredients.

Per Serving:

Calories: 754
Fat: 47 g
Protein: 33 g
Cholesterol: 132 mg
Carbohydrate: 48 g
Sodium: 1410 mg

- 1 (9-ounce) package refrigerated linguine
- 1 (16-ounce) jar prepared Alfredo sauce
- 1½ cups cubed cooked chicken
- ½ cup thin strips oil-packed sun-dried tomatoes
- 1 (10-ounce) package frozen peas, defrosted and drained
- 3 tablespoons shredded Parmesan cheese

Spray an 8-inch square baking dish with cooking spray. Set aside. Bring a saucepan of water to boiling, then remove from heat. Add linguine to the water and let stand for 5 minutes. Drain. In a medium bowl, stir Alfredo sauce, chicken, tomatoes and peas together. Add linguine and toss gently to mix well. Turn into dish. Sprinkle with cheese. Place dish on the turntable.

Touch RECIPES, number 42, ENTER and START.

Baking time: 13 minutes – no preheating is necessary

Macaroni and Blue Cheese

Makes 6 servings

This is not your basic blue box mac and cheese but a boss-for-brunch main or side dish.

Per Serving:

Calories: 223
Fat: 11 g
Protein: 8 g
Cholesterol: 33 mg
Carbohydrate: 23 g
Sodium: 483 mg

- ¼ cup butter
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2½ cups milk
- ⅓ cup crumbled blue cheese
- 1 tablespoon minced fresh parsley
- 1 (4-ounce) can button mushrooms, drained
- 1 (7-ounce) package macaroni, cooked and drained
- ¼ cup crushed rich round crackers

Microwave butter in 8-inch square glass baking dish at HIGH (100%) 1 to 1½ minutes or until melted. Whisk in flour, salt and pepper to form a smooth paste. Whisk in the milk. Blend thoroughly. Microwave at HIGH (100%) for 4 minutes or until boiling and thickened, stirring about every minute. Stir in blue cheese, parsley and mushrooms. Add drained cooked macaroni and stir to coat. Sprinkle with cracker crumbs. Place baking dish on the turntable.

Touch RECIPES, number 46, ENTER and START.

Baking time: 12 minutes – no preheating is necessary



Mushroom Lasagna

Makes 8 servings

You'll need to invest in 2 (8-inch) square glass baking dishes for this recipe. You will be preparing this great lasagna recipe often and potluck guests will be demanding that you bring it. It bakes in two dishes, on two levels, and in just 25 minutes.

Per Serving:

Calories: 310
Fat: 12 g
Protein: 8 g
Cholesterol: 5 mg
Carbohydrate: 47 g
Sodium: 430 mg

- ½ cup dried porcini mushrooms (about ½ ounce)
- 1 pound white mushrooms
- 8 ounces portabella mushrooms, stems removed
- 2 cloves garlic, minced
- 1 cup fresh basil leaves, chopped
- 2 tablespoons butter, melted
- 1 (15-ounce) container ricotta cheese
- ½ cup shredded Parmesan cheese
- 2 eggs
- 4 cups bottled or prepared pasta sauce
- 1 (8-ounce) package precooked lasagna noodles, dipped in boiling water to soften
- 2 cups shredded mozzarella cheese
- ½ cup shredded Parmesan cheese

Soak porcini mushrooms in $\frac{3}{4}$ cup hot water until soft, about 20 minutes. Squeeze gently to release grit, then lift out and squeeze dry. Chop. Rinse and pat dry white and portabella mushrooms. Chop $\frac{1}{2}$ of the white mushrooms. Slice remaining white mushrooms and the portabella mushrooms into $\frac{1}{3}$ -inch thick slices. In microwavable bowl, combine all mushrooms and garlic and microwave at HIGH (100%) for 6 minutes, until mushrooms are just soft. Drain. Add chopped basil and melted butter.

In a small bowl, combine ricotta, the first $\frac{1}{2}$ cup Parmesan cheese and eggs. Mix well. Set out 2 (8-inch square) greased baking dishes.

To assemble for **each** baking dish:

Spread 1 cup pasta sauce over bottom. Top with $\frac{1}{4}$ of the softened lasagna noodles. Spread noodles with $\frac{1}{4}$ of the ricotta cheese mixture. Arrange $\frac{1}{4}$ of the mushroom mixture over ricotta. Place $\frac{1}{4}$ softened lasagna noodles in even layer over mushrooms. Spread with 1 cup pasta sauce, then $\frac{1}{4}$ ricotta mixture. Arrange $\frac{1}{4}$ mushrooms over ricotta. Sprinkle $\frac{1}{2}$ cup mozzarella over mushrooms. Sprinkle the $\frac{1}{4}$ cup Parmesan over the Mozzarella. Repeat steps for second dish.

Place one baking dish on the turntable and one on the high rack.

Touch RECIPES, number 48, ENTER and START.

Cover and let stand for 15 minutes before serving.

Baking time: 25 minutes – no preheating is necessary



CAKE & BREADS

- 64 Cinnamon Date Scones
- 65 Yummy Blueberry Muffins
- 65 Classic Cheesecake
- 67 Quick Sticky Rolls
- 67 Herb Biscuits
- 69 Banana Streusel Loaf
- 69 Zucchini Muffins
- 71 Green Onion Biscuits
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- 73 Very Berry Bundt Cake
- 73 Nut Cake with Mocha Cream
- 74 No Knead Cheddar Dill Bread
- 74 Cinnamon Swirl Pound Cake
- 75 Classic Cranberry Tea Cake
- 76 Banana Carrot Muffins
- 76 Banana Apricot Bran Bread



Cinnamon Date Scones

Makes 12 scones

Stir up these dainty scones for a special Sunday breakfast. If there are any left, tuck them away for Monday breakfast or coffee breaks.

Per Serving:

Calories: 171
Fat: 6 g
Protein: 4 g
Cholesterol: 45 mg
Carbohydrate: 26 g
Sodium: 261 mg

- 4 tablespoons sugar, divided
- $\frac{3}{4}$ teaspoon ground cinnamon
- 2 cups all-purpose flour
- $2\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 5 tablespoons cold butter
- $\frac{1}{2}$ cup chopped pitted dates
- 2 eggs
- $\frac{1}{3}$ cup milk

In a small bowl, combine 2 tablespoons of the sugar and cinnamon. Set aside.

In a medium bowl, stir together flour, remaining 2 tablespoons sugar, baking powder and salt. Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Stir in dates.

