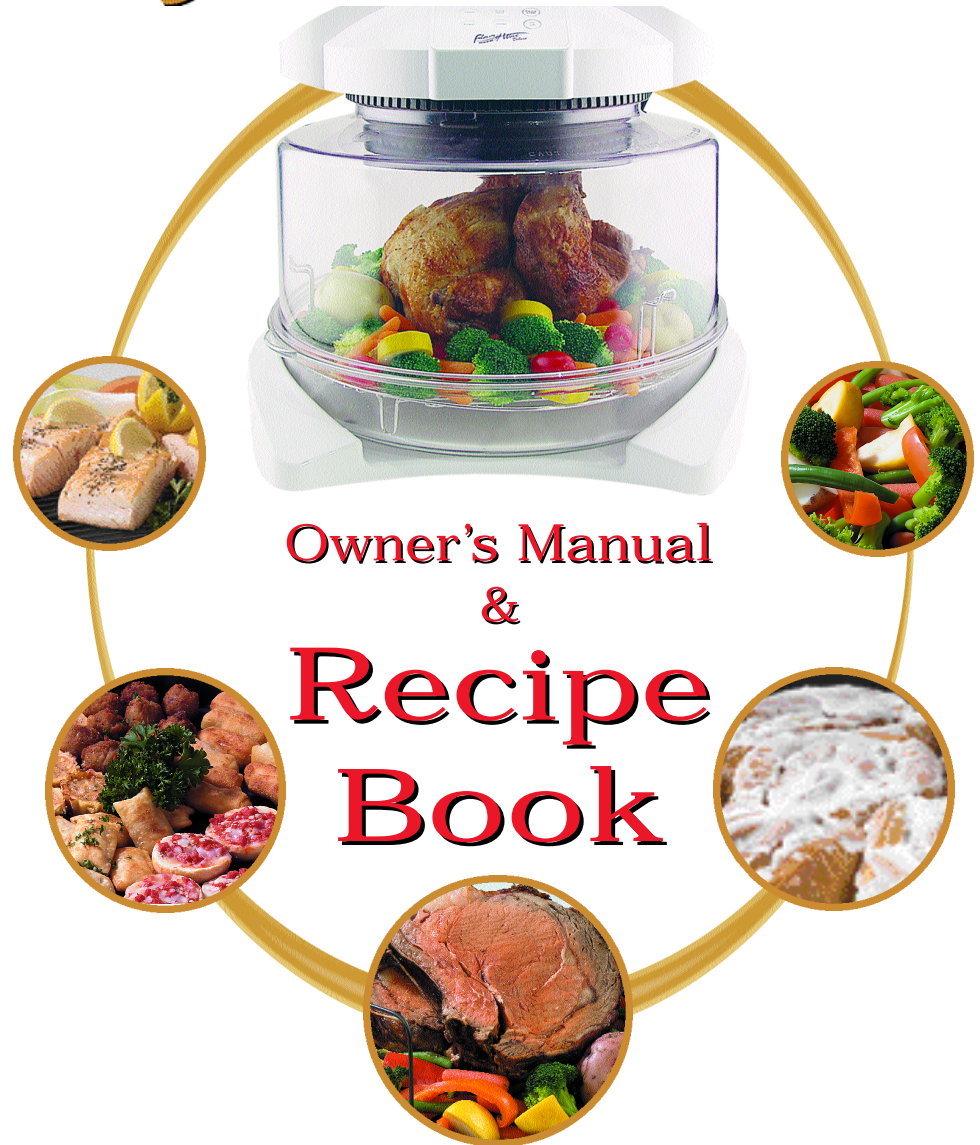


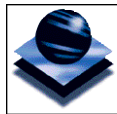
THANE HOUSEWARES™

Flavor Wave OVEN® Deluxe



Owner's Manual
&
**Recipe
Book**

Flavor Wave OVEN® Deluxe



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THANE INTERNATIONAL, INC.
LA QUINTA, CA 92253 U.S.A.
www.thane.com

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Thank You...

On behalf of the entire team at Thane Housewares, we appreciate your recent purchase of your Flavorwave Deluxe.

This cooking system will provide you with healthy and tasty meals for many years to come. We worked long and hard to make this the best cooking appliance available and, only after extensive testing, added it to our family of quality products for the home.

Enjoy your new Flavorwave Deluxe.

... and, once again, thank you.

IMPORTANT SAFEGUARDS

When using electrical products, especially when children are present, basic safety precautions should always be followed, including the following:

READ ALL INSTRUCTIONS BEFORE USING

DANGER – To reduce the risk of electrocution:

1. Read all instructions, safeguards, and warnings before using the appliance.
2. Do not place appliance where it can fall or be pulled into water or other liquid.
3. Do not reach for an appliance that has fallen into water. Unplug immediately!
4. Do not immerse cord, plug, or heater/control assembly of the appliance in water or other liquids.

WARNING – To reduce the risk of burns, electrocution, fire, or injury to persons.

1. This appliance should not be used by children. Close supervision is necessary when this product is used near children or invalids.
2. Use this appliance for its intended use as described in this brochure. Do not use any other accessories or attachments not recommended by the manufacturer. They may result in fire, electrical shock, or personal injury.
3. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to an authorized customer service center for inspection, repair, or adjustment.
4. Keep the cord away from heated surfaces.
5. Always grab by the plug to remove from outlet. DO NOT pull on cord.
6. Never force the plug into an outlet.
7. Do not use outdoors or operate where aerosol (spray) products are being used or where oxygen is being administered.
8. Do not let the cord hang over the edge of the table or counter, or touch hot surfaces.
9. Do not place on or near a hot gas or electric burner or in a heated oven.
10. Do not move the appliance while it contains hot food. Use extreme caution when removing hot liner pan or cooking racks.
11. Before removing plug from wall, turn UNIT OFF by pressing the ON/OFF button.
12. Do not use this appliance for anything other than it is intended.
13. Check all electrical wiring. Beware of damaged cord or plug.
14. This appliance is for household use only; it is designed to process normal household quantities. It is not suitable for continuous or commercial operation.
15. Do not disassemble the product. There are no user serviceable parts.
16. Do not leave the appliance unattended while in use.

