

RECIPE BOOKLET

FOR

GOOD FOODS - FAST

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All microwave recipes were tested in a microwave oven that operates on 700 watts. Microwave cooking times are approximate since microwave oven wattage varies according to the manufacturer.



EGG 'N' MUFFIN

This jiffy breakfast recipe also makes a great quick lunch.

1 slice cooked ham
1 egg
25 ml grated cheese
1 english muffin

Yield: 1 serving
Prep. time: 5 min
Cooking time: 3-5 minutes
Standing time: 1-3 minutes

Equipment:

large custard cup or cereal bowl
knife
fork
grater
microwave safe plastic wrap

1. Assemble all ingredients and equipment.
2. Line bottom of large custard cup with ham.
3. Break egg on top of meat. Pierce the yolk gently once with fork tines.* Top the egg with cheese.
4. Cover the custard cup tightly with vented plastic wrap.
5. Microwave on 50% power for 2 - 3 minutes.
6. Let stand, covered, 1 - 3 minutes to reach desired firmness.
7. Split english muffin in half, wrap in a paper towel. Microwave on 100% power for 30 seconds.
8. Place the egg and meat between two halves of english muffin.

* If you don't pierce the yolk, the egg will explode.

BREAKFAST FRUIT AND BRAN MIX*

With this mix in the cupboard, breakfast can be ready in a snap.

500 ml bran flakes
250 ml All-Bran
125 ml sliced or chopped nuts
(almonds or walnuts)
125 ml chopped dried apricots
125 ml chopped dried prunes
125 ml raisins

Yield: 10 (125 ml) servings
Prep. time: 10 min

Equipment:

dry measures
cutting board
sharp knife
large bowl

1. Assemble all ingredients and equipment.
2. Combine bran flakes, All-Bran, nuts, apricots, prunes and raisins; mix well.
3. Store, covered in an airtight container. Serve with sliced fresh fruit and either milk or yogurt.

*Recipe adapted from "Smart Cooking" cookbook by Anne Lindsay.

SPICED APPLE MUFFINS

These nutritious and tasty muffins are great for a breakfast or snack on the run. You can double the recipe and freeze the extras.

375 ml	whole wheat flour	<u>Yield:</u> 12 muffins
125 ml	wheat germ	<u>Prep. time:</u> 25 min
125 ml	packed brown sugar	<u>Cooking time:</u> 20 - 25 min
15 ml	baking powder	<u>Equipment:</u>
5 ml	salt	large bowl
5 ml	cinnamon	small bowl
2 ml	nutmeg	dry measures
250 ml	grated peeled apple	small measure
125 ml	currants or raisins	liquid measure
125 ml	sunflower seeds (optional)	wooden spoon
2	eggs (slightly beaten)	whisk or egg beater
175 ml	milk	cutting board
75 ml	cooking oil	paring knife
		muffin tins
		muffin liners
		spatula

1. Assemble ingredients and equipment.
2. Preheat oven to 200°C.
3. In a large bowl combine flour, wheat germ, sugar, baking powder, salt, cinnamon and nutmeg. Mix well.
4. Stir in apple, currants and sunflower seeds.
5. In another bowl combine eggs, milk and oil.
6. Make a well in the center of the dry ingredients.
7. Add wet ingredients and stir until just moistened.
8. Spoon into nonstick or paper-lined large muffin pans, filling to the top.
9. Bake in 200°C oven for 20 to 25 minutes or until firm to touch.

PARTY POPCORN

Try this popcorn next time you make a snack for friends. It is a lower calorie alternative to potato chips.

2.5-3 L popped corn
25-50 ml butter or margarine
15 ml taco seasoning mix
25 ml parmesan cheese

Yield: 2.5 - 3 litres

Prep. time: 1 minute

Cooking time: 30-60 seconds (microwave)
1-2 minutes (conventional)

Equipment:

liquid measure or small pot
small measures
large brown paper bag or very large
bowl with tight fitting cover
small bowl

1. Place popcorn in large brown paper bag or very large bowl.
2. Microwave butter in 250 ml glass measure at 100% power for 30 seconds or until melted. (Or melt in small pot over medium heat).
3. Drizzle over popped corn; shake gently to coat.
4. Mix taco mix with parmesan cheese, sprinkle over popcorn and shake again.

