



the Crispy Microwave Book

Foods that taste best crispy.

Breville®



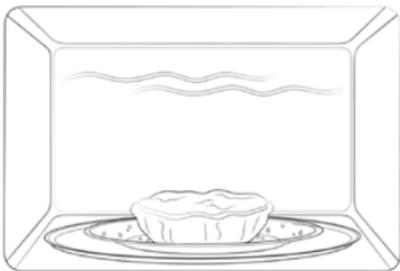
It's not
a pie until
it's crisp.

How do you get the
RIGHT TYPE OF HEAT
IN THE RIGHT PLACE
for whatever you're cooking?



The easy to use microwave with smart settings that know the right power level and time to suit what you're cooking and switch to grill when it's needed.

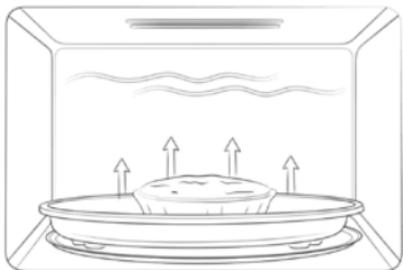
Why so soggy?



*Steam condenses on the cold plate
making food soggy.*

As food cooks it releases steam, but non-metal dishes used in microwave cooking cannot get hot enough to evaporate this steam as it hits the plate. This leaves condensation on the plate that is absorbed into the food, creating a soggy base.

Crispier cooking.



Heat from the crisper pan crisps the base during microwaving.



Heat from the grill above and pan below browns the top and crisps the bottom.

The secret to achieving crispy results in a microwave is using a pan that can get really hot, just like a baking dish in an oven. The Breville Crisper Pan is a specially designed, microwave-safe, metal pan with adjustable legs that allow the pan to get close to grill when needed so food forms a golden top and a crispy bottom.

The integrated Smart Cook & Grill setting brings microwave, grill and crisper pan together by preheating the pan and switching from microwave to grill when needed for better, crispier results.



Gruyere, Chicken & Pesto Toastie

SERVES

1

toasties

PREP

5

minutes

COOK

6

minutes

Ingredients

2 slices good quality sourdough bread,
cut into 1cm thick slices

Softened butter

1 tablespoon pesto

80g cooked chicken, shredded

40g sliced gruyere cheese

Method

1. Butter one side of each slice of bread evenly with softened butter and lay flat onto work surface, butter side down.
2. Spread one slice with pesto and top with shredded chicken and gruyere cheese. Cover with second buttered slice and press down gently.
3. Select COOK/GRILL setting. Turn FOOD dial to GRILLED CHEESE and press START to confirm selection.
4. The PREHEAT PAN option will appear. Turn TIME/FOOD dial to toggle to YES. Press START to confirm selection. The microwave will prompt you to insert the empty crisper pan. Insert pan in the upper position. Press START to begin preheating for 3 minutes, time will begin to countdown.
5. Once the pan has completed preheating, open door and remove hot crisper pan with oven-proof mitts and place toastie onto crisper pan and return to turntable. Close door and turn AMOUNT dial to select 1. Press START to begin cooking.
6. Halfway through cooking cycle, microwave will beep and flash “stir and turn”. Open door and turn toastie over. Press START to continue cooking.
7. Once cooking has finished, carefully remove hot crisper pan from microwave using oven-proof mitts and allow toastie to stand for 2-3 minutes; cut in half and serve immediately.



Sweet Potato, Feta, Toasted Tamari Almond Salad

SERVES

4

PREP

10

minutes

COOK

23

minutes

Ingredients

- 50g unblanched almonds
- 3 teaspoons tamari
- 450g sweet potato, skin on, cut into wedges
- 2 bunches rocket, washed & trimmed
- ½ small red onion, sliced
- 2 tablespoons Persian feta, crumbled

Dressing

- 2 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 2 tablespoons olive oil
- Salt and pepper

Method

Toasted Tamari Almonds

1. Combine almonds and tamari and mix well. Spread evenly over crisper pan in a single layer and place inside microwave in the lowered position.
2. Select the COOK/GRILL setting. Turn FOOD dial to toasted nuts and turn AMOUNT dial to 50g. Press START.
3. Halfway through the cook cycle, the oven will beep and flash “stir/turn food”. Open door and stir nuts. Press START to continue cooking.
4. Once cooking has finished, remove nuts from crisper pan and place onto a cold plate to cool and set aside.

