

Let's Cook!



Welcome to VIM, where simple living is empowered by smart spaces and innovative technologies. Your new Whirlpool all-in-one microwave/convection oven allows you to master delicious meals with little waste and big taste.

WHAT IS THIS THING?

A convection/microwave combines grilling, baking, and regular microwave functionality. Thus, the appliance is convenient, fast, and effective. It also works well for meals that need to be cooked at high temperatures.

Microwave: It's a traditional microwave; use it as you have any other.

Convection Oven: Convection ovens cook by circulating hot air around food. Convection ovens can cook anything from cookies to a turkey.

WHAT MODE DO I USE?

A convection oven is best used for baking. It can also be used for roasting, grilling, browning, or caramelizing. A microwave is better suited for warming up food that's already been cooked, but it can also be used to make popcorn, defrost frozen foods, and boil water.

WHY IS THIS IN MY APARTMENT?

VIM was designed with the essentials of urban living in mind. This appliance not only saves space and cooks efficiently, it's everything you need and nothing you don't.



Tips & Tricks

- + DO NOT use metal when using the microwave setting.
- + Use only microwave safe dishes/pans. Ceramic and glass work best; aluminum cookie sheets can be used when cooking with convection.
- + DO NOT cook your food in a closed container or vacuum. Cover loosely with a lid, but do not seal it.
- + Use the convection oven like a regular oven by adjusting the temperature or the time. Rule of thumb is to reduce the temp by 25° or reduce cooking time by 25%.
- + Always use pot holders when removing food from the oven.
- + Use the provided racks to allow air to circulate for even cooking.
- + To use the convection oven, press the button with three lines by the lightbulb button.



Recipes



CURTIS COOKIES

*Prep time: 10 min
Cook time: 10 min
Servings: 36 cookies*

INGREDIENTS

- + ½ cup unsalted butter softened
- + ½ cup shortening butter
- + ¾ cup granulated sugar
- + ¾ cup light brown sugar
- + 2 eggs
- + 1 teaspoon vanilla extract
- + 1 teaspoon baking soda
- + 1 teaspoon salt
- + 2 ¼ - 2 ½ cups all purpose flour
- + 2 ½ cups chocolate chips

INSTRUCTIONS

Preheat the oven to 350°F with convection. Using a stand mixer or a hand mixer, mix together the softened unsalted butter

and shortening. Add the granulated sugar and brown sugar. Mix until light and fluffy.

Add the eggs and vanilla extract. Mix again until light and fluffy.

To the center of the bowl, add the baking soda, salt and one cup of the flour. Mix gently. Continue adding flour until all the flour is incorporated and mix until just combined. You want the dough to feel light and fluffy.

Add the chocolate chips; mix until just combined.

On a parchment-lined baking sheet, drop spoonfuls of cookie dough using a cookie scoop.

Bake for 9 minutes using the convection setting until the edges are lightly browned.



GARLIC HERB-BUTTER ROASTED CHICKEN

*Prep time: 15 min
Cook time: 2 hours 20 min
Servings: 6*

INGREDIENTS

- + 5 pound roasting chicken
- + ¼ cup unsalted butter (½-stick)
- + 7 garlic cloves (divided)
- + 1 tablespoon fresh rosemary minced
- + 1 to 2 sprig fresh rosemary
- + 1 tablespoon thyme fresh or 1 teaspoon dried
- + 1 teaspoon onion powder
- + 1 teaspoon lemon zest
- + ½ lemon
- + 1 ½ tablespoons lemon juice fresh

INSTRUCTIONS

Arrange a rack in the center of the oven, and preheat to 375°F set for convection baking. Line the bottom of a roasting pan with aluminum foil. Set aside.

Prepare the Garlic Herb-Butter

Mince four of the three garlic cloves. In a small pot over low heat, mix the minced garlic with the butter, herbs, onion powder and the lemon juice and zest. Season with salt and pepper, to taste.

Prepare the Chicken for Roasting

Remove the neck bone and giblets from inside of the chicken's cavity. Pat the chicken dry with paper towels. Place the

chicken, breast side up on a rack inside a shallow roasting pan, or a deep baking pan.

Salt to the inside of the cavity wall. Smash the seven remaining garlic cloves with the side of a chef's knife. Then fill the cavity of the chicken with them, ½ a lemon and sprigs of rosemary.

Brush the chicken with the garlic herb-butter. Tie the legs together with butcher's twine. Insert the temperature probe of the cooking thermometer into the thickest part of the chicken.

Roast the Garlic Herb-Butter Chicken

Place the roasting pan in the center of the oven and bake for one hour. After an hour, use an instant-read thermometer to check the temperature if you are not using a cooking thermometer with probe. At this point, the internal temperature should be hovering around 150°. Brush the chicken in its own juices from the bottom of the pan. Return the chicken to the oven and continue to roast. Tent the chicken with foil it begins to over-brown.

Continue to roast the chicken and baste every thirty minutes until the internal temperature of chicken reaches at least 165°F; about 2 hours.

Remove the chicken from oven and baste one last time. Let the roasted chicken rest for at least 15 to 20 minutes before carving.

Recipes



CRISPY TOFU BITES

Prep time: 1 hour 40 min
Cook time: 1 hour 40 min
Servings: 8

INGREDIENTS

- + 1 pound firm tofu
- + 1 tablespoon coconut oil
- + 2 tablespoons soy sauce
- + 2 tablespoons rice vinegar
- + 1 tablespoon honey
- + 1 tablespoon Sriracha
- + 1 ½ teaspoons garlic powder
- + 1/3 cup cornstarch

DIRECTIONS

Remove the tofu from the package and drain well. Line a plate with paper towels and place the tofu on it. Top with some more paper towels and another plate. Place a heavy can on top of the plate. Let sit for at least 30 minutes.

In a small bowl, whisk the coconut oil with the soy sauce, vinegar, honey, Sriracha and garlic powder to combine.

After the tofu has drained, slice it into 1-inch pieces. Cut the slices into 1 ½-inch triangles. Transfer the pieces to a large zip-top plastic bag.

Pour the marinade into the bag. Marinate the tofu for 1 to 1 ½ hours.

Preheat the oven to 375°F. Line a baking sheet with parchment paper. Remove the tofu from the marinade and arrange it on the prepared baking sheet.

Sift the cornstarch evenly over the tofu. Turn the pieces over and sprinkle again.

Bake the tofu until it is golden brown and very crisp, 20 to 25 minutes. Turn the tofu over halfway through baking.

Serve the tofu with sweet chile or soy dipping sauce.

BAKED SWEET POTATO FRIES

Prep time: 15 min
Cook time: 15 min
Servings: 6

INGREDIENTS

- + 3 medium sweet potatoes, peeled
- + 2 garlic cloves (inside the skin)
- + 3 tablespoons olive oil
- + 2 sprigs fresh rosemary
- + Flaky sea salt, to taste

DIRECTIONS

Preheat the oven to 400°F. Grease a baking sheet with nonstick spray.

Cut each sweet potato into quarters, then cut each quarter into 4 fat wedges.

In a large bowl, toss the sweet potatoes and garlic cloves with the olive oil.

Arrange the potatoes in a single layer on the baking sheet. Add the rosemary and garlic cloves, and season well with salt.

Bake until the potatoes are golden brown and crisp, 20-25 minutes, flipping the potatoes halfway through baking.



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