

# Panasonic

***INVERTER***



**CATALYTIC CLEAN**

## **MICROWAVE COOKERY BOOK & OPERATING INSTRUCTIONS**

**FOR MODELS: NN-CD757 / NN-CD767**

# Standard Conversion Chart

## Weight

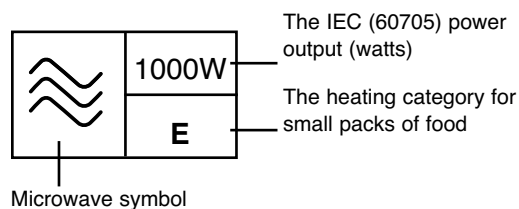
1/2oz	–	15g
1oz	–	25g
2oz	–	50g
3oz	–	75g
4oz	–	100g
5oz	–	150g
6oz	–	175g
7oz	–	200g
8oz	–	225g
9oz	–	250g
10oz	–	275g
11oz	–	300g
12oz	–	350g
13oz	–	375g
14oz	–	400g
15oz	–	425g
1lb/16oz	–	450g

## Capacity

1/2tsp	–	3ml
1tsp	–	5ml
1tbsp	–	15ml
1/4pt	–	150ml
1/2pt	–	300ml
3/4pt	–	450ml
1pt	–	600ml
1 3/4pt	–	1 litre

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

## Important Notice



Your oven is rated 1000 Watts (IEC). When using other cookbooks remember to adjust cooking times accordingly. The symbol above, which is displayed on your oven door, indicates the heating category for your oven when cooking or reheating convenience foods.

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

Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating on pages 41-46 of this book. ALWAYS check the progress of the food as it cooks or reheats by simply opening the door and after checking the progress of the foods press START to continue the cooking time.

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

 **COOKERY ADVICE LINE 01344 862108**

**Customer Care Centre 08705 357357**

## Selected Spares and Accessories:

Order direct on line at [www.panasonic.co.uk](http://www.panasonic.co.uk) or by telephoning the Customer Care Centre number above.

# Welcome to Panasonic Microwave Cooking

Thank you for purchasing a Panasonic Microwave Oven.

Even if this is not your first microwave oven, do please read the opening chapters of this cookbook to achieve perfect results every time.



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

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

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

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

**☎ COOKERY ADVICE LINE 01344 862108 (open 3 days a week)**

Home economists will provide friendly guidance on queries relating to recipes and cooking in your microwave. Alternatively write to the address below, or contact us online at:

**test.kitchen@panasonic.co.uk**

Alternatively visit our website at **www.cooking-corner.co.uk**

**The Microwave Test & Development Kitchen  
Panasonic Consumer Electronics U.K.  
Willoughby Road  
Bracknell  
Berkshire  
RG12 8FP**

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

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# Important safety instructions

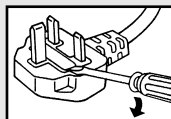
## please read carefully and keep for future reference

This appliance is supplied with a moulded three pin mains plug for your safety and convenience. 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. If a replacement fuse cover is required, ensure it is the same colour as that visible on the pin face of the plug. A replacement fuse cover can be purchased from your local Panasonic Dealer.

### HOW TO REPLACE THE FUSE

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




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

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

**WARNING: THIS APPLIANCE MUST BE EARTHED.**

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

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

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

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

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

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

### Voltage & Power

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

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

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

## Caution: Hot surfaces



### 1. Hot Surfaces

Exterior oven surfaces, including air vents on the cabinet and the oven door, will get hot during CONVECTION, COMBINATION and GRILLING. Use care when opening or closing door and when inserting or removing food and accessories.

The oven has two heaters situated in the top and rear of the oven. After using the CONVECTION, COMBINATION and GRILL functions the roof and walls will be very hot.



- Children should be kept away from the oven at all times and should only be allowed to operate the oven under adult supervision due to the temperatures generated. Ensure that children do not touch the hot outer casing after operation of the oven.

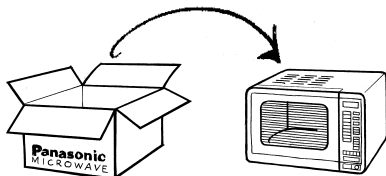




# Unpacking your oven

## 1. Examine Your Oven

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



## 2. Guarantee

Your receipt is your guarantee, please keep safely.

## 3. Cord

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

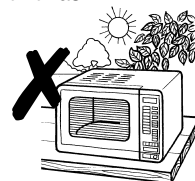
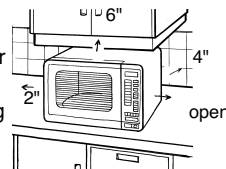
**N.B.** The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

# Before using your oven

- Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during CONVECTION, COMBINATION and GRILLING, take care when opening or closing the door and when inserting or removing food and accessories.
- The oven has two grill heaters situated in the top of the oven and a convection heater situated in the back of the oven. After using either the GRILL, CONVECTION or 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.  
**N.B.** After cooking by these modes, the oven accessories will be very hot.
- The accessible parts may become hot in use. Children should be kept away.
- 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.
- This oven is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they have been given supervision or instruction concerning use of the oven by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

# Placement of your oven

- This oven is intended for household countertop or built-in use only. It is not intended for use inside a cabinet or a cupboard. Refer to building-in your oven on page 90.
- Oven must be placed on a flat, stable surface 850mm above floor level. For proper operation, the oven must have sufficient air flow, i.e. 5cm/2" at one side, the other being open; 15cm/6" clear over the top; 10cm/4" at the rear.
- 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.
- Do not block air vents on the rear and bottom or top of the cabinet. Do not place any articles on the top of the oven over the vents. If air vents are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable with blank display until it has cooled.
- Do not use outdoors.



## 6. Storage of Accessories

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

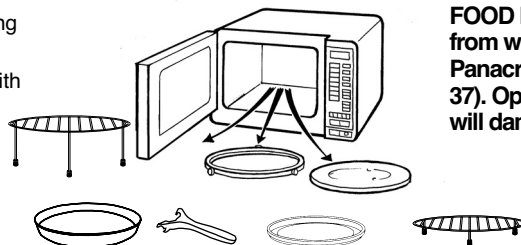
## 7. Before Use

Before using CONVECTION, COMBINATION or GRILL function for the first time operate the oven without food and accessories (including glass turntable and roller ring) on CONVECTION 250 °C for 5 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.**

**The appliance must not be operated by Microwave or Combination WITHOUT FOOD IN THE OVEN. (Apart from when pre-heating the Panacrunch Pan see page 37). Operation when empty will damage the appliance.**



# Care & Cleaning of your Microwave Oven - IMPORTANT

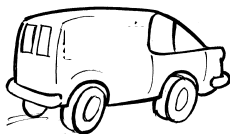
It is essential for the safe operation of the oven that it is kept clean, and wiped out after each use. Failure to maintain the oven in a clean condition could lead to deterioration of a surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

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. The back of the oven has a **self-clean catalytic lining**. It is therefore not necessary to clean this area.
4. **After using CONVECTION, GRILL or 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 CONVECTION, GRILL or 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. Avoid the microwave feed guide area and the door. DO NOT SPRAY DIRECTLY INSIDE THE OVEN.
5. 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.
6. 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.
7. If the **Control Panel** becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel. When cleaning the Control Panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning touch STOP/CANCEL Pad to clear display window.
8. **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.
9. It is occasionally necessary to remove the **glass turntable** for cleaning. Wash the turntable in warm soapy water. Do not place in the dishwasher.
10. The **roller ring and oven cavity floor** should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven, particularly the turntable spindle and the area surrounding this, with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. Cooking vapours collect during repeated use but in no way affect the bottom surface or the roller ring wheels. After removing the roller ring from cavity floor for cleaning, be sure to replace it in the proper position.
11. **When GRILLING or cooking by COMBINATION or CONVECTION** 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. There is no need to clean the back of the oven, with the catalytic lining.
12. A **steam cleaner** is not to be used for cleaning.

