



# Panasonic®

***INVERTER***

**Operating Instructions and  
Cookery Book**

**Microwave Oven**

**Model Number: NN-ST479S**

**For domestic use only**



## **Important safety instructions**

Before operating this oven, please read these instructions  
carefully and keep for future reference.





# Standard Conversion Chart

## Weight

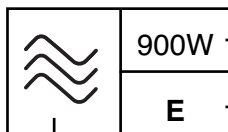
½oz	–	15g
1oz	–	25g
2oz	–	50g
3oz	–	75g
4oz	–	100g
5oz	–	150g
6oz	–	175g
7oz	–	200g
8oz	–	225g
9oz	–	250g
10oz	–	275g
11oz	–	300g
12oz	–	350g
13oz	–	375g
14oz	–	400g
15oz	–	425g
1lb/16oz	–	450g

## Capacity

½tsp	–	3ml
1tsp	–	5ml
1tbsp	–	15ml
¼pt	–	150ml
½pt	–	300ml
¾pt	–	450ml
1pt	–	600ml
1¾pt	–	1 litre

When using recipes in this book always follow metric or imperial measurements. Do not combine the two. In some recipes the conversions are not a direct equivalent due to recipe result.

## Important Notice



Microwave symbol

The IEC (60705) power output (watts)

The heating category for small packs of food

Your oven is rated 900 Watts (IEC)\*. When using other cookbooks remember to adjust cooking times accordingly. The symbol above, which is displayed on your oven door, indicates the heating category for your oven when cooking or reheating convenience foods.

Your oven is rated 'E', which is very efficient. It is therefore very important that you refer carefully to the packet instructions on convenience foods.

Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating on pages 31-35 of this book.

ALWAYS check the progress of the food as it cooks or reheats by simply opening the door and after checking the progress of the foods press START to continue the cooking time.

\*1000 Watts IEC (60705) is achieved by using the Turbo Reheat pad, see page 19 for details.

Failure to follow the instructions given in this Cookbook and Operating Instructions, may affect the recipe result and in some instances may be dangerous.



**Cookery advice line**

**01344 862108**

**Customer Care Centre**

**0844 844 3899**

### Selected Spares and Accessories:

Order direct on line at

**www.panasonic.co.uk** or by

telephoning the Customer Care Centre number above.





# Welcome to Panasonic Microwave Cooking

Thank you for purchasing a Panasonic Microwave Oven. Even if this is not your first microwave oven, do please read the opening chapters of this cookbook to achieve perfect results every time.



This microwave oven has the benefit of the Inverter technology. This has been in use with microwave ovens in Japan for many years, improving the cooking performance of the oven. It also means that you benefit from having more space inside your oven, without taking up more room on your work surface.

Microwaves leave most foods tastier and leave you with less washing up, but don't expect to become a perfect microwave cook overnight – some of the methods are very different to those used in conventional cooking.

Home Economists program the ovens especially for the UK market. The recipes are tested many times to ensure you achieve successful results at home.

We hope you enjoy using your new oven but should you require any further help or explanation, phone our

**☎ Cookery advice line 01344 862108**

or write to the address below, or contact us on-line at [test.kitchen@panasonic.co.uk](mailto:test.kitchen@panasonic.co.uk) Alternatively visit our website at [www.theideaskitchen.co.uk](http://www.theideaskitchen.co.uk)

**Home Appliance Innovation Centre  
Panasonic Consumer Electronics U.K.  
Willoughby Road  
Bracknell  
Berks  
RG12 8FP**

When writing, be sure to state your model number and daytime telephone number.

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# Important safety instructions

## Please read carefully and keep for future reference

This appliance is supplied with a moulded three pin mains plug for your safety and convenience, which may be marked, and rated, either 10 amps or 13 amps.

A 10 amp or 13 amp fuse is fitted according to the type of mains plug fitted.

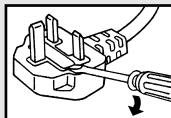
Should the fuse need to be replaced, please ensure that the replacement fuse has the correct rating for the type of mains plug fitted and that it is approved by ASTA or BSI to BSI362.

Check for the ASTA mark  or the BSI mark  on the body of the fuse.

If the fuse cover is detachable, never use the plug with the cover omitted. If a replacement fuse cover is required, ensure it is the same colour as that visible on the pin face of the plug. A replacement fuse cover can be purchased from your local Panasonic Dealer.

### How to replace the fuse

Open the fuse compartment with a screwdriver and replace the fuse.




IF THE FITTED MOULDED PLUG IS UNSUITABLE FOR THE SOCKET OUTLET IN YOUR HOME THEN THE FUSE SHOULD BE REMOVED AND THE PLUG CUT OFF AND DISPOSED OF SAFELY AND AN APPROPRIATE ONE FITTED. THERE IS A DANGER OF SEVERE ELECTRICAL SHOCK IF THE CUT OFF PLUG IS INSERTED INTO ANY 13 AMP SOCKET.

If a new plug is to be fitted, please observe the wiring code as shown opposite. If in any doubt, please consult a qualified electrician (For U.K. Models only).

### Warning: this appliance must be earthed.

**Important:** The wires in this mains lead are coloured in accordance with the following code: Green-and-yellow: Earth. Blue: Neutral. Brown: Live.

As the colours of the wire in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the Earth symbol  or coloured GREEN or GREEN-AND-YELLOW.

The wire which is coloured BLUE must be connected to the terminal in the plug which is marked with the letter N or coloured BLACK.

The wire which is coloured BROWN must be connected to the terminal in the plug which is marked with the letter L or coloured RED.

When this oven is installed it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker.

### Voltage & Power

The voltage used must be the same as specified on this microwave oven. Using a higher voltage than that which is specified is dangerous and may result in a fire or other type of accident causing damage.

Do not immerse cord, plug or oven in water. Keep cord away from heated surfaces. Do not let cord hang over the edge of table or work top. Do not plug your oven in via an extension cable as this can be dangerous. It is important to plug the oven directly into a wall socket.

The back of the appliance heats up during use. Do not allow the cord to be in contact with the back of the appliance or cabinet surface.





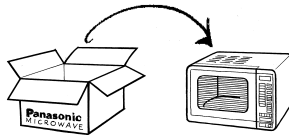
## Unpacking your oven

### 1. Examine Your Oven

Unpack oven, remove all packing material, and examine the oven for any damage such as dents, broken door latches or cracks in the door. Notify dealer immediately if unit is damaged. Do NOT install if unit is damaged.

### 2. Guarantee

Your receipt is your guarantee, please keep it in a safe place.



### 3. Cord

If the supply cord of this appliance is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

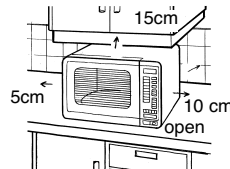
**N.B.** The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

## Placement of your oven

**This oven is intended for household countertop or built-in use only. It is not intended for use inside a cabinet or a cupboard. Refer to building-in your oven on page 69.**

1. For counter top use the oven must be placed on a flat, stable surface 850mm above floor level. For proper operation, the oven must have sufficient air flow, i.e. 5cm/2" at one side, the other being open; 15cm/6" clear over the top; 10cm/4" at the rear.
2. Do not place the microwave oven on a shelf directly above a gas or electric hob. This may be a safety hazard and the oven may be damaged.
3. Do not block air vents on the rear and bottom or top of the cabinet. Do not place any articles on the top of the oven over the vents. If air vents are blocked during operation, the oven may overheat. If the oven overheats, a

thermal safety device will turn the oven off. The oven will remain inoperable with blank display until it has cooled.



4. Do not use outdoors.
5. Only allow children to use oven with out supervision when adequate instructions have been given so that the child is able to use the oven in a safe manner and understands the hazards of improper use.
6. This appliance is not intended to be operated by means of an external timer or separate remote-control system.

## Using your oven

1. The appliance must not be operated by Microwave WITHOUT FOOD IN THE OVEN. Operation when empty will damage the appliance.
2. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

### 3. Storage of Accessories

Do not store any objects other than oven accessories inside the oven in case it is accidentally turned on. In case of electronic failure, oven can only be turned off at wall socket.





## Care & Cleaning of your Microwave Oven

**It is essential for the safe operation of the oven that it is kept clean, and wiped out after each use. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.**

1. **Switch the oven off** before cleaning and unplug at socket if possible.
2. **Keep the inside of the oven, door seals and door seal areas clean.** When food splatters or spilled liquids adhere to oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergents or abrasives is not recommended. Take care when cleaning around the microwave feed guide.
3. The **outside oven surface** should be cleaned with a damp cloth. Do not allow water to seep into the ventilation openings.
4. If the **Control Panel** becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel. When cleaning the Control Panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning touch STOP/CANCEL Pad to clear display window.
5. If **steam accumulates** inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.
6. It is occasionally necessary to remove the **glass turntable** for cleaning. Wash the turntable in warm soapy water. Do not place in the dishwasher.
7. The **roller ring and oven cavity floor** should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven, particularly the turntable spindle and the area surrounding this, with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. After removing the roller ring from the cavity floor for cleaning, be sure to replace it in the proper position.
8. A steam cleaner is not to be used for cleaning.
9. Keep air vents clear at all times. Check that no dust or other material is blocking any of the air vents on the top, bottom or rear of the oven. If air vents become blocked this could cause overheating which would affect the operation of the oven, and could lead to a hazardous situation.

## Maintenance of your oven

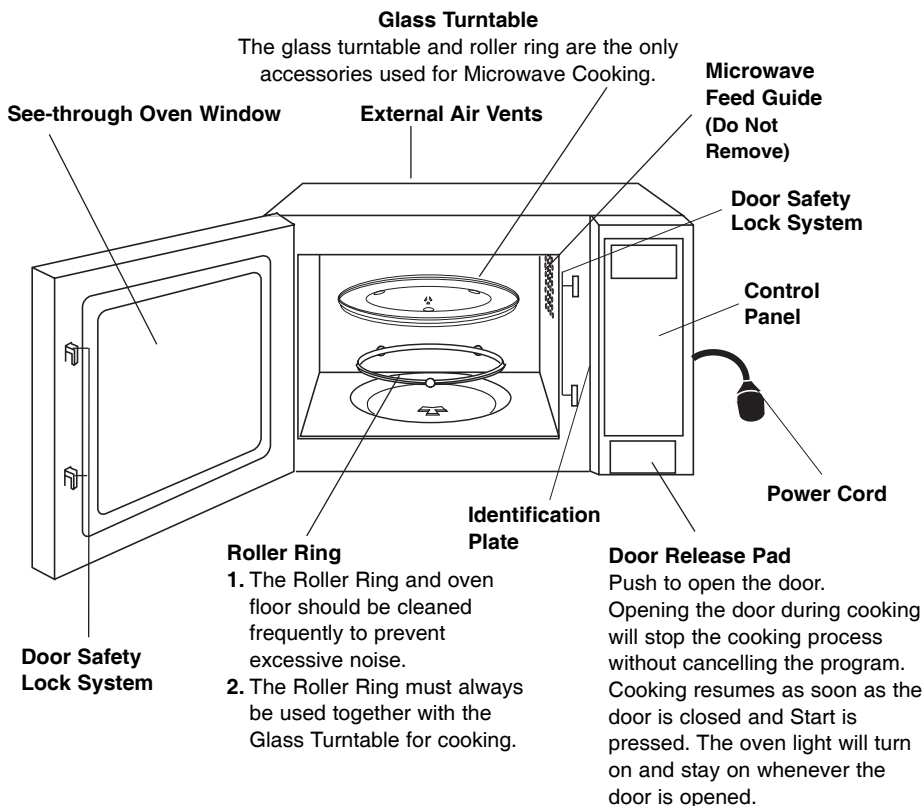
1. **Service**  
WHEN YOUR OVEN REQUIRES A SERVICE call your local Panasonic engineer. You can look on the web site ([www.panasonic.co.uk](http://www.panasonic.co.uk)) under the "support" option, where a service dealer locator can be found or alternatively call our Customer Care Centre on 0844 844 3899 who can recommend an engineer. It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.
2. **Door Seals**  
Do not attempt to tamper with or make any adjustments or repairs to door, control panel housing, safety interlock switches or any other part of the oven. Do not remove outer panel from oven. The door seals and door seal areas should always be kept clean – use a damp cloth.
- N.B.** The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.
3. **Oven Light**  
The oven lamp must be replaced by a service technician trained by the manufacturer. DO NOT attempt to remove the outer casing from the oven.
4. **Selected Spares and Accessories**  
These may be ordered direct; on line at [www.panasonic.co.uk](http://www.panasonic.co.uk) or by telephoning the Customer Care Centre 0844 844 3899. Most major credit and debit cards accepted. Ensure you quote the correct model number.





## Parts of Your Oven

1. Do not operate the oven without the Roller Ring and Glass Turntable in place.
2. Only use the Glass Turntable specifically designed for this oven. Do not substitute with any other Glass Turntable.
3. If Glass Turntable is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Glass Turntable. Always place food in a microwave safe dish. The only exception to this is when cooking Jacket Potatoes or Auto Program Jacket Potatoes.
5. If food or a utensil on the glass turntable touches oven walls, causing the turntable to stop moving, it will automatically rotate in the opposite direction. This is normal. Open oven door, reposition the food and restart.
6. The Glass Turntable can rotate in either direction. The maximum weight that can be placed on the turntable is 4kg (8lb 4oz), this includes total weight of food and dish.
7. While cooking by MICROWAVE the turntable may vibrate. This will not affect cooking performance.
8. Arcing may occur if the incorrect weight of food is used or a metal container has been used accidentally. If this occurs, stop the machine immediately.
9. Always refer to instructions for correct accessories to use on all programs. The glass turntable and roller ring are the only accessories used for Microwave Cooking.





## Important Information – Read Carefully

### Safety

If smoke or a fire occurs in the oven, press Stop/Cancel button and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off the power at the fuse or the circuit breaker panel.

### Short Cooking Times

As microwave cooking times are much shorter than other cooking methods it is essential that recommended cooking times are not exceeded without first checking the food.

Cooking times given in the cookbook are approximate. Factors that may affect cooking times are: preferred degree of cooking, starting temperature, altitude, volume, size and shape of foods and utensils used. As you become familiar with the oven, you will be able to adjust these factors.

It is better to undercook rather than overcook foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times.

### Important.

If the recommended cooking times are exceeded the food will be spoiled and in extreme circumstances could catch fire and possibly damage the interior of the oven.

#### 1. Small quantities of food.

Take care when heating small quantities of food as these can easily burn, dry out or catch fire if cooked too long. Always set short cooking times and check the food frequently.

### NEVER OPERATE THE OVEN WITHOUT FOOD INSIDE ON MICROWAVE.

#### 2. Foods low in moisture.

Take care when heating foods low in moisture, eg bread items, chocolate, popcorn, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long. This oven has been developed for food use. We do not recommend that it is used for heating non-food items such as wheat bags or hot water bottles.

#### 3. Christmas Pudding.

Christmas puddings and other foods high in fats or sugar, eg. jam, mince pies, must not be over heated. These foods must never be left unattended as with over cooking these foods can ignite. See page 34.

#### 4. Boiled Eggs.

Do not boil eggs in their shell in your microwave. Raw eggs boiled in their shells can explode causing injury, even after microwave heating has ended.

#### 5. Foods with Skins.

Potatoes, apples, egg yolk, whole vegetables and sausages are examples of food with non porous skins. These must be pierced using a fork before cooking to prevent bursting.

#### 6. Liquids.

When heating liquids, eg soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling.

This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:

- Avoid using straight-sided containers with narrow necks.
- Do not overheat.
- Stir the liquid before placing the container in the oven and again halfway through the heating time.
- After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.

#### 7. Lids.

Always remove the lids of jars and containers and takeaway food containers before you microwave them. If you don't then steam and pressure might build up inside and cause an explosion even after the microwave cooking has stopped.

#### 8. Deep Fat Frying.

Do not attempt to deep fat fry in your oven.





## Important Information – Read Carefully

### 9. Meat Thermometer.

Use a meat thermometer to check the degree of cooking of roasts and poultry only when meat has been removed from the microwave. If undercooked, return to the oven and cook for a few more minutes at the recommended power level. Due to the possibility of ignition, do not leave a conventional meat thermometer in the oven when microwaving.

### 10. Paper, Plastic.

Carefully attend the appliance if paper, plastic or other combustible materials are used as containers or for covering, due to the possibility of ignition. Do not use wire twist-ties with roasting bags as arcing will occur.

Do not use re-cycled paper products, eg Kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.

### 11. Reheating.

It is essential that reheated food is served “piping hot”.

Remove the food from the oven and check that it is “piping hot”, ie steam is being emitted from all parts and any sauce is bubbling. (If you wish you may choose to check the food has reached 72°C with a food thermometer – but remember do not use this thermometer inside the microwave).

For foods that cannot be stirred, eg lasagne, shepherds pie, the centre should be cut with a knife to test it is well heated through. Even if a manufacturer’s packet instructions have been followed always check the food is piping hot before serving and if in doubt return your food to the oven for further heating.

### 12. Standing Time.

Standing time refers to the period at the end of cooking or reheating when food is left before being eaten, ie. it is a rest time which allows the heat in the food to continue to conduct to the centre, thus eliminating cold spots. See page 10.

### 13. Keeping Your Oven Clean.

It is essential for the safe operation of the oven that it is wiped out regularly. Use warm soapy water, squeeze the cloth out well and use to remove any grease or food from the interior. Pay particular attention to the door seal area and also the areas around the microwave feed guide situated on the right hand side of the cavity wall. The oven should be unplugged when cleaning.

### 14. Fan Motor Operation.

After using the microwave the fan motor may rotate for 1 minute to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time.

### 15. Containers.

Before use check that utensils/containers are suitable for use in microwave ovens. See pages 13-14.

### 16. Babies Bottles and Food Jars.

When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked. See page 32.

### 17. Arcing.

Arcing may occur if a metal container has been used accidentally or if the incorrect weight of food is used. Arcing is when blue flashes of light are seen in the microwave oven. If this occurs, stop the machine immediately. If the oven is left unattended and this continues it can damage the machine.

### 18. Maximum Weight on Turntable.

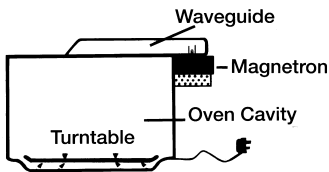
The maximum weight that can be placed on the turntable is 4kg (8lb 4oz) (this includes total weight of food and dish).



# Microwaving Principles

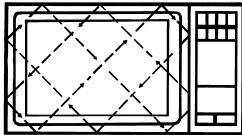
Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II. Microwaves are present in the atmosphere all the time, both naturally and from manmade sources. Manmade sources include radar, radio, television, telecommunication links and mobile phones.

## How microwaves cook food



13 Amp fused socket

In a microwave oven, electricity is converted into microwaves by the **MAGNETRON**



### Reflection

The microwaves bounce off the metal walls and the metal door screen.



### Transmission

Then they pass through the cooking containers to be absorbed by the water molecules in the food, all foods contain water to a more or lesser extent.

The microwaves cause the water molecules to vibrate which causes **FRICTION**, i.e. **HEAT**. This heat then cooks the food. Microwaves are also attracted to fat and sugar particles, and foods high in these will cook more quickly. Microwaves can only penetrate to a depth of 1½ -2 inches (4-5 cm) and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards.

## Important notes

The dish used to cook or reheat the food will get warm during cooking, as the heat conducts from the food. Even when microwaving, oven gloves are required!

**MICROWAVES CANNOT PASS THROUGH METAL AND THEREFORE METAL COOKING UTENSILS CAN NEVER BE USED IN A MICROWAVE, FOR COOKING ON MICROWAVE ONLY**

### Foods not suitable for cooking by microwave only

Yorkshire Puddings, Souffles, Double Crust Pastry Pies.

This is because these foods rely on dry external heat to cook correctly, do not attempt to cook by microwave.

Foods that require deep fat frying cannot be cooked either.