Roasted Sweet Potato

1. Return crisper pan to microwave in the upper position. Select COOK/GRILL setting. Turn FOOD dial VEGETABLES and press START to display FROZEN, FRESH or ROASTED. Turn FOOD dial to shift the arrow to ROASTED, press START to confirm.
2. The PREHEAT PAN option will appear. Turn the TIME/FOOD dial to toggle to YES. Press START to confirm. Press START to begin preheating for 3 minutes. Time will begin to countdown.
3. Once the pan has completed preheating, open door and remove hot crisper pan. Arrange sweet potato pieces around pan in a single layer with thickest sides positioned to the outside of pan. Turn AMOUNT dial to 450g weight. Press START to begin cooking.
4. Halfway through the cook cycle, the oven will beep and will flash “stir/turn food”. Open door and turn sweet potato. Press START to continue cooking.
5. Once cooking has finished, allow sweet potato to stand in pan for 5 minutes.
6. Place rocket and onion in a large salad bowl and toss gently to mix. Arrange cooked sweet potato, tamari almonds and crumbled feta over the top.
7. Whisk dressing ingredients together and drizzle over salad; serve immediately.



Sweet Soy Chicken Drumettes

SERVES

4

PREP

10

minutes

COOK

25

minutes

Ingredients

800g chicken drumettes

2 tablespoons sweet soy (kecap manis)

½ teaspoon ground ginger

2 teaspoon sesame seeds

1 red chilli, finely sliced

1 lemon, cut into wedges to serve

Method

1. Combine sweet soy, ginger, chilli and sesame seeds with chicken; allow to marinate for 30 minutes.
2. Select COOK/GRILL setting. Turn TIME/FOOD dial to select CHICKEN.
3. After CHICKEN has been selected, the PREHEAT PAN option will appear. Turn the TIME/FOOD dial to toggle to YES. Press START to confirm your selection.
4. The microwave will prompt you to insert the empty crisper pan. Insert crisper pan in the upper position. The time will display as 3 minutes. Press START to begin preheating for 3 minutes and time will begin to countdown.
5. Once the pan has completed preheating, open door and remove HOT crisper pan and arrange drained chicken drumettes, making sure to have any thicker ends positioned towards the outer edges of the crisper pan. Return crisper pan to microwave; close door.
6. Turn AMOUNT dial to 800g weight. Press START to begin cooking.
7. Halfway through the cook program, the oven will beep and will flash “stir/turn food”. Pause and carefully pull out hot crisper pan using ovenproof mitts. Turn chicken over and return crisper pan to microwave. Close door and press START.
8. Once cooking has finished, allow chicken to stand for 5 minutes in hot crisper pan before removing. Serve topped with sliced chilli and lemon wedges.



Roasted Vegetables

SERVES

4

PREP

15

minutes

COOK

44

minutes

Ingredients

Dried rosemary leaves (refer to page 13)

200g baby carrots, peeled & trimmed

200g parsnips, peeled & quartered lengthways

400g butternut pumpkin, peeled & cut into 1cm thick slices

100g eschallots, peeled & halved (if large)

1-2 tablespoons garlic infused olive oil

Salt and freshly ground black pepper

Method

1. Toss vegetables in a large bowl with half the oil and 1 tablespoon of the dried rosemary leaves; season well with salt and pepper.
2. Select COOK/GRILL setting. Turn TIME/FOOD dial to select VEGETABLE. Press START to confirm.
3. Turn the TIME/FOOD dial to toggle through the options of FROZEN, FRESH & ROASTED. Select ROASTED. Press START to confirm.
4. The PREHEAT PAN option will appear. Turn the TIME/FOOD dial to toggle to YES. Press START to confirm your selection.
5. The microwave will prompt you to insert the empty crisper pan. Insert pan in the upper position. Press START to begin preheating for 3 minutes. Time will begin to countdown.
6. Once the pan has completed preheating, open door and remove HOT crisper pan with oven proof mitts and arrange carrots and parsnips, making sure to have any thicker ends positioned towards the outer edges of the crisper pan. Return crisper pan to microwave and close door.
7. Turn AMOUNT dial to 400g and press START to begin cooking.
8. Halfway through the cook program, the oven will beep and flash "stir/turn food". Pause and carefully pull out crisper pan using ovenproof mitts. Turn vegetables over and return crisper pan to microwave. Close door and press START.
9. Once cooking has finished, allow vegetables to stand for 5 minutes in hot crisper pan before removing to serving dish to keep warm.
10. Repeat with pumpkin and eschallots. Combine with roasted carrots and parsnips and serve immediately.



