



# READY STEADY PING!

MICROWAVE COOKERY  
TRAINERS RESOURCE PACK



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# EFFECTIVE TRAINING

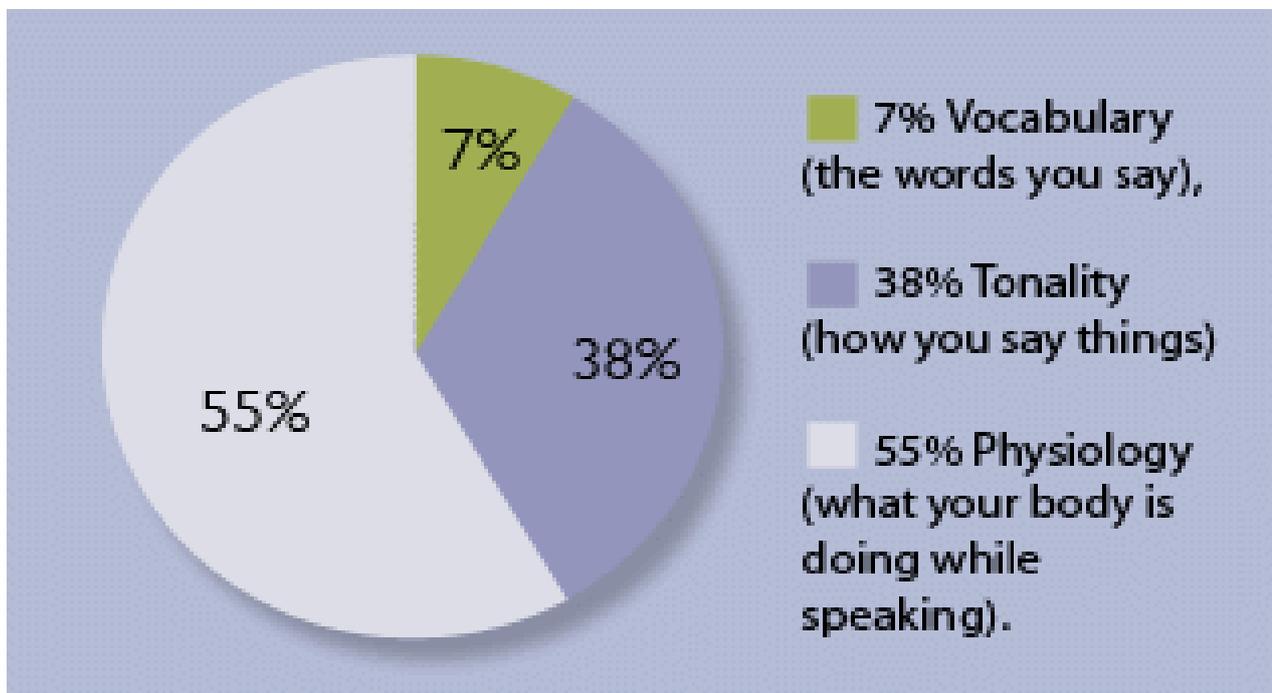
## Teaching a Practical Task

The four stages of teaching a practical task:

1. Show/Perform task.
2. Show/Perform task + Explain / break down in stages.
3. Show/Perform task + Learner describes task.
4. Learner performs task + Learner describes task.

## What Influences Others?

Some years ago a Stanford study examined the cause behind a person's ability to influence others.



As you can see, the words you choose play a very small role in how others perceive you. Instead, about 93% of your personality is determined by how you sound and what your body does when you speak. What are you doing about that 93%?

## **3 expertise you need to relate for effective learning**

### **Knowledge**

**Share your knowledge, likewise also recognize and acknowledge that of your audience**

### **Skills**

**What you share by demonstration and what you get your audience to do**

### **Communication**

**This is not only from what you say but your body language, hand movement, voice, tonality and speed at which you speak**

## The Senses

Effective Learning takes place when the senses are fully engaged.

