### Table of Contents

- **Liquid Measures** ....................................................... Page 1
- **Solid Measures** .......................................................... Page 2
- **Equivalents For Ingredients** ........................................ Page 2
- **Pasta Boat Instructions & Warnings** ......................... Pages 3 & 4
- **Pasta Cooking Guide** .............................................. Pages 5 & 6
- **Steam Cooking Guide** .............................................. Pages 6 & 7
- **Helpful Hints** ............................................................. Page 7
- **Warranty** .................................................................. Page 7
- **Recipes** .................................................................. Page 8 thur 45
  (recipes are listed in alphabetical order)

### Pasta Boat Wine Steamed Artichokes

#### Ingredients
- 2 lbs. baby artichokes
- 1 cup white wine
- ¼ cup olive oil
- ¼ cup diced onions
- 3 tablespoons chopped garlic
- ½ fresh lemon

#### Directions
Cut stems off artichokes.
Snap off outer petals.
Cut off top third of each artichoke.
Place steam rack into **Pasta Boat**.
Place artichokes on rack and pour the wine over them.
Mix oil, onions, and garlic together and pour over artichokes.
Squeeze juice of a half a lemon over artichokes.
Place strainer lid on **Pasta Boat** and microwave on HIGH for 10 minutes.
Remove artichokes to a bowl and pour wine sauce from bottom of pot over them.
Serve immediately.

**Serves 4**
**Pasta Boat Vanilla Bean Oatmeal**

**Ingredients**
1 cup “steel cut” oatmeal  
1 whole vanilla bean (scrape out the seeds)  
2½ cups water  
2 tablespoons sugar (brown or regular)

**Directions**
Add water, oatmeal, and vanilla seeds to *Pasta Boat*.  
Cook on power level 5 (or 50%) for 15 minutes.  
Stir in sugar.  
Serve warm.

**Serves 4**

---

**Liquid Measures**

<table>
<thead>
<tr>
<th>Fluid Ounces</th>
<th>U.S.</th>
<th>Imperial</th>
<th>Milliters</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1 teaspoon</td>
<td>1 teaspoon</td>
<td>5</td>
</tr>
<tr>
<td>1/4</td>
<td>2 teaspoons</td>
<td>1 dessert spoon</td>
<td>10</td>
</tr>
<tr>
<td>1/2</td>
<td>1 tablespoon</td>
<td>1 tablespoon</td>
<td>14</td>
</tr>
<tr>
<td>1</td>
<td>2 tablespoons</td>
<td>2 tablespoons</td>
<td>28</td>
</tr>
<tr>
<td>2</td>
<td>1/4 cup</td>
<td>4 tablespoons</td>
<td>56</td>
</tr>
<tr>
<td>4</td>
<td>1/2 cup</td>
<td>1/4 pint or 1 gill</td>
<td>120</td>
</tr>
<tr>
<td>5</td>
<td>3/4</td>
<td>170</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>1 cup</td>
<td>240</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>1/4 pint or 1 gill</td>
<td>250, 1/4 liter</td>
<td>280</td>
</tr>
<tr>
<td>10</td>
<td>1 1/4 cups</td>
<td>1/2 pint</td>
<td>340</td>
</tr>
<tr>
<td>12</td>
<td>1 1/2 cups</td>
<td>3/4 pint</td>
<td>420</td>
</tr>
<tr>
<td>15</td>
<td>2 cups</td>
<td>450</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>2 1/4 cups</td>
<td>500, 1/2 liter</td>
<td>475</td>
</tr>
<tr>
<td>20</td>
<td>2 1/2 cups</td>
<td>1 pint</td>
<td>560</td>
</tr>
<tr>
<td>24</td>
<td>3 cups</td>
<td>675</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>1 1/4 pints</td>
<td>1 1/4 pint</td>
<td>700</td>
</tr>
<tr>
<td>30</td>
<td>3 3/4 cups</td>
<td>1 1/2 pints</td>
<td>840</td>
</tr>
<tr>
<td>32</td>
<td>4 cups or 1 quart</td>
<td>1 3/4 pints</td>
<td>900</td>
</tr>
<tr>
<td>35</td>
<td>4 1/2 cups</td>
<td>1 3/4 pints</td>
<td>980</td>
</tr>
<tr>
<td>40</td>
<td>5 cups</td>
<td>2 pints or 1 quart</td>
<td>1120</td>
</tr>
</tbody>
</table>
## Solid Measures

<table>
<thead>
<tr>
<th>Ounces</th>
<th>Pounds</th>
<th>Grams</th>
<th>Kilos</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td>28</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>56</td>
<td></td>
</tr>
<tr>
<td>3 1/2</td>
<td></td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>1/4</td>
<td>112</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>140</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td>168</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>1/2</td>
<td>225</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td>250</td>
<td>1/4</td>
</tr>
<tr>
<td>12</td>
<td>3/4</td>
<td>340</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>1</td>
<td>450</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>1 1/4</td>
<td>500</td>
<td>1/2</td>
</tr>
<tr>
<td>20</td>
<td>1 1/2</td>
<td>560</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>1 1/2</td>
<td>675</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td></td>
<td>750</td>
<td>3/4</td>
</tr>
<tr>
<td>28</td>
<td>1 3/4</td>
<td>780</td>
<td></td>
</tr>
<tr>
<td>32</td>
<td>2</td>
<td>900</td>
<td></td>
</tr>
<tr>
<td>36</td>
<td>2 1/4</td>
<td>1000</td>
<td>1</td>
</tr>
<tr>
<td>40</td>
<td>2 1/2</td>
<td>1100</td>
<td></td>
</tr>
<tr>
<td>48</td>
<td>3</td>
<td>1350</td>
<td></td>
</tr>
<tr>
<td>54</td>
<td></td>
<td>1500</td>
<td>1 1/2</td>
</tr>
</tbody>
</table>

