



# **LIGHTWAVE TOASTER OVEN BROILER**

MODEL ROLWTOB6



OWNER'S MANUAL  
& RECIPE GUIDE

# IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock do not immerse cord, plugs, or appliance in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Contact Consumer Service for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. To disconnect, press and hold Stop button until beep is heard, then remove plug from wall outlet.
12. Do not use appliance for other than intended use.
13. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, involving a risk of electric shock.
14. Oversize foods or metal utensils must not be inserted in the toaster oven as they may create a fire or risk of electric shock.
15. A fire may occur if the toaster-oven is covered or touching flammable material, including curtains, draperies, walls and the like, when in operation. Do not store any item on top of the appliance when in operation.
16. Extreme caution should be exercised when using containers constructed of other than metal or glass.
17. Do not store any materials, other than manufacturer's recommended accessories, in this oven when not in use.

18. Do not place any of the following materials in the oven: paper, cardboard, plastic and the like.
19. Do not cover Crumb Tray or any part of the oven with metal foil. This will cause overheating of the oven.
20. Use extreme caution when removing tray or disposing of hot grease.
21. To turn oven Off during use, press and hold the Stop Button until beep is heard.

# SAVE THESE INSTRUCTIONS

## FOR HOUSEHOLD USE ONLY

### Additional Important Safeguards

***CAUTION HOT SURFACES: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires or other injury to persons or damage to property.***

1. A person who has not read and understood all operating and safety instructions is not qualified to operate this appliance. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
2. If this appliance falls or accidentally becomes immersed in water, unplug it from the wall outlet immediately. **Do not reach into the water!**
3. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not operate this appliance while it is touching or near curtains, wall coverings, clothing, dishtowels or other flammable materials.
4. To reduce the risk of fire, do not leave this appliance unattended during use.
5. If this appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair a malfunctioning appliance.!
6. The cord to this appliance should only be plugged into a 120V AC electrical wall outlet.
7. Do not use this appliance in an unstable position.

## Polarized Plug

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

## Short Cord Instructions

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Do not use an extension cord with this product.

## Electric Power

If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

## Plasticizer Warning

**CAUTION:** To prevent Plasticizers from migrating from the finish of the countertop or tabletop or other furniture, place **NON-PLASTIC** coasters or placemats between the appliance and the finish of the countertop or tabletop.

**Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.**

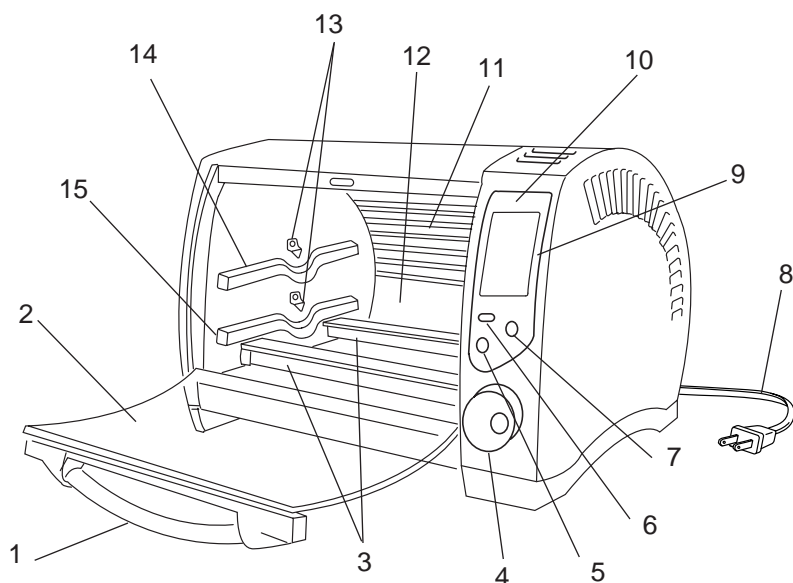
## Introduction

Congratulations on your purchase of this truly unique Rocco ROLWTOB6 Lightwave Toaster Oven Broiler. No preheat is required because the heat comes from a combination of halogen elements on the top and infrared elements on the bottom. When this appliance is turned on it's ready to cook . . . that quick . . . whether the process is toasting, baking or broiling, it's ready to go! And the upper elements cycle on and off to maintain the temperature and serve as an interior light.

