

**Panasonic**<sup>®</sup>

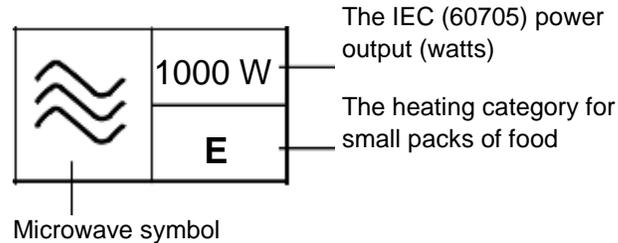
**Operating Instructions and  
Cookbook Combination Oven**

**Model No. NN-DF386B**



**FOR DOMESTIC USE ONLY  
IMPORTANT SAFETY INSTRUCTIONS  
PLEASE READ CAREFULLY AND KEEP FOR FUTURE REFERENCE**

## Important notice



Thank you for purchasing a Panasonic Microwave Oven.

Your oven is rated 1000 Watts (IEC). When using other cookbooks remember to adjust cooking times accordingly. The symbol 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 and cooking on pages **46-52** of this book.

ALWAYS check the progress of the food as it cooks or reheats by simply opening the door. After checking the progress of the foods, touch Start to continue the cooking time.

Failure to follow the instructions given in this operating instructions and cookbook, may affect the recipe result and in some instances may be dangerous.

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Thank you for purchasing a Panasonic Microwave Oven.



## Safety instructions

- Important safety instructions. Before operating this oven, please read these instructions carefully and keep for future reference.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory and mental capabilities or lack of experience and knowledge if they have been given supervision or instruction by a person responsible for their safety concerning the use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision. Keep the appliance and its cord out of reach of children less than 8 years.
- 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.



## Safety instructions

- If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- Warning! The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.
- Warning! Do not attempt to tamper with or make any adjustments or repairs to the door, control panel housing, safety interlock switches or any other part of the oven.
- Do not remove the outer panel from the oven which gives protection against exposure to microwave energy.
- Repairs should only be by a qualified service person.



## Safety instructions

- Liquids and other foods must not be heated in sealed containers since they are liable to explode.
- Warning! Do not place this oven near an electric or gas cooker range.
- Warning! Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.



### **For Countertop use:**

- The oven must be placed on a flat, stable surface 850 mm above the floor, with rear of oven placed against a back wall. Allow 15 cm of space on the top of the oven, 10 cm at the back, 5 cm on one side, and the other side open.
- When heating food in plastic or paper containers, check the oven frequently as these types of containers ignite if overheated.



## Safety instructions

- If smoke is emitted 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 power at fuse or circuit breaker panel.
- When heating liquids, e.g. soup, sauces and beverages in your 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.
- The contents of feeding bottles and baby food jars are to be stirred or shaken. The temperature has to be checked before consumption to avoid burns.
- Do not cook eggs in their shells and whole hard-boiled eggs by MICROWAVE. Pressure may build up and the eggs may explode, even after the microwave heating has ended.



## Safety instructions

- Clean the inside of the oven, door seals and door seal areas regularly. When food splatters or spilled liquids adhere to the oven walls, base of the oven, 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 detergent or abrasive is not recommended.
- **DO NOT USE COMMERCIAL OVEN CLEANERS.**
- When using the OVEN, GRILL or COMBINATION modes, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned occasionally, it may start to “smoke” during use.
- Failure to maintain the oven in a clean condition could lead to deterioration of surfaces that could affect the life of the appliance and possibly result in a hazardous situation.

## Safety instructions

- Warning! The accessible parts may become hot in OVEN, GRILL or COMBINATION use. Young children should be kept away. Children should only use the oven under adult supervision due to the temperatures generated.
- This oven is intended for counter-top use only. It is not intended for Built-in use or for use inside a cupboard.
- A steam cleaner is not to be used for cleaning the appliance.
- Do not use harsh, abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
- Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during OVEN, GRILLING and COMBINATION modes, take care when opening or closing the door and when inserting or removing food and accessories.



## Safety instructions

- This appliance is not intended to be operated by means of an external timer or separate remote-control system.
- Only use utensils that are suitable for use in microwave ovens.
- The microwave oven is intended for heating food and beverages only. Take care when heating foods low in moisture, e.g. bread items, chocolate, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long. We do not recommend heating foods low in moisture such as popcorn or poppodums. Drying of food, newspapers or clothing and heating of warming pads, slippers, sponges, damp cloth, wheat bags, hot water bottles and similar may lead to risk of injury, ignition or fire.



## Safety instructions

- The oven has two grill heaters situated in the top of the oven and two heaters situated in the base of the oven. After using the GRILL, OVEN, and COMBINATION functions, care should be taken to avoid touching the inside surfaces of the oven as these will be very hot. Care should be taken to avoid the heating element inside the oven.
- 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.
- This appliance is intended to be used in household applications only
- Caution! In order to avoid a hazard due to inadvertent resetting of the thermal cut-out, this appliance must not be supplied through an external switching device, such as a timer, or connected to a circuit that is regularly switched on and off by the utility.

# Disposal of waste products



## 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.

# 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. A 13 amp fuse is fitted in this plug. Should the fuse need to be replaced, please ensure that the replacement fuse has a rating of 13 amps and that it is approved by ASTA or BSI to BS1362.

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.**

**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.

# Important safety instructions

1. In case of electronic failure, oven can only be turned off at wall socket.



## Warning!

Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use. Ensure that children do not touch the hot outer casing after operation of the oven.

2. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory and mental capabilities or lack of experience and knowledge if they have been given supervision or instruction by a person responsible for their safety concerning the use of the appliance in a safe way and understand the hazards involved.
3. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
4. During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
5. To prevent burns, take care of hot surfaces which may exist from the cooking process.

## Storage of accessories

6. Do not store any objects other than oven accessories inside the oven in case it is accidentally turned on.

## Exterior oven surfaces

7. Exterior oven surfaces, including air vents on the cabinet will get hot during GRILL, OVEN and COMBINATION, take care when opening or closing the door and when inserting or removing food and accessories.

## Heater

8. The oven has two grill heaters situated in the top of the oven and two grill heaters situated in the bottom of the oven. After using either the GRILL, OVEN and COMBINATION functions, the inside surfaces of the oven will be very hot. Care should be taken to avoid touching the heating elements inside the oven.



## Caution! Hot surfaces

After cooking by these modes, the oven accessories will be very hot.

9. Before using GRILL, OVEN or COMBINATION function for the first time operate the oven without food and accessories on OVEN 220°C for 20 mins. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated completely empty.



## Caution!

Grill element and oven will be hot. **DO NOT OPERATE THE OVEN EMPTY** apart from point 8 above. The appliance must not be operated by Microwave or Combination including microwave **WITHOUT FOOD IN THE OVEN**. Operation when empty will damage the appliance.

The accessible parts may become hot in GRILL, OVEN or COMBINATION use. Young children less than 8 years of age should be kept away. Children should only use the oven under adult supervision due to the temperatures generated.

## Before using your oven

### Examine your oven

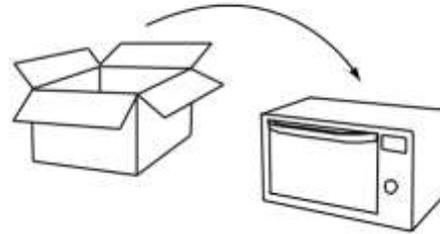
1. Unpack oven, remove all packing material, and examine the oven for any damage such as dents, broken door latches or cracks in the door. Notify dealer immediately if unit is damaged. DO NOT install if unit is damaged.

### Guarantee

2. Your receipt is your guarantee, please keep it safe.

### Cord

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

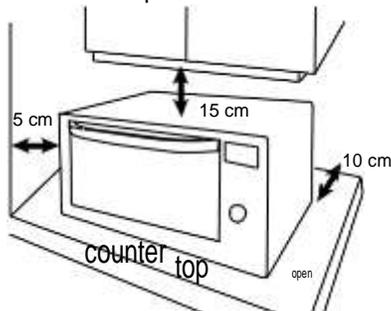


### Note

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 counter-top use only. It is not intended for Built-in use or for use inside a cupboard.



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, bottom and top of the oven. 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. This appliance is intended to be used in household applications only.

### Counter top use

1. The oven must be placed on a flat, stable surface 850 mm above the floor, with rear of oven placed against a back wall. For proper operation the oven must have sufficient air flow, i.e. 5 cm at one side, the other being open; 15 cm clear over the top; 10 cm at the rear.

# Care & cleaning of your oven



## Important

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 a 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 detergent or abrasives is not recommended.
3. After using **GRILL, OVEN, and COMBINATION** cooking the walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by **GRILL, OVEN and COMBINATION**. Stubborn spots inside the oven can be removed by using a small amount of branded conventional oven-cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. **DO NOT SPRAY DIRECTLY INSIDE THE OVEN.**
4. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the **oven door glass** since they may scratch the surface, which may result in shattering of the glass.
5. The **outside oven surface** should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
6. 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 to clear the display window.
7. **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.
8. The **oven cavity floor** should be cleaned regularly. Simply wipe the bottom surface of the oven with mild detergent and hot water then dry with a clean cloth. Cooking vapours collect during repeated use but in no way affect the bottom surface.
9. When **GRILLING** or cooking by **OVEN** or **COMBINATION** some foods may splatter grease onto the oven walls. If the oven is not cleaned to eliminate this grease, it can accumulate and cause the oven to 'SMOKE' during use. These marks will be more difficult to clean later.
10. A **steam cleaner** is not to be used for cleaning.
11. Ensure all **accessories** are kept scrupulously clean, especially when using microwave or combination programs.
12. 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 vents become blocked this could cause overheating which would affect the operation of the oven and possibly result in a hazardous situation.

# Maintenance of your oven

## Service

1. WHEN YOUR OVEN REQUIRES A SERVICE call your local Panasonic engineer (**Customer Communications Centre on 0344 344 3899** can recommend an engineer).



### Warning!

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.

## Door seals

2. 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.



### Warning!

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.

## Oven light

3. 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.

## Selected spares and accessories

4. These may be ordered directly on line

Most major credit and debit cards accepted. Ensure you quote the correct model number.

1. Do not cook food directly on the base of the oven. Always place food in a microwave safe dish.
2. The metal accessories provided must ONLY be used as directed for GRILLING, OVEN and COMBINATION cooking. **Never use metal accessories when cooking in microwave only mode.** Do not use if operating the oven with less than 200 g (7 oz) of food on a manual Combination program. **Do not use the enamel shelf in COMBINATION with MICROWAVE.** The maximum weight that can be used on the enamel shelf is 4 kg (8 lb 14 oz). **FAILURE TO USE ACCESSORIES CORRECTLY COULD DAMAGE YOUR OVEN.**
3. When cooking with MICROWAVE power arcing may occur if the incorrect weight of food is used, a metal container has been used incorrectly, or the accessories have been damaged. If this occurs, stop the

machine immediately. You can continue to cook by GRILL OR OVEN ONLY.

4. Always refer to instructions for correct accessories to use on all programs.

## Wire rack

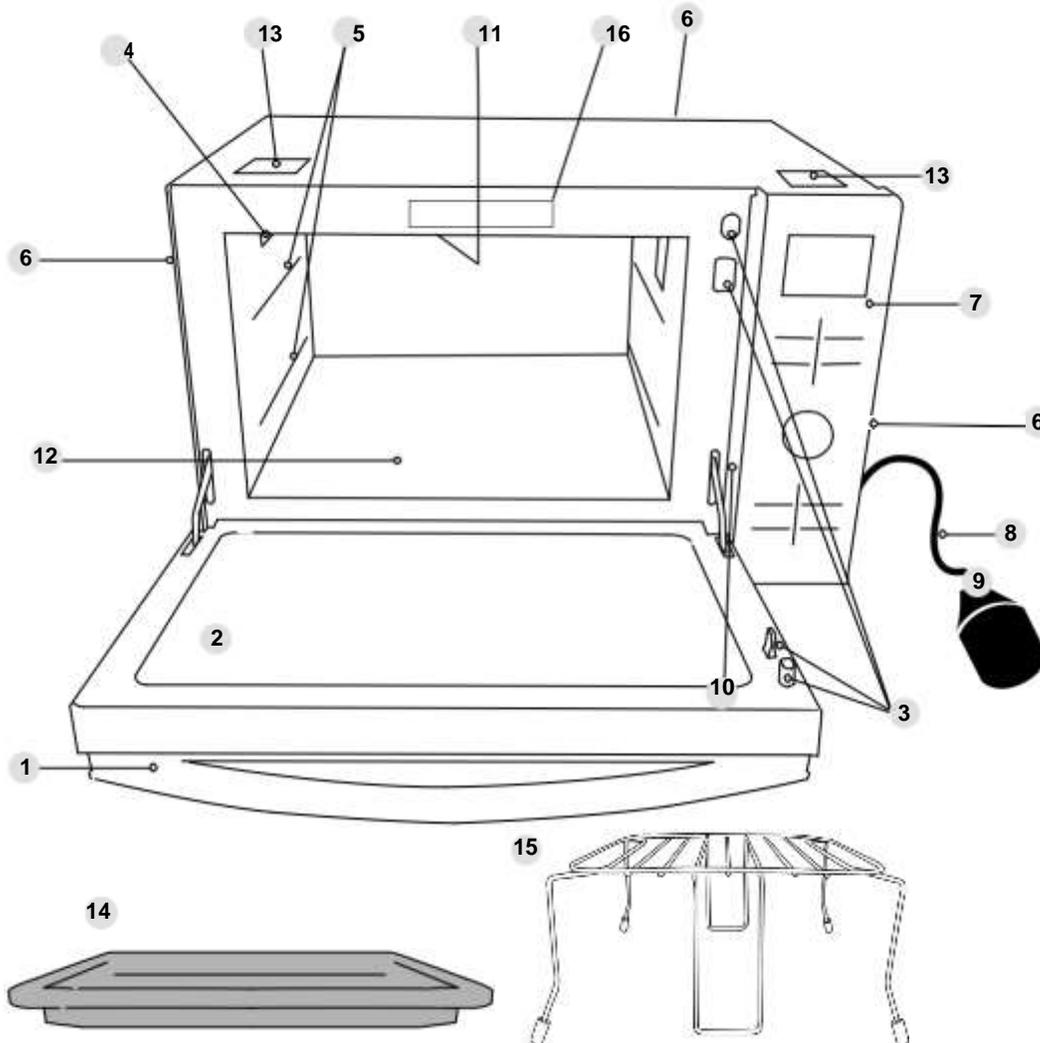
1. The wire rack is used to facilitate browning of small dishes and help with the good circulation of the heat.
2. Do not use any metal container directly on the wire rack in COMBINATION with MICROWAVE.
3. Do not use the wire rack in MICROWAVE mode only.

## Enamel shelf

1. The Enamel Shelf is for cooking on OVEN or GRILL mode only. Do not use on MICROWAVE or COMBINATION modes.

# Outline diagram

- 1. Door release**  
Pull the door handle downwards to open. When you open the oven door during cooking, the cooking is stopped temporarily without clearing earlier made settings. The cooking is resumed as soon as the door is closed and the Start pad pressed. The oven lamp lights as soon as the oven door is opened.
- 2. Oven window**
- 3. Door safety lock system**
- 4. Oven air vent**
- 5. Shelf positions**
- 6. External oven air vents**
- 7. Control panel**
- 8. Power supply cord**
- 9. Plug**
- 10. Identification label**
- 11. Grill elements**
- 12. Ceramic plate**
- 13. Caution label (Hot surfaces)**
- 14. Enamel shelf**
- 15. Wire rack**
- 16. Menu label**



## Note

This illustration is for reference only.

# Important information – read carefully

## Safety

If smoke is emitted or a fire occurs in the oven, touch Stop/Cancel and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off 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.

## 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.



### Note

Never operate the oven without food inside on microwave or combination mode involving microwave

## Foods low in moisture

Take care when heating foods low in moisture, e.g. bread items, chocolate, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long. We do not recommend heating foods low in moisture such as popcorn or poppods. The microwave oven is intended for heating food and beverages only. Drying of food, newspapers or clothing and heating of warming pads, slippers, sponges, damp cloth, wheat bags, hot water bottles and similar may lead to risk of injury, ignition or fire.

## Christmas pudding

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

## Boiled eggs

Eggs in their shell and whole hardboiled eggs should not be heated in microwave ovens since they may explode even after microwave heating has ended.

## 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.



### Warning

Liquids and other foods must not be heated in sealed containers since they are liable to explode.

# Important information – read carefully

## Liquids

When heating liquids, e.g. 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.

Microwave heating of beverages can result in delayed eruptive boiling, therefore care should be taken when handling the container.

## 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.

## Deep fat frying

Do not attempt to deep fat fry in your oven.

## 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. Do not leave a conventional meat thermometer in the oven when microwaving.

## Paper, plastic

When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition. Do not use wire twist-ties with roasting bags when cooking mode includes microwave power as arcing will occur. Do not use recycled paper products, e.g. 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. Remove wire twist-ties from roasting bags before placing the bags in the oven.

## Reheating

It is essential that reheated food is served "piping hot". Remove the food from the oven and check that it is "piping hot", i.e. 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, e.g. lasagne, shepherd's 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.

## Standing time

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

## 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. The oven should be unplugged when cleaning.

## Important information – read carefully

### Grilling

The oven will only operate on the GRILL function with the door closed.

### Fan motor operation

After using the microwave oven, the fan motor may operate 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.

### Utensils/containers

Do not heat any closed cans or bottles because they might explode.

Metal containers or dishes with metallic trim should not be used during micro

occur.

If you use any aluminium foil, meat spikes or metalware the distance between them and the oven walls and door should be at least 2 cm to prevent sparking.

Before use check that utensils/containers are suitable for use in microwave ovens. See page 42.

### 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. This should be carried out before consumption in order to avoid burns. See page 46.

### Arcing

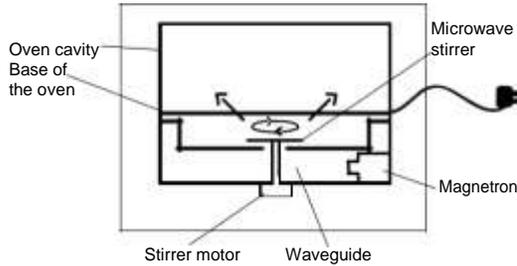
Arcing may occur if a metal container has been used incorrectly, if the incorrect weight of food is used, or if the accessories have been damaged. Arcing is when blue flames of light are seen in the microwave oven. If this occurs, stop the machine immediately. If the oven is left unattended and this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

You can continue to cook by GRILL or OVEN ONLY.

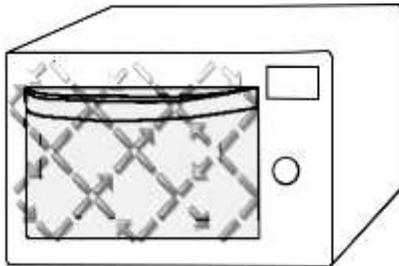
# Microwaving principles

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.

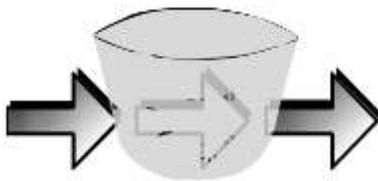


In a microwave oven, electricity is converted into microwaves by the **MAGNETRON**. For bottom feeding, please refer to page 25.



## 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.



## Important Note

The dish used to cook or reheat the food will get warm during cooking, as the heat conducts from the food. Even in microwaving, oven gloves are required! **MICROWAVES CAN NOT PASS THROUGH METAL AND THEREFORE METAL COOKING UTENSILS CAN NEVER BE USED IN A MICROWAVE, FOR COOKING ON MICROWAVE ONLY.**

## How microwaves cook food

The microwaves cause the water molecules to vibrate which causes **FRICION**, 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.

## Foods not suitable for cooking by microwave only

Yorkshire pudding and souffles. 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.

## Standing time

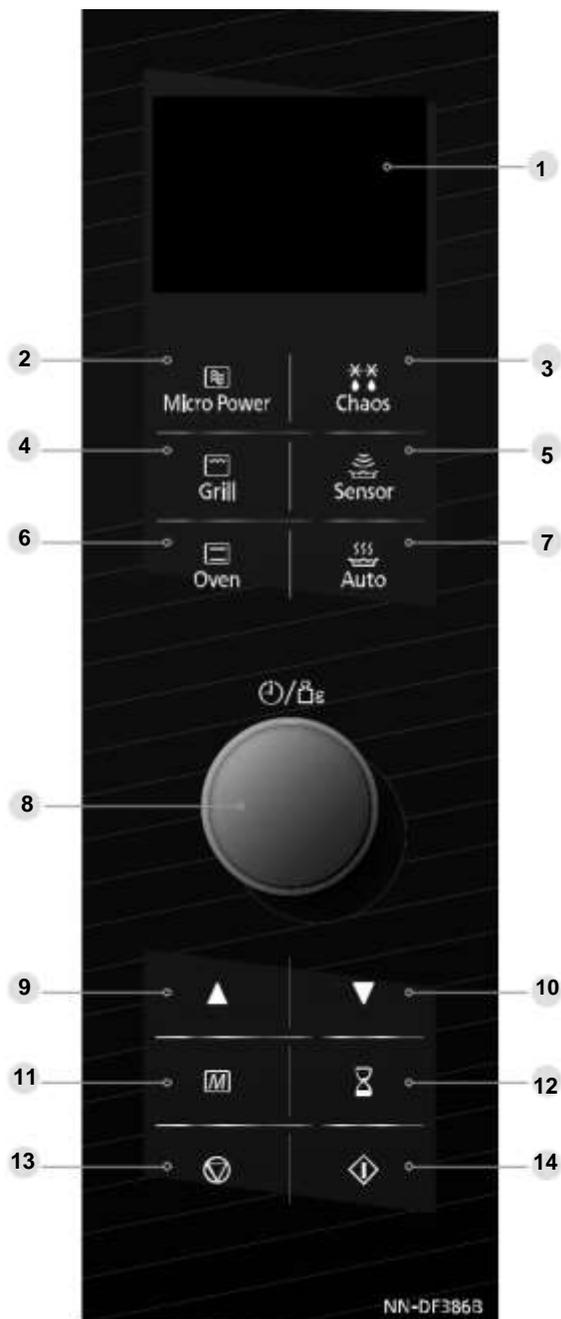
When a microwave oven is switched off, the food will continue to cook by conduction – **NOT BY MICROWAVE ENERGY**. Hence **STANDING TIME** is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals (refer to page 40).