Dried Rosemary

PREP

10

minutes

COOK

5

minutes

Ingredients

1 cup fresh rosemary, leaves only

Method

1. Select the COOK/ GRILL setting. Turn TIME/FOOD dial to select DRIED HERBS. Press START to confirm.
2. Line crisper pan with 2 layers of paper towel and place rosemary onto lined crisper pan in a single layer. Place inside microwave in the lowered position.
3. Turn AMOUNT dial to 1 cup. Press START to begin.
4. Halfway through the cook cycle, the oven will beep and flash “stir/turn food”.
5. Pause and turn herbs, and press START to resume cooking.
6. Once cooking has finished, carefully remove HOT crisper pan from microwave using an ovenproof mitt.
7. If rosemary is to your desired crispness, remove to a cold plate. If it requires more heating, remove paper towel and allow to stand for 5-10 minutes in HOT crisper pan. Stir once or twice during this time.



Hazelnut Praline

SERVES

4

PREP

10

minutes

COOK

12

minutes

Ingredients

150g toasted hazelnuts (refer to page 16)

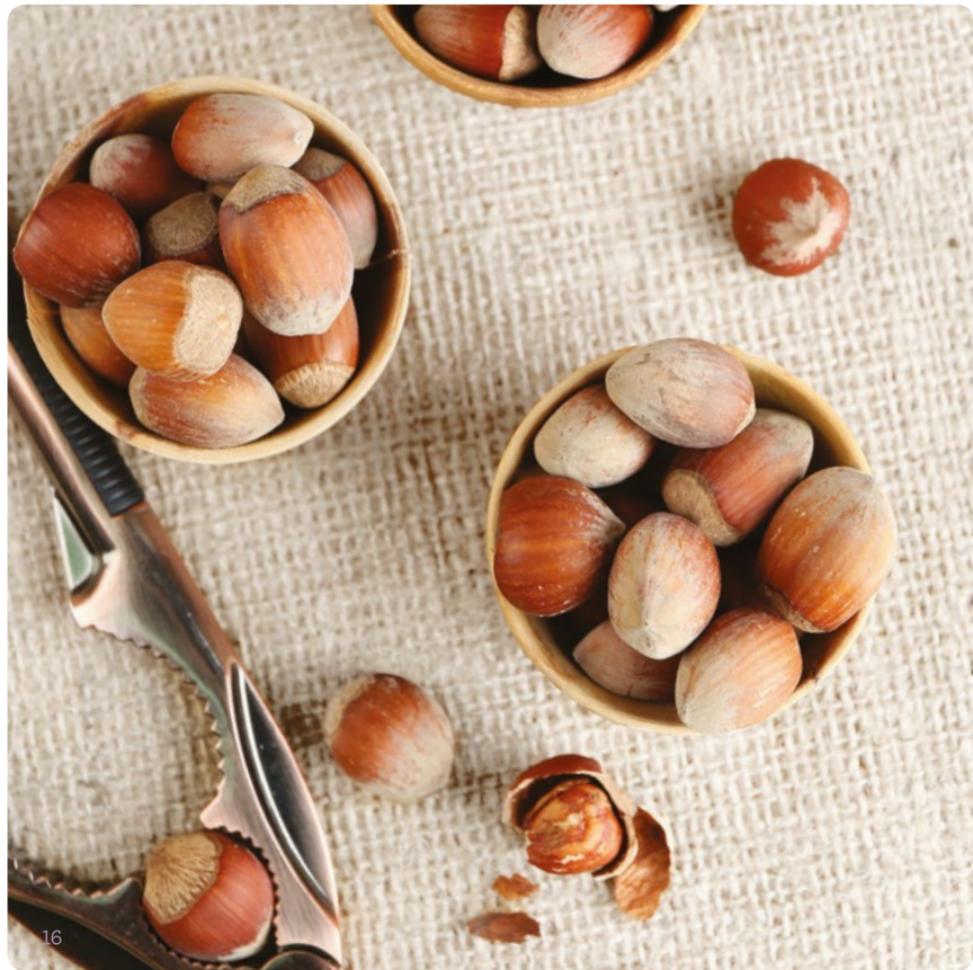
1 cup caster sugar

½ cup water

Serve with ice cream and fruit

Method

1. Place weighed sugar and water into a cleaned large pyrex bowl. Stir well to dissolve sugar. Wash down sides with a pastry brush dipped in water.
2. Place inside microwave. Turn AMOUNT dial to 1 cup. Press START to begin cooking.
3. The microwave will beep and flash “stir/turn food”, remove bowl from microwave with oven-proof mitts and stir any undissolved sugar. Wash down sides with a pastry brush dipped in water to remove any sugar crystals clinging to the sides of the bowl.
4. Return to microwave and press START to continue cooking. **DO NOT STIR SUGAR SYRUP DURING THIS PHASE OF COOKING OR AFTER COOKING.**
5. Once cooking has finished, open door and check that the caramel colour. To achieve a good MEDIUM caramel, add the following approximate 2-3 minutes. Stop and check every 30 secs - 1 minute after specified time program time.
6. Always remove caramel when it is close to your desired colour as the caramel will continue to cook with carry over heat once it has stopped being heated.
7. Once cooking has finished, carefully remove HOT bowl from microwave using an ovenproof mitt. Pour onto prepared tray, making sure to cover the hazelnuts evenly.
8. Cool completely and break into large shards, serve with ice cream and fruit.



Toasted Hazelnuts

PREP
2
minutes

COOK
5½
minutes

Ingredients

150g hazelnuts

Method

1. Select the COOK/ GRILL setting. Turn TIME/FOOD dial to select TOASTED NUTS. Press START to confirm.
2. Place hazelnuts onto crisper pan in a single layer and place inside microwave in the lowered position.