17. Use the handles when lifting the dome from the base.
18. Do not touch hot surfaces, such as the hood, or the heater/control assembly. Use the handles provided.
19. Place the unit on PAUSE/CLEAR before removing the dome to check or turn food. The dome and heater/control assembly should be placed on the counter resting on their side.
20. Always remove the dome away from you so the escaping steam is channeled away from your face.
21. If the power cord is damaged, it should be replaced by a special cord or assembly from the manufacturer or its service agent.
22. Use caution when disposing of hot grease.
23. Unplug from outlet when not in use and before cleaning.
24. Keep this manual handy for easy future reference.

SAVE THESE INSTRUCTIONS

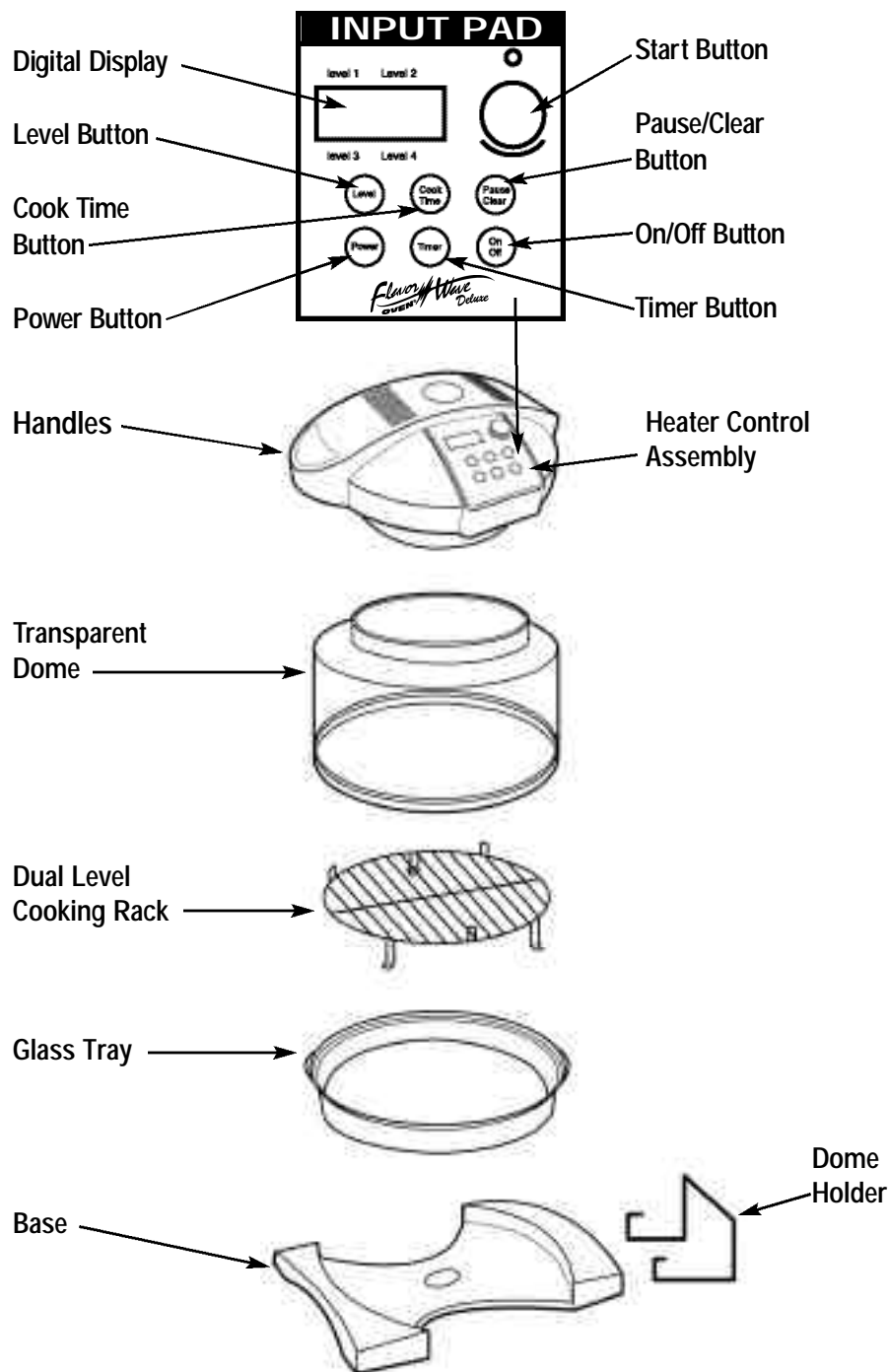
Electrical Information

The cord length of this appliance was selected to reduce safety hazards that may occur with a long cord. Extension cords are available and may be used if care is exercised in their use. If an extension cord is used, (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it will not drape over the counter or table top where it could be pulled on by children or tripped over.

Certain models of the appliances may have a polarized plug (one blade is wider than the other). To reduce the risk of an electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit properly, contact a qualified electrician. Do not attempt to modify the plug in any way.

	 <h2 style="margin: 0;">WARNING</h2>
	<p>Electric shock hazard. Use with adequate electrical system. Do not use if cord or plug is damaged.</p> <p>WARNING: All metal items in the oven, such as the cooking grill can get very hot during cooking. Please be careful when removing these items from a hot oven. Always wear oven mitts or use pot holders. Allow liner pan and cooking grill to cool completely before cleaning. The dome opening may expand slightly when hot. In rare instances, the heater control assembly could detach itself from the dome completely, thereby causing hot air to escape from between the dome and the heater control assembly.</p>

PARTS/ASSEMBLY DIAGRAM



Before Using

- Before using, wash transparent dome, glass tray, base, and cooking rack in hot soapy water or clean in your dishwasher.
- **IMPORTANT: DO NOT WASH OR IMMERSE HEATER/CONTROL ASSEMBLY IN WATER OR IN DISHWASHER. THE OUTER SURFACE CAN BE CLEANED BY WIPING CAREFULLY WITH A DAMP DISHCLOTH OR SPONGE.**



- Remove the thin vinyl film on the control panel before operating. After the vinyl film is removed you may notice an appearance of unknown images on the display panel. Please do not be alarmed. This is caused by static electricity from the vinyl film and will disappear after 15-20 seconds.

