

INFRAWAVE™
SPEED OVEN

FROM FREEZER TO FORK
IN **20 MINUTES** OR LESS
RECIPES & TIPS



CHEF-QUALITY MEALS
AT THE **SPEED** OF **LIGHT**



*THAN CONVENTIONAL OVENS

We know that once you have tasted the chef-quality results of cooking with InfraWave™ Speed Oven, as well as experienced the convenience of never having to thaw food or preheat an oven, you'll never want to cook with anything else again!

INFRAWAVE™
SPEED OVEN

[illegible]This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

My InfraWave™ Notes

Tip 1

To add a touch of color to meat and fish preparations, use seasonings such as chopped parsley or herbs; they remain green and do not burn.

Tip 2

When preparing seasoned or breaded meat/fish/poultry, freeze individual pieces separately by placing on a tray and separating layers with waxed paper. Once frozen, the individual pieces can be transferred to a bag or container in desired portions.

Tip 3

When preparing thin cuts of steak, such as flank steak, score the steak before freezing. This will prevent the meat from curling while broiling. To score the steak, make several shallow diagonal cuts on the top of the steak before freezing.



Tip 4

For best cooking results, we recommend using clear baking dishes and ceramic pans. Metallic baking pans (without outside coatings) may also be used. We strongly discourage the use of lids while cooking, for they will be very close to the top heater element which gets very hot. If necessary, use aluminum foil in place of a lid.

Tip 5

Prepare your meals for the week in advance and place them in the freezer. When ready to use, simply cook them to perfection in your InfraWave™ Speed Oven. Its infrared light technology works exceptionally well on frozen foods by quickly cooking the inside — preserving the juices and flavor of your meals, while searing the outside and giving it a crispy brown finish. When we say chef-quality results in minutes, we mean it!

Tip 6

To adjust cooking time any time during cooking cycle, press  and .

Tip 7

To clean your InfraWave™ Speed Oven, simply wait for it to cool down and wipe it with warm soapy water and a non-abrasive sponge. The crumb tray, drip tray and baking racks can all be easily removed and safely placed into a dishwasher for cleaning.

Tip 8

The cooking directions in this cookbook utilize the icons below, which correspond to buttons on the control panel of your InfraWave™ Speed Oven.



From Freezer To Fork In 20 Minutes Or Less

From French bread-style pizza to deli-fresh versions, the PIZZA function takes the guesswork out of making delicious pizza

Bakes the perfect batch of cookies in just 7 minutes... chewy on the inside, crispy on the outside

Perfectly browns 4 slices of bread in less than 2 minutes! Compared to toaster ovens at 5 to 6 minutes, that's 3 times faster!

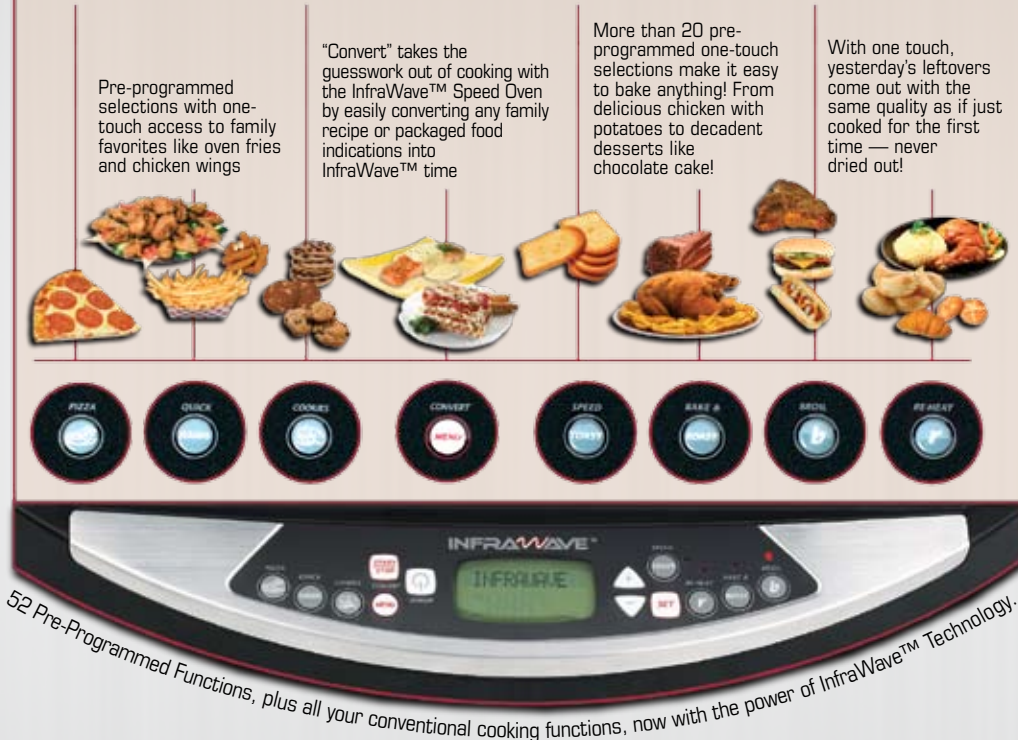
Choose HIGH or LOW broil for perfect steaks, hot dogs, hamburgers and more... seared on the outside, yet juicy and full of flavor!