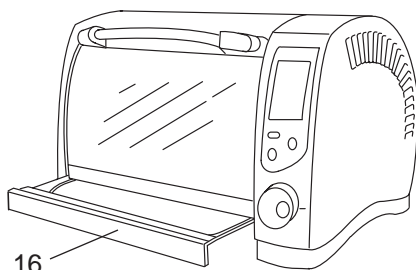
Lightwave cooking along with nine preset Functions in one well-designed appliance make this a very attractive cooking essential. You will find this appliance is equally attractive in terms of time saving and ease of use.

# Getting to Know Your Rocco ROLWTOB6 Lightwave Toaster Oven Broiler

Your product may vary slightly from illustration

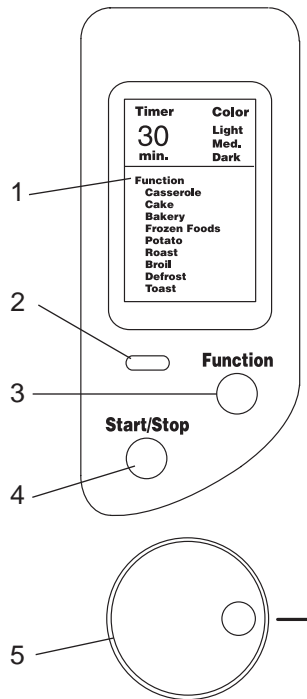


1. Door Handle
2. Curved Glass Door
3. Lower Infrared Heating Elements
4. Time/Toast Color Dial
5. Start/Stop Button
6. Operation Light
7. Function Button
8. Power Cord
9. Display Window
10. Control Panel
11. Upper Halogen Heating Element
12. Concave Oven Back
13. Wire Rack Stop
14. Shelf Positions 1 and 2
15. Shelf Positions 3 and 4
16. Crumb Tray (P/N 22319)



# Control Panel

1. **DISPLAY WINDOW** - Indicates time, function, toast color and amount of time left for completion of function.
2. **OPERATION LIGHT**
3. **FUNCTION BUTTON** - Press the Function Button to change the Cooking Function.  
Press and hold the Function Button to scroll through the Cooking Functions more quickly.
4. **START/STOP** - After selecting the function and time (if necessary), press to start the function.  
Press and hold until beep is heard during use to cancel a function.
5. **TIME/TOAST COLOR DIAL** - Turn to set the minutes of the Cooking Time or Toast Color after function is chosen.



## Preset Cooking Functions

Function	Food	Default Time/Min.	Shelf Position	Color
Casserole	Casseroles, Cornbread Appetizers, Frozen Pies	45	4	N/A
Cake	Cake, Cookies, Bars Brownies, Muffins	25	4	N/A
Bakery	Biscuits, Crescent Rolls Dinner Rolls, Danish Rolls	15	4	N/A
Frozen Foods	Frozen Conv. Foods, Pizza, Chicken Nuggets Fish Sticks, Hors-d'oeuvres	15	3	N/A
Potato	Baking Potatoes, Yams, Sweet Potatoes, Fresh and Frozen French Fries and Tater Tots, Potato Casserole	60	4	N/A
Roast	Beef, Pork, Poultry, Seafood	60	4	N/A
Broil	Beef, Chicken, Seafood	20	2 or 3	N/A
Defrost	Frozen Coffee, Cakes Dinner Rolls	30	4	N/A
Toast	Bread, Bagels, English Muffins, Toaster Pastries	----	3	Light Medium Dark

# Bake/Broil Pan, Broil Insert, Wire Rack and Crumb Tray

For best results use Bake/Broil Pan to bake, defrost, top brown and to minimize clean up due to spills.

To insert or remove the empty **Wire Rack**, slide the Wire Rack in or out until it makes contact with the Wire Rack Stop. Lift up the front of the Wire Rack and slide the back corners under the Wire Rack Stop located on the left side of the oven wall. The **Crumb Tray** must be in place during use.

When **baking** using the Casserole, Cake, Bakery, Frozen Foods, Potato, or Roast Function, you may either use the Bake Pan provided, or your own pan with the wire rack. Place into Shelf Positions #3 or #4.

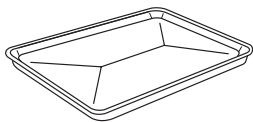
When **broiling**, the Bake/Broil Pan, Broil Insert and the Wire Rack must be used. Place into Shelf Positions #1, #2 or #3 depending on thickness of food. The food should be 2-3 inches from the top elements.

When **defrosting**, you may either use the Bake/Broil Pan or your own pan. Place pan directly on Wire Rack. Place in Shelf Position #4.

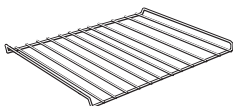
When **toasting**, place bread directly on Wire Rack. Place in Shelf Position #3. The Crumb Tray must be used.