# Maintenance of your oven

## 1. Service

WHEN YOUR OVEN REQUIRES A SERVICE call your local Panasonic engineer (Customer Care Centre on 08705 357357 can recommend an engineer). It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.



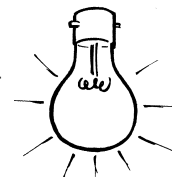
## 2. Door Seals

Do not attempt to tamper with or make any adjustments or repairs to door, control panel housing, safety interlock switches or any other part of the oven. Do not remove outer panel from oven. The door seals and door seal areas should always be kept clean – use a damp cloth.

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

## 3. Oven Light

The oven lamp must be replaced by a service technician trained by the manufacturer. DO NOT attempt to remove the outer casing from the oven.

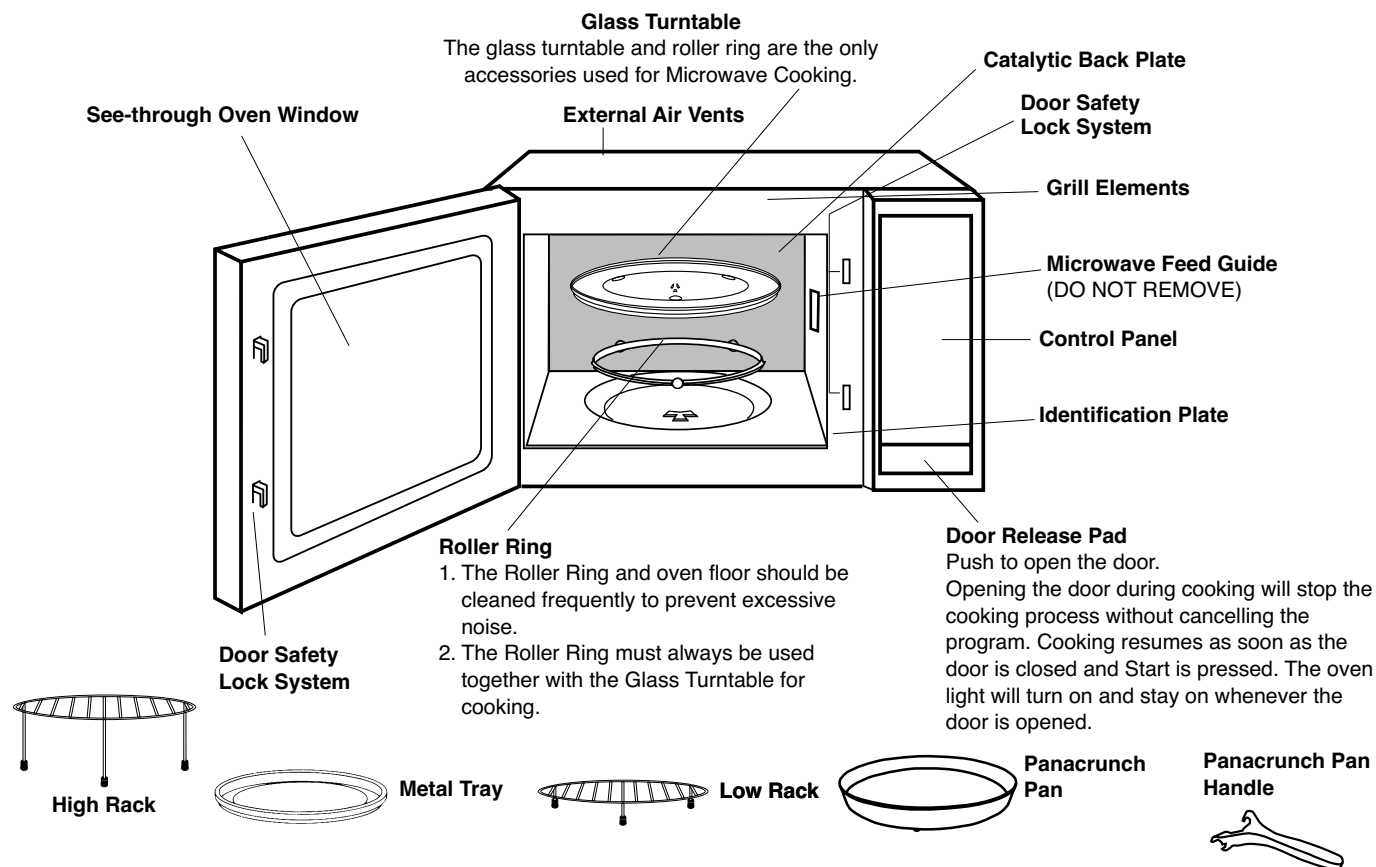


## 4. Selected Spares and Accessories

These may be ordered direct; on line at [www.panasonic.co.uk](http://www.panasonic.co.uk) or by telephoning the Customer Care Centre 08705 357357. Most major credit and debit cards accepted. Ensure you quote the correct model number.

# Parts of Your Oven

1. Do not operate the oven without the Roller Ring and Glass Turntable in place.
2. Only use the Glass Turntable specifically designed for this oven. Do not substitute with any other Glass Turntable.
3. If Glass Turntable is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Glass Turntable. Always place food in a microwave safe dish. The only exception to this is when cooking Jacket Potatoes on microwave only.
5. If food or utensil on Glass Turntable touches oven walls, causing the turntable to stop moving, it will automatically rotate in the opposite direction. This is normal. Open oven door, reposition the food and restart.
6. The Glass Turntable can rotate in either direction. The maximum weight that can be placed on the turntable is 4kg (8lb 14oz) (this includes total weight of food and dish.)
7. While cooking by MICROWAVE or COMBINATION, turntable may vibrate. This will not affect cooking performance.
8. The metal accessories provided must ONLY be used as directed for GRILL, CONVECTION & COMBINATION cooking. Never use them on microwave only. Do not use if operating the oven with less than 200g (7oz) of food on a manual Combination program. FAILURE TO USE ACCESSORIES CORRECTLY COULD DAMAGE YOUR OVEN.
9. 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 CONVECTION ONLY.
10. Always refer to instructions for correct accessories to use on all programs. The glass turntable and roller ring are the only accessories used for Microwave Cooking. For CONVECTION and COMBINATION cooking the metal tray must ALWAYS be in place on the glass turntable.



# Important Information – Read Carefully

## Safety

If smoke or a fire occurs in the oven, press Stop/Cancel pad 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.

### 1. Small Quantities of Food.

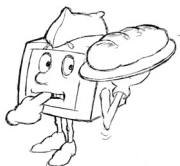
Take care when heating small quantities of food as these can easily burn, dry out or catch fire if cooked too long. Always set short cooking times and check the food frequently.



**NEVER OPERATE THE OVEN WITHOUT FOOD INSIDE ON MICROWAVE OR COMBINATION EXCEPT WHEN PREHEATING THE PANACRUNCH PAN (SEE PAGE 37).**

### 2. Foods Low in Moisture.

Take care when heating foods low in moisture, e.g. bread items, chocolate, popcorn, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long.



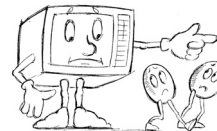
### 3. Christmas Pudding.

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.



### 4. Boiled Eggs.

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



### 5. Foods with Skins.

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



### 6. Liquids.

Liquids and other foods must not be heated in sealed containers since they are liable to explode. When heating liquids, eg soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling.

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

- Avoid using straight-sided containers with narrow necks.
- Do not overheat.
- Stir the liquid before placing the container in the oven and again halfway through the heating time.
- After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
- Microwave heating of beverages can result in delayed eruptive boiling, therefore care should be taken when handling the container.



### 7. Lids.

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



# Important Information – Read Carefully

## 8. Deep Fat Frying.

Do not attempt to deep fat fry in your oven.