## Equivalents For Ingredients

- all-purpose flour - plain flour
- unbleached flour - strong, white flour
- cornstarch - cornflour
- coarse salt - kitchen salt
- half and half - 12% fat milk
- heavy cream - double cream
- light cream - single cream
- scallion - spring onion
- zest - rind
- eggplant - aubergine
- zucchini - courgettes or marrow
- lima beans - broad beans

## Pasta Boat Tilapia in Packets with Brown Rice

**Ingredients**

- 1 cup brown rice
- 4 cups water
- 2 tilapia fillets
- 2 tablespoons butter
- 1 teaspoon chopped fresh parsley
- 1 teaspoon chopped fresh garlic
- 1 teaspoon chopped fresh green onion
- Salt and pepper to taste
- 2 (12" x 18") sheets of parchment paper

**Directions**

1. Place rice and water in **Pasta Boat**. Microwave on HIGH for 10 minutes.
2. Meanwhile, place a piece of fish on top of each piece of parchment paper.
3. Top each piece of fish with 1 tablespoon of butter, ½ teaspoon parsley, ½ garlic, and ½ teaspoon onion.
4. Fold top half of parchment paper over fish and crimp to seal packets completely.
5. Place on expander ring (packets will overlap).
6. Place expander rack with fish on it in **Pasta Boat** and cover with strainer lid.
7. Microwave on HIGH for 10 minutes.
8. Transfer packets to plate and serve with rice.

**Serves 2**
Pasta Boat Thai Red Curry Chicken

Ingredients
1 pound boneless chicken breast, thinly sliced in 1 inch long pieces

Red Curry Sauce
1 can (13.50 fl ounces) coconut milk
1 tablespoon fish sauce (optional)
2 tablespoons brown sugar
½ medium sweet onion, finely chopped
3 cloves garlic, finely minced
1 tablespoon cilantro (coriander leaves), minced
1-2 red chili peppers
2 tablespoons tomato paste
1 tablespoon lime juice
1 tablespoon cumin
1 tablespoon chili powder
salt to taste

Vegetables
1 sweet red bell pepper, chopped
1 cup zucchini, sliced and halved
½ cup carrots sliced
1 tomato, chopped into 1 inch pieces

Directions
Mix Red Curry Sauce ingredients in the Pasta Boat and stir. Add chicken to Red Curry Sauce mixture and microwave on HIGH for 3 minutes. Place vegetables on the Chef's Extended Steamer Rack to the Pasta Boat and cover with the Strainer Lid. Microwave on HIGH for another 6 minutes. Then add the steamed vegetables to the chicken curry mixture, stir and serve.

Serves 4-6

Pasta Boat™ Instructions

Congratulations on your purchase of Pasta Boat™. It’s never been so easy to cook tasty pasta!

Before You Begin:
Wash Pasta Boat™ with hot soapy water.

Getting Started:
Let’s make some pasta!
1. Remove Steamer Rack and place pasta in Pasta Boat™. See Pasta Cooking Guide on pages 5 & 6 for a helpful chart of pasta types and serving size recommendations.
   Each red Pasta Boat™ handle is a 2-portion measurement of spaghetti.
2. Fill water to appropriate water level as indicated in the Pasta Cooking Guide on pages 5 & 6.
3. Place Pasta Boat™ in microwave oven and set the appropriate time (also indicated in the Pasta Cooking Guide on pages 5 & 6). Do not use the Straining Lid or Steamer Rack when cooking pasta in microwave.*

CAUTION: Pasta Boat™ will be hot. Carefully use red handles when removing Pasta Boat™ from microwave.

4. Once pasta is cooked, carefully remove Pasta Boat™ from microwave and use caution while sliding the Strainer Lid onto Pasta Boat™ (strainer side of lid slides on first).
5. Drain water into sink. Pasta is ready to serve with your favorite sauce!
Do not use the Steamer Rack or Straining Lid with Pasta Boat™ while cooking pasta in microwave. The Straining Lid is only to be used on Pasta Boat™ when the pot is taken out of the microwave and you are ready to strain water, or when you are steaming food in microwave.

Use the Steamer Rack to Steam vegetables and more!
1. Place Steamer Rack in Pasta Boat™ to cook vegetables or fish in microwave.
2. Fill water to water level #1 (unless otherwise noted in the Steam Cooking Guide on pages 6 & 7).
3. Place food on top of Steamer Rack.
4. Fit Straining Lid on top of Pasta Boat™ (strainer side of lid slides on first).
5. Place Pasta Boat™ in microwave oven and set the appropriate time (as indicated in Steam Cooking Guide on pages 6 & 7).
6. Once cooking is complete, carefully remove Pasta Boat™ from microwave and use caution while removing food and serving.

How to use the Chef’s Extended Steamer Rack:
1. Place the Chef’s Extended Steamer Rack on the top rim of the Pasta Boat.
2. Follow the recipe as explained in the recipe book.

After Use:
• Leftovers can be stored in Pasta Boat™ in the refrigerator or freezer. Food may be defrosted in Pasta Boat™ in microwave oven.
• All parts of your Pasta Boat™ are dishwasher safe.

