

APPETIZERS

Honey BBQ Chicken wings

- 3 lbs chicken wings (16-18 wings)
- salt and pepper, to taste
- 2 cups honey
- ½ cup soy sauce
- ½ cup bottled barbecue sauce
- ¼ cup oil or butter
- 2 cloves garlic, minced

Rinse, drain and pat chicken wings dry with paper towel. Season to taste with salt and pepper and place in Tender Cooker. Stir together remaining ingredients and pour over chicken wings. Cut a 7" circle of aluminum foil to place on top of chicken wings, making sure no foil sticks out of Tender Cooker. Place gasket, cover and red weight on top of Tender Cooker. Microwave on high for 25 minutes. Let Tender Cooker stand in microwave for 15 minutes, allowing yellow stem to drop before removing from microwave.

Tropical Ribs

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| ½ cup pineapple juice | ¼ cup green onion, chopped |
| 1 Tbsp lemon juice | 3 lbs pork spareribs, cut in half |
| 2 tsp mustard | 2 Tbsp brown sugar |
| 3 T soy sauce | ¼ cup orange juice |
| ½ t ginger | 1 Tbsp corn starch |
| 2 cloves garlic, chopped | |

In nonreactive bowl, combine first 7 ingredients (pineapple juice through green onion). Place spareribs in marinade. Cover and marinate in refrigerator for 6 hours or overnight. Place spareribs with marinade in Tender Cooker. Place gasket, cover and red weight on top of Tender Cooker. Microwave on high for 23 minutes. Let Tender Cooker stand in microwave for 15 minutes, allowing yellow stem to drop before removing from microwave. Place spareribs on a serving platter, reserving juices.

Bring reserved juices from Tender Cooker to boil in sauce pan. Add brown sugar, orange juice and corn starch. Stir until sauce thickens. Pour sauce over spareribs, and serve.

BEEF

Beef Stew

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| 1 | Tbsp oil | 1/8 | tsp pepper |
| 1 | lbs stew meat, cut into chunks | 1 | Tbsp fresh thyme, minced |
| 1 1/2 | cups beef broth | 2 | garlic cloves, minced |
| 3 | potatoes, cut into chunks | 1 | cup mushrooms, sliced |
| 2 | carrots, sliced into 1/4" pieces | 1/2 | cup green onion, chopped |
| 1/2 | onion, chopped | 1 | Tbsp corn starch |
| 1/2 | tsp salt | 1/4 | tsp browning sauce |

Heat oil in a skillet over medium heat. Sear meat on all sides, and place in Tender Cooker. Pour beef broth into skillet, and bring to boil; scraping pan to incorporate browned bits. Pour broth into Tender Cooker. Add next 9 ingredients (potatoes through green onion) to Tender Cooker. Place gasket, cover and red weight on top of Tender Cooker. Microwave on high for 25 minutes. Let Tender Cooker stand in microwave for 15 minutes, allowing yellow stem to drop before removing from microwave. Use a slotted spoon to remove meat and vegetables from Tender Cooker, and place in serving dish.

Pour juices from Tender Cooker into a sauce pan, and bring to boil. Add browning sauce and corn starch. Stir until sauce thickens. Pour over beef and vegetables, stirring gently to combine.

Herbed Beef Roast

- 1 Tbsp oil
- 2 1/2 - 3lb beef rump roast
- 1 cup beef broth (substitute 1/2 cup red wine for 1/2 cup beef broth, if desired)
- 1/2 onion, chopped
- 1 tsp fresh rosemary, minced
- 1 tsp fresh thyme, minced
- 3 garlic cloves, crushed
- salt and pepper to taste
- 1 Tbsp corn starch

Heat oil in skillet. Sear roast on all sides and place roast in Tender Cooker. Pour beef broth into skillet, and bring to boil; scraping pan to incorporate browned bits. Pour broth into Tender Cooker. Add remaining ingredients, except corn starch. Cut a 7" circle of aluminum foil to place on top of roast, making sure no foil sticks out of Tender Cooker. Place gasket, cover and red weight on top of Tender Cooker. Microwave on high for 30 minutes. Let Tender Cooker stand in microwave for 15 minutes, allowing yellow stem to drop before removing from microwave. Remove meat from Tender Cooker, and place in serving dish. Pour juices from Tender Cooker into sauce pan and bring to boil. Add corn starch. Stir until sauce thickens. Pour sauce over roast, and serve.