## 9. Meat Thermometer.

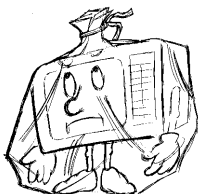
Use a meat thermometer to check the degree of cooking of roasts and poultry only when meat has been removed from the microwave. If undercooked, return to the oven and cook for a few more minutes at the recommended power level. Do not leave a conventional meat thermometer in the oven when microwaving.



## 10. 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 as arcing will occur.

Do not use re-cycled 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.

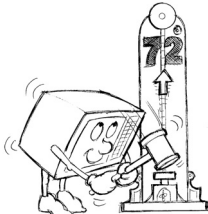


## 11. Reheating.

It is essential that reheated food is served " piping hot".

Remove the food from the oven and check that it is " piping hot", 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, shepherds pie, the centre should be cut with a knife to test it is well heated through. Even if a manufacturer's packet instructions have been followed always check the food is piping hot before serving and if in doubt return your food to the oven for further heating.



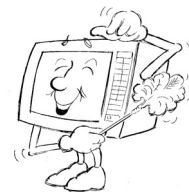
## 12. Standing Time.

Standing time refers to the period at the end of cooking or reheating when food is left before being eaten, 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.



## 13. Keeping Your Oven Clean.

It is essential for the safe operation of the oven that it is wiped out regularly. Use warm soapy water, squeeze the cloth out well and use to remove any grease or food from the interior. Pay particular attention to the door seal area and also the areas around the microwave feed guide situated on the right hand side of the cavity wall. The oven should be unplugged when cleaning. The catalytic lining at the back does not need to be cleaned.



## 14. Grilling.

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

## 15. Fan Motor Operation.

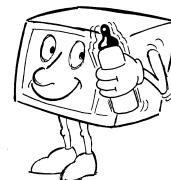
After using the microwave oven, the fan motor may operate to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time.

## 16. Containers.

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

## 17. 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 (see page 42 for details). 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.



## 18. 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 flashes of light are seen in the microwave oven. If this occurs, stop the machine immediately. If the oven is left unattended and this continues it can damage the machine.

You can continue to cook by GRILL OR CONVECTION ONLY.

## 19. Maximum weight on turntable

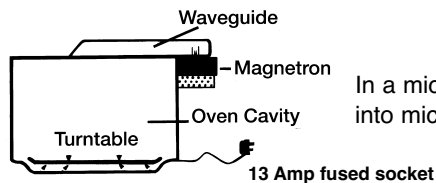
The maximum weight that can be placed on the turntable is 4kg (8lb 14oz) (this includes total weight of food and dish.)

# Microwaving Principles

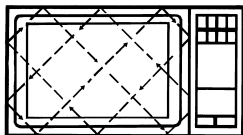
Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II. Microwaves are present in the atmosphere all the time, both naturally and from manmade sources.

Manmade sources include radar, radio, television, telecommunication links and car phones.

## HOW MICROWAVES COOK FOOD



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



### REFLECTION

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

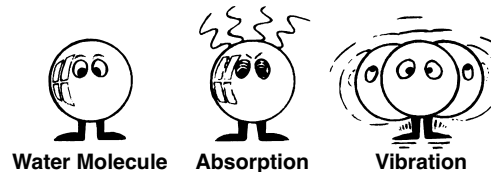


### TRANSMISSION

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



Microwave



Water Molecule

Absorption

Vibration

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

## IMPORTANT NOTES

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

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

### Foods Not Suitable for Cooking by Microwave Only

Yorkshire Puddings, Souffles, Double Crust Pastry Pies.

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

Foods that require deep fat frying cannot be cooked either.

### Boiled Eggs

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

## STANDING TIME

When a microwave oven is switched off, the food will continue to cook by conduction – NOT BY MICROWAVE ENERGY. Hence STANDING TIME is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals (Refer to pages 8 and 10).

# General Guidelines

## STANDING TIME



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

- **MEAT JOINTS** – Stand 15 mins. wrapped in aluminium foil.
- **JACKET POTATOES** – Stand 5 mins. wrapped in aluminium foil when cooked by microwave only. It is not necessary to stand jacket potatoes cooked in **COMBINATION** mode.
- **LIGHT CAKES** – Stand 5 mins. before removing from dish.
- **RICH DENSE CAKES** – Stand 15-20 mins.
- **FISH** – Stand 2-3 mins.
- **EGG DISHES** – Stand 1-2 mins.
- **PRECOOKED CONVENIENCE FOODS** – Stand for 2-3 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.
- **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.

If food is not cooked after **STANDING TIME**, return to oven and cook for additional time.

## PIERCING

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



## MOISTURE CONTENT

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



## CLING FILM

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







### 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.



### QUANTITY

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



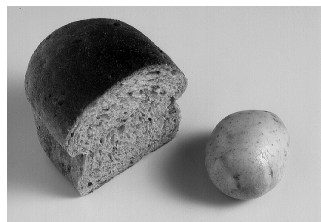
### SPACING

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



### SHAPE

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



### DENSITY

Porous airy foods heat more quickly than dense heavy foods.



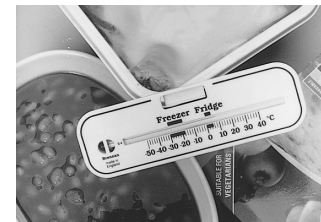
### COVERING

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



### ARRANGING

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



### 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. Remove metal spoon when microwaving.



### LIQUIDS

All liquids must be stirred **before** and **during** 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. Remove metal spoon when microwaving.



### CHECKING FOOD

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



### 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 oven cleaner, sprayed onto a soft cloth, always wipe the oven dry after cleaning. Avoid any plastic parts and door area. The back of the oven has a catalytic lining which is self cleaning.

# Containers to use

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

## Testing Dishes for Suitability - For Microwave Cooking Only.



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

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

### Result

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

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

## QUICK CHECK GUIDE TO COOKING UTENSILS



### OVEN GLASS

Everyday glass that is heat resistant e.g. Pyrex®, is ideal for Microwave, Convection or Combination cooking. DO NOT USE FOR GRILLING. Do not use delicate glass or lead crystal which may crack or arc.

### POTTERY, EARTHENWARE, STONEWARE

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



### CHINA AND CERAMIC

Everyday glazed china, porcelain or ceramic plates, bowls, mugs and cups can be used if they are heat resistant. Fine bone china should only be used for reheating for short periods. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can

melt. If dishes are heat resistant they may be used on Convection and Combination but not directly under the Grill.

### FOIL/METAL CONTAINERS

NEVER ATTEMPT TO COOK IN FOIL OR METAL containers on Microwave only as the microwaves cannot pass through and the food will not heat evenly, it may also damage your oven. Pre-cooked food in shallow foil containers can be REHEATED in the microwave, but take care that containers do not touch the oven walls or door. Use wooden kebab sticks instead of metal skewers. Do not re-use foil containers as they may become dented or damaged and arcing may occur.



## PLASTIC

Many plastic containers are designed for microwave use, but do not use for cooking foods high in sugar or fat or for foods that require long cooking times e.g. brown rice.