## Boiled eggs

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

# Control panel NN-DF386B



- 1 Display window
- 2 Microwave power levels button
- 3 Chaos defrost programs button
- 4 Grill button
- 5 Auto sensor programs button
- 6 Oven power button
- 7 Auto weight programs button
- 8 Time / Weight selection dial
- 9 More button
- 10 Less button
- 11 Memory button
- 12 Timer button

### 13 Stop /Cancel button:

#### Before Cooking:

One press clears your instructions

#### During Cooking:

One press temporarily stops the cooking program. Another press cancels all your instructions and the time of day will appear in the display.

### 14 Start button

Touch to start operating the oven. If during cooking the door is opened or Stop/Cancel is touched once, Start has to be touched again to continue cooking.



## Beep sound

When a button is pressed correctly a beep will be heard. If a button is pressed and no beep is heard, the unit has not or cannot accept the instruction. At the end of any complete program, the oven will beep 5 times.



## Note

- When in stand-by mode the brightness of the display will be reduced.
- The oven will enter stand-by mode, when first plugged in and immediately after the last operation has completed.
- If an operation is set and start button is not pressed, after 6 minutes the oven will automatically cancel the operation. The display will revert back to clock mode.

## Setting the clock

When the oven is first plugged in “REFER TO OPERATING INSTRUCTIONS BEFORE USE” appears in display window.



**Press Timer Button twice.**

**Turn Time / Weight Dial.**  
Enter the time by turning the Time/Weight dial. The time appears in the display and the colon blinks.

**Press Timer Button.**  
The colon stops blinking time of day is now locked into the display.

### Note

1. To reset time of day, repeat step 1 through to step 3, as above.
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, i.e. 2 pm = 14:00 not 2:00.

## Operation guide setting

To assist you in programming your oven, the following operation will appear in the display window. When you become familiar with your oven, the operation guide can be turned off.

To turn off:



**Press Timer Button four times.**

Display window

To turn on:



**Press Timer Button four times.**

Display window

# Child safety lock

Using this system will make the oven controls inoperable; however, the door can be opened. Child Lock can be set when the display shows a colon or the time.

To Set:



**Press Start three times**

The time of day will disappear. Actual time will not be lost. 'LOCK' is indicated in the display.

To Cancel:



**Press Stop /Cancel three times**

The time of day will reappear in the display.

## Note

To activate child lock, Start must be pressed 3 times within a 10 second period.

# Oven Accessories

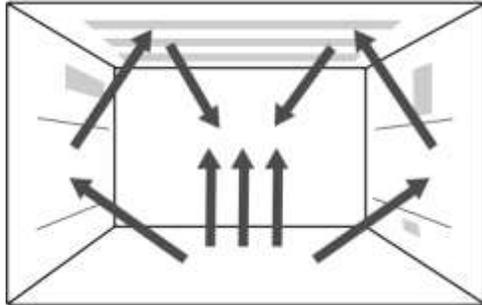
The following chart shows correct use of the accessories in the oven

	Enamel shelf	Wire Rack
<b>Microwave</b>		
<b>Grill</b>		
<b>Oven</b>		
<b>Combination</b>		

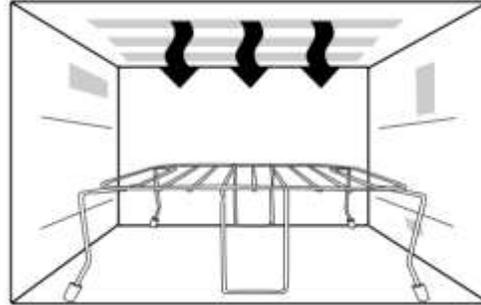
# Cooking Modes

The diagrams shown below are cooking modes with examples of the accessories. It may vary depending on recipe/dish used. Further information can be found in the Cookbook.

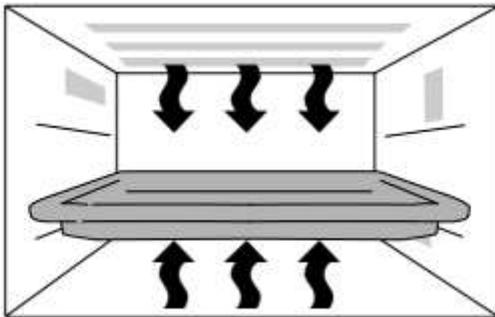
### Microwave



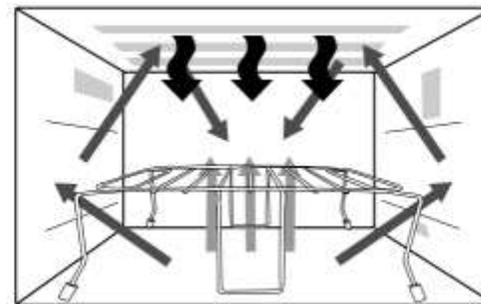
### Grill



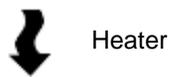
### Oven



### Grill + Microwave



### Key

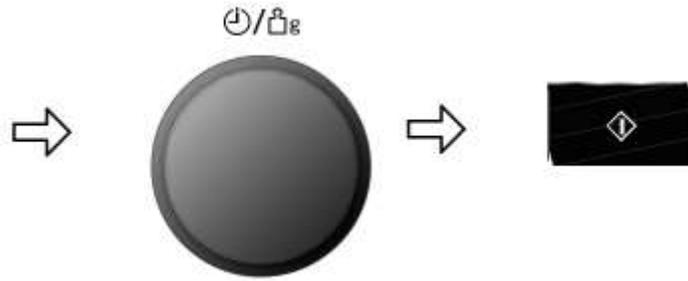


Heater



Microwave

# Microwave cooking and defrosting



**Press Microwave Power.**  
Select desired power level.

**Set the cooking time using the Time/Weight Dial**  
(HIGH power: up to 30 minutes  
Other powers: up to 90 minutes).

**Press Start Button.**  
The cooking program will count down.

1 Press	HIGH	1000 Watts
2 Presses	DEFROST	270 Watts
3 Presses	MEDIUM	600 Watts
4 Presses	LOW	440 Watts
5 Presses	SIMMER	300 Watts
6 Presses	WARM	100 Watts

## Use of accessory:

Use your own Pyrex® dishes, plates or bowls directly on the ceramic plate. Do not place food directly on the ceramic plate.



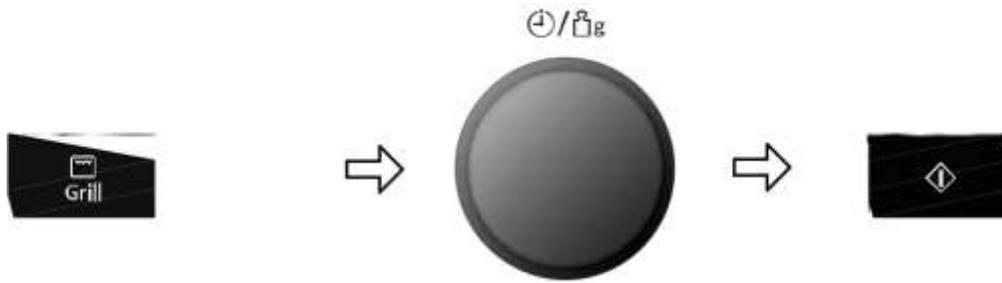
## Note

1. For multi-stage cooking refer to page 32.
2. Stand time can be programmed after microwave power and time setting. Refer to using the timer page 31.
3. You can change the cooking time during cooking if required. Turn Time/Weight Dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.

## Bottom Feeding Technology

Please note that this product uses bottom feeding technology for microwave distribution which differs from traditional turntable side feeding methods and creates more useable space for a variety of different sized dishes. This microwave feeding style can give a difference in heating times (in microwave mode) when compared against side feeding appliances. This is quite normal and should not cause any concern. Please refer to the reheating and cooking charts in the cook book.

# Grilling Cooking



## Press Grill to select level

1 press	Grill 1	1000 W	(high)
2 presses	Grill 2	700 W	(medium)
3 Presses	Grill 3	500 W	(low)

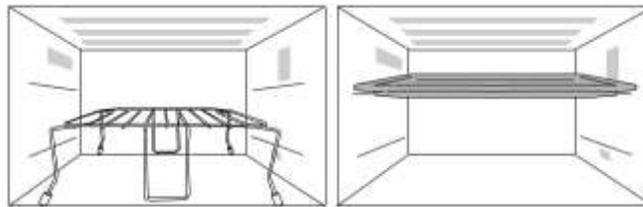
## Set Time

Select Cooking time by turning the Time/Weight Dial. Time can be set up to 90 minutes.

## Press Start

The time counts down in the display.

## Use of accessory:



## Note

1. Place food on wire rack on ceramic plate. Place a heatproof plate (Pyrex®) underneath to catch fat and drips. Alternatively use the enamel shelf in the top shelf position. For large weight foods, place in a dish directly on the ceramic plate.
2. Never cover foods when grilling.
3. DO NOT attempt to preheat the grill.
4. The grill will only operate with the oven door closed. It is not possible to use the grill function with the door open.
5. There is no microwave power on the GRILL only program.
6. Most foods require turning halfway during cooking. When turning food, open oven door and CAREFULLY remove wire rack using oven gloves.
7. After turning, return food to the oven and close door. After closing oven door, press Start. The oven display will continue to count down the remaining grilling time. It is quite safe to open the oven door at any time to check the progress of the food as it is grilling.
8. The grill will glow on and off during cooking - this is normal. Always clean the oven after using the Grill and before using the microwave or combination.
9. You can change the cooking time during cooking if required. Turn Time/Weight Dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.



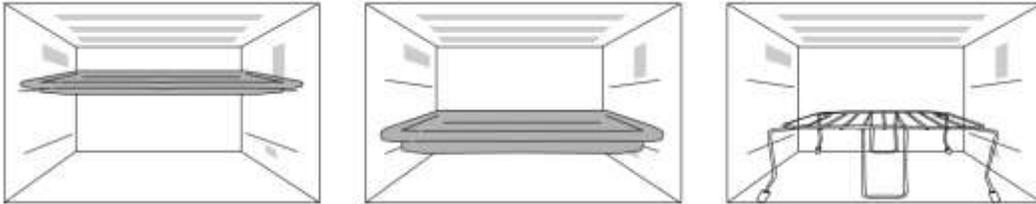
## CAUTION!

Remove wire rack from oven by holding the rack and heatproof dish firmly. Use oven gloves when removing accessories. Never touch the outside window or inside metal parts of the door or oven when taking food in or out due to the high temperatures involved.

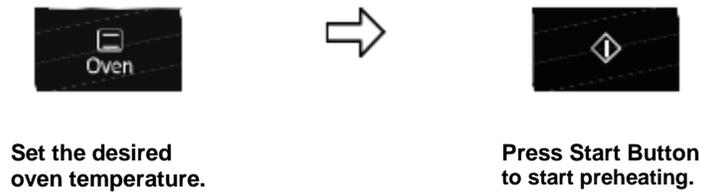
# Oven Cooking

This Pad offers a choice of oven temperatures 40°C (for proving dough) and 100 - 220°C in 10°C increments. For quick selection of the most commonly used cooking temperatures, the temperatures start at 150°C and count up to 220°C then 40°C (for proving dough) and 100°C.

## Use of accessory:



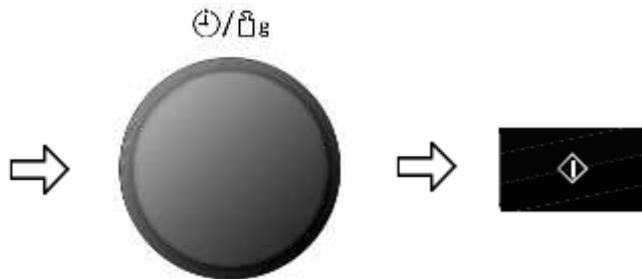
## Oven:



## Note

The oven can not preheat at 40 g.

**After preheating, place the food in the oven.**



## Set Time

Select Cooking time by turning the Time/Weight Dial. Time can be set up to 90 mins

**Press Start Button**

# Oven Cooking

## Note on Preheating:

1. Do not open the door during preheating. After preheating 3 beeps will be heard and the "P" will flash in the display window. If the oven door is not opened after preheating, the oven will maintain the selected temperature. After 1 hour, including preheating, the oven will shut off automatically and revert to time of day.
2. If you want to cook without preheating, after selecting the desired temperature, set the cooking time then press Start Button.



## Note

1. When the selected cooking time is less than one hour, the time counts down second by second.
2. When the selected cooking time is over one hour, the time counts down minute by minute until only "1H 00" (1 hour) remains. The display then indicates minutes and seconds and counts down second by second.
3. You can add to the cooking time during cooking, if required. Turn the Time/Weight Dial to increase the cooking time. Time can be added in 1 minute increments up to 10 minutes.
4. After pressing Start Button, the selected temperature can be recalled. Press Oven Button once to indicate the temperature in the display window.



## CAUTION!

Always use oven gloves when removing the food and Accessories after cooking as the oven and accessories will be Very hot.

# Combination Cooking

There is only one combination setting.

## 1. Grill + Microwave,

HIGH power is not available on Combination cooking. This would not be useful in normal use (the food would be cooked before browning is achieved). DEFROST power Defrost can not be set in combination.

## Use of accessory:



## Grill + Microwave



Set the desired Grill setting



Set the desired Microwave Power Level.



Set the cooking time using the Time/Weight Dial (up to 90 minutes).



Press Start Button. The time counts down in the display.



## Note

1. Place food on wire rack on ceramic plate. Place a heatproof plate (Pyrex®) underneath to catch fat drips.
2. The wire rack is designed to be used for Combination and Grilling. Never attempt to use any other metal accessory except the one provided with the oven.
3. Use the wire rack only as described. DO NOT use if operating the oven with less than 200 g of food on a manual program. For small quantities do not cook by Combination, cook by GRILL or MICROWAVE ONLY for best results.
4. Never cover foods when cooking on Combination.
5. DO NOT preheat the grill on Combination.
6. Arcing may occur if the incorrect weight of food is used, the wire rack has been damaged, or a metal container has been used accidentally. Arcing is fl ashes of blue light seen in the microwave. If this occurs, stop the oven immediately.
7. Some foods should be cooked on Combination without using the wire rack i.e. roasts, gratins, pies and puddings. The food should be placed in a heatproof non-metallic dish and placed directly onto the ceramic plate.

# Combination Cooking



## Note

8. DO NOT use plastic MICROWAVE containers on combination programs (unless suitable for combination cooking). Dishes must be able to withstand the heat of the top grill - heatproof glass e.g. Pyrex® or ceramic are ideal.
9. DO NOT use your own metal dishes or tins, as the microwaves will not penetrate the food evenly.
10. When the selected cooking time is less than one hour, the time counts down second by second.
11. When the selected cooking time is over one hour, the time counts down minute by minute until only "1H 00" (1 hour) remains. The display then indicates minutes and seconds and counts down second by second.
12. You can add to the cooking time during cooking, if required. Turn the Time/Weight dial to increase the cooking time. Time can be added in 1 minute increments, up to 10 minutes.



## CAUTION!

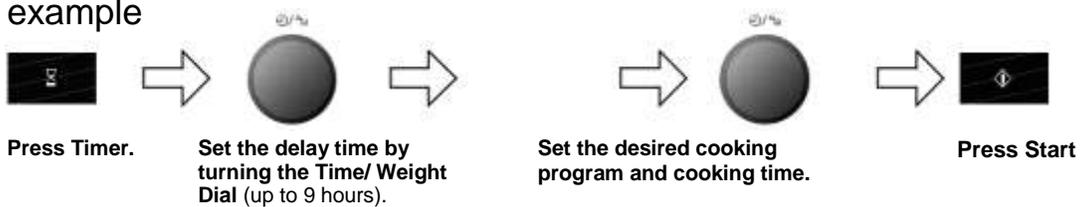
Remove wire rack from oven by holding the rack and heatproof dish firmly. Use oven gloves when removing accessories. Never touch the outside window or inside metal parts of the door or oven when taking food in or out due to the high temperatures involved.

# Using the timer

## Delay start cooking

By using the Timer, you are able to program Delay Start cooking.

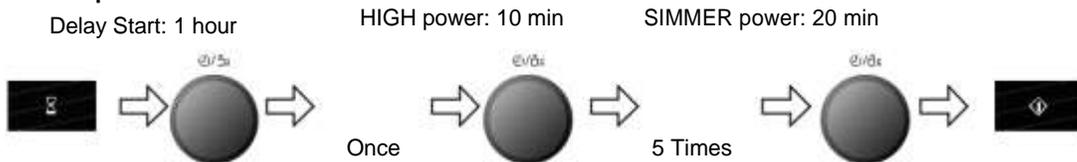
### example



### Note

1. Three stage cooking can be programmed including Delay Start cooking.

### example

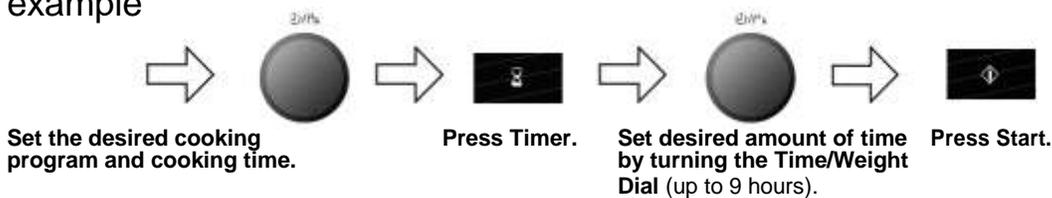


2. If the programmed delay time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
3. Delay Start cannot be programmed before an auto program.

## Stand time

By using the Timer, you can program Stand Time after cooking is completed or use to program the oven as a minute timer.

### example



### Note

1. Three stage cooking can be programmed including stand time.

### example

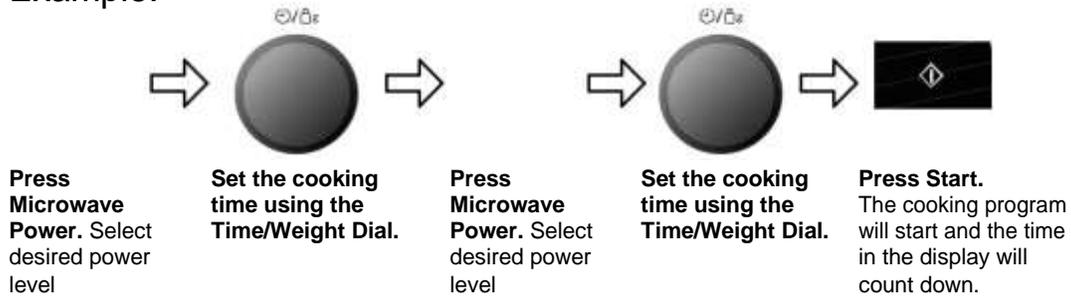


2. If the oven door is opened during the Stand Time or Minute Timer, the time in the display window will continue to count down.
3. This feature may also be used as a minute timer. In this case press the Timer, set time and press Start.
4. Stand time cannot be programmed after an auto program.

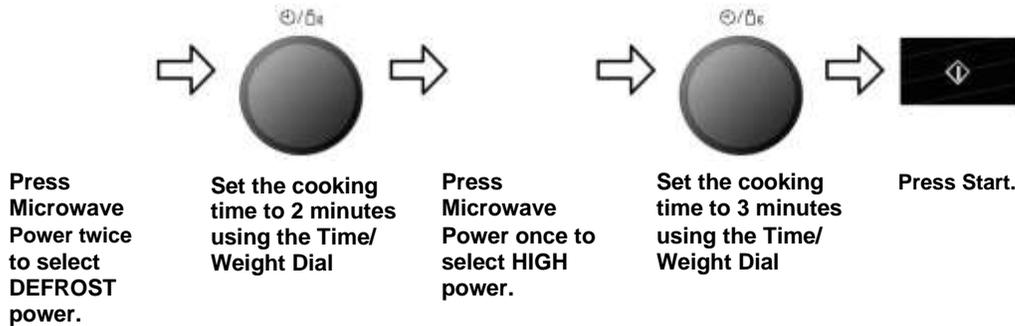
# Multi-stage cooking

## 2 or 3 stage cooking

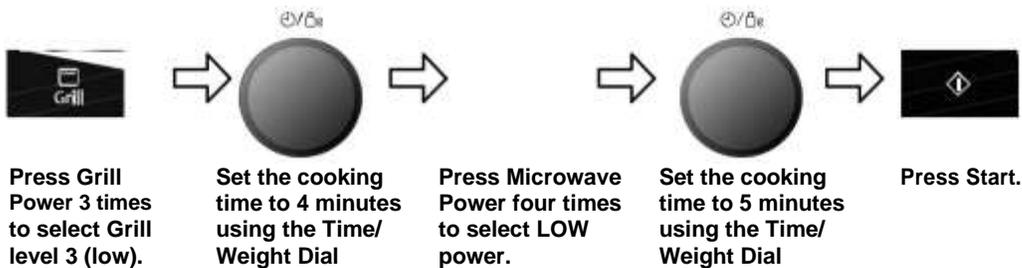
Example:



**Example: To DEFROST (DEFROST power) for 2 minutes and cook food on HIGH power for 3 minutes.**



**Example: To GRILL at LOW for 4 minutes and cook food on LOW power for 5 minutes.**



### Note

1. For 3 stage cooking, enter another cooking program before pressing start.
2. During operation, pressing Stop/Cancel once will stop the operation. Pressing Start will re-start the programmed operation. Pressing Stop/Cancel twice will stop and clear the programmed operation.
3. Whilst not operating, pressing Stop/Cancel will clear the selected program.
4. Auto programs cannot be used with multi-stage cooking.