- Temperature is controlled by a micro chip. Therefore, when the temperature hits 400°F, the heater pauses which may cause the light to go out.

Assembly

- Place base on a firm stable surface.
- Place glass tray inside base.
- Place dual level cooking rack on the liner pan according to cooking requirements.
- Place food on the cooking rack.
- Place transparent dome over food and onto base. The dome should fit into the base evenly.
- Place heater/control assembly into dome and lock it into place by rotating the heater/control assembly clockwise until the locking lugs are engaged.
- Set time and power according to cooking requirements.



General Use Instructions

- Make sure the unit is safely plugged into a properly grounded outlet and that the cord is not touching any hot object.
- Make sure that the glass tray has been placed within the base.
- Do not place the glass tray directly onto a stove burner or direct heat source. It will crack or break.
- Metal and glass dishes, pans, and foil may be safely used within the Flavorwave Oven® Deluxe.

How to Open Heat Control Assembly and Dome Assembly

Make sure the Heat Control assembly is tightly locked into the dome, then the Heat Control Assembly and Dome Assembly can be easily opened and put aside as shown in steps 1, 2 and 3: Place dome holder under either side of base handle. Make sure both feet of the dome holder are placed inside the handle and the dome holder is resting horizontally on a flat surface. Then the power head and dome assembly can be placed on the dome holder as shown in step 3.



Step 1



Step 2



Step 3

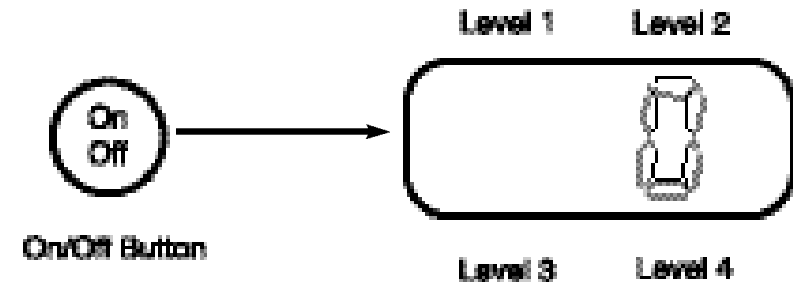
Cooking Instructions

Lift dome only by the handles on the Heat Control assembly. Once the Heat Control assembly and the transparent dome are locked in place, the Heat Control assembly handles will allow you to lift them all together when removing and/or checking on food. When removing the glass tray while it is still hot, be extremely careful and always use oven mitts. For best results, follow the time, power, and cooking rack height instructions given in the cooking chart and the recipe book. No preheating required.

	! WARNING
	<p>Do not touch the transparent dome or any surfaces on the Heat Control assembly during operation. The air inside the cooking dome reaches a temperature of 338°F/170°C which makes the surface very hot and may cause burns.</p>

Setting On/Off

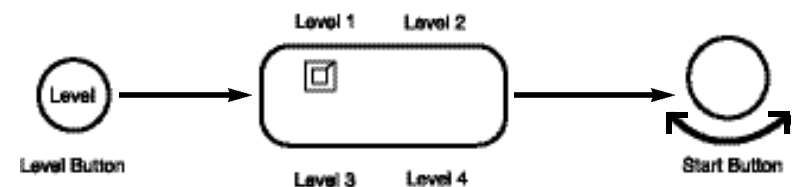
- After plugging in the Flavorwave start the unit by pushing the “ON/OFF” button.
- The default “0” setting is indicated in the display panel.
- Flavorwave does not emit any heat at this setting.



Using Express Function - Setting “Level”

This setting provides the highest cooking temperature of 400°F. The cooking times are 1 hour for Level 1, 45 minutes for Level 2, 30 minutes for Level 3, and 15 minutes for Level 4.

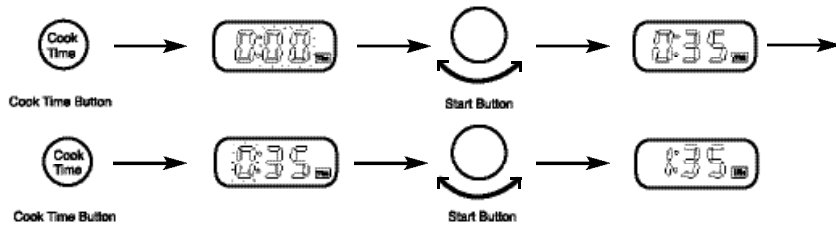
- Press the “LEVEL” button.
- The default “0” setting is indicated in the display panel.
- By pushing the “LEVEL” button the power level changes from Level 1-> Level 2-> Level 3 -> Level 4 ->.
- Verify the correct “LEVEL” setting in the control panel.
- Push the “START” button.
- If the “LEVEL” setting needs to be corrected, reenter the required Level. If the “LEVEL” setting needs to be changed after the Flavorwave starts, push the “PAUSE/CLEAR” button and reenter required “LEVEL”.
- When cooking is done, the Flavorwave Oven™ Deluxe will “beep.”



If you wish to set a specific temperature and time for cooking, please read the following instructions.

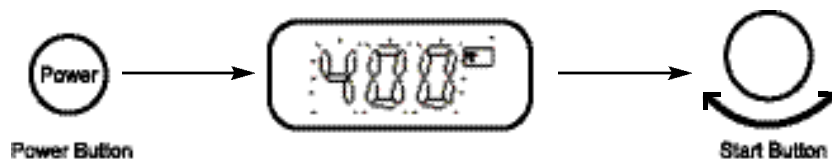
Setting Cooking Time

- Press the COOK TIME button.
- The default “0:00” setting is indicated in the display panel. The minute “00” will be flashing.
- Set the minutes by moving the “START” Button to the right or left.
- Push the “COOK TIME” button to set the hours. The hour 0 will begin to flash.
- Set the hour by moving the “START” Button to the right or left.
- Push the “COOK TIME” button one more time to set the cooking time.
- After finishing the set up, push the “START” button.
- Unless a user sets desired cooking temperature, food is automatically cooked at the highest temperature of 400°F.



