

Panasonic®

INVERTER®



**Quick & Easy
Microwave
Cooking**



Dear Friend, Welcome to Inverter Microwave cooking!

If you are like most people, until now, you thought the only things microwave ovens were good for was reheating leftovers or making popcorn. That all changed when Panasonic introduced their microwave ovens which use something called “Inverter technology”. Now, there is a whole new dimension to what can be accomplished with a microwave oven.

From the start, you will agree that the Panasonic Inverter is not like other microwaves. It cooks a whole different way. Yes, finally there’s a smart microwave oven! It’s the Inverter technology that makes all the difference, allowing you to do so many really practical things with a microwave that you could never do before, like simmering sauces and gravies with no mess, warming breads and having them taste like they came right out of the oven, and even melting chocolate perfectly.

And that’s only the beginning! The Inverter microwave is a true lifesaver for all of us with busy schedules. Now we can thaw foods in no time-without drying out the edges. Plus, thanks to the Inverter’s “Keep Warm” feature, those of us in families where everybody grabs dinner at different times can keep our casseroles and other prepared dishes perfectly warmed until they all get home.

So, what are you waiting for?! Get started cooking up all-new dishes in your inverter Microwave oven with the recipes in this book. We think they’ll even give you lots of ideas for making your own quick-and-easy versions of all your family’s favorites!

Compliments of,
The test kitchens of Panasonic Inverter Microwave Ovens.

IMPORTANT NOTES: Cooking times may vary from model to model. Please always refer to the operating instructions of your microwave for complete guidelines and safety information.

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“Looking for fancy-schmancy spreads to put out when company comes over? These two will have your guests showing up early for all your future get-togethers!”

Appetizers

Artichoke Spinach Spread

10 to 12 servings

- | | | | |
|---------------------|---|----|--|
| 1-10 oz pkg (300 g) | frozen chopped spinach, thawed and squeezed dry | 1. | In a large bowl, combine all the ingredients; mix well. |
| 1-8 oz pkg (250 g) | cream cheese, softened | 2. | Spoon into a microwave-safe 9-inch pie-plate* and heat in the Inverter Microwave Oven at 80% power for 3 minutes. Serve immediately. |
| 3/4 cup (175 mL) | grated Parmesan cheese | | |
| 1/4 cup (50 mL) | mayonnaise | | |
| 1 tsp (5 mL) | fresh lemon juice | | |
| 1/4 tsp (1 mL) | ground red pepper | | |
| 1/4 tsp (1 mL) | garlic powder | | |
| 1-14 oz can (420 g) | artichoke hearts, drained and chopped | | |

** For smaller gatherings, and for a fancy look when entertaining, divide the uncooked mixture into small microwave-safe serving dishes. Cover and refrigerate these, and simply heat them up at serving time. Remember - if you make these ahead and store them in the refrigerator, they'll take longer to heat through than the times listed in the recipes.*

Dill Crab Dip

10 to 12 servings

- | | | | |
|------------------------|----------------------------------|----|---|
| 2-8 oz pkgs (250 g ea) | cream cheese, softened | 1. | In a medium bowl, combine the cream cheese, crabmeat, lemon juice, and 2 teaspoons (10 mL) dill; mix well and spoon into a microwave-safe 9-inch pie plate.* |
| 1/2 lb (250 g) | imitation crabmeat, flaked | 2. | Heat in the Inverter Microwave Oven at 100% power for about 6 minutes. Stir until smooth and creamy then sprinkle with remaining 1 teaspoon (5 mL) dill. Serve immediately. |
| 1 tsp (5 mL) | lemon juice | | |
| 1 tbs (15 mL) | chopped fresh dill weed, divided | | |

SERVING SUGGESTION: It's so easy to make this look fancy — just garnish it with a crab claw and a sprig of fresh dill weed.





“Say goodbye to long-cooking soups and boring salads. With the help of the Panasonic Inverter Microwave, life is so much easier. Just try these and see for yourself!”