# Using the memory function

This feature allows you to pre-program your oven for a regular reheating or cooking task. You are able to pre-program your oven for a specific power level and time that is convenient for you. You can only pre-program one memory task with this oven.

## To set a memory program



Program the desired cooking program.



### Press Memory.

The oven is automatically pre-set to memory.

1. To select memory 2 press memory button twice. To select memory 3 press memory button three times.

Press Memory to store this task or press Start to start cooking in this sequence.

## To use a memory program



### Press Memory.

The oven is automatically pre-set to memory.

1. To select memory 2 press memory button twice. To select memory 3 press memory button three times.

Press Start to begin cooking

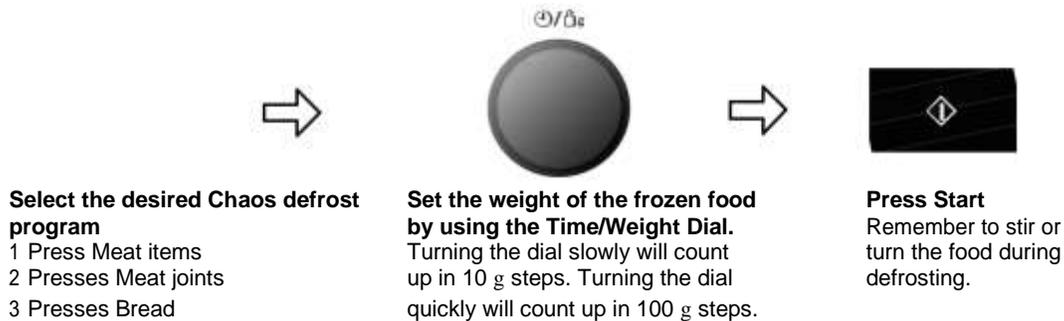


### Note

1. Auto programs cannot be programmed into memory.
2. Memory can only store 1 stage cooking. It is not possible to store 2 or 3 stage cooking.
3. Setting a new cooking program into memory will cancel the cooking program previously stored.
4. Memory program will be cancelled if the power supply is off or the plug is disconnected.

# Chaos defrost

With this feature you can defrost frozen food according to the weight. The weight is programmed in grams. For quick selection, the weight starts from the most commonly used weight for each program.



Program	Min./Max. Weight	Suitable Food
<b>1. MEAT ITEMS</b>  1 press	200 g - 1200 g	Small pieces of meat, escallop, sausages, minced meat, steak, chops, fish fillets (each 100 g to 400 g). Press Chaos defrost once. Turn and shield at beeps. Allow to stand for 5 min to 30 mins.
<b>2. MEAT JOINTS</b>  2 presses	400 g - 2500 g	Big pieces of meat, whole chickens, meat joints. Press Chaos defrost twice. Whole chickens and meat joints will require shielding during defrosting. Protect wings, breast and fat with smooth pieces of aluminum foil secured with cocktail sticks. Do not allow the foil to touch the walls of the oven. Standing time of 1 to 2 hours should be allowed before cooking. Turn and shield at beeps.
<b>3. BREAD</b>  3 presses	100 g - 900 g	Small or large loaves of bread, white or wholewheat. Place the loaf on a piece of kitchen roll. Press Chaos defrost three times and turn at beep. Allow bread to stand for 5 min (white light bread) to 30 min (dense rye bread). Cut large loaves in half during standing time.



## Note

1. When the defrosting time is longer than 60 minutes, the time will appear in hours and minutes.
2. The shape and size of the food will determine the maximum weight the oven can accommodate.
3. Allow standing time to ensure the food is completely defrosted.



## Important

See page 54 for defrosting guidelines



# Auto sensor programs

A variety of food may be cooked without having to enter the cooking time, weight or the power level.

e.g.



Select the desired Auto Sensor Program.



Press Start Button.



## ■ Plus/Minus Control:

Preferences for degree of cooking vary for each individual. After having used Auto Sensor Programs a few times, you may decide you would prefer your food cooked to a different degree of cooking. By using Plus/Minus control, the programs can be adjusted to cook food for a longer or shorter time. Press ▲ or ▼ button before pressing Start Button. If you are satisfied with the result of the Auto Sensor Programs, you do not have to use this control.



## Note

1. The oven automatically calculates the cooking time or the remaining cooking time.
2. The door should not be opened before the time appears in the display window.
3. The temperature for frozen food is assumed to be  $-18^{\circ}\text{C}$  to  $-20^{\circ}\text{C}$ , for other types of food  $+5^{\circ}\text{C}$  to  $+8^{\circ}\text{C}$  (refrigerator temperature).
4. To prevent any mistakes during Auto Sensor Programs ensure that ceramic plate and the container are dry.
5. The room temperature should not be more than  $35^{\circ}\text{C}$  and not less than  $0^{\circ}\text{C}$ .
6. Only cook foods within the recommended weight range described on pages 36-37.
7. For auto sensor programs, fresh vegetables and frozen vegetables cover with cling film. Pierce the cling film with a sharp knife once in the centre and four times around the edge. For chilled meal and frozen meal programs reheat in container as purchased. Pierce covering film. If transferring meals into a dish, cover with pierced cling film. For auto sensor programs rice and pasta cover with a lid.
8. If the oven has previously been used and it is too hot to be used on an Chaos defrost, Auto Sensor and Auto Weight, 'HOT' will appear in the display window. After the 'HOT' disappears, the Auto Sensor Programs may be used. If in a hurry, cook food manually by selecting the correct cooking mode and cooking time yourself.

# Auto sensor programs

Program	Weight	Accessories	Instructions
<b>4. CHILLED MEAL</b>  <b>1 press</b>	200 g - 1000 g	-	<b>To reheat a fresh precooked meal.</b> All foods must be pre-cooked. Foods should be at refrigerator temperature approx. + 5°C. Reheat in container as purchased. Pierce covering film with a sharp knife once in the centre and four times around the edge. If transferring food to dish, cover with pierced cling film. Press auto sensor programs button once then press start. Stir at beeps. Stir again at end of program and allow a few minutes standing time. Large pieces of meat/fish in a thin sauce may require longer cooking. This program is not suitable for starchy food such as rice, noodles or potatoes.
<b>5. FROZEN MEAL</b>  <b>2 presses</b>	200 g - 1000 g	-	<b>To reheat a frozen precooked meal</b> All foods must be pre-cooked and frozen (-18°C); Reheat in container as purchased. Pierce covering film with a sharp knife once in the centre and four times around the edge. If transferring food to dish, cover with pierced cling film. Press auto sensor programs button twice then press start. Stir at beeps and cut the blocks into pieces. Stir again at end of program and allow a few minutes standing time. Check temperature and cook further minutes if necessary before eating. This program is not suitable for portionable frozen foods.
<b>6. FRESH VEGETABLES</b>  <b>3 presses</b>	200 g - 1000 g	-	<b>To cook fresh vegetables.</b> Place prepared vegetables into a suitable sized container. Sprinkle with 1 tbsp cold water per 100 g vegetables. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press auto sensor programs button three times. Press start. Drain after cooking and season to taste.
<b>7. FROZEN VEGETABLES</b>  <b>4 presses</b>	200 g - 1000 g	-	<b>To cook frozen vegetables.</b> Place vegetables into a suitable sized container. Sprinkle with 1-3 tbsp cold water. If cooking vegetables with high water content, such as spinach or tomatoes, do not add water. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press auto sensor programs button four times. Press start. Stir at the end of program and allow a few minutes standing time. Drain and season to taste.

# Auto sensor programs

Program	Weight	Accessories	Instructions
<b>8. PASTA</b>  <b>5 presses</b>	100 g - 450 g	-	<b>For cooking dried pasta.</b> Use a large bowl. Add 1 tsp salt, 1 tbsp oil and boiling water. For 100 g - 290 g pasta add 1 litre of boiling water. For 300 g - 450 g pasta add 1 ½ litre of boiling water. Cover with a lid. Press auto sensor programs button five times. Stir at beeps. Press start. Drain after cooking.
<b>9. RICE</b>  <b>6 presses</b>	100 g - 300 g	-	<b>For cooking rice for savoury dishes not rice puddings. (Thai, Basmati, Jasmine, Suriname, Arborio or Mediterranean rice).</b> Rinse the rice thoroughly before cooking. Use a large bowl. Add 2-2.5 times boiling water to rice. Cover with a lid. Press auto sensor programs button six times. Press start. Stir at beeps. Allow to stand for 5 minutes after cooking. Drain after cooking.



## Note

1. The Auto Sensor Programs must ONLY be used for foods described.
2. Only cook foods within the weight ranges described.
3. Always weigh the food rather than relying on the package information.
4. Most foods benefit from a STANDING time, after cooking with an Auto Program, to allow heat to continue conducting to the centre.
5. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

# Auto weight programs



## Note

The weight is programmed in grams. For quick selection, the weight starts from the most commonly used weight for each program.



Select the desired auto weight program.

Set the weight of the food by using the **Time / Weight selection dial**. Turning the dial slowly will count up in 10 g steps. Turning the dial quickly will count up in 100 g steps.

Press **Start Button**

Program	Weight	Accessories	Instructions
<b>10. CHILLED QUICHE</b>  <b>1 press</b>	150 g - 500 g		<b>For reheating fresh pre-cooked quiche.</b> Remove all packaging and place the quiche on the wire rack on the ceramic plate. Press auto weight programs button once, enter weight of food and press start. Transfer the quiche onto a cooling rack at the end of cooking and allow a few minutes standing time. Quiche with a high content of cheese may result in being hotter than quiches with vegetables. This program is not suitable for deep filled quiches.
<b>11. FROZEN POTATO PRODUCTS</b>  <b>2 presses</b>	200 g - 500 g		<b>For reheating, crisping and browning frozen potato products.</b> Spread out potato products in a heatproof dish and place on the wire rack on the ceramic plate. Press auto weight programs button twice, enter weight of food and press Start. For best results, cook in a single layer and stir at beep. This program is not suitable for galettes, Pom' Dauphine and Pom' Noisette.
<b>12. PASTRY ITEMS</b>  <b>3 presses</b>	100 g - 600 g		<b>For reheating, crisping and browning fresh pastry items</b> e.g. friands, feuilleté tresse etc. Remove all packaging and place on wire rack on ceramic plate. Press auto weight programs pad three times, enter weight of food and press start. Transfer the pastry items to a cooling rack and allow a few minutes standing time.
<b>13. CHILLED PIZZA</b>  <b>4 presses</b>	100 g - 450 g		<b>For reheating and browning the top of fresh pre-cooked pizza and cheese baguette.</b> Remove all packaging and place the chilled pizza on the wire rack on the ceramic plate. Press the auto weight programs button four times, enter the weight of the food and press start.
<b>14. FROZEN PIZZA</b>  <b>5 presses</b>	100 g - 450 g		<b>For reheating and browning the top of frozen pre-cooked pizza, bruschetta and cheese baguette.</b> Remove all packaging and place the frozen pizza on the wire rack on the ceramic plate. Press auto weight programs button five times, enter the weight of the food and press start. Transfer the pizza on to a cooling rack at the end of cooking. This program is not suitable for deep pan pizzas or very thin pizzas such as Flammekueche.

# Auto weight programs

## Homemade dishes

This function allows cooking of dishes using raw ingredients on the auto weight programs Gratin Potato and Gratin Pasta. For these recipes please follow exactly the amounts and methods, which are described below.

Program	Weight	Accessories	Instructions
<b>15. GRATIN POTATO</b>  <b>6 presses</b>	Serves 4	-	See below for recipe. Place on ceramic plate. Press the auto weight programs pad six times. Press Start (it is not necessary to enter the weight of the food). Allow to stand for 5 min. after cooking.
<b>16. GRATIN PASTA</b>  <b>7 presses</b>	Serves 4	-	See below for recipe. Place on ceramic plate. Press the auto weight programs pad seven times. Press Start (it is not necessary to enter the weight of the food). Allow to stand for 2 min after cooking.

### ingredients

#### SERVES 4

700 g peeled potatoes,  
1 garlic clove,  
70 g emmenthal, grated,  
salt and pepper,  
200 ml single cream,  
200 ml milk,

**Dish: 1 dish**  
(Ø 25 cm)

### 15. Gratin Potato

 6 Presses

Cut the potatoes into thin slices. Peel and chop the garlic. Arrange the potatoes slices in dish. Scatter over the garlic, half the cheese, salt and pepper. Pour over the cream and milk. Cover with the rest of the grated cheese. Place on ceramic plate. Press the auto weight programs pad six times. Press Start. Allow to stand for 5 min after cooking.

### ingredients

#### SERVES 4

#### SERVES 4

550 g Fresh Pasta Sauce  
e.g . tomato  
400 g Fresh Pasta  
e.g . tortellini/ravioli  
50 g Grated hard cheese  
e.g . Cheddar, mozzarella,  
parmesan

**Dish: 1 Pyrex® square dish**  
22 cm

### 16. Gratin Pasta

 7 Presses

Place the onion, oil and garlic into a large bowl and cover. Place on ceramic plate and cook on HIGH power for 2 mins. Add the potato and pepper. Cover and cook on HIGH power for 5 mins. Add stock, cover and cook on MEDIUM power for 20 mins, or until the potatoes are soft, stirring halfway. Allow to cool slightly. Place in liquidiser and puree until smooth. Stir in the coconut milk and season to taste. Heat on MEDIUM power for 3 mins, or until piping hot.



# 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.

### ■ Jacket Potato

Stand 5 mins. wrapped in aluminium foil after cooking by microwave only.

### ■ Fish

Stand 2-3 mins.

### ■ Egg Dishes

Stand 1-2 mins.

### ■ Precooked Convenience Food

Stand for 1-2 mins.

### ■ Plated Meals

Stand for 2-3 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. See pages 55.



## Moisture content

Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season, particularly jacket potatoes. For this reason cooking times may have to be adjusted. Dry ingredients e.g. rice, pasta, can dry out during storage so cooking times may differ.



## Piercing

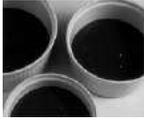
The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc, will all need to be pierced before cooking. **DO NOT ATTEMPT TO BOIL EGGS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



## Cling film

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. Pierce 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.

# General guidelines



## 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. Food cooks better by microwave when in a round container rather than square.



## Quantity

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



## Spacing

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



## Shape

Even shapes cook evenly. Whenever possible, cut the vegetables and other foods in regular pieces.



## Density

Porous airy foods heat more quickly than dense heavy foods.



## Covering

Cover foods with microwave cling film or a self-heating 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.



## 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.



## Turning and stirring

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



## 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.**



## Ingredients

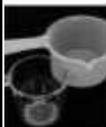
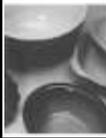
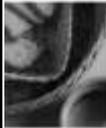
Foods containing fat, sugar or salt heat up very quickly. The filling may be much hotter than the pastry. Take care when eating. Do not overheat even if the pastry does not appear to be very hot.



## 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.

# Quick check guide to cooking utensils

Cookware		For Microwave	For Grill	For Oven	For Combination (Microwave & Grill)
Heat resistant glass		✓	✓	✓	✓
Microwave-safe plastic cookware		✓	x	x	x
Heat resistant china and ceramics Do not use dishes with a metal rim or pattern; or jugs or mugs with glued handles.		✓	✓	✓	✓
Pottery, Earthenware, Stoneware		x	x	✓	x
Foil/Metal containers		x	✓	✓	x
Wicker, Wood, Straw baskets		x	x	x	x
Cling film		✓	x	x	x
Aluminium foil Small amounts of aluminium foil can be used to SHIELD and prevent food from overheating when cooking or defrosting. Take care that the foil does not touch the sides or top of the oven.		✓	✓	✓	✓

## Microwave power levels

Power level	Use
HIGH power	Reheating meals and sauces; Cooking fish, vegetables, sauces, and preserves
DEFROST power  (*)	Defrosting frozen foods
MEDIUM power	Roasting; Cooking egg sauces and sponge cakes; Heating milk
LOW power	Cooking and reheating chicken casseroles and quiches
SIMMER power	Cooking stews, casseroles, rice puddings, rich fruit cakes, and egg custards
WARM power	For warming up butter, cheeses, fruits or ice-creams; to keep warm your main dishes



### Note

(\*) CYCLIC DEFROST with automatic standing time (see page 54).

## Grilling

DO NOT ATTEMPT TO PREHEAT THE GRILL.

The quartz Grill on your oven browns and crisps for a wide variety of foods.

The Grill provides 3 Grill Settings:

- 1 Press Grill 1      1000 W
- 2 Press Grill 2      700 W
- 3 Presses Grill 3    500 W

Place food to be grilled on the wire rack on the ceramic plate. Place a heatproof plate (Pyrex®) underneath to catch fat and drips. Alternatively use the enamel shelf in the upper shelf position. For large weight foods, place in a dish directly on the ceramic plate. The food being grilled should normally be turned over after half the grilling time. Never cover foods when grilling. There is **NO MICROWAVE POWER ON THE GRILL ONLY PROGRAM**

Approximate Times for Grilling (Grill 1)

	First Side	Second Side
Rib of beef 450 g	18 to 20 min.	approx. 10 to 15 min.
Sausages 450 g (6 pcs)	10 to 15 min.	approx. 10 to 15 min.
1 chicken leg 300 g	13 to 15 min.	13 to 15 min.
Toast	5 to 7 min.	4 to 6 min.

# Oven

This cooking method allows you to cook food using heat produced by the heaters situated in the top and bottom of the oven cavity. NO MICROWAVES are used in Oven Heating mode: you can therefore use any metal dishes or heat-resistant containers. NB: temperatures between 40°C and 100°C, which are not used in traditional cooking, are not available on this oven.

## Preheating

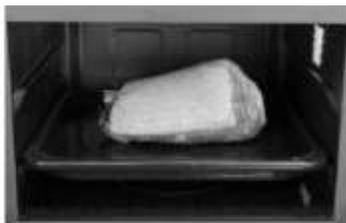
Remember to preheat the oven for the best results when cooking meat and pastries. It is preferable to preheat the oven with the accessories inside and not to open the oven door whilst it is preheating.

## Accessories

You can either use the enamel shelf in the upper or lower shelf position. Alternatively use the wire rack on the ceramic plate.

Note: do not place any dish or food which weighs more than 4 kg on the enamel shelf.

Recommended for: soufflés, biscuits, meringues, quiches, tarts, choux pastry, puff pastry nibbles, pizzas, sponge cakes etc.



Warning: in Oven Heating mode, the accessories and the oven will be very hot. Take care not to burn yourself.

Level	Thermostat	Temperature (°C)	Pre-prepared dishes (preheated oven)
Low		40°C	Drying-oven temperature for bread or pizza dough to rise.
	3-4	100°C - 110°C	Meringues
	4-5	120°C - 130°C -140°C	Meat and fish pate, potted meat, drying herbs.
Medium	5-6	150°C-160°C	Baked eggs, fruit cakes, macaroons.
	6	170°C-180°C	Quiches, flans, custard desserts, cookies, strudel, sponge cake, biscuits, white meat, slow-cooked or braised meat.
High	7	190°C - 200°C -210°C	Kugelhupf, gratins, choux pastry, soufflés, whole fish, savarins.
	8	220°C	Poultry, bread, pizzas, tarts, biscuits, thin biscuits, puff pastry nibbles, fruit tarts made with puff pastry.

Note: the chart above is only for using oven heating, and not for combination cooking.

# Combination

Combination cooking is ideal for many foods. The Microwave power cooks them quickly, while the Grill provides traditional browning and crisping; all of this happening simultaneously.

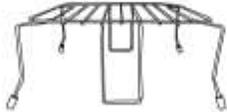
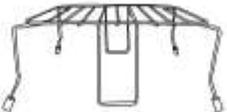
The following combination modes are available:



## Note

1. Never cover foods when cooking on a Combination program.
2. For small quantities do not cook by Combination, cook by Grill or Microwave only for best results.
3. Do not preheat the oven on Combination.

Grill Level	Microwave power level	Cooking uses
1, 2 or 3	MEDIUM power	Cooking pork or turkey (white meats), whole poultry, reheating chilled lasagne or gratins.
1, 2 or 3	LOW power	Sausages, red meats, fish, reheating chilled lasagne or gratins
1, 2 or 3	SIMMER power or WARM power	Light cakes, egg dishes, poultry pieces, braised fish.

Accessories to Use			
Microwave	Grill	Oven	Combination
Use your own Pyrex® dishes, plates or bowls directly on the ceramic plate. Do not place food directly on the ceramic plate		In the lower or upper shelf position. 	
	In the upper shelf position 		For large weight foods place heatproof dish directly on the ceramic plate.

# Reheating and cooking guidelines

Most foods reheat very quickly in your oven by HIGH power 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 47-52 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food.

The heat method i.e. Microwave only or combination depends on the food to be reheated. For foods that do not require browning, reheat by microwave only.

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.

**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.

Do not leave unattended. Do not add extra alcohol.

## Feeding bottles/baby food jars

The top and teat or lid must be removed from feeding bottles or baby food jars before placing in the oven.

The contents of feeding bottles and baby food jars are to be stirred or shaken.

The temperature has to be checked before consumption to avoid burns.



### Note

Liquid at the top of the bottle will be much hotter than at the bottom. The bottle must be shaken thoroughly and tested before use.