**CAUTION: Appliance surfaces are hot during and after use.**

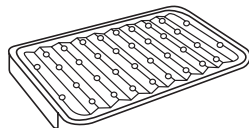
**CAUTION: Always wear protective, insulated oven mitts on hands when touching hot oven, hot dishes or food, or when inserting or removing Wire Rack, Broil Insert, Bake/Broil Pan and Crumb Tray.**



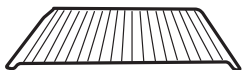
Bake/Broil Pan  
(P/N 22320)



Broil Insert  
Wire Rack  
(P/N 22321)



Broil Insert (P/N 22491)  
Use for Seafood



Wire Rack (P/N 22322)  
(Shelf Positions 1 and 3)



Inverted Wire Rack (P/N 22322)  
(Shelf Positions 2 and 4)

# Cooking Containers

- The Bake/Broil Pan included with the Lightwave Oven is suitable for items such as cookies, rolls and biscuits.
- A variety of standard baking dishes, such as an 8" round or square cake pan, a 6-cup muffin pan, and a 1 & 2 quart round, square, or rectangular casserole dish may be used for other foods.
- Choose bakeware made of metal, or glass/ceramic without lids.
- Dark or dull pans absorb heat faster; foods will bake more rapidly and crust will brown more easily than in shiny bake pans.
- Check package directions for the cooking container you wish to use, and/or with the ovenware manufacturer to determine if the container is suitable for use in a Toaster-Oven-Broiler.
- Do not use oven roasting bags in this Lightwave Oven, as they may come in contact with the heating elements.

***CAUTION: Allow at least 1" air space between the top of the container and the upper heating element. Never use glass lids on glass or metal bakeware. If a lid is necessary, cover tightly with heavy-duty aluminum foil.***

## Before First Use

1. Read all instructions in this manual carefully.
2. Carefully unpack your Lightwave Oven and remove all packaging materials.
3. Place your Lightwave Oven on a level surface such as a countertop or table. Be sure the sides, back, and top of the Lightwave Oven are at least four inches away from any walls, cabinets, or objects on the counter or table.
4. Remove all stickers from the Lightwave Oven except the rating label located on the bottom.
5. Remove Bake/Broil Pan, Wire Rack, Broil Insert and Crumb Tray. Wash in warm, soapy water. Rinse and dry thoroughly before placing in the Lightwave Oven.
6. To remove any dust that may have accumulated during packaging, simply wipe the Lightwave Oven exterior and interior with a clean, damp cloth.
7. Do not use abrasive cleaners.



8. Do not put the Lightwave Oven, cord or plug in water.
9. When you are ready to use the Lightwave Oven, plug the cord into a 120V AC outlet. Close the Glass Door. The Operation Light and the Display Window will illuminate while the unit is plugged in.
10. To eliminate any protective substance or oil that may have been used for packing and shipping, select the Casserole Function by pressing the Function Button until the arrow is pointing toward the Casserole Function.
11. Set the Timer by turning the Timer/Toast Color Dial until 15 min. displays under Timer in the Display window.
12. Press the Start/Stop Button and the Lightwave Oven will begin the Casserole Function process. A small amount of smoke and odor may be detected. This is normal.
13. Condensation may build-up on the inside of the Glass Door, but will evaporate during the Casserole Function.
14. The Lightwave Oven will beep when the Casserole Function is complete.
15. Unplug oven and allow to cool completely before cleaning. See User Maintenance Instructions. Unplug when not in use.
16. To avoid scratching, marring, or discoloration, do not store anything on top of the Lightwave Oven during operation.

***CAUTION: Appliance surfaces are hot during and after use.***

***CAUTION: Always wear protective, insulated oven mitts on hands when touching hot Lightwave Oven or hot dishes and food or when inserting or removing Wire Rack, Broil Insert, Bake/Broil Pan and Crumb Tray.***

## Lightwave Oven Tips

- The Lightwave Oven has preset temperatures for each function to cook frequently prepared foods. The temperature cannot be adjusted.
- The Lightwave Oven has a 2 hour timer.
- The Operation Light on the Control Panel will be on while the unit is plugged in.
- The oven will beep 5 times when the program is completed.
- The Lightwave Oven will automatically shut off once the timer has reached 0. The Operation Light and the Display Window will remain illuminated while the unit is plugged in.
- The Lightwave oven may be shut off at anytime during any function. To interrupt a function, press and hold the Start/Stop button until the unit beeps and shuts off.
- The Heating Elements also function as an interior light. During all functions, except the Broil Function, the Upper and Lower Heating Elements will cycle on and off. During Broil Function, only the top element will cycle on and off.

