MASTERING *the* SPEED OVEN

TECHNIQUES AND RECIPES

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DISTINCT COOKING VERSATILITY

Our dinner tables are packed full of classic duos: wine and cheese, tomatoes and basil, coffee and cake. You have your personal favorites as well. No matter the pairing, the whole is usually greater (and tastier) than the sum of its parts. The same is true of the Wolf speed oven, a combination convection oven and microwave. A technological duet engineered with the best of each, the speed oven offers you practically limitless edible expression. This guide is merely an inspirational springboard on your culinary journey.

What is a speed oven?

THE BEST OF TWO OVENS

A speed oven combines the power, speed, and smaller size of a microwave oven with the efficient heat distribution and browning capabilities of a convection oven and broiler. With the assistance of preset modes, you can use the two functions separately, such as popping popcorn with the microwave function or baking cakes with the convection oven function, or in tandem. Used together, the functions reduce overall cooking time while creating conventional oven results. This guide will assist you in understanding which mode is ideal for the dish you are preparing.

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Getting Started

INSIDE YOUR OVEN

Each mode uses either a single cooking method or a precise combination of multiple cooking technologies. Sometimes, as with the Popcorn or Beverage Modes, microwaves alone provide the best results. Alternatively, as with the Micro Bake and Micro Roast Modes, a combination of microwaves and convection heat is required. By gaining an understanding of the cooking methods of each mode, you can properly select the necessary and safe cookware.

SELECT THE PROPER COOKWARE

MODE	HEAT/METHOD	OVEN-SAFE	MICROWAVE-SAFE, NON-METALLIC	OVEN-SAFE, NON-METALLIC	RACK(S) OR RISER(S)*
Auto Defrost	Microwave		✓		
Beverage	Microwave		✓		
Melt/Soften	Microwave		✓		
Microwave	Microwave		✓		
Popcorn	Microwave		✓		
Reheat	Microwave		✓		
Convection	Convection	✓			Rack or Riser
Keep Warm	Convection	✓			Riser
Micro Bake	Convection and Microwave			✓	Riser
Micro Roast	Convection and Microwave			✓	Rack or Riser
Broil	Broil	✓			Riser
Gourmet**	--				

** The turntable should remain installed for all cooking modes.*

*** Refer to the Gourmet Guide (or individual recipes) for specific method information and recommended cookware.*

Modes

SOPHISTICATED, PRECISE METHODS

POPCORN

With the press of a button—and without fear of burnt kernels—you can savor this timeless snack in a matter of minutes.

BEVERAGE

From decadent hot cocoa to water for coffee or tea, curl up with a cozy sipper heated to your liking.

REHEAT

No more grimacing at leftovers. This mode automatically adjusts the cook time and power level based on the food's moisture level, bringing it back to flavorful life.

GOURMET

No guesswork here. Simply place your desired dish into the speed oven, select the cooking agenda from the intuitive menu, and the oven does the rest.

CONVECTION

Hot, moving air envelopes your food for evenly baked and fast results. Forgo preheating your full-sized oven for a single batch of cookies, or you can use it as a second oven to prepare a host of side dishes.

BROIL

A high-powered broil element adds the sizzling heat needed to add the finishing touch. Creates a crusty sear for hamburgers and steaks, or caramelizes for the crusty top of crème brûlée.

AUTO DEFROST

From freezer to table in moments. Slashes meal prep time with smart defrosting technology.

MELT/SOFTEN

Quickly readies butter, chocolate, cream cheese—anything that needs a quick warm-up before beginning a culinary endeavor.

KEEP WARM

A savior for mistimed meals and latecomers alike. Ensures everything is served hot, holding food at its ready-to-serve temperature for up to ninety minutes.

MICRO BAKE

Convection heat paired with a low percentage of microwave power expedites the cooking process, preparing your favorite recipes in a snap.

MICRO ROAST

Like Micro Bake, this mode uses microwave power to speed up results. Convection heat with microwave power provides the optimal ratio of speed and heat for roasting chicken or vegetables.

MICROWAVE

Often the unsung hero of the kitchen, it gets a lot done in less time. Use this mode as you would in a standard microwave oven.