Tortilla Chicken Soup

6 cups

2-10 oz cans (284 mL ea)	ready-to-use chicken broth
1/2 cup (125 mL)	water
1 cup (250 mL)	medium or hot salsa
1/2 lb (250 g)	boneless skinless chicken breast, cut into 1/2 inch chunks
2 (6-inch)	flour tortillas, cut into 3" x 1/4" strips
1/2 cup (125 mL)	finely shredded Cheddar cheese
1 to 2	scallions, thinly sliced

1. In a microwave-safe 2-quart (2-litre) bowl, combine the chicken broth, water, salsa and chicken chunks; mix well. Cover and cook in the Inverter Microwave Oven at 90% power for 13 minutes.
2. Remove from the microwave and add the tortilla strips; mix well. Sprinkle each bowl with the cheese and scallions just before serving.

SERVING SUGGESTION: Add some excitement to your soup by dolloping each bowl with sour cream before topping with the cheese and scallions.

Warm Honey-Walnut Salad

4 servings

- | | | |
|-----------------|------------------------|--|
| 1/4 cup (50 mL) | Italian salad dressing | 1. Place all ingredients except the mixed baby greens in a microwave-safe medium bowl. |
| 3 tbsp (45 mL) | honey | 2. Heat in the Inverter Microwave Oven at 100% power for 1-1/2 minutes. |
| 2 tbsp (30 mL) | maple syrup | 3. Stir, then toss with the mixed greens. Serve immediately. |
| 1 tbsp (15 mL) | peanut oil | |
| 2 tbsp (30 mL) | chopped walnuts | |
- 1-8 oz pkg (250 g) mixed baby greens

SERVING SUGGESTION: This looks really great garnished with additional walnut halves, orange slices, and red onion rings.



“If you like quick-and-easy recipes, but also want no-fuss dishes that taste long-cooked and full of flavour... these two definitely fit the bill!”

Meat

Zippy Meat Loaf

6 to 8 servings

- 1-1/2 lbs (750 g) ground beef
- 1 egg
- 1 cup (250 mL) chunky salsa
- 1 cup (250 mL) coarsely crushed ranch-flavoured tortilla chips
- 1 cup (250 mL) shredded Mexican cheese blend, divided
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) black pepper

SERVING SUGGESTION: *Serve this surrounded with additional tortilla chips and topped with additional salsa and some chopped scallions. Have fun with it!*

1. In large bowl, combine the ground beef, egg, salsa, tortilla chips, 1/2 cup (125 mL) cheese, the salt and pepper; mix well.
2. Pack lightly into a microwave-safe 9" x 5" loaf pan. Cook in the Inverter Microwave Oven at 90% power for 19 to 20 minutes.
3. Sprinkle the remaining 1/2 cup (125 mL) cheese over the meat loaf and cook for 2 minutes, or until completely cooked through.
4. Let stand for 5 minutes, then slice and serve.

Easy Potatoes Au Gratin

6 to 8 servings

- 1-28 oz pkg (796 mL) frozen hashbrown style potatoes (with peppers and onions)
- 2-10 oz cans (284 mL ea) condensed cream of potato soup
- 1 cup (250 mL) sour cream
- 1 cup (250 mL) shredded Cheddar cheese, divided
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) black pepper

1. In a large bowl, combine the potatoes, soup, sour cream, 1/2 cup (125 mL) cheese, the salt and pepper; mix well. Spoon into a microwave-safe 9" x 13" baking dish and cook in the Inverter Microwave Oven at 90% power for 19 to 20 minutes.
2. Sprinkle with the remaining 1/2 cup (125 mL) cheese and cook for 1 to 2 minutes, or until the cheese is melted. Let stand for 5 minutes before serving.



“It’s unbelievable — with just four ingredients and less than 10 minutes, you can whip up a dish that’s fancy and fabulous!”