Only use Tupperware® containers if they are designed for microwave use. Do not use Melamine. Never cook in margarine cartons or yoghurt pots, as these will melt with the heat from the food. If heatproof they can be used for Convection or Combination cooking. **DO NOT USE UNDER THE GRILL.**



## PAPER

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



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

## WICKER, WOOD, STRAW BASKETS

Dishes will crack and could ignite. Do not use wooden dishes in your microwave. **DO NOT USE ON ANY COOKING MODE.**



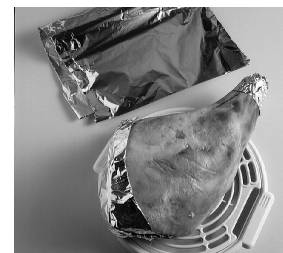
## CLING FILM

Microwave cling film can only be used for covering food that is reheated by microwave. It is also useful for covering food to be cooked, but care should be taken to avoid the film being in direct contact with the food. **DO NOT USE ON ANY OTHER COOKING MODE.**



## ROASTING BAGS

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

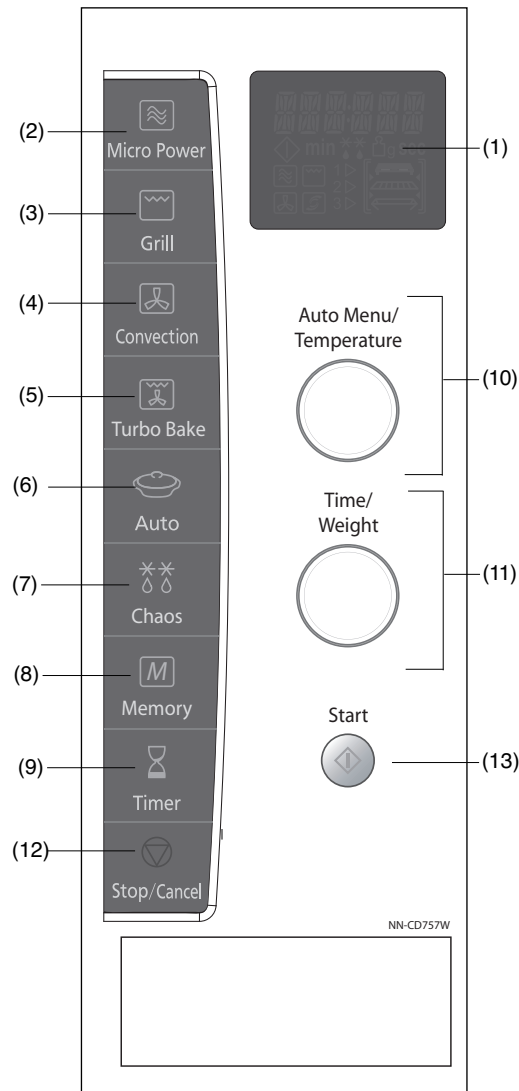


## ALUMINIUM FOIL

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

# Control Panel

## NN-CD757 / NN-CD767



\* The design of your control panel may vary from the panel displayed (depending on colour), but the words on the pads will be the same.

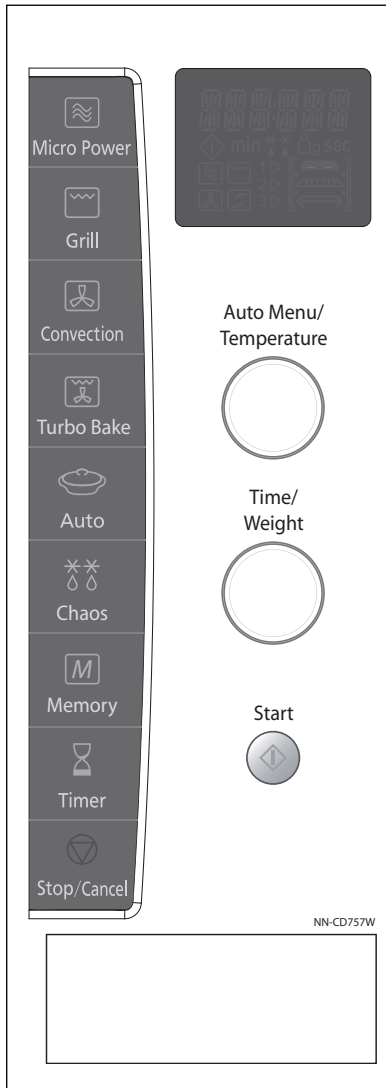
- (1) **Display Window**
- (2) **Microwave Power Pad**
- (3) **Grill Pad**
- (4) **Convection Pad**
- (5) **Turbo-bake Pad**
- (6) **Auto Weight Programs Pad**
- (7) **Auto Weight Defrost Programs (Chaos Defrost)**
- (8) **Memory Pad**
- (9) **Timer Pad:**  
This can be used to delay a cooking program for up to 9 hrs or used as a timer or for standing (non-cooking) time. It is also used to set the clock.
- (10) **Auto Menu/Temperature/Microwave Wattage/Grill Level/Convection Heat Selector Dial.**
- (11) **Time/Weight Dial**
- (12) **Stop/Cancel Pad:**  
**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.
- (13) **Start Pad:**  
Press to start operating the oven.  
If during cooking the door is opened or Stop/Cancel Pad is pressed once, Start Pad has to be pressed again to continue cooking.

### Beep Sound:

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

# Let's Start to Use your Oven

NN-CD757 / NN-CD767



\* The design of your control panel may vary from the panel displayed (depending on colour), but the words on the pads will be the same.


## 1 Plug in

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

## 2 Press Timer Pad twice to set clock

Set clock as a 12hr clock. (See page 16 for details).

## 3 Press Convection Pad

( will appear in the display window with the oven temperature)

(This procedure is to burn off the oil used for rust protection in the oven.) Turn the Auto Menu/Temperature dial until 250C is in the display window. Remove all accessories from the oven.

## 4 Enter Time

Turn Time/Weight dial until 5 minutes is displayed in the window.

## 5 Press Start Pad

The time will be displayed in the window and count down. The oven will beep at the end of the program. The oven is now ready to use. Caution: Grill elements and oven will be hot.

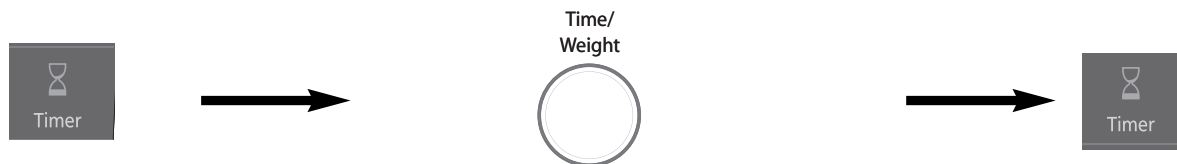
## 6 Demonstration Mode

This is to enable you to experiment setting various programs. (The letter D will always appear in the display window. This is to confirm that there is no microwave power produced and it is safe to use the oven without any food). To select this mode press the clock pad three times. "Demo mode press any key" will appear. To cancel press the clock pad a further three times.

## 7 Child Lock

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

# Setting the Clock



- **Press Timer Pad twice**

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

- **Enter Time**

Enter time of day by using Time/Weight Dial  
e.g. 1.25pm (12hr clock).

- **Press Timer Pad**

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

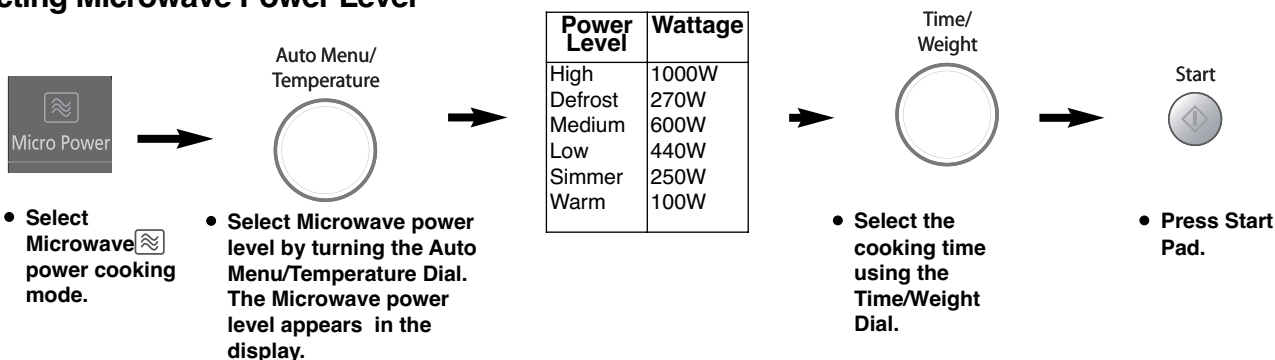
**N.B.**

1. To reset time of day, repeat step 1 through to step 3.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. **This is a 12 hour clock.**

# Microwave Cooking and Defrosting

There are 6 different microwave power levels available.