VARIATION: SOUR CREAM POPCORN

Substitute 25 ml of sour cream sauce mix for taco mix and parmesan cheese.

MACARONI AND CHEESE

375 ml macaroni
50 ml butter or margarine
50 ml all-purpose flour
2 ml salt
1 ml pepper
2 ml dry mustard
2 ml Worcestershire sauce
500 ml milk
500 ml cheddar cheese, grated

Yield: 4 servings

Equipment:

2 large saucepans (conventional) or
1 large saucepan and a 2L microwave
safe bowl
dry measures
small measures
liquid measure
strainer
wooden spoon or wire whisk
small sharp knife
fork
grater

Conventional

1. Bring 2 litres of water to a boil. Add macaroni and cook until tender, about 10 minutes. Drain and rinse with warm water.
2. While macaroni is cooking, melt butter in a saucepan; remove from heat.
3. Stir in flour, salt, pepper and mustard until smooth. Gradually add milk.
4. Bring mixture to a boil, stirring constantly. Reduce heat and simmer mixture 1 minute. Remove from heat.
5. Stir in cheese and Worcestershire sauce. Beat until smooth. Add macaroni. Let stand for 5 minutes. Stir before serving.

Microwave

1. Cook macaroni as in (1) above.
2. In a 2 L microwave safe bowl melt butter on 100% power for 30 seconds.
3. Stir in flour, salt, pepper and mustard. Cook 30 seconds on 100% power.
4. Gradually add milk. Stir until smooth.
5. Microwave on 70% power for 6 to 8 minutes, stirring every 2 minutes until sauce has thickened.
6. Add cheese and Worcestershire sauce. Stir until smooth.
7. Stir in macaroni.
8. Reheat at 70% power if required.
9. Let stand for 5 minutes.

Variations

Dress up macaroni and cheese that you make from "scratch" or from a packaged mix by adding one or more of the following:

drained, canned tuna or salmon
sliced cooked sausages or wieners
cubes of cheese
cubes of cooked ham
leftover or canned boneless chicken or turkey
cooked mushrooms, green pepper or other vegetables
Top with: bread crumbs, crushed crackers or chinese noodles

Small quantities of pasta can easily be cooked in the microwave by adding pasta to water, covering and microwaving on high until tender. Larger quantities tend to boil over very quickly and thus are usually easier to cook on a range top burner.

QUICK-FIX MIX

You can easily make your own convenience mixes at home. Use this recipe to make the biscuits and pancakes which follow.

500 ml whole wheat flour
750 ml all-purpose flour
50 ml baking powder
7 ml salt
250 ml shortening

Yield: 1.6 litres mix
Prep. time: 20 minutes
Equipment:
very large bowl (3 L)
dry measures
small measures
pastry blender
metal spatula
wooden spoon or sifter

1. Assemble all ingredients and equipment.
2. Sift together all-purpose flour, whole wheat flour, baking powder and salt or combine until well mixed.
3. Cut in shortening with pastry blender or two knives until mixture resembles fine meal.
4. Store in jar or container with a tight fitting lid.

BISCUITS

500 ml Quick-Fix Mix
125 ml milk

Yield: 10 - 12 medium biscuits
Prep. time: 15 min
Cooking time: 12 - 15 min
Equipment:
dry measure
liquid measure
fork
mixing bowl
rolling pin
baking sheet
biscuit cutter

1. Preheat oven to 220°C.
2. Assemble all ingredients and equipment.
3. Measure Quick-Fix Mix into bowl. Add milk and stir with a fork until dry ingredients are moistened.
4. Turn out onto a lightly floured surface and knead 8 - 10 times.
5. Roll or pat to 2 cm thickness. Cut into desired shapes with biscuit cutter or sharp knife.
6. Transfer to ungreased baking sheet. Bake at 220°C for 12 - 15 minutes.

Variations

Add one of the following to 500 ml of Quick-Fix Mix before adding liquid.

1. Cheese Biscuits. Add 125 ml grated Parmesan cheese or cheddar cheese and 2 ml dry mustard.
2. Fruit Biscuits. 125 ml dried fruit such as raisins, currants, chopped apricot or mixed peel or a combination of these.