In a small bowl, beat eggs with fork. Add milk and beat well. Measure 1 tablespoon of the egg mixture into small cup. Set aside. Stir remaining egg mixture into flour mixture. Stir until mixture forms soft dough that clings together and forms a ball. Turn dough out onto lightly floured surface. Knead dough gently 10 to 12 times. (See Herb Biscuit recipe for kneading instructions.) Roll or pat dough to 9 x 6-inch rectangle. Cut rectangle into 6 (3-inch) squares. Cut each square diagonally in half. Place triangles 2-inches apart on 2 (12-inch) pizza pans. Brush tops with reserved egg mixture; sprinkle with reserved cinnamon-sugar mixture. Place one pan on turntable and the other on the high rack.

Touch RECIPES, number 89, ENTER and START.

Immediately remove scones to wire racks and cool 10 minutes. Serve warm.

Baking time: 15½ minutes – no preheating is necessary

Yummy Blueberry Muffins

Makes 12 muffins

Real from-scratch muffins, but real simple. Keep a bag of frozen blueberries in the freezer and you can stir up these beauties any time you crave something sweet, fragrant and comforting.

Per Serving:

Calories: 171
Fat: 5 g
Protein: 3 g
Cholesterol: 29 mg
Carbohydrate: 28 g
Sodium: 274 mg

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- ½ cup sugar
- ½ teaspoon salt
- 1 cup milk
- ¼ cup butter, melted
- 1 egg
- 1 teaspoon vanilla
- 1 cup fresh or frozen blueberries, broken up, mixed with 1 tablespoon flour
- 1 teaspoon grated lemon peel

In a large bowl, stir together the flour, baking powder, sugar and salt. In a smaller bowl, beat the milk, melted butter, egg and vanilla until combined. Gently stir the liquid mixture into the dry mixture until just blended. Gently fold in the blueberries and the lemon peel. Divide the batter between 2 greased (6-cup) muffin pans. Place one pan on the turntable and the other on the high rack.

Touch RECIPES, number 99, ENTER and START.

Baking time: 23 minutes – no preheating is necessary

Classic Cheesecake

Makes 8 servings

This is a smaller version of the big cheesecake so it's just the right size for a small but very special event. You could use raspberries and raspberry jam in place of strawberries.

Per Serving:

Calories: 442
Fat: 23 g
Protein: 8 g
Cholesterol: 108 mg
Carbohydrate: 52 g
Sodium: 285 mg

- 2 tablespoons butter, melted
- ⅔ cup fine graham cracker crumbs
- 2 tablespoons packed brown sugar
- 1 (8-ounce) package cream cheese, softened
- 1 (8-ounce) package low fat cream cheese, softened
- ½ cup sugar
- 2 eggs, separated
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon peel
- ½ cup sour cream
- 1 tablespoon sugar
- ½ teaspoon vanilla
- 4 cups whole strawberries, rinsed and hulled
- ⅔ cup seedless strawberry jam

Spray a 9-inch round glass dish with cooking spray. In a medium bowl, combine first three ingredients. Press mixture firmly over bottom and up sides of dish. Set aside.

In a large mixing bowl, beat cream cheeses and the ½ cup sugar until light and fluffy. Beat in egg yolks, lemon juice and peel until smooth. In a small mixing bowl, beat egg whites to soft peaks. Gently fold beaten egg whites into cream cheese mixture. Spread evenly in prepared crust. Place dish on low rack.

Touch RECIPES, number 91, ENTER and START.

Cool several hours in refrigerator before serving. Just before serving, mix sour cream, 1 tablespoon sugar and vanilla. Spread carefully on cooled cheesecake.

Arrange the strawberries, points up, on top of the cheese-cake, covering completely. Place the jam in a small bowl and microwave at HIGH (100%) 30 seconds, just until melted. Brush the melted jam over the berries, allowing some to drip between.

Baking time: 23 minutes – no preheating is necessary



QUICK STICKY ROLLS

Quick Sticky Rolls

Makes 6 rolls

Wonderfully gooey and sticky, full of pecans and raisins and easy, easy, easy. You can assemble the rolls in a jiffy since you start with refrigerated bread sticks. They bake in 15 minutes – just enough time to invite a neighbor over and put on the coffee.

Per Serving:

Calories: 299
Fat: 9 g
Protein: 5 g
Cholesterol: 6 mg
Carbohydrate: 52 g
Sodium: 411 mg

- ½ cup packed brown sugar
- 1 tablespoon milk
- 1 tablespoon butter, melted
- ⅓ cup raisins
- ¼ cup chopped pecans
- 1 (11-ounce) package refrigerator breadstick dough
- ⅓ cup unsweetened applesauce
- ½ teaspoon ground cinnamon

In a small bowl, combine the brown sugar, milk and melted butter. Stir until smooth. Pour into an 8-inch round cake pan. Sprinkle the raisins and pecans evenly over the brown sugar mixture.

Place a sheet of wax paper, about 15-inches long, on a work surface. Coat with nonstick spray. Unroll the breadstick dough on the wax paper but do not separate into breadsticks. Spread the applesauce over the dough and sprinkle evenly with the cinnamon. Roll up from a short end, jelly-roll style, using the wax paper as a guide. Using a serrated knife, separate the dough at the 6 horizontal perforations to make 6 coiled dough rolls. Arrange in the pan on top of the brown sugar sauce. Place pan on low rack.

Touch RECIPES, **number 97**, ENTER and START.

Cool for 1 minute. Carefully invert the pan onto a heatproof plate. Let stand for 1 minute so that the sauce drizzles over the rolls. Remove the pan and spoon any raisin-nut mixture over top of rolls. Serve warm.

Baking time: 16 minutes – no preheating is necessary

Herb Biscuits

Makes 10 biscuits

Perfect with any of the poultry recipes in this book or the Glazed Ham Slice. Adding just a few herbs to easy biscuit mix makes a marvelous difference.

Per Serving:

Calories: 114
Fat: 4 g
Protein: 2 g
Cholesterol: 2 mg
Carbohydrate: 16 g
Sodium: 314 mg

- 2 cups biscuit mix
- ½ teaspoon dried thyme leaves, crushed
- ¼ teaspoon dried marjoram leaves, crushed
- ¼ teaspoon dried oregano leaves, crushed
- 1 teaspoon instant minced onion
- ⅔ cup milk

In a large mixing bowl, stir together biscuit mix and seasonings. Stir in milk just until biscuit mix is moistened. Drop 5 equal-size biscuits from spoon onto each of 2 (12-inch) greased pizza pans. Place one pan on the turntable and the other one on the high rack.

Touch RECIPES, **number 94**, ENTER and START.