Popcorn

A SNACK-TIME RENAISSANCE

Many kitchens are acquainted with the staccato of microwave popcorn. Due to its commercialization in the last half century, its popularity has rapidly increased. While butter still holds a special place in the hearts of many, innovators have started to slather, sprinkle, and drizzle with a wide range of experimental flavors. Others substitute the kernels for croutons in soup or add extra crunch to their favorite baked goods. No matter if you are simply popping a bag for an at-home movie night or investigating the versatility of this beloved snack, the Popcorn Mode will deliver airy, habit-inducing results.

Do-It-Yourself Microwave Popcorn

Easy to make and with nearly limitless flavor options, this treat is without the long list of tongue-twisting ingredients found in store-bought bags.

MAKES	COOK TIME
2 SERVINGS OR 4 CUPS	3 MINUTES

SPECIAL SUPPLIES

- Brown paper lunch bags
- Parchment paper

INGREDIENTS

- ¼ cup popcorn kernels
- ½ teaspoon vegetable oil
- ½ teaspoon kosher salt

PREPARATION METHOD

1. Mix the popcorn, oil, and salt in a small bowl. **2.** Fold a sheet of parchment paper to line the interior of a brown paper bag. **3.** Pour the contents of the bowl into the bag and fold the edge of the bag closed. **4.** Place the bag into the oven, standing upright and centered on the turntable. **5.** Select Popcorn Mode, then Snack Bag.

QUICK TIP

After popping, toss popcorn with a drizzle of oil or melted butter to coat, then add your preferred seasoning mix and toss again.

- ***Spicy Chipotle:** 1 tablespoon chipotle powder and 1 teaspoon salt*
- ***Cinnamon Sugar:** 2 tablespoons light brown sugar, 1 teaspoon cinnamon, 1/4 teaspoon salt*
- ***Parmesan Rosemary:** 2 tablespoons freshly grated Parmesan, 1 tablespoon dried rosemary, 1 teaspoon garlic powder, 1 teaspoon salt*

Beverage

PIPING HOT, ALL DAY LONG

We often have the best intentions of enjoying our freshly brewed coffee or tea, but how many times have you found yourself facing a lukewarm cup hours later? Instead of passing up the delight of your favorite brew, Beverage Mode reheats and reinvigorates it to drinkable bliss.

Reheat

RESET YOUR REHEAT EXPECTATIONS

When it is time to heat up a smorgasbord of last weekend's meals, many people wrinkle their noses at the thought. But now you can reinvigorate leftovers to delectable life with the speed oven's smart Reheat Mode. It senses the moisture in last night's dinner and adjusts the power and cooking time accordingly. This mode is all about wasting less and stretching that special meal a little further.

Gourmet

FOOLPROOF BY DESIGN

You select the dish, and Gourmet does the rest. Your speed oven has been programmed with a host of chef-tested dishes. Simply select the type of food you wish to prepare, and the oven sets the optimal cooking mode and adjusts the temperature on its own—sometimes using multiple modes and temperatures—for guesswork-free, delicious results. Sit back and enjoy the satisfaction of cooking an extraordinary meal without worry.

Molasses Cookies

Sparkling with sugar on the outside, rich and chewy in the middle, these cookies are a welcomed addition to your cookie jar's rotation.

COOKWARE	RACK/RISER	MAKES	COOK TIME
OVEN-SAFE	RACKS 1 AND 2	18 COOKIES	13 MINUTES

INGREDIENTS

- 2¼ cups all-purpose flour
- 1 teaspoon baking soda
- 1½ teaspoons ground cinnamon
- 1½ teaspoons ground ginger
- ½ teaspoon ground cloves
- ¼ teaspoon ground allspice
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- ¾ cup unsalted butter, at room temperature
- ⅓ cup granulated sugar
- ⅓ cup dark brown sugar
- 1 egg yolk
- 1 teaspoon vanilla extract
- ½ cup molasses

FOR ROLLING:

- ½ cup granulated sugar

PREPARATION METHOD

1. Line two small baking sheets with parchment paper. **2.** In a medium bowl, whisk together the flour, baking soda, cinnamon, ginger, cloves, allspice, pepper, and salt. Set aside. **3.** Using a stand mixer, cream the butter and both sugars on medium-high speed until light and fluffy. **4.** Reduce the speed to medium-low, add the egg yolk and vanilla extract, and mix until thoroughly combined. **5.** Add the molasses, mixing until fully incorporated. **6.** Add the dry ingredients, mix until just incorporated. **7.** Place the granulated sugar for rolling in a small bowl. Using a small cookie scoop, scoop the dough and roll into a ball. Roll the ball in sugar to coat and place on the prepared baking sheets. Press the dough down slightly. Repeat with the remaining dough. **8.** With racks on position "1" and "2," select Gourmet Mode, then Cookies, and allow the oven to preheat. **9.** Once preheated, place the trays into the oven and press Start. **10.** Once baked, remove the cookies and cool on a wire rack.