## Selecting Microwave Power Level



- **Select Microwave power cooking mode.**

- **Select Microwave power level by turning the Auto Menu/Temperature Dial. The Microwave power level appears in the display.**

- **Select the cooking time using the Time/Weight Dial.**

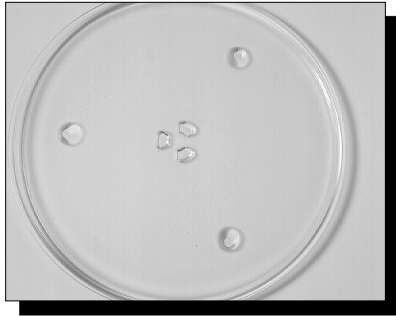
- **Press Start Pad.**

**N.B.**

1. Maximum time that can be set on HIGH power is 30 min.
2. On all Power Levels, except HIGH power, the maximum time that can be set is 90 minutes.
3. You can add to the cooking time during cooking, if required. Turn Time/ Weight Dial to increase the cooking time. (Time can be added in 1 minute increments up to maximum time of 10 minutes. This is only the case for one stage cooking).

# Microwave Cooking and Defrosting

## ACCESSORY TO USE:



When using your oven on MICROWAVE only, the glass turntable provided must always be in position. DO NOT attempt to use microwave only with any metal accessory in the oven.

DO NOT place food directly onto the turntable except in the case of Jacket Potatoes cooked by MICROWAVE only.

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

### Two Stage Cooking:

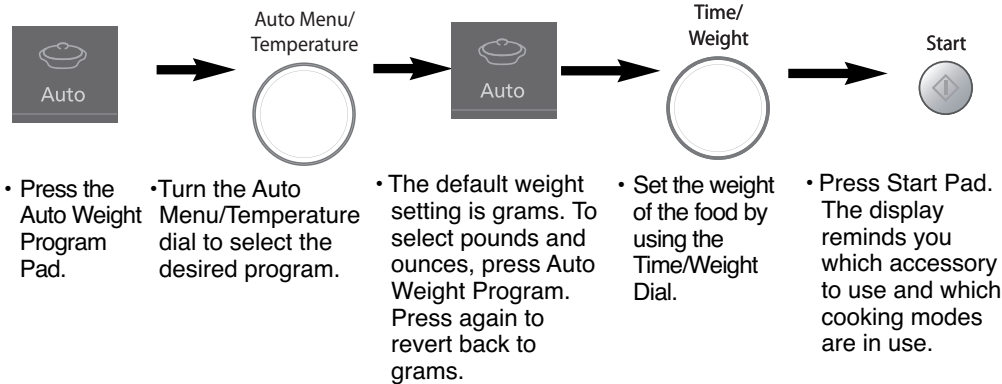
e.g. High power 10 minutes followed by Simmer power 20 minutes; Select High power and program 10 minutes then select second power (Simmer) with second cooking time (20 minutes) then press Start.

### Three Stage Cooking:

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

## Auto Weight Defrost - Chaos Defrost

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



Program	Weight Range	Suitable Foods
1 Bread	100 - 900g (4oz - 2lb)	Bread and rolls. Turn at beep.
2 Meat Items	200 - 1200g (7oz - 2lb 10oz)	Small pieces of meat, minced meat, chicken portions, steaks, chops. Turn at beeps.
3 Meat Joints	400 - 2500g (14oz - 5lb 8oz)	Whole chicken, meat joints. Turn at beeps and shield.

# Auto Weight Defrost Programs

This feature allows you to defrost minced meat, chops, chicken portions, meat joints and bread.

The CHAOS defrost pad and then the Auto Menu/Temperature Dial should be pressed to select the correct category and then enter in the weight of the food in grams or pounds and ounces using the Time/Weight Dial (See page 17).

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

**The CHAOS Theory** principle is used in Auto Weight defrost programs to give you a quick and more even defrost.

The CHAOS system uses a random sequence of pulsing microwave energy which speeds up the defrosting process.

During the program the oven will beep to remind you to check the food.

**IT IS ESSENTIAL THAT YOU TURN AND STIR THE FOOD FREQUENTLY AND SHIELD IF NECESSARY (See page 19).**

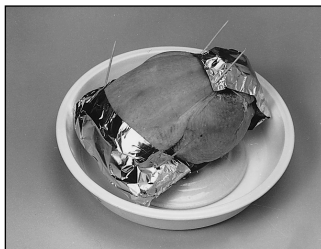
On hearing the first beep you should TURN and SHIELD (if possible). On the second beep you should turn the food or break it up.

## 1st Beep



Turn

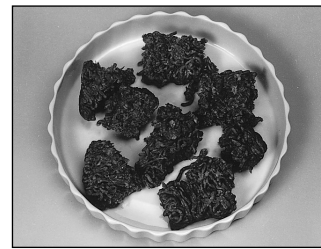
## 1st Beep



or

Shield

## 2nd Beep



Turn or break up

### CATEGORY 1 BREAD

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



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

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

### CATEGORY 3 MEAT JOINTS/WHOLE CHICKENS

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



# Defrosting Guidelines

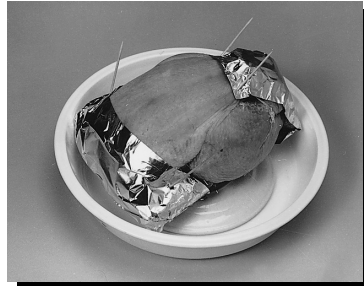
By selecting the DEFROST power level and setting a time, you can defrost food in your microwave. The biggest problem is getting the inside defrosted before the outside starts to cook.

For this reason a defrost program alternates between a defrost power and a standing time. The name for this type of defrost is cyclic and during the standing stages there is not any

microwave power in the oven, although the light will remain on and the turntable will turn. The automatic stand times ensure a more even defrost but it is still necessary to allow for standing time before use. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer or on a plastic rack if you have one.



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



Chickens and joints of meat will require shielding during defrosting.



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



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

## TIPS

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

# Defrosting Foods Using Defrost Power & Time

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

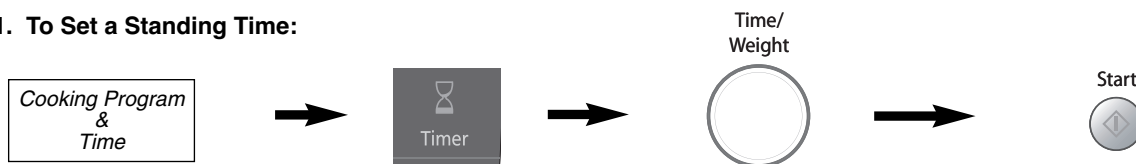
Food	Weight	Defrosting Time	Method	Standing Time
<b>Meat</b>				
Beef/ Lamb/ Pork Joint	700g (1lb 8oz)	15 mins	Place in a suitable dish or on an upturned saucer or use a rack. Turn 3 - 4 times.	60 mins
Beef/ Lamb/ Pork Joint	1.0 Kg (2lb 4oz)	20 mins	Place in a suitable dish or on an upturned saucer or use a rack. Turn 3 - 4 times.	60 mins
Sirloin/Rump Steak	500g (1lb 2oz)	10 mins	Place in a suitable dish. Separate and turn twice.	15mins
Beef burgers	100 g ( x1)	3 mins	Place in a suitable dish. Turn.	2 mins
	227 g ( x4)	4-5 mins	Place in a suitable dish. Separate and turn twice.	5 mins
	350 g ( x2 )	5-6 mins	Place in a suitable dish. Separate and turn twice.	10 mins
Minced Beef	500g (1lb 2oz)	12 mins	Place in a suitable dish. Break up and turn 3-4 times.	15 mins
Stewing Steak	500g (1lb 2oz)	12 mins	Place in a suitable dish in a single layer. Break up and turn twice.	20 mins
Lamb Chops	500g (1lb 2oz)	10 mins	Place in a suitable dish in a single layer. Turn twice.	15 mins
Lamb Fillets	300g (11oz)	3-4 mins	Place in a suitable dish in a single layer. Turn twice.	10 mins
Lamb Shanks x 4	800g (1lb12 oz)	15 mins	Place in a suitable dish in a single layer. Separate and turn twice. Shield if necessary.	45 mins
Pork Ribs	700g (1lb 8oz)	10 mins	Place in a suitable dish. Separate and turn twice.	30 mins
Pork chops	350g (12oz)	5-6 mins	Place in a suitable dish. Separate and turn twice.	15 mins
Bacon	250g (9oz)	5-6 mins	Place in a suitable dish. Separate and turn 2-3 times.	15 mins
Sausages	100g (2)	1½ mins	Place in a suitable dish. Turn.	5 mins
	500g (8)	5-6mins	Place in a suitable dish. Turn twice.	8-10 mins
Whole chicken	1.5 Kg (3lb 5oz)	30 mins	Place in a suitable dish or on an upturned saucer or use a rack. Turn 3 - 4 times. Shield if necessary.	60 mins