Remember we have five senses:

Sight  
Sound  
Smell  
Taste  
Touch



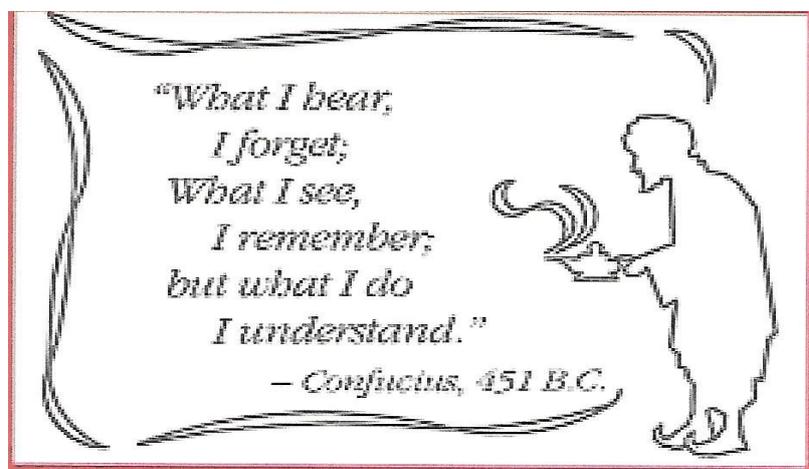
When you communicate a fact, use some of the other senses as well as just “saying” the fact.

This will facilitate better retention of the fact.

Examples; you make the statement like... “You need a variety of vegetables in your diet.”

Have a variety for them to **see**, as you say this statement:

- They will **hear** the statement.
- **Touch** them as you mention each one. Pass them around so they **touch** them.
- **Smell** some of them like, the tomatoes or leeks, or cut one or two of them open and allow them to **smell** them.



This is where the learner is

**PLACE A**



**PLACE B**

This is where you want them to be

**During your teaching sessions think about the following:**

## **Effective... adjective/s**

**These will help in planning and delivering successful,  
desired or intended result**

**Successful**

**Effectual**

**Constructive**

**Fruitful**

**Functional**

**Powerful**

**Worthwhile**

**Helpful**

**Beneficial**

**Advantageous**

**Valuable**

**Useful**

# Tips for Writing a Recipe

## Cooking Verbs

Bake	Mix	Blend	Beat
Fold in	Stir	Set aside	Separate
Chop	Slice	Mince	Crush
Refrigerate	Chill until set	Fry	Sauté
Cream	Boil	Crush	Coat
Pour	Combine	Simmer	Reduce heat
Strain	Add	Puree	Whip
Peel	Grate	Shred	Remove seeds
Toast	Cover	Steam	Drain
Broil			

Discuss definitions with your partner:

- When writing a recipe, list the ingredients first.
- Then write the directions/instructions.
- The first word of each step of the directions, if possible, should be a verb.

Example:

Peel the apples and remove core

Sauté vegetables in 1 Tbs. vegetable oil

Separate egg yolks from the whites.

Cream sugar and eggs together until smooth and well-blended.

Refrigerate the mixture for two hours.

Crain cooked pasta and rinse with cold tap water.

Etc... etc, etc...

# FOOD HYGIENE & SAFETY

## Food Preparation

Remember basic hygiene rules when preparing food.

Store raw meat & fish below cooked foods in the fridge

Cover uncooked or leftover foods

Wash fruit and vegetables in clean water before preparation.

Reheat leftover food thoroughly

## Handling hot plates

Always use an oven proof cloth to transfer hot dishes from the oven.

## Hand & personal hygiene

Wash hands thoroughly before handling food.

Wash when switching working from raw meats to vegetables or fruits.

Wash them after sneezing and/or coughing

Tie long hair back.

Don't handle food with open sores or cuts on your hand.

## Surface cleaning

Wipe down all work surfaces with a clean cloth and hot soapy water or antibacterial liquids.

Clean and disinfect food areas and equipment between tasks, especially after handling raw food.

Use cleaning products that are suitable. Remember to check manufacturers instructions.

## Chopping boards (Different boards for raw & cooked foods)

Wash chopping boards thoroughly.

Use different chopping boards for raw and cooked foods, to avoid cross contamination.

## Choosing knives

Choose knives that are the right size for the item you are chopping/ cutting. Sharp knives are easier to use than blunt ones. Knives with a metal shaft are the strong-

# EATWELL PLATE

The eatwell plate highlights the different types of food that make up our diet, and shows the proportions we should eat them in to have a healthy, balanced diet. It's a good idea to try to get this balance right every day, but you don't need to do it at every meal. You might find it easier to get the balance right over a longer period, like a week.