### Boiled eggs

Do not boil eggs in your microwave. Raw eggs boiled in their shells can explode and cause serious injury

### Standing time

When a microwave oven is switched off, the food will continue to cook by conduction – **NOT BY MICROWAVE ENERGY**. Hence **STANDING TIME** is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals. (Refer to page 10).





# General Guidelines

## Standing time



Dense foods e.g. meat, jacket potatoes and cakes, require a **STANDING TIME** (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely.

- **MEAT JOINTS** – Stand 15 mins. wrapped in aluminium foil.
  - **JACKET POTATOES** – Stand 5 mins. wrapped in aluminium foil.
  - **LIGHT CAKES** – Stand 5 mins. before removing from dish.
  - **RICH DENSE CAKES** – Stand 15-20 mins.
  - **FISH** – Stand 2-3 mins.
  - **EGG DISHES** – Stand 1-2 mins.
  - **PRECOOKED CONVENIENCE FOODS** – Stand for 1-2 mins.
  - **PLATED MEALS** – Stand for 1-2 mins.
  - **VEGETABLES** – Boiled potatoes benefit from standing 1-2 mins., however most other types of vegetables can be served immediately.
- If food is not cooked after **STANDING TIME**, return to oven and cook for additional time.
- **DEFROSTING** – It is essential to allow standing time to complete the process. This can vary from 5 mins. e.g. raspberries, to up to 1 hour for a joint of meat.

## Piercing

The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc. will all need to be pierced before cooking. **DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.**



## Moisture content

Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season. Jacket potatoes are a particular example of this. For this reason cooking times may have to be adjusted throughout the year. Dry ingredients e.g. rice, pasta, can dry out further during storage and cooking times may differ from ingredients freshly purchased.



## Cling film

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. However it should be pierced before cooking, to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot. Always purchase cling film that states on the packet "suitable for microwave cooking" and use as a covering only. Do not line dishes with cling film.





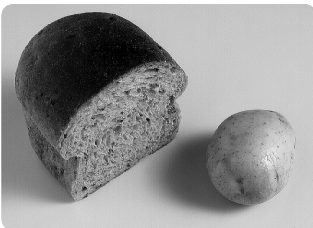
### Dish size

Follow the dish sizes given in the recipes, as these affect the cooking and reheating times. A quantity of food spread in a bigger dish cooks and reheats more quickly.



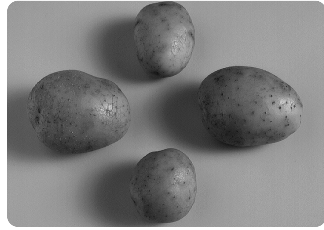
### Spacing

Foods cook more quickly and evenly if spaced apart. NEVER pile foods on top of each other.



### Density

Porous airy foods heat more quickly than dense heavy foods.



### Quantity

Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions.



### Shape

Even shapes cook evenly. Food cooks better by microwave when in a round container rather than square.



### Covering

Cover foods with microwave cling film or a self-fitting lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes, pastry items.





### Arranging

Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are to the outside.



### Turning and stirring

Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time.



### Checking food

It is essential that food is checked during and after a recommended cooking time, even if an AUTO PROGRAM has been used (just as you would check food cooked in a conventional oven). Return the food to the oven for further cooking if necessary.



### Starting temperature

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature. Food temperature should be between 3-8°C



### Liquids

All liquids must be stirred **before, during and after** heating. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled. **DO NOT OVERHEAT.**



### Cleaning

As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded microwave spray cleaner, sprayed onto a soft cloth, always wipe the oven dry after cleaning. Avoid any plastic parts and door area.



## Containers to use

Choosing the correct container is a very important factor in deciding the success or failure of your cooking.

### Testing Dishes for Suitability



When unsure that a cooking container is suitable for use in your microwave, check by the following test:

1. Fill a microwave safe measuring jug with 300ml ( $\frac{1}{2}$  pt) cold water.
2. Place it on the turntable alongside the dish to be tested. If the dish you are testing is a large dish, then stand the measuring jug on top of the empty dish.
3. Heat on HIGH power for 1 minute.

### Result

If the dish is suitable for microwaving, it will remain cool, whilst the water in the jug will begin to feel warm. If the testing dish feels warm, do not use as it is obviously absorbing microwave energy.

N.B. This test does not apply to plastic or metal based containers e.g. Le Creuset® style dishes, which should not be used as they are cast iron covered with enamel.

### Quick Check Guide to Cooking Utensils



#### Oven glass

Everyday glass that is heat resistant e.g. Pyrex®, is ideal. Do not use delicate glass which may crack due to the heat from the food. Do not use lead crystal which may crack or arc.



#### China and ceramic

Everyday glazed china plates, saucers, bowls, mugs and cups can be used if they are heat resistant. Porcelain and ceramic are also ideal. Fine bone china should only be used for reheating for short periods, otherwise the change in temperature may crack the dish or craze the finish. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt in a microwave.







### Foil/metal containers

**NEVER ATTEMPT TO COOK IN FOIL OR METAL** containers – the microwaves cannot pass through and the food will not heat evenly – this may also damage your oven. Use wooden kebab sticks instead of metal skewers.



### Pottery, earthenware, stoneware

If completely glazed, these dishes are suitable. Do not use if partially glazed or unglazed, since they are able to absorb water which in turn absorbs microwave energy, making the container very hot and slows down the cooking of food.



### Plastic

Many plastic containers are designed for microwave use. Only use Tupperware® containers if they are designed for microwave use. Do not use Melamine – although it is heat resistant it absorbs microwave energy and scorches. Even if a container is microwave safe, do not use for cooking foods high in sugar or fat. Foods that require long cooking times e.g. brown rice, should not be cooked in plastic. Never cook in margarine cartons or yoghurt pots, as these will melt with the heat from the food. Many plastics that are not heatproof for cooking are suitable for defrosting.





## Paper

Plain white absorbent kitchen paper (kitchen towel) can be used for covering blind pastry cases and for covering bacon to prevent splattering BUT FOR SHORT COOKING TIMES ONLY. NEVER RE-USE A PIECE OF KITCHEN TOWEL. ALWAYS USE A FRESH PIECE OF PAPER FOR EACH DISH.

Avoid kitchen paper containing manmade fibres. If you are using branded re-cycled kitchen towel, check first that it is recommended for microwave use. Do not use waxed or plastic coated cups or plates as the finish may melt in the oven. Greaseproof paper can be used to line the base of dishes and to cover fatty foods e.g. bacon rashers to stop them splattering. White paper plates can be used for SHORT REHEATING TIMES.



## Wicker, wood, straw baskets

Do not use these items in your microwave. With continued use and with prolonged exposure they will crack and could ignite. Do not use wooden dishes in your microwave.

## Cling film

Microwave cling film can be used for covering food that is reheated by microwave. It is also useful for covering food to be cooked, but care should be taken to avoid the film being in direct contact with the food.



## Roasting bags

Roasting bags are useful when slit up one side to tent a joint for roasting by power and time. Do not use the metal twists supplied.



## Aluminium foil

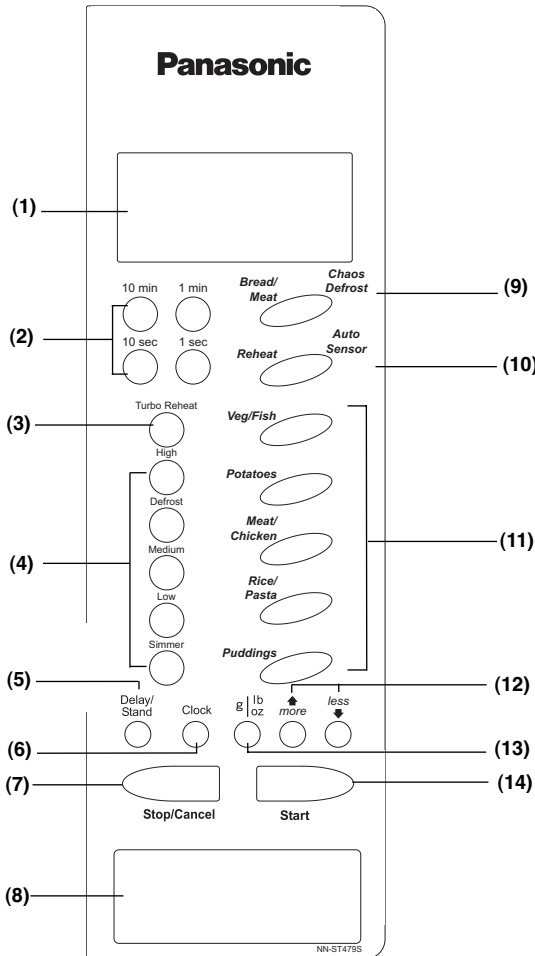
Small amounts of smooth aluminium foil can be used to SHIELD joints of meat during defrosting and cooking, as the microwaves cannot pass through the foil, this prevents the parts shielded from overcooking or overdefrosting. Take care that the foil does not touch the sides or roof of the oven, as this may cause arcing and damage your oven.







## Control Panel



- (1) **Display Window**
- (2) **Time Pads**
- (3) **Turbo reheat**
- (4) **Microwave Power Settings**
- (5) **Delay/Stand Pad:**

This can be used to delay a cooking program for up to 9 hrs and 59 mins., or used to time or for standing (non-cooking) time.

- (6) **Clock Pad:**
- (7) **Stop/Cancel Pad:**

**Before Cooking:**  
one press clears your instructions.

**During Cooking:**  
one press temporarily stops the cooking program. Another press cancels your instructions and the time of day will appear in the display.

- (8) **Door Release Button**
- (9) **Auto Weight Defrost Programs**

- (10) **Sensor Reheat Pad**
- (11) **Sensor Cook Programs**
- (12) **More/Less Pads**

- (13) **lb/oz Conversion Pad**

- (14) **Start Pad:**  
Press to start operating the oven. If during cooking the door is opened or Stop/Cancel Pad is pressed once, Start Pad has to be pressed again to continue cooking.

The design of your control panel may vary from the panel displayed (depending on model number), but the words on the pads should be the same.

If an operation is set and Start Pad is not pressed, after 6 minutes, the oven will automatically cancel the operation. This display will revert back to clock or colon mode.

This oven is equipped with an energy saving function.

### Please Note

1. When in stand-by mode the brightness of the display will be reduced.
2. The oven will enter stand-by mode, when first plugged in and immediately after the last operation has completed.

### Beep Sound:

A beep sounds when a pad is pressed. If this beep does not sound, the setting is incorrect. When the oven changes from one function to another, two beeps sound. After completion of cooking, five beeps sound.





# Let's Start to Use your Oven

## 1 Plug in

Plug into a 13 amp fused electrical socket. You will be reminded to read your operating instructions.

## 2 Press Clock Pad

Set clock as a 24hr clock. Set time using time pads. Press clock pad again. (See page 18 for details).

## 3 Demonstration Mode

This is to enable you to experiment setting various programs. (The letter D will always appear in the display window. This is to confirm that there is no microwave power produced and it is safe to use the oven without any food). To select this mode press the HIGH Microwave power pad once and Stop/Cancel Pad 4 times within 10 seconds. "Demo Mode Press Any Key" will appear in the display window.

## 4 Select Power

For example press HIGH once.

## 5 Press Time Pad

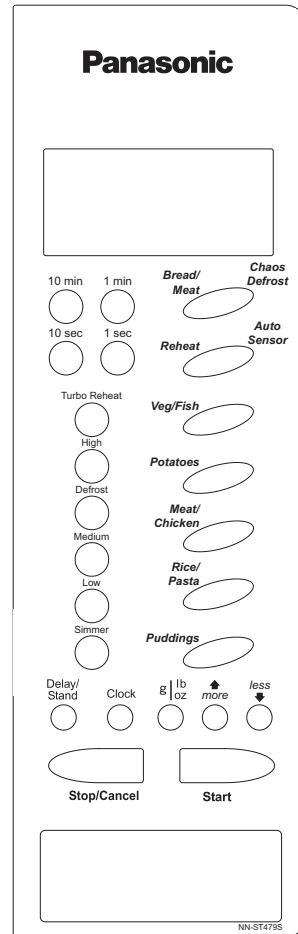
To set a cooking time eg. 1 minute, press 1 minute pad once.

## 6 Press Start Pad

The time will be displayed in the window and count down. The oven will beep at the end of the cooking program. Check that the letter *D* appears in the display window, to confirm no microwave power is being produced, and it is safe to use the oven without any food. To cancel the demonstration mode press the HIGH Microwave power pad once and Stop/Cancel Pad 4 times within 10 seconds.

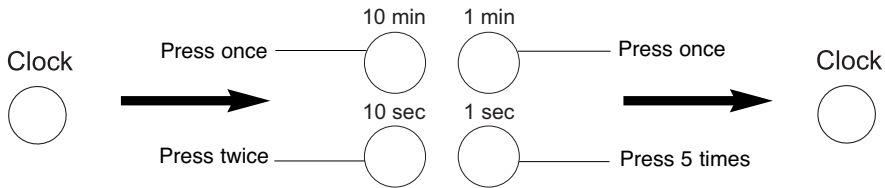
## 7 Child Lock

To operate the child lock facility press the start pad three times, this will deactivate the microwave. "Lock" will appear in the display and none of the controls will operate. To clear child lock facility press Stop/Cancel three times.





## Setting the Clock



- **Press Clock Pad**

“SET TIME” will appear in the display window, and the colon starts to blink.

- **Press Time Pads**

Enter time of day by pressing Time Pads. e.g. 11.25am (24hr clock).

- **Press Clock Pad**

Colon stops blinking. Time of day is now locked into the display.

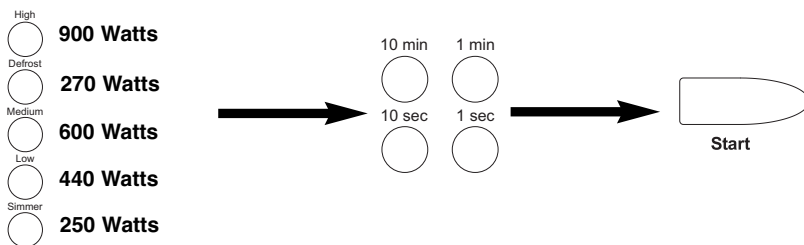
**N.B.**

1. To reset time of day, repeat step 1 through to step 3.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. This is a 24 hour clock.

## Microwave Cooking and Defrosting

There are 5 different microwave power levels available.

### Selecting Microwave Power Level



- Press the pad with the power you require.
- Select Cooking Time.
- Press Start.

**Note**

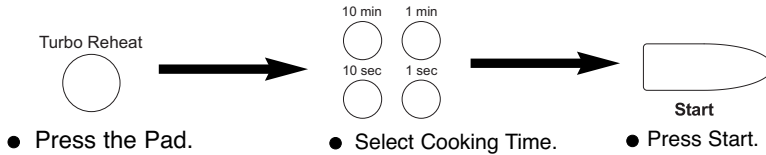
The maximum time that can be set on HIGH power is 30 minutes. The maximum time that can be set on the other power levels is 99 mins 59 secs.





## Turbo Reheat

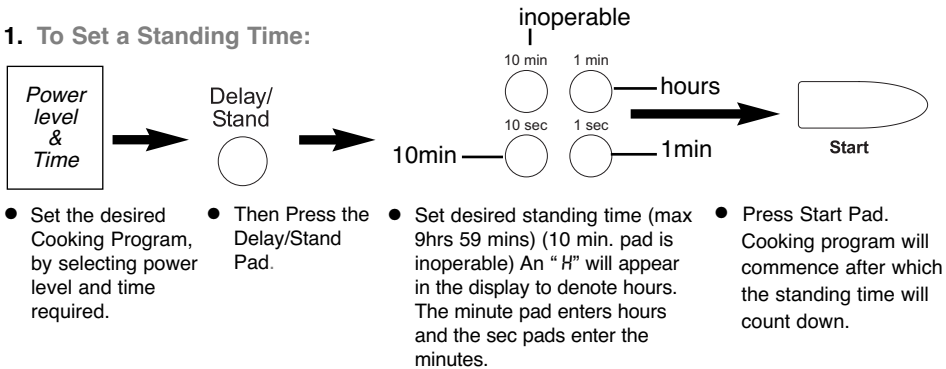
This will provide an added boost of microwave power up to 1000 watts, for the initial part of the cooking time, when reheating foods e.g. soup, baked beans.



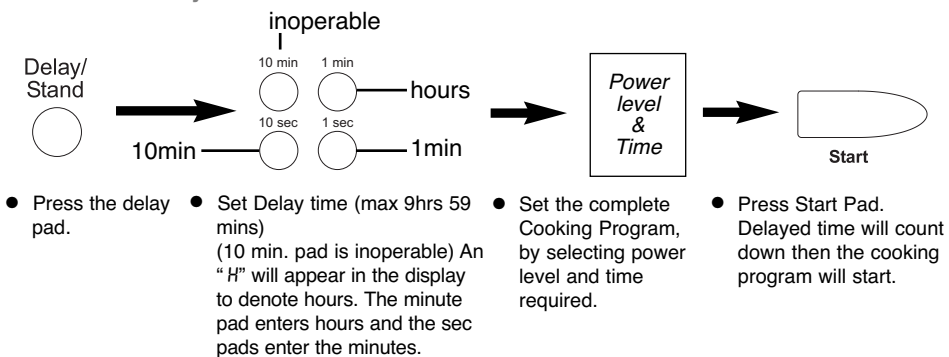
## Using the Delay/Stand Feature

The Delay/Stand Pad is used as a timing pad either before, during or after a cooking program. When the Delay/Stand Pad is selected with a time, there is no microwave power in the oven during this time.

### 1. To Set a Standing Time:



### 2. To Set a Delay Start:



#### NB

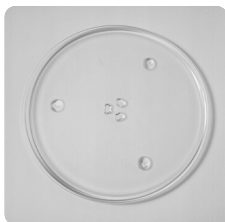
1. If the oven door is opened during the stand or delay time, the time in the display window will continue to count down.
2. Delay Start cannot be used before an Auto Program.
3. If the Delay Stand pad is pressed four times, this will turn off the auto guide system. "Operation guide off" will appear once. The words will not now scroll in the display window. To turn the auto guide back on, press the Delay/Stand pad four times. "Operation guide on" will appear, and then the words will scroll again.





## Microwave Cooking and Defrosting

### Accessory to use:



When using your oven, the glass turntable provided must always be in position.

DO NOT place food directly onto the turntable except in the case of Jacket Potatoes or Auto Program Jacket Potatoes.

Foods reheated or cooked by MICROWAVE are normally covered with a lid or cling film, unless otherwise stated.

### Two Stage Cooking:

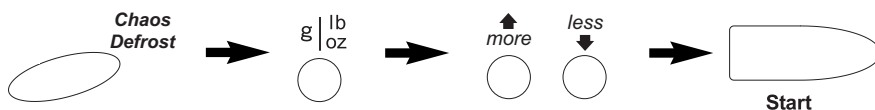
eg. High power 10 minutes followed by Simmer power 20 minutes; Select High power and program 10 minutes then select second power (Simmer) with second cooking time (20 minutes) then press Start.

### Three Stage Cooking:

eg. High power 5 minutes, Delay 5 minutes, High power 2 minutes; Select first Power level and cooking time, then press DELAY and time, then select final power level and final cooking time. Then press Start.

## Auto Weight Defrost

With this feature you can defrost frozen foods according to the weight. Select the category and set the weight of the food. The weight can be programmed in pounds and ounces or grams. The weight starts from the minimum weight for each category.



- Press "CHAOS DEFROST" pad once, twice or three times to select food.
- Press to select g or lb and oz.
- Enter the weight by pressing the Up & Down or More & Less pads. The "up" (more) pad will start with the minimum weight for each food.
- Press Start.

Program	Weight Range	Suitable Foods
1 Bread	100 - 800g (4oz - 1lb 12oz)	Bread and rolls. Turn at beep.
2 Meat Items	200 - 1200g (7oz - 2lb 10oz)	Small pieces of meat, minced meat, chicken portions, steaks, chops. Turn at beeps.
3 Meat Joints	400 - 2000g (14oz - 4lb 6oz)	Whole chicken, meat joints. Turn at beeps and shield.