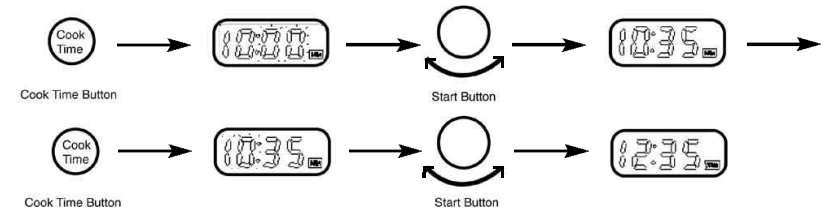
Setting the Cooking Temperature

- After setting up the cooking time, push the “POWER” button.
- The default “400°F” will blink on the display.
- Turn the “START” knob left or right to select the temperature.
- The lowest temperature is 190°F and the highest temperature is 400°F. Temperature will skip 15° by turning “START” button.



Setting Timer for Delayed Cooking

- After setting the Cook Time and Temperature, push the “TIMER” button.
- The default “10:00” minute 00 will start blinking on the display.
- Turn the “START” button left or right to set the minutes.
- Push the “TIMER” button again and the hour 0 will begin to flash.
- Turn the “START” button left or right to set the hour.
- Push the “TIMER” button to set the timer.
- Delay time is limited to up to 10 hours.
- When the timer shows zero, the cooking is finished.
- When you use “Setting Timer” for the “Express Function” setting, the process is the same as above.



WARNING



Even though your Flavorwave Oven® Deluxe comes with a Delayed Cooking feature we do not recommend you delay the cooking time for more than 1 hour for any food with the exception of raw vegetables. Most foods, especially raw poultry, meat, and fish cannot safely be left at room temperature and cooking of these foods should never be delayed for more than 1 hour. For further information on “safe food handling” please refer to the United States Department of Agriculture website at <http://www.foodsafety.gov> and click on the “Consumer Advice” button.

	WARNING
	Do not place the power head on or close to any flammables or combustibles. It may cause fire or explosion.

	WARNING
	Do not press the START button after you lift the power head unless your oven is completely assembled as shown in the manual.

To Start Cooking

Press "START" to begin. The remaining cooking time will appear and blink in the display window. When the cooking time has expired, the temperature automatically comes down to 190°F to keep the food warm for 3 hours, until you push "PAUSE/CLEAR" button or "ON/OFF" button. Cover the food with aluminum foil to keep it from drying out.

To Pause Cooking

Press "PAUSE/CLEAR" once to pause cooking. The remaining cooking time will be visible in the display window and the colon will not blink.

CLEANING AND CARE INSTRUCTIONS

General Instructions

1. Unplug the unit before cleaning.
2. It is best to let the unit cool before cleaning.
3. Transparent dome and all other parts, EXCEPT the heater/control assembly are dishwasher safe. Protect the metal and plastic surfaces; do not use abrasive cleaners or scouring pads.
4. The outer surface of the heater/control assembly can be cleaned by wiping it with a damp cloth.



CAUTION: Do not attempt to wash the glass tray until it cools to room temperature. If you pour cold water on the glass tray while it is still hot, it could cause the glass to crack and/or break.

IMPORTANT TIPS:

1. Check the power source for proper operation. Do not operate the unit with other major appliances in the same power outlet. Check power level if the unit cooks too slowly.
2. Check to see if electrical plug is properly plugged into the outlet.
3. Always clear the display panel and unplug the unit before washing.
4. Moisture may build up inside the Transparent Dome when cooked food is not removed soon after cook time has expired. The steam/moisture build-up can be avoided by removing food soon after it is done cooking.
5. When cooking is done, the Flavorwave Oven™ Deluxe will "beep."

Flavor Wave
Deluxe **OVEN®**

Recipe Book

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FLAVORWAVE OVEN® DELUXE RECIPE BOOK

By

Donovan Fandre

The new Flavorwave Oven® Deluxe cooks as dramatically as the original version but with several distinct advantages.

- The liner tray has been replaced with a virtually unbreakable, heat proof, glass tray and a stainless steel rack.
- The electronic controls are redesigned to facilitate a variety of cooking functions.
- The Delayed Cooking Feature allows you to delay the start of cooking from one minute to ten hours.
- A new programmable Cooking Temperature lets you custom select the correct temperature from 190°F to 400°F
- When food is done cooking, the Flavorwave Deluxe automatically adjusts its temperature to 150°F which allows food to stay warm for up to three hours.
- Allows you to pause the cooking at any time to check on food or add ingredients.
- “Express” one-touch button sets the temperature and cooking time for you.

Aside from the superb quality of the way it cooks, one of the greatest advantages of the Flavorwave Oven® Deluxe is that it conveniently sits on the counter top eliminating the need to stoop into a hot oven to tend your cooking. It's also a tremendous relief on a hot summer day when you can use your Flavorwave instead of the oven.

It is lightweight and easy to handle so you can use it in locations other than standard kitchens and everything, except the control unit, is dishwasher safe. It fits into contemporary life styles where time is of the essence and quick, healthy meals are necessary.

Owning a Flavorwave Oven® Deluxe allows you to create and cook fantastic meals without the bother of watching or tending the oven. Since it cooks frozen food so well it will be to your benefit to make up some meals and freeze them so they'll be ready to eat, as you want them and not as they come from the market.

**ALL RECIPES ARE COOKED AT 385°F-400°F UNLESS
INDICATED OTHERWISE.**

BEEF

Beef Burgers - frozen beef patties are very convenient to store and cook with the Flavorwave Oven™. You can buy them already frozen, ready to cook, or you can make patties from fresh ground beef and freeze them for use later. By making them yourself you can season the meat to your own taste before freezing and then not worry about tending them when you cook them.

Nowadays with e-coli and salmonella bacteria so prevalent, all ground beef should be cooked to an internal temperature of 160°F to eliminate any possibility of infection. These bacteria live only on the surface of foods so when you grill, fry, or broil a cut of meat, the bacteria are destroyed. However, when meat is ground, the bacteria on the outside is infused throughout the meat so you have to cook it until the mass is heated to a temperature that will kill the bacteria.

Stuffed Patties

You can use almost any ingredients that suit your taste so use the following suggestions as a guide. Divide ½-pound of ground beef into 2 equal portions and press into a 3-inch diameter disk. Lay equal amounts of filling on one patty and cover with the other. Pinch the edges together and cook on the 3-inch rack.