You can use the eatwell plate to help you make healthier recipe choices when you're planning cooking sessions. It can also help you decide what to shop for. Aim to fill your trolley with a healthy balance of different types of food.

## **Bread, rice, potatoes, pasta and other starchy foods**

Eat plenty, choose wholegrain varieties when you can.

## **Fruit and vegetables**

Eat plenty, at least five portions of a variety of fruit and vegetables a day.

## **Milk and dairy foods**

Eat some, choose lower fat alternatives whenever possible or eat higher fat versions infrequently or in smaller amounts.

## **Meat, fish, eggs, beans and other non-dairy sources of protein**

Eat some, choose lower fat alternatives whenever possible or eat higher fat versions infrequently or in smaller amounts. Aim for at least two portions of fish a week, including a portion of oily fish.

## **Foods and drinks high in fat and/or sugar**

Eat just a small amount.

Try to choose options that are lower in salt when you can. Adults should have no more than 6 grams of salt a day.



Public Health England in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

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# MICROWAVE COOKERY

## Why use a Microwave Cooker?

- It cooks food quickly.
- It can be kept clean easily.
- It saves energy.
- It cuts down on washing up as you can cook and serve in same dish.
- It helps food retain its vitamin content during cooking.
- It requires less cooking fat than certain conventional cooking methods.
- It is portable, so there are no installation problems and it can be used in any room of the house provided a 13 amp outlet is available.

## How does a microwave work?

A microwave oven works by passing microwave [radiation](#) through the food. [Water molecules](#) stored in the structure of the food absorb energy from the microwave beam and shake. This molecular movement creates [heat](#). This heat then cooks the food.

**The boiling points of water, oil and sugar are important when using a microwave. As water is key in producing the heat for the cooking process, foods with high water content cook easily and quickly. Thus recipes and cooking times need to be adjusted accordingly.**

## Covering food whilst cooking

Cling film / parchment paper or plates can be used to cover foods. When using cling film, fold back a corner to allow the steam to escape or pierce with a fork

## Food waste

Using the microwave reduces food waste, as leftovers can be efficiently reheated and not discarded.

Simple dishes can quickly be produced with a wide variety of leftovers.

Portions are easily controlled using a microwave, which also reduces food waste

## What will a Microwave Oven do?

- Defrost
- Reheat
- Cook

## Cooking Methods used in the Microwave

	<b>Conventional</b>	<b>Microwave</b>
• Boiling	Yes	Yes
• Steaming	Yes	Yes
• Poaching	Yes	Yes
• Baking	Yes	Yes (but no crust develops)
• Roasting (glowing heat)	Yes	No
• Deep frying	Yes	No
• Shallow frying	Yes	No
• Micro-frying	No	Yes
• Sautéing	Yes	Yes
• Braising and Casseroling	Yes	Yes
• Sealing (steaks, etc.)	Yes	Yes
• Grilling	Yes	No

# Containers for use in a microwave

## Suitable:

- Glass mixing bowls, casseroles dishes and all glassware which may be used in a conventional oven
- Toughened glass
- Ceramics, stoneware and some pottery
- Some plastics - it is better to use those that have a suitable microwave label
- Most paper – only for recipes needing short cooking times
- Roasting bags
- Special microwave bought containers



## Unsuitable containers..... Metals!

- Cups, saucers and dishes that have gold or silver decorations or even a gold or silver inscription on the bottom will probably cause sparking and flashing.
- Metal tags, those fine paper or plastic covered wires normally used for sealing plastic bags, are highly dangerous.
- Foil dishes, foil.
- Some plastics (check markings on bottom of container)



# MICROWAVE RECIPES

## Key Information

### **Cooking times**

Cooking times given are approximate. Factors that may affect cooking times are preferred degree of cooking, starting temperature, volume, size, shape of food and utensils used. As you become familiar with the microwave oven, you will be able to adjust these accordingly.

### **Short cooking times:**

As microwave cooking times are much shorter than other cooking methods it is essential that the recommended cooking times are not exceeded without first checking the food.

It is better to undercook than overcook foods. If the food is undercooked, it can always be returned to the oven for further cooking. If the food is overcooked nothing can be done. Always start with the minimum cooking times.