## Auto Weight Defrost Programs

This feature allows you to defrost minced meat, chops, chicken portions, meat joints and bread. The CHAOS defrost pad should be pressed to select the correct category and then enter in the weight of the food in grams or pounds and ounces using the appropriate pads (See page 20).

Foods should be placed in a suitable dish, whole chickens and joints of meat should be on an upturned saucer or on a rack. Chops, chicken portions and slices of bread should be placed in a single layer. It is not necessary to cover the foods.

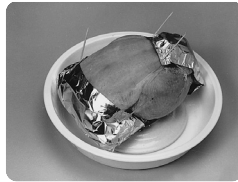
The **CHAOS Theory** principle is used in Auto Weight defrost programs to give you a quick and more even defrost. The CHAOS system uses a random sequence of pulsing microwave energy which speeds up the defrosting process. During the program the oven will beep to remind you to check the food. **IT IS ESSENTIAL THAT YOU TURN AND STIR THE FOOD FREQUENTLY AND SHIELD IF NECESSARY. (See page 22).** On hearing the first beep you should **TURN** and **SHIELD** (if possible). On the second beep you should turn the food or break it up.

### 1st Beep



Turn

### 1st Beep



or Shield

### 2nd Beep



Turn or break up

### Chaos Defrost



#### CATEGORY 1 BREAD

The Bread Program is suitable for defrosting small items e.g. rolls, buns and slices of bread which are required for immediate use. Small items may feel warm immediately after defrosting. Loaves can also be defrosted on this program but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned halfway during defrosting. **THIS PROGRAM IS NOT SUITABLE FOR CREAM CAKES OR DESSERTS** eg. cheesecake. See page 24 for standing times.

#### CATEGORY 2 MEAT ITEMS (MINCE/CHOPS/CHICKEN PORTIONS)

It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. Chops and chicken portions should be arranged in a single layer and turned frequently. See pages 23-24 for standing times.

#### CATEGORY 3 MEAT JOINTS/WHOLE CHICKENS

Meat joints and chickens will require shielding during defrosting especially if they are particularly fatty pieces. This is to prevent over defrosting on the outside edges. Smooth foil secured with cocktail sticks should be used. **DO NOT ALLOW THE FOIL TO TOUCH THE WALLS OF THE OVEN.** Back fat of joints, legs, wings and breast bones need shielding (see photograph above). Standing time of at least 1 hour should be allowed (rolled joints may require longer) before cooking to ensure the centre is fully defrosted. See pages 23-24 for standing times.





## Defrosting Guidelines

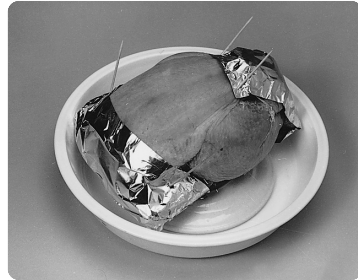
By selecting the DEFROST power level, from the microwave power pad, and setting a time, you can defrost food in your microwave. The biggest problem is getting the inside defrosted before the outside starts to cook.

For this reason a defrost program alternates between a defrost power and a standing time.

The name for this type of defrost is cyclic and during the standing stages there is not any microwave power in the oven, although the light will remain on and the turntable will turn. The automatic stand times ensure a more even defrost but it is still necessary to allow for standing time before use. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer.



Separate chops and small items e.g. bread slices where possible.



Chickens and joints of meat will require shielding during defrosting.



Turn dense foods and meat 2/3 times during defrosting.



Break up small items e.g. minced meat, frequently during defrosting.

### Tips

- 1 Check foods during defrosting. Foods vary in their defrosting speed.
- 2 It is not necessary to cover the food.
- 3 Always turn or stir the food especially when the oven "beeps". Shield if necessary (see point 5).
- 4 Minced meat/chops/chicken portions should be broken up or separated as soon as possible and placed in a single layer.
- 5 Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast/fat with smooth pieces of aluminium foil secured with cocktail sticks.
- 6 Allow standing time so that the centre of the food thaws out. (minimum 1 hour for joints of meat and whole chickens).





## Defrosting Foods Using Defrost Power & Time

The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

Food	Weight	Defrost Time	Method	Standing Time
<b>Meat</b>				
Beef/Lamb/Pork Joint	700 g (1 lb 8 oz)	15 mins	Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times.	60 mins
Beef/Lamb/Pork Joint	1.0 Kg (2 lb 4 oz)	20 mins	Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times.	60 mins
Sirloin/Rump Steak	500 g (1 lb 2 oz)	10 mins	Place in a suitable dish. Separate and turn twice.	30 mins
Beef Burgers	100 g (x1)	3 mins	Place in a suitable dish. Turn.	10 mins
	200 g (x2)	4-5 mins	Place in a suitable dish. Separate and turn twice.	5 mins
	400 g (x4)	7-8 mins	Place in a suitable dish. Separate and turn twice.	10 mins
Minced Beef	500 g (1 lb 2 oz)	12 mins	Place in a suitable dish. Break up and turn 3-4 times.	15 mins
Stewing Steak	500 g (1 lb 2 oz)	15 mins	Place in a suitable dish in a single layer. Break up and turn twice.	20 mins
Lamb Chops	500 g (1 lb 2 oz)	8 mins	Place in a suitable dish in a single layer. Turn twice.	20 mins
Lamb Fillets	300 g (11 oz)	10 mins	Place in a suitable dish in a single layer. Turn twice.	10 mins
Pork Ribs	700 g (1 lb 8 oz)	10 mins	Place in a suitable dish. Separate and turn twice.	30 mins
Pork Chops	350 g (12 oz)	6-7 mins	Place in a suitable dish. Separate and turn twice.	20 mins
Bacon Rashers	250 g (9 oz)	7 mins	Place in a suitable dish. Separate and turn 2-3 times.	20 mins
Sausages	100 g (2)	3 mins	Place in a suitable dish. Separate and turn 2-3 times.	3 mins
	500 g (8)	8-10 mins		10 mins
Whole chicken	1.5 Kg (3 lb 5 oz)	30 mins	Place in a suitable dish or an upturned saucer or use a rack. Turn 3-4 times. Shield if necessary	45 mins
Chicken Portions	x1 150 g (5 oz)	6 mins	Place in a suitable dish. Turn.	30 mins
	x2 350 g (12 oz)	8-10 mins	Place in a suitable dish. Turn twice.	30 mins
	x3/4 500 g (1lb 2 oz)	13-14 mins	Place in a suitable dish. Turn.	30 mins







## Defrosting Foods Using Defrost Power & Time

The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

Food	Weight	Defrost Time	Method	Standing Time
<b>Meat</b>				
Turkey Breast Fillets	500 g (1lb 2 oz)	15 mins	Place in a suitable dish. Separate and turn twice.	26 mins
Duck Breast Fillets	450 g (1lb)	9 mins	Place in a suitable dish. Turn twice.	20 mins
<b>Fish</b>				
Whole Fish x 1	450 g (1lb)	9-10 mins	Place in a suitable dish. Turn twice.	30 mins
Whole Fish x 2	750 g (1 lb 11 oz)	14-15 mins	Place in a suitable dish. Turn twice separate if necessary.	30 mins
Whole Fish x 2	100-150 g (4-5 oz)	2-3 mins	Place in a suitable dish in a single layer. Turn twice.	4-5 mins
	350 g (12 oz)	6-7 mins		10 mins
Fish Steaks	100 g (4 oz)	3-4 mins	Place in a suitable dish. Turn.	10 mins
	250 g (9 oz)	7-8 mins	Place in a suitable dish. Separate if necessary and turn twice.	30 mins
	400 g (14 oz)	11-12 mins	Place in a suitable dish. Separate if necessary and turn twice.	30 mins
Prawns	450 g (1lb)	10 mins	Place in a suitable dish. Stir twice during defrosting.	25 mins
<b>General</b>				
Sliced bread	400 g (14 oz)	5 mins	Place on a plate. Separate and arrange during defrosting.	10 mins
Slice of bread	30 g (1 oz)	30-50 secs	Place on a plate.	1 min
Soft fruit	500 g (1lb 2 oz)	9-10 mins	Place in a suitable dish. Stir twice during defrosting.	20 mins
Gateau	350 g (12 oz)	4-5 mins	Place on a plate.	20 mins
Cheesecake	500 g (1lb 2 oz)	5 mins	Place on a plate.	10 mins
Meringue dessert	350 g (12 oz)	3-5 mins	Place on a plate.	15 mins
Shortcrust/Puff pastry	500 g (1lb 2 oz)	4-5 mins	Place on a plate. Turn halfway.	15 mins





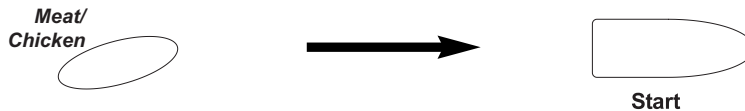
## Auto Sensor Cook and Reheat Programs

This feature allows you to cook or reheat fifteen foods automatically. There is no need to enter the weight, as these programs use a humidity sensor which will automatically select the correct Microwave power level and calculate the correct cooking time.

### How it works

Once the food has been selected and the start pad pressed the food is heated up. As food begins to get hot, steam is emitted. When the food reaches a certain temperature and begins to cook, an even greater amount of steam is released. The increase in steam emission is detected by a humidity sensor in the oven. This acts as a signal for the oven to calculate how much longer the food needs to cook. The remaining cooking time will appear in the display window after two beeps.

Whilst the Sensor program is still in the display window the oven door **SHOULD NOT BE OPENED**. Wait until the cooking time appears in the window, and then open the door if required, to stir or turn the food.

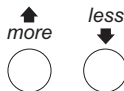


- Select the desired Auto Sensor program, by pressing the pad. The pad can be pressed once, twice or three times to select the programs available.
- Press Start. The food category will be repeated in the display window until the oven calculates the cooking time after detecting a burst of steam. **DO NOT** open the oven door until the remaining cooking time appears in the display window.

**IMPORTANT NOTE:** For best results the Sensor programs should only be used when the oven is cold. It is recommended that the oven is allowed to cool between using the sensor programs, if one or more programs are being used (see note below). If in a hurry, cook the food manually i.e. select the correct power level and cooking time. It is not recommended to keep using the Auto Programs consecutively.

### Adjust to Taste

The Sensor programs cook foods for average tastes. You are able to adjust the cooking programs to your own taste by pressing the MORE/LESS pad.



After selecting the Sensor program, but **BEFORE** pressing **START**. The oven will automatically cook the food 20% More or 20% Less.





# Auto Sensor Cook and Reheat Programs

## Guidelines for Use

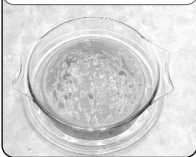
For the auto sensor programs it is not necessary to enter the weight of the food. They must ONLY be used for the foods described.

1. Only cook foods within the weight ranges described (see table below).
2. Only use the accessories as indicated on pages 26-30.
3. It is essential when using the Auto Sensor Programs to cover the food with pierced cling film or a lid that is designed to fit the dish. The exceptions to this rule are Jacket Potatoes (see page 28) and for steamed pudding programs (see page 30). Airtight containers must not be used e.g. sealable plastic containers.
4. Always choose a container size that is suitable for the quantity of food, ie. do not allow a large headspace or food may not be cooked correctly.
5. For best results ensure that the oven is cold before using any Sensor program.
6. Most foods benefit from a STANDING time after cooking on an Auto Program, to allow heat to continue conducting to the centre.
7. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
8. Due to the variation in the physical characteristics and water content of chicken available in the market, it is possible that use of the Auto Sensor Program may result in varying degrees of cooking. **Please ensure that the chicken is thoroughly cooked prior to consumption.**

Program	Minimum Weight	Maximum Weight
Soup	200 g (7oz)	1200 g (2lb 10oz)
Chilled Meal	300 g (11oz)	600 g (1lb 5oz)
Fresh Vegetables	100 g (4oz)	800 g (1lb 12oz)
Frozen Vegetables	100 g (4oz)	800 g (1lb 12oz)
Fresh Fish	100 g (4oz)	800 g (1lb 12oz)
Frozen Fish	100 g (4oz)	800 g (1lb 12oz)
Jacket Potatoes	200 g (7oz)	1500 g (3lb 5oz)

Program	Minimum Weight	Maximum Weight
Boiled Potatoes	200 g (7oz)	1000 g (2lb 2oz)
Meat Sauce	450 g (1lb)	2000 g (4lb 6oz)
Meat Casserole	800 g (1lb 12oz)	2000 g (4lb 6oz)
Chicken Breasts	300 g (11oz)	800 g (1lb 12oz)
Rice	150 g (5oz)	450 g (1lb)
Pasta	100 g (4oz)	450 g (1lb)
Steamed Pudding	100 g (4oz)	500 g (1lb 2oz)
Stewed Fruit	100 g (4oz)	800 g (1lb 12oz)

Soup-Chilled and Tinned



This program is for reheating chilled and tinned soup. Place soup into a microwaveable bowl or container. Cover with lid or pierced cling film. Place on turntable, press the sensor reheat pad once. Press START. Allow to stand for 2 minutes. Ensure that the soup is piping hot. Stir the soup before serving.

## Sensor Reheat Programs

Auto Sensor Reheat programs must ONLY be used for the foods described below. For perfect results ensure that the oven is cold before using any sensor program.

Chilled meal



This program is for reheating a chilled convenience meal that can be stirred.\* Foods must be in a suitable shallow microwaveable container and have the film pierced. Place on turntable, press the sensor reheat pad twice. Press START. Stir after time appears in display window. Allow to stand for 2 minutes. Ensure that the food is piping hot, stir before serving. Note: Large pieces of fish/meat in a thin sauce, may require longer cooking.

**\*Important note:** This program is not suitable for foods that cannot be stirred e.g. Lasagne/Shepherds Pie. These foods can be cooked manually, by entering the microwave power and time. Refer to packet instructions or reheating charts on pages 32-35. Meals in bowl shaped containers may need extra cooking time.





## Auto Sensor Cook Programs

Auto Programs must **ONLY** be used for the foods described below. For best results ensure that the oven is cold before using any sensor program. It is not recommended to keep using the Auto Programs consecutively.

### Fresh Vegetables



To cook **FRESH** vegetables eg. carrots, cauliflower, not suitable for potatoes. Place prepared vegetables into a shallow container on turntable. Add 1 tbsp (15ml) of water per 100g vegetables. Cover with pierced cling film or lid. Press the sensor cook veg/fish pad once. Press **START**.

*Veg/Fish*



### Frozen Vegetables



To cook **FROZEN** vegetables. Place in a shallow container on turntable, sprinkle with 15ml (1tbsp) of water per 100g vegetables. Cover with pierced cling film or lid. Press the sensor cook veg/fish pad twice. Press **START**.

### Fresh Fish

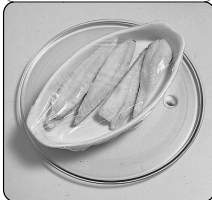


To cook **FRESH** fish. Shield the thinner portions. Place in a shallow container on turntable. Add 15ml (1tbsp) liquid. Cover with pierced cling film or lid. Press the sensor cook veg/fish pad three times. Press **START**.

*Veg/Fish*



### Frozen Fish



To cook **FROZEN** fish. Place in a shallow container on turntable, sprinkle with 15ml (1tbsp) of water. Cover with pierced cling film or lid. Press the sensor cook veg/fish pad four times. Press **START**. Thicker pieces of frozen fish may require longer cooking





## Auto Sensor Cook Programs

Auto Programs must **ONLY** be used for the foods described below. For best results ensure that the oven is cold before using any sensor program. It is not recommended to keep using the Auto Programs consecutively.

### Jacket Potatoes



To cook jacket potatoes choose medium sized potatoes 200-250 g (7-9 oz) for best results. Wash and dry, prick with a fork several times. Arrange around edge of turntable. Press the sensor cook pad potatoes once. Press **START**. **DO NOT COVER**. After cooking, wrap in foil and stand for 5 mins.

### Potatoes



### Boiled Potatoes



Cut into even size pieces. Add 15ml (1tbsp) water per 100g potatoes. Cover with pierced cling film or a lid. Press the sensor cook pad potatoes twice. Press **START**.

### Meat Sauce



To cook raw mince beef based sauce, i.e. Bolognese sauce, and also very finely diced chicken or pork fillet to be cooked in a sauce. Ensure a minimum quantity of 300ml (½ pt) liquid or sauce is used. If using cook-in sauce add equal quantities of water to cook-in sauce. Cover with pierced cling film or a lid. Press the sensor cook pad meat/chicken once. Press **START**. Stir after time appears in display window.

### Meat/ Chicken



### Casserole



To cook braising steak or neck of lamb etc. Not suitable for chicken casserole - use power and time or meat sauce program. Use a minimum of 450ml (¾ pt) of liquid per 450g (1lb) of meat. If using cook-in sauce add equal quantities of water to cook-in sauce. Add vegetables as desired e.g. carrots, onions or mushrooms. Place a small plate over the meat to keep it submerged in the liquid. This program will operate for over 60 minutes. Cover with pierced cling film or a lid. Press the sensor cook pad meat/chicken twice. Press **START**. Stir after time appears in the display window.





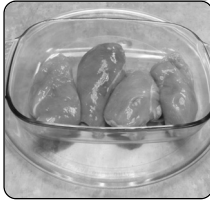
## Auto Sensor Cook Programs

Auto Programs must **ONLY** be used for the foods described below. For best results ensure that the oven is cold before using any sensor program. It is not recommended to keep using the Auto Programs consecutively.

### *Meat/ Chicken*



#### Chicken Breasts



For cooking fresh skinless chicken breasts without bone. **DO NOT** use for drumsticks, leg quarters or thighs. Place chicken in a dish, on a rack, if possible. Cover with a lid or pierced cling film. Press the sensor cook meat/chicken pad three times. Press **START**.

Due to the variation in the physical characteristics and water content of chicken available in the market, it is possible that use of the Auto Sensor Program may result in varying degrees of cooking. **Please ensure that the chicken is thoroughly cooked prior to consumption.**

#### Rice



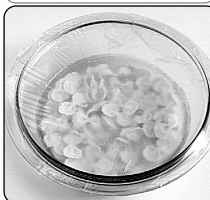
For cooking rice for savoury dishes not puddings. Rinse the rice thoroughly before cooking. Use a very large bowl i.e. 3 litres (6pts). Add ½ tsp salt and boiling water, according to the chart below. Cover with pierced cling film or a lid. Press the sensor cook pad rice/pasta once. Press **START**.

### *Rice/ Pasta*



Quantity of Rice	Easy Cook White/Brown	Long Grain White	Basmati
<b>Volume of boiling water in mls.</b>			
150g	300ml	250ml	300ml
200g	300ml	300ml	350ml
300g	500ml	500ml	600ml
400g	700ml	600ml	650ml
450g	800ml	800ml	700ml

#### Pasta



For cooking dried pasta. Use a very large bowl i.e. 3 litres (6pts). Add 1tsp salt, 1tbsp oil and boiling water. Cover with pierced cling film or a lid. It is important to add the correct amount of water as listed below.

100g-290g (4oz-10oz) pasta	1 litre water
300g-450g (11oz-1lb) pasta	1½ litres water

Press the sensor cook pad rice/pasta twice. Press **START**.





## Auto Sensor Cook Programs

Auto Programs must ONLY be used for the foods described below. For best results ensure that the oven is cold before using any sensor program. It is not recommended to keep using the Auto Programs consecutively.

### Steamed Pudding



For a standard sponge mixture (see recipe page 65). Put mixture in a 1.2 Ltr (2pt) basin or divide between individual ramekins. The mixture must completely cover any topping (see note on page 65). **DO NOT COVER**. Press the sensor cook pad puddings once. Press START. Allow to stand for 5 mins before turning out.

