

# Microwave Cookware

INSTRUCTIONS & RECIPES



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## Microwave Cookware

Prepare meals in your microwave quickly and easily! BPA-free microwave-specific cookware is ideal for all types of microwave cooking. Perfect for family sized portions. In the small 1 quart (4 cup) container melt a small amount of butter or chocolate, heat soup, reheat leftovers, toast nuts, or make oatmeal. In the large 2 quart (8 cup) container heat soups, steam vegetables, cook pasta or grains, or thaw meat. Includes trivet insert that separates liquid from food when steaming. Dishwasher safe making clean-up a breeze.



The large and small containers will fit side by side in most standard microwaves so you can create an entire meal in one easy step!



Side handle, pour spout and built-in lid strainer make draining liquids neat, easy and safe.



Small and large container nest together for easy and compact storage.

## Recipe Guide

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## Care

Before first use, hand wash in warm, soapy water or in an automatic dishwasher, positioned away from the heating element.

Intended for microwave use only. Do not use in conventional oven, under browning elements or on stovetop. Not to be used for popping popcorn.

CAUTION: Use oven mitt or pad when handling pot with hot contents after cooking or reheating. Use caution when draining liquids. Escaping steam may be hot. Always lift lid toward you, allowing steam to escape away from you.

## Usage Tips and Ideas

Microwave ovens vary in wattage and size; therefore adjust times and power levels as needed beginning with shorter cooking times. For best results, consult microwave manufacturer's instructions for recommended cooking times and power levels. Cooking times are based on preparation in 1100 watt microwave. Cooking times in recipes should only be used as a guideline.

Cooking foods high in fat or sugar require stirring the contents frequently to prevent overheating. If overheating occurs, marks on the interior may develop but will not be harmful and the pot can continue to be used.

To avoid spill-over's, do not overfill. Always place the lid on pan when cooking foods that may splatter. Also, use lid for straining liquid from cooked vegetables.

When steaming vegetables or fruit, use provided lid for best results and use only a small amount of water to allow more of the foods' own flavors to come through. Their colors remain vibrant and more of their vitamins and minerals are retained. In addition to vegetables, try steaming fish as it cooks quickly so that it stays moist.

When melting butter, do not allow the butter to bubble or boil. Remove the pot while a small amount of solid butter remains as residual heat will finish the melting. Generally ½ cup (1 stick) of butter melts in 40-45 seconds on HIGH.

Rehydrating dried foods such as apricots, cranberries, raisins, mushrooms, and sun-dried tomatoes can be done easily in the microwave. Place fruit or vegetables in Small Microwave Cookware covering food with water. Microcook on HIGH 1-2 minutes or until just tender and ready for recipes.

For added flavor, substitute broth or stock for water when preparing grains. To cook couscous, quinoa, or orzo, refer to package microwave directions for best results. If microwave directions are not provided, do not prepare in the microwave.

## Fruit & Nut Breakfast Oatmeal

*Start your day with this creamy and fruity breakfast cereal.*

- ¾ cups unsweetened almond milk**
- ½ cup water**
- ¾ cups old-fashioned rolled oats**
- 2 tablespoons each golden raisins and dried cranberries**
- 1 tablespoon pure maple syrup**
- ¼ teaspoon ground cinnamon**
- 2 teaspoons chopped walnuts**

In Small Microwave Cookware combine all ingredients except walnuts. Microcook, uncovered on HIGH 4½ -5 minutes or until thick and creamy. Stir; divide cereal among 2 bowls. Top with chopped walnuts. Enjoy immediately.

*Serves 2 (3/4 cup) servings*

## Coconut Couscous Pudding with Toasted Almonds

*Cooking pudding in the microwave is quick and clean-up couldn't be easier.*

- ⅓ cup sliced almonds**
- 1 can (13.6 oz.) light coconut milk**
- 1½ cups water, divided**
- 1 package (10 oz.) plain couscous**
- ¼ cup cornstarch**

- ½ cup packed brown sugar**
- ½ teaspoon salt**
- 2 cups half and half**
- 2 eggs**
- ½ teaspoon each coconut and almond extract**

To toast almonds, place almonds in Small Microwave Cookware. Microcook, uncovered on HIGH 1½ -2 minutes or until toasted, stirring every 45-60 seconds. Remove and place almonds in small bowl; set aside.

For pudding, combine coconut milk and ½ cup water in Large Microwave Cookware. Microcook covered on HIGH 5 minutes or until boiling. Remove cookware and allow liquid to cool 1 minute. Slowly stir in couscous. Cover with lid; let couscous rest.