### **Small quantities of food:**

Take care when heating small quantities of food as these can easily burn, dry out or catch fire if cooked for too long. Always set short cooking times and check food frequently.

### **Food low in moisture:**

Take care when heating foods low in moisture, e.g. bread items, chocolate, popcorn, biscuits etc. These can easily burn, dry out or catch fire if cooked too long.

### **Standing times:**

Standing times refer to the period at the end of cooking or reheating when food is left before being eaten, i.e. it is rest time, which allows the heat in the food to continue to conduct to the centre, thus eliminating cold spots.

### **Hot spots:**

Stir during cooking as well for even cooking. Always stir food thoroughly before serving to disperse any hot spots and avoid burning.

### **Warming food for a few seconds:**

This can be done on a paper towel or plate and covered with the same.

### **Covering foods whilst cooking:**

Ceramic, glass or some cling film can be used to cover food whilst cooking but be sure to vent the cover to allow steam to escape. Sometimes lids can be left on to seal heat and cook food depending if it is a dish needing longer time of heat but be sure to stir halfway through.

## Cookery skills demonstrated by the course recipes:

- Measuring
- Weighing
- Timing
- Peeling
- Chopping
- Dicing
- Slicing
- Grating
- Mashing
- Mixing
- Beating
- Stirring
- Greasing
- Sealing
- Crushing
- Blending
- Boiling



# General competencies that can be covered whilst using the recipes:

- Hand /personal hygiene
- Surface cleaning
- Different boards for raw and cooked foods
- Suitable /unsuitable choices of microwave containers
- Methods of covering containers
- Washing fruit and vegetables
- Awareness of portions sizes,
- Balance of ingredients e.g. carbohydrate, protein and vegetables
- Adapting recipe e.g. using less salt and adding more herbs
- Following instructions
- Substituting ingredients
- Adding more fruits and vegetables
- Awareness of food waste
- Safety with hot dishes
- Awareness of proportions
- Boiling points of water, oil, sugar



# Cooking Vegetables in a Microwave:

- Always wash vegetables
- Prepare vegetables in the normal way.
- Make sure they are cut to an even size.
- Add a little water, about 1 - 2 tablespoons. Cover with cling film. (pierce)
- Vegetables with skins need to be pierced.
- Season *after* cooking.

## Fresh Vegetables - approximate timings

100gms	carrots	2 - 2½ minutes
100gms	cauliflower	2 - 2½ minutes
100gms	celery	2 - 2½ minutes
100gms	sprouts	2 - 2½ minutes
100gms	broccoli	1½ - 2 minutes
100gms	courgettes	1½ - 2 minutes
100gms	leeks	1½ - 2 minutes
100gms	potatoes - old	2½ minutes
100gms	potatoes - new	2 minutes



## Frozen Vegetables - approximate timings

100gms	mixed vegetables	3 minutes
100gms	peas	3 minutes
100gms	sweet corn	2 - 3 minutes
100gms	cut green beans	3 - 4 minutes



# Cooking Rice or Pasta

- 50g rice per person
- salt & pepper to taste
- splash of oil
- boiling water

Place rice/pasta, salt & pepper. Oil/butter into a small bowl.  
Pour over enough boiling water to cover the rice/pasta by 1 inch.  
Cook for stated time.

## Rice/Pasta cooking times

Type & Quantity	Time on HIGH	Notes
100g fresh pasta	2 - 3 min	stand for 1 min
50g dried pasta shapes	3 min	stand for 1- 2 min
50g dried spaghetti	3 min	stand for 1- 2 min
50g brown rice	7-8 min	stand for 1- 2 min
50g whole rice	2-3 min	stand for 1-2 min

### Serving suggestions:

- Cool rice or pasta and mix with vegetables to make a salad. Add low fat cheese, curry paste, yogurts, chutney or natural yogurts.
- For a hot dish add in tomato sauce or pesto for a quick and easy dish.
- Cook frozen spinach for 4 minutes, add grated cheese and parmesan cheese. Toss in cooked pasta and serve.