Mini Twice-Baked Potatoes

Loaded with flavor, these bite-sized appetizers will be the first to go at your next gathering.

COOKWARE	RACK/RISER	MAKES	COOK TIME
OVEN-SAFE	TALL RISER	24 POTATO HALVES	10-15 MINUTES

INGREDIENTS

- 15 baby red or gold potatoes
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 tablespoons sour cream
- 2 tablespoons unsalted butter, melted
- ½ cup cheddar cheese, grated
- 2 tablespoons fresh chives, minced
- 3 slices bacon, cooked and finely diced

PREPARATION METHOD

1. Place the potatoes on the round glass tray and select Gourmet Mode, then Potato. **2.** After the potatoes are cooked and still hot, slice them in half, gently scoop out the interior, and place in a medium size bowl. Reserve 24 of the halved potato skins. **3.** Add the salt, pepper, sour cream, and melted butter and half the cheese to the potato interiors. Lightly mash until the ingredients are fully incorporated. **4.** Divide the mixture between the potato skins. Top with the remaining ingredients and place on a parchment-lined jelly roll pan or similar small baking dish. **5.** Place the pan on the tall riser and select Broil Mode, set for 4 minutes.

Riced Cauliflower

Regardless of the health benefits of this low-calorie, gluten-free alternative, its mild flavor and versatility makes it an ideal pairing for stir-fries and curries.

COOKWARE	MAKES	COOK TIME
MICROWAVE-SAFE	5-6 CUPS	8-10 MINUTES

SPECIAL SUPPLIES

- Large glass bowl or microwaveable dish

INGREDIENTS

- 1 small head of cauliflower
- 2 tablespoons olive oil
- ½ teaspoon kosher salt
- ½ teaspoon black pepper

PREPARATION METHOD

1. Remove the core and roughly chop the head of cauliflower. Place the cauliflower into the bowl of a food processor. Pulse until finely chopped. **2.** In a large glass bowl, mix the chopped cauliflower, olive oil, salt, and black pepper. **3.** Cover the bowl with plastic wrap and place into the oven on the round glass tray. Select Gourmet Mode, then Soft Vegetables.

Convection

YOUR BREAD AND BUTTER OF OVEN MODES

Convection Mode is perhaps the most versatile of all oven modes. It works by circulating hot air throughout the cavity, minimizing hot and cool spots, and venting out excess moisture. You are left with consistent results, achieved more quickly than with a conventional Bake Mode. Muffins are fluffy and evenly browned. Chicken stays juicier underneath crackly skin. Vegetables quickly caramelize. And cookies puff to chewy or crispy goodness—no rotating of pans required.

Bourbon Candied Pecans

Candied nuts are an inspired addition to cheese boards, salads, or desserts, and are just as delectable on their own.

COOKWARE	RACK/RISER	MAKES	COOK TIME
OVEN-SAFE	RACK POSITION 1	1 CUP	15 MINUTES

SPECIAL SUPPLIES

- Silpat®

INGREDIENTS

- 1 cup raw pecan halves
- 3 tablespoons brown sugar
- 2 teaspoons bourbon
- 1 teaspoon water
- ¼ teaspoon kosher salt
- ⅛ teaspoon ground black pepper

PREPARATION METHOD

1. Preheat the oven on Convection Mode set to 350°F with a rack on position "1". **2.** On a pan lined with a Silpat®, spread the pecans into a single layer. **3.** Once the oven is preheated, place the pan into the oven on rack position "1" and set the timer for 15 minutes. Cook the pecans for 7 minutes. Remove the pecans from the oven. **4.** In a medium bowl, mix the brown sugar, bourbon, water, salt, and pepper until well combined. Toss the hot pecans with the mixture, return them to the pan, spreading them into a single layer. **5.** Place the pan back into the oven on rack position "1." Cook the pecans for 8 minutes, stirring halfway through. Remove the pecans from the oven. **6.** In a clean, medium bowl, toss the candied pecans until slightly cooled. Pour the pecans onto a piece of parchment paper or onto a clean baking tray. Cool completely before serving.