Baking time: 15 minutes – no preheating is necessary



BANANA STREUSEL LOAF

Banana Streusel Loaf

Makes 12 servings

Start with a mix, to save time, and then make a spectacular loaf topped with crunchy walnut streusel. Mini chocolate chips add yet another flavor surprise. One of these loaves would make a wonderful welcome-to-the-neighborhood or get-well gift.

Per Serving:

Calories: 338
Fat: 19 g
Protein: 4 g
Cholesterol: 46 mg
Carbohydrate: 40 g
Sodium: 245 mg

- 1 (14-ounce package) banana bread mix or banana muffin mix
 - $\frac{3}{4}$ cup semisweet chocolate mini morsels
- Ingredients to complete mix

Streusel Topping:

- $\frac{1}{2}$ cup all-purpose flour
- 2 tablespoons sugar
- 2 tablespoons packed brown sugar
- $\frac{1}{4}$ cup butter
- $\frac{1}{2}$ cup broken walnuts

Grease and flour 9 x 5-inch glass loaf dish. For easy removal of finished loaf, place a 2 $\frac{1}{2}$ x 16-inch strip of wax paper lengthwise in pan with both ends extending above top of pan.

In a large mixing bowl, stir together mix and morsels. Prepare bread mix according to package directions or muffin mix according to loaf pan directions. Turn into prepared dish.

Streusel Topping: In a small bowl, combine flour, sugars and butter and cut in butter until mixture resembles coarse crumbs. Stir in walnuts. Sprinkle topping over batter in dish.

Place loaf dish on the turntable.

Touch RECIPES, number 87, ENTER and START.

Cool 5 minutes. Remove from dish by lifting both ends of wax paper. Cool completely on wire rack.

Baking time: 24 minutes – no preheating is necessary

Zucchini Muffins

Makes 1 dozen

You'll need two muffin pans, each with 6 cups about 2 $\frac{1}{2}$ to 3-inches in diameter. These muffins are great for bake sales, and so tasty you'll make them even when your garden isn't overrun with zucchini.

Per Serving:

Calories: 204
Fat: 10 g
Protein: 3 g
Cholesterol: 23 mg
Carbohydrate: 26 g
Sodium: 125 mg

- 1 $\frac{1}{2}$ cups all-purpose flour
- $\frac{1}{2}$ cup sugar
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon salt
- 1 cup grated zucchini
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{2}$ cup raisins
- 1 egg, beaten
- $\frac{1}{3}$ cup oil

In a medium bowl, combine dry ingredients. Stir in remaining ingredients until just moistened. Spoon batter into 2 greased (6-cup) medium muffin pans. Place one muffin pan on the turntable and the other on the high rack.

Touch RECIPES, number 100, ENTER and START.

Baking time: 20 minutes – no preheating is necessary



GREEN ONION BISCUITS

Green Onion Biscuits

Makes 8 biscuits

Cream cheese adds a wonderful richness and green onions spark both the flavor and color of these easy, traditional biscuits. Serve them with Barbecued Steaks.

Per Serving:

Calories: 231
Fat: 11 g
Protein: 5 g
Cholesterol: 14 mg
Carbohydrate: 28 g
Sodium: 443 mg

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 tablespoon sugar
- $\frac{3}{4}$ teaspoon salt
- 1 (3-ounce) package cream cheese
- $\frac{1}{4}$ cup shortening
- $\frac{1}{2}$ cup finely chopped green onions
- $\frac{2}{3}$ cup milk

In a medium bowl, combine flour, baking powder, sugar and salt. Cut in cream cheese and shortening with pastry blender or two knives until mixture resembles coarse crumbs. Stir in green onions. With a spoon, make a well in center of flour mixture. Add milk. Stir until mixture forms soft dough that clings together and forms a ball. Turn dough out onto lightly floured surface.

To knead dough, flatten the dough slightly and fold it in half towards you. Push dough away from you with the heels of hands in a rolling motion. Rotate dough one-quarter turn and repeat 10 times. Roll out pat dough to $\frac{1}{2}$ -inch thickness. Cut 8 biscuits with floured 3-inch biscuit cutter, gathering scraps and re-rolling as necessary.

Place biscuits 2-inches apart on 12-inch ungreased pizza pan. Place pan on the low rack.

Touch RECIPES, number 93, ENTER and START. Serve warm.

Baking time: 15½ minutes – no preheating is necessary

Blueberry Monkey Bread

Makes 10 servings

Monkey Bread is an old-fashioned recipe that bakes bites of dough in a sweet buttery glaze. This easy version uses refrigerated biscuits, so you save time but can still enjoy the fun of pulling apart the sticky rolls.

Per Serving:

Calories: 307
Fat: 18 g
Protein: 3 g
Cholesterol: 31 mg
Carbohydrate: 36 g
Sodium: 443 mg

- $\frac{1}{2}$ cup packed brown sugar
- $\frac{1}{2}$ teaspoon cinnamon
- 1 tablespoon finely grated lemon peel
- 1 (12-ounce) can big refrigerated buttermilk biscuits
- $\frac{1}{4}$ cup butter, melted
- $\frac{1}{2}$ cup quick-cooking rolled oats
- 2 cups fresh blueberries
- $\frac{1}{4}$ cup sugar
- 2 tablespoons butter, melted

In a small bowl, mix together brown sugar, cinnamon and lemon peel. Separate the biscuits. Cut each biscuit into quarters. Place in large resealable plastic bag. Add the $\frac{1}{4}$ cup melted butter. Seal bag and gently turn in your hands so each biscuit piece gets coated with butter. Add brown sugar mixture and shake to cover all pieces. Arrange in single layer in well-greased 8-inch square glass baking dish. Sprinkle with oats. In medium bowl, combine blueberries and sugar. Toss to coat. Spoon over oats and biscuits. Drizzle 2 tablespoons melted butter over top. Place baking dish on low rack.

Touch RECIPES, number 88, ENTER and START. Cool 20 minutes. Serve warm.

Baking time: 23 minutes – no preheating is necessary



VERY BERRY BUNDT CAKE

Very Berry Bundt Cake

Makes 12 servings

A beautifully rich and moist cake studded with sweet-tart berries. You can use frozen or fresh berries, depending on the season. Serve extra fresh berries alongside, or on top, as shown in the photo.

Per Serving:

Calories: 238
Fat: 6 g
Protein: 3 g
Cholesterol: 32 mg
Carbohydrate: 45 g
Sodium: 302 mg

2 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon baking soda
¼ teaspoon salt
1 cup sugar
¾ cup buttermilk
2 eggs
¼ cup oil
1 cup fresh or frozen unsweetened raspberries
1 cup fresh or frozen unsweetened blueberries

Glaze:

1 cup powdered sugar
2-3 tablespoons lemon juice

Spray a 10-cup Bundt pan with cooking spray. Set aside.

