

Stack Cooking

Microwave all three courses all at once.

1. Prepare food.
2. Stack the Casseroles together, covering as directed in recipe.
3. Set the Stack in the microwave.
4. Micro-cook on 1005 power for 25 minutes
5. Allow about 5 minutes “standing time. Using hot pads, carefully unstack casserole. Hot steam can build up inside casseroles.

Most recipes can be converted.

Top level-dessert/side dish

Middle level-entrée

Bottom level-side dish

Using a kitchen scale, weigh and cook for 6 minutes per lb.

Asian Green Beans

12 oz. fresh green beans
¼ cup green onion
1 teaspoon minced fresh ginger
1 Tablespoon soy sauce
1 Tablespoon rice wine vinegar
2 teaspoon sesame oil

Toss together all ingredients in the ¾ quart inverted casserole cover. Cover with waxed paper. To cook this recipe individually, cover with waxed paper and cook on high power 100% 10-12 minutes until beans are cooked to desired degree of doneness. Remove from microwave and let stand 5-10 minutes before serving, stirring before serving. Serves 4.

Sesame Chicken

1 ½ lbs. boneless skinless chicken breast, cut up in bite size pieces
½ cup honey
¼ cup soy sauce
2 Tablespoons dried onion
2 Tablespoons ketchup
½ teaspoon garlic powder
2 teaspoon cornstarch, dissolved in 3 Tablespoons of water
Sesame seeds

Combine honey, soy sauce, dried onion, ketchup and garlic powder. Place chicken in the 1¾ qt. Stack Cooker and cover with sauce. Add cornstarch mixture during last 3 minutes. Stirring and finish cooking until done. Sprinkle with sesame seeds and serve over rice. May be cooked separately on high for 6 minutes, adding cornstarch mixture and cooking another 4 minutes. Sprinkle with sesame seeds and serve over rice. Serves 4.

Steamed Rice

1 ¼ cups water
1 ¼ teaspoon instant chicken bouillon granules
1 teaspoon minced dried onion
1 ¼ cups quick cooking rice
2 Tablespoons chopped green onion

In the 3 qt. Casserole combine water, bouillon granules and dried onion. Stir in uncooked rice. Stack and cook as directed. Stir before serving. Sprinkle with green onion.

Maybe cooked separately, covered on 100% power for 4-6 min, until boiling. Let stand covered for 5 minutes. Stir before serving. Sprinkle with green onion. Serves 4.