QUICK TIP

Personalize your muffins with an assortment of vegetables and other add-ins.

- *Fresh basil*
- *Grape tomatoes*
- *Cremini mushrooms*
- *Bell peppers*
- *Smoked salmon*
- *Capers*

Egg Muffins

Add various meats, cheeses, and vegetables to keep this savory brunch option interesting weekend after weekend.

COOKWARE	RACK/RISER	MAKES	COOK TIME
OVEN-SAFE	RACK POSITION 1	12 MUFFINS	20 MINUTES

INGREDIENTS

- 5 ounces bacon, diced
- 5 ounces ground pork breakfast sausage
- 1 medium yellow onion, finely diced
- ½ teaspoon black pepper
- ½ teaspoon kosher salt
- ¼ teaspoon garlic powder
- 6 eggs
- ¼ cup whole milk
- 2 tubes (10 count) buttermilk biscuits
- ¾ cup cheese of choice, shredded

PREPARATION METHOD

1. In a large pan, fry the bacon over medium-high heat. Add the sausage and onion, and sauté until the sausage is cooked through and the onion is translucent. Season with black pepper, salt, and garlic powder. Set aside. **2.** In a medium bowl, whisk the eggs and milk. **3.** Preheat the oven on Convection Mode set to 350°F degrees with a rack set on position "1." **4.** Coat muffin tin with cooking spray. In each muffin cup, flatten one biscuit, pressing and forming it along the bottom and sides. **5.** Divide the bacon and sausage mixture between the muffin cups. Pour enough egg mixture to fill each muffin cup ¾ full. Top with the shredded cheese. **6.** Place into the preheated oven and bake for 20 minutes or until fully set. Remove from the oven and serve immediately.

Roast Chicken

Roast an entire chicken with succulent results.

COOKWARE	RACK/RISER	MAKES	COOK TIME
OVEN-SAFE	LOW RISER	1 WHOLE CHICKEN	1 HOUR, 15 MINUTES

INGREDIENTS

- 1 (3½ to 4 pound) whole chicken
- 1 bunch fresh parsley
- 2 sprigs fresh rosemary
- 7 sprigs fresh thyme
- ½ of a lemon, sliced into wedges
- 2 cloves garlic, smashed
- 1 tablespoon olive oil
- Kosher or sea salt
- Freshly ground black pepper
- 2 small yellow onions, quartered
- 8 cloves garlic, peeled
- 3 tablespoons olive oil

PREPARATION METHOD

1. Preheat the oven on Convection Mode set to 425°F with the short riser set on glass tray. **2.** Stuff the parsley, rosemary, thyme, lemon, and smashed garlic inside the chicken. Truss the chicken closed with cotton kitchen twine. Rub the exterior of the chicken with one tablespoon of olive oil. Liberally season the chicken with salt and pepper. **3.** Scatter the onions and peeled garlic in a small roasting pan, and drizzle with olive oil. Add the chicken to the roasting pan. **4.** Place the pan into the oven and cook for 1 hour and 15 minutes, or until the internal temperature of the chicken, in the thickest part of the breast, reaches 165°F degrees. Allow chicken to rest for 10 minutes before slicing and serving.

Lasagna

This classic comfort dish is easy to prepare for a crowd. It can be prepared ahead of time and baked the next day.

COOKWARE	RACK/RISER	MAKES	COOK TIME
OVEN-SAFE	RACK POSITION 1	1 PAN	1 HOUR

INGREDIENTS

- 1 pound ground Italian sausage
- 1 pound ground beef
- 2 cups crushed tomatoes (or 16 ounce jar of marinara or pasta sauce)
- 6 ounces tomato paste
- 1 tablespoon dried parsley flakes
- ¼ teaspoon garlic powder
- Sugar to taste
- 1 box lasagna noodles (optionally, par boiled)
- 3 cups small curd cottage cheese
- 2 eggs, beaten
- ½ teaspoon salt
- 2 tablespoons parsley flakes
- ½ cup Parmesan cheese, grated
- 1½ pounds mozzarella cheese, shredded