EASY PANCAKES

500 ml Quick-Fix Mix
2 eggs, well beaten
300 ml milk (more if needed for
desired consistency)

Yield: sixteen 10 cm pancakes

Prep. time: 10 min

Cooking time: 10 min

Equipment:

dry measure
liquid measure
2 mixing bowls (2 L)
wooden spoon
griddle or frying pan
large metal spoon
spatula

1. Assemble all ingredients and equipment.
2. Measure Quick-Fix Mix into a bowl.
3. Combine eggs and milk in another bowl.
4. Gradually add liquid to mix and stir only until batter is completely moistened.
5. Heat ungreased griddle, heavy frying pan or electric frying pan. Pan is right temperature when a few drops of water sprinkled on pan sizzle.
6. Melt a small amount of butter and drop pancake batter by spoonfuls onto hot surface.
7. When bubbles form on top and underside is golden brown, turn with a spatula and cook until underside is golden brown.

VEGETABLE CHOWDER

Dress up canned soups by adding milk, vegetables or even leftover meat.

1-284 ml can cream of potato or
cream of celery soup
125 ml canned or frozen corn
375 ml milk
50 ml grated carrot
125 ml of your choice of leftover
or frozen green vegetables
such as broccoli, chopped,
green peas or green beans
black pepper to taste

Yield: 4 servings

Prep. time: 8 minutes

Cooking time: 15 minutes (conventional)
10-12 minutes (microwave)

Equipment:

can opener
liquid measure
grater
cutting board
small sharp knife
2 L saucepan or microwave safe bowl
whisk

Conventional

1. Combine soup, milk and vegetables in saucepan.
2. Heat over medium low heat until vegetables are tender and soup is hot.

Microwave

1. Combine soup, milk and vegetables in microwave safe bowl.
2. Cook at 70% power for 10-12 minutes.

PIZZA STYLE FRITTATA

Eggs are great for last minute meal preparation. This recipe is good for breakfast, lunch or supper!

1 Serving	4 Servings
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15 ml	50 ml	bottled Italian style dressing
125 ml	500 ml	frozen mixed vegetables*
2	8	eggs
pinch	2 ml	salt
pinch	2 ml	oregano
pinch	1 ml	pepper
5 slices	125 ml	sliced pepperoni
50 ml	250 ml	grated mozzarella

Prep. time: 10 min

Cooking time: 15 - 20 min

Equipment:

nonstick frying pan (18 cm for 1 serving; 25 cm for 4 servings)
dry measures
small measures
liquid measure
medium bowl
whisk
small sharp knife
spatula
aluminum foil

1. Assemble all ingredients and equipment.
2. Bring dressing to a boil in nonstick frying pan over medium heat.
3. Stir in vegetables and simmer 3 - 5 minutes or until tender.
4. Meanwhile whisk together eggs, salt, oregano and pepper; pour into pan. Reduce heat to medium low.
5. Cook until egg mixture begins to set around the edge. Lift edge of egg mixture with spatula, allowing uncooked portion to flow underneath. Cook until surface is set but still moist, 5 - 7 minutes for a single serving, 15 - 20 minutes for 4 servings.
6. Sprinkle with pepperoni and cheese.
7. Place under broiler until cheese melts, about 3 minutes. (If frying pan handle is not oven-proof, wrap completely with aluminum foil.)

*Leftover cooked but firm vegetables may be substituted for frozen vegetables. Broccoli, zucchini, carrots, mushrooms are good in this recipe.

FAST FIXIN' SALAD

Whenever it is too hot to cook a meal, or you are too hurried to cook, serve a salad that is a meal in itself.

1	head lettuce	<u>Yield:</u> 4 - 5 servings
250 ml	sliced celery or green pepper	<u>Prep. time:</u> 15 min
250 ml	cheese strips or cubes	<u>Equipment:</u>
2	hard cooked eggs, in slices or wedges	dry measure
250 ml	cooked ham, chicken or beef (cut in strips or cubes)	cutting board
1 - 2	tomatoes, cut in wedges	sharp knife
	salad dressing of your choice	large salad bowl
		salad tongs

1. In a large bowl, toss together salad greens and celery or green pepper.
2. Arrange meat, cheese, eggs and tomatoes attractively on top of greens.
3. Serve dressing separately.