Quick-as-a-Wink Pesto Chicken

4 servings

- 4 [1 to 1-1/4 lbs (625 g) total] boneless, skinless chicken breast halves
1/2 cup (125 mL) prepared pesto sauce
4-4 oz slices (125 g) mozzarella cheese
1/2 cup (125 mL) sliced black olives (optional)

1. Place the chicken breast halves on a microwave-safe platter. Cover with a single layer of thick paper towels and cook in the Inverter Microwave Oven at 80% power for 8 to 10 minutes, or until no pink remains in the chicken, but it is still juicy.
2. Uncover the chicken and top each piece with a dollop of pesto sauce and 1 slice of mozzarella.
3. Return the platter to the microwave oven and cook at 60% power for 1 to 2 minutes, until the cheese is melted. Sprinkle with sliced olives, if desired, and serve immediately.

SERVING

SUGGESTION:

To really fancy this up, top each serving with thinly sliced plum tomatoes and a sprig of fresh basil.

DID YOU KNOW... *by simply entering the weight of frozen poultry, meat, or seafood, the Panasonic Inverter Microwave automatically figures out its appropriate defrost time? To defrost a whole chicken, place it breast side down in a microwave-safe dish, occasionally draining off liquid during defrosting. When defrosting pieces, break them apart, turn them over, and remove them as they are defrosted.*



“Talk about versatile! These tasty shrimp are perfect by themselves as an hors d’oeuvre, or served over rice for an elegant dinner in minutes.”

Saucy Lemon Pepper Shrimp

4 to 6 servings



- 1-1/2 lbs (750 g) uncooked large shrimp, peeled and de-veined, with tails left on
- 1 tsp (5 mL) black pepper
- 1/2 cup (1 stick/125 mL) butter, thinly sliced
- 2 lemons juice and zest of lemons
- 1 tbsp (15 mL) chopped fresh parsley

1. Place the shrimp in a microwave-safe 9" x 13" baking dish. Season with the pepper, then top with the butter, lemon zest and parsley, pour the lemon juice into the baking dish.
2. Cook in the Inverter Microwave Oven at 80% power for 3-1/2 minutes, or until the shrimp are pink and cooked through.



DID YOU KNOW...

the microwave can help us get more juice out of fresh lemons? Simply heat a whole lemon at 100% power for about 20 seconds, then roll it firmly on the countertop before squeezing.

TIP: *Since Panasonic Inverter Microwave Ovens all have a rotating tray, our fish cooks evenly every time. Just be sure to use fillets or steaks that are about the same size and thickness.*





“Once your gang tastes this goulash, it’s bound to become a regular favourite at your home. Plus, it’s made all in one dish, which means not only quick cooking, but quick cleanup too!”

Pasta

All-in-One Goulash Bake

4 to 6 servings

1 lb (16.3 oz/500 g)	ground beef
1-32 oz jar (906 mL)	spaghetti sauce
1/2 cup (125 mL)	water
	1 green bell pepper, chopped
	1 onion, chopped
	2 cloves garlic, minced
1-1/2 cups (375 mL)	uncooked elbow macaroni
1/2 tsp (2 mL)	salt
1/2 tsp (2 mL)	black pepper
1-1/2 cups (375 mL)	shredded mozzarella cheese, divided

1. Crumble the beef into a microwave-safe 3-quart (3-litre) casserole dish and cook in the Inverter Microwave Oven at 80% power for 3 to 4 minutes, or until no pink remains.
2. Stir in the spaghetti sauce, water, bell pepper, onion, garlic, uncooked macaroni, salt, black pepper and 1 cup (250 mL) mozzarella cheese. Cook at 80% power for 15 to 16 minutes.
3. Sprinkle the remaining 1/2 cup (125 mL) mozzarella cheese over the top of the goulash; cook at 80% power for 1 to 2 minutes, or until the cheese melts. Let stand for 5 minutes before serving.

DID YOU KNOW...

even though pans don't heat up from the microwave oven itself, they can still get hot because they absorb heat from food inside them? So, when removing items from the microwave oven, always use micro-mitts or a pot holder to protect yourself.

DID

YOU KNOW...

with the “Keep Warm” feature of the Inverter Microwave Oven, we can have dinner hot, ready and waiting for the gang — whenever they get home?