PREPARATION METHOD

1. In a large pan or pot, brown the ground meats and drain off the excess fat. Return the browned meats to the pan and add the crushed tomatoes, tomato paste, parsley, garlic powder, and sugar. Simmer for 15-20 minutes. **2.** While sauce is simmering, combine the eggs, cottage cheese, salt, parsley flakes, Parmesan cheese, and half the mozzarella cheese in a mixing bowl. Stir to combine. **3.** Spray the bottom of a 9-by-13 inch cake pan with cooking spray. Spread a small amount of the meat sauce onto the bottom of the pan, about ½ cup. Create a double layer of the noodles on the bottom of the pan. Spread ⅓ of the cottage cheese mixture on top of the noodles. Spread evenly to cover the noodles as evenly as possible. Top with ⅓ of the meat sauce. Add a single layer of noodles and repeat. Repeat the process a third time, ending with the meat sauce as the last layer. Sprinkle the remaining mozzarella cheese evenly over the top. **4.** Preheat the oven on Convection Mode set to 350°F with a rack set on position "1." **5.** Once preheated, place the lasagna into the oven and cook for one hour or until cooked through.

Broil

THE SECRET TO SEARING

The intense, radiant heat produced by the broiler can create an entire dish from beginning to end—as with thin steaks, chops, or fish—or add the finishing, browning touch to more delicate items like pie meringue. It is also a great alternative to grilling outdoors. Proceed with a dash of caution, though. Food under the broiler can finish cooking in a matter of minutes, so it is best to keep a close eye on your culinary creations. Try toasting a baguette or other bread and topping it with various spreads, meats, and garnishes.

Auto Defrost

RELIEVING THE DINNERTIME CRUNCH

For those who experience the rush to get dinner on the table as quickly as possible, this mode may be extremely useful. Depending on the type and size of item you wish to defrost, the speed oven adjusts the time and temperature required. It guides you through a series of microwaving so you can present a scrumptious feast in no time at all.

Melt/Soften

JUST RIGHT

There is a precise moment when butter changes from an unmanageable brick to pliable gold. Oftentimes, for baking or simply buttering a piece of toast, we need to hit that goldilocks spot: spreadable, softened, just right. This mode applies gentle, steady heat to soften the firmest butter or cream cheese to malleability. Or use the Melt functionality to gradually liquefy chocolate.

Keep Warm

THE "BUSY SCHEDULE" MODE

Whenever your family and friends gather around the table, this mode ensures they have a hot, flavorful meal. Or use it to keep the first batch of food warm while you are preparing the second. No matter the scenario, you can count on gently warmed food for up to ninety minutes.

Micro Bake

GENTLE AND EFFICIENT

Take your standard convection baking and add minimum microwave power. The result? The same even, flavorful browning you would expect of a standard oven, but in significantly less time. Cakes, breads, and cookies bake quickly yet gently, leaving your friends and family asking, "You made this in your speed oven?"

Individual Monkey Bread

A sweet breakfast indulgence that will make both adults and children cheer.

COOKWARE	RACK/RISER	MAKES	COOK TIME
OVEN-SAFE, NON-METALLIC	LOW RISER	6 SERVINGS	15-20 MINUTES

INGREDIENTS

- 1 tube large buttermilk biscuits, quartered
- ½ cup sugar
- 1 teaspoon cinnamon
- 4 tablespoons butter
- ¼ teaspoon vanilla

PREPARATION METHOD

1. Combine the sugar and cinnamon in a sealable bag. Add biscuit quarters to the bag, about 6 at a time, and shake to coat. Removed the coated biscuits and place into small ramekins. Repeat with remaining biscuit pieces. **2.** In a small saucepan, combine the leftover sugar and cinnamon mixture, butter, and vanilla over medium-high heat until melted. Bring to a light boil and cook for 1 minute. Pour evenly over biscuits. **3.** Place the dishes into the oven on the low riser and select Micro Bake Mode set to 350°F. Cook for 15-20 minutes.

Brownies

Top this fudgy brownie with ice cream, chocolate sauce, and mixed berries for a truly decadent dessert.