**WARNINGs:**
• Pasta Boat™ cooks by boiling water: Use extreme caution when handling.
• Pasta Boat™ is for microwave use only.
• Storage Lid is for storage purposes only. DO NOT use the Storage Lid in the microwave.
• NOT for use by children.

---

Pasta Boat Thai Green Curry Chicken

**Ingredients**
1 pound boneless chicken breast, thinly sliced in 1 inch long pieces

**Green Curry Sauce**
1 can (13.50 fl ounces) unsweetened coconut milk
2 tablespoons fresh basil (or 15 leaves) finely minced
½ medium sweet onion, finely chopped
2 cloves garlic, finely minced
½ cup cilantro (coriander leaves), minced
2 small green chili peppers, finely minced
1-2 stalks lemongrass
1 lime juiced or 4 kaffir lime leaves shredded
2 teaspoons vegetable or canola oil
1 ½ tablespoon fish sauce (optional)
2 teaspoons sugar
½ teaspoon turmeric
¾ tablespoon cumin
salt to taste

**Vegetables**
2 cups baby eggplant cut into 1 inch cubs or green zucchini, sliced and halved

**Directions**
Mix Green Curry Sauce ingredients in the Pasta Boat and stir.
Add chicken to Green Curry Sauce mixture and microwave on HIGH for 4 minutes.
Place baby eggplant (or green zucchini) on the Chef’s Extended Steamer Rack to the Pasta Boat and cover with the Strainer Lid.
Microwave on HIGH for another 6 minutes.
Then add the steamed eggplant (or zucchini) to the chicken curry mixture, stir and serve.

Serves 4-6
**Pasta Boat Stuffed Mushrooms**

**Ingredients:**
- 1/2 pound mushrooms (medium size)
- 4 tablespoons butter (melted)
- 1/2 cup green onion (finely chopped)
- 3 tablespoons bread crumbs
- 1 tablespoon parsley (dried flakes)
- salt and pepper to taste

**Directions:**
Clean mushrooms and separate caps and stems.
Arrange the caps (hollow side up) in the Pasta Boat Chef's Extended Steamer Rack.
Dice mushroom stems finely, place in a bowl.
Combine the melted butter and green onion to the diced mushroom stems.
Add bread crumbs and parsley flakes; add salt and pepper to taste.
Stuff each cap with some of the bread crumb mixture.
Fill the bottom of the Pasta Boat with water to level 1 and microwave uncovered for 4-5 minutes.

---

**Pasta Cooking Guide**

**MEASUREMENTS FOR SPAGHETTI, LINGUINE, ANGEL HAIR, AND FETTUCCINI**

<table>
<thead>
<tr>
<th>Servings</th>
<th>Water Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Serving</td>
<td>1/2 of Red Measuring Handle</td>
</tr>
<tr>
<td>2 Servings</td>
<td>1 Full Red Measuring Handle</td>
</tr>
<tr>
<td>4 Servings</td>
<td>2 Full Red Measuring Handles</td>
</tr>
<tr>
<td>6 Servings</td>
<td>3 Full Red Measuring Handles</td>
</tr>
<tr>
<td>8 Servings</td>
<td>4 Full Red Measuring Handles</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SERVING SIZE</th>
<th>1</th>
<th>2</th>
<th>4</th>
<th>6</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thin Pasta</td>
<td>12-13</td>
<td>13-14</td>
<td>17-18</td>
<td>19-20</td>
<td>21-22 mins.</td>
</tr>
<tr>
<td>Angel Hair</td>
<td>11-12</td>
<td>12-13</td>
<td>14-15</td>
<td>15-16</td>
<td>17-18 mins.</td>
</tr>
</tbody>
</table>

These are cooking times for al dente pasta; for softer pasta cook several minutes longer.

**MEASUREMENTS FOR ELBOW, BOWTIE (FARFALLE), ZITI, ROTINI, AND PENNE**

<table>
<thead>
<tr>
<th>Servings</th>
<th>Water Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Serving</td>
<td>1/2 Cup</td>
</tr>
<tr>
<td>2 Servings</td>
<td>1 Cup</td>
</tr>
<tr>
<td>3 Servings</td>
<td>1 1/2 Cups</td>
</tr>
<tr>
<td>4 Servings</td>
<td>2 Cups</td>
</tr>
<tr>
<td>6 Servings</td>
<td>3 Cups</td>
</tr>
<tr>
<td>8 Servings</td>
<td>4 Cups</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SERVING SIZE</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>6</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>17</td>
<td>19</td>
<td>21</td>
<td>23</td>
<td>25</td>
<td>27 mins.</td>
</tr>
</tbody>
</table>

Stir macaroni once half way through cooking for al dente; for softer pasta, cook several minutes longer.
**Pasta Cooking Guide** (continued)

**MEASUREMENTS FOR LASAGNA NOODLES**
Quantity: 15 noodles  
Water Level: #8  
Cooking Time: 18 minutes

**MEASUREMENTS FOR RAVIOLI**
Quantity: 15 jumbo cheese  
Water Level: #8  
Cooking Time: 18 minutes

**MEASUREMENTS FOR FINE SOUP NOODLES**
Quantity: 2 cups  
Water Level: #4  
Cooking Time: 17 minutes

Cooking times may vary with different microwave ovens – adjust accordingly.