## Hints For Cooking

- Heavy-duty aluminum foil may be used to cover top of baking container to reduce over-browning. Tuck ends of foil closely against edge of pan.
- Place food in the center of the Lightwave Oven for better browning.
- Food may cook faster than recipe or package time. Check for doneness prior to end of cook time.
- Rotate and turn food over for more even browning halfway through the cooking process.
- To prevent heat loss, avoid opening the Glass Door excessively.
- For best results, foods that contain a leavening agent should be baked on the lowest Shelf Position of the Lightwave Oven.
- Always use the Broil Insert and Bake/Broil Pan with the Broil function.

# Operating Instructions

## Preset Functions

**NOTE:** All of the functions, except for the toast function, are programmed with a default time and temperature. The default time may be changed by turning the Time/Toast Color Dial. No preheat is necessary.

1. Plug unit into a 120V AC outlet. Place Wire Rack into desired Shelf Position. Close the Glass Door. The Operation Light and Display Window will illuminate while the unit is plugged in.
2. Press the Function Button until the pointer is next to the desired cooking function.
3. The default time will appear in the display window under the Timer section. To change the time, turn Time/Toast Color Dial to select the desired time. The time will go up or down by 1 minute at a time. The maximum time is 120 minutes (2 hours).

**Note:** Some foods will cook up to 30% faster than the package time. Set the timer for less time, check food and continue cooking if necessary.

4. Open the Glass Door and place your food in the Lightwave Oven. Close Glass Door.
5. Press the Start/Stop button. The Timer will begin to count down and "min." will flash in the display window.
6. Condensation may build-up on the inside of the Glass Door, but will evaporate during Preset Function.
7. The Lightwave Oven will beep five times when the program is complete.
8. Open the Glass Door. Using oven mitts remove hot pan, Wire Rack and food. Close Glass Door.
9. Unplug oven and allow to cool completely before cleaning. See User Maintenance Instructions. Unplug when not in use.

**NOTE:** To change cooking time during baking process, you must start the programming sequence over. Press and hold the Stop button until beep is heard. The default time will appear in the Display Window. Reprogram the time and/or function and press the Start button to resume the cooking process.

# Operating Instructions (Cont.)

## Toast Function

1. Plug unit into a 120V AC outlet. Open the Glass Door. Place Wire Rack in Shelf Position #3. Place bread on Wire Rack. Close the Glass Door. The Operation Light will illuminate while the Unit is plugged in.
2. Press the Function Button until the arrow is pointing toward the Toast Function. The default setting of medium (Med.) toast color will appear in the Display Window under Color.
3. To change the toast color, turn the Time/Toast Color Dial until the arrow is pointing to the desired color of toast; Light, Med. or Dark.
4. Press the Start/Stop button. The display will flash (-- --) in the Timer section and the Lightwave Oven will begin the toasting process.

**NOTE:** The average time will range from 2-5 minutes, depending on the color chosen. Consecutive toasting times will be less, due to the Lightwave Oven cavity already being heated. Adjust the Color Control down one shade to toast the same color.

5. Condensation may build-up on the inside of the Glass Door, but will evaporate during toasting.
6. The Lightwave Oven will beep when the Toast function is complete.
7. Open Glass Door. Using oven mitts, carefully remove Wire Rack. Close Glass Door.
8. Unplug oven and allow to cool completely before cleaning. See User Maintenance Instructions. Unplug when not in use.

**NOTE:** To change the toast color during the toasting process, you must start the programming sequence over. Press and hold the Stop button until the unit beeps. The current selected Toast setting will appear in the Display Window. Select the desired toast color and press the Start button to resume the toasting process.

## Hints For Toast

- Follow toaster food directions.
- Frozen and heavy breads, such as bagels and English muffins require a darker setting.
- Using oven mitts, remove Crumb Tray and empty after each use.

## **Top Brown Instructions**

To top brown foods, follow the toasting instructions above but place the food on the Bake Pan on the Wire Rack in Shelf Position #3.

### **Hints For Top Brown**

- Watch food to avoid over-browning.
- You may brown the top of bagels (cut side up), English muffins or melt cheese on sandwiches or casseroles.

# User Maintenance Instructions

This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Contact a qualified appliance repair technician if the product requires servicing.

