

## “HENRIETTA”– THE HAPPY CHICKEN

WHOLE CHICKEN 3-4 LBS  
RINSE AND DRAIN  
PLACE COOKING RACK IN OVAL MICRO-COOKER  
SEASON CHICKEN WITH ONE OF THE FOLLOWING:

*SOUTHWEST CHIPOTLE OR  
\*SIMPLY GARLIC & PAPRIKA OR  
\*OLD BAY OR  
RAGIN' CAJIN OR  
ITALIAN HERB*

*(SHAKE A LITTLE ON THE INSIDE TOO)*

STUFFING CHICKEN WITH FRUIT (APPLE/CITRUS ) OR ONION WILL ENHANCE THE FLAVOR)  
PLACE OVAL RING ON TOP OF 2 1/2 QUART BASE TO GIVE HEIGHT TO COOKER

PLACE HENRIETTA BREAST UP COVER AND MICROWAVE 7.5 MINUTES PER POUND  
(4 LBS. X 7.5 =30 MINUTES– LET REST FOR 10 MINS.)

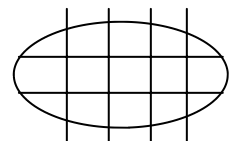
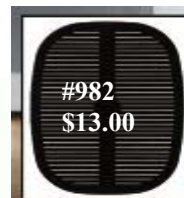
(\*RULE OF THUMB IS 7 MINUTES/POUND BONE IN– FOUND 7.5 IS  
EVEN BETTER FOR 4 LB OR MORE)  
THE AROMA WILL KNOCK YOU OVER...

OPTIONAL: ADD OLIVE OIL /SPRAY FIRST THEN  
ADD SEASONING BLEND MORE CRISPY.

FOR LESS FAT AND A MORE HEALTHIER MEAL! REMOVE  
SKIN WHILE CHICKEN IS PARTIALLY  
FROZEN AND COAT GENEROUSLY WITH OLIVE  
OIL ....THEN ADD YOUR SEASONS! (\*FAMILY FAVORITES)



Pg 33  
\$6.50



1/2 potato-cut length-wise

## Quick Chef “Instant” Mashed Potato

Peel 3 lg. or 4 med. Russet potatoes

Cut Potato length-wise in half then in 3rds for large ( half for medium size)

Then each section cut into four parts(med you may only get 3 parts)

Uniform large chunks! Place in bottom Micro-Cooker

Cover with water to just the tops of potatoes.

Cover & Cook potatoes in microwave 12 minutes on high-then drain 1/2 the water OFF

And microwave another 3 minutes-test potatoes with a fork-if break easily- DRAIN ALL WATER

And KEEP COVERED.

In Micro Pitcher with cover warm 1/2 cup of Half & Half and 2-3 tbsp. of butter for 2 minutes on 50% power.

(Some microwaves must be adjusted to a lower power if 1000- 1500 watts)

Using the blender (not blade)- place 1/3 of cooked quartered potatoes in Quick Chef

Add 1/3 of milk mixture- COVER AND TURN CRANK gently to start and then

speedup the turning process to whip those potatoes. REMOVE whipped potatoes back into Oval  
Cooker -take 1/3 of potatoes and REPEAT THE PROCESS until all potatoes and milk are used!

*Adding season blends like Veggie Delight or Simply Garlic KICKS those Mash Potatoes to another level!*