PORK

Spiced Pork Roast

- 1 (3 pound) boneless pork roast
- 1 cup apple cider
- $\frac{1}{3}$ cup packed brown sugar
- 2 tsp vinegar
- 1 tsp yellow mustard
- $\frac{1}{8}$ tsp ground cloves
- 1 Tbsp flour
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp sugar
- $\frac{1}{2}$ tsp garlic salt
- $\frac{1}{8}$ tsp ground black pepper

Stir together apple cider, brown sugar, vinegar, mustard and cloves in small bowl; set aside. In another small bowl combine flour, salt, sugar, garlic powder and pepper. Rub flour mixture evenly over surface of pork. Place pork in Tender Cooker. Pour cider mixture over pork. Place gasket, cover and red weight on top of Tender Cooker. Microwave on high for 30 minutes. Let Tender Cooker stand in microwave for 15 minutes, allowing yellow stem to drop before removing from microwave. Serve.

BBQ Spareribs

- 2 lbs pork spareribs, cut in half
- 1 onion, chopped
- 2 garlic cloves, chopped
- $1\frac{1}{2}$ cups barbeque sauce
- $\frac{1}{4}$ cup water

Place spareribs, onion and garlic in Tender Cooker. Combine barbeque sauce and water; pour over spareribs. Place gasket, cover and red weight on top of Tender Cooker. Microwave on high for 20 minutes. Let Tender Cooker stand in microwave for 15 minutes, allowing yellow stem to drop before removing from microwave. Serve.

LAMB & VEAL

Baked Lamb Shanks

- 4 lamb shanks, fat trimmed
- 1 (10^{3/4} oz) can cream of mushroom soup
- ^{1/3} cup water
- 3 Tbsp dry onion soup mix

Place lamb shanks in Tender Cooker. Combine remaining ingredients, and pour into Tender Cooker. Cut a 7" circle out of aluminum foil, and place on top of mixture. Place gasket, cover and red weight on top of Tender Cooker. Microwave on high for 30 minutes. Let Tender Cooker stand in microwave for 15 minutes, allowing yellow stem to drop before removing from microwave. Remove lamb shanks from Tender Cooker and place in serving dish. Skim excess fat from sauce, and serve.

Veal Paprika

- 1^{1/2} lb veal, cut into ^{3/4"} cubes
- 2 Tbsp oil
- 2 Tbsp flour
- ^{1/2} cup water
- 1 medium onion, chopped
- 6 Tbsp tomato paste
- 2 Tbsp paprika
- 1 Tbsp worchestershire sauce
- 1 garlic clove, minced
- ^{1/4} tsp salt
- 1 (5 oz) can evaporated milk

Heat oil in skillet. Add veal, and brown on all sides. Place in Tender Cooker. Sprig veal with flour, and stir to coat. Stir in remaining ingredients, except evaporated milk. Place gasket, cover and red weight on top of Tender Cooker. Microwave on high for 15 minutes. Let Tender Cooker stand in microwave for 15 minutes, allowing yellow stem to drop before removing from microwave. Uncover, and stir in evaporated milk. Microwave uncovered for 2 minutes. Serve over cooked noodles; sprinkle with poppy seeds.

CHICKEN

Chicken & Stuffing

- 1 (8oz) package of stuffing mix
- ½ cup butter, softened
- 2-3 lb whole chicken
- ½ cup chicken broth
- ½ tsp browning sauce
- ¼ cup orange juice
- 1 small onion, chopped
- 3 garlic cloves, chopped
- 1 medium apple, cut into fourths
- paprika, to taste
- 1 Tbsp cornstarch

In medium bowl, combine stuffing mix and butter. Stuff into chicken cavity. Secure wings and legs to body with string, and place into Tender Cooker. Pour browning sauce, chicken broth and orange juice over chicken. Sprinkle chicken with paprika. Place onion, garlic and apples on the sides of the chicken. Place gasket, cover and red weight on top of Tender Cooker. Microwave on high for 25 minutes. Let Tender Cooker stand in microwave for 15 minutes, allowing yellow stem to drop before removing from microwave. Transfer chicken to serving plate. Discard apples. Stir cornstarch into cooking liquid. Microwave uncovered 2-3 minutes, until gravy has thickened. Serve with chicken.

