



microwave recipe...

...Butternut Soup

Ingredients

10g butter
1 onion, chopped
500g butternut, peeled, deseeded and cubed
1 stick celery, chopped
750ml chicken stock
pepper to taste
pinch of nutmeg
125ml double cream
1 tsp salt

Preparation time: 15 to 20 mins

Cooking time: 20 minutes

Serves: 6

Method

- Place the butter and onion in a large glass bowl and microwave on HIGH for 2 minutes.
- Add remaining ingredients, except the cream and salt.
- Cover and microwave on HIGH for 12-15 minutes until the butternut is soft.
- Allow to cool slightly, before liquidising in a blender or food processor.
- Pour back into the bowl and add the salt and cream.
- Microwave on HIGH for 2 minutes until heated through.
- Garnish with chopped parsley before serving.





microwave recipe...

...Chocolate Brownies

Ingredients

125ml butter
75ml cocoa
250ml sugar
1 egg
5ml vanilla extract
200ml flour
2ml baking power
1ml salt
125ml chopped nuts

For the icing

30ml butter
30ml cream
1ml salt
500ml icing sugar
30ml cocoa

Preparation time: 10 mins

Cooking time: 10 minutes

Makes: 15-20

Method

- Place the butter and cocoa in a large bowl and microwave on HIGH for 1-1½ minutes until the butter melts.
- Mix in the sugar, and remaining ingredients in the order given and mix well.
- Put mixture in a square (microwavable) container which has been lined with paper towel.
- Microwave on HIGH for 5-6 minutes.
- Cool for 5-10 minutes, then turn out and remove the paper towel.
- For the icing: Place the cream and cocoa in a bowl and microwave on HIGH for 30 seconds.
- Add the butter and remaining ingredients and microwave on HIGH for 30 seconds.
- Mix well, then spread over the cooled brownies and cut into squares.



microwave recipe...

...Quick & Easy Jambalaya

Ingredients

2 tbsps butter
1 onion, chopped
1 green pepper, chopped
1 clove garlic, crushed
200g rice
500ml chicken stock
1 x 410g tin tomatoes
250g diced meat (tinned ham is best)
salt & freshley ground black pepper to taste
dash of tabasco (or any hot pepper) sauce

Method

- Combine all the ingredients in a large glass casserole, cover and cook for 15 to 20 minutes on HIGH.
- Stir three or four times during cooking.
- Serve on its own or with crusty french bread.

Variations: add 100g button mushrooms
add 200g prawns
add 200g frozen mussels

Preparation time: 15 mins

Cooking time: 15-20 minutes

Serves: 4