The following recipes are for 1 serving. Increase the amounts depending on how many servings you want to make.

Tartare burger

This is a great recipe when you grind your own beef.

- ½ pound lean freshly ground sirloin, round, or other lean cut of beef
- 2 anchovy fillets
- 1 tablespoon capers
- 2 tablespoons minced onion
- salt and freshly ground pepper to taste.

Divide the meat into 2 equal portions and press into 3-inch disks. Place remaining ingredients on 1 patty and cover with the other. Press the edges together and place on the 3-inch rack. Cook at 400°F for 5 minutes, turn and cook another 5 minutes or to an internal temperature of 160°F.

Salsa Burger

- ½ pound lean ground beef
- 1 slice cheese with jalapeno peppers
- 1 tablespoon salsa, spicy to taste
- 1 tablespoon sour cream
- 2 slices avocado

Divide the meat into 2 equal portions and press into 3-inch disks. Place remaining ingredients on 1 patty and cover with the other. Press the edges together and place on the 3-inch rack. Cook at 400°F for 5 minutes, turn and cook another 5 minutes or to an internal temperature of 160°F.

Asian Burger

- ½ pound ground beef
- 1 white mushroom, chopped
- 2 tablespoons bean sprouts
- 1 tablespoon soy sauce
- ground ginger to taste
- garlic powder to taste

Divide the meat into 2 equal portions and press into 3-inch disks. Place remaining ingredients on 1 patty and cover with the other. Press the edges together and place on the 3-inch rack. Cook at 400°F for 5 minutes, turn and cook another 5 minutes or to an internal temperature of 160°F.

Hawaiian Burger

- ½ pound ground beef
- 2 tablespoons crushed pineapple
- 1 tablespoon mango chutney
- 1 tablespoon soy sauce

Divide the meat into 2 equal portions and press into 3-inch disks. Place remaining ingredients on 1 patty and cover with the other. Press the edges together and place on the 3-inch rack. Cook at 400°F for 5 minutes, turn and cook another 5 minutes or to an internal temperature of 160°F.

Beef Wellington

(4 servings)

This recipe should be prepared when you're showing off for an intimate dinner party.

- puff pastry
- 1 cup duxelles, recipe following
- 2 ounces goose liver pâté
- 4 equal portions beef filet, about 1 ½ pounds

Cut the puff pastry into 4 equal squares. Spread equal portions of duxelles and pâté on the puff pastry. Place a filet in the center of each puff pastry. Draw the edges of the pastry up and over the top of the meat and pinch together making sure there are no openings. Cut four 4-inch squares of foil and butter lightly. Place the Wellingtons, seam side up on the foil and place on the 1-inch rack. Cook at 400°F for 20 minutes, turn the Wellingtons over, remove the foil and cook another 10-12 minutes or to an internal temperature of 145°F for medium rare.

Duxelles

- 1 pound white mushrooms
- 3 tablespoons minced shallots or onions
- 4 tablespoons unsalted butter
- 3 tablespoons port wine (optional)

Process or mince the mushrooms and place on a dish towel. Twist the towel to squeeze out as much water as possible. Mix with the shallots and butter and microwave for about 4 minutes or until the mixture is slightly dry. Stir in the port.

Mustard Steak

(2 servings)

- 1 large sirloin or rib steak, 1 inch thick
- salt and pepper to taste
- 2 tablespoons prepared mustard
- 2 tablespoons melted butter
- 2 tablespoons olive oil
- ¼ cup sour cream

Season steaks with salt and pepper and spread half the mustard over one side of the steaks. Place on the 3-inch rack and place a pie plate on the glass pan under the rack to catch the juices. Cook at 400°F for 7 minutes. Turn over and spread the remaining mustard over the top surface. Cook another 7 minutes or to an internal temperature of 145°F for medium rare or 160°F for medium. Mix the remaining ingredients with the collected juices and pour over the steaks.

Beef Sirloin

(Serves about 20)

This large cut of beef is available, packed in cryovac, at most discount markets like Costco and Sam's club and is great to cook for a meal and then use the leftover meat for sandwiches, casseroles, or soup.

- 8-9 pound sirloin or sirloin tip roast
- garlic
- salt and pepper to taste
- vegetable oil spray

Trim off all visible fat and gristle and place the meat directly on the glass tray. Rub garlic over the surface and season. Cook at 400°F for 1 hour. Turn over and baste off any juices and cook 45 minutes or to an internal temperature of 145°F for medium rare, 165°F for medium.

PLASTIC COOKING BAGS

These plastic bags are designed to be used in hot ovens and because they retain moisture they are ideal for recipes that must be cooked moist. They also help to tenderize the meat and other ingredients. Using them allows you to increase the use of your Flavorwave to include recipes that otherwise would be cooked in pots on the stove or conventional oven.

Pot Roast

(2 to 4 servings)

Using the Flavorwave Oven® is a convenient way to make one of America's favorite meals.

- 1-2 pounds beef blade, 7-bone, rump, or bottom round roast
- 2 carrots, cut into 1-inch pieces
- 1 medium onion, diced
- 4 cloves garlic, chopped
- 1 large potato, diced
- 1 cup spaghetti sauce
- 1 cup dry red wine
- salt and pepper to taste

Place everything in a plastic cooking bag and secure the opening with the tie provided in the package, leaving an opening the size of your thumb. Place on the 1-inch rack and cook at 400°F for 45 minutes. Turn the bag over taking care not to let any of the liquid escape. Cook another 30 minutes or until the meat is tender.

Beef Roll

(4 servings)

Here's another recipe using the plastic cooking bag.

- 2 pound sirloin steak, 1-inch thick
- 1 cup chopped onions
- 1 cup chopped carrots
- 1 cup chopped celery
- 2 cups prepared stuffing mix, prepared as directed on package
- prepared course ground mustard
- salt and pepper to taste

Butterfly the steak by laying it flat on a cutting board and cutting through the middle to ½-inch of the other side and laying it open so it's twice the original size. Pound with a meat mallet to half thickness. Microwave the vegetables for 3 minutes or until soft and mix with the stuffing. Spread the mustard over the surface of the meat and then spread the stuffing. Season with salt and pepper and roll into a cylinder. Place in a regular size plastic cooking bag and roll into a tight package. Place on the 1-inch rack and cook at 400°F for 20 minutes, turn over and cook another 15 minutes. Slice into 1-inch disks and serve with the juices.