With one touch, yesterday's leftovers come out with the same quality as if just cooked for the first time — never dried out!

Pre-programmed selections with one-touch access to family favorites like oven fries and chicken wings

"Convert" takes the guesswork out of cooking with the InfraWave™ Speed Oven by easily converting any family recipe or packaged food indications into InfraWave™ time

More than 20 pre-programmed one-touch selections make it easy to bake anything! From delicious chicken with potatoes to decadent desserts like chocolate cake!



52 Pre-Programmed Functions, plus all your conventional cooking functions, now with the power of InfraWave™ Technology.

The InfraWave™ Speed Oven's revolutionary cooking technology brings the power of light into your kitchen. While conventional ovens use conduction to cook; convection ovens circulate air to speed up conduction; and microwave ovens boil the water in food for heating; the InfraWave™ Oven uses infrared light to cook deeper than regular ovens—ensuring that food is thoroughly cooked and remains juicy, while searing and browning, so flavor remains inside food for chef-quality results.

In addition, the InfraWave™ Speed Oven makes thawing a thing of the past! Its superior performance works exceptionally well on cooking frozen foods. It allows you to prepare meats, poultry or fish, straight from your freezer to your fork in 20 minutes or less!

The InfraWave™ Advantage

What You'll Need

2 frozen beef kabobs (about 6 oz., ea.)
1 tsp. chopped fresh thyme
½ tsp. herbs de Provence
¼ tsp. Mediterranean spiced sea salt
¼ tsp. garlic pepper
¼ tsp. seasoned pepper
olive oil

NOTE: You can prepare the Beef Kabobs ahead of time, or buy them already prepared at your local grocery store, and freeze until needed.



NOTE: To change cooking time during cooking cycle, press and .

Garlic & Herb Seasoned Beef Kabobs

Place frozen kabobs on rack on broil/bake pan. Brush top of kabobs with oil. Blend together the seasonings and sprinkle ¼ of mixture over the top of each kabob.

Place broil/bake pan inside oven, and press to turn the appliance ON.

Press . Select HIGH broil by pressing .

Press to scroll UP to BEEF STEAKS and then press to select.

Manually increase the time to 20 minutes (for medium) by pressing .

Press to select. Press or to start cooking. Set a kitchen timer for 5 minutes.

When timer rings, open the door and remove pan from oven.

Turn kabobs ¼ turn, brush with oil, and then sprinkle with ¼ of seasoning mixture.

Return pan to oven and press .

Set kitchen timer for 5 minutes and repeat turning and seasoning kabobs 2 more times.

When cooking is complete, you will be alerted by an audible signal.

We suggest serving these kabobs on a bed of cooked, parsleyed rice.

For a complete chef-quality meal, add a fresh tossed salad and a crusty French bread roll.





From Freezer To Fork In 20 Minutes Or Less



What You'll Need

- 2 fresh tilapia fillets (about 8 oz.)
- ¼ cup Italian salad dressing
- 1 tbsp. garden vegetable salad topping blend
- 1 tsp. dried parsley
- ½ tsp. seasoned salt
- ¼ tsp. garlic pepper





NOTE: To change cooking time during cooking cycle, press  and .

Italian-Spiced Fillet of Tilapia



Coat fish on both sides with dressing. Blend together the seasonings and coat both sides of fish. Place in glass baking dish and cover with plastic wrap. Freeze several days or up to 1 month.


To cook, take fish fillets out of the freezer and place them on the broil/bake pan.


Place broil/bake pan inside oven, and press  to turn the appliance ON.

Press .

Press  to scroll DOWN to FISH and then press  to select.

Change the temperature to 400°F by pressing  and then press  to select.

Increase the time manually to 22 minutes by pressing .

Press . Time will automatically change to 16 minutes and food will start cooking.

When cooking is complete, you will be alerted by an audible signal.

We recommend serving this delicious dish with parsleyed red bliss potatoes and broccoli cooked with julienne carrots. Dinner rolls will nicely complete your meal.



From Freezer To Fork In 20 Minutes Or Less



INFRAWAVE
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What You'll Need

**2 frozen New York Strip steaks,
cut 3/4-inch thick (about 8 oz., ea.)**

olive oil

1/2 tsp. herbs de Provence

1/2 tsp. seasoned salt

1/4 tsp. coarse black pepper



NOTE: To change cooking time during cooking cycle, press and .