**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.

## 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.

# Combination cooking and reheating charts

**Heating guide:** G indicates « Grill ». Unless marked with « (for cooking) », the foods listed below are assumed to have already been cooked and this guide is for heating them.

**Standing time:** it is important to allow the food to stand after heating, preferably in the oven: 3 to 6 minutes for light dishes and snacks, bread, cakes and pastries, liquids and main dishes, and 10 minutes for dense dishes such as gratins and pies.

Food	Weight or quantity	Chilled	Frozen
<b>Light dishes and snacks</b>			
- Mini cheesy choux pastry (2)	225 g 30 pces	-	G 1 + MEDIUM power 1 min 40 s & 2 min G 1
Chicken Vol-au-vent (2)	100 g 6 pce	G 1 + MEDIUM power 2 min & 2 min rest	G 2 + MEDIUM power 2-3 mins & 2 min rest
	180 g 12 pces	G 1 + MEDIUM power 3 min & 2 min rest	G 2 + MEDIUM power 5-6 mins & 3 min rest
- Pancakes/French stick with filling (3) - Savoury filled pancakes (3) - Blinis (2)	120 g 1 pce	G 1 + MEDIUM power 1 min 40 sec	G 1 + MEDIUM power 3 min 30 sec
	240 g 2 pces	G 1 + MEDIUM power 2 min 40 sec	G 1 + MEDIUM power 6 min
	150 g 1 pce	G 1 + SIMMER power 3 min 30 sec	G 1 + MEDIUM power 4 min
Toasted ham & cheese sandwich (2)	40 g 6 pcs	G 1 + WARM power 1 min 30 s & 3 min G 1	G 1 + MEDIUM power 1 min & 3 min G 1
	100 g 1 pce	G 1 + LOW power 2 min & 3 min G 1 (2 & 5)	G 1 + MEDIUM power 2 min & 2 min G 1 (2 & 5)
	200 g 2 pces	G 1 + LOW power 2 min & 4 min G 1 (5)	G 1 + MEDIUM power 3 min & 1 min 30 secs G 1 (5)
Fish served in scallop shells (2)	140 g 1 pce	G 1 + LOW power 3 min 30 s & 4 min G 1	G 1 + MEDIUM power 4 min & 3 min G 2
	280 g 2 pces	G 1 + MEDIUM power 5 min & 2 min G 1	G 1 + MEDIUM power 11 to 12 min
- Croissant with cheese (1) - Puff pastry roll with cheese filling (2)	70 g 1 pce	G 1 + SIMMER power 5 min	G 1 + MEDIUM power 2 min & 2 min G 1
	130 g 1 pce	G1+ MEDIUM power 1 min 40 sec - 2 min	G 1 + MEDIUM power 3 min
	260 g 2 pcs	G 1 + MEDIUM power 2 min 50 sec - 3 min	G 1 + MEDIUM power 5 min then 2 min rest
- Hot Dog (3)	110 g 1 pce	G 1 + SIMMER power 3 min	G 1 + MEDIUM power 2 min 30 s then 2 min rest
- Panini (2)	160 g 1 pce	G 1 + SIMMER power 4 min	G 1 + MEDIUM power 3 min & 2 min rest

(1) remove packaging, place onto microwaveable, heat-resistant dish on wire rack. (2) remove packaging, place directly on the wire rack, for smaller items put baking paper on top of the wire rack. (3) use microwaveable dish on the ceramic plate (4) cover dish. (5) turn or stir half-way through heating time.

# Combination cooking and reheating charts

Food	Weight or quantity	Chilled	Frozen
- Sausage roll (2)	100 g -130 g 1 pce	Auto chilled pastry	G 1 + MEDIUM power 2 min 40 s & rest 2 min
	200 g - 260 g 2 pces		G 1 + MEDIUM power 4 min then 2 min G 1
- Vegetable pasties (2)	120 g 1 pce		G 1 + MEDIUM power 3-4 min & 2 min G 1
- Samosas with meat (2)	120 g 2 pces	G 1 + SIMMER power 2 min & 2 min G 1	G 1 + LOW power 3 min
	240 g 4 pces	G 1 + SIMMER power 3 min 30 sec	G 1 + MEDIUM power 6 min
- Samosas with vegetables (2)	240 g 4 pces	G 1 + SIMMER power 4 min	G 1 + MEDIUM power 6 min 30 s
Baked stuffed potato (1)	110 g -140 g 1 pce	-	G 1 + MEDIUM power 6 min & 7 min G 1
	220 g - 250 g 2 pces	-	G 1 + MEDIUM power 9-10 min & 7 min G 1
Seafood double crust pasties (2)	120 g 1 pce	G 1 + SIMMER power 2 min & 2 min G 1	G 1 + SIMMER power 3 min & 2 min G 1
	350 g 1 pce	G 1 + SIMMER power 4 min 30 sec	G 1 + MEDIUM power 4 min 30 sec & 4 min G 3
Spanish potatoes' omelette plain or with onion (3)	200 g 1 pce	G 1 + LOW power 5 min	G 1 + MEDIUM power 7 min & 2 min rest
	500 g 1 pce	G 1 + MEDIUM power 6 min & rest 2 min	G 1 + MEDIUM power 13 min & rest 2 min
	700 g 1 pce	G 1 + MEDIUM power 11 min & rest 2 min	G 1 + MEDIUM power 20 min & rest 5 min

(1) remove packaging, place onto microwaveable, heat-resistant dish on wire rack. (2) remove packaging, place directly on the wire rack, for smaller items put baking paper on top of the wire rack. (3) use micro-wavable dish on the ceramic plate (4) cover dish. (5) turn or stir half-way through heating time.

# Combination cooking and reheating charts

**Heating guide:** G indicates « Grill ». Unless marked with « (for cooking) », the foods listed below are assumed to have already been cooked and this guide is for heating them.

**Standing time:** it is important to allow the food to stand after heating, preferably in the oven: 3 to 6 minutes for light dishes and snacks, bread, cakes and pastries, liquids and main dishes, and 10 minutes for dense dishes such as gratins and pies.

Food	Weight or quantity	Chilled	Frozen
Gratins (dauphinois, lasagnes, cottage pie, moussaka) (1)  - Moussaka (1)	300 g - 350 g	G 1 + MEDIUM power 8-10 min & 3 min G 1 (1)	G 1 + MEDIUM power 11 to 13 min (3) & G 1 10 min
	500 g	G 1 + MEDIUM power 10 to 12 min (1)	G 1 + MEDIUM power 15 to 18 min (3)
	1000 g	G 1 + MEDIUM power 18 to 20 min (1)	HIGH power 15 min & 7 -10 min G 1 + SIMMER power (3)
	850 g	HIGH power 5 min & G 1 + MEDIUM power 3 to 4 min (1)	HIGH power 15 min & 5 min G 1 (3)
Gratin individual, potatoes or cauliflower (1)	400 g 2 pces	-	G 1 + MEDIUM power 10 min & rest 2 min
Gratin dividable (cauliflower, dauphinois, cheese & potatoes) (3)	750 g	-	G 1 + MEDIUM power 17 min & 6 min G 1
	900 g	-	G 1 + MEDIUM power 20 min & 6 min G 1
Fish bordelaise (3)	400 g	400 g	G 1 + MEDIUM power 14-15 min
<b>Side dishes</b>			
Oven chips, potato wedges, Rösti, Potato Noisettes & other potato dishes (5)	200 g - 500 g	-	Auto frozen Potato products
Vegetables (3,4 & 5)	200 g	HIGH power 1 min to 1 min 40 s	-
	300 g	HIGH power 2 min to 3 min	-
Mashed (3,4 & 5) - potatoes  - vegetables	200 g	HIGH power 2 to 3 min	HIGH power 3 min
	200 g	HIGH power 2 to 3 min	HIGH power 3 min 30 s
	380 g	HIGH power 3 to 4 min	HIGH power 5 -7 min
	1000 g	-	HIGH power 12 to 13 min



# Combination cooking and reheating charts

Food	Weight or quantity	Chilled	Frozen
Rice, pasta (3,4 & 5)	200 g	HIGH power 1 min 40 s to 2 min	HIGH power 4 to 5 min
	500 g	HIGH power 3 min 30 s to 4 min	HIGH power 7 to 8 min
Spaghetti in sauce (3,4 & 5)	200 g	HIGH power 2 min	-
	500 g	HIGH power 4 min	-
	1000 g	HIGH power 6 to 7 min	HIGH power 14 to 15 min
<b>Meat and Fish</b>			
Duck confit (1)	230 g 1 pce 4	G 1 + SIMMER power 7 to 8 min	-
	60 g 2 pces	G 1 + SIMMER power 11 to 12 min	-
Cocktail sausages (3,4)	120 g	LOW power 1 min to 1 min 30 s	-
Bratwurst (5)	200 g 2 pces	G 1 + WARM power 12 to 16 min	-
Slices of cooked meat (3,4)			
- white meat	100 g 4 slices	MEDIUM power 50 to 60 s	-
- red meat	100 g 4 slices	LOW power 50 to 60 s	-
- chicken legs	200 g 1 pce	HIGH power 2 to 2 min 30 s	-
- Chicken Cordon bleu (2)	100 g 1 pce	G 1 + LOW power 3 min	G 1 + MEDIUM power 4 min 30 s to 5 min
	200 g 2 pces	G 1 + LOW power 4 to 5 min	G 1 + MEDIUM power 6 to 7 min
- Chicken nuggets (2)	100 g 5 pces	G 1 + LOW power 3 min	G 1 + MEDIUM power 3 min
- Schnitzel (2)	200 g 2 pces	G 1 + LOW power 3 min	G 1 + MEDIUM power 6 to 7 min
- Breaded fish fillet (2)	100 g 1 pce	G 1 + SIMMER power 4 to 5 min	G 1 + MEDIUM power 3 min
	200 g 2 pces	G 1 + SIMMER power 3 min	G 1 + MEDIUM power 4 to 6 min

(1) remove packaging, place onto microwavable, heat-resistant dish on wire rack. (2) remove packaging, place directly on the wire rack, for smaller items put baking paper on top of the wire rack. (3) use microwavable dish on the ceramic plate (4) cover dish. (5) turn or stir half-way through heating time.

# Combination cooking and reheating charts

**Heating guide:** G indicates « Grill ». Unless marked with « (for cooking) », the foods listed below are assumed to have already been cooked and this guide is for heating them.

**Standing time:** it is important to allow the food to stand after heating, preferably in the oven: 3 to 6 minutes for light dishes and snacks, bread, cakes and pastries, liquids and main dishes, and 10 minutes for dense dishes such as gratins and pies.

Food	Weight or quantity	Chilled	Frozen	
Sauce/gravy (4 & 5)	250 g	HIGH power 1 min 30 s to 2 min	HIGH power 3 to 4 min	
	300 g	HIGH power 2 to 3 min	-	
	500 g	HIGH power 2 to 3 min	HIGH power 6 to 8 min	
Drinks	- 1 cup	HIGH power 1 min 50 s.	-	
	- 2 cups	HIGH power 3 min. 30 s	-	
	- 3 cups	HIGH power 4 min. 30 s	-	
Soup (4 & 5)	- 1 bowl ambient or chilled	HIGH power 2 min to 2 min 50 s	-	
	- 1 tetrapack ambient or chilled	HIGH power 5 min to 6 min	-	
Milk (5)	- 1 bowl	MEDIUM power 2 min 30 s to 3 min	-	
	- 1 jug (3,4 & 5)	MEDIUM power 5 min to 6 min 30 s	-	
- Baby food (small jar without lid) (4) - ambient temp.	130 g	MEDIUM power 30 s Stir & Test before serving	-	
	200 g	MEDIUM power 50 s Test before serving	-	
	- chilled temp.	130 g	MEDIUM power 50 s to 60 s test before serving	-
		200 g	MEDIUM power 70 s to 80 s Test before serving	-
- Croissant, chocolate roll (2) - Mini croissants & chocolate roll (2)	50 g - 60 g 1 pce	-	HIGH power 20 s & 5 min G 2	
	100 g - 130 g 2 pces	-	HIGH power 30 s & 5 min G 2	
	200 g 6 pcs	-	20 s HIGH power & 4 min G 1	
	300 g 10 pces	-	40 s HIGH power & 4 min G 1	
- Nan bread (2) - Half-baguette (2)  - Whole grain small roll (2)	120 g - 2 pces	-	G 1 + WARM power 3 min	
	120 g 1 pce	-	30 s HIGH power & 4 min G 2	
	240 g 2 pces	-	40 to 50 s HIGH power & 4 min G 2	
	80 g 1 pce	-	30 s HIGH power & 4 min G 2	
	160 g 2 pces	-	40 s HIGH power & 4 min G 2	

# Combination cooking and reheating charts

Food	Weight or quantity	Chilled	Frozen
<b>DESSERTS</b>			
Sweet pancakes (3 & 4)	50 g 1 pce	HIGH power 20 to 30 s	HIGH power 40 s (5)
	100 g 2 pces	HIGH power 40 to 50 s	HIGH power 80 s (5)
Apple crumble (1)	490 g	-	G 2 + MEDIUM power 7 min & 8 min rest
Donuts plain (3)	50 g 1 pce	-	G 1 + WARM power 2 min & 2 min rest
	100 g 2 pcs	-	G 1 + WARM power 3 min & 2 min rest
Waffel (2 & 5)	40 g 1 pce	-	G 1 + SIMMER power 1 min 40 sec
	80 g 2 pces	-	G 1 + SIMMER power 2 min
Galette des rois- Flaky pastry filled with soft almond (2)	110 g 1 pce	G 1 + WARM power 1 min & 3 min G 3	G 1 + SIMMER power 1 min 10 s & 3 min 30 s G 1
	400 g - 500 g 1 pce	G 1 + SIMMER power 2 min & 2 min G 2	G 1 + LOW power 3 min 30 s & 5 min G 2 & rest on rack 5 min
Soft chocolate pudding (3)	450 g 1 pce	-	G 1 + LOW power 5 min & rest 8 min
Apple Strudel (2)	300 g 1 pce	-	G 2 + MEDIUM power 4 min 30 sec & 5 min rest
- Lemon meringue tart (3)	500 g 1 pce	-	G 2 + SIMMER power 5 to 6 min & 5 min rest on rack
-Thin apple/apricot tart (3)	100 g 1 pce	-	G 1 + MEDIUM power 1 min 40 sec & rest 2 min on rack
-Tarte Tatin (3) (place apple side down)	120 g 1 pce	-	G 1 + LOW power 2 min & 5 min rest
	240 g 2 pces	-	G 1 + LOW power 3 min & 5 min rest
	600 g 1 pce	-	G 1 + MEDIUM power 9 min & 6 min rest
-Rhubarb-Apple tart (3)	90 g 1 pce	-	G 1 + SIMMER power 2 min & 3 min rest
- Raspberry tart (3)	610 g 7 pcs	-	G 2 + MEDIUM power 4 min 30 sec & 7 min rest
	470 g 1 pce	-	G 2 + MEDIUM power 2 min 40 sec & 20 min rest on rack
Popcorn (3 & 4) - ambient for popping	1 x 100 g	HIGH power 3 to 4 min	-

(1) remove packaging, place onto microwaveable, heat-resistant dish on wire rack. (2) remove packaging, place directly on the wire rack, for smaller items put baking paper on top of the wire rack. (3) use micro-wavable dish on ceramic plate (4) cover dish. (5) turn or stir half-way though heating time.

## Tips for microwave cooking

**Soften butter which has been in the refrigerator.** Soften for 1 min at 100W (for 250 g). Remove the foil wrapper first.

**Rehydrating dried fruit.** Add 6 tbsp of water to 200 g of prunes or raisins, (or use rum for certain cake recipes). Mix and heat on HIGH power for 2 to 3 min. Leave to stand for 2 min.

**Bring cheese up to room temperature.** Cheese which has been kept in the fridge should be placed in the oven and "warmed" for 30 s to 1 min (depending on the size) at DEFROST power.

**Hulling almonds or hazelnuts.** Cover with hot water and cook for 3 to 6 min at HIGH power (until the water boils). Rinse in cold water and drain. The outer skin can then be removed more easily.

**Drying herbs.** Put kitchen paper on the ceramic plate. Spread out the finely chopped fresh herbs on the kitchen paper. Do several batches if necessary. Heat on HIGH power for 2 minutes checking every 30 s until the herbs begin to dry out. You have to be very careful, if the herbs stay in the oven too long they may disintegrate and even catch fire. Leave the dried herbs on the kitchen paper for 2 hours at room temperature then store them in sealed jars.

**Make caramel.** Cook 100 g of sugar with 2 tbsp of water in a bowl for 2 to 3 min on HIGH power checking carefully after 1 min 30 s. Remove the caramel before it becomes dark, it will finish cooking outside the oven. You can stop it cooking by adding 2 tbsp of very hot water (take care it does not splash).

**Softening set honey.** Remove the lid, place the jar in the oven and heat at SIMMER power for 20 to 40 s depending on the quantity. Stir and repeat the operation if necessary.

**Make crispy croutons quickly.** Slice 2 slices of bread into small cubes. Spread cubes out on a plate. Heat at HIGH power for 1 min 30 s then leave to stand for 5 min. You can rub a clove of garlic on the slices of bread before cutting them up, or moisten them with a few drops of olive oil.

**Get more juice from an orange or a lemon.** Before squeezing, heat 1 orange or 1 lemon for 20 to 30 s at HIGH power, then squeeze it straight away: it will give more juice.

**Melt chocolate.** Break the chocolate into small pieces in a bowl and heat at MEDIUM power for 2 min to 2 min 30 s for 100 g (the heating time may vary depending on the amount of cocoa solids and sugar). Stir at least once during cooking.

**Melt butter.** 100 g of butter in a ramekin covered with a saucer will melt in 1 min - 1 min 10 s at MEDIUM power.

**Re-crisp nibbles or crisps softened by moisture.** Spread out a handful of crisps on kitchen paper on a plate and heat at HIGH power for 30 to 40 s depending on the quantity. Wait a few seconds before eating them.

**Soften ice-cream from the freezer.** If possible remove the ice-cream from its packaging and place on a plate. Heat for 1 to 2 min at WARM power for half a litre and 2 to 3 min for 1 litre.

**Make dough rise.** Place the covered dough in the oven and heat for approx 5 min at 100W (for 500 g of dough). Leave the dough to stand inside the oven (sheltered from the air) until it has doubled in size.

**Make mulled wine.** In a heat-resistant glass (or mug) mix 20 cl of red wine with the zest of a lemon, a pinch of cinnamon, a clove and 2 to 4 sugar lumps, according to taste. Heat at HIGH power for 1 min to 1 min 30 s.

**Deodorise your oven.** To remove lingering fish smells from your oven, place a bowl of white vinegar or water with lemon juice inside the oven. Heat at HIGH power for 5 min. Dry the condensation on the oven walls with a cleaning cloth.

**Make a hot compress.** Heat up a clean folded dampened cloth on a plate for 30 secs to 1 min at HIGH power. Check the temperature before using.

## Defrosting guidelines

The biggest problem when defrosting food in a microwave is to get the inside defrosted before the outside starts to cook. For this reason Panasonic have made the defrosting on your oven CYCLIC DEFROST, just select the DEFROST power level and set the required time. The oven then divides this time into 8 stages. These stages alternate between defrosting (total of 4) and standing (total of 4). During the standing stages there is no microwave power in the oven, although the light will remain on. The automatic stand times ensure a more even defrost and for small items the usual stand time can be eliminated.

### Tips for defrosting

Check the defrosting several times, even if you use the auto programs. Observe the standing times.

### Standing times

Individual portions of food may be cooked almost immediately after defrosting. It is normal for large portions of food to be frozen in the centre. Before cooking, allow to stand for a **minimum of one hour**. During this standing time, the temperature becomes evenly distributed and the food is defrosted by conduction. N.B. If the food is not going to be cooked immediately, store it in the refrigerator. Never refreeze defrosted food without first cooking it.

### Joints and poultry

It is preferable to place the joints on an upturned plate or plastic rack so that they are not resting in the juices. It is essential to protect delicate or projecting parts of this food with small pieces of foil to prevent these parts from cooking.

**It is not dangerous to use small pieces of foil in your oven, provided they do not come into contact with the oven walls.**

### Minced meat or cubes of meat and seafood

Since the outside of these foods quickly defrosts, it is necessary to separate them, break the blocks into pieces frequently while defrosting and remove them when they have defrosted.

### Small portions of food

Chops and chicken pieces must be separated as soon as possible so that they defrost evenly throughout. Fatty parts and the ends defrost more quickly. Place them near the centre of the glass tray or protect them.

### Bread

Loaves will require a standing time of 5 to 15 minutes to allow the centre to thaw. Standing time can be shortened if slices are separated and rolls and loaves cut in half.

### Beep Sounds

Beeps will sound during the Auto Defrost programs. The beeps are to remind you to check, stir, separate the pieces, or shield small parts. Failure to do this may result in uneven defrosting.