# Popcorn

- 50g popping corn
- 1 large paper bag



Put the popping corn in a very large paper bag (or heatproof bowl and cover with a plate). Cook on HIGH for 2-3 minutes, until the popping slows down to almost a stop. Shake the bag. Serve

# Scrambled Eggs

- 2 eggs
- ¼ cup of milk
- low fat spread / knob of butter
- salt & pepper



1. Put butter into a jug. Cook on HIGH for 10 - 20 seconds until melted.
2. Remove and add milk and eggs. Beat with a fork.
3. Cook on HIGH for 1 minute. Stir gently with a fork.
4. Cook for on HIGH for a further 30 seconds and stir gently.
5. Leave to stand for 1 minute. Serve with toast.

# Hot Chocolate

- 1 cup of milk (use skimmed or semi skimmed to reduce the fat content)
  - 2 tsp of drinking chocolate
  - 1 marshmallow ( optional)
1. Put drinking chocolate/cocoa & sugar into a mug. Add a little of the milk. Stir well.
  2. Add the remainder of the milk.
  3. Cook on HIGH for 30 seconds.
  4. Stir well and cook on HIGH for a further 45 seconds.
  5. Pop marshmallow on top and serve.



## Porridge

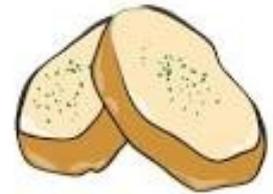


- 2 - 3 tbsp porridge
- 1 cup milk or water
- sugar/salt to taste

1. Place porridge in a large bowl and add milk/water.
2. Cook on HIGH for 1 minute.
3. Remove and stir well. Cook on HIGH for a further 1 - 2 minutes.
4. Remove and add sugar/salt.
5. Serve immediately.

*Add fruit (apricots, banana, blueberries or raisins) for a more nutritious breakfast.*

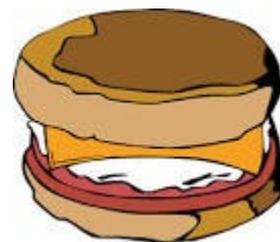
## Garlic Bread



- 1 small petit pain or half a baguette (wholemeal or white bread)
- 50g low fat spread or butter or 4tbsp olive oil mixed with 25g spread
- 1 clove of Garlic, crushed
- A little chopped parsley.
- Sheet of greaseproof paper

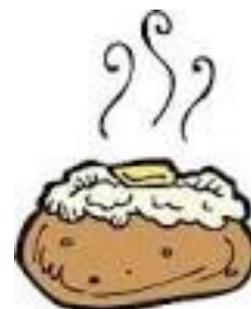
1. Blend the butter/spread, chopped parsley and garlic together.
2. Slice the bread 2cms apart. DO NOT CUT ALL THE WAY THROUGH.
3. Spread the garlic butter in-between each slice.
4. Loosely wrap in the greaseproof paper. Seal the edges.
5. Cook on high for 45 seconds – 1 minute

## Breakfast in a muffin



- 1 muffin
  - 1 egg
  - 1 slice of ham. (chopped)
  - A little low fat spread/ butter (optional)
1. Lightly toast the muffin (optional)
  2. Cool slightly and cut almost in half. Scoop out the centre.
  3. Spread with low fat spread/ butter. ( recipe works well without this step too)
  4. Crack egg into a cup/ small bowl.
  5. Pour the egg into the muffin and pierce the yolk with a fork/ sharp knife.
  6. Sprinkle on the chopped ham, and close the muffin.
  7. Place on a plate and cover with kitchen paper.
  8. Cook on High for 1 minute. Check if the egg is cooked. If not cook for another 10 seconds

## Jacket Potato



- 1 large potato
1. Prick before cooking. Cook on HIGH for 4 - 5 minutes
  2. Turn once during cooking *N.B. They retain their heat for half an hour if they are wrapped in a clean towel or kitchen roll.*
  3. Serve with favourite filling e.g. tuna, cheese, egg, chilli etc

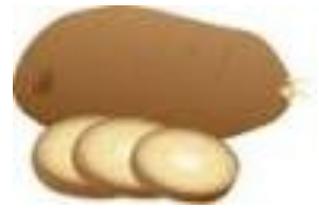
\* Increase cooking time according to size of potato.

## Mashed Potato



- The easiest way to make mashed potato is to bake a large potato in the microwave cooker, then scoop out and mash with milk, low fat spread and salt & pepper.