### Stewed fruit



### Puddings



Peel, core and slice fruit. Add 15ml (1tbsp) water and cover with pierced cling flim or use a dish with a lid. Omit water for soft fruit and rhubarb. Press the sensor cook pad puddings twice. Press START. After cooking, sweeten to taste whilst hot.

**Note:** When cooking soft fruit, use large bowl.  
Stewed fruit - use ripe fruit.



## Cooking and Reheating Guidelines

Most foods reheat very quickly in your oven by HIGH power. Meals can be brought back to serving temperature in just minutes and will taste freshly cooked and NOT leftover. Always check food is piping hot and return to oven if necessary.

As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals.

Do not cover dry foods e.g. bread rolls, mince pies, sausage rolls etc.

The charts on pages 32-41 show you the best way to cook or reheat your favourite foods.

The best method depends on the type of food.

Remember when cooking or reheating any food that it should be stirred or turned wherever possible. This ensures even cooking or reheating on the outside and in the centre.

### When is food reheated?

Food that has been reheated or cooked should be served "piping hot" i.e. steam should be visibly emitted from all parts. As long as good hygiene practices have been followed during the preparation and storage of the food, then cooking or reheating presents no safety risks.

Foods that cannot be stirred should be cut with a knife to test that they are adequately heated throughout. Even if a manufacturer's instructions or the times in the cookbook have been followed, it is still important to check the food is heated thoroughly. If in doubt, always return to the oven for further reheating.

If you cannot find the equivalent food in the chart then choose a similar type and size listed and adjust the cooking time if necessary.

### Plated meals

Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. Between 3-5 mins. on HIGH power will reheat an average portion.

REMEMBER even if the pastry is cold to the touch, the filling will be piping hot and will warm the pastry through. Take care not to overheat otherwise burning can occur due to the high fat and sugar content of the filling. Check the temperature of the filling before consuming to avoid burning your mouth.

Take great care when reheating these items. See Page 7.

**Do not leave unattended.**

**Do not add extra alcohol.**

Milk or formula MUST be shaken thoroughly before heating and again at the end and tested carefully before feeding a baby.

See page 32 for details.

WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILISE BABIES' BOTTLES. If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

### Canned foods

Remove foods from can and place in a suitable dish before heating.

### Soups

Use a bowl and stir before heating and at least once through reheat time and again at the end.

### Casseroles

Stir halfway through and again at the end of heating.





# Reheating Charts

The times given in the charts below are a guideline only, and will vary depending on **STARTING** temperature, dish size etc.

## Heating category

Your oven is Heating Category E and this is displayed on the front of your oven door. The information on this label will assist you in using new instructions on food packs to enable you to program the best heating time in your oven.

\*1000 Watts IEC (60705) is achieved by using the Turbo Reheat pad, see page 19 for details.



Microwave symbol

The IEC (60705) power output (watts)\*

The heating category for small packs of food

Food	Weight/Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>Babies bottles – caution</b>				
<b>For 7-8 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 25-30 secs. CHECK CAREFULLY</b>				
<b>For 3 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 10-15 secs. CHECK CAREFULLY</b>				
<b>N.B. Liquid at the top of the bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature. When testing the temperature of the milk, squirt a little onto your inner wrist. The milk droplets on your skin should feel warm, not hot.</b>				
<b>Bread - Precooked - Fresh - N.B. Breads reheated by Microwave will have a soft base.</b>				
Croissants	1	HIGH Micro	25-30 secs	Place on a micro-safe plate on a glass turntable. Do not cover
	4	HIGH Micro	30-45 secs	Place on a micro-safe plate on a glass turntable. Do not cover
<b>Canned Pasta</b>				
Ravioli	400g	HIGH Micro	3 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Macaroni	410g	HIGH Micro	2½-3 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Spaghetti	205g	HIGH Micro	1½ mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
	410g	HIGH Micro	2½-3 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
<b>Canned Puddings</b>				
Rice puddings	213g	HIGH Micro	1½ min	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
	425g	HIGH Micro	2-2½ mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Sponge pudding	300g	HIGH Micro	1-1½ mins	Place in a heatproof bowl on glass turntable.

## Points for checking

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a **STAND TIME**, especially if they cannot be stirred. The denser the food the longer the stand time.





## Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>Canned puddings</b>				
Custard	150g	HIGH Micro	1 min	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
	500g	HIGH Micro	2½ - 3 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
<b>Canned Soups</b>				
Condensed	295g	HIGH Micro	3 mins	Place in a heatproof bowl and stir in one can of water. Cover and place on glass turntable and stir halfway.
Healthy option	415g	HIGH Micro	2½-3 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Luxury/Vegetable/ Broth/Creamed	400/415g	HIGH Micro	3 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
<b>Canned Vegetables</b>				
Baked Beans	200g	HIGH Micro	1½ - 2 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
	415g	HIGH Micro	2½ - 3 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Baked Beans with Sausages	425g	HIGH Micro	2½ mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Broad Beans	300g	HIGH Micro	2-2½ mins	Place in a heatproof bowl and cover. Place on glass turntable.
Butter Beans	220g	HIGH Micro	1½ mins	Place in a heatproof bowl and cover. Place on glass turntable.
Carrots, Sliced	300g	HIGH Micro	2 mins	Place in a heatproof bowl and cover. Place on glass turntable.
Kidney Beans	420g	HIGH Micro	2½-3 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Mushrooms	290g	HIGH Micro	1½ -2 mins	Place in a heatproof bowl and cover. Place on glass turntable.
Peas, mushy	140g	HIGH Micro	1 min	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
	400g	HIGH Micro	2½ mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Peas, petit pois	200g	HIGH Micro	½ -3 mins	Place in a heatproof bowl and cover. Place on glass turntable.
Peas, garden	300g	HIGH Micro	2 mins	Place in a heatproof bowl and cover. Place on glass turntable.
Peas, marrowfat	300g	HIGH Micro	2 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Sweetcorn	200g	HIGH Micro	1-1½ mins	Place in a heatproof bowl and cover. Place on glass turntable.
	325g	HIGH Micro	2 mins	Place in a heatproof bowl and cover. Place on glass turntable.
Tomatoes	400g	HIGH Micro	3 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.



## Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>Chilled Soup</b>				
1 Portion	250 ml	HIGH Micro	2½ mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
2 Portion	500 ml	HIGH Micro	5 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
<b>Plated Meal - room temperature</b>				
Small-child portion	1	HIGH Micro	1½ - 2 mins	Place on a heatproof plate and cover. Place on glass turntable and stir halfway.
Large-adult portion	1	HIGH Micro	4½ - 5 mins	Place on a heatproof plate and cover. Place on glass turntable and stir halfway.
<b>Drinks</b>				
1 Mug Cold Milk	235ml	HIGH Micro	1 min 40 secs	Place in a heatproof mug on glass turntable. Stir halfway and after reheating.
1 Jug Cold Milk	568ml (1 pt)	HIGH Micro	4 mins	Place in a heatproof jug on glass turntable. Stir halfway and after reheating.
1 Mug Cold Coffee /Tea	235ml	HIGH Micro	1 min 40 secs	Place in a heatproof mug on glass turntable. Stir halfway and after reheating.
1 Mug Cold Milky Coffee	235ml	HIGH Micro	1½ mins	Place in a heatproof mug on glass turntable. Stir halfway and after reheating.
<b>Puddings and desserts</b> - Where microwave only is involved transfer food from foil container to a similar sized heatproof dish.				
Chilled Custard	500g	HIGH Micro	4 mins	Place in a large jug on glass turntable. Cover and stir halfway.
Chilled Rice Pudding	150g	HIGH Micro	80-85 secs	Place on glass turntable stir halfway.
Fruit Pie - Individual	x1	HIGH Micro	20-30 secs	Place on micro-safe plate on glass turntable.
Mince Pies	x2	HIGH Micro	25-30 secs	Place on micro-safe plate on glass turntable.
Sweet Pancakes x2	120g	HIGH Micro	40-50 secs	Place on micro-safe plate on glass turntable.
Spotted Dick /Sponge puddings	120g	HIGH Micro	35-40 secs	Place on micro-safe plate on glass turntable.
<b>Christmas pudding</b> - Do not leave unattended as overheating can cause the food to ignite.				
Small/Slice	100g	HIGH Micro	20 secs	Pierce film lid and place on glass turntable.
Medium	227g	HIGH Micro	30-40 secs	Pierce film lid and place on glass turntable.
Large	454g	HIGH Micro	1 min 10 secs	Pierce film lid and place on glass turntable.
<b>Ready Meal - chilled</b> - Transfer food from foil container to a smaller sized heatproof dish.				
Cottage/ Shepherds Pie	500g	HIGH Micro	5-5½ mins	Place on glass turntable. Pierce lid.





## Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>Ready meals - chilled</b> - Transfer food from foil container to a smaller sized heatproof dish. Healthy eating options will only slightly brown on combination because of the lower fat content.				
Fish/Veg Bake	450g	HIGH Micro	4½-5 mins	Pierce lid. Place on glass turntable.
Lasagne	400g	HIGH Micro	5-5½ mins	Pierce lid. Place on glass turntable.
Chilled Mashed Potato	450g	HIGH Micro	3½-4 mins	Pierce lid and place on glass turntable. Stir halfway.
<b>Ready meals - frozen</b> - Transfer food from foil container to a smaller heatproof dish. Remove any covering / film lid.				
Cauliflower Cheese	450g	HIGH Micro	7½-8½ mins	Pierce lid. Place on glass turntable.
Cottage/Fish/Shepherds Pie	450g	HIGH Micro	7½-8½ mins	Pierce lid. Place on glass turntable.
Lasagne/Cannelloni	450g	HIGH Micro	7-7½ mins	Pierce lid. Place on glass turntable.
Macaroni Cheese	450g	HIGH Micro	7-7½ mins	Pierce lid. Place on glass turntable.
<b>Pastry products</b> - precooked - N.B. Pastries reheated by microwave will have a soft base.				
Pasties/Slices	150-165g	HIGH Micro	1½ -2 mins	Place on heatproof plate on glass turntable.
Meat Pies	150g	HIGH Micro	1½ -2 mins	Place on heatproof plate on glass turntable.
Sausage/Cheese and Onion rolls	150g	HIGH Micro	1-1½ mins	Place on heatproof plate on glass turntable.



# Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>Rashers</b> - From Raw Caution: Hot Fat! Remove with care				
Rashers	225g (8)	HIGH Micro	4-6 mins or 45 secs per rasher	Place on micro-safe rack or plate on glass turntable and cover with kitchen towel to minimise splatter.
Gammon Joint	750g	HIGH Micro followed by MEDIUM	15 mins  20 mins	Place in a large casserole dish, cover with water, and place on glass turntable.
<b>Beans &amp; pulses</b> - Should be pre-soaked in cold water overnight (boiling water split yellow peas) except lentils which do not need to be pre-soaked. Place in a large 3 litre (6pt) bowl				
Black Eyed Beans	250g	HIGH Micro then SIMMER Micro	10 mins then 25 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on glass turntable. Stir after 1st stage.
Chick peas	250g	HIGH Micro then SIMMER Micro	10 mins then 40-42 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on glass turntable. Stir after 1st stage.
Haricot Beans	250g	HIGH Micro then SIMMER Micro	10 mins then 12-14 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on glass turntable. Stir after 1st stage.
Red Lentils	250g	MEDIUM Micro	10 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on glass turntable. Stir after 1st stage.
Marrowfat peas	250g	HIGH Micro then SIMMER Micro	3 mins then 18-25 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on glass turntable. Stir after 1st stage.
Red Kidney Beans	250g	HIGH Micro then SIMMER Micro	15 mins then 38-40 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on glass turntable. Stir after 1st stage.
Split Yellow peas	250g	HIGH Micro then SIMMER Micro	10 mins then 20 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover, and place on glass turntable. Stir after 1st stage.
<b>Beef</b> - Caution: hot fat! remove with care.				
Mince		MEDIUM Micro	12 mins then 15 mins per 450g	Place in micro-safe dish with 380ml stock and seasonings. Cover, place on glass turntable and stir halfway.
Stewing Steak (chop up before cooking)	450-675g	HIGH Micro then SIMMER Micro	5 then 16 mins	Place in micro-safe dish with 380ml stock and seasonings. Cover, place on glass turntable and stir halfway.
<b>Chicken from raw</b> - Caution: Hot Fat! Remove with care.				
Breast, boneless and skinless	300g (3)	MEDIUM Micro	5½-6 mins	Place in shallow dish. Cover, and place on glass turntable.
	700g (4-6)	MEDIUM Micro	11-12 mins	Place in shallow dish. Cover, and place on glass turntable.





## Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>Chicken - From Raw</b> Caution : Hot Fat! Remove with care				
Chicken Legs	1.0 kg	MEDIUM Micro	10-12 mins	Place in shallow dish. Cover and place on glass turntable.
Drumstick/Thighs	500 g	MEDIUM Micro	8-10 mins	Place in shallow dish. Cover and place on glass turntable.
Whole		MEDIUM Micro	12 mins per 450g	Place in shallow dish. Cover and place on glass turntable.
<b>Eggs - Poached.</b>				
1 egg	100ml water	HIGH Micro then MEDIUM Micro	1 min 35 secs - soft 40 secs - firmer	<ul style="list-style-type: none"><li>• Place water in a shallow dish. Place on glass turntable and heat for 1st cooking time.</li><li>• Add egg (size 3).</li><li>• Pierce yolk and white.</li><li>• Cover.</li><li>• Cook for 2nd cooking time.</li><li>• Then leave to stand for 1 min.</li></ul>
2 eggs	200ml water	HIGH Micro then MEDIUM Micro	3 min 1 min - soft 1 min 15 sec - firmer	
4 eggs	400ml water	HIGH Micro then MEDIUM Micro	5 min 1 min 30 sec - soft 1 min 50 sec - firmer	
<b>Fish - Fresh from raw</b>				
Fillets	300 g	MEDIUM Micro	4-4½ mins	Place in shallow dish. Add 30ml (2 tbsp) of liquid. Cover and place on glass turntable.
Steaks	350 g	MEDIUM Micro	5½ mins	Place in shallow dish. Add 30ml (2 tbsp) of liquid. Cover and place on glass turntable.
	700 g	MEDIUM Micro	8-9 mins	Place in shallow dish. Add 30ml (2 tbsp) of liquid. Cover and place on glass turntable.
Whole x1	250 g	MEDIUM Micro	3-4 mins	Place in shallow dish. Add 30ml (2 tbsp) of liquid. Cover and place on glass turntable.
Whole x2	500-600g	MEDIUM Micro	6-7 mins	Place in shallow dish. Add 30ml (2 tbsp) of liquid. Cover and place on glass turntable.
<b>Fish - Frozen from raw</b>				
Fillets	200 g	MEDIUM Micro	6½-7 mins	Place in shallow dish. Add 30ml (2 tbsp) of liquid. Cover and place on glass turntable.
Boil in the Bag	150 g	MEDIUM Micro	5½-6 mins	Snip corner of the bag and place bag sauce side down in micro-safe dish on glass turntable. Shake bag halfway.





## Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>Fruit</b> - Peel, slice, chop into even sized pieces. Place in shallow heatproof dish on glass turntable.				
Baked Apple - cored	200 g	MEDIUM Micro	3-3½ mins	Place in shallow heatproof dish on glass turntable.
Apples - stewed	500 g	HIGH Micro	5-6 mins	Add 15ml (1tbsp) water. Cover and place on glass turntable.
Apricots - stewed	300 g	MEDIUM Micro	6 mins	Add 15ml (1tbsp) water. Cover and place on glass turntable.
Pears - stewed	500 g	HIGH Micro	4-6 mins	Add 15ml (1tbsp) water. Cover and place on glass turntable.
Plums - Poached	400 g	HIGH Micro	6-7 mins	Add 300ml (½pt) water. Cover and place on glass turntable.
Plums - stewed	500 g	HIGH Micro	5-6 mins	Add 15ml (1tbsp) water. Cover and place on glass turntable.
Rhubarb - stewed	500 g	HIGH Micro	5 mins	Add 15ml (1tbsp) water. Cover and place on glass turntable.
<b>Pasta</b> - NB: use a 3 litre (6pt) bowl.				
Fusilli/Macaroni/ Penne	250 g	HIGH Micro	12 mins	Use 700ml (1¼ pt) boiling water. Add 15ml (1tbsp) oil. Cover, place on glass turntable and stir halfway.
Lasagne	250 g	HIGH Micro	8 mins	Use 550ml (1 pt) boiling water. Add 15ml (1tbsp) oil . Cover, place on glass turntable and gently turn and separate sheets.
Linguine/ Tagliatelle	250 g	HIGH Micro	13 mins	Use 700ml (1¼ pt) boiling water. Add 15ml (1tbsp) oil. Cover, place on glass turntable and stir halfway.
Spaghetti	250 g	HIGH Micro	11 mins	Use 700ml (1¼ pt) boiling water. Add 15ml (1tbsp) oil. Cover, place on glass turntable and stir halfway.
<b>Porridge</b> - NB: use a large bowl.				
1 serving	25g (1oz) Oats 140 ml (¼pt) milk	HIGH Micro	1½-1¾ mins	Place bowl on glass turntable and stir halfway.
2 servings	50g (2oz) Oats 275 ml (½pt) milk	HIGH Micro	3-3¾ mins	Place bowl on glass turntable and stir halfway.
4 servings	100g (4oz) Oats 500ml (1pt) milk	HIGH Micro	6½-7 mins	Place bowl on glass turntable and stir halfway.





## Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>Quorn ®</b>				
Burgers	227g (2)	HIGH Micro	2-3 mins	Place on micro-safe dish on glass turntable.
<b>Rice N.B</b> - Use a 3 litre (6pt) bowl.				
Basmati	250g	HIGH Micro	10 mins	Use 550 ml (1pt) boiling water. Cover, place on glass turntable and stir halfway.
Basmati - Brown	250g	HIGH Micro	17-19 mins	Use 700 ml (1¼pt) boiling water. Cover, place on glass turntable and stir halfway.
Easy Cook long Grain	250g	HIGH Micro	15 mins	Use 550 ml (1pt) boiling water. Cover, place on glass turntable and stir halfway.
Long Grain White	250g	HIGH Micro	9-9½ mins	Use 550 ml (1pt) boiling water. Cover, place on glass turntable and stir halfway.
<b>Turkey caution:</b> Hot Fat! Remove with care.				
Breasts, boneless and skinless	500 g	MEDIUM Micro	9-10 mins	Place in shallow dish. Cover and place on glass turntable.
<b>Fresh vegetables</b> - Place in shallow dish (except jacket potatoes).				
Asparagus	200 g	HIGH Micro	2½ - 3 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Baby Corn	200 g	HIGH Micro	6-7 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Broad Beans	200 g	HIGH Micro	3-4 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Runner Beans	200 g	HIGH Micro	5-6 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Beetroot	450 g	HIGH Micro	12 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Broccoli	250 g	HIGH Micro	5-5½ mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Brussel Sprouts	200 g	HIGH Micro	5 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Butternut Squash	400 g	HIGH Micro	8 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.





## Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Fresh vegetables - Place in shallow dish (except jacket potatoes).				
Cabbage - sliced	300 g	HIGH Micro	3-3½ mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Carrots - sliced	200 g	HIGH Micro	6-7 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Cauliflower - florets	400 g	HIGH Micro	4-5 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Courgettes	250 g	HIGH Micro	5-6 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Corn on the Cob	x2	HIGH Micro	12 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Leeks - Sliced	400 g (4)	HIGH Micro	5-5½ mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Mushrooms	250 g	HIGH Micro	5 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Parsnips - par boiled for roasting	300 g	HIGH Micro	3 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Sliced	300 g	HIGH Micro	4½ mins	
Peas	200 g	HIGH Micro	3½-4 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Potatoes - boiled	500 g	HIGH Micro	8½-9 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Potatoes - par - boiled	500 g	HIGH Micro	4-5 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Jacket Potatoes 200-250g each	x1	HIGH Micro	6-7 mins	Place directly on glass turntable.
	x2	HIGH Micro	8-9 mins	Place directly on glass turntable.
	x4	HIGH Micro	15 mins	Place directly on glass turntable.
	x6	HIGH Micro	20 mins	Place directly on glass turntable. Wash and dry potatoes. Prick with a fork several times. After cooking wrap in foil and stand for 5 mins.





# Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>Fresh Vegetables</b> - place in shallow dish (except jacket potatoes).				
Spinach	300 g	HIGH Micro	3-3½ mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Sugar Snap peas	300 g	HIGH Micro	5 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Swede - cubed	450 g	HIGH Micro	7-8 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Swede - diced for mashing	450 g	HIGH Micro	12 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Sweet Potato	400 g	HIGH Micro	8 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Turnip	300 g	HIGH Micro	10 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
<b>Frozen Vegetables</b> - place in a shallow dish.				
Beans - broad	200 g	HIGH Micro	6 mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Beans - Green	250 g	HIGH Micro	5-5½ mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Broccoli - florets	250 g	HIGH Micro	5 mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Carrots - sliced	200 g	HIGH Micro	5-5½ mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Cauliflower	250 g	HIGH Micro	6 mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Mixed Vegetables	250 g	HIGH Micro	5-5½ mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Peas	200 g	HIGH Micro	4 mins 15 secs	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Soya Beans	200 g	HIGH Micro	2½ mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Spinach	250 g	HIGH Micro	5½-6 mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Sweetcorn	200 g	HIGH Micro	4-5 mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.





# Increasing and Decreasing Recipes

## Increasing recipes

- **To increase a recipe from 4 to 6 servings**, increase each ingredient listed by half. To double the quantity, simply double every ingredient listed.
- Do not forget that large quantities will require a larger dish. Make sure that it is deep enough to prevent the recipe from boiling over during cooking.
- Cover as directed in the recipe. Stir or rearrange foods as recommended.
- Increase the stand times by 5 mins. per lb.
- Always check the recipe during cooking.
- When increasing the ingredients to 6 servings, add an extra one third of the original cooking time, ie. 30 mins. on MEDIUM power for 4 servings will become 40 mins. on MEDIUM power for 6 servings.
- **When doubling a recipe from 4 to 8** add on half the original cooking time, ie. 30 mins. on MEDIUM power for 4 servings will become 45 mins. on MEDIUM power for 8 servings.

## Decreasing recipes

- To decrease a recipe from 4 servings to 2 servings, halve the ingredients listed.
- Choose a dish that is proportionally smaller than the one recommended in the recipe, however make sure it is deep enough to stop food boiling over.
- Allow half to two-thirds of the original cooking time, ie. 30 mins. on MEDIUM power for 4 servings will become 15-20 mins. on MEDIUM power for 2 servings.

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# Using Recipes from Other Books

The best way to convert a family favourite dish is to find a similar recipe in a cookery book to give you a guide to the correct method and timings to use.

Many cookbooks refer to 650 W ovens, however since 1990 oven output powers have been set by a new standard (IEC). When using other cookbooks, the 900 W output power of your oven must be allowed for. Use the same power level suggested e.g. HIGH or MEDIUM and select the same cooking time suggested, however CHECK the progress of the food during cooking and adjust the time if necessary.

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# Cooking for One

- For one serving quarter ALL ingredients listed.
- Choose a dish that is proportionally smaller than the one recommended in the recipe.
- Use the same cooking power recommended in the original recipe.
- Start by cooking for one quarter of the recommended cooking time, although extra time in most cases will be required.
- Always check the food during cooking.
- There is not a great saving for reduced quantities of soups, casseroles, stews and rice, as a minimum time is required to tenderise meats and blend flavours.
- When cooking for one it often makes sense to cook for two and plate up both meals. Freeze one meal for a later date.





## Soups and Starters

### Ingredients

8 field mushrooms,  
approx. 250 g  
(5 oz) total weight  
50 g (2 oz) butter  
10 ml (2 tsp) chopped  
mixed herbs  
1 garlic clove, crushed  
seasoning

### Garlic Mushrooms with Herbs

**Serves 4**

#### Dish: large flan dish

1. Arrange the mushrooms in a large flan dish. Dot with butter and sprinkle with the herbs and garlic.
2. Cover, place on glass turntable and cook on **HIGH** power for 4-5 mins. or until mushrooms are just tender. Season and serve.

### Ingredients

8 rashers streaky bacon,  
stretched and halved  
450 g (1 lb) minced pork  
60 ml (4 tbsp)  
breadcrumbs  
5 ml (1 tsp) sage  
1 onion, finely chopped  
15 ml (1 tbsp) lemon juice  
30 ml (2 tbsp) parsley,  
chopped  
salt and pepper to taste

### Coarse Pork Pâtés

**Serves 4**

#### Dish: 4 ramekin dishes 8 cm (3") diameter

1. Line each ramekin with 4 half rashers of bacon.
2. Mix all ingredients together and press into ramekins.
3. Place 4 ramekins on glass turntable and cook on **MEDIUM** power for 12-14 mins. or until cooked through. Pour off excess liquid, and serve hot or cold with crusty French bread.

### Ingredients

125 g (4 ½ oz) onion,  
chopped  
1 clove garlic, crushed  
225 g (8 oz) mushrooms,  
sliced  
25 g (1 oz) butter  
25 g (1 oz) plain flour  
300 ml (½ pint) milk  
450 ml (¾ pint) hot  
vegetable stock  
2.5 ml (½ tsp) dried  
marjoram  
2.5 ml (½ tsp) dried basil  
salt and pepper to taste  
150 ml (¼ pint) double  
cream

### Cream of Mushroom Soup

**Serves 4**

#### Dish: large bowl

1. Place the onion, garlic, mushrooms and butter in a large bowl, cover, place on glass turntable and cook on **HIGH** power for 3 minutes.
2. Stir in the flour to form a paste, gradually add the milk and stock.
3. Stir in the marjoram, basil, salt and pepper to taste. Cook on **HIGH** power uncovered, for 8 minutes, stir after 4 minutes.
4. Blend and add the cream, cook on **HIGH** power for 6 minutes.





### Ingredients

40 g (1½ oz) dried Cep mushrooms  
50 g (2 oz) butter  
1 clove garlic, finely chopped  
1 small onion, finely chopped  
freshly ground black pepper  
250 g (9 oz) Arborio rice  
300 ml (½ pt) hot vegetable stock  
12 basil leaves, torn  
Parmesan cheese shavings to garnish

### Wild Mushroom and Basil Risotto

**Serves 6**

#### Dish: large bowl

1. Soak mushrooms in 300 ml (½ pt) warm water.
2. Place the butter, garlic and onion in a large bowl. Cover with cling film place on glass turntable and cook on **HIGH** power for 3 mins, or until softened. Season with freshly ground black pepper.
3. Stir the rice into the butter mixture and add the hot stock and soaking liquid from the mushrooms. Cover and cook for a further 5 mins on **HIGH** power.
4. Stir the mushrooms into the rice mixture. Cover and cook for a further 5 mins. on **HIGH** power.
5. Stir and add the basil. Continue to cook for the final 5-7 mins. on **HIGH** power. Leave to stand for approx. 5 mins. and then stir with a fork.

#### Serving suggestion:

Place the cooked risotto in greased dariole moulds, press in firmly. Then turn out and serve garnished with shavings of Parmesan cheese.

### Ingredients

25 g (1 oz) butter  
15 ml (1 tbsp) olive oil  
1 onion, finely chopped  
350 g (12 oz) potatoes, diced  
500 g (1 lb 2 oz) broccoli, cut into florets  
850 ml (1½ pts) vegetable stock  
3 ml (½ tsp) grated nutmeg  
150 ml (¼ pt) semi skimmed milk  
100 g (4 oz) stilton cheese, cubed  
Salt and pepper

### Broccoli and Stilton Soup

**Serves 4**

#### Dish: large bowl

1. Place the butter, oil and onion in a large bowl. Place on glass turntable, cover and cook on **HIGH** power for 3 mins. or until soft.
2. Add the potatoes, cover and cook on **HIGH** power for 3-4 mins. or until softened.
3. Add the broccoli, hot vegetable stock and nutmeg. Cover and cook on **MEDIUM** power for 8-12 mins. or until the broccoli is cooked.
4. Allow to cool and then blend in a food processor until smooth.
5. Stir in the milk and stilton cheese. Season to taste. Reheat the soup on **HIGH** power for 4-5 mins. or until hot and smooth. Stir frequently.

### Ingredients

225 g (8 oz) smoked haddock  
30 ml (2 tbsp) lemon juice  
15 ml (1 tbsp) single cream  
15 ml (1 tbsp) horseradish  
100 g (4 oz) cream cheese  
15 ml (1 tbsp) parsley, chopped

#### Garnish:

4 slices of lemon  
sprigs of parsley

### Smoked Haddock Pâté

**Serves 4**

#### Dish: shallow dish + 4 x 3" diameter ramekins

1. Place haddock and lemon juice in dish. Place on glass turntable, cover and cook on **HIGH** power for 2 mins. or until fish flakes easily. Remove bones and flake.
2. Blend the fish with all other ingredients to form a smooth pâté. Divide mixture between 4 ramekins. Smooth over top.
3. Decorate with lemon twists and parsley. (Pâté can be topped with 30 ml (2 tbsp) of melted butter if desired).





# Fish

Fish cooks very well by microwave as it stays moist and the lingering fish smells left in conventional ovens are avoided.

## When is fish cooked?

Fish is cooked when it flakes easily and becomes opaque.

For fish with a strong odour, eliminate the smell after cooking by placing 600 ml (1 pt) of boiling water and 1 sliced lemon in a large bowl, cook on **SIMMER** power for 20 mins. Wipe out oven with a dry cloth.

## Whole fish

If cooking 2 whole fish together, they should be arranged head to tail for even cooking. Large whole fish must have the tail and head shielded halfway through cooking with smooth pieces of tin foil secured with cocktail sticks.



## Arranging

Thin fillets of fish i.e. plaice, should be rolled up prior to cooking to avoid overcooking on the thinner outside edge and tail. Fish steaks should be arranged in a circle, thicker part to the outside. Cover with cling film or lid.



## Liquid

Fresh fish should always be sprinkled with 30 ml (2 tbsp) of lemon juice, white wine or water. When cooking Frozen fish, add liquid as above for even cooking. Do not sprinkle salt onto fish before cooking as this may make the fish dry.



## Noise

During cooking, popping sounds may be heard. This is due to moisture trapped between the flesh, particularly with oily fish such as salmon and mackerel. This can be minimised when cooking if the skin and flesh is pierced several times with a cocktail stick.

## Ingredients

200 g (7 oz) white long grain rice  
600 ml (1 pint) hot chicken stock  
2.5 ml (½ tsp) paprika  
salt and pepper to taste  
1 red pepper, seeded and sliced  
100 g (4 oz) prawns, peeled and cooked  
100 g (4 oz) peas  
100 g (4 oz) cockles, cooked  
100 g (4 oz) mussels, cooked  
100 g (4 oz) whole baby sweet corn, halved  
225 g (8 oz) chicken, cooked and chopped  
400 g (14 oz) can chopped tomatoes

## Paella

**Serves 4**

### Dish: large bowl

1. Place the rice in a large bowl and add the stock, paprika and seasoning.
2. Cover, place on glass turntable and cook on **MEDIUM** power for 14-15 minutes, until the rice is tender, stir 2-3 times during cooking. Drain.
3. Cook peppers in 1 tbsp water, covered on **HIGH** power for 3 mins.
4. Stir in the pepper, prawns, peas, cockles, mussels, baby corn, chicken and tomatoes into the rice.
5. Cook on **HIGH** power for 8 mins. stirring halfway through cooking.





### Ingredients

100 g (4 oz) broccoli  
100 g (4 oz) cauliflower  
1 medium red pepper,  
diced  
198 g (7 oz) can salmon,  
drained  
25 g (1 oz) butter  
30 ml (2 tbsp) plain flour  
300 ml (½ pt) milk  
50 g (2 oz) grated tasty  
cheese  
150 ml (¼ pt) cream  
(optional)  
salt and pepper to taste  
15 g (oz) butter  
75 g (3 oz) fresh white  
breadcrumbs  
15 ml (1 tbsp) chopped  
fresh parsley  
pinch paprika

### Ingredients

450 g (1 lb) smoked  
haddock cut into  
4 portions  
300 ml (½ pt) milk  
knob of butter

### Ingredients

450 g (1 lb) smoked  
haddock  
30 ml (2 tbsp) lemon juice  
15 ml (1 tbsp) oil  
1 large onion, sliced  
40 g (1½ oz) butter  
40 g (1½ oz) flour  
3 ml (½ tsp) mustard  
600 ml (1 pt) milk  
salt and pepper  
100 g (4 oz) Red  
Leicester cheese  
600 g (1¼ lb) cooked  
jacket potatoes, sliced  
(see page 28 or 40)  
75 g (3 oz) wholemeal  
breadcrumbs

## Salmon and Vegetable Mornay

Serves 4

**Dish: 20 x 25 cm (8" x 10") dish**

1. Break broccoli and cauliflower into florets, add red pepper and 2 tbsp (30ml) water. Cover, place on glass turntable and cook on **HIGH** power for 5 mins. or until soft. Drain.
2. Flake salmon and mix with vegetables.
3. Melt butter in a jug on **HIGH** power for approx. 20-30 secs. Stir in flour then milk. Cook on **HIGH** power for 2 mins. or until mixture boils and thickens; stir halfway. Stir in cheese, cream and seasoning. Pour cheese sauce over vegetables and salmon.
4. Melt extra butter in a small bowl on **HIGH** power for approx. 15-20 secs. Stir in breadcrumbs, parsley and paprika. Sprinkle over vegetable mixture.
5. Cook on **MEDIUM** power for 7-8 mins. or until piping hot.

## Poached Smoked Haddock

Serves 4

**Dish: casserole dish**

1. Place haddock in single layer in casserole dish and cover with milk and butter. Cover, place on glass turntable, and cook on **HIGH** power for 5-6 mins. Serve on its own or with poached eggs on top.

## Family Fish Pie

Serves 4

**Dish: shallow dish**

1. Arrange fish in a shallow dish. Add lemon juice, cover, place on glass turntable and cook on **HIGH** power for 3 mins. or until it flakes easily.
2. Place oil and onion in a bowl. Cover and cook on **HIGH** power for 3 mins. or until the onion is soft.
3. Melt the butter on **HIGH** power for 30 secs. Stir in the flour and mustard and cook for a further 15 secs. Add milk and seasoning, gradually stirring to a smooth paste. Cook on **HIGH** power for 5 mins. or until the sauce is thick and bubbling. Stir twice during cooking. Add 75 g (3 oz) of grated cheese to the sauce and stir well.
4. Flake the fish and arrange in the serving dish. Add onions and place the sliced potatoes on top.
5. Pour over the cheese sauce. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on **MEDIUM** power for 8-10 mins. or until the mixture has been completely reheated.





### Ingredients

25 g (1 oz) butter  
2 onions, peeled and quartered  
1 clove of garlic, crushed  
2 courgettes, sliced  
1 yellow pepper, sliced  
3 ml (½ tsp) cumin  
3 ml (½ tsp) paprika  
15 ml (1 tbsp) tomato puree  
400 g (14 oz) can tomatoes  
8 plaice fillets  
15 ml (1 tbsp) lemon juice

### Plaice Provencal

**Serves 4**

#### Dish: large bowl, oval dish

1. Place the butter, onions and garlic in a large bowl. Place on glass turntable, cook on **HIGH** power for 2 mins or until softened.
2. Add the courgettes and yellow pepper. Cover and cook on **HIGH** power for 2 mins. or until softened. Add the spices, puree and tomatoes. Cover and cook on **HIGH** power for 4 mins. or until piping hot. Pour into serving dish.
3. Roll each fillet and arrange on top of the sauce. Sprinkle with lemon juice. Cover and cook on **HIGH** power for 7-8 mins. or until the fish is cooked. Garnish with parsley and serve with French bread.

### Ingredients

1 red pepper, cut into chunks  
350 g (12 oz) cod or huss, cubed  
8 button mushrooms  
1 small sweetcorn, cooked and cut into slices

#### Marinade:

½ small onion, grated  
60 ml (4 tbsp) olive oil  
60 ml (4 tbsp) lemon juice  
2 cloves of garlic, crushed  
30 ml (2 tbsp) parsley, chopped

### Fish Kebabs

**Serves 4**

#### Dish: shallow dish + wooden skewers

1. Place pieces of red pepper in a bowl with 30 ml (2 tbsp) of water. Cover, place on glass turntable and cook on **HIGH** power for 1-2 mins, or until slightly softened.
2. Prepare 4 kebabs by threading fish and vegetables alternately. Place in a shallow dish.
3. Mix together the marinade ingredients. Pour over the kebabs, cover and leave to marinate in the fridge for at least 2 hours.
4. Place dish on glass turntable and cook on **HIGH** power for 6-7 mins. or until cooked. Rearrange the kebabs halfway through cooking. Fish should be white and flake easily when cooked. Serve on a bed of wild rice.

### Ingredients

15 ml (1 tbsp) oil  
1 onion, finely chopped  
175 g (6 oz) okra, topped and tailed  
1 green pepper, deseeded and sliced  
30 ml (2 tbsp) Balti curry paste  
400 g (14 oz) can chopped tomatoes  
75 ml (5 tbsp) water  
350 g (12 oz) cod fillet, cubed  
12 large king prawns, cooked

### Fish Balti

**Serves 4**

#### Dish: 3 litre (6 pt) casserole dish

1. Place the oil and onion in a dish. Place on glass turntable and cook on **HIGH** power for 3 mins. or until the onion is softened.
2. Add the okra and pepper and cook on **HIGH** power for 3 mins. or until softened.
3. Stir in the curry paste, tomatoes and the water. Cover and cook on **HIGH** power for 5 mins. or until boiling.
4. Add the cod and cook on **HIGH** power for 3 mins. Stir in the prawns and cook on **HIGH** power for a further 2 mins. or until the fish is cooked.







# Meat and Poultry

## Guidelines

### Defrosted joints

If the meat has previously been frozen, ensure it is properly thawed before cooking by microwave. Defrosted joints of meat must be allowed to **STAND** for a **minimum of 30 mins.** before cooking to ensure the centre is fully defrosted.

### Fat

Large amounts of fat absorb microwave energy and can cause the meat next to it to overcook. Always choose joints that aren't excessively fatty.

### Standing time

Meat and poultry require a **minimum of 15 mins. STANDING TIME** wrapped in aluminium foil after cooking by microwave. Roast meat is always easier to carve after **STANDING** and the meat will continue to cook during the **STAND TIME**.

### Bone

Bone tips on legs of lamb and crown roasts may need shielding when cooked by microwave, to prevent overcooking.

### Turning

Joints and poultry **should be turned over** halfway through cooking.

### Shielding

Large joints may need shielding with pieces of smooth aluminium foil after half the cooking time to avoid overcooking on the outside edges. Turkeys and large chickens should have their breast meat, legs and wings protected. Secure foil with cocktail sticks and **do not** allow foil to touch the walls of the oven.

### Roasting bags

Roasting bags are useful when split up one side to tent a joint for roasting by power and time.

**Do not** use the metal twists supplied.

## Tips

Braised and stewed meat cooked in a microwave has a slightly firm texture and therefore it is essential to purchase good quality meats.

When cooking a casserole, place a saucer or small upturned plate over the meat to keep it submerged in the juices.

**Crispy Bacon** - Cover with a plain piece of kitchen towel to minimise splatter. Cook on **HIGH** power for approx. 45 secs. per rasher, or until desired crispness is achieved.



### How to roast a joint by microwave

To roast basic joints of meat place the joint onto the rack of a microwave roasting set and cover with a dome lid. Alternatively use a large, shallow dish and place the joint on an upturned saucer and cover with cling film.



### How to cook small cuts of meat by microwave

Some cuts of meat can be cooked successfully by microwave although due to their short cooking times and no heat source, they will not crisp and brown.

They should always be cooked on a microwave rack or upturned saucer to lift them out of their juices.