## Cleaning

ALWAYS UNPLUG THE UNIT AND ALLOW TO COOL COMPLETELY BEFORE CLEANING.

### Interior

1. Unplug oven and allow to cool before cleaning.
2. Remove all accessories from inside the oven cavity: Bake/Broil Pan, Broil Insert, Wire Rack and Crumb Tray.
3. Clean interior with a mild or non-abrasive cleaner and plastic scouring pad after each use to avoid build-up. Do not rub too hard as the surface on the walls of the Lightwave Oven may become scratched.
4. Rinse and dry thoroughly before closing Glass Door.

***CAUTION: DO NOT use spray-on or other oven cleaners. Using these types of cleaners may cause electrical damage.***

### Glass Door and Exterior

1. Unplug oven and allow to cool before cleaning.
2. Wipe exterior with a damp cloth after each use.
3. To clean the Glass Door, use a glass cleaner or mild detergent and a damp cloth or plastic scouring pad. Do not use an abrasive cleaner or pad as they might scratch the finish.
4. Rinse and dry thoroughly with a clean cloth. Allow to dry before closing the Glass Door.

## Accessories

Bake/Broil Pan, Two Broil Inserts, Wire Rack, and Crumb Tray

1. Allow to cool before cleaning.
2. Hand wash with soap and water or a mild abrasive cleaner and plastic scouring pad or wash in the dishwasher.
3. Rinse and dry thoroughly.

## Storage

Unplug unit, allow to cool, and clean before storing. Store with Glass Door closed in a clean, dry place. Never store it while it is hot or still plugged in. Never wrap cord tightly around the appliance. Do not put any stress on the cord where it enters the unit, as it could cause the cord to fray and break.

# Time and Temperature Charts

The charts are used as a reference guide only. To be sure that the food is done, use a cooking thermometer. Cooking times are for fresh foods (not frozen foods) at refrigerator temperature.

**NOTE:** The United States Department of Agriculture recommends that meat and poultry be cooked to the following internal temperature to be sure any harmful bacteria has been killed. Ground turkey and chicken should be cooked to an internal temperature of 165°F and ground beef, veal, lamb and pork be cooked to an internal temperature of 160°F. Chicken and turkey should be cooked to an internal temperature of 170°F for white meat and 180°F for dark meat. Goose and duck should be cooked to an internal temperature of 180°F. Fresh beef, veal and lamb, etc. should be cooked to an internal temperature of at least 145°F. Fresh pork should be cooked to an internal temperature of at least 160°F. When re-heating meat and poultry, they should also be cooked to an internal temperature of 165°F.

## Roasting

When roasting, place the food on the Broil Insert inside the Bake/Broil Pan. Place on Wire Rack in Shelf Position #4.

Food	Type of Cut	Amount / Weight	Temperature °F on Meat Thermometer at End of Cooking Time	Total Cooking Time for Fresh Meats, Poultry
Poultry	Chicken Breast Bone in, Skin on	3 breasts 12 to 16 oz. each	170°F	3/4 to 1-1/2 hrs.
	Whole Chicken	2-1/2 - 3 lbs.	180°F	1 to 1-1/2 hrs.
	Turkey Breast Tenderloin	2 lbs.	170°F	1 to 1-1/4 hrs.
Pork	Tenderloin	2 lbs.	160°F (M) 170°F (W)	3/4 to 1 hrs. 1 to 1-1/4 hrs.
Beef	Tenderloin	2 lbs.	145°F (R) 160°F (M)	3/4 to 1 hr. 1 to 1-1/4 hrs.
Seafood	Steak	2 steaks 1" - 1 1/2" thick	Flaky	10 to 15 min.
	Fillet	2 fillets 1/2 - 3/4" thick	Flaky	8 to 14 min.

R= Rare      M= Medium      W= Well Done

# Time and Temperature Charts (Cont.)

## Broil (Broil Function)

When broiling, place the food on the Broil insert inside the Bake/Broil Pan. Place on Wire Rack in Shelf Position #1, #2 or #3. Food should be 2 to 3 inches from top element. Turn food halfway through cooking time.