Food	Weight	Defrosting Time	Method	Standing Time
<b>Meat</b>				
Chicken Portions	x1 150g (5oz)	3 mins	Place in a suitable dish. Turn.	10 mins
	x 2 350g (12oz)	6 mins	Place in a suitable dish. Turn twice.	15 mins
	x 3/4 500g (1lb 2oz)	10 mins	Place in a suitable dish. Turn twice.	20 mins
Turkey Breast fillets	500g (1lb 2oz)	15 mins	Place in a suitable dish. Separate and turn twice.	20 mins
Duck Breast Fillets	450g (1lb)	9 mins	Place in a suitable dish. Turn twice.	20 mins
<b>Fish</b>				
Whole Fish x 1	150-225g (5-8oz)	5-6 mins	Place in a suitable dish. Turn twice.	15 mins
Whole Fish x 2	500g (1lb 2oz)	12-14 mins	Place in a suitable dish. Turn twice separate if necessary.	20 mins
Fish Fillets	100-150g (4-5oz)	2-3 mins	Place in a suitable dish in a single layer.	5 mins
	350g (12oz)	6-7 mins	Turn twice.	10 mins
Fish Steaks	100g (4oz)	3-4mins	Place in a suitable dish. Turn.	10 mins
	250g (9oz)	6-7 mins	Place in a suitable dish. Separate if necessary and turn twice.	15 mins
	400g (14oz)	10-12 mins	Place in a suitable dish. Separate if necessary and turn twice.	20mins
Prawns	450g (1lb)	10 mins	Place in a suitable dish. Stir twice during defrosting.	15 mins
<b>General</b>				
Sliced bread	400g (14oz)	5 mins	Place on a plate. Separate and arrange during defrosting.	10 mins
Slice of Bread	30g (1oz)	20-30 secs	Place on a plate.	1-2 mins
Soft fruit	500g (1lb 2oz)	8-9 mins	Place in a suitable dish. Stir twice during defrosting.	20 mins
Gateau	350g (12oz)	3-4 mins	Place on a plate.	15 mins
Cheesecake	500g (1lb 2oz)	5 mins	Place on a plate.	15 mins
Meringue dessert	350g (12oz)	2-3 mins	Place on a plate.	15 mins
Butter	250g (9oz)	2 ½ mins	Place on a plate.	10 mins
Shortcrust /Puff pastry	500g (1lb 2oz)	4-5 mins	Place on a plate. Turn halfway.	15 mins

# Using the Delay/Stand Feature

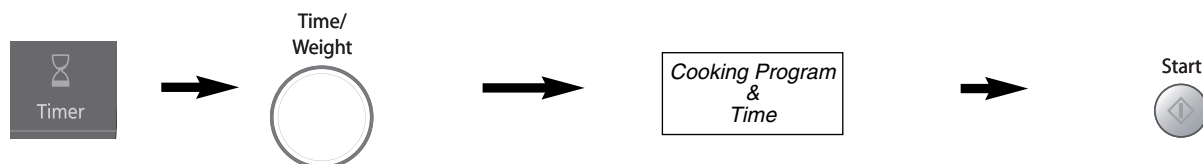
The Timer Pad is used as a timing pad either before, during or after a cooking program. When the Timer Pad is selected with a time, there is no microwave power in the oven during this time.

## 1. To Set a Standing Time:



- Set the desired Cooking Program, by selecting cooking option and time required.
- Then Press the Timer Pad.
- Set desired standing time (max 9 hrs). An “H” will appear in the display to denote hours.
- Press Start Pad. Cooking program will commence after which the standing time will count down.

## 2. To Set a Delay Start:



- Press the Timer pad.
- Set Delay time (max 9hrs). An “H” will appear in the display to denote hours.
- Set the complete cooking program, by entering cooking option and time required.
- Press Start Pad. Delayed time will count down then the cooking program will start.

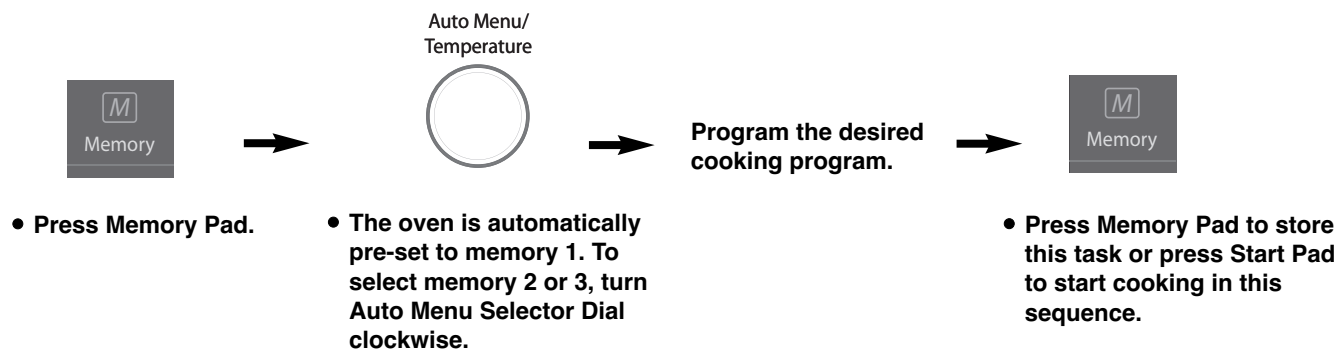
### NB

1. If the oven door is opened during the stand or delay time, the time in the display window will continue to count down.
2. Delay Start cannot be used before an Auto Program.

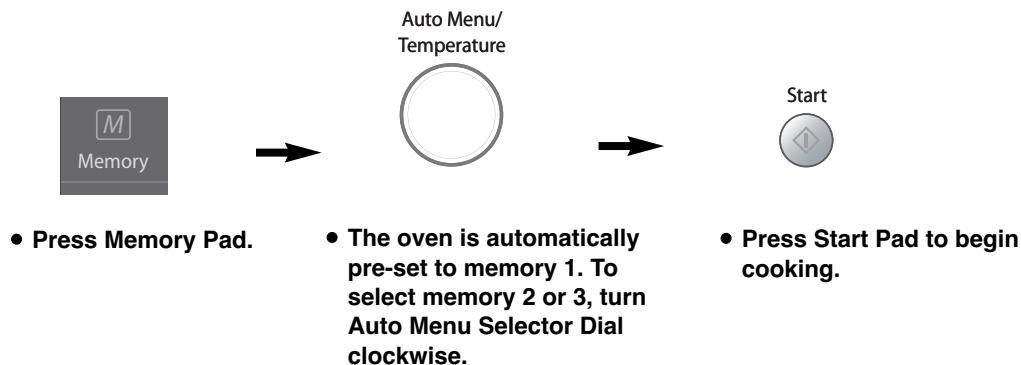
# Memory

This feature allows you to pre-program your oven for regular reheating or cooking tasks. You are able to pre-program your oven for a specific power level and time that is convenient for you. You are able to pre-program three memory tasks.