## Scalloped Potatoes



- 2 medium potatoes - peeled & thinly sliced
  - ½ small onion - finely chopped
  - salt & pepper
  - ¼ cup milk
  - ½ cup grated cheddar cheese
  - pinch of paprika - optional
1. Arrange layers of potato and onion in a small shallow dish.
  2. Sprinkle with salt & pepper and pour in the milk.
  3. Scatter cheese and paprika over the top.
  4. Cover and cook on HIGH for 3 minutes.
  5. Uncover and cook for a further 3 minutes on MEDIUM.
  6. Cover and leave to stand for 2½ minutes before serving.

## Courgette Bake



- ½ small onion, sliced
  - Knob of low fat spread or oil
  - 1 -2 small courgettes, sliced thinly
  - 1 tomato thinly sliced
  - 50g grated cheddar cheese or low fat alternative
  - Pinch of paprika
  - Ground pepper
1. Place spread/oil and onions in a shallow dish. Cover with kitchen paper and cook.
  2. Add the sliced courgette, stir and sprinkle with pepper.
  3. Cover with Cling film. Pierce and cook on high for 2 mins
  4. Arrange the sliced tomatoes on top. Sprinkle with grated cheese and paprika.
  5. Cover uncooked for 2 mins

## Cabbage Bake



- Small piece of cabbage, washed and sliced thinly
  - 1 tbsp water
  - ½ can of chopped tomatoes
  - 50g grated cheese
  - 2 slices of cooked ham chopped
  - Chopped parsley (optional)
1. Place cabbage in a casserole dish, add the water.
  2. Cover and cook on high for 1½ mins
  3. Add the chopped ham and then pour over the ½ tin of chopped tomatoes. Stir gently.
  4. Sprinkle with cheese and parsley stir again.
  5. Cover and cook on high for 1 ½ mins

## Garlic Prawns



- 150 g cooked peeled prawns fresh or defrosted
  - 25g garlic butter
1. Put the garlic butter in an ovenproof dish.
  2. Cook on high for 5-10 seconds to melt the butter.
  3. Add the prawns and stir to coat them in the butter.
  4. Cook for 1-2 minutes mins on to heat through.
  5. Serve with lemon and parsley

# Macaroni Cheese



- 50g of macaroni/pasta shapes
  - 50g grated mature/strong cheddar
  - a splash of oil
  - ½ tsp mustard
  - 1 tbsp flour
  - 1 tbsp low fat spread /margarine or butter (optional)
  - 125mls pint milk
  - 1 pkt of plain crisps - crushed
1. Put macaroni in a large bowl and cover with boiling water allowing 1 inch of water above the pasta. Add a small splash of oil and stir.
  2. Cover with a plate and cook on HIGH for 2 minutes.
  3. Allow to stand for 5 minutes
  4. Meanwhile make the sauce. Put flour, butter/margarine and milk into a jug or small bowl.
  5. Whisk with a fork and cook on HIGH for 1 minute.
  6. Whisk again and cook on HIGH for a further 1 minute.
  7. Add the mustard and ¾ of the grated cheese to the sauce and stir.
  8. Drain the pasta and place in a serving dish. Pour over the sauce.
  9. Add in any cooked vegetables.
  10. Sprinkle with the remaining cheese and crushed crisps.

*\*Add in cooked vegetables*

# Crunchy Topped Fish



- 1 fillet of flat white fish - fresh or defrosted
  - 1 tsp lemon juice
  - Ground black pepper
  - 2 tbsp low fat mayonnaise
  - 2 tbsp cornflakes/plain crisps – crushed
1. Lay the fillet of fish in an ovenproof dish.
  2. Sprinkle with lemon juice and black pepper.
  3. Spread over mayonnaise.
  4. Cover with cling film and cook on High for 1 minute.
  5. Top with cornflakes/crisps and cook uncovered for a further 30 seconds.