# Defrosting chart

Food	Weight/Quantity	Defrosting time & mode	Standing Times (minimum)
Baguette (3)	150 g	HIGH power 30 to 50 s	-
Bread rolls (3)	1 piece (85 g)	HIGH power 30 to 40 s	-
	3 x 125 g	HIGH power 40 to 50 s	-
Bread - slice (3)	60 g	HIGH power 20 to 30 s	-
Breakfast pastries (3)	2 x 50 g	HIGH power 30 s to 40 s or DEFROST power 3-4 mins	-
Brioche (1,3)	30 g	DEFROST power 1 to 2 min	5 mins
	100 g	DEFROST power 2 to 3 mins	5 mins
Butter (1)	250 g	DEFROST power 2 to 3 min 30 s	15 mins
Cheese - Quark (1)	250 g	DEFROST power 12 to 14 mins	10 mins
Fish whole (1)	500 g	DEFROST power 10 to 12 mins	15 mins
Fish fillets, thin (2)	260 g	DEFROST power 8 to 10 mins	10 mins
Fish fillets, thick (2)	300 g	DEFROST power 10 to 12 mins	15 to 20 mins
Fish steaks without bone (2)	260 g	DEFROST power 9 to 10 mins	15 mins
Hamburger (1)	200 g	DEFROST power 5 to 6 mins	10 mins
	400 g	DEFROST power 9 to 10 mins	10 mins
Pork sausages (1)	300 g	DEFROST power 9 to 10 mins	10 mins
Pastry - puff (1)	280 g (1 roll)	DEFROST power 3 to 5 mins	15 mins
	250 g (1 block)	DEFROST power 6 to 8 mins	15 mins
Pastry - shortcrust (1)	250 g (1 roll)	DEFROST power 3-5 mins	15 mins
	500 g (1 block)	DEFROST power 6 to 8 mins	10 mins
Pastry - pizza dough (1)	400 g 1 ball	DEFROST power 5 mins	10 mins
Red fruit (2)	200 g	DEFROST power 6 to 8 mins	15 mins
	300 g	DEFROST power 10 to 12 mins	15 mins
	500 g	DEFROST power 10 to 12 mins	15 mins
Salami (thin) (2)	250 g (12 slices)	DEFROST power 4 to 5 mins	5 mins
Shrimps/prawns (2)	200 g	DEFROST power 9 to 11 mins	10 mins
<b>Desserts</b>			
Black Forest (3)	600 g	DEFROST power 10 mins	15 mins
Chocolate fondant (3)	1 pce 500 g	LOW power 3 mins	10 mins
Victoria sandwich cake (3)	400 g	DEFROST power 6 to 7 mins	10 mins
Fruit Tart (3)	1 slice	DEFROST power 3 to 4 mins	10 mins
	600 g	DEFROST power 8 to 10 mins	15 to 20 mins
Waffles (3)	1 pce	HIGH power 30 to 40s	-
	2 pce	HIGH power 50s	-

- (1) Turn or stir at half time.
- (2) Cover.
- (3) Remove packaging and place on a heat-resistant plate.



## Meat and Poultry

Your oven allows you to cook meat using combination cooking (Grill + Microwave) or oven mode, ideal for large pieces of meat or slow cooking. Small cuts of meat can be cooked by Grill or Combination. Microwave only can be used to quickly finish cooking a fricassee, poultry in sauce or meat cooked on the barbeque.

After cooking it is important to allow roast meat to stand out of the oven, wrapped in aluminium foil, for 10 to 15 minutes in order to complete cooking and make it easier to carve.

### Accessories and containers

For small flat pieces of meat, it is recommended to place the meat on a heatproof dish on the wire rack on the ceramic plate. For large joints, place in a heatproof dish directly on the ceramic plate. For oven mode only, place joints and poultry directly on the enamel shelf in the lower shelf position.

### Advice for combination cooking

Do not add salt to the meat before cooking but afterwards.

It is important to check the food several times during cooking so you can adjust the cooking time if necessary.

Arrange the chicken legs or other poultry so that the most meaty parts are at the edge of the dish.

### Oven cooking

You can roast meat in your oven by preheating the oven on oven mode, for white and red meat and poultry. Preheating is essential in order to seal the meat or poultry.

### Grill Cooking

The grill will cook thin pieces of meat: cutlets, lamb chops, sausages. It is not necessary to preheat the grill.



#### Note

On oven, grill or combination, the meat must not be covered as it cooks due to external heat.

### Cooking with microwave only

White meat and pieces of poultry cook perfectly using microwaves, and this is the quickest method of cooking them. Microwave cooking is useful for small pieces of meat or poultry which will be served in a sauce or to quickly finish cooking a fricassee or meat cooked on the barbeque.

Place the pieces of meat in a dish which is microwave safe on the ceramic plate. When cooking by microwave only, it is recommended to cover the meat with a lid or cling film in order to speed up the cooking process and stop it spitting. It is normal to find a lot of liquid in the dish after cooking. The speed of microwave cooking and the lack of radiant heat does not allow this liquid to evaporate as it does in traditional cooking. The loss of weight is not greater than it is for traditional cooking.

### Stews and ragouts

It is possible to cook stews using microwaves only or combined cooking with microwaves, but it will not be any quicker than using a traditional cooking method. However, the meat will not stick to the bottom of the container, and less energy will be used. Use Pyrex® or ovenproof porcelain casseroles with lids.

**Before cooking:** The accompanying vegetables must be cut into regular pieces and precooked, otherwise they may stay crunchy when cooking is completed. Lightly cover the pieces of meat with flour, to ensure the sauce cooks properly.

**During cooking:** it is essential to keep the pieces of meat covered by the liquid using an upturned saucer or plate (to prevent the meat from drying out). Since cooking stews takes a long time and sometimes there is a lot of evaporation, do not hesitate to add liquid while cooking if necessary. Cover the dish with a lid to restrict evaporation. Bring to the boil on HIGH power for 10 to 12 mins. Then continue cooking for the desired length of time at SIMMER power.

# Meat and Poultry

As meat will not be browned when using the microwave only, the microwave cooking times indicated below are for meat that has first been browned in a frying pan on all sides (pork, veal, lamb and beef) or for meat that does not need to be browned (poultry fillets, rabbit). Meat should be turned over half-way through cooking time and left to stand for 5 to 8 mins at the end of cooking time.

Type of meat	Grill or Combination cooking	Time in min.	Microwave alone	Oven alone	Time in min.
<b>Beef</b>					
stew	-	-	HIGH power then SIMMER power	-	60-70 min
roast	G 1 + SIMMER power then G 1	19 -20 min for 500 g then 10 min	-	Preheat 180°C	5 min per 100 g plus 25 min
1 rib 500 g (1)	G 1 + SIMMER power	20 min	-	-	-
<b>Lamb</b>					
Shoulder (≤ 1500 g)	G 1 + LOW power then G 1	13 - 14 min for 500 g then 8 - 10 min	-	-	-
boned roast	G 1 + LOW power then G 1	8 - 9 min for 500 g then 8 - 10 min	-	Preheat 180°C	25 min per 500 g plus 25 min
stew	-	-	HIGH power then SIMMER power	-	9-11 min then 40-50 min
<b>Veal</b>					
Shoulder roast	G 1 + MEDIUM power	10-11 min for 500 g	-	-	-
stew	-	-	HIGH power then SIMMER power	-	9-11 min then 40-50 min
<b>Pork</b>					
Loin Roast	G 1 + MEDIUM power	19 - 20 min for 500 g	-	Preheat 180°C	30 min per 500 g plus 30 min
Shoulder roast	G 1 + MEDIUM power	25 - 26 min for 500 g	-	Preheat 180°C	30 min per 500 g plus 30 min
<b>Chicken-Guinea fowl- Turkey</b>					
- roast whole (≤ 1500 g)	G 1 + MEDIUM power then G 1	13 - 14 min for 500 g then 5 min	-	Preheat 190°C	45 min per kilo plus 20-30 min
- roast whole (> 1500 g)	G 1 + MEDIUM power then G 1	15 - 16 min for 500 g then 8 min	-	-	-
- 2 chicken legs - 450-500 g (1)	G 1 + SIMMER power	15 - 16 min	-	-	-
- 2 drumsticks - 260 g (1)	G 1 + MEDIUM power then G 1	5 min 30 s then 6 min	-	-	-
- pieces, boneless	-	-	HIGH power	-	7 min per 500 g
<b>Duck</b>					
- roast whole	G 1 + MEDIUM power then G 1	13 - 14 min for 500 g then 10 min	-	Preheat 220°C	30 min per 500 g
- 2 legs 250 g - 300 g (1)	G 1 + LOW power	8 - 9 min	-	-	-
- 2 breasts 500 g - 600 g (1)	G 1 + MEDIUM power	approx. 10 min	-	-	-
<b>Other meat</b>					
Toulouse sausages 120 g - 1 pce (1) - 2 pces (1)	G 1 + SIMMER power G 1 + MEDIUM power	4 min 30 s 3 min 30 s	-	-	-
Chipolatas 4 pcs 130 g (1)	G 1 + SIMMER power	5 min	-	-	-

NB : for boned or stuffed meat, add at least 7 minutes to the cooking time (for all weight/quantities).

(1): when using a combination setting or grill, if the meat is thin enough, place the dish directly onto the wire rack, otherwise, place on the base. Add a few minutes in Grill mode only at end of cooking, if necessary, especially when dish was placed on the base.



# Fish

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



## 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.



## Liquid

Fresh fish can be sprinkled with 30 ml (2 tbsp) of lemon juice or white wine. When cooking frozen fish, add liquid as above for even cooking.



## Big fish (more than 400 g)

You are recommended to turn them over halfway through cooking time and to protect the head and tail with a small piece of aluminium foil to avoid overcooking. (Attention: the aluminium must not touch the walls of the oven).



## Covering

Always cover fish with either microwave cling film or use a dish with a self-fitting lid.



## Fish steaks

Fish steaks should be arranged in a circle - thicker part to the outside - to avoid overcooking and disintegration of the tail ends.

## When is fish cooked?

Fish is cooked when it flakes easily and becomes opaque. Remember that fatty fishes (salmon, mackerel, halibut) are cooked more quickly than leaner fishes (cod, Nile perch, Tilapia.)

## Stand time

Fish should STAND after cooking for 2-3 mins. This can be outside the oven to enable the oven to be used for further cooking.

## Fish en papillote

You can make papillotes of fish by replacing the aluminium foil with microwaveable greaseproof paper (or parchment paper).

## 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 aluminium foil secured with toothpicks.

## Salt

DO NOT sprinkle salt onto fish before cooking as this may make the fish dry.

# Fish

## Cooking fish by grill or combination

Brush fish with melted butter or oil to keep fish moist. Place on wire rack. DO NOT add salt, however sprinkle with pepper or herbs if required. Use Combination Grill 1 + SIMMER power for small fish (trouts, mackerel) and Combination Grill 1 + LOW power for larger fish (sea bream, bass). For example, 2 sea breams -approx 600 g) will be cooked in 9 mins using Combination Grill 1 + LOW power.

## Cooking by oven mode

For fish parcels in aluminium foil, or large fish, preheat the oven and place on the enamel shelf in the lower shelf position.

Cooking time for 500 g in minutes

Food	Fresh		Frozen	
	Power	Time	Power	Time
Fish in thin fillets	MEDIUM power	5 - 7	HIGH power	8 - 9
Fish in thick fillets	MEDIUM power	6 - 7	HIGH power	9-10
Fish steaks	MEDIUM power	6 - 8	HIGH power	8 - 9
Whole fish	MEDIUM power	6	HIGH power	12
Shrimp	MEDIUM power	5 - 6	-	-
Mussels	MEDIUM power	4 - 6	-	-
Scallops	MEDIUM power	5 - 6	-	-
Squid	MEDIUM power	6 - 7	HIGH power	9-10
Crab	MEDIUM power	8 - 9	-	-
Fish croquettes (1 piece=50 g)	-	-	HIGH power	1 min 30 (2 pces) or 3 min (4 pces)

# Vegetables

## Added water

Very water-rich vegetables such as tomatoes, courgettes, aubergines, frozen vegetables for ratatouille, mushrooms, spinach, endives, lettuce, onions, most fruits, etc., to which little or no water should be added, since microwave cooking uses the water contained in the foods naturally.

Fairly water-rich vegetables, to which 1 tbsp water per 100 g vegetables should be added, to create the steam which cooks the vegetables and prevents dehydration: cauliflower, leeks, broccoli, brussels sprouts, fennel, carrots, celeriac, asparagus, dwarf beans, potatoes, cabbages, turnips, artichokes, etc. Frozen vegetables add 1 - 3 tbsp of water.

Vegetables containing relatively little water may need additional water adding to encourage hydration: peas, broad beans, runner beans, French beans.

In all cases: vegetables must be cooked on HIGH power (except for whole cauliflow-ers) and must not be salted before cooking, but after. This is because the salt absorbs the natural moisture of the vegetable and encourages dehydration.

Where possible, cut the vegetables into even sized pieces. It is important to place the vegetables in an adequate sized contain-er. Cover the container with a lid or pierced cling film. Large containers are preferable to narrow and high ones.



# Vegetables

Fresh/frozen vegetables manual cooking charts - use HIGH power for 500 g  
(time in minutes)

Vegetables	Fresh	Frozen
Artichokes:		
- whole	9-11	-
- hearts	8-10	11 - 12
Asparagus*	5 - 6	10 - 11
Aubergines	7 - 8	-
Beetroot*	18 - 20	-
Chinese Leaves	4 - 6	12 - 13
Broccoli	7 - 8	9-10
Mushrooms	7 - 8	11 - 12
Carrot:		
- round slices	7 - 8	9-10
- strips	7 - 9	-
Fennel:		
- whole cut in half	8-10	-
- thin cut	12 - 15	-
Cabbage*	9-10	-
Brussels sprouts	8-10	10
Cauliflower	8-10	9-10
Boule celery	7 - 9	-
Celery*	12 - 14	-
Courgettes	5 - 7	10 - 12
Endives	10 - 12	16 - 17
Spinach:		
- Chopped	-	8-10
- leaves	6 - 7	8-10
Peas*	14 - 16	10
Mange-tout peas	7 - 9	-
Broad beans*	13 - 16	14 - 16
Thin sliced leeks	10 - 12	13 - 14
Green beans*	8-10	9-10
Dwarf beans	9-12	-
Mixed spring vegetables*	-	10
Corn on cob (2 cobs)*	8-10	12
Turnips	8-10	16 - 17

Vegetables	Fresh	Frozen
Onions	8-11	10 - 12
Parsnip	8 - 9	-
Sweet potato	10	-
Leek stalks	7 - 8	12 - 13
Squash	8-10	
Capsicums	10 - 12	10
Whole potatoes (<220 g)	10 - 12	-
Cut potatoes	8-12	-
Ratatouille	14 - 18	12 - 15
Salsify	10 - 14	12 - 15
Tomatoes*	4 - 5	-
Jerusalem artichokes*	7 - 9	-

\*We do not recommend cooking with the Auto menu for these vegetables.



A whole cauliflower must be cooked head down, on MEDIUM power power, for 12 to 15 mins. (according to size of cauliflower) with 10 tablespoons of water.



## Eggs & cheese

Eggs are delicate products which require special attention. This is because if they are placed straight into the oven, they explode because of the pressure created inside the shell. Being broken, the yolk also explodes if the film covering it is not pierced. So push the tip of a toothpick into the centre of the yolk; if the egg is fresh, it will not spill out. The yolk and the white react differently to the microwaves and unfortunately the yolk cooks more quickly. When eggs are beaten (omelette), the edges should be taken into the centre halfway through cooking time.

### Poached eggs

Heat 50 ml of water with salt and a dash of vinegar for 1 min on HIGH power. Break the egg into the boiling water and carefully pierce the yolk and the white with a toothpick; Cover and cook on MEDIUM power for 40 to 60 secs (depending on the size of the egg). Leave to stand for 1 minute, then drain and serve.

### Scrambled eggs

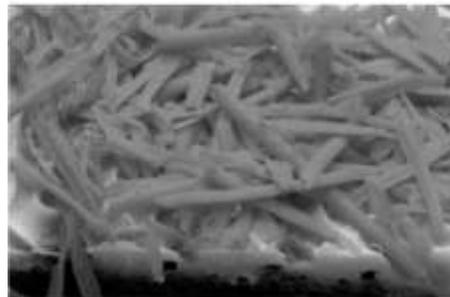
Mix 2 raw eggs in a bowl with a little cream or milk, a knob of butter, salt and pepper. Cover and cook for 40 secs on HIGH power. Remove and beat briskly with a fork. Resume cooking on HIGH power for a further 30 to 50 secs. The eggs should remain creamy.

### Oeufs cocotte

Break the egg into a buttered ramekin, season with salt and pepper, pierce the yolk and the white with a toothpick. Add the desired ingredients (cream, mushrooms, lumpfish roe, etc.). Cover and cook for 1 min 20 secs - 1 min 50 secs per egg at SIMMER power, depending on the size of the egg and the quantity of garnish.

### Cheeses

Cheeses react differently depending what type they are: the fattier they are the quicker they melt. If they are cooked for too long a time, they harden. When possible, it is preferable to add grated cheese at the last moment (for pasta, gratins, etc.).



# Dry starchy foods and vegetables

The cooking times for dried vegetables in the microwave are much the same as with traditional cooking. On the other hand, these foodstuffs heat up very quickly, without taking on a reheated flavour, so long as they are in a closed vessel, with butter or sauce mixed in.

For the cooking, use a big vessel (to avoid any overspill). Fully cover with water or stock. Leave to stand for at least 5 to 8 minutes after cooking.

## Rice, wheat, and quinoa

When the water comes to the boil, cook for about 20 minutes at SIMMER power for any quantity of rice and for 14-18 minutes at SIMMER power for wheat or quinoa. These cooking times do not apply to parboiled rice or wheat.

## Semolina

Semolina cooks perfectly in a microwave oven, with no risk of burning. Simply add a volume of water equal to that of the semolina, bring to the boil covered on HIGH power for 2 min 30 sec (for 200 g of medium-grain semolina with 0.2 l of water), then cook on SIMMER power for about 3 min while it swells.

## Pasta

Remember to salt the cooking water and stir once during cooking. When the liquid is bubbling, cook for 7 or 8 minutes on HIGH

power for 250 g of pasta (for 1 litre of water).

## Dried vegetables

Fully cover with water and leave to soak overnight. The next day, rinse and drain. Cover with water. Do not salt before cooking (this hardens the dried vegetables). Cook for 10 minutes on HIGH power then 15 to 30 minutes on SIMMER power. Monitor the cooking and add water if necessary: the dried vegetables must always be covered with liquid.

## Jacket potatoes

Varieties of potatoes vary in their suitability for cooking by microwave. The ideal size of potato to be cooked by microwave or Combination is 200 g - 250 g. Microwaving jacket potatoes is quicker than Combination, but will produce a soft result. Combination cooking will produce a drier, crisper texture. If you wish to further enhance the browning at the end of cooking, use the GRILL (see chart below).

Before cooking wash potatoes and prick skins several times. Spread around edge of the ceramic plate or directly on the rack for Combination cooking.

After cooking remove from oven and wrap in tin foil to retain the heat. Leave to stand for 5 mins.

## Jacket potatoes - Manual cooking chart

Quantity	Mins. on HIGH power	Mins. on Grill 1 + MEDIUM power on wire rack
1 pce (220 g)	5 - 7	8 - 9
2 pcs (approx. 500 g)	9-10	13 - 14
3 pcs (600 g to 700 g)	11-12	14 - 15

## Desserts - Pastries

Your oven offers several ways of baking cakes, depending on the desired result.

- Cooking using **microwaves** is perfect and quick for custards, flans, poached fruit and compotes as well as cakes containing raising agent which do not need to go golden on top (chocolate cake and sponge cake to be filled).
- **Combination cooking** allows you to bake crispy and golden cakes quickly, using mixture with raising agent or eggs.
- **Traditional cooking** (Oven heating) is essential for certain cakes and desserts: soufflé, savarin, choux pastry, biscuits, sweet nibbles, shortbread, puff pastry nibbles and tarts.

### Cooking with microwaves only:

Microwaves cook fruits, compotes, custard, confectioners custard and choux pastry quickly and perfectly. Furthermore, microwaves are excellent for cooking starchy puddings such as rice pudding, tapioca, semolina, without the risk of the mixture sticking to the bottom of the dish. Finally, when preparing traditionally cooked desserts, microwaves are very useful for melting butter, chocolate and jelly, as well as making caramel.

### Containers and accessories:

Place the container which is microwave safe directly on the ceramic plate. Preferably use round cake tins. Avoid using rectangular tins.

### Lid:

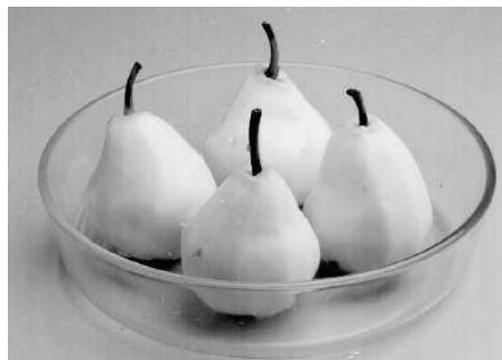
*cakes:* DO NOT cover. - Fruit : you can cover fruit compotes which do not contain much water and leave compotes which contain a lot of water uncovered.

### Fruit:

Allow 4 to 5 min at HIGH power, covered, to cook 4 medium peeled pears (remember to turn them half-way through cooking). Allow 4 to 5 min at HIGH power, covered, for 500 g of plums or pears cut into quarters with 5 tbsps of water (whole fruit will take a little longer to cook, depending on its size). For compotes, allow for 6 to 7 min at HIGH power for 500 g of peeled fruit cut into cubes. Do not add liquid. Cooking times will always vary depending on the ripeness of the fruit and the amount of sugar it contains. If you add dried fruit to cake mixture, always make sure the fruit is not at the top of the mixture as they will burn, due to the large amount of sugar they contain.

### Useful to know:

it is impossible to cook a soufflé in a microwave because it will collapse as soon as you take it out of the oven. Cakes made of choux pastry will not expand, because no crust will form to trap the air inside. However, ready-made cake-mixes cook very well in the microwave. The cake must be prepared following the instructions on the packet and cooked at MEDIUM power for 4 to 7 min in a dish which is microwave safe.



## Desserts - Pastries

### Manual Combination cooking:

This combines the effects of radiant heat which makes the cakes golden, and microwaves which cook the inside quickly and make the cakes rise. Allow for a cooking time of at least half or two-thirds of the cooking time for traditional cooking methods.