**Steam Cooking Guide**

**SWEET POTATO**
Quantity: 2 medium, pierced with fork  
Water Level: #1  
Instructions: Place potatoes on steam rack, strainer lid on  
Cooking Time: 12 minutes

**BAKED POTATO**
Quantity: 2 large, pierced with fork  
Water Level: #1  
Instructions: Place potatoes on steam rack, strainer lid on  
Cooking Time: 20 minutes

**Pasta Boat Spinach Risotto**

**Ingredients**
- 2 tablespoon olive oil
- 1 cup finely chopped onions
- 2 cloves garlic, chopped
- 1 cup uncooked Arborio rice
- 3 cups hot vegetable or chicken broth
- ¼ teaspoon salt
- ¼ teaspoon ground nutmeg
- ½ cup white wine
- 8 oz. fresh spinach
- 2 small zucchini, cut in 1 inch pieces
- ½ cup grated Parmesan cheese

**Directions**
Combine olive oil, onion, and garlic in Pasta Boat pot. Place in microwave and cook on HIGH for 3 minutes. Stir the rice and broth into the Pasta Boat with the onion mixture, and add salt and nutmeg. Cover the Pasta Boat with strainer lid and cook on HIGH for 6 minutes. Uncover Pasta Boat and stir in wine, zucchini, and spinach and cook approximately 10-15 minutes more until liquid boils off. Sprinkle cheese into the rice and serve.

Serves 4-6
**Pasta Boat**  
**Shrimp and Cherry Tomato Sauce**

**Ingredients**
- 10 oz. package penne pasta (about 4 cups)
- 2 pints of cherry or grape tomatoes
- 3 cloves of garlic, chopped
- 3 tablespoons olive oil
- 1 lb. (26-30) raw shrimp, cleaned, shelled, tails removed
- ¼ cup fresh basil
- Salt and pepper to taste

**Directions**
Place penne in Pasta Boat, add water to the “8” mark, and microwave on HIGH for 17–20 minutes until pasta is done.
Remove pasta to a bowl and keep warm.
Put tomatoes, garlic, and olive oil in Pasta Boat.
Cover with strainer lid and microwave on HIGH until tomatoes are soft (about 5–9 minutes).
Remove from microwave, open lid and add salt, pepper, and shrimp.
Cover with strainer lid and microwave on HIGH for 3 minutes.
Remove from microwave, stir shrimp, and cook on HIGH for 5 minutes more.
Pour shrimp sauce over pasta and toss.
Sprinkle basil on top and serve immediately.

**Serves 4**

---

**Steam Cooking Guide**  
(continued)

**CORN ON THE COB**
- Quantity: 4 ears
- Water Level: #1
- Instructions: Place corn (2 on top of the other) on steam rack, strainer lid on
- Cooking Time: 7 minutes

**CLAMS (STEAMERS)**
- Quantity: 1 pound
- Water Level: #1
- Instructions: Place clams on steam rack, strainer lid on
- Cooking Time: 6 minutes (or until shells pop open)

**Helpful Hints**
- Use chicken broth instead of water for additional flavor.
- Add olive oil to water to lessen pasta sticking to Pasta Boat.
- When steaming fish, use white wine in combination with water for additional flavor.
- When steaming fruit, use apple juice instead of water for additional flavor.

**Warranty**
Liability limited to the purchase price of this product.
For complete instructions and warnings, log on to: www.PastaBoat.com
TeleBrands Corporation shall not be liable for any incidental or consequential damages or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.
Pasta Boat Baked Apples

Ingredients
3 large baking apples  
½ cup brown sugar, firmly packed  
¼ cup raisins  
½ teaspoon cinnamon  
¼ teaspoon nutmeg  
1 tablespoon butter

Directions
Wash and core apples, then remove a 1 inch strip of peel around the top of each apple.  
Place in Pasta Boat.  
Combine brown sugar, raisins, cinnamon, and nutmeg in a small bowl.  
Fill the center of each apple with mixture and dot with ½ teaspoon of the butter.  
Add 1 cup water to Pasta Boat and place steam rack in bottom of container.  
Place filled apples on the rack and place on cover.  
Cook for 4-5 minutes remove from microwave and let sit for 5 minutes.  
Serve warm or cool.

Serves 3

Pasta Boat Shrimp and Broccoli

Ingredients
1 pound of uncooked shrimp deveined  
2 cups broccoli  
1 cup shiitake mushrooms, finely chopped  
1 tablespoon canola oil or peanut oil  
½ cup low sodium soy sauce  
2 teaspoons ginger, finely chopped  
2 cloves garlic minced  
3 scallions (green onions), chopped  
1 cup low sodium chicken broth  
1 teaspoon brown sugar  
1 small onion chopped  
1 tablespoon cornstarch or flour

Directions
Place steamer in pasta boat and add 1 cup water.  
Place broccoli on the Steamer Rack and cover Pasta Boat with the Strainer Lid.  
Steam broccoli in the microwave for 6 minutes.  
Strain water from Pasta Boat through the Strainer Lid.  
Set broccoli aside and remove the Steamer Rack.  
Add and mix remaining ingredients except the shrimp into the pasta boat and stir until the flour and brown sugar are dissolved.  
Place the Chef’s Extended Steamer Rack on top of the Pasta Boat and add the shrimp. Cover with the strainer lid and microwave on HIGH for another 6 minutes.  
Add the shrimp and broccoli to the sauce mixture.  
Microwave on HIGH for 1 minute and serve.