3. Turn AMOUNT dial to 150g. Press START to begin cooking.
4. Halfway through the cook cycle, the oven will beep and flash "stir/turn food".
5. Pause and stir hazelnuts, and press START to resume cooking.
6. Once cooking has finished, carefully remove HOT crisper pan from microwave using an ovenproof mitt.
7. If nuts are to your desired colour and crispness, remove to a cold plate. If nuts require more heating, allow nuts to stand for 5-10 minutes in HOT crisper pan. Stir once or twice during this time. Rub off skin and coarsely chop.
8. Line a large baking tray with baking paper and scatter hazelnuts evenly over the tray and set aside.



Toasted Coconut & Almond Muesli Bars

SERVES

8

PREP

10

minutes

COOK

16½

minutes

Ingredients

- ½ cup shredded coconut
- ¼ cup pepitas
- 2 tablespoons sunflower seeds
- 2 tablespoons sesame seeds
- 2 tablespoons chia seeds
- ¼ cup slivered almonds or chopped macadamia nuts
- 1 cup sultanas
- 2 cups rolled oats
- 100g butter
- ½ cup honey
- 2 tablespoons rice malt syrup
- ½ cup brown sugar

Method

1. Grease a square 20cm x 20cm microwave-safe dish and line with baking paper.
2. Combine coconut, pepitas, sunflower seeds, sesame seeds and almonds into the crisper pan in a single layer. Place inside microwave in the upper position.
3. Press SMART COOK/GRILL button. Select TOASTED NUTS and dial up 50g weight. Press START.
4. Pause cycle and stir every minute.
5. Remove and place into a large mixing bowl along with chia seeds, sultanas and oats; mix well.
6. Place butter, honey, rice malt syrup and sugar into a microwave-safe jug.
7. Select 100% and dial up 2 minutes. Press START button; stir and pour into coconut oat mixture. Mix well and spread evenly into prepared pan.
8. Place pan into microwave onto turntable.
9. Select 60% power and dial up 10 minutes. Press START button.
10. Allow to cool and refrigerate for 3 hours; cut into bars. Keep refrigerated.

*And the Quick Touch Crisp
can do so much more...*

See foodthinkers.com.au/recipes/crispingmicrowave for full recipes



Beef & Mushroom Pie with Mash & Peas
Crisp for 8 minutes for a golden scrumptious pie crust.



Quiche Lorraine

22 *Crisp for 20 minutes for a crispy pastry shell and creamy baked centre.*



Margherita Pizza

Crisp for 10 minutes for a perfectly crisp crust.



Plum & Pear Danishes

Crisp for 6 minutes for a golden brown flaky pastry.



Fish & Chips

Crisp for 12 minutes for golden crispy fish & chips.

the Quick Touch™ Crisp
Inverter microwave with shortcuts and crisper pan



Breville
Thought for food