In a large mixing bowl stir together flour, baking powder, baking soda and salt. In a medium mixing bowl, beat together sugar, buttermilk, eggs and oil until well blended. Stir buttermilk mixture into flour mixture until smooth. Stir in raspberries and blueberries. Turn into prepared pan. Place an ovenproof glass plate on the low rack, then place the Bundt pan on the plate.

Touch RECIPES, number 98, ENTER and START.

Cool on rack for 5 minutes. Loosen edges and tip cake out. Cool completely on rack.

Glaze: Stir together powdered sugar and lemon juice. Spoon or drizzle glaze over cooled cake.

Baking time: 32 minutes – no preheating is necessary.

Nut Cake with Mocha Cream

Makes 10 servings

This cake is almost a torte – dense and delicious. You fill and frost the two layers with chocolate and coffee-flavored whipped cream.

Per Serving:

Calories: 561
Fat: 37 g
Protein: 9 g
Cholesterol: 285 mg
Carbohydrate: 52 g
Sodium: 216 mg

8 eggs
1½ cups sugar
2 cups hazelnuts or walnuts
¼ cup all-purpose flour
1½ tablespoons baking powder

Mocha Cream:

1 pint whipping cream
½ cup plus 2 tablespoons sugar
¼ cup plus 1 tablespoon chocolate-flavor drink mix
2½ teaspoons vanilla
1 teaspoon instant coffee powder

Grease and flour two 9-inch round cake pans and line bottoms with wax paper. Set aside.

In blender or food processor, blend eggs and sugar until light and fluffy. Add nuts and blend until finely chopped. Add flour and baking powder. Blend until just mixed. Divide batter between the two prepared pans. Place one pan on the turntable and the other on the high rack.

Touch RECIPES, number 96, ENTER and START.

Test by inserting wooden pick near center. If it does not come out clean, leave cakes in oven a more few minutes to complete cooking. Cool in pans 5 minutes. Loosen edges and turn out on wire racks. Peel off wax paper. Cool completely.

Mocha Cream: In a chilled medium bowl, combine all ingredients and beat until stiff. Use to fill and frost cake. Chill.

Cake must be refrigerated.

Baking time: 21 minutes – no preheating is necessary

No Knead Cheddar Dill Bread

Makes 1 (8-inch) round loaf – 16 servings

Finding the perfect warm place to let bread rise is no longer a problem. You just set your Viking oven at 100° F and go on about your business. You'll bake this savory and aromatic loaf often – to enjoy plain, just as it comes out of the oven, or with Sour Cream Burgers, Bean and Beef Wheels or any of the other main dishes in this book.

Per Serving:

Calories: 168
Fat: 7 g
Protein: 8 g
Cholesterol: 51 mg
Carbohydrate: 17 g
Sodium: 319 mg

| | |
|-----------------------------------|--------------------------------------|
| 4 cups all-purpose flour, divided | 1 cup small curd cottage cheese |
| 1 tablespoon sugar | ¼ cup water |
| 2 teaspoons dill weed | 1 tablespoon butter |
| 2 teaspoons dill seeds | 1 egg |
| 1 teaspoon salt | 2 cups shredded sharp Cheddar cheese |
| ¼ teaspoon baking soda | 1 egg, beaten |
| 1 package active dry yeast | Poppy seeds |

In a large mixing bowl, combine 1 cup of the flour, sugar, dill weed, dill seeds, salt, baking soda and dry yeast. In 2-cup glass measure, combine cottage cheese, water and butter. Microwave at HIGH (100%) 2 minutes. Add cottage cheese mixture, 1 egg and Cheddar cheese to dry ingredients. Stir well. Add enough of the remaining flour to make stiff dough. Soak a clean tea towel or other cloth with hot water, wring it out and place it over mixing bowl. Let dough rise in oven at CONVECTION 100° F until double in size, about 1 hour.

Grease an 8-inch round cake pan well. Line with an 8-inch circle of wax paper and a 2½ x 25-inch strip of wax paper around inside edge of pan. Grease both wax paper circle and strip. Stir dough down and put in prepared pan, patting the dough to smooth it. Let it rise in 100° F oven until double in size, 35 to 45 minutes.

Brush bread lightly with the beaten egg and sprinkle top with poppy seeds. Place pan on low rack.

Touch RECIPES, **number 95**, ENTER and START.

Remove from pan. Cool on wire rack.

Baking time: 30 minutes – no preheating is necessary

Cinnamon Swirl Pound Cake

Makes 16 servings

Here's a classic pound cake with the special flavor of sour cream and a marbling of cinnamon-spiced walnuts. Bring it out for the fanciest of events and your reputation as a baker will be made.

Per Serving:

Calories: 586
Fat: 28 g
Protein: 8 g
Cholesterol: 109 mg
Carbohydrate: 77 g
Sodium: 456 mg

| | |
|---------------------------|------------------------------|
| 4 cups all-purpose flour | 4 eggs |
| 2 teaspoons baking powder | 1 teaspoon vanilla |
| 1 teaspoon baking soda | 2 cups sour cream |
| ½ teaspoon salt | ½ cup sugar |
| 2 cups sugar | ¼ cup finely chopped walnuts |
| 1 cup butter, softened | 2 tablespoons cinnamon |

In a medium bowl, stir together flour, baking powder, baking soda and salt. In a large bowl, beat the 2 cups sugar and butter until light and fluffy. Add eggs, one at a time, beating well after each addition. Mix in vanilla. Stir in flour mixture alternately with sour cream, beating after each addition until smooth. Pour half the batter into well-greased 10-inch tube pan. In a small bowl, stir together the ½ cup sugar, walnuts and cinnamon.

Sprinkle batter in pan with half of filling. Repeat with remaining batter and filling. Using a metal or rubber spatula, gently make a few swirls in the batter. Place an ovenproof glass plate on top of the low rack. Place cake pan on the glass plate.

Touch RECIPES, **number 90**, ENTER and START.

Cook 10 minutes; remove from pan. Cool completely on wire rack.

Baking time: 53 minutes – no preheating is necessary

Classic Cranberry Tea Cake

Makes 16 servings

Good news – because this lovely cake uses canned cranberry sauce you can make it any time of the year. Remember that you'll need an ovenproof glass plate for the cake pan to sit on as it bakes. The plate helps delicate cakes bake evenly.