Calves Liver

(2 servings)

For those who love liver, the Flavorwave Oven™ cooks it beautifully.

- 1 pound calves liver
- ½ cup balsamic vinegar
- 3 cloves garlic, minced
- salt and pepper to taste
- lemon pepper
- spray vegetable oil

Marinate the liver in the vinegar and garlic for ½-hour. Pat dry with a paper towel and dredge in flour seasoned with salt, pepper and lemon pepper. Place on the 3-inch rack and spray with vegetable oil. Cook at 385°F for 3 minutes, turn over, spray with oil and cook another 2 minutes.

POULTRY

Buy a few fresh 3 to 4-pound frying chickens, remove the parts in the cavity, and then season with spices you enjoy. Wrap the chickens for the freezer and the next time you want a delicious meal for your family take a bird out of the freezer and pop it into your Flavorwave Oven®.

Better yet, cut the back out of the chickens with poultry shears or a knife, lay them flat and press the breast to break the bone and achieve a flattened shape. Now season as directed or as desired and then freeze in this flat configuration. The flat chickens take up less space in your freezer and also cook faster.

2 Whole Chickens

(fresh, unfrozen 6 to 8 servings)

Many times the occasion arises when more than one chicken is required for the meal and 2 chickens cook in about the same time as one in The Flavorwave Oven™.

- 2, 3 to 4 pound chickens

Season, inside and out, with salt, pepper, poultry seasoning, or any of your favorite flavorings such as rosemary. Place on the 1-inch rack, breast side down, and cook at 400°F for 25 minutes. Turn the birds over, inside to outside. This is very important and if you don't understand consider this; place your hands in front of you with the thumbs together. Now, turn your hands so the thumbs are to the outside; that's how you must turn the chickens so the part to the inside of the oven is now to the

outside. Cook another 30 minutes or to an internal temperature of 180°F.

Frozen Whole Chickens

Place on the 1-inch rack, breast side down, and cook at 400°F for 45 minutes, turn over and cook another 45 minutes.

Cornish hens

(4 servings)

Each hen makes a perfect serving for one person and more than one cooks in the same time. Since the Flavorwave Oven® cooks frozen food beautifully and these birds are usually frozen, they're perfect for the Flavorwave.

- 4 frozen Cornish hens, about 1 pound each, giblets removed
- salt and pepper to taste

Remove the wrap from the birds, remove the giblets, and rinse under a faucet to remove the ice glaze. Pat dry with paper towels. Place on the 1-inch rack, breast side down and spray with oil and season as desired. Cook at 400°F for 30 minutes. Turn over, inside to outside, (see p.7 for explanation of inside to outside) spray with oil, season and cook another 30 minutes or to an internal temperature of 180°F.

Prepared Chicken Pieces

Since the Flavorwave Oven® cooks frozen food so well, it's a great opportunity to buy fresh chicken pieces when they are on sale, season them as you like and then freeze for later use.

Of course, any of these recipes can be prepared with fresh chicken. You'll find the cooking times for both frozen and fresh/unfrozen chicken in each recipe.

Bay Leaf Seasoning

Lift the skin of the chicken pieces and insert whole bay leaves under the skin. Season with salt and pepper and wrap for freezing if preparing for cooking at a later time.

FRESH-UNFROZEN: Place the pieces on the 3-inch rack and cook at 400°F for about 20 minutes turning once, or to an internal temperature of 180°F.

FROZEN: Cook 10 to 15 minutes longer, turning chicken halfway through the cooking process.

Curry Chicken

Curry paste*

Stuff curry paste under the skin of chicken pieces. Wrap for freezing if preparing for cooking at a later time.

FRESH-UNFROZEN: Place the pieces on the 3-inch rack and cook at 400°F for about 20 minutes, turning once, or to an internal temperature of 180°F.

FROZEN: Cook 10 to 15 minutes longer, turning chicken halfway through the cooking process.

* Curry paste is available at Asian markets and the specialty section of some grocery stores.

Lemon Chicken

- Butter
- Lemon juice
- Lemon pepper

Mix butter with lemon juice and lemon pepper and stuff under the skin of chicken pieces. Wrap for freezing if preparing for cooking at a later time.

FRESH-UNFROZEN: Place the pieces on the 3-inch rack and cook at 400°F for about 20 minutes, turning once, or to an internal temperature of 180°F.

FROZEN: Cook 10 to 15 minutes longer, turning chicken halfway through the cooking.

Barbecue Chicken

Spread prepared barbecue sauce under the skin of chicken pieces. Wrap for freezing if preparing for cooking at a later time.

FRESH-UNFROZEN: Place the pieces on the 3-inch rack and cook at 400°F for about 20 minutes, turning once, or to an internal temperature of 180°F.

FROZEN: Cook 10 to 15 minutes longer, turning chicken halfway through the cooking.

Quail Wrapped in Bacon

(2 servings)

(2 quail per serving)

When you're tired of the same old poultry recipes, buy some frozen quail for a little variety.

- 4 frozen quail, ready for cooking
- 4 slices bacon
- salt and pepper to taste
- orange marmalade

Place the quail on the 3-inch rack and cook at 400°F for 20 minutes. Season, inside and out and wrap a slice of bacon around each bird. Turn over, cooked side down, and cook another 15 minutes or until the bacon is crisp. Brush with marmalade and serve.

Quail with Wine

(2 servings)

(2 quail per serving)

- 4 defrosted quail
- 1 cup cooked rice
- 2 ounces Madeira wine
- ½ cup raisins
- ½ cup slivered almonds
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cloves
- 4 tablespoons butter
- 4 defrosted quail
- salt and pepper to taste
- 2 ounces orange juice concentrate, heated

Place the rice, wine, raisins, almonds, ginger, cloves, and butter in a glass bowl and microwave for 3 minutes. Stir to blend and stuff equal amounts of rice mixture into the quail. Place in a 10-inch pie dish or similar dish and place on the 3-inch rack. Spray with oil and cook at 400°F for 15 minutes. Turn over, spray with oil and cook another 15 minutes. Transfer to serving plates, pour orange juice over quail and serve.