Serves 4-6
**Pasta Boat Seafood Paella**

**Ingredients**

**Rice**
- 1 medium Spanish onion, chopped
- 1 medium green pepper, chopped
- 1 tomato, chopped
- ½ cup frozen peas
- ¼ teaspoon saffron or generous pinch
- 3 cloves garlic minced
- 4 tablespoons olive oil
- ¼ teaspoon cumin
- 2 cups long grain rice
- 3 cups low sodium chicken broth
- Salt to taste

**Seafood**
- ¾ pound uncooked shrimp, peeled and deveined then rinsed with cold water
- 1 dozen little neck clams

**Directions**

Combine all Rice mixture ingredients in the Pasta Boat and mix.

Cover with the Strainer Lid and Microwave on HIGH for 7 minutes.

Remove the Strainer Lid and place Chef’s Extended Steamer Rack on the Pasta Boat.

Place shrimp and clams on the Chef’s Extended Steamer Rack.

Cover with the Strainer Lid and Microwave on HIGH for another 8 minutes or until shrimp and clams are fully cooked.

Add shrimp and clams to the rice. Mix and serve.

*Serves 4-6*

---

**Pasta Boat Baked Ziti**

**Ingredients**

- 1 (12 oz.) package ziti pasta
- 1 (24 oz.) jar prepared tomato sauce
- 1 (15 oz.) container ricotta cheese
- 8 oz. shredded mozzarella
- ¼ cup grated Parmesan cheese

**Directions**

Place pasta in Pasta Boat and add water to the “8” mark. Microwave on HIGH for 17-20 minutes until pasta is done. Drain pasta and place half the drained pasta into a bowl.

Put 1 cup sauce, half the ricotta cheese, and half the mozzarella over the pasta in the Pasta Boat in order listed.

Put the remaining pasta in the Pasta Boat and add the remaining ingredients, ending with the Parmesan cheese. Microwave on HIGH for 3-5 minutes until heated through.

Serve at room temperature or slightly warmed.

*Serves 4-6*
**Pasta Boat Beer Steamed Shrimp**

**Ingredients**
1 pound (26-30) shrimp, uncooked and still in shell
12 oz. dark beer
1 tablespoon seafood seasoning
¼ teaspoon fresh chopped parsley
1 lemon, cut into wedges
1½ cups cocktail sauce

**Directions**
Pour beer into *Pasta Boat*.
Place steam rack in pot.
Pour shrimp on steam rack and cover *Pasta Boat* with strainer lid.
Microwave on HIGH for 5 minutes (10 minutes if shrimp are frozen).
Drain beer out through the strainer lid.
Generously sprinkle seasoning over shrimp and add parsley.
Serve hot or cold with fresh lemon wedges and cocktail sauce.
Put out some empty bowls for the shells.

*Serves 4-6*

---

**Pasta Boat Ratatouille**

**Ingredients**
2 tomatoes, chopped
1 medium eggplant, cubed (4 cups) Skin on or off is up to the cook!
2 medium zucchinis, sliced (2 cups)
½ red pepper, sliced
1 onion, thinly sliced
2 tablespoons fresh parsley
2 cloves garlic, minced
1 teaspoon Herbs de Provence
1 cup fresh green beans
2 tablespoons olive oil
¼ cup white wine
Salt and pepper to taste

**Directions**
Place all ingredients, except wine, in *Pasta Boat*
and cover with strainer lid.
Microwave on HIGH for 5 minutes.
Remove from microwave, stir mixture, and add wine.
Cover with strainer lid and return to microwave on HIGH for 5-8 more minutes.

*Serves 4-6*
**Pasta Boat Quick Chicken Noodle Soup**

**Ingredients**
- 2 cups cooked chicken cut into cubes (left over or prepared from grocer)
- 6 cups chicken or vegetable broth
- 2 large celery stalks, thinly sliced
- 2 carrots, thinly sliced
- ¼ small onion, diced
- ½ cup frozen peas
- 1 teaspoon salt (optional)
- ¼ teaspoon pepper
- ¼ teaspoon hot red pepper
- 1 cup thin egg noodles

**Directions**
Add all ingredients into the Pasta Boat.
Microwave on HIGH 8-10 minutes or until noodles are tender.

*Serves 4-6*

**Pasta Boat Broccoli Cheese Soup**

**Ingredients**
- 1 tablespoon butter, melted
- 1 medium leek, cleaned and thinly sliced
- 1 tablespoon chopped shallot
- 2 tablespoons quick mixing flour
- 2 cups half-and-half
- 2 cups vegetable broth
- 6 oz fresh broccoli florets (about 3 cups)
- 1 carrot, diced
- 3 cups grated sharp cheddar cheese
- 3 slices precooked bacon
- Nutmeg to taste
- Salt and pepper to taste

**Directions**
Put onion, shallot, and butter in Pasta Boat and microwave on HIGH for 1 minute.
Stir flour into butter mixture and microwave on HIGH for 1 minute.
Stir in the half-and-half and microwave on HIGH for 1 minute.
Add the vegetable broth, broccoli, carrot, salt and pepper and microwave on HIGH for 10 minutes.
Add cheese, stirring until melted.
Cover and microwave on HIGH 2 minutes.
Top each serving with bacon and sprinkle with nutmeg.
Serve hot.

*Serves 4-6*
**Pasta Boat Cheesy Mashed Potatoes**

**Ingredients**
- 3 large potatoes, peeled
- 1 ½ teaspoons salt
- ¼ cup milk or half-and-half
- 1 cup sour cream
- 2 cups grated cheddar cheese
- 1 bunch scallions, chopped (about 1 cup)
- ½ teaspoon black pepper

**Directions**
Place potatoes in *Pasta Boat* with 1 cup of water and 1 teaspoon of salt. Cover with strainer lid and cook on HIGH for 5 minutes or until tender. Drain and place in a bowl. With electric mixer (or by hand), mix potatoes just until fluffy (do not over-mix). Add milk or half-and-half, sour cream, 1 cup of the cheese, scallions, the remaining ½ teaspoon salt, and the pepper and mix well. Transfer the mixture back into the *Pasta Boat* and sprinkle with the remaining cheese. Microwave for 3–4 minutes or until cheese melted on top. Serve warm.