Olive Oil Herb Brushed New York Steak Dinner

Place frozen steaks on rack on the broil/bake pan. Brush top of steaks with oil. Blend together the seasonings and sprinkle 1/2 over top of steaks.

Place broil/bake pan inside oven, and press to turn the appliance ON. Press . Select HIGH broil by pressing .

Press to scroll UP to BEEF STEAKS and then press to select.

Manually change the time to 20 minutes (for medium) by pressing .

Press or to start cooking.

At 10 minutes (halfway through the cooking cycle) there will be an audible signal and the scroll on the digital display will read "turn food".

Open the door and remove broil/bake pan from oven.

Turn steaks over; brush with oil and sprinkle with remaining seasoning mixture.

Return pan to oven and press .

When cooking is complete, you will be alerted by an audible signal.

This delicious New York steak goes great with rosemary-seasoned new potatoes and a cold salad of peas, radishes, yellow pepper and celery in an Italian dressing.



From Freezer To Fork In 20 Minutes Or Less



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What You'll Need

PORK LOIN

- 1/2 tsp. salt
- 2 tbsp. finely chopped parsley
- 1 tbsp. minced garlic
- 3 frozen boneless pork loin chops, cut 3/4 inch thick (about 1 lb.)
- olive oil
- 1 tbsp. chopped parsley
- 1/2 tsp. veggie grill seasoning
- 1/4 tsp. dried thyme leaves, crushed
- 1/2 tsp. seasoned salt
- 1/4 tsp. coarse black pepper

MASHED POTATOES

- 1 1/3 cups instant mashed potatoes
- 1 1/4 cups water
- 1/2 cup milk
- 3 tbsp. butter or margarine
- 1 1/3 cups instant mashed potatoes



NOTE: To change cooking time during cooking cycle, press and .

Garlic Mashed Potatoes & Pork Loin Supreme

Prepare instant mashed potatoes according to package directions using amounts of water, milk and butter listed. Stir in parsley and garlic.

Spread evenly into shallow glass baking dish. Place chops over the mashed potatoes. Brush top of each frozen chop with oil. Blend together the seasonings and sprinkle 1/2 of mixture over the chops.

Place baking dish inside oven, and press to turn the appliance ON.

Press . Select HIGH broil by pressing .

You will automatically be shown the option for PORK LOIN/RIB /CHOPS

Press to select.

Accept the default time of 20 minutes by pressing .

Press or to start cooking.

At 10 minutes (halfway through the cooking cycle) there will be an audible signal and the scroll on the digital display will read "turn food".

Open the door and remove baking dish from oven. Turn chops over, brush with oil, and sprinkle with the remaining seasoning mixture. Return baking dish to oven and press .

When cooking is complete, you will be alerted by an audible signal.

For a well-rounded meal, we suggest serving with cooked green beans and carrots, and fresh bread or rolls.



From Freezer To Fork In 20 Minutes Or Less



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What You'll Need

- 2 fresh tilapia fillets (about 8 oz.)
- ¼ cup Italian salad dressing
- 1 tbsp. garden vegetable salad topping blend
- 1 tsp. dried parsley
- ½ tsp. seasoned salt
- ¼ tsp. garlic pepper
- 1 ½ cups frozen pepper stir fry vegetable mix



NOTE: To change cooking time during cooking cycle, press and .

Roasted Tilapia on a Bed of Mixed Peppers

Coat fish on both sides with dressing. Blend together the seasonings and coat both sides of fish. Place in glass baking dish and cover with plastic wrap. Freeze several days or up to 1 month.

To cook, place pepper mixture in shallow clear glass baking dish. Take frozen fillets out of the freezer and arrange them on top of vegetables.

Place baking dish inside oven, and press to turn the appliance ON.

Press .

Press to scroll UP to FISH and then press to select.

Manually increase the temperature to 400°F by pressing and then press to select.

Increase the time to 22 minutes by pressing .

Press . Time will change to 16 minutes and food will begin cooking.

When cooking is complete, you will be alerted by an audible signal.

This mouth-watering dish can be served with yellow rice and cooked squash. Finish off your dinner with a bowl of fresh fruit for dessert.



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What You'll Need

- 2 cups frozen diced grilled chicken breasts
- 2 cups frozen pasta and vegetable mix in garlic sauce
- ½ cup bottled Alfredo sauce
- 2 tbsp. chopped parsley
- 2 tbsp. shredded Parmesan cheese



NOTE: To change cooking time during cooking cycle, press and .

Casserole Florentine With Chicken

In shallow glass baking dish, combine all ingredients, except cheese. Toss to blend.