Per Serving:

Calories: 350
Fat: 16 g
Protein: 5 g
Cholesterol: 62 mg
Carbohydrate: 48 g
Sodium: 360 mg

- $\frac{3}{4}$ cup butter, softened
- $1\frac{1}{2}$ cups sugar
- 3 eggs
- $2\frac{1}{2}$ teaspoons almond extract
- 3 cups all-purpose flour
- $1\frac{1}{2}$ teaspoons baking powder
- $1\frac{1}{2}$ teaspoons baking soda
- $\frac{3}{4}$ teaspoon salt
- $1\frac{1}{2}$ cups sour cream
- $\frac{3}{4}$ cup canned whole berry cranberry sauce

Glaze:

- $\frac{3}{4}$ cup powdered sugar
- $\frac{1}{2}$ teaspoon almond extract
- 2 teaspoons warm water
- $\frac{1}{4}$ cup toasted sliced almonds

Thoroughly grease and flour a 12-cup Bundt pan. In a large bowl, beat butter until creamy. Gradually add sugar and beat until fluffy. Add eggs, one at a time, beating well after each addition. Add extract. In a medium bowl or onto wax paper, sift dry ingredients together. Add to creamed mixture alternately with the sour cream, beating after each addition. In a small mixing bowl, stir cranberry sauce. Fold cranberry sauce into batter.

Turn into prepared pan. Place an ovenproof glass plate on top of the low rack. Place Bundt pan on the glass plate.

Touch RECIPES, number 92, ENTER and START.

Allow to cool in pan 30 minutes. Turn out onto wire rack or plate and cool completely.

Glaze: In a small bowl, stir together powdered sugar, extract and water until smooth.

Drizzle cake with glaze and sprinkle with almonds.

Baking time: 35 minutes – no preheating is necessary

Banana Carrot Muffins

Makes 12 muffins

A very happy marriage of carrot cake and banana bread. You'll need two muffin pans, each with 6 cups about 2½ to 3-inches across. Use the food processor to grate the carrots.

Per Serving:

Calories: 201
Fat: 8 g
Protein: 5 g
Cholesterol: 26 mg
Carbohydrate: 31 g
Sodium: 211 mg

- ½ cup butter
- ¼ cup packed brown sugar
- 1 egg
- 1 teaspoon vanilla
- 2 medium ripe bananas, peeled and mashed
- 2 cups whole wheat flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¼ teaspoon baking soda
- ¾ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 3 medium carrots, peeled and grated
- ½ cup chopped walnuts

In mixing bowl, beat butter and brown sugar until blended. Add egg and vanilla and beat well. Stir in the mashed bananas.

In a small bowl, mix together flour, baking powder, salt, baking soda, cinnamon and nutmeg. Stir flour mixture into banana mixture just until moistened. Do not overmix. Stir in grated carrots and nuts just until blended. Divide batter among 2 greased (6-cup) muffin pans.

Place one pan directly on the turntable and the other one on the high rack.

Touch RECIPES, number 86, ENTER and START.

Baking time: 19½ minutes – no preheating is necessary.

Banana Apricot Bran Bread

Makes 12 servings

Most quick breads take an hour or more to bake. This easy, moist, flavorful loaf is done in half the time, thanks to your high speed Viking oven.

Per Serving:

Calories: 262
Fat: 9 g
Protein: 5 g
Cholesterol: 11 mg
Carbohydrate: 45 g
Sodium: 316 mg

- 2 cups biscuit mix
- 1 cup Bran Buds cereal
- ¾ cup sugar
- 1 egg
- ½ cup milk
- 1 teaspoon vanilla
- 1 cup mashed ripe banana (2-3 medium bananas)
- ¾ cup broken nuts
- ¾ cup chopped dried apricots

In a large mixing bowl, combine biscuit mix, cereal, sugar, egg, milk, vanilla and banana. Beat vigorously for 30 seconds. Batter should be slightly lumpy. Stir in nuts and apricots. Turn into well greased 9 x 5-inch glass loaf dish. Place dish on low rack.

Touch RECIPES, number 85, ENTER and START.

Cool, wrap well and let stand 24 hours before slicing.

Baking time: 29 minutes – no preheating is necessary



DESSERT

- 78 Autumn Treasure Cookies
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Autumn Treasure Cookies

Makes 40 cookies

Oatmeal, peanut butter and M&M's – what more could a cookie lover ask for? You bake the cookies, 2 pans at a time, in 2 batches.

Per Serving:

Calories: 155
Fat 7g
Protein 2 g
Cholesterol 9mg
Carbohydrates 21 g
Sodium 64 mg

- 1 cup all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda
- ½ cup packed brown sugar
- ½ cup sugar
- ½ cup butter-flavor shortening
- 1 egg
- 1 teaspoon vanilla
- 1 cup rolled oats
- ½ cup Reese's Pieces candy
- ½ cup M & M candies (only orange, yellow and browns)

In a medium bowl, sift first 4 ingredients together. In a large bowl, beat sugars and shortening together. Add egg and vanilla and beat until blended. Add the sifted mixture and mix well. Stir in oats and candies. Divide dough in half and set aside one half for second baking. Drop dough by rounded teaspoonsful onto 2 (12-inch) greased pizza pans, 10 cookies for each pan. Place one pan on turntable. Place high rack on edge of that pan. Place other pizza pan on high rack.

Touch RECIPES, **number 77**, ENTER and START.

At end of baking, do not touch STOP/CLEAR. Remove baked cookies from pans and cool on wire racks. Using remaining half of dough, drop 10 cookies on each pan and place in oven. Touch START.

Baking time: first set 13 minutes-no preheat is necessary second set 9 minutes

Gingered Peach and Pear Crisp

Makes 6 servings

Fresh ginger in the fruit and gingersnaps for the crust – a ginger lover's dream come true. And it bakes in only 10 minutes – a time saver's dream come true.

Per Serving:

Calories: 262
Fat: 14 g
Protein: 3 g
Cholesterol: 10 mg
Carbohydrate: 36 g
Sodium: 117 mg

- 1 (16-ounce) can peach slices in juice, drained and cut up
- 1 (16-ounce) can pear halves in juice, drained and cut up
- 1 teaspoon grated fresh ginger
- ½ cup finely crushed gingersnaps
- ½ cup finely chopped pecans
- 2 tablespoons brown sugar
- 2 tablespoons butter, melted

Touch RECIPES, **number 82**, ENTER and START to preheat the oven.

In an 8-inch round glass dish, place the peaches, pears and fresh ginger. Stir gently to mix. In a small bowl, stir together the gingersnaps, pecans and brown sugar. Sprinkle evenly over fruit. Drizzle melted butter on top.

At audible signal when preheat is over, place crisp on the low rack. Touch START.