PORK

Ham with Marmalade Glaze

- Ham shank or butt end, about 8 pounds
- 1 cup orange marmalade

Cook as is or remove the bone by cutting through the thick side of the meat to the bone and then running your knife around the bone to release it.

Place on the 1-inch rack, cut side up, and cook at 400°F for 30 minutes on high. Turn the ham over and cook another 30-40 minutes or to an internal temperature of 160°F (71°C). Cut off the layer of fat and cut a crisscross pattern across the ham, ½-inch deep. Spread orange marmalade over the surface and cook another 10 minutes.

Half a ham

When hams are on sale, ask your butcher to cut one in half lengthwise. This way you can cook a reasonable portion for small meals and not have so much leftover. You can freeze the other half and cook it from frozen in your Flavorwave Oven®. Place the ham half on the 1-inch rack and cook for about 8 minutes per pound, turning over once. For the frozen half, estimate 12 minutes per pound.

Ham Burger

(2 servings)

We all know that the hamburger is made of ground beef and named after the city where it was created; Hamburg, Germany.

Here's a recipe for a real ham burger made with ground ham.

- 2 cups ground, cooked ham per serving
- Mayonnaise or mustard
- 1 large egg, beaten
- 2 buns

Mix the ham and egg and form into 2 equal size patties. Place on the 3-inch rack and cook at 385°F for 5 minutes per side. Place in a bun and slather with mayonnaise or mustard.

Ham and Dried Fruit Broil

(2 servings)

- 1 can, 14 ounces, pineapple chunks
- 2 cups dried mixed fruit
- 1 slice ham, ¾ inch thick about 1 ¼ pounds

Mix the pineapple and dried fruit in a 10-inch pie dish or similar dish and lay the ham over. Place on the 3-inch rack and cook at 400°F for 15-20 minutes or until the ham is nicely golden and the fruit tender.

Sausage and Kraut Broil

(4 servings)

- 1 pound sauerkraut, rinsed and squeezed dry
- 1 large apple, cored and cut into 8-equal pieces
- 1 14 to 16-ounce Kielbasa sausage

Place the kraut in a 10-inch pie dish or similar dish and set the apple pieces around the edge. Cut the sausage in half, lengthwise, and into 4 equal pieces. Place the sausage over the kraut, cut side up. Place the dish on the 3-inch rack and cook at 400°F for 20 minutes or until the sausage is browned.

Leg of pork

(12 servings)

These are always inexpensive and so delicious when cooked in the Flavorwave Oven®. Serve as an entrée and use the leftover meat for carnitas, barbecue, sandwiches, casseroles, or enchiladas.

- 6-7 pound leg of pork
- 5 large cloves garlic, cut into slivers
- ½ cup dried rosemary leaves
- salt and pepper to taste

Cook as is, or remove the bone by cutting through the meat to the bone and then around the bone or ask your butcher to do it for you. Cut a crisscross pattern over the fat side of the meat. Press the garlic and rosemary into the cuts and season with salt and pepper. Place fat-side down in the glass tray and cook at 400°F for 1 hour. Turn the meat and cook another 30-45 minutes or until the fat is dark brown and crispy or to an internal temperature of 170°F.

Pork Sausage in Squash Rings

(4 servings)

- 1 medium acorn squash
- 1 pound pork sausage

Microwave the squash for about 10 minutes or until soft. Cut across the length into 1-inch rings and remove the seeds and membrane. Place the squash rings in an appropriate size shallow pan on the 3-inch rack. Fill the center of each ring with pork sausage. Cook at 400°F for 15 minutes or until the pork is 170°F.

Poor Man's Cassoulet

(4 servings)

This classic French bean casserole uses duck, pork, lamb, and sausage mixed with the beans and a plethora of other ingredients. You can make a tasty bean casserole similar to the cassoulet using leftover and/or fresh ingredients readily available in your kitchen.

- 2 cans, 14-ounces, white beans
- 2 cups diced ham
- 2 cooked chicken thighs or 2 cups diced, cooked chicken
- 1 tablespoon herbs d' Provence or Italian herb blend
- 2 raw bratwurst sausages cut into 1-inch pieces
- 2 cups bread crumbs
- olive oil

Into an 8 X 8-inch baking pan or similar 2-quart dish, pour the beans with their liquid. Add the ham, chicken, herbs, and top with the sausage. Spread half the breadcrumbs over the top and drizzle with olive oil. Place on the 3-inch rack and cook at 400°F for 10 minutes and press the crumbs into the casserole. Spread the remaining breadcrumbs over the top and drizzle with oil. Cook for another 10 minutes and press the crumbs into the casserole. Cover with foil and cook another 30 minutes.

Meatloaf Ring

(4 servings)

This recipe makes a nice presentation and cooks faster than when formed into a loaf.

- ½ pound ground beef
- ½ pound turkey
- ½ pound pork breakfast sausage
- 2 cups bread crumbs
- 2 large eggs, beaten
- 2 tablespoons dried Italian herb mix
- 1 cup chunky style spaghetti sauce salt and pepper to taste
- 1 cup catsup

Mix together the meat, crumbs, eggs, herbs, sauce, and season with salt and pepper. Place a sheet of foil on the 1-inch rack and form the meat mixture into a ring about 3-inches high. Cook at 400°F for 20 minutes and spread the catsup over the top and cook another 10 minutes or to an internal temperature of 160°F. Watch that the catsup doesn't burn.

FISH

Flounder with Potato Scales

(2 servings)

This technique works especially well with frozen fish because the fish doesn't overcook by the time the potato slices become crispy. Use the same technique with frozen salmon, sole, bass or other relatively thin pieces of fish.

- 2 frozen flounder fillets
- softened butter
- 1 medium Russet potato, sliced paper thin
- salt and pepper to taste

Place the fish on the 3-inch rack, spread with softened butter and season with salt and pepper. Lay the potato slices over the fish starting at the thick end and overlapping so they look like fish scales. Spray with oil and cook at 400°F for 12-15 minutes or until the potato slices are crispy. Carefully slip a long spatula under the fish and transfer to a plate.