# Vegetable Soup



## Basic Recipe

- 1 small potato
  - 1 small onion
  - 1 stock cube (optional) – alternative seasons can be used.
  - a little oil or low fat spread/butter
  - Vegetables (½ leek/1 carrot/3 florets of cauliflower/½ head of celery
  - Or a combination of these)
1. Wash, peel and finely chop the vegetables
  2. Heat the oil/margarine in a large bowl on HIGH for 10 seconds.
  3. Add the vegetables and cover, cook on HIGH for 2 - 3 minutes.
  4. Make up ½ to ¾ pint of stock using the stock cube.
  5. Add stock to vegetables and cook for a further 1 - 1½ minutes.
  6. Blend before serving if you wish.

# Chicken Chowder



- 1 slice of bacon – rind removed
  - 1 small onion – finely chopped
  - 1 small potato – cut into small cubes
  - ½ small can of sweetcorn
  - 2 – 3 oz cooked chicken – diced
  - 1 – 2 tbsp milk
  - 1 tblsp chopped parsley – optional
1. Finely chop the bacon and onion. Put into a medium sized casserole.
  2. Cover and cook on MEDIUM for 2 minutes
  3. Stir in potato, sweetcorn and stock
  4. Cover and cook on HIGH for 5 minutes
  5. Stir well and add the cooked chicken
  6. Cover and cook on MEDIUM for 2 minutes
  7. Remove lid and cook on MEDIUM for a further 1-2 minutes
  8. Stir in the milk and parsley (if used) and serve.

# Savoury Rice



## Serves 1 - 2

- 4 oz / 100 gm cooked rice
- ½ onion - finely chopped
- 2 - 3 mushrooms - chopped
- 2 tomatoes -chopped
- 2 oz / 50 gm frozen or tinned peas
- 1 - 2 eggs - beaten
- 1 tbsp oil
- salt & pepper
- a little garlic - crushed (optional)

1. Heat the oil on HIGH in a medium bowl. Add onion and garlic. Cook on HIGH for 1 minute.
2. Add the mushrooms and tomatoes. Stir and cook on HIGH for 2 minutes.
3. Add the rice, cover and cook on HIGH for a further 1 minute.
4. Add the peas and cook for 2 minutes.
5. Add the beaten egg and salt & pepper. Cook for 1 minute.
6. Stir and cook for a further minute, stirring occasionally until the egg is cooked.

# Creamy Beans

## Serves 1

- Small tin of sliced green beans
- ½ small tin of mushroom soup
- 2 tbsp milk

### Topping:

- a knob of low fat spread or/margarine
- 1 oz / 25 gm breadcrumbs
- 1 oz / 25 gm grated cheddar cheese

1. Melt the butter in a small bowl for 10 seconds on HIGH.
2. Add the crumbs and grated cheese – leave to one side.
3. Drain the beans and put into an ovenproof dish.
4. Mix the soup and milk in a small jug.
5. Pour over the beans.
6. Cover with cling film and cook on HIGH for 2 minutes.
7. Sprinkle the topping onto the beans.
8. Cook uncovered on HIGH for 1½ to 2 minutes.



## Small Cakes



- 50 g caster sugar
- 50 g margarine/butter
- 50g self raising flour
- 1 egg
- a little vanilla essence - optional
- cake cases

1. Mix all the ingredients together and beat until really smooth.
2. Divide between 6 double paper cases.
3. Cook on HIGH for 2 minutes.
4. Cover with icing.

### Optional Flavourings:

#### Coffee and Walnut

- 2 tsp strong coffee
- 2 tbsp chopped walnuts

#### Chocolate

- 2 tsp sieved cocoa

#### Lemon

- ½ lemon juice & rind

## Flapjacks



- 75 g butter or margarine
- 50 g light soft brown sugar
- 2 tbsp golden syrup
- 150g porridge oats

1. Grease a medium size shallow dish.
2. Put the butter, sugar and syrup in a large bowl. Cook on HIGH for 2 minutes until the sugar has dissolved, stirring once. Stir well then mix in the oats.
3. Press the mixture into a lined small square or oblong dish. Stand on an upturned plate and cook on HIGH for 2 - 3 minutes until firm to the touch.
4. Leave to cool slightly the mark into sixteen bars. Allow to cool completely before turning out of the dish.