Place baking dish inside oven, and press to turn the appliance ON.

Press .

Press to scroll UP to CASSEROLE and then press to select.

Manually change the temperature to 400° F by pressing .

Select by pressing .

Change the default time to 30 minutes by pressing .

Press . Time will change to 20 minutes and food will begin cooking.

When cooking is complete, you will be alerted by an audible signal.

Remove from oven and sprinkle with cheese.

For a true Italian experience, sprinkle with additional grated cheese and serve with garlic bread and a garden salad.



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What You'll Need

- 1 egg, well beaten
- 3 tbsp. fine dry bread crumbs
- 1 tsp. chopped fresh thyme
- ½ tsp. veggie grill seasoning
- ½ tsp. seasoned salt
- ¼ tsp. seasoned pepper
- 2 sliced chicken fillets (about 10 oz.)
- 1 tbsp. olive oil





NOTE: To change cooking time during cooking cycle, press  and .


Herb-Breaded Chicken Milanese


Place egg in pie plate. Combine bread crumbs and seasonings on sheet of waxed paper. Dip chicken fillets on both sides in egg and coat evenly in bread crumb mixture. Place in shallow glass baking dish; cover with plastic wrap and freeze several days or up to 1 month.

Take frozen fillets out of the freezer and place them on broil/bake pan. Brush top of chicken with oil.


Place broil/bake pan inside oven, and press  to turn the appliance ON.


Press .

Press  to scroll UP to POULTRY and then press  to select.

Manually change temperature to 400°F by pressing .

Press  to select.

Change the default time to 28 minutes by pressing .

Press . Time will change to 20 minutes and food will begin cooking.

When cooking is complete, you will be alerted by an audible signal.

If desired, serve on a bed of white and wild rice accompanied by cooked sugar snap peas flavored with celery, green onions and garlic. Add some dinner rolls for a meal fit for company; they'll never guess how quickly it was prepared.



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What You'll Need

3 frozen boneless pork loin chops,
cut $\frac{3}{4}$ -inch thick (about 1 lb.)

olive oil

1 tbsp. chopped parsley



$\frac{1}{2}$ tsp. veggie grill seasoning

$\frac{1}{4}$ tsp. dried thyme leaves, crushed

$\frac{1}{2}$ tsp. seasoned salt


$\frac{1}{4}$ tsp. coarse black pepper




NOTE: To change cooking time during cooking cycle, press  and .

Herb Infused Broiled Pork Loin Chops


Place pork chops on rack on broil/bake pan. Brush top of each chop with oil. Blend together the seasonings and sprinkle $\frac{1}{2}$ of mixture over the chops.

Place broil/bake pan inside oven, and press  to turn the appliance ON.

Press . Select HIGH broil by pressing .

You will automatically be shown the option for PORK LOIN/RIB/CHOPS.

Press  to select.

Accept the default time of 20 minutes by pressing .

Press  or  to start cooking.

At 10 minutes (halfway through the cooking cycle) there will be an audible signal and the scroll on the digital display will read "turn food".

Open the door and remove pan from oven.

Turn chops over, brush with oil, and sprinkle with the remaining seasoning mixture.

Return pan to oven and press .

When cooking is complete, you will be alerted by an audible signal.

Serve these delicious Broiled Pork Loin Chops with coleslaw, as well as apples and grapes. Dinner rolls will make the meal complete.



From Freezer To Fork In 20 Minutes Or Less




INFRAWAVE
SPEED OVEN



What You'll Need



- 1 frozen flank steak (about 1 ¼ lb.)
- olive oil
- ½ tsp. spicy Montreal steak seasoning
- ½ tsp. seasoned salt
- ¼ tsp. garlic pepper


Herb Olive Oil-Brushed Flank Steak

Place frozen steak on rack on the broil/bake pan. Brush top of steak with oil. Blend together the seasonings and sprinkle ½ over top of steak.

Place broil/bake pan inside oven, and press  to turn the appliance ON.

Press . Select HIGH broil by pressing .

Press  to scroll UP to BEEF STEAKS and then press  to select.


Increase the time to 20 minutes (for medium) by pressing .

Press  or  to start cooking.

At 10 minutes (halfway through the cooking cycle) there will be an audible signal and the scroll on the digital display will read "turn food".

Open the door and remove the broil/bake pan from oven.



Turn steak over, brush with oil, and then sprinkle with the remaining seasoning mixture.

Return broil/bake pan to oven and press .

When cooking is complete, you will be alerted by an audible signal.

For a steakhouse experience at home, serve with yellow rice flavored with peppers, garlic and onions. Complete your meal with hot butter flake rolls and a fruit bowl for dessert.



NOTE: To change cooking time during cooking cycle, press  and .



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