THOUSAND ISLAND DRESSING

125 ml	chili sauce	<u>Yield:</u> 250 ml
125 ml	mayonnaise or yogurt or a combination of both	<u>Prep. time:</u> 2 minutes
		<u>Equipment:</u>
		glass measure
		small bowl (1 L)
		spoon

1. Mix together in a small bowl.

MAKE AHEAD MEAT SAUCE

This recipe makes enough sauce for more than one meal. Freeze the extras for up to 3 months in single or family size portions for future use. Serve with noodles and a green salad or vegetable sticks.

750 g lean ground beef
2 cloves garlic, finely chopped
2 onions, chopped
250 ml celery, thinly sliced
2-796 ml cans tomatoes
1-369 ml can tomato paste
5 ml granulated sugar
15 ml basil
15 ml oregano
5 ml salt
2 ml pepper

Yield: 2.5 litres

Prep. time: 10 min

Cooking time: 2 hours

Equipment:

5 L saucepan with lid
dry measure
small measures
chopping board
sharp knife
can opener
rubber spatula
wooden spoon

1. Assemble all ingredients and equipment.
2. In a large heavy saucepan brown meat with garlic and onions over medium high heat stirring often. Drain excess fat.
3. Add remaining ingredients.
4. Bring to a boil, reduce heat to low and simmer, covered, for 1 hour. Uncover and continue to cook for about 1 hour or until sauce thickens. Stir occasionally during cooking.

S'MORES

Making this recipe is a fun way to test for hot spots in your microwave oven. S'mores tend to be sticky and high in sugar, so be sure to brush your teeth after you sample the results!

16 marshmallows	<u>Yield:</u> 16 s'mores
32 graham crackers	<u>Prep. time:</u> 5 min
16 milk chocolate squares (2 milk chocolate bars)	<u>Cooking time:</u> 4 min
	<u>Equipment:</u> napkins or paper towels

1. Place napkins or paper towelling on the floor of the microwave oven.
2. Arrange 16 graham crackers in 4 rows in the oven.
3. Top each cracker with a large marshmallow.
4. Program microwave for 100% power for 1 minute.
5. Watch to see which marshmallows puff up first. (This will indicate where hot spots in your oven are, if any.)
6. Remove crackers as marshmallows puff so they won't burn. Top each with a square of chocolate and another graham cracker.
7. Microwave at 100% power for 10 seconds for each cracker.

SPUDWEISERS

a potato for each hungry person

Prep.time: 2 min

Cooking time: varies with number of potatoes

Equipment:

vegetable scrub brush

paring knife

fork

microwave roasting rack, if available

clean kitchen towel

1. Scrub the potatoes under running water until they are clean. Remove any 'spots' with a paring knife.
2. Pierce the scrubbed potatoes twice with a fork so that steam can escape during cooking.
3. For total cooking time a guide for medium-sized potatoes is:

1 potato	3 - 5 minutes
2 potatoes	5 - 7 minutes
3 potatoes	7 - 10 minutes
4 potatoes	10 - 12 minutes
5 potatoes	12 - 14 minutes
6 potatoes	14 - 16 minutes
4. Arrange the potatoes to allow a few centimeters space between them. Put the potatoes on a microwave rack if one is available.
5. Microwave the potatoes on 100% power for one half of the total cooking time.
6. Turn the potatoes over and rotate. Continue to microwave on 100% power for the last half of the cooking time.
7. Wrap the potatoes in a clean kitchen terry towel. The potatoes will still feel slightly firm but they will complete cooking during the 5 - 10 minutes of standing time.
8. Cut a cross on the top and pinch the ends. Serve with your favorite topping.

Optional Toppings

Make Ahead Meat Sauce

chili

sour cream or yogurt and green onions

grated cheese

MEAT LOAF IN A MUG

This recipe for the microwave oven makes a quick meal for one person.

125 ml lean ground beef
1 slice bread, torn into small pieces
25 ml milk
1 green onion, thinly sliced
2 ml Worcestershire sauce
pinch salt
pinch pepper

Yield: 5 min

Prep. time: 5 min

Cooking time: 4 min

Equipment:

sharp knife
cutting board
small measures
dry measures
medium straight-sided mug
fork
wax paper

1. Assemble ingredients and equipment.
2. Mix all ingredients thoroughly in small bowl.
3. Press into medium size mug.
4. Cover with wax paper.
5. Microwave at 70% power for 4 minutes or until meat is firm, rotating mug half a turn at half time.
6. Let stand 1 minute.