## Pineapple Cheesecake



- 50 g butter/margarine
- 3½ digestive biscuits - crushed
- 100 g cream cheese
- 1 egg
- grated rind of lemon
- juice of ½ lemon
- 1 tbsp caster sugar
- 1 small tin crushed pineapple
- cream to decorate

1. Melt butter on HIGH for 30 seconds.
2. Stir in Crumbs
3. Press into bottom and sides of a small flan dish.
4. Cook on HIGH for 30 seconds and set aside to cool.
5. Beat cream cheese, egg. Lemon rind, juice and sugar until smooth.
6. Stir in the well crushed pineapple.
7. Pour over crumb base.
8. Cook on MEDIUM/HIGH for 5 minutes.
9. Cool completely, spread with whipped cream and serve.
10. Decorate with pineapple, kiwi and grated chocolate.

## Jam Sponge Pudding



- 1 tbsp red jam
- 50 g soft margarine
- 50 g caster sugar
- 50 g self raising flour
- 1 egg

1. Grease a small bowl or large cup. Put jam into the bottom.
2. Mix all the other ingredients and beat for 2 minutes.
3. Cover the jam with the creamed mixture. Cover with a disc of greaseproof paper, greased on the underside.
4. Put in the centre of the microwave and cook on HIGH for 1½ - 2 minutes.
5. Remove and leave to stand for 3 minutes before turning out onto a dish.

# Bolognese Sauce



- a little olive oil
  - 1 rasher bacon - finely chopped - optional
  - ½ small onion - finely chopped/grated
  - ½ small carrot - finely chopped/grated
  - a small garlic clove - crushed
  - 1 small bay leaf
  - 1 small can chopped tomatoes
  - 1 tsp tomato puree
  - 100 g minced beef
  - pinch of mixed herbs
  - a little red wine -optional
  - salt & pepper
1. Put the oil into a bowl, cook on HIGH for 20 seconds, stir in bacon and vegetables, mix and cover. Cook on HIGH for 2 minutes.
  2. Add the bay leaf, minced beef, chopped tomatoes and tomato puree. Cook on HIGH for 1½ minutes. Stir once to break up the beef.
  3. Add the herbs and wine. Stir to make sure the beef is well broken up.
  4. Cover and cook on HIGH for 1 - 2 minutes until boiling. Continue to cook on HIGH for 3 - 4 minutes until the sauce is thick.
  5. Season and serve.

# Quick Bolognese Sauce



- 100 oz minced beef
  - 1 tsp oil
  - ½ small onion - finely chopped/grated
  - ½ small carrot - finely chopped/grated
  - 1 small jar of pasta sauce
1. Heat oil for 10 - 20 seconds in a small bowl.
  2. Add onion & carrot and cover. Cook on HIGH for 30 - 45 seconds.
  3. Stir in minced beef, cover and cook on HIGH for 1½ minutes
  4. Stir in sauce, cover and cook for a further 1 - 2 minutes.

## White Sauce



- 1 pint milk
  - 4 teaspoons cornflour
1. Mix cornflour with some of the milk before adding to all of the milk
  2. Cook on full power for 2 minutes
  3. Stir
  4. Cook for further 2 minutes or until sauce thickens.
  5. Season with salt or alternatively add grated cheese for a cheese sauce.

## Hidden Vegetable Sauce



1. In a glass jug add chopped vegetables (e.g. peppers, onions, mushrooms, courgettes, tomatoes, grated garlic).
2. Add pinch of herbs, pinch of sugar and passata and stir.
3. Cook for about 8 minutes then stir and cook for a further 4 minutes.
4. Let it stand and then liquidise.
5. Use for pizza topping or pasta

# Costs of Microwave Recipes

Hot chocolate	18p
Garlic bread	30p
Breakfast in a muffin	50p
Porridge	23p
Scrambled eggs	40p
Baked potato	40p
Mashed potato	50p
Popcorn	10p
Scalloped potato	85p
Macaroni cheese	75p
Cabbage bake	74p
Courgette bake	81p
Crunchy topped fish	£1.20
Chicken chowder	£1.45
Vegetable soup	90p
Garlic prawns	£1.70
Small cakes	70p
Jam sponge pudding	70p
Flapjacks	87p
Pineapple cheesecake	£1.30
Bolognaise sauce	£1.48
Quick bolognaise sauce	£1.71





***With thanks to the following:***

*Funding received from Community Food & Health Scotland  
Expertise, recipes and guidance from Mona Taylor  
Expertise and advise from Leanne Haining*

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