COOKWARE	RACK/RISER	MAKES	COOK TIME
OVEN-SAFE, NON-METALLIC	LOW RISER	1 PAN	30-35 MINUTES

INGREDIENTS

- 3 tablespoons Dutch-processed cocoa
- ¼ cup, 1 tablespoon boiling water
- 1 ounce unsweetened chocolate, finely chopped
- 2 tablespoons unsalted butter, melted
- ¼ cup, 1 tablespoon vegetable oil
- 1 egg
- 1 egg yolk
- 1 teaspoon vanilla extract
- 1¼ cup granulated sugar
- ¾ cup, 2 tablespoons all-purpose flour
- ½ teaspoon salt
- ½ cup semi-sweet chocolate chips

PREPARATION METHOD

1. Spray a 8-by-8 inch glass baking pan with nonstick cooking spray. **2.** Whisk the cocoa powder and boiling water in a large bowl until smooth. Add the unsweetened chocolate and whisk until melted. Whisk in the melted butter and oil. Add the egg, egg yolk, and vanilla extract, and whisk until smooth. **3.** Whisk in the sugar until fully incorporated. Add the flour and salt and mix until combined. Fold in the chocolate chips. Pour the batter into the prepared pan and spread into an even layer. Place into the oven on the low riser and select Micro Bake Mode set to 350°F. Allow to cook for 30–35 minutes, or until a toothpick comes out with just a few crumbs attached. Transfer the pan to a wire rack and cool for 1½ hours.

Baked Brie

This baked brie is ideal as a stand-alone appetizer or rich element of a sophisticated cheese board.

COOKWARE	MAKES	COOK TIME
OVEN-SAFE, NON-METALLIC	1 WHEEL OF CHEESE	20-25 MINUTES

INGREDIENTS

- 1 wheel brie
- 1 sheet puff pastry, thawed
- 2 tablespoons fruit preserves
- 1 egg

PREPARATION METHOD

1. Cut the puff pastry sheet into a square large enough to fold and cover the wheel of brie. Spoon the preserves into the center of the puff pastry, top with the wheel of brie. Fold the edges of puff pastry up to cover the cheese, pinching the edges closed. Turn the wrapped cheese over and place on a glass baking dish. **2.** Beat the egg in a small bowl. Using a pastry brush, coat the top and sides of the puff pastry. **3.** Place into the oven and select Micro Bake Mode set to 400°F. Cook for 20–25 minutes, or until the pastry is golden brown.

Micro Roast

ROASTING IN MOMENTS

As with the Micro Bake Mode, this mode combines the best of convection heat and microwave power. Micro Roast Mode uses more microwave power to quickly roast tender, succulent proteins and vegetables, while convection heat browns the outside to desired crispiness.

Cornish Game Hens

An elegant alternative to roast chicken or turkey.

COOKWARE	RACK/RISER	MAKES	COOK TIME
OVEN-SAFE, NON-METALLIC	RACK POSITION 1	3 HENS	45 MINUTES

INGREDIENTS

- ½ cup lime juice, freshly squeezed
- ½ cup extra virgin olive oil
- 4 cloves of garlic, peeled and minced
- 2 tablespoons fresh oregano leaves, chopped
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- 3 Cornish game hens
- ½ yellow onion, thinly sliced
- ½ teaspoon freshly ground black pepper

PREPARATION METHOD

1. Prepare the marinade by whisking together the lime juice, olive oil, garlic, oregano, cumin, and salt in a small bowl. **2.** Pour the marinade into a 1 gallon resealable ziptop bag. **3.** Place the hens in the bag and press to remove as much air as possible before sealing. **4.** Place the bag in a large bowl or rigid container and into the refrigerator. Allow to marinade at least 4 hours or preferably overnight. **5.** Place the sliced onions, the hens, and their marinade in a small roasting pan or casserole dish. Season the hens with freshly ground black pepper. **6.** Place the dish into the oven on rack position "1." **7.** Select the Micro Roast mode set to 425°F and roast for 45 minutes or until an internal temperature of 165°F is reached in the thickest part of the breast.

Meatballs

No party is complete without meatballs.