Food	Type of Cut	Amount / Weight	Temperature °F on Meat Thermometer at End of Cooking Time	Total Cooking Time for Fresh Meats, Poultry
Poultry	Turkey Burgers	6 4 oz. each	165°F	10 to 14 min.
	Turkey Brats	6	165°F	10 to 14 min.
Pork	American Pork Chops	6 1/2" thick	160°F (M) 170°F (W)	12 to 16 min. 14 to 18 min
	Pork Steaks	2 3/4" thick	170°F	22 to 26 min
	Boneless Ham Steaks	4 4 oz. each	160°F	8 to 12 min.
	Sausage Patties, Fresh	8 3/4" thick	160°F	12 to 16 min.
Beef	Ribeye Steak	2 1" thick	145°F (R) 160°F (M) 170°F (W)	8 to 12 min. 12 to 16 min. 16 to 20 min
	Top Sirloin Steak	2 1 1/4" thick	145°F (R) 160°F (M) 170°F (W)	12 to 16 min. 16 to 20 min 20 to 24 min
	New York/ Kansas City Strip Steak	3 3/4" thick	145°F (R) 160°F (M) 170°F (W)	8 to 12 min. 10 to 14 min 12 to 16 min
	T Bone	3 3/4" thick	145°F (R) 160°F (M) 170°F (W)	8 to 12 min. 12 to 16 min. 16 to 20 min
	Hamburger Patties	6 3/4" thick	160°F (M) 170°F (W)	16 to 20 min. 18 to 22 min.
Seafood	Steak	2 steaks 1-1 1/2" thick	Flaky	10 to 15 min.
	Fillet	2 fillets 1/2-3/4" thick	Flaky	6 to 14 min.
	Shrimp	Jumbo	Flaky	3 to 10 min.
Misc.	Frankfurters	1 lb.	165°F	10 to 20 min.
	Fresh Bratwurst	1 lb.	160°F	10 to 14 min.

R= Rare      M= Medium      W= Well Done



# Marinades

Marinate meat for added flavor and tenderizing. A marinade must include an acidic ingredient like lemon juice, vinegar, wine or salsa to tenderize. To prepare, blend all ingredients together. Marinate in refrigerator at least 30 minutes, turning to coat meat completely. Pat dry before cooking.

## RED WINE

- 1/4 cup red wine vinegar
- 2 tablespoons vegetable oil
- 1 tablespoon Dijon mustard
- 1 clove garlic, minced
- 1/2 teaspoon dried Italian seasoning
- 1/8 teaspoon pepper, coarsely ground

## CURRY YOGURT

- 1/3 cup plain yogurt
- 2 tablespoons lemon juice
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1/2 teaspoon curry powder
- 1/8 teaspoon crushed red pepper

## LEMON ORIENTAL

- 1/4 cup lemon juice
- 1 tablespoon soy sauce
- 1 tablespoon vegetable oil
- 2 tablespoons chopped onions
- 1/4 teaspoon ground ginger
- 1/8 teaspoon crushed red pepper

## MEXICALI

- 1/2 cup prepared salsa
- 2 tablespoons lime juice
- 1 tablespoon vegetable oil
- 2 tablespoons chopped cilantro

## SZECHWAN

- 1/4 cup soy sauce
- 3 tablespoons dry sherry
- 1 tablespoon sesame oil
- 2 tablespoons granulated sugar
- 2 tablespoons cornstarch

## SPICY HERB

- 1/2 cup dry wine
- 1/2 cup vegetable oil
- 2 tablespoons lemon juice
- 1/2 teaspoon Tabasco® pepper sauce
- 1/4 cup chopped onions
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon dried basil leaves
- 1/8 teaspoon dried tarragon leaves
- 1/8 teaspoon dry mustard

# Recipes



**This recipe has been specially created by the Rocco Kitchen for this appliance.**

## **Crispy Lemony Shrimp**

12 jumbo shrimp, peeled and deveined, leaving tail  
1/4 cup coarse bread crumbs  
1/4 cup extra virgin olive oil  
1 clove garlic, minced  
salt and pepper to taste  
1/4 cup Parmigiano-Reggiano, grated  
juice of one lemon  
2 teaspoon parsley, chopped fine

Rinse the shrimp and dry them well with paper towels.

Toss the bread crumbs with the olive oil and the parmigiano. On the Bake Pan, Toast the mixture using the Medium toast setting until golden brown and crunchy, about 5 minutes. Remove from oven and set aside to cool for a few minutes. You will use your Bake Pan again.

In a large bowl, toss the shrimp with the lemon juice, garlic, parsley, and a pinch each of salt and pepper. When the bread crumbs have cooled, break apart before adding them to the same bowl and toss them together with the shrimp.

Lay the shrimp on the Bake Pan. They should be lightly coated with the bread-crumb mixture. There may be excessive breading. Sprinkle over the shrimp. Be sure to spread the shrimps out into one layer so they get evenly crisp.