## To set a Memory Program



## To use a Memory Program



### NOTE:

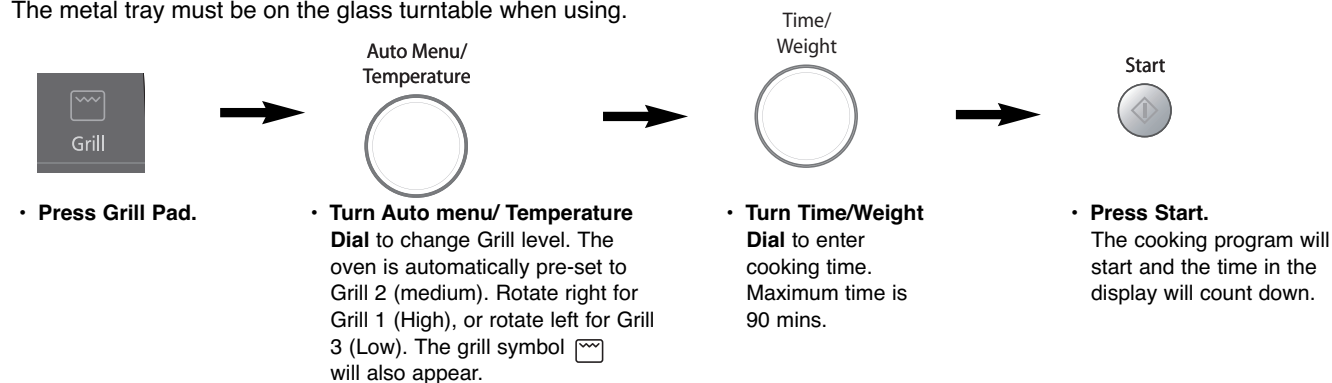
1. Auto programs cannot be programmed into memory.
2. Convection pre-heat mode cannot be programmed into memory.
3. Memory can only store 1 stage cooking. It is not possible to store 2 or 3 stage cooking.
4. Setting a new cooking program into memory will cancel the cooking program previously stored.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

# Grilling

The Quartz Grill system on the oven gives fast efficient cooking for a wide variety of foods e.g. chops, sausages, steak, toast, oven chips etc.

## DO NOT PREHEAT THE GRILL BEFORE USE.

The metal tray must be on the glass turntable when using.



## NOTE:

1. The Grill will only operate with the oven door closed.
2. There is no microwave power on the GRILL only program.
3. You can add to the cooking time during cooking, if required. Turn Time/Weight Dial to increase the cooking time. A maximum time of 10 minutes can be added.
4. After pressing Start Pad, the selected grill level can be recalled and changed. Press Grill Pad once to indicate the grill level in the display window. While the level is recalled, you can change it by turning the Auto/Temperature Dial.

## GRILLING TIMES

When using the grill to cook foods, the cooking times will be similar to traditional grilling. Most foods will require turning halfway through the cooking time (see section on oven accessories page 25).

The Grill has three variable settings, Grill 1 (High), Grill 2 (Medium) and Grill 3 (Low). Grill 1 will be the hottest.

## CAUTIONS:

**THE HIGH RACK AND SURROUNDING OVEN WILL GET VERY HOT. USE OVEN GLOVES.**

# Grilling

## OVEN ACCESSORIES TO USE

When grilling foods the **Glass Turntable** should be in position, with the **Metal Tray** and the **High Rack**.

Place food on High Rack on the Metal Tray on the Turntable.



The High Rack will allow fat to drip through into the Metal Tray to reduce excess splatter and smoke when grilling steaks, chops and other fatty foods.

Most foods require turning halfway during cooking. When turning food, open oven door and **CAREFULLY** remove the Metal Tray and High Rack by holding the accessories firmly. Use oven gloves when removing accessories as they will be very hot, and so will the roof and walls of the oven.

After turning, return food to the oven, close door and press **START**. The oven will continue to count down the remaining cooking time. It is quite safe to open the oven door at any time to check the progress of the food as it is grilling.

If grilling fish or small items, place the metal tray on top of the high rack.



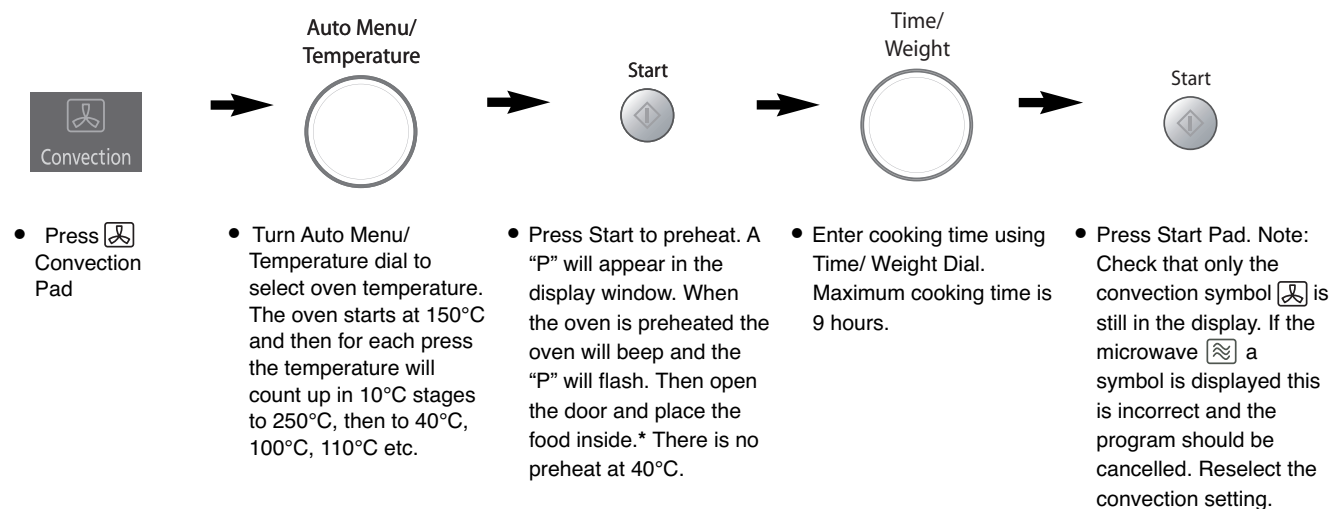
## GUIDELINES

1. There is no microwave power on the **GRILL** only program.
2. Use the accessories provided, as explained above.
3. The Grill will only operate with the oven door closed.
4. Most meat items e.g. bacon, sausages, chops can be cooked on the hottest setting - **GRILL 1**. This setting is also suitable for toasting bread, muffins and teakakes etc.
5. **GRILL 2** and **GRILL 3** are used for more delicate foods or those that require a longer grill time e.g. fish or chicken portions.
6. **DO NOT PREHEAT THE GRILL.**
7. **NEVER COVER THE FOOD WHEN GRILLING.**
8. **ALWAYS USE OVEN GLOVES WHEN REMOVING THE FOOD AND ACCESSORIES AFTER GRILLING AS THE OVEN AND ACCESSORIES WILL BE VERY HOT.**
9. After Grilling it is important that the Grill accessories are removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. **DO NOT PUT ACCESSORIES IN DISH WASHER.** It is not necessary to clean the back of the oven which has a catalytic self clean lining.

# Convection Cooking

Your Dimension 4 Combination Oven can be used as a conventional oven using the CONVECTION mode which incorporates a heating element with a fan.

For best results always place food in a preheated oven. The grill will operate when the oven is preheating. The Metal Tray must be on the Glass Turntable when preheating.