PARMESAN CHICKEN

4 - 6 pieces of chicken
(approximately 1 kg)
1 egg, beaten
15 ml water
125 ml cornflake crumbs or
bread crumbs
125 ml Parmesan cheese
1 ml thyme
5 ml paprika

Yield: 4 servings
Prep. time: 10 min
Cooking time: 10 - 12 min
Standing time: 5 min
Equipment:
cutting board
sharp knife
small bowl
dry measures
shallow dish
2 spoons
microwave rack
waxed paper

1. Assemble all ingredients and equipment.
2. Remove skin and visible fat from chicken.
3. Combine egg and water in a small bowl.
4. Combine crumbs, Parmesan cheese, thyme and paprika in a shallow dish. Divide mixture in half. Only half of the crumbs are needed for this recipe. The other half can be stored in the refrigerator or freezer for future use.
5. Dip chicken into egg mixture, then in crumbs to coat well.
6. Arrange chicken on a microwave rack with bony sides down and fleshier parts toward the outside. Allow a few centimeters between the pieces.
7. Cover with wax paper and microwave at 70% power for 10 - 12 minutes. Halfway through cooking, rearrange chicken so that areas which are least cooked are at the outside of the dish.
8. Let stand for 5 minutes.

Note: Check for doneness after standing time as chicken will continue to cook on standing.

GUIDELINES FOR MICROWAVING VEGETABLES

Place prepared vegetables in a glass or suitable baking dish and add suggested amount of water. Cover and microwave at full power for the indicated time. Stir or toss vegetables up to four times during cooking. Allow vegetable to stand, covered, 3 minutes before serving. Do not add salt during cooking as it wrinkles and toughens the vegetables.

VEGETABLE	WATER	TIME (min)
ASPARAGUS, Stalks Arrange spoke-fashion in dish, tips toward centre and stalks out.		
6 servings	50 ml	4-5
1 serving	15 ml	1-2
BEANS, GREEN and WAX 3 cm pieces		
6 servings	50 ml	10-11
1 serving	15 ml	2-3
BRUSSEL SPROUTS (whole)		
6 servings	--	6-7
1 serving	--	1-2
CABBAGE (shredded or wedges)		
6 servings	50 ml	9-10
1 serving	15 ml	4-5
CARROTS (5 mm thick slices)		
6 servings	50 ml	8-9
1 serving	15 ml	3-4
CAULIFLOWER (whole)		
6 servings	50 ml	11-12
1 serving	15 ml	4-5
Flowerettes		
6 servings	50 ml	9-10
1 serving	15 ml	3-4
ONIONS (whole, peeled)		
6 servings	50 ml	7-8
1 serving	15 ml	2-3
SPINACH With drops of water on leaves in layers.		
6 servings	--	6-7
1 serving	--	2-3
ZUCCHINI 1 cm thick slices		
6 servings	50 ml	6-7
1 serving	15 ml	1-2

QUICK RICE PUDDING

1-92 g pkg. vanilla pudding
(not instant)
500 ml milk
125 ml quick-cooking rice
125 ml raisins
1 ml cinnamon

Yield: 5-6 servings
Prep. time: 5 minutes
Cooking time: 6-8 minutes
Standing time: 10 minutes
Equipment:
liquid measure
dry measure
small measure
wooden spoon or whisk
2 L microwave safe dish

1. Assemble all ingredients and equipment.
2. Combine pudding mix, milk and rice in a 2 L microwave safe dish.
3. Microwave on 70% power for 6-8 minutes, stirring every 2 minutes until mixture starts to boil.
4. Add raisins and cinnamon. Cover. Stand 10 minutes. Stir. Chill.

BUNWICH

50 g shaved cold meat e.g. roast
beef, pastrami, cooked ham
1 large bun
butter (optional)
25 ml shredded cheese or sliced
process cheese
your choice of tomatoes,
mustard, mayonnaise,
alfalfa sprouts

Yield: 1 serving
Prep. time: 1 min
Cooking time: 25 - 40 sec
Equipment:
bread knife
cutting board
knife
paper towels

1. Assemble all ingredients and equipment.
2. Cut bun in half. Butter if desired.
3. Place meat and cheese evenly in the middle of the bun. Wrap with a paper towel.
4. Microwave at 70% power for 25 to 40 seconds.
5. Add tomatoes, mustard, mayonnaise, alfalfa sprouts.