Baking time: 7 minutes after preheat



AUTUMN TREASURE COOKIES

Baked Apples Imperial

Makes 6 servings

Who'd have thought homey baked apples could be so impressive? Pick Pink Lady, Rome or Granny Smith apples – they're the best for baking. You peel off a strip around the "waist" of each apple to keep the skin from splitting as they bake.

Per Serving:

Calories: 326
Fat: 8 g
Protein: 1 g
Cholesterol: 16 mg
Carbohydrate: 67 g
Sodium: 163 mg

- 6 large baking apples
- ¼ cup packed brown sugar
- 3 tablespoons butter, softened
- 3 tablespoons slivered almonds
- 2 tablespoons apricot preserves
- ¼ teaspoon salt
- ¾ cup orange juice
- ½ cup sugar
- 1 teaspoon quick-cooking tapioca

Core apples, reserving a 1-inch length of the core from each apple. Peel off a single strip around the center of each apple. Push the reserved 1-inch piece of core back into each apple, to create a plug at the bottom to hold the juices in as the apples bake. Stand apples in greased 2-quart casserole.

In a small bowl, stir together brown sugar, butter, almonds, apricot preserves and salt. Spoon into centers of apples.

In same small bowl, stir together orange juice, sugar and tapioca. Pour over apples. Place casserole on the turntable.

Touch RECIPES, number 78, ENTER and START.

Serve warm.

Baking time: 14 minutes – no preheat is necessary

Pumpkin Bars

Makes 32 bars

Pumpkin and spices certainly make these fall favorites, but, thanks to canned pumpkin, you can enjoy them any time. They taste just like pumpkin pie in a bar cookie and are stars at bake sales.

Per Serving:

Calories: 97
Fat: 3 g
Protein: 1 g
Cholesterol: 18 mg
Carbohydrate: 18 g
Sodium: 68 mg

- | | |
|----------------------------|--------------------------|
| ⅓ cup shortening | ¾ teaspoon ground ginger |
| 1½ cups packed brown sugar | ½ teaspoon salt |
| 3 eggs | ¼ teaspoon baking soda |
| 1¼ cups all-purpose flour | 1 cup canned pumpkin |
| ¾ teaspoon baking powder | ¾ teaspoon vanilla |
| ¾ teaspoon ground cinnamon | ¾ cup raisins |
| ¾ teaspoon ground nutmeg | |

Place shortening in medium mixing bowl. Microwave at HIGH (100%) until melted, 30 to 40 seconds. Beat in sugar until mixed. Add eggs and beat well. Stir in dry ingredients until well blended. Add pumpkin and vanilla and mix until blended. Stir in raisins. Turn into 2 greased (8-inch) square pans. Place one pan on turntable and the other one on the high rack.

Touch RECIPES, number 84, ENTER and START.

At the end of the baking time, check for doneness – cake tester inserted near center should come out clean. If desired, leave in oven minute or two more.

Baking time: 17 minutes-no preheat is necessary



BAKED APPLES IMPERIAL

Brownie Pizza

Makes 12 servings

Your family will demand this easy dessert or snack. Your teen's friends will demand it. Your book club will demand it. Your Super Bowl party will demand it. Suggestion – always keep a box or two of brownie mix and extra bags of chocolate and toffee pieces on hand. Just to keep up with the demands.

Per Serving:

Calories: 351
Fat: 16 g
Protein: 4 g
Cholesterol: 5 mg
Carbohydrate: 50 g
Sodium: 164 mg

- 1 (19.8 ounce) box brownie mix
- Ingredients needed to make brownies
- ½ cup semisweet chocolate pieces
- 1 cup white chocolate pieces
- ¼ cup toffee bits

Touch RECIPES, **number 79**, ENTER and START to preheat the oven.

Prepare brownie mix according to package directions for fudgelike brownies. Grease a 12-inch pizza pan. Turn brownie batter into pan and spread evenly. Sprinkle chocolate pieces around edge of brownie.

At the audible signal when the preheat is over, place pan on low rack. Touch START.

At end of baking time, remove from oven and immediately sprinkle white chocolate pieces over center of brownie. Let stand 5 minutes until white pieces are soft and then spread to edge of semisweet pieces. Sprinkle toffee bits over white center. Allow to cool completely before serving.

Baking time: 18 minutes after preheat

Carousel Crackles

Makes 4 dozen

These look like chocolate gingersnaps and taste like heaven. You'll be baking the cookies in 2 batches of 2 pans each.

Per Serving:

Calories: 72
Fat: 4 g
Protein: 1 g
Cholesterol: 6 mg
Carbohydrate: 10 g
Sodium: 20 mg

- 1 cup semisweet chocolate pieces
- 1 cup packed brown sugar
- ⅓ cup oil
- 2 eggs
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ½ cup finely chopped walnuts
- ½ cup powdered sugar

Place chocolate chips in a large mixing bowl. Microwave at HIGH (100%) until melted, about 2 minutes. Blend in brown sugar and oil. Add eggs, one at a time, beating well after each. Stir in vanilla. In a small bowl, combine flour, baking powder and salt. Stir into chocolate mixture. Mix in nuts. Cover and chill dough at least 1 hour.

Measure powdered sugar into a saucer or small plate. Drop dough by rounded teaspoonsful into powdered sugar. Roll to coat.

Grease 2 (12-inch) pizza pans. Place 12 cookies on each pan. Place one pan of cookies on turntable. Place high rack on edge of that pan. Place other pan on high rack.

Touch RECIPES, **number 80**, ENTER and START.

At end of baking, do not touch STOP/CLEAR. Cool on wire racks. Place remaining 2 dozen cookies on pans and place in oven. Touch START.

*Baking time: first set 16 minutes – no preheat is necessary
second set 13 minutes*



BROWNIE PIZZA

Cookie Apple Cobbler

Makes 6 servings

Refrigerated sugar cookies are the easy toppers for a spicy apple mixture that bakes in less than 12 minutes! Top servings of the cobbler with vanilla ice cream, yogurt or whipped cream.

Per Serving:

Calories: 572
Fat: 22 g
Protein: 5 g
Cholesterol: 10 mg
Carbohydrate: 92 g
Sodium: 378 mg

- 4 cups sliced peeled apples
- ½ cup packed brown sugar
- 1 tablespoon all-purpose flour
- ½ teaspoon cinnamon
- ¼ teaspoon allspice
- 1 tablespoon grated orange peel
- 1 tablespoon lemon juice
- ½ (20-ounce) roll refrigerated sugar cookie dough
- 1 tablespoon sugar
- ¼ teaspoon cinnamon
- ½ cup finely chopped pecans

Touch RECIPES, **number 81**, ENTER and START to preheat the oven.