COOKWARE	RACK/RISER	MAKES	COOK TIME
OVEN-SAFE, NON-METALLIC	RACK POSITION 1	24 MEATBALLS	30 MINUTES

INGREDIENTS

- ½ pound ground beef
- ½ pound ground pork
- ¼ cup yellow onion, finely diced
- 2 cloves garlic, minced
- 2 teaspoons kosher salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoons fresh parsley, minced
- ¼ cup Parmesan cheese, grated
- 1 egg, lightly beaten
- ½ cup panko (Japanese or coarse) bread crumbs

PREPARATION METHOD

1. In a large bowl, mix everything except the eggs and panko until well incorporated. Add the eggs and mix until just combined. Add the panko and mix until just combined. **2.** Form the mixture into balls, about 2 tablespoons each. Arrange in one layer in a 9-by-13-inch glass dish. **3.** Place the dish into the oven on rack position "1." **4.** Select Micro Roast Mode set to 450°F. Cook for 20 minutes.

Microwave

OFTEN MISUNDERSTOOD AND MISUSED

You can't beat the speed of microwave cooking, but home cooks are often wary of the results. The key to creating gourmet meals with this mode is to adapt the power and time to the water content of the food you are making, instead of simply selecting full microwave power. Also, foods with high water content often cook with better results.

Canning Jar Chocolate Cake

A quick and easy alternative to baking an entire cake. For your next gathering, set out toppings like fresh fruit, crumbled candy bars and cookies, and caramel and chocolate sauce for a do-it-yourself dessert bar.

COOKWARE	MAKES	COOK TIME
MICROWAVE-SAFE, NON-METALLIC	4 JARS	1 MINUTE, 40 SECONDS

SPECIAL SUPPLIES

- Half-pint glass mason jars

INGREDIENTS

- ½ cup flour
- ¼ cup cocoa
- ¼ cup sugar
- ¾ teaspoon baking powder
- ½ cup milk
- ¼ cup oil
- ¼ teaspoon salt
- 4 tablespoons mini chocolate chips

PREPARATION METHOD

1. In a medium bowl, whisk together the flour, cocoa, sugar, and baking powder. Add the milk, oil, and salt and mix until combined. **2.** Spray the inside of each jar with nonstick cooking spray. **3.** Using half the batter, divide between jars. Sprinkle each jar with 1 tablespoon of mini chocolate chips. Top each jar with the remaining batter. **4.** Place the jars into the oven on the round glass tray. Microwave on high for 1 minute and 40 seconds. Optionally, add toppings like frosting, fruit, chocolate sauce, or sprinkles.

Fudge

A tasty gift to share around the holidays, this recipe makes fudge so easy you will find yourself making this rich dessert year round.

COOKWARE	MAKES	COOK TIME
MICROWAVE-SAFE, NON-METALLIC	4 CUPS	4 MINUTES

INGREDIENTS

- 18 ounces mixed-variety chocolate, chopped
- 1 can (14 ounces) sweetened condensed milk
- Pinch salt
- 1½ teaspoons vanilla extract
- ½ cup nuts, chopped (optional)

PREPARATION METHOD

1. Line an 8-inch square baking pan with foil or parchment. **2.** Combine the chocolate chips, sweetened condensed milk, and salt in a medium glass bowl. **3.** Place the bowl in the oven on the round glass tray and microwave for 3 minutes. Stir, then microwave for 1 additional minute. **4.** Remove and immediately stir in the vanilla and nuts. Spread evenly in the prepared pan. **5.** Refrigerate for 2 hours, or until firm. Cut into squares and serve.

Peanut Brittle

An old-fashioned candy with new-fashioned speed.

COOKWARE	MAKES	COOK TIME
MICROWAVE-SAFE, NON-METALLIC	4 CUPS	10 MINUTES

INGREDIENTS

- 1 cup sugar
- ½ cup corn syrup
- 1 ½ cups peanuts
- 1 tablespoon butter
- 1 teaspoon vanilla
- 1 teaspoon baking soda

PREPARATION METHOD

1. Grease a baking sheet or use Silpat®, and set aside. **2.** In a glass bowl, combine sugar and corn syrup. **3.** Microwave on High for 4 minutes. Stir. Add peanuts. Microwave on high for 3 minutes and 30 seconds. **4.** Stir in butter and vanilla. Microwave on high for 1 minute longer. **5.** Quickly stir in baking soda, stirring just until mixture is foamy. **6.** Pour immediately onto greased or lined baking sheet. Let cool 15 minutes, or until set. Break into pieces, and store in an airtight container.