*Serves 8*

---

**Pasta Boat Perogies**

**Ingredients:**
- 7-8 frozen Perogies
- 1 medium onion, thinly sliced
- 2 tablespoons butter
- 2 tablespoons water

**Directions:**
Arrange Perogies in the *Pasta Boat* Expander Rack. Slice onion thinly and place in the bottom of the *Pasta Boat*™ with the butter and water. Place the Chef’s Extended Steamer Rack on the *Pasta Boat*, cover with the strainer cover and microwave for 5-6 minutes. Carefully remove cover, arrange Perogies on platter and cover with onion mix.
**Pasta Boat Peanut Sesame Noodles**

**Ingredients**
1 pound thin pasta or noodles, such as thin spaghetti or ramen

**Peanut Sauce**
- 8 oz. creamy peanut butter
- ½ cup soy sauce
- 4 tablespoons of peanut or canola oil
- 2 tablespoons hot water

**Garnish**
- 2 teaspoons sesame seeds

**Directions**
Place pasta in the *Pasta Boat*, add water and microwave on HIGH until tender (about 10-15 minutes). Place Strainer Lid on *Pasta Boat* and strain out water. Remove pasta to a bowl and cover to keep warm.

Add Peanut Sauce ingredients to *Pasta Boat*. Mix and Microwave on HIGH for 2 minutes or until all peanut butter has melted.

Pour Peanut Sauce and sesame seeds over pasta. Toss to blend making sure the Peanut Sauce and Sesame Seeds coat the pasta evenly. Then serve.

**Serves 4-6**

---

**Pasta Boat Chicken Kapow**
*(Thai Chicken in Basil Sauce)*

**Ingredients**
- 1 pound boneless chicken breast, thinly sliced in 1 inch long pieces
- 1 cup chicken broth
- 1 tablespoon fish sauce
- 1 teaspoon sugar
- ½ medium sweet onion, chopped
- 1 sweet red bell pepper, chopped
- 3 cloves garlic minced
- 3 green onions (scallions), chopped
- 15 leaves fresh Thai or Italian basil, finely chopped
- 2 green chili peppers, chopped
- 2 tablespoons peanut or olive oil
- Salt to taste

**Directions**
Add chicken and chicken broth to *Pasta Boat* and microwave on HIGH for 3 minutes. Add remaining ingredients to the *Pasta Boat*, stir and microwave on HIGH for another 6 minutes.

**Serves 4-6**
**Pasta Boat Chili**

**Ingredients**
- 1½ lbs. ground beef
- 2 tablespoons chopped green pepper
- 2 tablespoons chopped onion
- 1 tablespoon chopped celery
- 2 (15 oz.) cans spicy chili beans
- ¾ cup grated cheddar cheese or Queso Blanco

**Directions**
Place beef in **Pasta Boat** and place strainer lid on.
Microwave on HIGH for 5 minutes.
Add vegetables and microwave on HIGH for 3 minutes.
Drain meat mixture.
Mix chili beans into meat mixture and cover with strainer lid.
Microwave on HIGH for 3-5 minutes.
Remove **Pasta Boat** from microwave.
Add cheese, cover and let sit for 1 minute to allow cheese to melt.
Serve with you favorite chili fixings.

*Serves 4-6*

**Pasta Boat Penne Pasta with White Beans and Fresh Spinach**

**Ingredients**
- 1 (12 oz.) package penne pasta
- 2 tablespoons minced fresh garlic
- 4 tablespoons olive oil, divided
- 1 can of cannelloni beans, well drained
- 1 bunch fresh spinach, rinsed and torn into bite-size pieces
- Grated Parmesan cheese to taste
- Salt and pepper to taste

**Directions**
Add the penne pasta to **Pasta Boat** and cook until tender (10-15 minutes).
Meanwhile, mix together garlic, olive oil, beans, salt and pepper.
Drain the pasta and immediately add garlic mixture and spinach to **Pasta Boat**.
Toss to blend well and serve warm with grated Parmesan cheese.

*Serves 4-6*
**Pasta Boat**

**Pasta with Fresh Cherry Tomatoes**

**Ingredients**
- 1 (12 oz.) package rigatoni or ziti pasta
- 2 tablespoons fresh garlic, minced
- 4 tablespoons olive oil
- 2 cups chopped fresh cherry tomatoes
- 1 cup fresh basil leaves
- Grated Parmesan cheese to taste
- Salt and pepper to taste

**Directions**
Add the pasta to Pasta Boat and cook until tender, 10-15 minutes.
Meanwhile, mix together garlic, olive oil, tomatoes, salt and pepper.
Drain the pasta and immediately add tomato mixture to Pasta Boat.
Toss to blend well and serve warm with Parmesan cheese.