### Tins:

- 1) For flans, clafoutis, gratins, use dishes which are microwave safe and heat-resistant (Pyrex® or ovenproof porcelain) and preferably round (or Pyrex® baba cases) or oval.
- 2) For other cakes (sponge cake, yoghurt cake, kugelhupf, fruit cake) and tarts, use non-springform smooth metal tins, preferably round ones (unless using a loaf tin). Do not use thin aluminium tins (such as aluminium foil containers).
- 3) For tarts, it is important to only use smooth, non-springform metal tins (aluminium or non-stick), for the pastry base to be well cooked. In all cases DO NOT COVER.
- 4) For most desserts (except tarts), you can also use flexible silicone moulds when using microwaves, Combination cooking or Oven Heating.

### Accessories:

DO NOT USE THE ENAMEL SHELF for Combination cooking. Some gratin or flan recipes in Pyrex® or ovenproof porcelain dishes can be placed directly on the wire rack.

## General advice for cooking using microwaves and combination cooking:

Check the food as it cooks: when using microwaves only, a few minutes cooking is enough, and every extra minute may dry out the cake. If the cake goes hard once it has cooled it has been cooked for too long or at too high a temperature.

You can check the cake is cooked using the traditional method of inserting the tip of a knife in the middle (it should come out clean) or by checking if the edges of the cake come away from the tin easily.

Containers: if you use a container which is very different to that advised by the recipe (e.g. several ramekins rather than a round cake tin), the end result will be different. The same quantity will cook more quickly in several small tins than in one single tin. Line the tins with grease-proof paper so you can remove them more easily.

Storing cakes: once the cake is cool, remember to wrap it in cling film or aluminium foil to keep it soft.

## Traditional cooking using Oven heating

Essential for cooking patisseries such as savarins, choux pastry, biscuits, soufflés, meringues etc. But you can also use it for cooking all cakes and tarts which you do not want to cook using combination cooking.

### Accessories & containers:

For oven cooking, place cakes, tarts, gratins and other sweet items directly on the enamel shelf in the lower shelf position. To cook pastry bases well, use metal tins and an oven preheated to OVEN 220° C, lowering the temperature after putting the tart in the oven.

### Containers:

You can use any heat-resistant container (metal, silicone, Pyrex® or ovenproof porcelain).

## Common queries answered

Problem	Cause	Solution
Food cools quickly after being MICROWAVED.	Food not cooked through.	Put back in oven for extra time. Remember foods at fridge temperature require more cooking time than food at room temperature.
Rice pudding or casserole boils over during cooking by MICROWAVE.	Container too small.	For liquid foods, use container twice the volume of food.
Food cooks too slowly when cooked by MICROWAVE.	Oven not receiving correct power.	Oven should be on an independent outlet.
	Food temperature from fridge colder than room temperature.	Extra time required for cooking colder foods.
Meat is tough when cooked by MICROWAVE or combination	Power setting too high.	Use reduced power level for meats.
	Meat salted before cooking.	Do not salt before cooking. Add salt if necessary, after cooking.
Cake remains uncooked in centre when cooked by MICROWAVE.	Too short a cooking and/or standing time.	Add extra cooking time/standing time.
Scrambled or poached eggs tough and rubbery when cooked by MICROWAVE.	Cooking time too long.	Take care when cooking small quantities of eggs, once spoiled they cannot be saved.
Quiche/Egg Custards are tough and rubbery when cooked by MICROWAVE.	Power level too high.	Use reduced power levels for these items.
Quiche/Egg Custards are tough and rubbery when cooked by Combination.	Cooked too long. Dish size larger than stated in recipe.	Always check progress of food as it cooks.
Cheese sauce is tough and stringy when cooked by MICROWAVE	Cheese cooked with sauce	Add cheese at the end of cooking time. The heat of the sauce will melt the cheese.

## Common queries answered

Problem	Cause	Solution
Vegetables are dry when cooked by MICROWAVE.	Cooked uncovered.	Cover with a lid or cling film.
	Low moisture content, e.g. old root vegetables.	Add extra 2-4 tbsp. of water.
	Salt added before cooking.	Salt after cooking if necessary.
Condensation appears in the oven.	This is normal and means the food is cooking faster then the moisture can be expelled from the oven.	Wipe off with a soft cloth.
Warm air is felt coming from the door seal area.	The oven door is not an air-tight seal.	This is normal and does not indicate any microwave leakage.
Blue sparks or arcing is seen when using the metal utensils.	Using metal accessories on MICROWAVE only is incorrect. If using a Combination Program check accessories for any damage.	Stop the oven IMMEDIATELY. Do not use metal utensils on MICROWAVE only.
The GRILL periodically turns off during GRILLING or Combination.	During cooking the GRILL will cycle on and off so that the food does not burn before it is cooked through in the centre.	This is normal.





## ingredients

### **SERVES 4**

300 g split peas,  
1 leek, thinly sliced,  
1 carrot, thinly sliced,  
1 onion, chopped,  
50 g butter,  
50 g smoked bacon, diced,  
2 garlic cloves,  
1 bouquet garni,  
3 tbsp cream,  
salt & pepper.

**Dish: 1 Casserole  
dish, 3 litres capacity**

## ingredients

### **SERVES 6**

100 g back,  
smoked bacon,  
1 roll of pastry (approx. 300 g)  
100 g gruyère, grated  
130 ml milk,  
salt and pepper,  
3 eggs,  
150 ml cream,  
grated nutmeg,

**Dish: 25 cm flan dish**

## ingredients

### **SERVES 4-6**

2 streaky bacon rashers  
25 g grated cheese  
3 ml (½ tsp) French mustard  
50 g fresh breadcrumbs  
1 egg  
60 ml (4 tbsp) milk  
15 ml (1 tbsp) fresh parsley,  
chopped  
salt & pepper,  
275 g flat mushrooms,  
approx 2.5 cm in diameter,  
stalks removed  
2 thin slices of cheddar  
cheese  
1 tomato, thinly sliced.

**Dish: microwave rack or dinner  
plater and 1 large dinner plate**

## St Germain Soup approx 46 min

Wash the split peas in water and drain. Place in the casserole dish and cover with hot water. Cook on HIGH power for 4-6 mins or until boiling. Drain. Cook the leek, carrot and onion in butter for 4-6 min on HIGH power, covered. Add the split peas and the smoked bacon. Cover with 700 ml of hot water, add the garlic and the bouquet garni. Cover and cook for 7-9 mins on HIGH power, then 22-25 mins on SIMMER power, stirring several times during cooking and ensuring that the split peas are always covered by water. When the split peas mash well, remove the bouquet garni and liquidise in a blender. Adjust the seasoning and add the cream. Serve with croutons.

## Quiche Lorraine approx 46 min

Cut the bacon into small pieces. Heat in a covered container at HIGH power for 1 minute. Drain. Line the flan dish with the pastry. Pre-heat the oven with the enamel tray in the lower shelf position OVEN 210°C. Cook for 15-20 mins on OVEN 210°C. Arrange the bacon and the grated gruyère cheese on the rolled out pastry. Mix the milk seasoned with salt and pepper, the eggs, cream and grated nutmeg with an electric whisk. Pour into the flan dish with the pastry. Cook for 25 minutes on OVEN 210°C.

## Stuffed mushrooms approx 6 min

Cook bacon rashers on a microwave rack or a dinner plate on HIGH power for 1-2 mins. or until crisping and brown. When cool, chop into small pieces. In a small bowl, mix together grated cheese, bacon, mustard and breadcrumbs. Add beaten egg, milk, parsley and seasoning and mix until well combined. Fill mushroom cavities with mixture. Cut cheese slices into 1 cm squares and place on top of filling. Cut tomato slices into segments and place one segment on top of each mushroom. Place mushrooms in a circle on a plate and cook on the ceramic plate on HIGH power for 4 mins. or until cheese starts to melt and mushrooms are just cooked.



## Pesto bread approx 4 min

Cut bread into 1.5 cm slices diagonally, leaving bottom crust uncut. Soften butter in a small bowl on HIGH power for 10-20 secs. Mix butter and Pesto sauce together until well blended. Spread each side of cut bread slices with butter mixture. Place on wire rack and cook on COMBINATION SIMMER power + Grill 1 for 3 mins. or until crispy. Cut through base crust of each slice before serving.

## Onion & Feta tarts approx 29 min

Roll out the puff pastry and cut out 6 circles, each about 10 cm diameter. Refrigerate the pastry for 30 min. Put the onion and oil in a glass dish. Cover and cook for 3-4 minutes on HIGH power. Pre-heat on OVEN 220 °C. Add the pine nuts, cheese, olives, sun-dried tomatoes and capers to the onions. Season. Place 6 pastry circles on the enamel shelf and prick them with a fork. Divide the mixture between the six pastry circles. Cook the tartlets on OVEN 220 °C for 20-25 mins. or until golden.

## Roasted garlic mushrooms approx 20 min

Preheat on OVEN 200°C. Arrange the mushrooms on enamel shelf with the stalk side facing upwards. Mix together the butter, garlic, thyme, lemon juice and seasoning. Spoon a little garlic butter on to each mushroom. Place the enamel shelf in the lower shelf position and cook on OVEN 200°C for 15 - 20 mins or until the mushrooms are tender.

## ingredients

### SERVES 6

1 Baton loaf  
50 g butter  
5 ml (1 tsp) Pesto sauce  
15 ml (1 tbsp) fresh chopped parsley

*Dish: small bowl*

## ingredients

### SERVES 6

250 g of puff pastry  
30 ml olive oil  
150 g peeled and sliced onions  
25 g pine nuts  
75 g feta-type cheese in small pieces  
25 g black olives, stoned and chopped  
25 g sun-dried tomatoes (in oil or rehydrated), roughly chopped  
10 g capers  
Salt and freshly-ground pepper  
Fresh oregano to garnish

*Dish: glass dish*

## ingredients

### SERVES 4

16 even-sized open cup mushrooms, stalks removed  
75 g unsalted butter, softened  
3 cloves garlic, very finely chopped,  
2 tbsp fresh thyme, chopped  
½ tsp lemon juice salt & ground pepper

*Dish: small bowl*



## ingredients

### **MAKES 40-45**

115 g plain flour,  
 115 g chilled butter, diced,  
 115 g mature cheddar,  
 finely grated,  
 50 g can anchovy fillets in oil,  
 drained and roughly  
 chopped, 50 g pitted black  
 olives roughly chopped,  
 ½ tsp cayenne pepper  
 salt

## Olive & anchovy bites approx 10 min

Place the flour, butter, cheese, anchovies, olives and cayenne pepper in a food processor and pulse until mixture forms a firm dough. Cover the dough. Chill for 20 minutes. Preheat on OVEN 200°C. Roll out the dough thinly on a lightly floured surface. Divide the dough in two. Cut the dough into 5 cm wide strips, then cut across each strip in alternate directions to make triangles. Transfer on to enamel shelf, cook in the lower shelf position on OVEN 200°C for 8 - 10 minutes until golden. Repeat with another portion of dough. Cool on a wire rack. Sprinkle with sea salt.

## ingredients

### **SERVES 4**

1 medium onion, coarsely  
 chopped,  
 1 tbsp (15 ml) olive oil,  
 2 cloves garlic, crushed,  
 700 g sweet potatoes,  
 peeled and chopped,  
 1 large red pepper,  
 deseeded and chopped,  
 700 ml vegetable stock,  
 150 ml coconut milk,  
 salt,  
 pepper.

**Dish: 1 bowl, 3 litres  
 capacity**

## Sweet potato soup approx 30 min

Place the onion, oil and garlic into a large bowl and cover. Place on ceramic plate and cook on HIGH power for 2 mins. Add the potato and pepper. Cover and cook on HIGH power for 5 mins. Add stock, cover and cook on MEDIUM power for 20 mins, or until the potatoes are soft, stirring halfway. Allow to cool slightly. Place in liquidiser and puree until smooth. Stir in the coconut milk and season to taste. Heat on MEDIUM power for 3 mins, or until piping hot.



## Meatball kebabs with mustard sauce

approx 30 min

Soak four bamboo skewers in warm water for 20 mins. In a large bowl, blend together all meatball ingredients by hand until mixed together well. Again, by hand, mould the mixture into 2.5 cm balls. Whisk together all the sauce ingredients in a separate bowl until brown sugar has dissolved. Cut the squash into 1.25 cm pieces. Cut the pepper into 2.5 cm pieces. Thread meatballs alternately with assorted cut vegetables and tomatoes onto each skewer. Brush kebabs all over with the sauce and place onto the wire rack making sure they are evenly spaced out. Place a large Pyrex® shallow dish underneath the rack and cook on Combination Grill 1 + SIMMER power for 30 mins turning the kebabs every 10 mins.

## ingredients

### SERVES 4

**Meatballs:**  
200 g minced chicken or turkey  
200 g minced pork  
140 g fine fresh breadcrumbs  
½ onion, finely chopped  
¼ tsp. ground allspice  
½ tsp. salt  
freshly ground black pepper to taste

**Mustard Sauce:**  
50 g Dijon mustard  
50 g brown sugar  
1 ½ tbsp. cider vinegar  
1 ½ tbsp. vegetable oil  
1 tbsp. Fresh parsley, finely chopped

**For the Kebab Skewers:**  
100 g butternut squash  
1 yellow bell pepper  
100 g vine-ripened cherry tomatoes

**Dish: Small glass bowl**

## Tomato and Red Pepper Soup

approx 11 min

Skin the tomatoes by plunging them in boiling water for 30 seconds. Chop the flesh and reserve any juice. Place half the oil in a bowl with the onion and cover with pierced cling film. Cook on HIGH power for 2 minutes, stirring once. Add the peppers and remaining oil, mixing well. Cover and cook on HIGH power for 5 minutes, stirring halfway through cooking. Stir in the chopped tomatoes, tomato purée, seasoning, sugar and a few tablespoons of stock. Cover and cook on HIGH power for 4 minutes, stirring halfway through cooking, until the vegetables are tender. Stir in the rest of the stock and purée in a blender or food processor until smooth. Strain the soup to remove the skins and season to taste. Pour into bowls, swirl in the soured cream, if desired, and garnish with dill..

## ingredients

### SERVES 4

5 large tomatoes  
30 ml (2tbsp) olive oil  
1 onion, chopped  
450 g (1 lb) red or orange peppers, thinly sliced  
30 ml (2 tbsp) tomato purée  
Pinch of sugar  
475 ml vegetable stock  
60 ml (4 tbsp) soured cream (optional)  
Salt and ground black pepper  
Chopped fresh dill, to garnish

**Dish: large Pyrex® bowl**



## ingredients

### **SERVES 4 - 5**

800 g chicken fillets,  
2 shallots, 40 g butter,  
1 glass of white wine  
or cider,  
salt and pepper,  
4 large apples,  
4 tbsp double cream,  
sauce thickener,  
2 tbsp Calvados.

**Dish: 1 Pyrex® dish  
(25 cm diameter)**

## ingredients

### **SERVES 4**

2 aubergines,  
1 onion,  
olive oil,  
1 garlic clove,  
400 g leftover cooked lamb,  
minced  
1 tsp thyme,  
1 tbsp fresh parsley,  
1 jar of tomato passata  
(400 g),  
salt and pepper,  
100 g mozzarella,

**Dish: 1 Pyrex® dish  
(26 cm diameter)  
+ 1 mixing bowl.**

## ingredients

### **SERVES 4**

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 puree  
15 ml (1 tbsp) sherry  
juice from can of pineapple  
below  
seasoning to taste  
450 g pork fillet,  
diced ½ green pepper, chopped  
225 g can pineapple chunks

**Dish: medium casserole**

## Normandy Style Chicken approx 20 min

Cut the chicken fillets into pieces. Sweat the chopped shallots in butter, covered, for 2 mins on HIGH power. Add the chicken pieces, the white wine or cider, salt, pepper and the apples, peeled, deseeded and cubed. Cover and cook on HIGH power for 12-14 min, stirring halfway through cooking time. Drain the chicken pieces and keep them to one side, covered in aluminium foil. Add the cream and the sauce thickener with Calvados in the dish and cook, uncovered, a further 3-4 mins on HIGH power. Season to taste and put the chicken pieces back into the sauce.

## Quick Moussaka approx 30 min

Cut the aubergines lengthways into fairly thin slices. Spread some of the slices out on flan dish; Cover with cling film and cook for approx. 8 min on HIGH power; the slices should give when pressed. Drain and set aside. Cook the chopped onion in the bowl with 3 tbsp olive oil for 2 min 30 s on HIGH power. Add the garlic and minced lamb as well as thyme, chopped parsley and passata. Check the seasoning. In the dish, alternate layers of seasoned aubergines and the mince and sauce mixture. Finish with a layer of aubergines and pour 2 tbsp olive oil on top, before covering the whole dish with mozzarella slices. Place on the ceramic plate and cook approx. 20 mins on COMBINATION Grill 1 + MEDIUM power.

## Sweet & Sour pork approx 15 min

Mix all sauce ingredients together. Layer pork, pepper and pineapple in casserole. Pour over sauce, cover and cook on MEDIUM power for 15 mins. or until meat is tender, stirring occasionally.



## Layered chicken approx 50 min

Slice the chicken breasts into strips and place between plastic film and flatten using a rolling pin. Put chicken in a shallow dish with lemon juice, thyme, olive oil and seasoning. Allow to marinate for a couple of hours in the fridge. Pre-heat on OVEN 200°C with enamel shelf in the lower position. Carefully remove the enamel shelf from the oven using oven gloves. Spread the chicken out on the enamel shelf and put back in the oven. Cook on OVEN 200°C for 10-15 mins. or until cooked through, turning halfway. Remove chicken from the shelf and allow to cool slightly. Wash enamel shelf. Roll out pastry to a 25 x 25 cm square. Place ½ of the peppers on the centre third of the pastry. Cover with ½ of the peppers, then all of the brie followed by the rest of the peppers and finally the remain-ing chicken. Brush the edges of the pastry with beaten egg and draw up the two longer sides together over the filling and press the edges firmly together to seal. Flute the edges. Pre-heat the oven empty on OVEN 200°C. Transfer the pastry onto the enamel shelf and brush with beaten egg. Sprinkle with parmesan cheese. Cook on OVEN 200°C for 30- 35 mins until the pastry is crisp and golden.

## ingredients

### **SERVES 4**

3 boneless and skinless chicken breasts  
 1 tbsp lemon juice  
 1 tsp fresh thyme  
 ½ tbsp olive oil  
 salt and pepper  
 400 g ready made puff pastry  
 125 g jar of red peppers, drained  
 1 egg, beaten to glaze  
 2 tbsp freshly grated parmesan

**Dish: shallow dish**

## Hungarian goulash approx 50 min

Toss meat in the flour. Combine all ingredients except the soured cream in casserole dish. Cover, place on ceramic plate and cook on LOW power for 40 - 50 minutes or until the meat is tender. Remove from oven immediately stir in the soured cream.

## ingredients

### **SERVES 4**

700 g braising steak, cubed,  
 50 g seasoned flour  
 1 large onion,  
 1 red pepper, deseeded and chopped,  
 400 g canned, chopped tomatoes,  
 175 g mushrooms,  
 600 ml hot beef stock,  
 45 ml (3 tbsp) tomato puree,  
 30 ml (2 tbsp) paprika,  
 5 ml (1 tsp) sugar,  
 60 ml (4 tbsp) soured cream,

**Dish: large casserole dish with lid.**



## ingredients

### **SERVES 4**

700 g lamb fillet, cut into chunks,  
2 onions, chopped  
1 red chili,  
2 cloves garlic, crushed,  
1 sprig rosemary,  
275 ml white wine,  
400 g can chopped tomatoes,  
45 ml (3 tbsp) sliced black olives,  
100 g linguine, broken into small pieces,  
150 g feta cheese cubed,  
15 g fresh mint chopped,

**Dish: 3 litre casserole dish with lid**

## ingredients

### **SERVES 4**

Meat Sauce  
1 onion, chopped  
1 clove garlic, crushed  
5 ml (1tsp) oil  
400 g can chopped tomatoes  
150 ml red wine  
30 ml (2 tbsp) tomato puree  
5 ml (1 tsp) mixed herbs  
500 g mince  
salt and pepper  
Lasagne  
1 quantity of White Pouring  
White Sauce (see pg EN 50)  
100 g grated cheese  
5ml mustard  
salt & pepper  
250 g fresh lasagne  
50 g (2oz) Parmesan cheese, grated

**Dish: 1.5 litre (3pt) casserole dish with lid, large rectangular dish**

## Greek lamb stew approx 60 min

Place the lamb and onion in casserole dish and cover. Place on ceramic plate and cook on MEDIUM power for 10 mins. Split the chili along its length leaving the top intact, (remove seeds) - this adds flavour to the stew without too much heat. Stir the chili, garlic, rosemary, wine and tomatoes into the lamb, with the lid on. Cook on LOW power for 40 mins stirring halfway. Stir in the black olives and linguine and continue to cook on LOW power for a further 10 mins or until the linguine is cooked. Remove the chili and rosemary, and discard. Stir in feta cheese and mint before serving.

## Lasagne approx 45 min

Place onion, garlic and oil in casserole. Place on base of oven and cook on MEDIUM power for 3 mins. Place all other meat sauce ingredients in casserole. Stir well. Cover, cook on HIGH power for 10 mins. Then MEDIUM power for 15-20 mins or until cooked. Add mustard and grated cheese to white sauce and cover the base of the dish with a layer of white sauce, then a layer of lasagne, then a layer of hot meat mixture. Continue with a layer of lasagne then meat, ending with a layer of white sauce. Sprinkle parmesan cheese over the top. Place on the ceramic plate and cook on LOW power + Grill 1 for 10 mins. Then Grill 1 for 3-5 mins or until golden brown.



