

Microwave Baking



Microwave Mug Cake

Ingredients

- 4 tbsp self-raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable oil or sunflower oil
- a few drops of vanilla essence or other essence (orange or peppermint work well)
- 2 tbsp chocolate chips, nuts, or raisins etc (optional)



Method

1. **Pour** 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the a small bowel
2. **Mix** using handheld whisk (power link and switch can be used here)
3. **Crack** 1 medium egg into the mix
4. **Mix** using handheld whisk (power link and switch can be used here)
5. **Pour** the 3 tbsp milk, 3 tbsp vegetable oil and a few drops of vanilla essence
6. **Mix** using handheld whisk (power link and switch can be used here)
7. Optional Add extra ingredients like chocolate chips etc.
8. Centre your mug in the middle of the microwave oven and cook on High for 1½ -2 mins, or until it has stopped rising and is firm to the touch.

Raspberry mug cake



Ingredients

- 3 tbsp milk
- pinch lemon zest
- 1 tsp lemon juice
- 1 tbsp sunflower oil
- 4 tbsp self-raising flour
- 2 tbsp caster sugar
- pinch bicarbonate of soda
- 4 fresh or frozen raspberries

To serve

- ice cream

Method

1. Put the milk in a microwave-safe mug, add the lemon zest and juice and leave to sit for 2-3 mins. It should start to look a bit grainy, as if it has split.
2. Stir in the sunflower oil, flour, sugar and bicarbonate of soda.
3. Mix really well with a fork until smooth.
4. Drop in the raspberries
5. Microwave on high for 1 min 30 secs, or until puffed up and cooked through.
6. Serve with ice cream if you like.

Microwave banana pudding



Ingredients

- 100g butter softened plus extra for greasing
- 2 ripe banana
- 100g light muscovado sugar
- 100g self-raising flour
- 2 tsp ground cinnamon
- 2 eggs
- 2 tbsp milk
- icing sugar, toffee sauce and ice cream, to serve, if you like

Method

1. Put the butter in a 1-litre baking dish and microwave on High for 30 secs-1 min until melted.
2. Add 1½ bananas, mash into the melted butter, then add the sugar, flour, cinnamon, eggs and milk.
3. Mix together well.
4. Slice the remaining banana over the top
5. Microwave and cook on High for 8 mins until cooked through and risen.
6. Serve warm, dusted with icing sugar, if you like, with a drizzle of toffee sauce and a scoop of ice cream.

Microwave coffee & walnut cake

Ingredients

- 85g very soft butter
- 85g golden caster sugar
- 2 eggs, beaten
- 85g self-raising flour
- 2 tsp instant coffee powder
- small handful of walnut pieces (optional)



For the buttercream

- 1 tsp instant coffee powder
- 1 tsp milk
- 25g very soft butter
- 100g icing sugar

Method

1. In a medium bowl, beat the butter and sugar together until light and fluffy.
2. Gradually add the eggs followed by the flour and instant coffee.
3. Stir most of the walnuts (if using) into the batter, reserving a few for decoration.
4. Transfer to a microwave-proof dish and cook in the microwave on full power for 2 mins. Reduce the power to medium and cook for 2 mins.
5. After 4 mins, check to see if the cake is cooked – it should be risen and spring back when touched. If it needs a bit longer, cook on medium for 1 min more at a time, checking after each minute until the cake is cooked.
6. Remove and allow to cool.
7. Meanwhile, make the coffee butter cream. Dissolve the coffee in the milk, then add the butter and icing sugar. Beat until smooth, spread over the cake and top with the reserved walnuts.

Microwave meringues in minutes



Ingredients

- 300g icing sugar
- 1 lightly beaten egg white
- whipped cream
- tropical fruit, to serve

Method

1. Sift 300g of icing sugar over 1 lightly beaten egg white. Stir until the mixture is a thick, pliable icing and roll into balls.
2. Line a plate with kitchen paper.
3. Put 3 balls at a time on the plate and microwave them on high for 1½ mins – and watch, in amazement, as the balls balloon and puff into meringues.
4. When they are cool, use the meringues in desserts. They're perfect for sandwiching together with whipped cream and sliced tropical fruit.

Microwave peanut butter & jam brownies



Ingredients

- 75g butter plus extra for greasing
- 50g peanut butter
- 1 egg
- 25g cocoa powder
- 50g plain flour
- 100g sugar
- A few tsp of jam

Method

1. Add the butter and peanut butter to a microwave-safe bowl and cook on High for 30 secs to melt.
2. Remove from the microwave and stir thoroughly.
3. Allow to cool slightly then add the egg and stir to combine.
4. Grease with butter and line a second microwaveable round dish (about 15cm wide) with cling film.
5. Tip the peanut butter mix into the lined dish then sieve in the cocoa powder and flour and tip in the sugar.
6. Mix gently to form a thick, sticky paste.
7. Smooth the top of the mixture with the back of a large spoon.
8. Using a teaspoon, make crater-holes in the top of the brownie mixture and fill each generously with jam as it will melt and bubble down when cooked.
9. Pop in the microwave for 3-4 mins on High. Remove and leave to cool for 15 mins (it will carry on cooking as it cools) then enjoy!