Timer

0

Clock

Dinner

Serving/
Weight

Function

More/
Less

Inverter
Turbo
Defrost

Start

Popcorn

Stop/Reset

Keep
Warm
(5 menus)

“Is it possible to make steaming-hot cinnamon buns in less than 10 minutes? It sure is, with the help of the Inverter Microwave!”

Brunch

Seven-Minute Cinnamon Buns

6 to 8 servings

1 lg pkg (16.3 oz/500 g)	refrigerated buttermilk biscuits (8 biscuits)
1 tbsp (15 mL)	butter, melted
1/4 cup (50 mL)	granulated sugar
1 tsp (5 mL)	ground cinnamon
1/4 cup (50 mL)	chopped pecans
1/2 cup (125 mL)	confectioners' sugar
4 tsp (20 mL)	milk

1. Separate the biscuit dough and cut each biscuit into 4 pieces; place the pieces in a large bowl. Pour the melted butter over the biscuit pieces.
2. In a small bowl, combine the granulated sugar, cinnamon and pecans. Sprinkle the sugar mixture over the biscuit pieces and toss until evenly coated.
3. Place the dough mixture in a microwave-safe 9-inch deep-dish pie plate. Cook in the Inverter Microwave Oven at 70% power for 5 minutes. Remove from the microwave, let cool for 2 minutes, then invert onto a platter.
4. Meanwhile, in a small bowl, combine the confectioners' sugar and milk to make a glaze; drizzle over the warm cinnamon buns and serve.

DID YOU KNOW...

it's as easy as 1,2,3 to make an omelet in the Inverter Microwave? Simply beat 2 or 3 eggs, place them in a microwave-safe pie plate, and microwave at 100% power for 1 to 2 minutes. Fold in half, and enjoy! Of course, we can mix in our favourite cheeses or chopped cooked veggies or meats to make our quick omelets extra special.





Comm

“It’s often the simplest things in life that are the best, and this sure is one of them!”

Peach Melba Parfaits

6 to 8 servings

1-28 oz can (825 mL)	peach halves, drained and chopped
4 tbsp (60 mL)	butter, thinly sliced
6 tbsp (90 mL)	light brown sugar
1 tbsp (15mL)	peach schnapps (optional)
1 quart (1 litre)	vanilla ice cream
1 cup (250 mL)	whipped cream
1/2 pint	fresh raspberries
1 bunch	fresh mint (optional)

1. Place the peaches, butter and brown sugar in a microwave-safe 8-inch square baking dish. Cook in the Inverter Microwave Oven at 100% power for 3 minutes. Stir in the schnapps, if desired.
2. Scoop the ice cream evenly into individual serving bowls or parfait glasses then spoon the peach mixture over the top.
3. Dollop with whipped cream and garnish with fresh raspberries and mint sprigs, if desired.

DID YOU KNOW...

the Inverter Microwave can even help us with hard-to-scoop ice cream? Simply beat it at 20% power for about 30 seconds. Of course, go longer if needed, but keep an eye on it. You don't want to make your ice cream easier to pour than scoop!



“Whether they’re for a kids’ birthday party or an after-school snack, these moist chocolate cupcakes are ready in a snap and are always a welcome treat.”

Three-Minute Cupcakes

6 cupcakes

1/2 cup (125 mL) sugar
1/3 cup (75 mL) all-purpose flour
1/3 cup (75 mL) unsweetened cocoa
1/4 tsp (1 mL) baking powder
1 egg
1/4 cup (50 mL) mayonnaise
1/4 cup (50 mL) milk

1. Line a microwave-safe 6-cup muffin pan with paper liners, or place the paper liners side by side in a microwave-safe 7" x 11" baking dish.
2. In a medium bowl, combine all the ingredients and mix until well blended.
3. Spoon the mixture into the paper liners and cook in the Inverter Microwave Oven at 80% power for 3 minutes. Remove the cupcakes and let cool before serving, or frosting, if desired.