### Ingredients

1 onion, diced  
1 clove of garlic, crushed  
1 green pepper, diced  
30 ml (2 tbsp) oil  
100 g (4 oz) mushrooms, sliced  
225 g (8 oz) lean minced beef  
150 ml (1/4 pt) red wine  
15 ml (1 tbsp) mixed herbs  
100 g (4 oz) garlic sausage or bacon, diced  
396 g (14 oz) can chopped tomatoes  
30 ml (2 tbsp) tomato puree  
salt and pepper

### Ingredients

3-4 cloves garlic  
1 cm (1/4") piece fresh ginger, grated  
50 g (2 oz) ground almonds  
3x15 ml (3 tbsp) water  
3 whole cardamom pods  
2 cloves  
2.5 cm (1") stick of cinnamon  
1 onion chopped  
2x15 ml (2 tbsp) oil  
450 g (1 lb) boned lamb, trimmed and cut into cubes  
1x5 ml (1 tsp) ground coriander  
1x5 ml (1 tsp) ground cumin  
1.5 ml (1/4 tsp) garam masala  
1.5 ml (1/4 tsp) cayenne pepper  
150 ml (1/4 pt) single cream  
salt and pepper

### Ingredients

675 g (1 1/2 lb) shoulder of lamb, cubed  
1 large onion, chopped  
450 ml (3/4 pt) hot chicken stock  
15 ml (1 tbsp) dried rosemary  
450 g (1 lb) potatoes, peeled and coarsely chopped  
salt and pepper  
10 ml (2 tsp) cornflour  
50 g (2 oz) tasty cheese  
grated

## Bolognese Sauce

Serves 4

### Dish: large bowl

1. Mix onion, garlic, pepper and oil in a bowl. Cover, place on glass turntable and cook on **HIGH** power for 2 mins. or until the onion is soft.
2. Stir in all the other ingredients. Cover and cook on **HIGH** power for 10 mins. then **MEDIUM** power for 15-20 mins. or until vegetables are soft.

## Lamb in a Spicy Cream and Almond Sauce

Serves 4

### Dish: large casserole dish

1. Mix together the garlic, ginger, almonds and water to make a thick paste.
2. Place the cardamom pods, cloves, cinnamon, onion and oil in the casserole dish. Place on glass turntable and cook on **HIGH** power for 2 mins.
3. Add the lamb and cook for 5 mins. on **HIGH** power or until light brown in colour. Stir halfway.
4. Stir in the rest of the spices, the almond mixture, cream, salt and pepper. Cover and cook on **SIMMER** power for 40-50 mins. or until the meat is tender. Stir the casserole 2-3 times during the cooking time.
5. Remove the whole cardamom pods, cloves and cinnamon before serving with rice or other vegetables.

## Lamb Casserole

Serves 4

### Dish: 3 litre (6 pt) casserole dish

1. Place all the ingredients except cheese and cornflour into casserole dish. Place plate on top of meat to prevent meat drying out during cooking.
2. Cover, place on glass turntable and cook on **HIGH** power for 10 mins., then **SIMMER** power for 40 mins. or until meat is tender.
3. Mix cornflour with a little water and stir into casserole to thicken gravy.
4. Sprinkle with cheese and reheat on **HIGH** power for 2 mins. or until cheese melts.





### Ingredients

500 g (1 lb 2 oz) braising steak, cubed  
2 large onions, sliced thinly  
1 clove garlic, crushed  
30 ml (2 tbsp) seasoned flour  
15 ml (1 tbsp) brown sugar  
300 ml (½ pt) hot beef stock  
300 ml (½ pt) light ale  
15 ml (1 tbsp) wine vinegar  
5 ml (1 tsp) mixed herbs  
2 bay leaves

### Ingredients

#### Filling:

350 g (12 oz) braising steak, cubed  
100 g (4 oz) kidney, cubed  
30 ml (2 tbsp) seasoned flour  
1 onion, chopped  
600 ml (1 pt) hot beef stock

#### Pudding:

175 g (6 oz) self-raising flour  
pinch salt  
75 g (3 oz) suet  
cold water to mix  
15 ml (1 tbsp) cornflour

## Belgian Beef Casserole

Serves 4

### Dish: large casserole with lid

1. Combine all the casserole ingredients in dish. Cover with lid, place on glass turntable and cook on **HIGH** power for 10 mins. Stir then use **SIMMER** power for 90 mins. or until meat is tender, stir every 30 mins. Remove bay leaves.

## Steak and Kidney Pudding

Serves 4

### Dish: 1.5 litre (3 pt) casserole + 1.2 litre (2 pt) pudding basin greased

1. Combine all filling ingredients in casserole. Place upturned plate on top of meat, cover, place on glass turntable and cook on **HIGH** power for 10 mins., then **SIMMER** power for 60 mins., or until meat is tender. Remove plate.
2. Mix flour, salt and suet together. Mix to a firm dough with cold water.
3. Roll out ¾ of pastry to line basin.
4. Remove meat with a slotted spoon and fill basin. Mix cornflour with water and stir into the gravy. Cook on **HIGH** power for 2 mins., stirring once, or until gravy has thickened. Pour 60 ml (4 tbsp) of gravy over the meat and reserve the rest for serving. Roll the remaining pastry to form a lid, moisten the edges and seal over the top of meat.
5. Cook on **MEDIUM** power for 10-12 mins. or until pastry looks dry.

## Chicken Satay

Serves 4

### Dish: large jug, bowl, 4-8 wooden skewers + large shallow dish

1. For the serving sauce: Crumble 50 g (2 oz) of creamed coconut into a large jug. Add the peanut butter, 15 ml (1 tbsp) of the lemon juice, 15 ml (1 tbsp) of the soy sauce, the chilli powder and 300 ml (½ pt) water. Place on glass turntable and cook on **HIGH** power for 5-6 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
2. Cut the chicken into small chunks and place in a bowl.
3. Put the remaining creamed coconut, lemon juice and soy sauce into a blender or food processor. Add the remaining ingredients and blend until smooth.
4. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.
5. Thread the chicken onto wooden skewers. Place on a shallow dish, cover with any remaining marinade and cook covered on **HIGH** power for 7-8 mins. or until cooked, turn and baste frequently. Serve hot with the sauce for dipping.

### Ingredients

100 g (4 oz) creamed coconut  
90 ml (6 tbsp) crunchy peanut butter  
45 ml (3 tbsp) lemon juice  
30 ml (2 tbsp) soy sauce  
large pinch of chilli powder  
4 chicken breast fillets, skinned  
approx 600g (1lb 5oz)  
30 ml (2 tbsp) vegetable oil  
2 garlic cloves, crushed  
5 ml (1 tsp) ground turmeric  
5 ml (1 tsp) five-spice powder  
5 ml (1 tsp) coriander seeds  
5 ml (1 tsp) cumin seeds





### Ingredients

15 ml (1 tbsp) sunflower oil  
450 g (1 lb) pork, cubed  
1 onion, sliced  
1 clove garlic, crushed  
1 green pepper, deseeded and cut into strips  
15 ml (1 tbsp) paprika  
3 ml (½ tsp) ground cumin  
396 g (14 oz) can chopped tomatoes  
15 ml (1 tbsp) tomato puree  
150 ml (¼ pt) hot pork or chicken stock  
175 g (6 oz) button mushrooms  
black pepper  
10 ml (2 tsp) cornflour  
30 ml (2 tbsp) crème fraîche

### Ingredients

25 g (1 oz) butter  
2 medium onions, sliced  
2 sticks celery, trimmed and chopped  
100 g (4 oz) mushrooms, sliced  
4 chicken quarters, skinned  
300 ml (½ pt) hot chicken stock  
396 g (14 oz) can tomatoes  
salt and pepper  
30 ml (2 tbsp) cornflour

### Ingredients

#### Sauce

15 ml (1 tbsp) cornflour  
15 ml (1 tbsp) caster sugar  
15 ml (1 tbsp) white wine vinegar  
15 ml (1 tbsp) orange juice  
15 ml (1 tbsp) tomato sauce  
15 ml (1 tbsp) sherry  
juice from pineapple  
seasoning to taste

450 g (1 lb) pork fillet, diced and trimmed  
½ green pepper sliced  
225 g (8 oz) can pineapple chunks, drained (reserve juice)

## Paprika Pork Casserole

Serves 4

**Dish: large casserole with lid**

1. Place all the ingredients except the cornflour and crème fraîche in a casserole. Cover, place on glass turntable, and cook on **HIGH** power for 10 mins.
2. Stir the casserole, cover and cook on **SIMMER** power for 50 mins., or until the meat is cooked. Stir once during cooking.
3. Blend the cornflour with a little water and stir into the casserole. Cover and cook for a further 5 mins. on **SIMMER** power or until thickened.
4. Swirl in the crème fraîche and serve immediately.

## Chicken Casserole

Serves 4

**Dish: 3 litre (6 pt) casserole**

1. Place vegetables and butter in casserole. Cover, place on glass turntable and cook on **HIGH** power for 2-3 mins. or until soft.
2. Place chicken on top of vegetables, cover with stock and tomatoes and add salt and pepper to taste.
3. Cover and cook on **HIGH** power for 5 mins. then **SIMMER** power for 35-40 mins. or until well cooked through.
4. Mix cornflour with a little water. Remove chicken from casserole, skim off excess fat and stir in cornflour paste. Cook on **HIGH** power for 2 mins. Serve chicken with sauce poured over.

#### N.B.

If diced boneless breast is used in place of the quarters, reduce 2nd cooking time to 15-20 mins. or until well cooked through.

## Sweet and Sour Pork

Serves 4

**Dish: 20 cm (8") casserole**

1. Mix all sauce ingredients together.
2. Layer pork, pepper and pineapple in casserole, pour over sauce.
3. Cover, place casserole on glass turntable and cook on **HIGH** power for 5 mins. then **LOW** power for 10-15 mins. or until meat is tender. Stir halfway through cooking time.





# Pasta and Rice

## Ingredients

275 g (10 oz) spaghetti  
400 g (14 oz) new potatoes, cubed  
225 g (8 oz) green beans, halved  
120 g (4½ oz) tub fresh pesto  
olive oil, for drizzling  
salt and fresh ground black pepper

## Pesto Spaghetti

**Serves 4**

### Dish: large bowl

1. Place spaghetti in a large bowl, add 1 litre (1¾ pt) of boiling water. Cover, place on glass turntable and cook on **HIGH** power for 10-13 mins. or until cooked. Drain and keep warm.
2. Place the potatoes in a bowl with 90 ml (6 tbsp) of water, cover and cook on **HIGH** power for 5-6 mins, add the green beans and cook for a further 3-4 mins. or until tender.
3. Combine the spaghetti and vegetables together with 60ml (4 tbsps) of the liquid, from the potatoes and beans.
4. Stir in the fresh pesto, season to taste and serve drizzled with a little olive oil.

## Ingredients

225 g (8 oz) mixed dried pasta i.e. tagliatelle, twists, shells  
1½ litre (3 pt) boiling water  
15 ml (1 tbsp) oil  
3 ml (½ tsp) salt  
25 g (1 oz) butter  
100 g (4 oz) mushrooms, peeled and sliced  
198 g (7 oz) can tuna, drained

## Tuna Pasta Bake

**Serves 4**

### Dish: large bowl, shallow dish, jug

1. Cook pasta in large bowl with water with oil and salt. Cover, place on glass turntable and cook on **HIGH** power for 10-12 mins. (or Sensor Pasta) or until soft. Leave to stand for 2-3 mins. Drain.
2. Melt butter in small dish on **HIGH** power for approx. 45 secs. Add mushrooms and cook on **HIGH** power for 3-4 mins. or until soft.
3. To make sauce, melt butter in a jug on **HIGH** power for 30-40 secs. Stir in flour to make a roux. Gradually whisk in milk until well combined. Cook on **HIGH** power for 3-5 mins. or until smooth and glossy. Stir halfway through cooking. Add Vermouth and season.
4. Combine pasta, tuna and mushrooms in dish. Pour sauce over and stir to mix thoroughly. Garnish with prawns.

## Sauce:

40 g (1½ oz) butter  
40 g (1½ oz) flour  
600 ml (1 pt) milk  
30 ml (2 tbsp) Dry Vermouth (optional)  
salt & pepper  
100 g (4 oz) prawns to garnish

## Kedgeriee

**Serves 2**

### Dish: large casserole, shallow dish, small bowl

1. Place the rice and chicken stock in casserole. Cover, place on glass turntable and cook on **HIGH** power for 20-25 mins. Or until cooked.
2. Place the fish in a shallow dish, sprinkle with lemon juice, cover and cook on **HIGH** power for 5-6 mins. or until cooked. Skin and flake.
3. Place onion and oil in a small bowl, cover and cook on **HIGH** power for 3-4 mins. or until softened.
4. Combine sour cream with curry paste. Mix into rice then stir in flaked fish, onion, peas, parsley, eggs and seasoning. Cover and cook on **HIGH** power for 5 mins. until piping hot.

## Ingredients

175 g (6 oz) easycook brown rice  
600 ml (1 pt) hot chicken stock  
450 g (1 lb) smoked haddock  
30 ml (2 tbsp) lemon juice  
1 medium onion, chopped  
15 ml (1 tbsp) oil  
150 ml (¼ pt) sour cream  
15 ml (1 tbsp) curry paste  
100 g (4 oz) frozen peas  
30 ml (2 tbsp) parsley, chopped  
2 hardboiled eggs, chopped





### Ingredients

30 ml (2 tbsp) olive oil  
1 onion, finely chopped  
2 cm ( $\frac{3}{4}$ " ) fresh root ginger,  
peeled and chopped  
10 ml (2 tsp) cumin seeds  
3 ml ( $\frac{1}{2}$  tsp) turmeric  
1 cinnamon stick, broken in  
half  
4 boneless chicken breasts,  
cubed  
275 g (10 oz) risotto rice  
1 litre (1 $\frac{3}{4}$  pt) hot chicken  
stock  
75 g (3 oz) ready to eat dried  
apricots, chopped  
50 g (2 oz) sultanas  
salt and pepper

### Ingredients

1 aubergine, cubed  
salt  
350 g (12 oz) tagliatelle,  
fresh  
1 onion  
1 clove garlic crushed  
15 ml (1 tbsp) olive oil  
397 g (14 oz) tin of chopped  
tomatoes  
5 ml (1 tsp) basil  
15 ml (1 tbsp) tomato puree  
15 g ( $\frac{1}{2}$  oz) butter  
salt and pepper  
8-10 black olives, stoned  
100 g (4 oz) mozzarella,  
diced  
30 ml (2 tbsp) parmesan  
cheese, grated

### Ingredients

1 large onion, sliced  
225 g (8 oz) courgettes,  
thickly sliced  
225 g (8 oz) green beans,  
chopped  
225 g (8 oz) carrots, thickly  
sliced  
1 small cauliflower, broken  
into florets  
396 g (14 oz) can chick  
peas, drained  
5 ml (1 tsp) turmeric  
3 ml ( $\frac{1}{2}$  tsp) cinnamon  
salt  
1 clove garlic, crushed  
300 ml ( $\frac{1}{2}$  pt) hot vegetable  
stock  
350 g (12 oz) couscous

## Fruity Chicken Risotto

Serves 4

### Dish: large bowl

1. Place the oil, onion and ginger in a large bowl. Cover, place on glass turntable, and cook on **HIGH** power for 3 mins. or until softened.
2. Add the cumin, turmeric, cinnamon and chicken. Cover and cook on **HIGH** power for 1 minute.
3. Add the rice, stock, apricots and sultanas. Cover and cook on **HIGH** power for 10 mins. and then **MEDIUM** power for 8 mins. or until the chicken and rice are cooked.
4. Season to taste, cover and allow to stand 5 mins. before serving.

## Tagliatelle Toscana

Serves 4

### Dish: large bowl

1. Sprinkle the aubergine with salt and leave for 20 mins. then rinse and dry.
2. Place the pasta in a large bowl with 600 ml (1 pt) boiling water. Cover, place on glass turntable and cook on **HIGH** power for 4 mins. or until tender. Drain.
3. Place onion, garlic and oil in a bowl, cover and cook on **HIGH** power for 2 mins. or until soft. Add the remaining ingredients except the mozzarella and parmesan cheese, cover and cook on **HIGH** power for 6 mins.
4. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top. Sprinkle with parmesan. Cover and cook on **HIGH** power for 4-5 mins. until piping hot.

## Vegetable Couscous

Serves 4

### Dish: large casserole

1. Place all the vegetables in a large casserole with the spices, salt, garlic and chick peas. Add the hot vegetable stock. Cover, place on glass turntable and cook on **HIGH** power for 16-18 mins. or until the vegetables are tender. Drain.
2. Pour 450 ml ( $\frac{3}{4}$  pt) of boiling water over the couscous. Allow to stand for 10 mins. Cover and cook on **MEDIUM** power for 5 mins. or until warm and fluffed. Separate the grains with a fork and stir in the vegetables.





# Cheese and Egg Dishes

## Piercing

Always pierce egg yolk and white to stop them exploding when poaching or frying in a microwave.

## Ingredients

1 garlic clove, halved  
300 ml (½ pt) dry white wine  
450 g (1 lb) Gruyère cheese, grated  
25 g (1 oz) plain flour  
Pinch of pepper  
Pinch of grated nutmeg  
Paprika for sprinkling

## Boiled eggs in shells

Never attempt to cook a boiled egg by microwave. They can explode dangerously.

## Quiches

Always cook quiches on **SIMMER** power to avoid curdling the egg filling.

## Swiss Cheese Fondue

**Serves 4 - 6**

**Dish: large 2 litre (4 pt) bowl**

1. Place garlic and wine in the bowl. Place on glass turntable and cook on **HIGH** power for 4 mins., or until wine is just boiling.
2. In another bowl mix the cheese and flour together, until evenly combined.
3. Remove the garlic from the wine and discard. Add half of the cheese mixture, stirring constantly until the cheese melts.
4. Cook on **HIGH** power for 1 minute, then stir in the rest of the cheese mixture.
5. Return to the microwave and cook again for 1 minute on **HIGH** power. Season with pepper and nutmeg.
6. Sprinkle with Paprika, if desired. Serve with chunks of french bread, or vegetables.

## Ingredients

2 onions, finely chopped  
50 g (2 oz) butter or margarine  
225 g (8 oz) long grain rice  
600 ml (1 pt) hot chicken stock  
800 g (1½ lb) tin tomatoes  
100 g (4 oz) mature cheddar cheese, grated  
25 g (1 oz) Parmesan cheese, grated  
salt and pepper  
1 bunch of chives, chopped

## Cheesy Risotto

**Serves 4**

**Dish: large casserole**

1. Place the onions and butter in a large casserole. Cover, place on glass turntable and cook on **HIGH** power for 3 mins. or until softened.
2. Stir in the rice, cover and cook on **HIGH** for 1 minute.
3. Add the hot stock and tomatoes, cover and cook on **HIGH** power for 5 mins. and then **MEDIUM** power for 20 mins. or until the rice is cooked. Stir halfway during cooking.
4. Season and stir in 75 g (3 oz) cheese. Cover and leave to stand for 5 mins. (this enables the rice to absorb any excess stock).
5. Serve the Risotto sprinkled with remaining cheese and chives.

## Ingredients

15 ml (1 tbsp) olive or vegetable oil  
½ red pepper, deseeded & diced  
½ green pepper, deseeded & diced  
1 onion finely chopped  
4 eggs  
3 ml (½ tsp) basil  
salt and pepper to taste

## Piperade

**Serves 2**

**Dish: bowl, 22 cm (9") Pyrex plate**

1. Place oil and vegetables in a bowl. Cover, place on glass turntable and cook on **HIGH** power for 3-4 mins. or until soft.
2. Grease the plate and spread with vegetables. Beat the eggs with salt and pepper and pour over the vegetables.
3. Cook on **HIGH** power for 2-3 mins. or until eggs are softly set, but still moist, beating with a fork several times during cooking. Allow to stand covered for 2 mins. before serving.