_Serves 4-6_

---

**Pasta Boat Chili Cheese Dip**

**Ingredients**
- 4 cups shredded cheddar cheese
- ¼ cups milk
- 1 (15½ oz.) can black beans, drained
- 1 (6 oz.) can chopped olives, drained
- 1 (12 oz.) bottle prepared chili sauce
- 1 (15 oz.) can chili beans
- 1 (8 oz.) container sour cream
- 1 large bag of taco chips

**Directions**
Place 2 cups of cheese in Pasta Boat.
Add milk and microwave on HIGH for 2 minutes.
Stir milk and cheese together until well blended.
Pour black beans over top of cheese mixture, and then pour olives over black beans.
Add ¼ cup of the chili sauce spreading evenly over olives.
Pour chili beans evenly over top of mixture and more chili sauce to taste.
Top with 2 cups of cheese.
Microwave for 5 minutes on HIGH or until heated all the way through and cheese is fully melted.
Dollop sour cream on top.
Serve warm with taco chips.

_Serves 4-6_
Pasta Boat Chocolate Cherry Cake

Ingredients
1 (18¾ oz.) box German chocolate cake mix
½ cup chocolate chips
3 eggs
½ cup vegetable oil
1 cup water
8 oz. sour cream
1 (21 oz.) can of cherry pie filling
Ice cream or prepared whipped cream (optional)

Directions
In a large bowl, mix all ingredients, except pie filling, together.
Pour half the batter into Pasta Boat, add can of pie filling, then pour the rest of the batter on top of filling.
Microwave on MEDIUM HIGH for 19–25 minutes.
If not done, continue microwaving for intervals of 3 or 4 minutes.
Cake is done when it pulls away from the sides of the Pasta Boat and it loses its "wet" look.
Turn cake out on to a large plate.
Cherries will be on the top.
May be served warm with a scoop of ice cream or cool with a dollop of whipped cream.

Serves 6-8

Pasta Boat Oriental Dumplings

Ingredients:
Filling
1 pound ground pork or ground turkey
1/2 teaspoon red pepper flakes
1 teaspoon sesame oil
1 teaspoon onion powder
1/4 teaspoon pepper
1/2 teaspoon garlic (powder)
1 package wonton wrappers

Dipping Sauce
1/3 cup soy sauce
1 teaspoon sesame oil
1 clove garlic minced

Directions:
Mix first 6 ingredients in a bowl.
Lay out wonton wrappers and place 1 teaspoon of filling in center of each.
Moisten edges of the wonton wrappers with finger dipped in water; fold over dough and pinch edges to make a triangle.
Arrange some in the Pasta Boat Chef’s Extended Steamer Rack.
Fill Pasta Boat base with dipping sauce.
Microwave covered on high for 6 minutes.
Let stand for 2 minutes.
Arrange on platter and serve with dipping sauce.
Garnish with carrot sticks and chopped scallion if desired.
**Corn on the Cob with Chili Butter**

**Ingredients**
- 3 ears fresh corn, husked and broken in half
- 8 tablespoons butter (1 stick)
- 2 tablespoons chopped fresh cilantro
- ½ teaspoon salt
- 1 teaspoon chili powder
- ¼ onion, finely chopped
- teaspoon cayenne pepper

**Directions**
Pour 1 cup of water into Pasta Boat, place in the steam rack, and put corn on rack.
Microwave on HIGH for 5 minutes or until corn is tender.
Remove corn to a plate and keep warm.
Remove steam rack from pot.
Drain hot water.
Add the next six ingredients and microwave on HIGH for 2 minutes until onions are translucent.
Pour over corn and serve.

**Serves 3-4**

---

**Orange Carrots**

**Ingredients**
- 1 (11 oz.) can mandarin oranges in light syrup
- 1 lb. cut and peeled baby carrots (or whole carrots peeled and cut into 2 inch pieces)
- 1 teaspoon of honey
- ½ teaspoon of salt

**Directions**
Place oranges with liquid, carrots, honey, and salt in Pasta Boat.
Cover Pasta Boat with strainer lid.
Microwave on HIGH for 5 minutes.
Stir carrots and microwave on HIGH for 5 more minutes or until carrots are tender.

**Serves 2-3**
**Pasta Boat Creamed Spinach**

**Ingredients**
- ½ large onion, diced
- 1 cup heavy cream
- 6 cups of fresh spinach
- ½ cup grated Parmesan cheese
- Garlic powder to taste
- Salt and pepper to taste

**Directions**
Put onion and cream in Pasta Boat and microwave on HIGH for 4 minutes.
Add spinach and microwave on HIGH for 2 minutes.
Remove Pasta Boat from microwave and add salt, pepper, and garlic powder.
Toss spinach to cover with cream.
Sprinkle Parmesan cheese on top of spinach.
Microwave on HIGH for 1 minute to melt cheese.
Serve immediately.

*Serves 4-6*

**Pasta Boat Mac and Cheese**

**Ingredients**
- 8 oz. elbow macaroni
- 2 tablespoons butter
- 2½ tablespoons chopped onion
- 16 oz. cubed processed cheese food
- ¾ cup milk
- Ground black pepper to taste
- Salt to taste

**Directions**
Add water and the elbow macaroni into Pasta Boat pot and microwave on HIGH for 10-15 minutes until al dente.
Drain pasta through strainer lid.
Remove lid and pour drained pasta into a bowl.
Place butter and onion in Pasta Boat and microwave on HIGH for 2-3 minutes until onions are translucent.
Remove Pasta Boat from microwave and add cheese, milk, salt and pepper to Pasta Boat.
Cook for 3-5 minutes until cheese is just melted.
Remove from microwave and stir cheese mixture until smooth and well blended.
Pour macaroni back into Pasta Boat and stir to coat pasta evenly.
Let stand for 5-8 minutes before serving.
The sauce will thicken while standing.