SERVING SUGGESTION: *Make these really festive in no time by frosting the cooled cupcakes with your gang’s favourite frosting — homemade or store-bought — and topping with coloured sprinkles. Oh, and remember to use paper, not aluminum, muffin liners in the microwave oven.*

DID YOU KNOW...

chocolate melts perfectly in the Inverter Microwave? Simply heat it at 80% power, uncovered, until shiny and almost melted, then stir until completely melted and smooth. Then, for a delicious treat, simply dip strawberries, marshmallows, or practically anything else you want in the melted chocolate!







“You probably thought there was no way to bake a cake — especially such an awesome looking one — in a microwave oven. But “voilà”... Inverter technology has changed all that!”

Dessert

Pineapple Upside-Down Cake

12 to 14 servings

2/3 cup (150 mL) packed light brown sugar
4 tbsp (60 mL) butter, cut into small pieces
1 can (20 oz/568 mL) pineapple rings, drained
7 to 10 maraschino cherries
1 pkg yellow cake mix
1 cup (250 mL) water
1/4 cup (50 mL) vegetable oil
3 eggs

1. Sprinkle the brown sugar over the bottom of a microwave-safe 10-inch round cake pan or 9" x 13" baking dish; dot with the butter. Cook in the Inverter Microwave Oven at 100% power for 1-1/2 minutes. Stir to distribute the mixture evenly over the bottom of the pan, then arrange pineapple rings in a single layer over the bottom of the pan; place a cherry in each ring.
2. In a large bowl, combine the cake mix, water, oil and eggs. Beat until well mixed. Spoon the batter into the pan and microwave at 70% power for 14 to 16 minutes, or until cooked through.
3. Let the cake stand for 5 minutes. Loosen gently with a knife and invert onto a platter. Serve warm, or allow to cool completely before serving.

DID YOU KNOW ...

the Inverter Microwave Oven can help soften that brown sugar that has become hard as a brick? Just put the sugar in a microwave-safe bowl and add a slice of apple or white bread. Cover and microwave on high for 30 to 40 seconds. Let stand for 30 seconds, remove the apple or bread, and stir.

Panasonic® *INVERTER*®

A New Age of Intelligent Cooking

Inverter Technology has revolutionized Microwave Cooking by improving the results of defrosting, re-heating and gourmet cooking.

Cook Foods More Evenly at Precise Power Levels

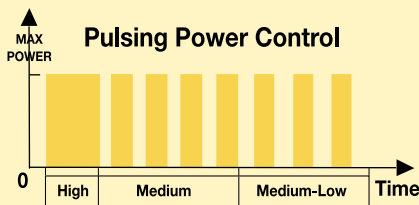
Microwave Oven Facts

Historically, microwave ovens have been capable of using only one power level. The microwave energy is either on or it is off. For example, at 60% power, the microwave energy would be on 60% of the time and sit idle 40% of the time.

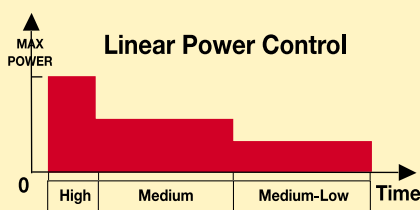
Inverter® Technology Facts

Panasonic Inverter® Technology can take advantage of the use of multiple power levels. When the user asks for 60% power, they are provided a true 60% power, not a "pulsed" delivery of 100% power 60% of the time. This method is called linear power delivery.

Conventional Microwave Oven



Inverter® Microwave Oven



Panasonic Canada Inc.

5770 Ambler Drive, Mississauga, ON L4W 2T3

Tel: 905-624-5010

VANCOUVER

12111 Riverside Way
Richmond, BC
V6W 1K8
Tel: 604-278-4211

CALGARY

6835 - 8th St. N.E.
Calgary, AB
T2E 7H7
Tel: 403-295-3922

TORONTO

5770 Ambler Drive
Mississauga, ON
L4W 2T3
Tel: 905-624-5010

MONTREAL

3075 rue Louis A. Amos
Lachine, QC
H8T 1C4
Tel: 514-633-8684