Chicken & Herbed Wild Rice

- 2 lbs chicken thighs, without skin
- 1½ cup chicken broth
- ½ cup white rice, uncooked
- ¼ cup wild rice, uncooked
- 1 stalk celery, diced
- 2 Tbsp onion, chopped
- 1 tsp dried tarragon
- ½ tsp dried parsley
- ½ tsp dried basil
- ¼ tsp pepper
- paprika to taste

Combine all ingredients in Tender Cooker, placing chicken on top. Sprinkle with paprika. Place gasket, cover and red weight on top of Tender Cooker. Microwave on high for 25 minutes. Let Tender Cooker stand in microwave for 15 minutes, allowing yellow stem to drop before removing from microwave. Serve.

SOUP

Vegetable Beef & Barley Soup

- 3 cups beef stock
- 2 cups beef, cut into cubes
- 1 carrot, sliced
- 1 celery stalk, sliced
- 1 large potato, cubed
- ½ medium onion, chopped
- ½ cup mushrooms, chopped
- 2 garlic cloves, minced
- ½ cup barley, uncooked
- parsley for garnish, if desired

Combine all ingredients, except parsley, in Tender Cooker. Place gasket, cover and red weight on top of Tender Cooker. Microwave on high for 25 minutes. Let Tender Cooker stand in microwave for 15 minutes, allowing yellow stem to drop before removing from microwave. Garnish with parsley, and serve.

Chicken Soup

- 2 lbs chicken, cut into cubes
- 2 carrots, sliced
- 2 celery stalks, sliced
- ½ medium onion, chopped
- 2 garlic cloves, minced
- ¼ cup green onion, chopped
- ¼ cup mushrooms, chopped
- 1 Tbsp butter
- 3 cups chicken broth
- 8 oz egg noodles, broken up
- parsley for garnish, if desired

Combine all ingredients, except parsley, in Tender Cooker. Place gasket, cover and red weight on top of Tender Cooker. Microwave on high for 25 minutes. Let Tender Cooker stand in microwave for 15 minutes, allowing yellow stem to drop before removing from microwave. Garnish with parsley, and serve.

SIDE DISHES

Creamy Scalloped Potatoes

- 1 (4.9 oz) box scalloped potatoes
- 1 season packet (included in box)
- 1 small onion, chopped
- ¼ tsp salt
- ¼ tsp pepper
- 2 Tbsp flour
- 2 Tbsp butter, cut into pieces
- 2 cups heavy whipping cream
- 2 cups half n half or whole milk
- ½ cup water
- 1 cup diced ham (optional)

Stir together all ingredients in Tender Cooker. Place gasket, cover and red weight on top of Tender Cooker. Microwave on high for 20 minutes. Let Tender Cooker stand in microwave for 15 minutes, allowing yellow stem to drop before removing from microwave. Serve.

Mexican Rice

- 1 cup long grain rice
- 3 Tbsp butter
- 1 cup water
- 2 medium tomatoes, peeled and chopped
- 1 medium onion, chopped
- 1 small green pepper, chopped
- 2 tsp chili powder
- ½ tsp salt
- ¼ tsp cumin

Place rice and butter in Tender Cooker. Microwave on high for 4-6 minutes, until golden brown; stirring twice. Stir in remaining ingredients. Place gasket, cover and red weight on top of Tender Cooker. Microwave on high for 20 minutes. Let Tender Cooker stand in microwave for 15 minutes, allowing yellow stem to drop before removing from microwave. Serve.

RICE & BEANS

Instructions/Hints

1. Always cook on high power and let Tender Cooker stand in microwave for 15 minutes after timer goes off to complete cooking. Allow yellow stem to drop before removing from microwave.
2. Rinse and drain rice/beans before placing in Tender Cooker.
3. Soak dried beans and black eyed peas overnight in 4 cups water, drain and add fresh water to cook.
4. Add 1 tsp oil when cooking rice
5. Cooking lentils is not recommended due to foam created in cooking.
6. Add acidic ingredients, like tomatoes and vinegar, only after beans and peas are thoroughly softened, as they tend to have a hardening effect on dried beans and peas.

FOOD	WATER	COOK TIME	SERVINGS
1 cup white rice	1 1/2 cups	9-10 minutes	
1 cup brown rice	1 3/4 cups	18 -20 minutes	
3/4 cup wild rice	2 cups	18 - 20 minutes	
1 cup dried beans (black, garbanzo, great northern)	2 cups	20-22 minutes	
3/4 cup split pea, green, yellow beans	2 cups	20 - 22 minutes	