Me  
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## Mini boeuf en croute approx 50 min

Soak porcini mushrooms in boiling water for 20 mins. Drain and finely chop. Put the butter, all the mushrooms and onions in a bowl and cover. Place on the ceramic plate and cook on HIGH power for 3 mins. Add wine to the mushroom mixture and cook on HIGH power for 7-8 mins. Preheat on OVEN 220°C. Place the fillets on the enamel shelf and cook on OVEN 200°C for 10-15 min. Allow to cool. Cut the pastry into 4 pieces and roll each piece out of a 15 cm x 15 cm square and brush with beaten egg. Place a ¼ of the mushroom mixture into the centre of each pastry square and place a fillet on top. Season. Bring the corners of the pastry to the centre and place on greased enamel shelf. Brush with beaten egg. Cook on OVEN 220°C for 15-20 mins for medium and 25-30 mins for well done.

## ingredients

### SERVES 4

15 g dried porcini mushrooms,  
15 g butter,  
225 g mushrooms,  
1 large onion, peeled and finely chopped,  
150 ml (¼ pt) red wine,  
4 fillet steaks, roughly 150 g,  
375 g puff pastry,  
1 large egg, beaten,  
salt & pepper,

**Dish: large bowl, greased enamel shelf**

## Pork with Lentils approx 1 hr 10 min

Whiten the lentils: cover in cold water, bring to the boil on HIGH power for 7-8 mins, drain and allow to cool. Place in the dish with the chopped onion, the diced smoked bacon, a pinch of thyme and the stock cube. Cover with water. Cook on HIGH power, covered, for 12 mins then 40-50 mins on SIMMER power (programme the two cooking times). 20 mins before the end of the cooking add the smoked sausages. Adjust seasoning before serving.

## ingredients

### SERVES 4

250 g brown lentils  
1 large onion, chopped  
4 slices smoked bacon, diced  
thyme, pinch  
1 stock cube  
4 smoked sausages salt  
Freshly ground black pepper

**Dish: 2 litre casserole**



## ingredients

### **SERVES 6**

700 g - 800 g of frozen mix  
of Mediterranean vegetables  
or Ratatouille,  
5 tbsp couscous medium,  
5 eggs,  
1 tbsp cream,  
150 g Spanish chorizo,  
70 g grated emmental,  
salt and pepper.

**1 Pyrex® dish**  
(22 cm diameter)  
+ 1 large mixing bowl.

## Ratatouille Flan approx 23 min

Cook the frozen Ratatouille Mix with the couscous, covered in the Pyrex® dish for 11 to 12 mins. on HIGH power. Whisk the eggs with cream in the bowl. Add the diced chorizo, with grated cheese and cooked vegetable mixture. Mix thoroughly, season to taste and pour in the Pyrex® dish. Place on ceramic plate and cook 10 to 12 mins on COMBINATION Grill 1 + MEDIUM power. Serve warm or cold.

## ingredients

### **SERVES 4**

40 g dried Porcini  
mushrooms,  
1 onion,  
50 g butter,  
250 g Arborio rice,  
1 garlic clove,  
500 ml hot water with 1  
vegetable stock cube added,  
basil leaves, chopped,  
30 g parmesan.

**Dish: 1 casserole (3 litres)**  
+ 1 small bowl.

## Porcini Mushrooms Risotto approx 25 min

Soak the mushrooms for at least 2 hours with 400 ml warm water (preferably overnight); cook the chopped onion with butter in the bowl, covered on HIGH power for 2 mins. 30 s. Mix in the casserole with rice. Cover and cook on HIGH power 1 minute. Add peeled and crushed garlic, half the vegetable stock and half the mushrooms' soaking water. Cover and cook 4-5 min on HIGH power and 15 min on SIMMER power, adding the remaining stock and mushrooms' soaking water halfway through cooking time. Add the chopped mushrooms and basil leaves 3 minutes before the end, adding a few spoonfuls of hot water if needed. Add parmesan. Season to taste and leave the risotto to stand, covered, for 8 min before stirring with a fork.

## ingredients

### **SERVES 6-8**

300 g quinoa,  
2 courgettes,  
300 g frozen peas,  
1 bunch of mint,  
100 ml olive oil,  
juice of 2 lemons,  
salt, pepper.

**Dish: 1 large bowl + 1  
medium bowl**

## Quinoa tabbouleh with mint approx 28 min

To be prepared the day before it is eaten. Weigh out the quinoa in a large bowl and cook it with twice the volume of salted hot water, firstly for 5 minutes on HIGH power then on SIMMER power for approx. 10-15 minutes. Drain and leave to cool. Meanwhile chop the courgettes finely. Cover the chopped courgettes and frozen peas with water in a bowl and blanch on HIGH power for approx. 6 to 8 minutes. Drain well and leave to cool. Remove the mint leaves from the stalk and mix with the olive oil and lemon juice. Add this mixture to the quinoa, courgette and pea mixture. Check the seasoning and leave to rest for several hours before serving.



## Stuffed Courgettes approx 35 min

Preheat on OVEN 200°C. Place the courgettes in a single layer in the Pyrex® dish, close together, cut side up. Lightly brush with olive oil. Place on the Wire Rack in the lower shelf position and bake for 20 minutes. For the stuffing mix all the ingredients together in a bowl. Sprinkle the mixture on the top of the courgettes and drizzle the remaining olive oil over. Return to the oven and bake for 10-15 min on OVEN 200°C.

## ingredients

### **SERVES 4**

2 courgettes, halved lengthways  
2 tsp extra virgin olive oil  
For the stuffing:  
30 g dried white breadcrumbs  
20 g pine nuts  
3 spring onions, trimmed and finely sliced  
1 garlic clove, crushed  
1 tsp dried thyme leaves  
20 g Parmesan, finely grated

*Dish: shallow Pyrex® dish*

## Patatas bravas approx 55 min

Preheat on OVEN 220°C. Peel the potatoes and cut into 2 cm cubes. Pour the olive oil on the enamel shelf. Place the potatoes on the enamel shelf and coat them with the olive oil. Season with the salt and freshly ground black pepper. Cook on OVEN 220°C for 15-25 minutes until they begin to turn golden brown. Add the tomatoes, chilli and garlic and stir well. Cook for another 25-35 minutes until the potatoes are soft on the inside and are crisp on the outside. Add parsley and serve.

## ingredients

### **SERVES 4**

600 g potatoes  
2 tbsp (30 ml) olive oil  
salt and freshly ground black pepper  
2 x 410 g tins chopped tomatoes  
3 red chillies, de-seeded & finely chopped  
4 cloves garlic, crushed  
chopped parsley, to serve,

## Halloumi stuffed peppers approx 40 min

Preheat on OVEN 200°C. Cut the peppers in half through the stalks and scoop out the seeds. Put the peppers in a single layer on enamel shelf. Drain the mushrooms, reserving the oil from the jar - drizzle two tablespoons of the oil over the peppers, then sprinkle with salt and pepper. Cook on OVEN 200°C for 15-20 minutes, until the peppers are just tender. Tip the couscous into a bowl and pour in the hot stock. Leave for 5 minutes to soak, then fluff up with a fork and stir in the mushrooms, halloumi and parsley. Season with salt and pepper and spoon into the pepper halves. Return to the Oven and cook on OVEN 200°C for 15 to 20 mins, until the cheese is golden.

## ingredients

### **SERVES 4**

4 large red peppers,  
120 g jar antipasti marinated mushrooms, salt & pepper,  
50 g couscous,  
100 ml hot vegetable stock,  
250 g halloumi cheese, cut into cubes,  
2 tsp chopped fresh parsley,  
mixed salad leaves and garlic bread to serve

*Dish: 1 medium bowl*



## ingredients

### **SERVES 4**

225 g bag spinach leaves,  
200 g jar sundried tomatoes  
in oil,  
100 g feta cheese, cubed,  
2 eggs, beaten,  
250 g pack filo pastry,

**Dish: 3 litre bowl, 22 cm  
loose bottomed cake tin**

## Greek pie approx 35 min

Place spinach into a large bowl, place on the ceramic plate, cover and cook on HIGH power for 4-5 mins or until wilted. Leave to cool slightly then squeeze out any excess water and roughly chop. Pre-heat on OVEN 180°C with enamel shelf in lower shelf position. Drain tomatoes, reserving the oil. Roughly chop the tomatoes and put into a bowl along with the spinach, feta and eggs. Mix well. Take a sheet of pastry and brush liberally with some of the sundried tomato oil. Drape oil-side down into the cake tin so that some of the pastry hangs over the side. Brush-oil on another piece of pastry and place in the tin, just a little further round. Keep placing the pastry pieces in the tin until the pastry is all used, then spoon over the filling. Pull the sides into the middle, scrunch up and make sure the filling is covered. Brush with a little more oil. Place the tin on the enamel shelf and cook on OVEN 180°C for 30 mins until the pastry is crispy and golden brown. Remove from the tin. Slice into wedges.

## ingredients

### **SERVES 4-6**

2 onions, chopped,  
2 cloves garlic, crushed,  
30 ml (2 tbsp) oil,  
2 deseeded red peppers,  
chopped,  
400 g canned tomatoes,  
15 ml (1 tbsp) tomato puree,  
salt and pepper,  
450 g spinach,  
450 g fresh ricotta cheese,  
6 sheets lasagne,  
300 ml natural yoghurt,  
parmesan cheese

**Dish: 2 large bowls, large  
shallow dish.**

## Spinach & ricotta lasagne approx 45 min

Place one of the onions and one of the cloves of garlic in a bowl with 1 tbsp oil, cover and cook for 2-3 mins on HIGH power or until soft. Add the red peppers, tomatoes and tomato puree, season and cook on HIGH power for 5-6 mins. In another bowl, place the second onion and garlic clove with 1 tbsp oil. Cook on HIGH power for 2-3 mins until soft. Add the spinach and stir well. Cook on HIGH power for 2-3 mins or until cooked. Drain. Place a layer of spinach in the shallow dish. Top with ricotta cheese, then lasagne followed by the tomato sauce and a further layer of pasta. Spoon yoghurt onto the top and sprinkle with parmesan cheese. Place the dish on the ceramic plate and cook on COMBINATION, G1 + LOW power for 10-15 mins then G1 for 3-5 mins, or until golden and piping hot.



## Bean Enchiladas approx 37 min

Cook the onion and carrots with the olive oil in the covered Pyrex® casserole dish on HIGH power for 5-6 minutes. Stir halfway through cooking. Stir in the chilli powder and ground cumin. Cook on HIGH power for 1 minute. Stir in the tomatoes and beans. Cover and bring to the boil on HIGH power for 8-10 minutes then cook on SIMMER power for 10 minutes, stirring occasionally. Spread a thin layer of the mixture over the base of the square Pyrex® dish. Fill each tortilla with a few tbsp of the mixture, fold over the ends and roll up to seal. Place into the dish seal side down. Cover with the remaining mixture. Mix the yoghurt and grated cheese together and spoon evenly over the dish. Place on enamel shelf in the lower shelf position and brown on Grill 1 for 9-10 minutes.

## ingredients

### SERVES 4

1 onion, chopped  
260 g carrots, grated  
1 tbsp olive oil  
2 tsp mild chilli powder  
1 tsp ground cumin  
1 x 400 g tinned chopped tomatoes  
1 x 400 g baked beans  
1 x 400 g mixed beans, rinsed and drained  
6 small tortillas  
200 g low fat natural yoghurt  
50 g hard cheese, grated

**Dish: Large Pyrex® casserole dish & 22 x 22 cm square Pyrex dish**

## Tagliatelle Toscana approx 26 min

Cook the pasta in 600 ml boiling water, covered, on HIGH power for 4 mins. or until tender. Drain. 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, tagliatelle and parmesan cheese, cover and cook on HIGH power for 6-8 mins. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top. Sprinkle with parmesan and cook on the ceramic plate on COMBINATION + Grill 1 + MEDIUM power for 10-12 mins. or until golden brown and piping hot.

## ingredients

### SERVES 4

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

**Dish: Deep casserole dish**



## ingredients

### **SERVES 4 - 5**

1 onion,  
1 red pepper,  
200 ml coconut milk,  
1 tomato,  
1 tbsp curry paste,  
juice of ½ lemon,  
600 g coley or pollock,  
salt and pepper.

**Dish: 1 Pyrex® dish  
(22 cm diameter)**

## ingredients

### **SERVES 4**

500 g frozen mixed seafood,  
3 shallots,  
1 carrot,  
150 g mushrooms,  
30 g butter,  
3 tbsp flour,  
250 ml milk,  
1 tbsp fruity white wine,  
1 tbsp chopped dill,  
salt and pepper.  
30 g grated emmental,

**Dish: 1 bowl + 1 small  
shallow dish  
(24 cm diameter)**

## ingredients

### **SERVES 4**

2 shallots,  
1 red pepper,  
2 tbsp olive oil,  
juice of ½ lemon,  
½ glass of white wine,  
600 g Tilapia or Nile Perch fillets,  
a few threads of saffron,  
100 ml single cream,

**Dish: 1 Pyrex® dish  
(27 cm diameter) + 1 bowl**

## Coconut fish curry approx 28 min

Sweat the chopped onion with the cubed pepper in the dish, covered, for 4-5 mins on HIGH power. Add the coconut milk, the peeled and chopped tomato, the curry paste and lemon juice; Cook on HIGH power for 3 mins. before adding the fish cut into cubes. Cover and cook on HIGH power for 6 -7 mins, stirring halfway through cooking time. Season to taste before serving. If you use 4 frozen fish fillets, cook approx. 13 mins. on HIGH power, turning halfway through cooking time.

## Seafood bake approx 25 min

Defrost the seafood for approx. 6 min on MEDIUM power, stirring several times. Drain and keep the liquid, adding 250 ml milk to it. Chop the shallots, the carrot and the mushrooms and cook this mixture in a bowl, covered, with 30 g of butter for 4 mins on HIGH power. Add 3 tbsp of flour, stir and cook again for 1 min on HIGH power then add the milk and juice from the seafood. Cook this sauce for 5-6 min on HIGH power, stirring halfway (if the sauce isn't thick enough, you can add some sauce thickener mixed with white wine). Add 1 tbsp wine and the dill, check the seasoning once you've added the seafood. Pour into the baking dish. Sprinkle with grated cheese, place on wire rack and cook 6 mins. on COMBINATION Grill 1 + MEDIUM power then 4-5 mins. on Grill 1.

## Tilapia with saffron approx 20 min

Cook the chopped shallots and pepper in a bowl with olive oil, covered, on HIGH power for 4 mins. Spread out a bed of pepper and shallots in the dish and place the 4 fillets on this, then pour over the lemon juice and white wine. Cover with cling film and cook for 8 to 10 mins on MEDIUM power, (if you use frozen fillets, cook for 11-12 mins on HIGH power). Remove the fish pieces and set aside. Add the saffron and cream to the dish and reduce by cooking, uncovered, for 3-4 mins on HIGH power. Check the seasoning before returning the fish to the sauce and serving with rice or baked fennel.



## Salmon and filo parcels approx 20 min

Combine salmon and prawns. Sprinkle with lemon juice and sea-salt to taste. Pre-heat on OVEN 190°C. Cut the filo pastry into 16 squares measuring 18cm. Brush 2 squares with the melted butter, covering the remaining squares with a damp tea towel. Place ¼ of the salmon & prawn mixture in the middle of one buttered filo square. Fold 2 sides of the filo to form a rectangle. Fold the open ends over the filling. Place this parcel on the second buttered square and draw up the edges and seal the parcel. Repeat steps

4-7 three more times, to make 4 parcels. Place parcels on greased enamel shelf and brush them with melted butter. Place enamel shelf on the lower shelf position in the oven. Cook on OVEN 190°C for 15-20 mins until crisp and golden.

## ingredients

### **SERVES 4**

250 g tail end of salmon, boned, skinned, and cut into bite-sized pieces. 125 g cooked peeled prawns juice of ½ lemon salt & black pepper 125 g filo pastry 50 g butter, melted

## Moules marinière approx 14 min

Wash the mussels under plenty of cold, running water. Discard any open ones that won't close when lightly squeezed. Pull out the tough, fibrous beards protruding from between the tightly closed shells and then knock off any barnacles with a large knife. Give the mussels another quick rinse to remove any little pieces of shell. Place the garlic, shallots, butter and bouquet garni, in a bowl big enough to take all the mussels - it should only be half full and cook on HIGH power for 3 mins. Add the mussels and wine, cover and steam them open in their own juices on HIGH power for 5-10 mins. Give the bowl a good shake every now and then, until the shells are open. Remove the bouquet garni, add the cream and chopped parsley and cook on HIGH power for 1 min.

## ingredients

### **SERVES 4**

1.75 kg mussels, 1 garlic clove, finely chopped, 2 shallots, finely chopped, 15 g butter, a bouquet garni of parsley, thyme and bay leaves, 100 ml dry white wine 120 ml double cream, handful of parsley leaves, coarsely chopped, crusty bread, to serve



## ingredients

### **SERVES 4**

1 onion, finely chopped,  
 1 garlic clove, crushed,  
 25 g butter,  
 225 g brown cap  
 mushrooms, quartered, 225  
 g Arborio (risotto) rice,  
 juice and rind of 1 lemon,  
 3ml (½ tsp) saffron strands,  
 crushed,  
 300 ml hot vegetable stock,  
 300 ml white wine  
 100 g frozen peas,  
 300 g cooked peeled prawns,  
 30 ml (2 tbsp) finely chopped chives

**Dish: large bowl**

## Prawn risotto approx 24 min

Put the onion, garlic, butter and mushrooms in a large bowl. Place on the ceramic plate and cook on HIGH power for 5 mins. Add rice, juice and rind of the lemon, saffron, stock and wine to the mushroom mixture. Cover and cook on HIGH power for 8 mins. Stir risotto. Add peas, re-cover and cook on HIGH power for 4 mins. Add the prawns and chives and cook on MEDIUM power for 3-4 mins. Leave to stand for 2-3 mins and serve.

## ingredients

### **SERVES 2**

60 ml (4tbsp) natural low fat  
 yoghurt,  
 30 ml (2 tbsp) sun-dried  
 tomato pesto  
 30 ml (2 tbsp) chopped fresh  
 parsley or dill,  
 2 x 175 g cod or haddock  
 fillets, skinned

**Dish: small shallow  
Pyrex® dish**

## Sun dried tomato fish bake approx 6 min

Mix the yoghurt, pesto and 1 tbsp of parsley or dill and season well. Place fish fillets in a Pyrex® dish and pour over the yoghurt sauce. Place on wire rack and cook on GRILL 1 + MEDIUM power for 5-6 mins.

Sprinkle the remaining parsley or dill over the dish and serve with salad and crusty bread.



# Fish

## Mackerel en Papillote approx 6 min

Cook the shallots with the butter in a bowl, covered, for 1-2 mins on HIGH power. Cut out 2 fairly large pieces of greaseproof paper. Place the shallots at the centre of each square; add a teaspoonful of mustard; add 1 mackerel fillet, seasoned and sprinkled with lemon juice. Add a pinch of chopped chives before placing the other mackerel fillet head-to-toe. Season again and add a tablespoon of cream. Close the papillote. Place in the Pyrex® dish. Cook for 3 min 30 s to 4 min 30 s on HIGH power.

## ingredients

### **SERVES 2**

- 2 shallots, chopped
- 15 g butter
- 2 tsp Mustard
- 2 mackerel cut into 4 fillets ½ lemon
- 2 tbsp Chives, chopped
- 2 tbsp cream

**Dish: 1 bowl & greaseproof paper (baking paper)**

## Thai trout approx 5 min

Place fish fillets into a shallow dish, sprinkle the remaining ingredients on the top of the fish. Cover, place on the ceramic plate and cook on MEDIUM power for 4-5 mins, or until fish is cooked through. Serve with rice.

## ingredients

### **SERVES 2**

- 2 trout fillets, approx 140 g each,
- 1 clove of garlic, finely chopped,
- 1-2 small red chilli, finely chopped,
- 1 lime, zest and juice,
- 5 spring onion, finely chopped,
- 30 ml (2 tbsp) light soy sauce,

**Dish: shallow dish**



## ingredients

**500 ml**  
 35 g butter,  
 35 g flour, 500 ml milk,  
 salt,  
 pepper,  
 grated nutmeg.

**Dish: 1 bowl,  
 1.5 litre capacity**

## White sauce approx 8 min

Melt the butter 1 min, covered, on MEDIUM power. Add the flour, stir, and cook 1 further min on MEDIUM power. Set aside; Heat the milk in a jug on HIGH power 2 min 30 s to 3 min. Pour the milk over the butter and flour mixture, whisking all the time. Cook again for 2 to 3 mins, whisking vigorously several times and paying close attention to ensure that the sauce doesn't overflow. Check the seasoning and add a pinch of grated nutmeg. You can add 2 egg yolks and 80 g of grated cheese to make it into a Mornay sauce

## ingredients

**SERVES 4**  
 50 g Roquefort cheese,  
 200 ml single cream,  
 2 tsp corn flour, salt,  
 pepper,

**Dish: 1 bowl, 500 ml capacity.**

## Roquefort sauce approx 5 min

Cut the Roquefort into pieces and melt by heating for 1 minute 30 s on MEDIUM power. Add the cream and the corn flour mixed with 1 tbsp water. Cook for 2 mins. 30 s to 3 mins on HIGH power, whisking vigorously halfway through the cooking time. Check the seasoning before serving. This sauce goes very well with red meat.

## ingredients

**SERVES 5-6**  
 1 onion,  
 40 g butter,  
 30 g flour  
 400 ml of hot stock made  
 from 2 stock cubes,  
 tarragon vinegar,  
 2 tsp white pepper,  
 cognac,  
 200 ml crème fraîche,

**Dish: 1 large bowl**

## Pepper sauce approx 7 min

Chop the onion and cook in the bowl with butter for 2 to 3 minutes on HIGH power. Add flour, mix, cook again for 1 minute on HIGH power and add stock, 1 tbsp vinegar and 2 tsp of white pepper. Cook uncovered at HIGH power for 3 minutes. Remove from the oven and add a dash of cognac, a knob of butter and crème fraîche. Mix well and add plenty of salt before serving.