### Ingredients

225 g (8 oz) shortcrust  
pastry  
1 medium onion, chopped  
15 ml (1 tbsp) oil  
6 streaky bacon rashers cut  
into pieces,  
or 100 g (4 oz) ham cut into  
strips  
2 eggs  
150 ml (1/4 pt) single cream  
salt and pepper to taste  
50 g (2 oz) cheddar cheese,  
grated

### Quiche Lorraine

**Serves 4**

**Dish: 20 cm (8") flan dish, small bowl**

1. Roll out pastry and use to line the flan dish. Prick base of pastry with a fork, chill for 15 mins. Line base of pastry with kitchen towel. Place on glass turntable and cook on **HIGH** power for 4-5 mins. or until pastry is starting to dry.
2. Place the onion, bacon and oil in a small bowl. Cover and cook on **HIGH** power for 2 mins. or until onion is soft. Drain onion and bacon, then place in bottom of flan case.
3. Beat the eggs, cream, salt and pepper and pour over the bacon. Sprinkle with cheese and cook uncovered on **LOW** power for 10-12 mins. or until just set.

### Ingredients

675 g (1 1/2 lb) new potatoes  
225 g (8 oz) broccoli florets  
150 ml (1/4 pt) soured cream  
75 g (3 oz) Gruyère cheese,  
grated seasoning

### Creamy Cheese, Potato & Broccoli Bake **Serves 4**

**Dish: large bowl + shallow oval dish**

1. Cut potatoes in half (or quarters if large). Place in a bowl with 90 ml (6 tbsp) of water. Cover, place on glass turntable and cook on **HIGH** power for 8-10 mins.
2. Add the broccoli to the potatoes and cook for a further 4-6 mins on **HIGH** power or until tender.
3. Mix together 1/2 the cheese and the cream.
4. Arrange the potato and broccoli in a heatproof dish in a single layer, pour the cream mixture over them and sprinkle the rest of the cheese on top.
5. Cook on **HIGH** power for 2-3 mins. until cheese melts.

### Ingredients

175 g (6 oz) quick cooking  
macaroni  
40 g (1 1/2 oz) butter  
1 small onion, finely  
chopped  
100 g (4 oz) bacon,  
chopped  
40 g (1 1/2 oz) flour  
600 ml (1 pt) milk  
5 ml (1 tsp) french mustard  
150 g (5 oz) red cheese,  
grated  
salt and pepper  
30 ml (2 tbsp) fresh brown  
breadcrumbs

### Macaroni Cheese

**Serves 4**

**Dish: large dish + jug**

1. Place macaroni in 450 ml (3/4 pt) boiling water. Cover, place on glass turntable and cook on **HIGH** power for 7-8 mins. or until soft. Drain.
2. Place butter, onion and bacon in a jug. Cook on **HIGH** power for 5 mins. or until onion is soft. Stir halfway through cooking.
3. Stir in flour and cook for 30 secs. on **HIGH** power.
4. Gradually add milk stir well and season. Cook on **HIGH** power for 5 mins. or until sauce is thick and bubbling. Stir twice during cooking.
5. Add mustard and 100g (4oz) grated cheese. Place the macaroni in a large dish and pour over the sauce. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on **HIGH** for 2-3 mins. until the cheese starts to melt.







# Vegetables and Vegetarian



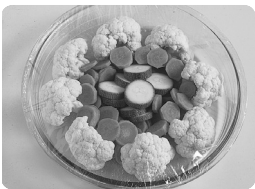
- Root vegetables. i.e. carrots, swede, should be cut into slices, strips or cubes.
- Do not mix fresh and frozen vegetables as the cooking times may be different.



- Cabbage should be shredded and cooked by power and time.
- Fresh vegetables require 45ml (3 tbsp) water.



- If cooking potatoes with other vegetables, only cook with other ROOT vegetables.
- Never add salt to vegetables before microwaving. Remember the flavour of microwaved vegetables is much better than boiled.



- Always cook vegetables in a dish that is a suitable size. Use flat dishes not basins. Always cover with microwave cling film or a lid.



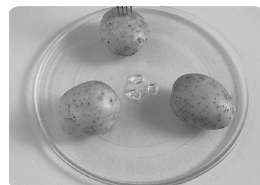
- Certain vegetables i.e. broccoli and asparagus, should be arranged so that the tips are in the centre of the dish, as these require less cooking.



- Whole cauliflower should be cooked upside down on MEDIUM power for 10 mins. approx. with 90 ml (6 tbsp) water.

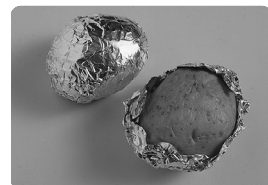
## Jacket Potatoes

Varieties of potatoes vary in their suitability for cooking by microwave. We recommend Maris Piper for consistently good results. The cooking times given may need adjustment for other varieties. The ideal size of potato to be cooked by microwave is 200 g-250 g (7-9 oz).



### Before Cooking

Wash potatoes and prick skins several times. Spread around edge of turntable.



### After Cooking

Remove from oven and wrap in aluminium foil to retain the heat. Leave to stand for 5 mins.





### Ingredients

1 aubergine, sliced  
5 ml (1 tsp) salt  
1 courgette, sliced  
1 onion, sliced  
1 green pepper, trimmed  
and sliced  
1 clove of garlic, peeled and  
crushed  
396 g (14 oz) can of  
tomatoes  
30 ml (2 tbsp) olive oil  
salt and pepper to taste

### Ratatouille

**Serves 4**

**Dish: 20 cm (8") casserole**

1. In a colander sprinkle aubergine slices with salt and leave for 30 mins. to remove bitter juices. Rinse with cold water.
2. Combine all ingredients in a casserole. Cover, place on glass turntable and cook on **HIGH** power for 15 mins. or until vegetables are soft. Stir halfway through cooking time.

### Ingredients

1 clove of garlic, halved  
675 g (1½ lb) potatoes,  
sliced very thinly  
pinch nutmeg  
pepper and salt  
150 ml (¼ pt) double cream  
25 g (1 oz) butter

### Gratin Dauphinois

**Serves 4**

**Dish: 20 cm (8") shallow dish**

1. Rub halves of garlic around inside of dish and discard.
2. Layer the potato slices in the dish, seasoning with salt and pepper and nutmeg between each layer.
3. Pour the cream evenly over the top of the potatoes and dot with butter. Place on glass turntable, cook on **MEDIUM** power for 15-18 mins.

### Ingredients

1 large onion, chopped  
25 g (1 oz) butter  
1 clove of garlic, crushed  
225 g (8 oz) each of diced  
carrots, diced leeks, diced  
courgettes  
1 green pepper, chopped  
150 ml (¼ pt) hot vegetable  
stock  
salt and pepper to taste  
300 ml (½ pt) prepared  
tomato sauce  
175 g (6 oz) fresh lasagne  
225 g (8 oz) Mozzarella  
cheese

### Vegetable Lasagne

**Serves 4-6**

**Dish: large bowl, large shallow rectangular  
or Pyrex® heatproof dish**

1. Place onion, butter and garlic in a bowl, cover, place on glass turntable and cook on **HIGH** power for 3 mins. Add vegetables and stock, re-cover and cook on **HIGH** power for 8-10 mins. or until vegetables are soft. Season to taste.
2. Cover base of dish with a thin layer of tomato sauce, then a layer of lasagne on top followed by a layer of vegetable mixture. Thinly slice 175 g (6 oz) of the cheese and layer on top of vegetables. Continue layering until ingredients are all used ending with a tomato sauce layer.
3. Grate remaining cheese and arrange over top in 3 diagonal bands. Cook on **HIGH** power for 20 mins. or until piping hot. Brown under a preheated grill if desired.





### Ingredients

2 medium sweet potatoes  
1 large tomato, sliced  
50 g (2 oz) spicy sausage, sliced  
30 ml (2 tbsp) coriander, chopped  
75 g (3 oz) cheddar cheese, grated  
salt and pepper

### Stuffed Sweet Potatoes

**Serves 4**

**Dish: shallow heatproof dish**

1. Wash and prick the potato skins. Cook on the Jacket Potato program.
2. Split the potatoes horizontally, keeping the edge joined. Place in dish.
3. Layer the tomatoes and the sausage alternately over the potatoes. Season and sprinkle with coriander and the grated cheese.
4. Place on glass turntable and cook on **HIGH** power for 2-3 mins. until the cheese melts.

### Ingredients

1 cauliflower, cut into florets  
90 ml (6 tbsp) water  
25 g (1 oz) butter  
25 g (1 oz) flour  
3 ml (½ tsp) French mustard  
300 ml (½ pt) milk  
seasoning to taste

### Topping:

75 g (3 oz) grated cheese  
15 ml (1 tbsp) brown breadcrumbs

### Cauliflower Cheese

**Serves 4**

**Dish: large bowl, shallow casserole, jug**

1. Place cauliflower in a bowl. Add water. Cover, place on glass turntable and cook on **MEDIUM** power for 10 mins. or until tender. Drain and place in casserole.
2. Melt butter on **HIGH** power in jug for 15-30 secs. Stir in flour and mustard. Cook for a further 15 secs. Add milk gradually. Stir well and season. Cook on **HIGH** power for 2-3 mins. or until sauce is thick and bubbling. Stir once halfway during cooking.
3. Stir in 50 g (2 oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Cook on **HIGH** power for 1-2 mins. or until piping hot.

### Ingredients

2 onions, chopped  
15 ml (1 tbsp) olive oil  
2 cloves garlic, crushed  
1 large aubergine, chopped  
2 courgettes, sliced  
1 large red pepper, deseeded and sliced  
1 large green pepper, deseeded and sliced  
400 g (14 oz) can chopped tomatoes  
300 ml (½ pt) vegetable stock  
5 ml (1 tsp) chopped rosemary  
10 ml (2 tsp) chopped thyme  
100 g (4 oz) red lentils

### Red Lentil Casserole

**Serves 4**

**Dish: large casserole + lid**

1. Place onions, oil, and garlic in the casserole. Place on glass turntable and cook on **HIGH** power for 3 mins.
2. Add chopped aubergine, courgettes, and peppers to the casserole. Cook on **HIGH** power for 4-5 mins.
3. Add the tomatoes, vegetable stock, herbs and lentils. Cook on **HIGH** power for 5 mins.
4. Stir and then cook covered on **SIMMER** power for 18-20 mins. or until lentils are tender.





### Ingredients

30 ml (2 tbsp) olive oil  
175 g (6 oz) onion, chopped  
2 cloves garlic, crushed  
75 g (3 oz) tomato purée  
225 g (8 oz) carrot, chopped  
1 red and 1 green pepper, seeded and sliced  
150 g (5 oz) baby sweetcorn, chopped into pieces  
4 sticks celery, sliced  
225 g (8 oz) courgette, sliced  
5 ml (1 tsp) ground cumin  
10 ml (2 tsp) mild chilli powder  
2.5 ml (½ tsp) cayenne pepper  
400 g (14 oz) canned, chopped tomatoes  
225 g (8 oz) canned haricot beans, drained  
400 g (14 oz) canned red kidney beans in chilli sauce  
300 ml (½ pint) hot vegetable stock  
15 ml (1 tbsp) cornflour blended with water

### Ingredients

15 ml (1 tbsp) butter  
2 cloves garlic, crushed  
5 ml (1 tsp) dried rosemary  
3 ml (½ tsp) salt  
1.5 ml (¼ tsp) black pepper  
700 g (1 ½ lbs) red potatoes

### Ingredients

100 g (4 oz) black-eye beans, soaked overnight  
100 g (4 oz) adzuki beans, soaked overnight  
15 ml (1 tbsp) vegetable oil  
1 garlic clove, crushed  
1 yellow pepper, chopped  
10 ml (2 tsp) caraway seeds, lightly crushed  
15 ml (1 tbsp) paprika  
397 g (14 oz) can chopped tomatoes  
175 g (6 oz) mushrooms, thickly sliced  
60 ml (4 tbsp) natural yoghurt  
salt and pepper

### Garnish:

fresh parsley, chopped

## Vegetable Chilli

Serves 4-6

### Dish: large bowl

1. Place the oil, onion, garlic and tomato purée in a large bowl. Place on glass turntable and cook on **HIGH** power for 2-3 mins.
2. Add the carrots, red and green pepper and sweetcorn, mix well. Cover and cook on **HIGH** power for 5 mins
3. Stir in the remaining ingredients (apart from the cornflour), mix well.
4. Cook on **MEDIUM** power for 35 minutes, stir 3 - 4 times during cooking.
5. Add the blended cornflour, mix well and cook on **HIGH** power for 5 mins.

## Rosemary Potatoes

Serves 4-6

### Dish: (8 inch) 20cm square baking dish

1. Place the butter and garlic in baking dish
2. Place on glass turntable and cook on **MEDIUM** power for 45 seconds or until the butter melts.
3. Add rosemary, salt, black pepper and potatoes and toss well.
4. Cover and cook on **HIGH** power for 15 minutes or until potatoes are tender.

## Spicy Bean Goulash

Serves 4-6

### Dish: large bowl

1. Drain the beans, rinse well and place in a large bowl. Add 600 ml (1 pt) boiling water. Cover, place on glass turntable and cook on **HIGH** power for 15 mins. then **LOW** power for 30 mins. or until tender.
2. Place the oil, garlic, yellow pepper, caraway seeds and paprika in a large casserole. Cover and cook on **HIGH** power for 2 mins. or until softened.
3. Add drained, rinsed beans, tomatoes and mushrooms. Cover and cook on **HIGH** power for 8-10 mins. or until piping hot and the mushrooms are soft. Stir once during cooking.
4. Stir in 30 ml (2 tbsp) yoghurt and season to taste. Drizzle remaining yoghurt on top and sprinkle with parsley.





## Puddings and Desserts

### Ingredients

385 g (13 oz) can apple slices  
100 g (4 oz) margarine  
100 g (4 oz) light muscovado sugar  
2 eggs, beaten  
50 g (2 oz) ground almonds  
50 g (2 oz) self raising flour  
5 ml (1 tsp) ground mixed spice  
60 ml (4 tbsp) flaked almonds

### Almond Eve's Pudding

**Serves 4**

**Dish: 22 cm (8½") Pyrex® or microwave safe dish**

1. Arrange the apple slices in the base of the dish.
2. Beat together the remaining ingredients except the flaked almonds until smooth.
3. Spread over the top of the apples and sprinkle with flaked almonds.
4. Place dish on glass turntable and cook on **MEDIUM** power for 9-11 mins or until cooked. Test with a skewer to ensure the middle is cooked.

### Ingredients

3 Granny Smith Apples, peeled, cored and sliced  
125 g (4½ oz) butter,  
175 g (6 oz) Light brown sugar  
175 g (6 oz) Porridge oats  
125 g (4½ oz) plain flour  
5 ml (1 tsp) ground cinnamon  
2.5 ml (½ tsp) mixed spice

### Apple Crisp

**Serves 4**

**Dish: 20cm (8inch) square dish, bowl**

1. Spread the apples evenly over the base of the dish.
2. Melt the butter in bowl on glass turntable on **MEDIUM** power for 1 min. Add the sugar, oats, flour and spices and mix.
3. Sprinkle the topping mixture over the apples.
4. Cook on **HIGH** power for 10 to 12 minutes until the apples can be easily pierced with a knife.



### Ingredients

200 g (7 oz) fresh dates,  
stoned and finely chopped  
175 g (6 oz) self-raising flour  
5 ml (1 tsp) baking powder  
5 ml (1 tsp) vanilla essence  
15 ml (1 tbsp) Camp coffee  
essence  
100 ml (3½ fl. oz) milk  
75 g (3 oz) butter  
150 g (5 oz) caster sugar  
2 eggs lightly beaten

### Butterscotch sauce

45 g (1¼ oz) butter  
120 ml (8 tbsp) soft brown  
sugar  
200 ml (7 fl. oz) whipping  
cream  
15 ml (1 tbsp) vanilla  
essence

## Date Puddings and Butterscotch Sauce Serves 6

### Dish: 6 Individual microwave proof moulds, large jug

1. Pour 175 ml (6 fl. oz) boiling water over the chopped dates and set aside to cool.
2. Sift together flour and baking powder. Add vanilla and coffee essence to the milk.
3. Cream the butter and sugar until light and fluffy. Add eggs a little at a time.
4. Fold in the flour and flavoured milk, then pour in the date mixture.
5. Place in six moulds on glass turntable and cook on **HIGH** power for 7 mins. and leave to stand for 10 mins.

### Sauce

1. Place butter in a large jug, place on glass turntable and melt on **HIGH** power for 45 sec. to 1 minute, or until bubbling.
2. Add sugar and stir until it has dissolved cooking for 1 minute at a time on **HIGH** power. Continue to cook until liquid is foaming and bubbling 30 sec. at a time on **HIGH** power.
3. Slowly pour in the cream and bring to the boil on **HIGH** power for 2-3 mins. Add essence. Stir, continue to boil on **HIGH** power 30 sec. at a time until it starts to thicken.

### Ingredients

grated rind of 2 lemons  
500 ml (18 fl oz.) full fat milk  
1 cinnamon stick  
grated nutmeg  
4 medium egg yolks  
50 g (2 oz) caster sugar  
30 ml (2 tbsp) cornflour  
100 g (4 oz) demerara sugar

## Lemon Brulee

Serves 4

### Dish: 4 individual heatproof ramekins, large jug

1. Place the grated rind of the lemons with the milk, cinnamon and nutmeg in a large jug, place on glass turntable and cook on **HIGH** power for 4 mins. Allow to cool.
2. Whisk the egg yolks and caster sugar until pale and foamy, then stir in the cornflour.
3. Strain the milk into the egg mixture and then cook on **HIGH** power for 4-5 mins. or until thickened. Stir frequently.
4. Pour into 4 ovenproof dishes and allow to cool for 4 hours or overnight.
5. Sprinkle with remaining sugar and place under a hot grill to caramelise the top.





### Ingredients

4 medium sized apples  
30 ml (2 tbsp) sugar  
25-50 g (1-2 oz) mixed dried fruit  
25g (1 oz) butter

### Baked Apples

**Serves 4**

#### Dish: 20cm (8") shallow dish

1. Core the apples and score the skin around the middle.
2. Mix together the sugar and fruit and fill the centres of the apples.
3. Dot the top with butter. Stand the apples in a suitable dish, place on glass turntable and cook on **HIGH** power for 5-7 mins. before serving.

The apples will look quite green when removed from the oven, but they should feel slightly soft when tested with a sharp knife. During the standing time, the colour will become dull and the apples will be tender. The apples will overcook very easily, so take care to undercook slightly. For 1 baked apple cook for 2-3 mins. For 2 baked apples cook for 3-5 mins.

### Ingredients

1 whole orange  
175 g (6 oz) self-raising flour, sifted  
100 g (4 oz) soft margarine  
100 g (4 oz) caster sugar  
1 orange, juice and grated rind of  
2 eggs, beaten  
100 g (4 oz) chocolate drops

### Orange and Chocolate Drop Pudding **Serves 4-6**

#### Dish: 1.2 litre (2 pt) pudding basin

1. Cut one orange into slices and arrange around the sides of the basin.
2. Mix flour, margarine, sugar, grated rind and orange juice and eggs and beat well until thoroughly mixed. Stir in chocolate drops. Spoon mixture into pudding basin, place on glass turntable and cook on **HIGH** power for 6-7 mins. or until just set.



### Ingredients

175 g (6 oz) butter, softened  
175 g (6 oz) light brown sugar  
few drops vanilla essence  
4 eggs, beaten  
200 g (7 oz) self raising wholemeal flour  
25 g (1 oz) cocoa powder  
75 g (3 oz) white chocolate, roughly chopped  
**Sauce:** 75 g (3 oz) white chocolate  
105 ml (7 tbsp) single cream

### Hot Chocolate Cake

Serves 4-6

**Dish:** 675g (1 – 1 ½lb), oven proof loaf dish, greased, medium sized bowl

1. Cream the butter, sugar and vanilla essence together until light and fluffy, then gently beat in the eggs and half the flour. Fold in remaining flour and cocoa. Stir in the chopped chocolate and spoon mixture into a dish.
2. Place on glass turntable and cook on **MEDIUM** power for 8 – 9 minutes. The cake is cooked when a skewer inserted into the centre of the cake comes out clean.
3. Leave to stand, covered while sauce is made.