Cook the shrimp using the Casserole setting in shelf position #3 until they are cooked through but not hard, about 5 minutes. Season to taste with salt and pepper and serve.

Makes 4 servings



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by the Rocco Kitchen for this appliance.**

### **Porterhouse alla Mama**

#### **Steaks:**

- 2 (1-inch thick) porterhouse or T-bone steaks
- 2 tablespoons olive oil
- 1 tablespoon dried oregano
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 lemon, halved

Put the steaks in the Broil Pan with Insert and coat them on both sides with the olive oil, oregano, onion powder, and garlic powder. Season the steaks generously with salt and pepper.

Broil in shelf position #3 for 10 minutes, then turn and broil the second side for an additional 5-10 minutes. Remove and let rest.

Squeeze a half of lemon on each steak and serve.

Makes 2 servings



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by the Rocco Kitchen for this appliance.**

### **Quick Miso Chicken**

- 3 ounces orange marmalade
- 3 tablespoons finely chopped walnuts
- 3 tablespoons medium miso paste
- 3 boneless, skinless chicken breasts, each cut into 3 ounce pieces
- 6 ounces kale leaves, trimmed of thick ribs
- salt and pepper to taste

Mix together marmalade, miso, and walnuts in a medium bowl. Add the chicken and toss to coat. Coat the Broil Pan with non-stick spray. Put the kale leaves in the bottom of Broil Pan and season with salt and pepper. Lay the chicken on top of the greens and broil in shelf position #3 for 10-12 minutes or until chicken is 170 °F. Remove and enjoy hot.

Makes 2 servings

# Recipes (Cont.)

## FIESTA CORN BREAD

1 cup all-purpose flour  
1/2 cup corn meal  
1/4 cup granulated sugar  
1 1/2 teaspoons baking powder  
1/4 teaspoon salt  
3/4 cup milk  
3 tablespoons oil  
1 egg, beaten  
1 (4 ounce) can diced in shelf #4 green chilies, drained  
1 (2 ounce) jar diced pimento, drained

Combine dry ingredients, set aside. Mix wet ingredients together and stir into dry ingredients until moist. Pour batter into a greased 8x8 inch pan. Cook on Casserole, using Shelf Position #4, for 15-25 minutes or until done.

Makes 6-8 servings

## PEACH PECAN COFFEE CAKE

1 1/2 cups self-rising flour  
1/2 cup granulated sugar  
1/3 cup unsalted butter, softened  
1 large egg  
1/2 cup milk  
3 large ripe peaches, sliced  
1/3 cup brown sugar  
1/4 cup pecans broken into small pieces  
1 1/2 tablespoons butter, melted  
1/2 teaspoon ground cinnamon  
sour cream, crème fraîche, or whipped cream to serve

Grease and line with wax paper an 8x8 inch baking pan. Put the flour, sugar, butter, eggs and milk into a large bowl and beat with an electric mixer for a few minutes or until smooth. Spoon and spread batter evenly into the prepared baking pan. Arrange the peach slices over the batter. In a small bowl thoroughly mix the brown sugar, melted butter, pecans and cinnamon. Sprinkle the mixture over the peaches. Cook on Bakery, using Shelf Position #4 for 40 minutes, testing for doneness with a toothpick inserted and withdrawn clean from the center. Serve warm or cool with cream topping of choice.

Makes 9 servings

## **TOFFEE BARS**

### **Layer 1:**

- 1 (8-ounce) package Jiffy® yellow cake mix
- 1 egg
- 3 tablespoons butter, melted

### **Layer 2:**

- 1 cup evaporated milk
- 1 egg
- 1 teaspoon vanilla extract

### **Layer 3:**

- 1/2 cup nuts (optional)
- 5 ounces toffee chips

Spray an 8x8 inch baking pan with non-stick spray. Beat cake mix, egg and butter with an electric mixer for 2 minutes. Spread into prepared pan. Mix together milk, egg and vanilla, pour over first layer. Mix together nuts and toffee chips and sprinkle over top. Cook on Bakery, using Shelf Position #4 for 30 minutes, checking for doneness with a toothpick inserted and withdrawn clean from the center.

Makes 9 servings

## **CRAB AND CHEESE MUFFINS**

- 1/2 cup butter, softened
- 1 (8-ounce) jar Old English Cheddar Cheese® spread, softened
- 1 1/2 teaspoons mayonnaise
- 1/2 teaspoon garlic salt
- 1/2 teaspoon seasoned salt
- 2 (6 ounce) cans crab meat, drained and rinsed
- 6 English muffins, split to make 12 halves

With an electric mixer, cream together butter and cheese spread, Mix in mayonnaise and salts, stir in crab, Spread on muffins. Place in the Bake/Broil Pan and Broil, using Shelf Position #2 for 3-10 minutes or until hot and bubbly.

