

microwave recipe...

...Chicken à la King

Ingredients

80g butter

50g flour

250ml water

250ml milk

1 chicken stock cube

1 teaspoon celery salt

freshly ground black pepper

450g cooked chicken, diced

200g ham, diced

100g frozen peas

1 cup (250ml) rice

2 cups (500ml) water

Preparation time: 15 minutes

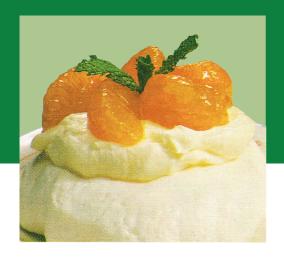
Cooking time: 12 minutes to cook rice

15 minutes to cook chicken

Method

- Put the rice and water in a deep dish, cover with clingfilm and microwave on HIGH for 12 minutes.
- Remove clingfilm, fluff with a fork and cover again.
- Put the butter in a large shallow dish and microwave on HIGH for 1 minute until melted.
- Stir in the flour.
- Add the water, milk, chicken cube, celery salt and pepper to taste. Stir well and microwave on HIGH for 4 minutes, stirring thoroughly after 2 minutes.
- Add the chicken, ham and peas to the sauce.
 Partially cover and microwave on HIGH for 10 minutes, stirring occasionally, until the peas are cooked and the chicken is hot.
- Fluff up the rice again, and serve with the chicken.

Variation: add 50g sliced mushrooms with the chicken and ham.



microwave recipe...

...Meringues with Mandarins

Ingredients

1 egg white
250g icing sugar
pinch of salt
pinch of cream of tartar
1mlo vanilla extract
250ml cream, whipped
1 tin mandarin segments
mint leaves to garnish

Preparation time: 10 mins

Cooking time: 5 minutes

Serves: 8

Method

- Beat the egg white, salt and cream of tartar lightly.
- Gradually add the icing sugar, mixing until firm.
- Add the vanilla extract. The mixture must be firm enough to roll into balls.
- Roll mixture into 8 large balls.
- Place 4 on greaseproof paper o the turntable.
 Make a hollow in each ball.
- Microwave on HIGH for 1½ to 2 minutes until dry.
- Repeat with remaining balls. Allow to cool.
- Just before serving, spoon the whipped cream into the centre of the meringues and decorate with mandarin segments and mint leaves.





microwave recipe...

...Vegetable Casserole

Ingredients

1 potato thinly sliced I onion, thinly sliced

- 4 courgettes (baby marrow) sliced
- 2 large carrots, thinly sliced
- 250g button mushrooms, sliced
- 500ml grated Gruyère cheese
- 3 tablespoons butter
- 125ml sour cream

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crusty rolls or French bread to serve

Method

- Layer the vegetables with grated cheese in a large casserole - season each layer with black pepper.
- Dot with butter and pour over the sour cream.
- Cover and microwave on MEDIUM fo 17-20 minutes, until the vegetables are soft.
- Uncover and microwave for a further 5 minhtes on MEDIUM.
- Serve with crusty rolls or French bread.

Preparation time: 15 to 20 minutes

Cooking time: 25 minutes

Serves: 4