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## Chocolate Sauce approx 5 min

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Place butter in the jug on ceramic plate and melt on HIGH power for 20-30 secs. Stir in sugars, cocoa powder and vanilla essence. Gradually add milk, stirring well. Cook on HIGH power for 2 mins. Stir well. Cook on HIGH power for 1 min. Stir and continue to cook in 30 sec stages until you achieve a smooth and glossy consistency that coats the back of the spoon.

## ingredients

**SERVES 4**

25 g butter,  
75 g caster sugar,  
75 g brown sugar,  
50 g cocoa powder, sieved,  
3 ml (½ tsp) vanilla essence,  
300 ml (½ pt) milk

**Dish: 1 litre jug.**

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## Creme Patissiere approx 8 min

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Boil the milk for 3-4 mins on HIGH power. Meanwhile, mix the sugar and flour in the bowl. Add the eggs. Mix. Pour in the boiling milk, whisking. Cook on HIGH power for 3-4 mins, whisking vigorously every minute.

## ingredients

500 ml milk  
100 g sugar  
50 g flour  
3 eggs

**Dish: 1 litre bowl**



## ingredients

### **SERVES 4**

100 g short grain rice,  
1000 ml whole milk  
80 g sugar  
small piece of cinnamon  
stick.  
1 vanilla pod

**Dish: 1 bowl,  
2.5 litres capacity**

## Rice Pudding approx 1 hr 10 min

Pour the rice, milk and sugar in the bowl. Add the cinnamon and split vanilla pod. Do not cover. Bring to the boil by heating on HIGH power for 7 to 8 min, paying close attention to ensure that the milk doesn't overflow, then cook on SIMMER power for 50-60 mins. Leave to cool down, covered for at least 1 hour.

## ingredients

### **SERVES 6**

200 g prunes stone removed,  
1 tbsp of rum,  
250 ml milk,  
60 g butter,  
200 ml single cream,  
100 g flour,  
1 pinch of salt,  
100 g sugar,  
3 eggs,

**Dish: 1 Pyrex® dish  
(22 cm diameter),  
2 bowls.**

## Breton Prune Pudding approx 18 min

Soak the prunes covered in a little water and rum and heat on HIGH power for 40 sec. Leave to soak, covered, for at least 2 hours. Heat the milk, butter and cream for 1 min 30 s to 2 min on HIGH power. In a bowl, mix together the flour, salt, sugar and eggs and pour the hot milk in this mixture, whisking all the time. Spread out the drained prunes in the dish and pour the mixture over them. Place the dish on the ceramic plate and cook 10 min on COMBINATION Grill 1 + MEDIUM power then approx. 5 min on Grill 1.

## ingredients

### **SERVES 8-10**

1 x roll of sweet short crust  
pastry  
250 g apple compote  
2 to 3 apples Apricot jam

**Dish: flan dish (Ø 30 cm)**

## Apple Tart approx 30 min

Line the flan dish with the pastry. Preheat on OVEN 210°C with the enamel shelf in the lower shelf position. Pour in the apple compote and then place the peeled, cored and thinly sliced apple in a rosette shape. Place on the enamel tray in the lower shelf position and cook for about 30 minutes on OVEN 210°C. Remove from dish and leave to cool on a wire rack. Mix 3 spoons of apricot jam and a spoon of water in a bowl and cook on HIGH power for 1 minute and brush over the apple.



## Small Cakes approx 40 min

Preheat on OVEN 170°C with the enamel shelf in the lower shelf position. Beat the butter, which has been kept at room temperature, and the sugar until a mousse-like consistency is achieved. Add the eggs one at a time, beating well after each egg is added. Mix in the flour. Fill individual paper cases two thirds full with the mixture. Cook on OVEN 170°C for 30-40 min.

## Cookies approx 15 min

Preheat on OVEN 170°C with enamel shelf in the lower shelf position. Cream together the butter and sugar until pale, then beat in the egg. Mix in the flour until well combined and add the chosen additions. Place walnut-sized spoonfuls of dough well apart on greased baking trays, flatten slightly with a fork. Place one baking tray onto the enamel shelf and cook for 10-15 mins. or until golden, repeat with the second baking tray. Remove cookies from baking tray and allow to cool on a wire rack.

## Éclairs approx 33 min

Melt the butter and water together on HIGH power 2-3 mins or until bubbling. Immediately tip in all the flour and beat well until mixture is smooth. Allow to cool slightly. Beat in eggs one at a time, beat-ing vigorously until mixture is smooth and glossy. Place the choux pastry into a piping bag fitted with a plain 1 cm nozzle. Pipe fingers 9 cm long on lightly greased, slightly wetted baking sheet. Preheat on OVEN 200°C with the enamel shelf in the lower shelf position. Place baking sheet on the oven tray. Cook on OVEN 200°C for approx. 15 - 20 mins. Pierce each éclair and return for a further 5 - 10 mins. to crisp if necessary. When cooked cool on a wire rack. Whip the cream until stiff and fill the éclairs. Dissolve cocoa in hot water and stir into icing sugar, beating well until smooth, add extra water if required. Ice the filled éclairs and leave until set.

## ingredients

**MAKES 12 LITTLE CAKES** 100 g butter  
100 g sugar  
2 eggs, beaten  
100 g self-raising flour

**Dish: 1 baking tray,  
32 cm x 24 cm each with  
12 holes + 12 individual  
paper cases**

## ingredients

**MAKES 12**  
Basic Cookie Dough:  
100 g butter  
100 g caster sugar  
1 egg, beaten  
175 g plain flour

Variations:  
White Chocolate and Pistachio Nut  
75 g white chocolate, chopped  
50 g pistachio nuts,  
chopped Chocolate Chunk  
50 g white chocolate, chopped  
50 g dark chocolate, chopped

**Dish: 2 baking trays  
30 x 21.5 cms**

## ingredients

**Makes 6 Éclairs**  
**Choux Pastry:**  
50 g butter  
150 ml water  
65 g plain flour sifted  
2 eggs, lightly beaten

**Éclairs:**  
150 ml whipping cream  
10 ml cocoa powder  
15 ml hot water  
100 g icing sugar, sieved

This recipe is most successful when mixed by hand

**Dish: baking sheet, greased**



## ingredients

### **SERVES 4**

100 g self-raising flour  
100 g caster sugar  
pinch of salt  
25 g cocoa or drinking  
chocolate  
50 g margarine  
1 egg, beaten  
5 ml (1 tsp) vanilla essence  
60 ml (4 tbsp) milk  
Sauce:  
100 g soft brown sugar  
25 g cocoa or drinking  
chocolate,  
150 ml (¼ pt) hot water

**Dish: 20 cm soufflé dish**

## ingredients

### **MAKES 12**

Streusel topping  
50 g butter  
75 g plain flour  
30 ml (2 tbsp) granulated sugar  
15ml ground mixed spice  
  
Muffins  
200 g plain flour  
3 ml (1/2 tsp) bicarbonate of soda  
10 ml (2 tsp) baking powder  
pinch salt  
75 g caster sugar  
75 g butter  
200 ml buttermilk  
1 medium egg, beaten  
100 g fresh berries,

**Dish: 1 x 6 hole muffin tin +  
6 paper muffin cases**

## Chocolate fudge pudding approx 7 min

Place flour, sugar, salt and cocoa into a mixing bowl. Melt margarine in a small dish on MEDIUM power for 40 secs - 1 min. or until melted. Add melted margarine to flour, along with egg, vanilla essence and milk. Beat well. Pour mixture into soufflé dish. Mix together brown sugar and cocoa and sprinkle over mixture. Pour over hot water and cook on HIGH power for 5 - 6 mins. or until set on top. The pudding will separate on cooking, giving a chocolate fudge sauce at the bot-tom.

## Streusel muffins approx 18 min

Make streusel topping by melting the butter on HIGH power for 10-20 secs. Add the remaining topping ingredients and combine to make a soft dough. Chill. Sift together the flour, bicarbonate, baking powder and salt. Stir in the sugar. Melt butter for the muffins on HIGH power for 30 secs - 1 min. Cool slightly then mix in the buttermilk and egg. Preheat on OVEN 200°C with the enamel shelf in the lower shelf position. Lightly stir the buttermilk mixture into the flour mixture. Fold fruit in gently. Divide mixture equally between 6 muffin cases. Crumble small amounts of streusel topping over each muffin. Place a muffin tin on enamel shelf and cook on OVEN 200°C for 20-25 mins. or until browned and well risen.



## Strudel approx 40 min

Preheat on OVEN 180°C. Mix the apples and lemon juice in a bowl. Add the sugar, walnuts, sultanas, cinnamon and almonds and mix. Take three sheets of filo pastry and brush them with melted butter. Lay the sheet with the shortest side nearest you. Lay the second 5-6 cm over the longest side of the first sheet, overlapping the third sheet over the second. Lay three more sheets of filo pastry on top of each other. Pour the apple filling over the filo pastry, but leave around 2.5 cm free around one sheet of pastry. Fold the sides over the filling and brush with butter. Roll the pastry from the long side and butter the last long sheet in to seal the strudel. Place the strudel with the seam towards you on enamel shelf and place in the lower shelf position. Brush with melted butter. Bake the strudel for 35-40 mins on OVEN 180°C. Sprinkle with icing sugar before serving.

## ingredients

### SERVES 4

600 g apples, preferably  
Granny Smith, cores  
removed, cut into rough  
pieces, juice of 1 lemon,  
3 tbsp brown sugar,  
50 g walnuts, roughly chopped,  
4 tbsp sultanas,  
1 level tbsp cinnamon,  
50 g almond shavings,  
225 g filo pastry,  
50 g butter, melted,  
icing sugar to serve

*Dish: enamel shelf, greased*

## Apple crumb cake approx 1 hr 10 min

Make a "pre-dough" by combining the milk and yeast. Use a whisk to help dissolve the yeast. Mix in one tablespoon flour and one tablespoon sugar. Cover bowl and place in a warm place for 60 mins. During this time, you should see bubbles forming in the mixture.

In an electric mixer, whisk the butter until it is smooth. Add sugar and continue whisk for 2-3 minutes. Change your mixer to the dough hook. Add half the flour, milk, lemon juice, salt, and the "pre-dough." Combine all the ingredients. Gradually add remaining flour until dough is no longer sticky. Knead dough for approx. 2 minutes. Transfer dough to a clean bowl. Cover in a warm place for one hour or until it has doubled in size.

Preheat on OVEN 180°C, with the enamel shelf in the lower shelf position. Prepare the crumb topping by combining all the crumb ingredients. Drizzle lemon juice over the apple slices and mix to distribute the juice over all the apple slices. Set aside.

Prepare a spring form tin by greasing it and dusting it with flour. Remove the dough from the bowl and knead on a flour surface for a minute or two. Roll the dough out to fit the tin. Transfer dough to the tin. Top the dough with apple slices. Sprinkle the apples with the sugar. Top the apples with crumbs.

Place tin on enamel tray and cook on OVEN 180°C for 50-60 mins, or until the dough and crumbs are golden brown. Remove cake from oven and allow to cool completely.

## ingredients

### SERVES 4

For the Dough:  
190 ml Milk, lukewarm  
7 g Active Dry yeast  
400 g Plain Flour, sifted  
70 g Castor Sugar  
85 g Unsalted Butter  
Juice from Half of a  
Lemon Pinch of Salt

For the Apples:  
3 Apples, thinly sliced  
Lemon Juice from One  
Lemon 70 g Castor Sugar

For the Crumb Topping:  
250 g Plain Flour  
170 g Unsalted Butter  
230 g Castor Sugar  
1 pack Vanilla Sugar  
Pinch of Salt  
½ teaspoon Cinnamon

*Dish: 3 bowls & spring form tin.*



## ingredients

### **Makes 1 loaf or 8 rolls**

450 g strong bread flour  
1 sachet dried yeast  
5 ml salt  
15 g butter or margarine  
275 ml warm water

### *For Wholemeal Bread*

Use 225 g each of wholemeal and strong white bread flour.

### *For Granary Bread*

Use 450 g granary flour instead of strong white bread flour.

## ingredients

### **MAKES 1 loaf**

500 g stoneground rye flour,  
pinch of salt,  
7 g sachet fast-action dried yeast,  
1 level tbsp black treacle,  
450 ml warm water

**Dish: 18 cm square cake tin,  
buttered,**

## Standard Bread / Bread Rolls

In a large bowl, combine the flour, yeast and salt. Rub in the butter or margarine. Add the warm water then mix to a dough. Turn onto a floured surface and knead for 10 mins. For 1 loaf mould into the desired shape on the greased enamel shelf. For rolls divide into 8 and shape into rolls. Place on the greased enamel shelf. Cover and prove until the dough has doubled in size in a warm place or place in the oven to prove on OVEN 40°C. Preheat on OVEN 200°C. Glaze bread with beaten egg and sprinkle with seeds, if desired. Place enamel shelf in oven in the lower shelf position and cook on OVEN 200°C for 25 - 30 mins for a loaf or 15 - 20 mins for rolls or until golden.

## Rye bread approx 50 - 55 min

Tip the rye flour into a food mixer with a dough hook. Add the salt and yeast. Stir the black treacle into water until it dissolves and then pour it into the flour. Mix for about 5-8 mins, until it feels stretchy. Alternatively, beat the mixture by hand, using a wooden spoon. This dough is very soft and stickier than a traditional dough mixture. Turn the mixture out on to a surface lightly dusted with some rye flour and work it into a ball with a smooth surface. Press the dough into the tin, with the smooth surface uppermost, and using your knuckles to press it out into the corners of the tin. Prove in a warm place or on OVEN 40°C. Preheat on OVEN 170°C with enamel shelf in lower shelf position. Cook on OVEN 170°C for 40 mins. Remove the loaf from the oven and turn it out on to the enamel tray. Return the loaf to the oven to bake for a further 10-15 mins, or until it sounds hollow when tapped on its base. Remove the loaf from the oven and transfer it to a wire rack to cool.



# Bread

## Pizza approx 20 min

3 to 4 minutes on HIGH power. Leave to cool. Using your hands, spread out the dough in the enamel shelf without making a raised edge. Spread on the sauce, onions, oregano and season, covering all the dough well. Cook on OVEN 220°C for 10 - 15 mins.

Then add other ingredients according to taste - cheese, anchovies, olives, bacon pieces etc. - and continue cooking on OVEN 220°C for 8 -10 minutes.

## ingredients

### **SERVES 2-4**

2 onions, finely sliced,  
3 garlic cloves, crushed,  
1 tbsp olive oil,  
1 roll of pizza dough.  
150 g tomato sauce,  
1 tbsp oregano,  
100 g grated mozzarella.  
salt, pepper,

**Dish: 1 bowl**

## Focaccia approx 25 min

In a large bowl, combine the flour, yeast and salt. Gradually add the olive oil and 3-5 tbsp of warm water until you have soft dough. Turn onto a floured surface and knead for 10 mins. Place in a greased bowl, cover and prove until the dough has doubled in size in a warm place or on OVEN 40°C. Knock back the dough and knead again for a few minutes. Press the dough onto a greased 25 cm round tin, cover and prove in a warm place or on OVEN 40°C for approximately 30 mins. Preheat on OVEN 190°C with the enamel shelf in the lower shelf position. Dimple the surface of the dough. Drizzle with a little extra olive oil and sprinkle with coarse sea salt. Cook on OVEN 190°C for 20-25 mins or until golden. Carefully remove from the tin and leave to cool on a rack.

## ingredients

### **MAKES 1 loaf**

400 g strong bread flour,  
1 sachet dried yeast,  
10 ml (2 tsp) salt  
75 g (5 tbsp) olive oil,  
10 ml (2 tsp) coarse sea salt

**Dish: 25 cm round tin**



## Guidelines

**S** Making jams, marmalades and chutneys by microwave is much quicker and cleaner than using a large pan on the hob. One of the main advantages is that preserves can be made in small batches, using fresh or frozen fruit exactly when it suits you.

## Dish Size

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

Do not cover preserves whilst cooking.

## Sterilising 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.

**DO NOT USE YOUR MICROWAVE TO STERILIZE BABIES' BOTTLES.  
DO NOT SEAL PRESERVING JARS IN YOUR MICROWAVE.**

## Stirring

Keep a wooden spoon handy for stirring the jams/preserves, but DO NOT leave the spoon in the oven whilst cooking.

## Setting Point

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 soft fruit, washed  
450 g caster sugar  
3 ml (2 tsp) lemon juice  
5 ml (1 tsp) butter

**Dish: Large mixing bowl**

## Soft Fruit Jam approx 25 min

Place all ingredients in a large bowl. Cook on HIGH power for 5 mins. (10-15 mins if using frozen fruit). Stir occasionally. Continue to cook until sugar has dissolved. Wash down any sugar crystals from around the bowl. Bring mixture to the boil on HIGH power. Continue to cook until setting point is reached - approx. 15-20 mins. Leave to cool slightly, stir then pot, seal and label.

## ingredients

**MAKES 2 JARS**  
the juice and zest of 4  
untreated lemons,  
400 g crystalised sugar,  
4 beaten eggs,  
100 g butter.

**Dish: 1 bowl,  
2 litre capacity**

## Lemon Curd approx 6 min

Place all the ingredients in the bowl and mix together well. Cook on HIGH power for 5 to 6 minutes, stirring every minute to begin with then every 30 seconds once the mixture starts to thicken. When the mixture stays on the back of the spoon, stop cooking, before the eggs cook too much. The mixture will continue to thicken as it cools. Fill the jars while the curd is hot, close them and turn them over. Keep the lemon curd in the fridge.

## Questions and answers

- Q: Why won't my oven turn on?  
A: When the oven does not turn on, check the following:
1. Is the oven plugged in securely?  
Remove the plug from the outlet, wait 10 seconds and reinsert.
  2. Check the circuit breaker and the fuse  
Reset the circuit breaker or replace the fuse if it is tripped or blown.
  3. If the circuit breaker or fuse is all right, plug another appliance into the outlet.  
If the other appliance works, there probably is a problem with the oven. If the other appliance does not work, there probably is a problem with the outlet.  
If it seems that there is a problem with the oven, contact an authorized Service Centre.
- Q: My oven causes interference with my TV. Is this normal?  
A: Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment 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, blow dryers, etc. It does not indicate a problem with your oven.
- Q: The oven won't accept my program. Why?  
A: The oven is designed not to accept an incorrect program. For example, the oven will not accept a fourth stage.
- 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 are no microwaves in the air. The oven vents should never be blocked during cooking.
- Q: I can't set an auto sensor program and 'HOT' appears in the display. Why?  
A: If the oven has previously been used and it is too hot to be used on an Auto Sensor Program, 'HOT' will appear in the display window. After the 'HOT' disappears, the Auto Sensor Programs may be used. If in a hurry, cook food manually by selecting the correct cooking mode and cooking time yourself.
- Q: Can I use a conventional oven thermometer in the oven?  
A: Only when you are using OVEN/GRILL cooking mode. The metal in some thermometers may cause arcing in your oven and should not be used on MICROWAVE and COMBINATION cooking modes.
- Q: There are humming and clicking noises from my oven when I cook by COMBINATION. What is causing these noises?  
A: The noises occur as the oven automatically switches from MICROWAVE power to OVEN/GRILL to create the combination setting. This is normal.
- Q: My oven has an odour and generates smoke when using the COMBINATION and GRILL function. Why?  
A: After repeated use, it is recommended to clean the oven and then run the oven without food. This will burn off any food, residue or oil which may cause an odour and/or smoking.
- Q: The oven stops cooking by microwave and 'H97' or 'H98' appears in the display. Why?  
A: This display indicates a problem with the microwave generation system. Please contact an authorised Service Centre.

## Questions and answers

- Q The fan continues to rotate after cooking. Why?
- A After using oven, the fan motor may rotate to cool the electrical components. This is normal and you can continue using the oven at this time.
- Q: Can I check the pre-set oven temperature while cooking or preheating by Oven?
- A: Yes. Press Oven Button and the oven temperature will appear in the display window for 2 seconds.
- Q “D” or “DEMO MODE PRESS ANY KEY” appears in the display and the oven does not cook. Why?
- A: The oven has been programmed in DEMO MODE. This mode is designed for retail store display. Deactivate this mode by pressing microwave button once and stop/cancel button 4 times.
- Q: The operation guide has disappeared on my display, I can only see numbers?
- A: The operation guide was turned off by tapping Timer/Clock 4 times. When colon or time of day is displayed, touch Timer/Clock 4 times to turn the operation guide back on.
- Q: The control panel keys do not respond when tapped. Why?
- A: Ensure the oven is plugged in. The oven may be in stand-by mode. Open and close the door to activate.

# Technical specifications

Manufacturer		Panasonic
Model		NN-DF386B BPQ
Power Supply		230-240 V 50 Hz
Operating Frequency:		2450 MHz
Input Power:	Maximum	2060 W
	Microwave	1040 W
	Grill	1060 W
Output Power:	Microwave	1000 W (IEC-60705)
	Heater Top	1000 W
	Heater Bottom	600 W
External Dimensions		483 mm (W) x 396 mm (D) x 310 mm (H)
Interior Dimensions W x D x H (mm)		299 mm (W) x 350 mm (D) x 199 mm (H)
Uncrated Weight (approx.)		13.3 kg
Noise		60 dB

*Weight and Dimensions shown 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 radiofrequency energy is intentionally generated in the form of electromagnetic radiation for purpose of warming or cooking food. Class B means that this product may be used in normal household areas.

Manufactured by: Panasonic Appliances Microwave Oven (Shanghai) Co., Ltd.  
888, 898 Longdong Road. Pudong, Shanghai, 201203, China.

Imported by: Panasonic Marketing Europe GmbH

REP. EU: Panasonic Testing Centre  
Winsbergring 15, 22525 Hamburg, Germany

## Cookery Advice Line

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

Open Monday to Friday 9am–12pm

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



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