Quinoa Salad

This colorful salad is hearty enough to serve as a main dish or as an easily-assembled side. For a fresh take, substitute in-season vegetables from your local farmers' market.

COOKWARE	MAKES	COOK TIME
MICROWAVE-SAFE, NON-METALLIC	6-8 CUPS	17 MINUTES

INGREDIENTS

- 1 cup uncooked quinoa, rinsed in a fine-mesh colander
- 2 cups water
- 1 can (15 ounces) chickpeas, rinsed and drained, or 1½ cups cooked chickpeas
- 1 medium cucumber, seeded and chopped
- 1 medium red bell pepper, chopped
- ¾ cup red onion (from 1 small red onion), chopped
- 1 cup flat-leaf parsley (from 1 large bunch), finely chopped
- ¼ cup olive oil
- ¼ cup lemon juice (from 2 to 3 lemons)
- 1 tablespoon red wine vinegar
- 2 cloves garlic, pressed or minced
- ½ teaspoon fine sea salt
- Freshly ground black pepper

PREPARATION METHOD

1. To cook the quinoa: Combine the rinsed quinoa and water in a casserole dish with a lid or a large glass bowl covered with plastic wrap. **2.** Place the covered dish into the oven on the turntable. Microwave at 90% power for 5 minutes. Stir. Cover and microwave for 12 minutes at 50% power. **3.** Remove from oven and let the quinoa rest for 5 minutes. Uncover and stir with a fork. Allow the quinoa to cool completely. **4.** In a large serving bowl, combine the chickpeas, cucumber, bell pepper, onion, and parsley, then set aside. **5.** In a small bowl, combine the olive oil, lemon juice, vinegar, garlic, and salt. Whisk until blended, then set aside. **6.** Once the quinoa is cool, add it to the serving bowl, and drizzle the dressing on top. Toss until the mixture is thoroughly combined. **7.** Season with black pepper, to taste, and add an extra pinch of salt if necessary. Salad is best after resting in the refrigerator for at least 4 hours or overnight.

Glossary

BAGUETTE

A long, thin loaf of French bread.

BRIE

A soft cheese from Brie, France.

CARAMELIZE

The browning of sugars contained in foods, a chemical process that occurs during cooking of onions, potatoes, etc. and can add buttery, nutty, acidic, or bitter notes.

CONVECTION OVEN

An oven that heats food through the circulation of hot air by a fan or fans.

CORNISH GAME HEN

A tender, single-serve chicken, usually weighing no more than two pounds.

MICROWAVE-SAFE COOKWARE

Cookware that is safe to use when the speed oven is using microwave modes. Includes glass, ceramic, paper, and wax and parchment paper. Does not include metallic cookware, aluminum foil, or some types of plastic.

MODE

A pre-programmed oven operation that utilizes specific heating and fan elements to create a customized cooking environment for a particular dish; a few examples are Convection, Microwave, and Micro Roast.

OVEN-SAFE COOKWARE

Cookware that is safe to use when the speed oven is using oven modes. Includes glass, ceramic, and some metal vessels. Does not include paper or plastic.

PANKO

Crunchy, Japanese-style breadcrumbs that are coarser than the traditional kind.

PARCHMENT PAPER

Also called bakery paper, it's used as a disposable nonstick surface in baking or cooking.

PUFF PASTRY

A flaky pastry made from multiple paper-thin layers of rolled dough and butter.

QUINOA

The edible, grain-like seed harvested from the quinoa plant. It is gluten-free and full of healthy nutrients.

RACKS

Accessory racks come with your Wolf speed oven and are to be used with specific modes, like Convection and Micro Roast.

RADIANT HEAT

Heat that radiates from the top or bottom of an oven to cook food.

RISERS

Accessory risers come with your Wolf speed oven and are to be used with specific modes, like Keep Warm, Convection, Broil, Micro Bake, and Micro Roast.

SEAR

Cook the surface of meat at high temperature until it browns.

SILPAT®

A nonstick baking mat especially useful working with sticky or gooey materials.

Get the most out of your speed oven.

THIS IS NOT JUST A RECIPE BOOK.

It is a technique-focused approach to understanding and mastering the Wolf speed oven. Understand how to use the oven's main operating modes, and you will enjoy one delicious meal after another.

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