Makes 12 servings

# Recipes (Cont.)

## **BRIE KISSES**

1 pound Brie cheese  
1 can Hungry Jack® Flaky Layer Biscuits  
hot pepper jelly

Cut Brie into 1/2 inch squares (leave the rind on if you like). Spray a mini-muffin pan with non-stick spray. Separate each biscuit into 3-4 layers pressing each layer into one section of a mini-muffin pan. Place a dab of pepper jelly in each cup, then top with a chunk of cheese. Cook on Bakery, using Shelf Position #4 for 3-5 minutes or until cheese is melted and crust golden in color.

Makes 25-30 servings

## **CRAB AND SHRIMP MEDLEY**

1 cup bay or salad shrimp  
1 cup flaked crab meat  
1/2 cup chopped red pepper  
1/2 cup chopped celery  
1/3 cup chopped green onions & tops  
1/2 cup mayonnaise  
1/2 cup sour cream  
6 tablespoons freshly grated Parmesan cheese  
3/4 cup fresh bread crumbs  
2 tablespoons Worcestershire sauce  
1 tablespoon white pepper  
1/8 teaspoon cayenne pepper (optional)  
1/2 teaspoon salt

Combine all ingredients except 1/4 cup of bread crumbs and 2 tablespoons of the Parmesan cheese. Mix well. Place crab and shrimp mixture in a 8x8 inch baking dish. Mix together the remaining bread crumbs and Parmesan cheese and sprinkle evenly over the seafood mixture. Cook on Casserole, using Shelf Position #3 for 40 minutes or until the mixture is bubbling along the sides and the top is golden brown. Serve on crackers or as a dip.

Makes 15 servings

## **BROILED SHRIMP SKEWERS**

24 large shrimp, peeled and deveined  
4 tablespoons olive oil  
3 tablespoons chopped fresh parsley  
3 medium garlic cloves, minced  
salt and freshly ground black pepper to taste  
lemon wedges to serve

Rinse the shrimp in cold water and pat dry with paper towels. In a bowl, combine the olive oil, parsley, garlic, salt and pepper to season. Toss the shrimp in the mixture to coat thoroughly. Cover and marinate for 1 hour in the refrigerator. Thread 6 of the shrimps onto each of the four wood or metal skewers, through the shrimp tails front to back, so that the tails are curled and firmly held in place. Place the skewers on the Bake/Broil Pan assembly. Broil in Shelf Position #2 for 3-10 minutes on each side or until the shrimp become pink. Serve with lemon wedges.

Makes 4 servings

## **HERB CRUSTED CHICKEN BREASTS**

4 chicken breast halves, boneless-skinless  
3 tablespoons butter, melted  
1 cup fresh bread crumbs  
1/4 cup freshly grated Parmesan cheese  
2 tablespoons chopped fresh parsley  
2 medium garlic cloves, minced  
1/4 teaspoon Italian seasoning  
salt and freshly ground pepper to taste

Grease a 7x11 inch baking pan. Brush both sides of the chicken breasts with melted butter. Season with salt and freshly ground black pepper. In a small mixing bowl, combine the bread crumbs, Parmesan cheese, parsley, garlic and Italian seasoning until well blended. Coat each chicken breast thoroughly in the bread crumb mixture. Arrange in baking pan. Cook on Roast, using Shelf Position #4 for 35-45 minutes or until the juices run clear and the crust is a light golden brown.

Makes 4 servings



*Thank you for purchasing my Rocco ROLWTOB6 Lightwave Toaster Oven Broiler. I have incorporated electrics in my line that I feel will save you time, solve a cooking hassle, and of course . . . make your cooking even more fun! While you may know me from the restaurant world, these products are designed for your kitchen and mine. So, go ahead . . . unleash . . . your inner chef!*

*What is your inner chef? No, it's not some guy with a big white toque lurking in your kitchen closet – it's that style of cooking out there that has your name written all over it – your flavor favorites; your preference for specific ingredients; those dishes you enjoy cooking more than others; your family recipes; your ancestry; your culture; and so on. Add some of mine. Cook in hours or in five minutes!*

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**GRAB THE GOOD LIFE!**

A stylized, handwritten signature in black ink that reads "Rocco". The script is fluid and cursive, with the letters connected.

**Rocco DiSpirito**