Whole Salmon

(6 servings)

Poaching or baking a whole fish is quite a task with conventional cooking devices. But with the Flavorwave Oven® it's a snap.

- 4-5 pound whole salmon, without the head
- lemon slices
- butter
- dill weed

Place the fish in the glass cooking tray in the upright position with the belly flaps spread open. Make a 1-inch cut along the backbone and fill with butter. Cut lemon slices in half and insert in the slit with the butter. Cook at 400°F for about 12 minutes per pound or to an internal temperature of 150°F. Slide a couple of spatulas under the fish and carefully transfer to a serving platter. Pull the skin down and off the fish and serve as is with the juices or serve with Hollandaise Sauce.

Trio of Trout

(3 servings)

- 3, 6-8 inch whole trout
- 2 tablespoons dill weed
- 4 pats of butter
- juice of a lemon
- salt and pepper

Place the fish, belly side down around the edge of the glass tray. Add the other ingredients and cook at 400°F for 20 minutes or to an internal temperature of 150°F. Transfer the fish to plates, pull off the skin and pour the cooking juices evenly over the fish.

Shellfish

Broil-Steamed Clams

(2-4 servings)

Usually clams are steamed in a closed pot with some additional liquid. When you do them the Flavorwave way the resulting liquid is pure nectar and so delicious.

- 1-2 dozen fresh cherrystone clams, washed
- 4 tablespoons butter
- 4 cloves garlic, smashed
- Crusty French bread

Place everything in a shallow pan that will hold the clams in a single layer. Cook on the 3-inch rack for 8-10 minutes at 400°F. Discard any clams that do not open. Serve with juices and sop juices with bread.

VEGETABLES

Rosti

(4 servings)

This is the traditional dish of Switzerland and cooks so easily in the Flavorwave Oven®.

- 2 large russet baking potatoes
- 1 medium yellow onion, chopped
- ¼ cup melted butter
- ¼ cup olive oil
- salt and pepper to taste

Microwave the potatoes for about 10 minutes or until not quite done and still a little hard. Cool in the refrigerator and shred with a large opening shredder.

Mix with the other ingredients and spread on a sheet of foil to a thickness of about ½-inch. Place on the 3-inch rack and cook at 400°F for 15 minutes or until the potatoes start to brown. Invert the potato cake and cook for another 15 minutes.

PIZZA AND CALZONES

Pizza cooks well in the Flavorwave Oven® if you like a soft crust. Place frozen pizzas on the 1-inch rack and cook for about 15 minutes or until the cheese is bubbling and slightly browned.

French Bread Pizza

Use French bread for a nice crispy crust.

- 1 loaf French bread, crusts removed and cut in half lengthwise
- Olive oil
- Pizza sauce
- 6 ounces shredded mozzarella or Monterey Jack cheese
- 4 sliced fresh mushrooms
- 1 cup chopped onions
- 4 ounces canned sliced black olives
- 8 ounces Italian style sausage in tablespoon size chunks
- 2 ounces sliced pepperoni sausage

If the bread is too long for the rack, cut it to fit. Place the bread on the 1-inch rack and brush with oil. Spread on sauce, cheese, and other ingredients. Cook at 400°F for about 15 minutes or until the cheese is melted and slightly browned. For a meatless pizza, omit the meats and add canned artichoke hearts, sliced bell peppers and other vegetables you desire.

Boboli Pizza

These crusts are available everywhere and make an acceptable pizza. Top with ingredients as for the French bread pizza and cook accordingly.

Calzone

(2 servings)

- 10 ounce refrigerated pizza dough
- 2 cups broccoli florettes
- ½ medium onion, chopped
- 8 ounces Italian style sausage in tablespoon size chunks
- 1 cup spaghetti sauce
- 1 cup shredded mozzarella or Monterey Jack cheese
- 1 egg beaten with 1 tablespoon water

Place the broccoli, onions, and sausage in a glass bowl and microwave for 4 minutes or saute until the sausage is cooked. Roll the crust on a sheet of oiled foil. Stretch the dough so you can cut a 10-inch disk from it. Place the cooked ingredients in the middle of the dough and top with sauce and cheese. Fold the crust over to enclose the ingredients and pinch the edges together. Brush with the egg wash. Lift with the foil and place on the 1-inch rack and cook at 385°F for 10 minutes. Turn over, brush with egg wash and cook another 8 minutes or until the crust is golden brown. Cut in half and serve.

Individual Calzones

Stretch the dough so you can cut out 2-six inch disks. Place half the above ingredients on each disk and fold over and pinch the edges together. Cook as directed above.

DESSERTS

Because the Flavorwave Oven® heats more intensely from the top than from the bottom, keep your desserts no more than 2-inches thick. For this reason, tarts cook beautifully.

Pear-Peach Tart

(4 servings)

- 1 sheet prepared puff pastry
- ½ cup plum jelly
- 1 ounce rum
- ½ cup sugar
- ½ cup crushed almonds
- 1 tablespoon sugar
- 1 can, 15 ounces, pear halves
- 1 can, 15 ounces, peach halves

Place the pastry in a 10-inch flan dish and set on the 3-inch rack. Cook for 10 minutes, turn pastry over and cook another 5 minutes. Meanwhile, mix the jelly and rum together. Blend the sugar, almonds, and flour together. Brush the pastry with ½ the jelly mixture and sprinkle with the almond mixture. Place the fruit in a symmetrical pattern on the pastry and brush with jelly mixture. Cook at 400°F for 10 minutes and serve.

Apple Tart

(4 servings)

- Refrigerator piecrust or home made crust
- 3 medium apples, peeled, cored and thinly sliced
- ½ cup sugar
- 2 tablespoons cinnamon or use apple pie spice
- ½ cup apple jelly

Place the crust in the bottom of a 10-inch tart pan or pie dish and cook on the 3-inch rack for 10 minutes. Meanwhile prepare the apples and toss with the spices and sugar. Lay the apples in concentric rings, overlapping on the piecrust. Cook at 400°F on the 3-inch rack for 15 minutes. Brush with the jelly and serve hot or cold.

Dehydrator recipes

Apples - cut one large apple into ¼ inch thick slices and place on the 1-inch rack. Cook at 220°F for 1 hour and 15 minutes or until dry but supple.