Sticky sultana pudding

Ingredients

- 100g butter, plus extra for greasing
- 200g plain flour
- 1 tsp baking powder
- 85g light muscovado sugar
- 100g sultana
- 2 large eggs, lightly beaten
- 2 tbsp milk
- Golden syrup and custard to serve



Method

1. Butter a small microwave-proof pudding basin. In a separate bowl, rub the butter into the flour and baking powder, then stir in the sugar and sultanas. Gradually add the eggs and milk to make a wet cake mixture.
2. Spoon into the basin and make a deep hollow in the centre with the back of the spoon. Cover the basin with cling film, pierce with the tip of a knife and microwave on High for 4½-5 mins until well risen and firm to the touch.
3. Carefully turn the pud out onto a plate and spoon over a generous amount of syrup. Slice and serve with custard.

Sticky apple cups



Ingredients

- 2 medium Bramley apples
- 85g dried date, roughly chopped
- 85g ready-to-eat prune, roughly chopped or raisins
- 2 tbsp light muscovado sugar
- 1 tsp mixed spice
- 1 small orange, zest and juice
- 0% Greek yogurt or fromage frais, to serve

Method

1. Halve each apple through the circumference and dig out the core with a dessert spoon from both halves, leaving bowl-shaped hollows behind.
2. Mix together all the remaining ingredients except for the orange juice
3. Fill the apples with the mixture.
4. Fit them into a microwaveable dish and pour the orange juice on top.
5. Cover and cook on Medium (500w) for 5-7 mins until soft.
6. Cool for a few mins before serving with the yogurt or fromage frais.

Apricot & orange rice pudding

Ingredients

- 200g pudding rice
- 600ml skimmed milk
- big pinch ground nutmeg
- 1 tbsp clear honey, plus extra to serve
- 140g ready-to-eat dried apricot, roughly chopped
- zest and juice 1 orange
- 4 tbsp reduced-fat fromage frais
- handful toasted sliced almonds



Method

1. Put the rice, milk and nutmeg into a large microwaveable bowl.
2. Cover with cling film, pierce it, then cook on High for 5 mins.
3. Stir and leave to stand for 1 min, then return to the microwave for a further 5-6 mins or until the rice is cooked and all the milk absorbed.
4. Remove from the microwave and stand for a further 2 mins.
5. Put the honey, apricots and orange juice into another microwaveable bowl and cook on High for 1 min until the apricots have plumped up.
6. Stir the syrupy apricots, fromage frais and a pinch of orange zest into the rice.
7. Serve straight away in bowls, topped with a sprinkling of almonds, a little more orange zest and a drizzle of honey to taste.

Easy microwave carrot cake

Ingredients

- 2 eggs
- 3/4 cup sugar
- 3/4 cup oil
- 1 tsp vanilla
- 2 cups carrot finely grated
- 1 1/4 cups plain flour
- 2 tsp cinnamon
- 2 tsp mixed spice
- 1 tsp bi-carb soda
- 2 tbsp cream cheese
- 1 tbsp butter
- 1/2 tbsp vanilla
- 1 1/2 cups icing sugar sifted



Method

1. Mix eggs, sugar, oil and vanilla in a large bowl until combined.
2. Add in grated carrot, plain flour, cinnamon, mixed spice, bi-carb soda and mix until combined.
3. Spoon mixture into a microwave-proof cake tin and cover with a paper towel.
4. Cook the mixture in microwave for eight minutes. (Note: All microwaves are different so cooking time may vary slightly. The cake will be done when the top is evenly dry and cake close to the centre of pan springs back when touched.)
5. Remove cake tin from microwave and leave for 2-3 minutes.

6. Remove cake from tin and leave on a cooling rack. Meanwhile, make icing. Place cream cheese, butter and vanilla in a bowl.
7. Heat in microwave for 30 seconds so cream cheese and butter is slightly melted.
8. Add icing sugar to melted mixture and then mix until combined.
9. Add a little milk if the mixture is too thick for your liking or add some icing sugar if you think the mixture is too thin.
10. Once the cake has cooled, spread the icing mixture over the top with a butter knife and serve.

Jelly Donut in a Mug

Ingredients

- 2 tablespoons (1oz/30g) Butter
- 4 tablespoons all-purpose flour
- 1 Egg yolk
- 2 tablespoons sugar
- 1 tablespoon milk
- 1/2 teaspoon baking powder
- 1/4 teaspoon ground cinnamon
- 1 tablespoon Strawberry jam
- Cinnamon sugar to garnish

Method

1. Place butter into a microwavable mug and microwave until just melted. (roughly 20 seconds)
2. Add in the remaining ingredients; mix well with a fork until just combined
3. Once the batter is mixed place the spoonful of jam down into the batter to get a jammy centre
4. Microwave for 45 seconds or until it is firm on top. (Cooking time is based on my 1200W microwave so your timing might vary) Always keep a close eye on your mug while in the microwave so it doesn't overflow or overcook.
5. Sprinkle some cinnamon sugar on top and enjoy straight away!