**For the sauce:** place the chocolate and cream into a bowl. Cook on **MEDIUM** power for 2 – 3 minutes, stirring well after each minute, until chocolate has melted. Allow to cool a little. Serve the cake sliced with a little of the sauce poured over.

### Ingredients

150 g (5 oz) self-raising flour  
pinch of salt  
50 g (2 oz) caster sugar  
50 g (2 oz) suet  
1 egg  
150 ml (¼ pt) milk  
30 ml (2 tbsp) jam or golden syrup  
Optional:  
add 1 tbsp of sultanas to dry ingredients

### Steamed Suet Sponge Pudding

Serves 4

**Dish:** 1 litre (2 pt) pudding basin, greased

1. In a mixing bowl, sift together the flour and salt. Stir in the sugar and suet.
2. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency.
3. Put the jam in the base of the greased pudding basin and pour pudding mixture over. Place on glass turntable, cook on **HIGH** power for 5-6 mins. until firm.

### Ingredients

1 cooking apple, peeled and grated  
1 carrot, peeled and grated  
1 orange, juice and grated rind of  
400 g (14 oz) mixed dried fruit  
45 ml (3 tbsp) brandy  
15 ml (1 tbsp) black treacle  
50 g (2 oz) self-raising flour  
pinch of salt  
15 ml (1 tbsp) cocoa  
5 ml (1 tsp) mixed spice  
3 ml (½ tsp) nutmeg  
100 g (4 oz) shredded suet  
150 g (5 oz) fresh breadcrumbs  
50 g (2 oz) mixed peel  
50 g (2 oz) flaked almonds  
2 eggs, beaten

### Christmas Pudding

Serves 6-8

**Dish:** large bowl, 1.3 litre (2½ pt) pudding basin lightly greased

1. Place apple and carrot in a large bowl. Cover, place on glass turntable and cook on **HIGH** power for 5 mins. Beat well to make a thick puree.
  2. Stir in juice, rind and mixed fruit. Cook on **HIGH** power for 2 mins. Stir in brandy and treacle. Stand for 5 mins. Beat in rest of ingredients.
  3. Press into the pudding basin. Cover, place on glass turntable with greaseproof paper and cook on **HIGH** power for 4 mins. Stand for 5 mins. Cook on **HIGH** power for another 2 mins. or until just firm.
- N.B.** One of the advantages of using your microwave to make this traditional pudding is that it can be made the week before Christmas and stored in a cool dry place. **Do not** attempt to make the pudding earlier than this, since the flavour will not improve with keeping, unlike a traditionally steamed pudding.







# Sauces

## Container size

Always use a container or jug at least twice the capacity of the sauce, to avoid boiling over.

## Covering

DO NOT cover sauces when cooking.

## Stirring – important

Sauces/gravy should be thoroughly stirred before, during and after cooking, to avoid any eruptions and to result in a smooth sauce.

## Reheating

Sauces can be made in advance and reheated by microwave. Reheat on **HIGH** power and stir halfway.

## Power level

Most sauces require **HIGH** Power for cooking. Sauces containing eggs should be cooked on **SIMMER** power.

## Wooden spoons

Do not leave wooden spoons in the sauce when cooking. The wood may dry out and burn. **NEVER LEAVE** metal spoons in the sauce.

## Ingredients

30 g (1 oz) butter  
30 g (1 oz) flour  
600 ml (1 pt) milk

## Variations of White Sauce

### Parsley

## White Pouring Sauce

### Dish: 1 litre (2 pt) jug

1. Place butter in jug, place on glass turntable and cook on **HIGH** power for 20-40 secs.
2. Stir in the flour to make a roux.
3. Add the milk gradually stirring continuously until well combined.
4. Cook for 2 mins on **HIGH** power. Stir and cook for a further 3 mins. Sauce should be smooth and glossy and coat the back of a spoon.

### Onion

Stir 60 ml (4 tbsp) chopped parsley and 15 ml (1 tbsp) lemon juice into sauce halfway through cooking time.

Cook 1 small onion in the butter for 30 secs. on **HIGH** power before adding the flour and milk.

## Ingredients

30 ml (2 tbsp) custard powder  
15 ml (1 tbsp) sugar  
600 ml (1 pt) cold milk

## Custard

### Dish: 1 litre (2 pt) jug

1. Mix together the custard powder, sugar and a little milk to form a smooth paste.
2. Blend in the remaining milk, whisking well.
3. Place jug on glass turntable and cook on **HIGH** power for 4-6 mins. Whisk well halfway through cooking time and again at the end.

## Ingredients

3 egg yolks  
30 ml (2 tbsp) white wine vinegar  
100 g (4 oz) chilled, unsalted butter, cut into cubes  
pepper

## Hollandaise Sauce

### Dish: 1 litre (2 pt) jug

1. Place egg yolks and vinegar in a jug. Beat well.
2. Drop cubes of butter on top. Place on glass turntable cook on **HIGH** power for 15 secs.
3. Whisk. Cook on **HIGH** power for 10 secs.
4. Whisk again and cook on **HIGH** power for 10 secs. Repeat 10 secs. stages until sauce is thick and creamy.
5. Season and serve immediately with salmon steaks or asparagus spears.

**N.B. This sauce must not boil or eggs will curdle.**





# Baking Guidelines

## Dish shape

Ring moulds are ideal for baking cakes in, especially dense cakes. They help prevent the outside edge of the cake overcooking before the dense centre is cooked through.

## Keeping quality

Light sponge type cakes cook very quickly by microwave and so should be cooked as required, since their keeping quality is not as long as those baked traditionally.

## Consistency

Generally cakes to be cooked by microwave should have a softer consistency than those baked traditionally. As a general rule add 15-30 ml (1-2 tbsp) of milk or water to the mixture.

## Covering

Just as you wouldn't cover a cake baked in a traditional oven, NEVER cover your cakes cooked by microwave.

## Dish size

Always use the exact dish size stated in the following recipes, otherwise cooking times and results will be affected.

## Mixing/beating

Cakes cooked by microwave need to be well mixed, but not over beaten. Generally it is unnecessary to cream butter and sugar or beat eggs in an electric mixer or food processor. Do not attempt to cook whisked/fatless sponges, or any cakes containing whisked egg white.

## Eggs

The following recipes have been tested using medium eggs. Using a different size of egg may affect cooking times.

## Sponge Cake\*

**Dish: 18 cm (7") soufflé dish, based lined with greaseproof paper**

### Ingredients

100 g (4 oz) self raising flour  
100 g (4 oz) soft margarine  
100 g (4 oz) caster sugar  
2 eggs  
30 ml (2 tbsp) milk\*

1. Combine all ingredients together in a large bowl. Mix well until smooth. Tip into prepared dish and smooth the top.
2. Place on glass turntable and cook on **MEDIUM** power for 5-6 mins. Cool for 10 mins. before turning out onto a rack. The cake is cooked when it has just dried on the top. Do not overcook as overcooked cakes stale quickly.

**\*N.B.** When using this recipe for sponge pudding program, omit the 30 ml (2 tbsp) milk. Flavours can be mixed in e.g. dried fruit, or toppings (Max. 30 ml/2 tbsp) can be placed in the bottom of the bowl e.g. jam/treacle/pineapple rings. It is important not to use too much as this will cause the pudding to undercook.

### Ingredients

2 eggs beaten  
150 ml (¼ pt) vegetable or corn oil  
150 g (5 oz) self-raising wholemeal flour  
100 g (4 oz) soft light brown sugar  
10 ml (2 tsp) cinnamon  
75 g (3 oz) raisins  
100 g (4 oz) carrots, grated

### Icing

50 g (2 oz) cream cheese  
50 g (2 oz) butter  
100 g (4 oz) icing sugar  
10 ml (2 tsp) lemon juice  
50 g (2 oz) walnuts, chopped

## Carrot Cake

**Dish: 25 cm (10") ring mould, based lined with greaseproof paper**

1. Mix eggs and oil together.
2. Combine flour, sugar, cinnamon, raisins and carrots in a mixing bowl. Pour egg mixture into flour and stir well until well combined.
3. Pour into ring mould place on glass turntable and cook on **MEDIUM** power for 7-8 mins. or until firm. Stand for 10 mins. before turning out.
4. Beat cream cheese and butter until smooth. Gradually beat in icing sugar and lemon juice. Spread over sides and top of cake and sprinkle with walnuts.





### Ingredients

75 g (3 oz) butter or  
margarine  
30 ml (2 tbsp) golden syrup  
75 g (3 oz) light brown sugar  
150 g (5 oz) porridge oats  
50 g (2 oz) raisins

### Ingredients

100 g (4 oz) butter or  
margarine  
100 g (4 oz) golden syrup  
100 g (4 oz) black treacle  
75 g (3 oz) soft brown sugar  
100 g (4 oz) self-raising flour  
100 g (4 oz) plain  
wholemeal flour  
5 ml (1 tsp) mixed spice  
30 ml (2 tsp) ground ginger  
5 ml (1 tsp) bicarbonate of  
soda  
pinch salt  
150 ml (¼ pt) milk  
2 eggs beaten

### Ingredients

100 g (4 oz) plain chocolate  
100 g (4 oz) butter  
100 g (4 oz) soft dark brown  
sugar  
100 g (4 oz) self-raising flour  
10 ml (2 tsp) cocoa powder  
pinch salt  
2 eggs, beaten  
3 ml (½ tsp) vanilla essence  
100 g (4 oz) walnuts,  
chopped

### Chewy Flapjacks

**Makes: 8 slices**

**Dish: bowl, 20 cm (8") round flan dish,**

1. Place butter, syrup and sugar in a bowl, place on a glass turntable and cook on **HIGH** power for 1-2 mins. or until melted.
2. Stir in the oats and raisins. Press into dish. Cook on **HIGH** power for 2-3 mins. or until firm. Allow to cool slightly then cut into pieces.

### Ginger Cake

**Dish: bowl, 20 cm (8") Soufflé dish base lined with greaseproof**

1. Place butter, syrup, treacle and sugar in a bowl and heat on **HIGH** power for 1-2 mins. or until fat has melted.
2. Place flours, spices, bicarbonate and salt in a large bowl. Stir in treacle mixture and mix well. Stir in milk and eggs and beat until smooth.
3. Pour into dish, place on glass turntable and cook on **MEDIUM** power for 8-9 mins. or until set around edges. The cake will appear slightly wet in centre, but will continue cooking as it cools.

### Boston Brownies

**Dish: 20 cm (8") square dish base lined with greaseproof**

1. Place chocolate and butter in a bowl, place on glass turntable and cook on **HIGH** power for 1 minute or until chocolate has melted.
2. Stir in all other ingredients and beat well.
3. Pour into dish and cook on **MEDIUM** power for 4-5 mins. or until just slightly sticky. Allow to cool and then cut into squares.



# Preserves

## Sterilizing jars

Jam jars can be sterilized by microwave ready for your jams. Half fill with water and heat them on **HIGH** power until water boils (approx. 3 mins. for 2 jars). Empty and drain upside down on kitchen paper. The jars should be warm when filled with jam.

If you wish to cook larger quantities than given in the recipes below, revert to the traditional hob method, using a traditional recipe.

## Dish size

Always use a very large pyrex bowl. **DO NOT** attempt to use jam pans or saucepans in your microwave.

**DO NOT LEAVE JAMS UNATTENDED DURING COOKING BECAUSE OF THE HIGH SUGAR CONTENT.**

## Covering

Do not cover preserves whilst cooking, apart from if recommended in the recipe.

**WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILIZE BABIES' BOTTLES.**

**DO NOT SEAL PRESERVING JARS IN YOUR MICROWAVE.**

## Setting point

To determine whether setting point is reached, place a couple of drops of jam or marmalade on a cold saucer (put one in the fridge whilst making the jam). Leave to cool. The jam should wrinkle on the surface when your finger pushes across the top.

## Ingredients

450 g (1 lb) soft fruit, washed  
450 g (1 lb) jam sugar  
15 ml (1 tbsp) lemon juice  
5 ml (1 tsp) butter

## Soft Fruit Jam

**Makes approx 1½ lbs jam**

### Dish: large bowl

1. Place all ingredients in a large bowl and stir. Place on glass turntable, cook on **HIGH** power for 5 mins. (10-15 mins. if using frozen fruit), stirring frequently. Continue to cook in one minute intervals until sugar has dissolved.
2. Wash down any sugar crystals from around the bowl.
3. Bring mixture to the boil and continue to cook until setting point is reached – approx. 15-25 mins. Test regularly for setting point.

## Ingredients

4 lemons, grated rind and juice of  
450 g (1 lb) caster sugar  
4 eggs, beaten  
100 g (4 oz) butter

## Lemon Curd

**Makes 2 lbs**

### Dish: large bowl

1. Place all ingredients in bowl. Mix well.
2. Place on glass turntable, cook on **HIGH** power for 1 min. Stir. Continue to cook in 1 minute stages until mixture starts to thicken, then cook for 30 secs. at a time until mixture coats back of spoon. (The eggs will curdle if overcooked).
3. The mixture will thicken on cooling. Pot into warm jars. Cover with a circle of waxed paper and a jam pot cover.

## Ingredients

45 ml (3 tbsp) olive oil  
4 large red onions halved and thinly sliced  
50 g (2 oz) demerara sugar  
100 g (4 oz) sultanas  
300 ml (½ pint) red wine  
125 ml (4 fl.oz) red wine vinegar

## Red Onion Chutney

**Makes approx 1½ - 2 lbs**

### Dish: large bowl

1. Put oil in bowl with onions. Place on glass turntable and soften on **HIGH** power for 10 minutes, stirring halfway.
2. Add all other ingredients and mix well.
3. Cook on **MEDIUM** power for 20 mins, or until onions are soft.
4. Cool slightly, then pour into a jar.
5. Allow to cool thoroughly before chilling.





### Ingredients

450 g (1 lb) seville oranges  
1 lemon  
900 ml (1½ pts) water  
450 g (1 lb) sugar  
knob of butter

### Orange Marmalade

Makes approx 1½-2 lbs

#### Dish: 6 pt bowl

1. Grate oranges and lemon ensuring all the pith is left on the fruit. Set the rind aside.
2. Place the peeled fruit in a food processor and chop until the pips are broken.
3. Place the chopped mixture in a large bowl and pour over boiling water. Cover and cook on **HIGH** power for 10 mins.
4. Strain the mixture through a sieve into another large bowl pressing the pulp well until all the juice is extracted. Discard the pulp.
5. Stir the shredded rind into the hot juice and cook uncovered on **HIGH** power for 10 mins. until rind is tender, stirring occasionally. Stir in the sugar until dissolved.
6. Cook on **HIGH** for 8 mins covered. Stir in the butter and cook for 18-20 mins or until setting point.
7. Leave to stand for 10 mins then pour into warmed sterilized jars.

**NB: Do not double this recipe because it will boil over.**

### Ingredients

675 g (1½ lb) tomatoes  
225 g (8 oz) cooking apples,  
peeled and sliced  
1 medium onion, chopped  
100 g (4 oz) granulated  
sugar  
30 ml (2 tbsp) tomato puree  
5 ml (1 tsp) salt  
200 ml (7 fl. oz) white  
distilled vinegar  
10 ml (2 tsp) ground ginger  
2 ml (¼ tsp) cayenne  
pepper  
3 ml (½ tsp) mustard  
powder

### Tomato Chutney

Makes approx 2 lbs

#### Dish: large bowl

1. Prick the tomatoes and place in a bowl. Cover with boiling water and leave for 5 mins. Drain. Peel off skin and roughly chop flesh.
2. Blend apple and onion in a food processor to a thick puree.
3. Combine all ingredients together in a bowl. Place on glass turntable and cook on **HIGH** power for 30-35 mins., stirring occasionally, or until the mixture is thick with no excess liquid.
4. Leave to stand covered for 10 mins. then stir and pour into sterilised jars. Cover and label.

### Ingredients

675 g (1½ lb) plums or  
damsons  
200 ml (7 fl. oz) water  
675 g (1½ lb) jam sugar  
15 ml (1 tbsp) lemon juice  
5 ml (1 tsp) butter

### Plum Jam

Makes approx 2-2½ lbs

#### Dish: large bowl

1. Prick the plums and place in a large bowl with the water. Place on glass turntable, cook on **HIGH** power for 5-10 mins. or until the fruit is soft. Add the rest of ingredients. Cook on **HIGH** power for 5 mins. stirring frequently.
2. Wash down any sugar crystals from around the bowl and bring to the boil on **HIGH** power. Continue to cook. Do not cover until setting point is reached - approx. 20-25 mins, opening the door and testing regularly. Leave to cool slightly, remove the stones, then pot, seal and label.





## Questions and Answers

- Q** My microwave oven causes interference with my TV, is this normal?
- A** Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.
- Q** The oven stops cooking by microwave and 'H97' or 'H98' appears in the display. Why?
- Q** Sometimes warm air comes from the oven vents. Why?
- A** The heat given off from the cooking food warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There isn't an airtight seal to the air therefore steam can escape. There are no microwaves in the air, or steam. The oven vents should never be blocked during cooking.
- A** The display indicates a problem with the microwave generation system. Please contact an authorised Service Center.

## Building-in Your Oven

1. In case of fitting into an oven housing, please use Panasonic's Trim Kit.  
NN-TKT59SFP - Stainless
2. Microwave ovens should **not be built** into a unit **directly above** a top front venting conventional cooker. This will invalidate your one year guarantee.
3. A microwave which is built in must be more than 850 mm above floor level. Read Trim-Kit instructions carefully before installation.

It is recommended that the microwave oven is placed below a conventional oven to avoid heat damage to the fascia of the microwave.

## Technical Specifications

Rated Voltage:	230-240 V 50 Hz
Operating Frequency:	2,450 MHz
Input Power:	Microwave 1145 W
Output Power:	Microwave 900 W (IEC-60705) 1000 W Turbo Reheat (IEC-60705)
Outer Dimensions:	520 (W) x 395 (D) x 310 (H) mm
Oven Cavity Dimensions:	359 (W) x 352 (D) x 217 (H) mm
Weight:	11.5 kg
Noise:	50dB
Weight and Dimensions are approximate.	



This product is an equipment that fulfills the European standard for EMC disturbances (EMC = Electromagnetic Compatibility) EN 55011. According to this standard this product is an equipment of group 2, class B and is within required limits. Group 2 means that radio-frequency energy is intentionally generated in the form of electromagnetic radiation for warming up of foods. Class B means that this product may be used in normal household areas.

#### Information on Disposal for Users of Waste Electrical & Electronic Equipment (private households)



This symbol on the products and/or accompanying documents means that used electrical and electronic products should not be mixed with general household waste. For proper treatment, recovery and recycling, please take these products to designated collection points, where they will be accepted on a free of charge basis. Alternatively, in some countries you may be able to return your products to your local retailer upon the purchase of an equivalent new product. Disposing of this product correctly will help to save valuable resources and prevent any potential negative effects on human health and the environment which could otherwise arise from inappropriate waste handling. Please contact your local authority for further details of your nearest designated collection point. Penalties may be applicable for incorrect disposal of this waste, in accordance with national legislation.

#### For business users in the European Union

If you wish to discard electrical and electronic equipment, please contact your dealer or supplier for further information.

#### Information on Disposal in other Countries outside the European Union

This symbol is only valid in the European Union. If you wish to discard this product, please contact your local authorities or dealer and ask for the correct method of disposal.

Pursuant to the directive 2004/108/EC, article 9(2)

Panasonic Testing Centre

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## Cookery Advice Line

For **COOKERY ADVICE** call: **01344 862108**

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Home Economists will provide friendly guidance on queries relating to recipes and cooking in your microwave.

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