In a medium bowl, combine apples, brown sugar, flour, the ½ teaspoon cinnamon, allspice, orange peel and lemon juice. Toss to coat apples well. Spoon into greased 8-inch square baking dish. Pinch off scant teaspoonsful of cookie dough and drop evenly over apples. In a small bowl, combine the 1 tablespoon sugar, ¼ teaspoon cinnamon and chopped pecans. Sprinkle evenly over cookie dough.

At the audible signal when the preheat is over, place cobbler on the low rack. Touch START.

Baking time: 10½ minutes after preheat

Maple Bread Pudding

Makes 6 servings

Tastes like dessert, or brunch, at a cozy country bed and breakfast. If you wish, skip the caramel topping and add whipped cream or vanilla yogurt.

Per Serving:

Calories: 314
Fat: 4 g
Protein: 8 g
Carbohydrate: 62 g
Cholesterol: 76 mg
Sodium: 304 mg

- 8 slices cinnamon raisin bread
- 2 eggs
- 1 egg white
- ⅓ cup sugar
- 1½ cups 2% milk
- ½ cup maple syrup
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon salt
- 6 tablespoons fat free caramel ice cream topping

Spray 8-inch square glass baking dish with cooking spray. Cut bread into ¾-inch cubes. Place in even layer in dish. In a medium bowl, beat together eggs, egg white and sugar until well blended. Beat in milk, syrup, cinnamon, nutmeg and salt. Pour over bread. Stir gently to coat bread with egg mixture. Place baking dish on low rack.

Touch RECIPES, **number 83**, ENTER and START.

Serve warm, drizzled with caramel topping.

Baking time: 33 minutes – no preheat is necessary



PIES

86 Apple Berry Pie

87 Cracker Pie

87 Graham Cracker Pie

89 Fudge Brownie Pie

89 Coconut Oatmeal Pie

91 Fresh Fruit Tart

91 Caramel Pecan Pie

92 Pear Praline Pie



Apple Berry Pie

Makes 8 servings

This homey, old-fashioned dessert combines the favorite flavors of cranberry-orange relish and apple pie with a pretty pudding-like topping. But there's nothing old-fashioned about the easy food processor preparation. Once you've cut strips of orange peel off, you can peel the orange for a snack or use for juice.

Per Serving:

Calories: 290
Fat: 15 g
Protein: 2 g
Cholesterol: 57 mg
Carbohydrate: 40 g
Sodium: 159 mg

1½ large orange
⅓ cup sugar
1 pound apples, quartered and cored
(about 3 medium)
1 cup dried cranberries
¼ cup walnuts

Topping:

¼ cup sugar
1 egg
½ cup all-purpose flour
½ cup butter, melted
½ teaspoon vanilla
⅛ teaspoon salt
Several drops almond extract

Generously butter a 9-inch glass pie plate. Set side. Using a vegetable peeler, cut 10 strips of only the orange portion of the orange peel. Reserve 4 strips for the topping. Place 6 of the peel strips in food processor fitted with metal blade along with the ⅓ cup sugar and process until peel is finely chopped. Add apple quarters, cranberries and walnuts and pulse on and off until coarsely chopped. Turn into buttered pie plate.

Topping: Process the reserved 4 strips of orange peel with the ¼ cup sugar until finely chopped. Add egg, flour, melted butter, vanilla, salt and almond extract and process just until smooth. Spread batter evenly over fruit mixture.

Touch RECIPES, number 69, ENTER and START to preheat the oven.

At the audible signal when preheat is over, place the pie plate on the turntable. Touch START.

Baking time: 11½ minutes after preheat

Cracker Pie

Makes 8 servings

The crackers are a surprising ingredient in this meringue pie. A quick and easy pie in 20 minutes is another nice surprise.

Per Serving:

Calories: 212
Fat: 9 g
Protein: 3 g
Cholesterol: 0 mg
Carbohydrate: 31 g
Sodium: 140 mg

- 4 egg whites
- 1 cup sugar
- 16 rich round crackers, crushed
- 1 teaspoon baking powder
- $\frac{3}{4}$ cup chopped pecans
- 1 teaspoon vanilla

Let egg whites stand at room temperature while you assemble the ingredients. Beat egg whites to soft peaks. Gradually add sugar and beat to stiff peaks. Fold in remaining ingredients. Spread in buttered 9-inch glass pie plate, building the sides about $\frac{1}{2}$ -inch above rim of plate.

Touch RECIPES, number 72, ENTER and START to preheat the oven.

At the audible signal when preheat is over, place the pie plate on the low rack. Press START.

Cool on rack. Top the shell with canned cherry or blueberry pie filling, lemon curd or lemon pudding or your favorite ice cream.

Baking time: 20 minutes after preheat

Graham Cracker Pie

Makes 8 servings

Almost a torte, this easy pie is great topped with fresh fruit, chocolate sauce or whipped cream.

Per Serving:

Calories: 235
Fat: 8 g
Protein: 5 g
Cholesterol: 70 mg
Carbohydrate: 38 g
Sodium: 112 mg

- 3 eggs
- 1 cup sugar, divided
- $\frac{3}{4}$ teaspoon almond extract
- 1 cup graham cracker crumbs
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{2}$ teaspoon vanilla

Butter a 9-inch pie plate and set aside. Separate eggs and set egg whites aside. Place egg yolks in large mixer bowl and beat until thick. Add $\frac{1}{2}$ cup of the sugar and almond extract and beat at high speed until thick and lemon-colored, 3 to 5 minutes. Stir in graham cracker crumbs and walnuts. In another bowl, beat egg whites until foamy. Gradually beat in the remaining $\frac{1}{2}$ cup sugar and vanilla until stiff peaks form. Gently fold into egg yolk mixture. Turn into buttered pie plate.

Touch RECIPES, number 75, ENTER and START to preheat the oven.

At the audible signal when preheat is over, place the pie plate on the low rack. Press START.

Baking time: 16 minutes after preheat



FUDGE BROWNIE PIE

Fudge Brownie Pie

Makes 12 servings

This pie will disappear in minutes. It's guaranteed to please those who love both chocolate and pie!