Add cornstarch, brown sugar, salt, and remaining 1 cup water in Small Microwave Cookware stirring until combined. Microcook, uncovered on HIGH 2-2½ minutes or until boiling and mixture getting thick, whisking every 60 seconds. Carefully remove cookware from microwave; whisk in half and half. Cook 3-4 minutes on HIGH; stirring half-way. In separate bowl whisk eggs and add ½ cup of hot pudding mixture whisking until smooth. Combine egg mixture with pudding; microcook on HIGH 1 minute. Stir in extracts. Fluff couscous with fork; pour pudding mixture into Large Microwave Cookware, stir well to combine. Serve warm topped with toasted sliced almonds, or refrigerate until chilled.

*Serves 8 (about 3/4 cup) servings*

## Homemade Chicken Soup with Orzo

*This homemade soup tastes just as good as Grandma's and made in half the time!*

- 3 cups water plus 2 tablespoons, divided**
- 4 chicken drumsticks, skinned (about 1 lb.)**
- 1 cup sliced baby carrots**
- ¾ cup coarsely chopped broccoli florets**
- ½ cup each chopped onion and celery**
- 2 tablespoons chopped fresh basil**
- ¼ cup uncooked orzo**
- ½ teaspoon salt**
- ¼ teaspoon ground black pepper**

In Large Microwave Cookware combine 3 cups water and chicken. Microcook, uncovered on HIGH 8 minutes or until chicken is done, stirring after 4 minutes. Carefully remove chicken from cookware, reserving cooking liquid in cookware. Using 2 forks remove chicken from bones, discard bones. Shred chicken into bite size pieces and add back with cooking liquid; set aside.

Combine remaining 2 tablespoons water, broccoli, carrot, onion and basil in Small Microwave Cookware fitted with tray. Cover with lid; microcook on HIGH 6 minutes or until tender, stirring after 3 minutes. Drain liquid. Add vegetables, orzo, salt, and pepper to chicken mixture in Large Microwave Cookware. Cover; microcook on HIGH 8 minutes or until orzo is tender, stirring at 4 minutes. Ladle into serving bowls; serve immediately.

*Serves 4 (1 cup) servings*

## Rosemary Potatoes

*These potatoes taste as if they were roasting in the oven for hours – but cook in less than 15 minutes.*

- 1 tablespoon butter**
- 1 small garlic clove, minced**
- 1 teaspoon fresh rosemary leaves**
- ½ teaspoon salt**
- ¼ teaspoon ground black pepper**
- 1½ pounds small red potatoes, quartered**

Place butter and garlic in Large Microwave Cookware. Microcook, uncovered on HIGH 30 seconds or until butter is almost melted. Add rosemary, salt, pepper, and potatoes; toss well to coat. Cover with lid, microcook on HIGH for 10-11 minutes or until potatoes are tender. Serve immediately.

*Serves 4 servings*

## Rice

Combine 1 cup rice, 2 cups liquid in uncovered Small or Large Microwave Cookware.

For Medium or Long Grain White Rice microcook on HIGH 5 minutes or until boiling; reduce to MEDIUM (Power level 5 or 50%) and microcook 15 minutes or until water is absorbed. Remove; place Lid on and let stand 5 minutes.

For Whole Grain Brown Rice microcook on HIGH 5 minutes; reduce to MEDIUM ((Power level 5 or 50%) and microcook 20 minutes or until water is absorbed. Remove; place Lid on and let stand 5 minutes.

## Suggest Cooking Times

Food	800-1000 watts	1100-1200 watts
<b>Canned Soup</b>	3 - 4 min	2 ½ - 3½ min.
<b>Dried Fruits or Vegetables for rehydrating</b> <i>(such as sun-dried tomatoes, porcini mushrooms)</i>	2 - 3 min	1- 2 min.
<b>Fish Fillet</b> <i>(such as cod, tilapia)</i>	4 - 5 min.	3 - 4 min.
<b>Fresh Vegetables — crisp tender</b> <i>(such as carrots, broccoli, green beans)</i>	5 - 6 min.	4 - 5 min.
<b>Frozen Vegetables</b> <i>(such as green beans, broccoli, mixed)</i>	4½ - 5½ min.	3 - 4 min.
<b>Melting Butter 1 stick</b> <i>(½ cup)</i>	1 min.	40 - 45 sec.
<b>Nuts (toasting)</b>	2 - 2½ min.	1½ - 2 min.

Food	800-1000 watts	1100-1200 watts
<b>Oatmeal</b>		
Regular	3 - 4 min.	2½ - 3 min.
Instant	1½ - 2½ min.	1 - 1½ min.
<b>Potatoes — boiled</b> <i>(such as red, or Idaho cut in quarters)</i>	10 - 12 min.	9 - 11 min.
<b>Reheating</b> <i>(meat dishes, casseroles)</i> When reheating, always check internal temperature of food making sure it reaches 165°F	3 - 4 min.	2 - 3 min.

**NOTE:** Suggested times work best if microwave oven has a built-in turntable. If using a microwave oven without a built-in turntable, turn container once halfway through cooking.

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