GRAPE SPRITZER

1-682 ml	bottle grape juice	<u>Yield:</u> 12 servings
375 ml	orange juice (fresh or diluted frozen concentrate)	<u>Prep. time:</u> 5 min
2-750 ml	bottles ginger ale	<u>Equipment:</u> punch bowl ladle glass measure

1. Assemble all ingredients and equipment.
2. Combine fruit juices in a large bowl.
3. Just before serving, add ginger ale.

GARLIC BREAD

1	loaf Italian Bread or French (shorter than your microwave)	<u>Prep. time:</u> 8 min
75 ml	butter	<u>Cooking time:</u> 50-70 seconds
2 ml	garlic powder	<u>Equipment:</u> cutting board bread knife small measures paper towels or clean kitchen towel

1. Assemble all ingredients and equipment.
2. Slice bread into 2 cm slices (do not slice through bottom of loaf).
3. In glass measure, melt butter with garlic on 100% power for 30-40 seconds. Brush butter on each slice.
4. Wrap bread in paper towel or clean kitchen towel.
5. Microwave on 70% power for 50-70 seconds, rotating 1/4 turn halfway through cooking.

TEX-MEX CHILI

1 L	meat sauce	<u>Yield:</u> 10 - 12 servings
1-540 ml	can red kidney beans, drained	<u>Prep. time:</u> 2 min
10-15 ml	chili powder	<u>Cooking time:</u> 10 min (conventional) 4-6 min (microwave)
		<u>Equipment:</u> 3 L saucepan or microwave safe dish 1 L glass measure can opener small measures wooden spoon

Conventional

1. Assemble all ingredients and equipment.
2. Combine all ingredients in large heavy saucepan.
3. Heat over medium low heat until warm, about 10 minutes.

Microwave

1. Assemble all ingredients and equipment
2. Combine all ingredients in large microwave container. Cover.
3. Microwave on 70% power for 4 - 6 minutes, stirring every 2 minutes.

STRAWBERRY SUNDAE TOPPING

500 ml frozen strawberries *	<u>Yield:</u> 500 ml
<u>OR</u>	<u>Prep. time:</u> 3 min
1-300 g pkg frozen strawberries, thawed	<u>Cooking time:</u> 3-5 min
	<u>Equipment:</u>
25 ml corn starch	2 L microwave safe bowl
50 ml sugar	500 ml liquid measure
50 ml water	small measures
15 ml lemon juice	wooden spoon

1. Assemble all ingredients and equipment.
2. In a 2 L microwave safe bowl, combine cornstarch and sugar.
3. Stir in water and strawberries.
4. Microwave on 100% power for 3-5 minutes, stirring every minute with a wooden spoon until thickened.
5. Add lemon juice and stir.

* Raspberries or blueberries could be substituted for the strawberries.

BUTTERSCOTCH SAUCE

250 ml brown sugar	<u>Yield:</u> 375 ml
125 ml light cream	<u>Prep. time:</u> 5 minutes
50 ml corn syrup	<u>Cooking time:</u> 4 minutes
25 ml corn starch	<u>Equipment:</u>
50 ml butter	1 litre microwave safe dish
pinch salt	glass measure
5 ml vanilla	dry measure
	small measures
	small wire whisk

1. Assemble all ingredients and equipment.
2. In a 1 L microwave safe dish, blend sugar, cream, corn syrup, corn starch, butter and salt.
3. Microwave at 70% power for 4 minutes, stirring for 5 seconds every minute with whisk.
4. Stir in vanilla.
5. Serve warm or cold.

HOT FUDGE SAUCE

250 ml	chocolate chips (1-175 g pkg)	<u>Yield:</u> 250 ml
15 ml	butter	<u>Prep. time:</u> 3 min
50 ml	light corn syrup	<u>Cooking time:</u> 5 min
30 ml	water	<u>Equipment:</u>
	pinch salt	500 ml glass measure
5 ml	vanilla	50 ml measure
		small measures
		wooden spoon or small wire whisk
		1 L microwave safe bowl

1. Assemble all ingredients and equipment.
2. In 500 ml glass measure combine chocolate chips and butter.
3. Microwave on 50% power for 3-4 minutes, stirring every minute until smooth.
4. Gradually add corn syrup and water mixing well until smooth.
5. Add salt and vanilla.
6. Microwave on 100% power for 1 minute until hot.
7. Serve immediately.