Per Serving:

Calories: 480
Fat: 35 g
Protein: 5 g
Cholesterol: 96 mg
Carbohydrate: 42 g
Sodium: 168 mg

- ¼ cup butter
- ¾ cup packed brown sugar
- 1 tablespoon instant espresso powder
- 3 eggs
- 1 (12-ounce) bag semisweet chocolate pieces
- ¼ cup all-purpose flour
- 1 cup chopped pecans
- 1 (9-inch) unbaked pie crust
- 1½ teaspoons rum extract
- 1 cup whipping cream, whipped
- Chocolate sprinkles

In a large bowl, beat butter, brown sugar and espresso until blended. Add eggs, one at a time, beating well after each addition. Place chocolate pieces in 4-cup glass measure or small bowl. Microwave at MEDIUM (50%) until melted, 1 to 2 minutes, stirring 2 or 3 times. Stir chocolate, flour and pecans into butter mixture.

Fit pie crust into 9-inch glass pie plate. Turn filling into pie shell. Place pie plate on the low rack.

Touch RECIPES, number 74, ENTER and START. Cool.

Fold rum extract into whipped cream. Spread on top of pie and decorate with sprinkles.

Baking time: 31 minutes – no preheat is necessary

Coconut Oatmeal Pie

Makes 8 servings

Think of a caramel macaroon and you'll be describing the flavor of this remarkable pie. Think of only 28 minutes in your new oven. Think of all the happy eaters.

Per Serving:

Calories: 504
Fat: 25 g
Protein: 7 g
Cholesterol: 100 mg
Carbohydrate: 66 g
Sodium: 215 mg

- 3 eggs
- 1 cup packed brown sugar
- ⅔ cup sugar
- ⅔ cup quick-cooking oats
- ⅔ cup shredded coconut
- ½ cup milk
- 2 tablespoons butter, melted
- 1 teaspoon vanilla
- ½ cup broken pecans
- 1 (9-inch) unbaked pie crust

In a large bowl, beat eggs with whisk or mixer until well beaten. Add remaining ingredients except pecans and mix well. Stir in pecans. Fit pie crust into 9-inch glass pie plate. Turn pecan mixture into pie crust. Place pie plate on the low rack.

Touch RECIPES, number 71, ENTER and START.

Baking time: 28 minutes – no preheat is necessary



FUDGE BROWNIE PIE

Fresh Fruit Tart

Makes 12 servings

Here's a special occasion dessert that looks like hours of work. Only you need to know that it took you no time at all. Use whatever fresh fruit is available and looks beautiful – well-drained orange slices, halved grapes or pineapple chunks, for example.

Per Serving:

Calories: 333
Fat: 14 g
Protein: 5 g
Cholesterol: 53 mg
Carbohydrate: 48 g
Sodium: 255 mg

Crust:

$\frac{3}{4}$ cup butter, softened
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup packed light brown sugar
1 egg
 $\frac{1}{4}$ teaspoon vanilla
2 cups all-purpose flour
 $\frac{3}{4}$ teaspoon baking powder
 $\frac{1}{8}$ teaspoon salt

Filling:

1 ripe banana
1 (8-ounce) package light cream cheese, softened
 $\frac{1}{4}$ cup sugar
2 tablespoons orange or pineapple juice

Topping:

$\frac{1}{2}$ cup fresh blueberries
1 cup sliced strawberries
2 kiwis, peeled and sliced
 $\frac{1}{2}$ cup apricot preserves

Crust: Beat together butter, the $\frac{1}{2}$ cup sugar and brown sugar. Add egg and vanilla. Beat well. In separate bowl, stir together flour, baking powder and salt. Add flour mixture to butter mixture, stirring just until moistened. Press dough evenly into lightly greased 12-inch pizza pan.

Touch RECIPES, number 73, ENTER and START to preheat the oven. At the audible signal when preheat is over, place the pan on the low rack. Touch START. Cool on rack.

Filling: Process banana, cream cheese, the $\frac{1}{4}$ cup sugar and orange juice in food processor until smooth. Spread on top of cooled cookie crust.

Arrange fruit on top of cream cheese mixture. Measure preserves into 1-cup glass measure and microwave at HIGH (100%) 30 seconds to 1 minute, until melted. Drizzle or brush fruit with preserves.

Baking time: 17 minutes after preheat

Caramel Pecan Pie

Makes 8 servings

Kin to pecan pie, only better. The biggest effort to fixing this pie is unwrapping the caramels!

Per Serving:

Calories: 447
Fat: 24 g
Protein: 5 g
Cholesterol: 65 mg
Carbohydrate: 56 g
Sodium: 335 mg

$\frac{1}{2}$ pound (28) caramels, unwrapped
 $\frac{1}{2}$ cup water
 $\frac{1}{4}$ cup butter
2 eggs
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{4}$ teaspoon salt
1 cup pecan halves
1 (9-inch) pie crust

Place caramels, water and butter in microwave-safe bowl. Microwave at MEDIUM HIGH (70%) for 3 minutes or until caramels are melted and sauce is smooth, stopping half way through to stir. In a medium bowl, beat eggs. Stir in sugar, vanilla and salt. Gradually add caramel sauce, mixing well. Add pecan halves.

Fit pie crust into 9-inch glass pie plate and crimp edges. Pour pecan mixture into pastry-lined pie plate.

Touch RECIPES, number 70, ENTER and START to preheat the oven. At the audible signal when preheat is over, place the pie plate on the low rack. Press START.

The pie filling will appear to be very soft while it is hot, but it becomes firm as it cools.

Baking time: 29 minutes after preheat



Pear Praline Pie

Makes 8 servings

An easy praline topping lifts this wonderful pie into the extraordinary class.

Per Serving:

Calories: 550
Fat: 29 g
Protein: 3 g
Cholesterol: 15 mg
Carbohydrate: 72 g
Sodium: 440 mg

- | | |
|-----------------------------|--|
| ¼ cup butter | 1 teaspoon cinnamon |
| ½ cup packed brown sugar | ¼ teaspoon salt |
| 2 tablespoons half-and-half | 6 cups thinly sliced peeled pears |
| ½ cup chopped pecans | 1 (15-ounce) package refrigerated pie crusts |
| ½ cup sugar | 2 tablespoons butter |
| ¼ cup flour | |

Measure the ¼ cup butter, brown sugar and half-and-half into a 2-cup glass measure and stir to mix. Microwave at HIGH (100%) for 2 minutes. Stir in pecans. Set aside.

In a large bowl, combine the ½ cup sugar, flour, cinnamon and salt and stir to mix. Add pear slices and toss gently to coat. Fit one pie crust in 9-inch glass pie plate. Turn pear mixture into crust. Dot with 2 tablespoons butter. Top with second crust and crimp edges. Cut a few slits in top crust. Place the pie plate on the low rack.

Touch RECIPES, number 76, ENTER and START.

At the audible signal, do not touch STOP/CLEAR. Spread topping over top of pie. Press START.

Cool at least 1 hour before serving.

Baking time: 32 minutes – no preheating is necessary



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