

The Microwave Crisper Dish

The Microwave Crisper Dish will give an appetising golden brown appearance to a wide variety of food including chicken, sausages, bacon, salmon and steak. This specially designed metal dish and lid is completely safe for use in a microwave, and the dish is non-stick coated for easy cleaning.

The dish is also suitable for cooking oven chips and toasted sandwiches in the microwave and also for creating quick and simple snacks and meals such as quesadilla and Panini.

Instructions for Use

- Pre-heat empty microwave crisper dish before each use. Place the crisper dish and lid in the microwave and pre-heat for 2.5 minutes in a 900w microwave. If using a microwave with a lower wattage than 900w increase to 3 minutes.
- Remove from microwave using oven gloves. Please note that the crisper dish will be hot so place onto a worktop saver or other suitable surface. Add food to the crisper dish and place lid onto the dish.
- Return crisper dish to the microwave and cook for the suggested times (or until food is thoroughly cooked) Please note that times are based on a 900w microwave. It is also recommended to turn food halfway through the cooking time.

Care instructions

- For best results cook foods that are evenly sliced. This is particularly important when cooking food from frozen.
- Do not cook more than 340g of food at one time
- Wash before first use in hot, soapy water and dry thoroughly.
- Hand wash only.
- To prevent damage to the non-stick coating do not use metal scourers or harsh abrasives
- Always use oven gloves when handling the crisper dish if it is hot.

Cooking Chart

Always pre-heat crisper dish before use. The times in the table below are based on a 900w microwave. It is recommended to turn food half way through cooking time.

Food		Time
Chicken Breast	Frozen	16 min.
Chicken Breast	Fresh	7 min.
Beef - Rump Steak	Fresh	7 min.
Beef Burger	Frozen	8 min.
Beef Burger	Fresh	6 min.
Pork Steak (boneless)	Frozen	10 min.
Pork Steak (boneless)	Fresh	7 min.
Sausages (Pork/Beef)	Fresh	8 min.
Salmon Steaks	Frozen	9 min.
Salmon Steaks	Fresh	7 min.
Panini (cheese & tomato)	Fresh	4 min.