*Serves 2-3*
**Pasta Boat Lo Mein Noodle Pot**

**Ingredients**
- 1 cube of chicken bouillon
- 2 tablespoons soy sauce
- 1 (12 oz.) package Lo Mein noodles (Measure out 2 servings using the *Pasta Boat* measuring handles. Save the rest for another use)
- 1 cup fresh snow pea pods
- 1 cup fresh bok choy, chopped
- ½ cup leek, thinly sliced
- 6 oz. frozen cooked salad shrimp

**Directions**
Fill *Pasta Boat* with water to the “1” mark.
Add all ingredients in the order listed.
Place on strainer lid.
Microwave on HIGH for 10 minutes.

*Serves 2-3*

**Pasta Boat Curry Lentil Soup**

**Ingredients**
- 1 cup vegetable bouillon
- 1 cup black lentils
- ½ cup brown basmati rice (or plain brown rice)
- 1 clove garlic
- ½ medium onion, finely chopped
- 1 teaspoon garam masala
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 teaspoon black pepper
- 8 oz. plain yogurt

**Directions**
Fill *Pasta Boat* pot with water to the “4” mark.
Pour in vegetable bouillon, lentils, and rice, and microwave on HIGH for 30 minutes.
Stir in spices and microwave for another 15 minutes on HIGH.
Serve with a dollop of yogurt on top.

*Serves 4*
**Pasta Boat Double Chocolate S’mores**

**Ingredients**
- 3 whole chocolate graham crackers
- 3 large marshmallows (preferably the square ones, if available)
- 3 teaspoons dark chocolate chips (or 1 square from a dark chocolate candy bar)

**Directions**
- Place 3 half crackers upside down on *Pasta Boat* steam rack.
- Arrange the marshmallows and chocolate on the cracker.
- Place the second cracker half right side up over the marshmallows and chocolate chips.
- Microwave on HIGH for 5-10 seconds or until marshmallows are puffy and chocolate is melted.
- Serve warm.

**Serves 3**

---

**Pasta Boat Lemon Garlic Seafood and Basmati Rice**

**Ingredients:**
- 1/2 pound sea scallops
- 1/2 pound peeled shrimp (raw)
- 1/2 teaspoon turmeric
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic (powder)
- 1 small lemon (cut into 4 slices)
- 1 cup Basmati rice
- 1-1/2 cups water

**Directions:**
- Place first 8 ingredients in a bowl and toss to coat.
- Fill the *Pasta Boat* base with water and rice.
- Arrange the seafood in the *Pasta Boat* Chef's Extended Steamer Rack and place over the rice in the *Pasta Boat* base.
- Microwave covered on high for 5 minutes, remove the *Pasta Boat* Chef’s Expander Rack and set aside on a platter.
- Microwave rice covered for an additional 5 minutes.
- Mix seafood from the Expander Rack directly with the rice in the *Pasta Boat* base.
- Serve hot.

**Yield 4 servings**
Pasta Boat Hot Apple Cider

**Ingredients**
- 6 cups apple cider
- ¼ cup real maple syrup
- 3 cinnamon sticks
- 5 whole cloves
- 2 whole allspice berries
- 1 small orange cut into round slices
- 1 teaspoon lemon zest

**Directions**
Pour the apple cider and maple syrup into Pasta Boat. Add the cinnamon sticks, cloves, allspice berries, orange slices, and lemon peel. Place strainer lid on pot. Microwave on HIGH for 2 minutes or until the cider is very hot, but not boiling. Remove the Pasta Boat from the microwave and pour hot cider through the strainer lid into a heat resistant serving pitcher, leaving the cooked spices in the pot, then pour into individual cups for serving.

**Serves 6**

---

Pasta Boat Easy Family Breakfast Scramble

**Ingredients**
- 4 eggs
- ¼ cup milk
- 1½ cups of uncooked shredded hash browns (from the refrigerator section of grocer)
- 4 slices pre-cooked bacon (broken)
- 1 cup grated cheese (Cheddar, Swiss, Gouda)
- Salt and pepper to taste

**Directions**
Mix eggs and milk together and pour into Pasta Boat. Add hash browns, bacon, and cheese. Cover and microwave HIGH for 2 minutes. Remove from microwave and stir mixture. Microwave for 2 more minutes on HIGH or until eggs are nearly set. Let stand 2 to 3 minutes or until set. Serve warm.

**Serves 4-6**
**Pasta Boat Franks and Beans**

**Ingredients**
- 6 slices bacon, cut-up
- 1 large onion, diced
- 1 small bell pepper, seeded and diced
- 2 (15 oz.) cans pork and beans
- ½ cup tomato catsup
- 2 tablespoons packed brown sugar
- 1 tablespoon prepared mustard
- 6 hot dogs, sliced
- 3 slices American cheese

**Directions**
Place bacon, onion, and pepper into Pasta Boat pot. Microwave on HIGH for 3 minutes or until bacon is done. Add all the rest of the ingredients to the Pasta Boat. Microwave on HIGH for 3-5 minutes until hot and bubbly. Lay slices of cheese on top and serve.

*Serves 6*

---

**Pasta Boat Fried Rice**

**Ingredients**
- 2 cups rice
- 2 ½ cups chicken broth
- 1 carrot chopped
- 3 scallion (green onions), chopped
- ½ cup frozen peas

**Directions**
Combine all ingredients in the Pasta Boat. Cover the Pasta Boat with the Strainer Lid and microwave on HIGH for 15 minutes or until rice is tender.

*Serves 4-6*