\* **Note:** Open the door using the Door Release Pad, because if the Stop/Cancel Pad is pressed the program may be cancelled. Then if the time was entered the oven would revert to cooking on microwave only.

The oven will maintain the selected temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking program and revert to time of day.

## CAUTIONS:

**THE ACCESSORIES AND THE SURROUNDING OVEN WILL GET VERY HOT. USE OVEN GLOVES.**



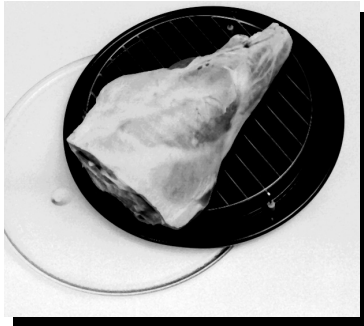
# Convection Cooking

## OVEN ACCESSORIES TO USE

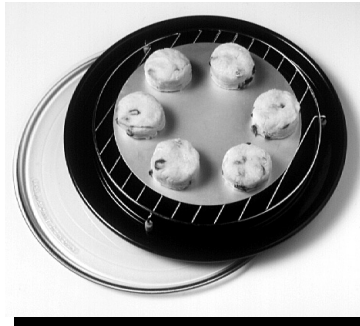
When using the convection oven the Glass Turntable should be in position and must have the Metal Tray placed on top.

The food is then placed on the Low Rack or directly onto the Metal Tray. Follow your individual recipe guidelines.

**Roasting Meat:** Glass Turntable, Metal Tray and Low Rack.



**Baking:** Glass Turntable, Metal Tray, Low Rack.



When using the oven as a CONVECTION oven, there is NO MICROWAVE POWER, i.e.. the oven is operating as a conventional oven and you can use all your standard metal baking tins and ovenware.

If a very large dish is used that will not turn on the Turntable then the Roller Ring and Turntable should be removed, the Low Rack should be placed directly onto the base of the oven floor and the food must be carefully placed on the low rack and turned manually during cooking.

It is not recommended to cook on more than one level when using the CONVECTION oven. When cooking 2 trays of buns etc, cook in two batches.

## Guideline to Oven Temperatures

TEMP °C	USE	TEMP °F	GAS MARK	TEMP °C	USE	TEMP °F	GAS MARK
40°C	Proving Bread	90°F	1/8	180°C	Souffle, Victoria Sandwich	350°F	4
100°C	Pavlova	200°F	1/4	190°C	Lemon Meringue Pie, Mince Pies, Treacle Tarts, Stuffed Chicken, Roulades	375°F	5
110°C	Meringues	225°F	1/4				
120°C	Slow drying Herbs	250°F	1/2	200°C	Choux Pastry, Scones, Bread,	400°F	6
130°C	Large Rich Fruit Cakes	275°F	1	210°C	Sausage Rolls, Vol-au-Vents,	425°F	7
140°C	To start Rich Fruit Cakes	300°F	2	220°C	Roast Potatoes, Yorkshires		
150°C	(then reduce)			230°C	Biscuits	450°F	8-9
160°C	Gingerbread, Biscuits	325°F	3	240°C		475°F	
170°C	Shortbread, Small Tarts			250°C			

For best results always place food in a preheated oven.

Don't forget that for ease of programming of the most commonly used temperatures, your oven will start at 150°C and count up in 10°C stages to 250°C, then back to 40°C, 100°C and 110°C etc.

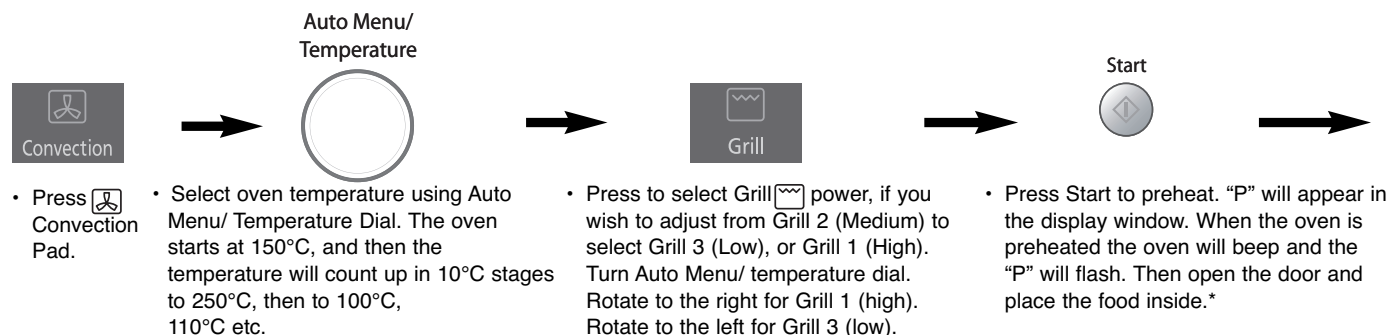
Food is generally cooked UNCOVERED - unless it is a casserole or you wish to use roasting bags for joints.

# Convection + Grill (Turbo-Bake Cooking)

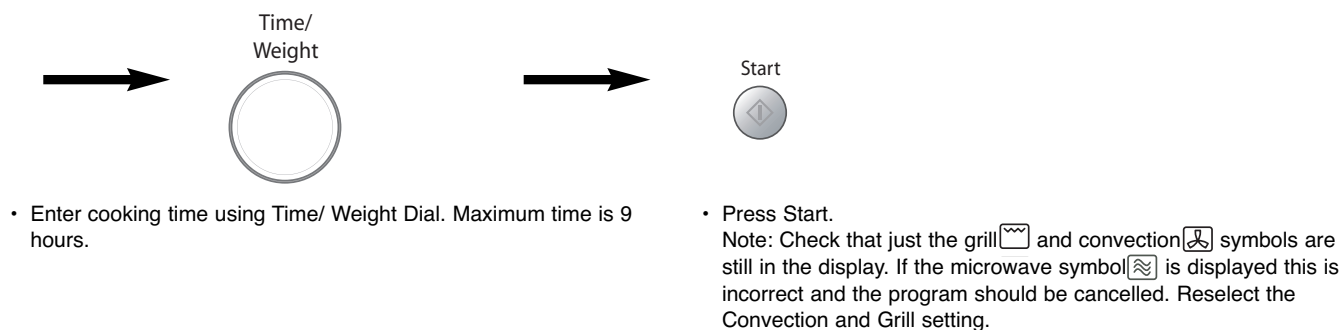
The oven can be programmed to cook or reheat food by the grill and the convection oven working simultaneously, to give foods that extra crispness and colour. This is known as Turbo-Bake and can often reduce traditional oven cooking times.

## **ALWAYS PREHEAT BEFORE USE.**

The Metal Tray must be on the Glass Turntable when preheating.



**\*NOTE:** Open the door using the door release pad, because if the STOP/CANCEL pad is pressed the program may be cancelled.



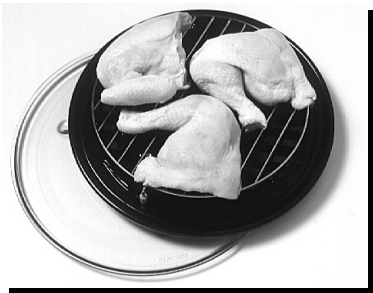
**CAUTION:**  
THE ACCESSORIES AND THE SURROUNDING OVEN WILL GET VERY HOT. USE OVEN GLOVES.

# Convection + Grill (Turbo-Bake Cooking)

## OVEN ACCESSORIES TO USE

When using Turbo-Bake the Glass Turntable should be in position and must have the Metal Tray placed on top, unless otherwise stated.

Food can be placed on the Low Rack or High Rack - see individual recipe for guidelines. When cooking meat or chicken, the food should be placed on the Low Rack inside the Metal Tray on Glass Turntable (see below).



Joints and items of meat are placed on the Low Rack and Metal Tray on the Glass Turntable.



Individual small items can be placed on the High Rack and Metal Tray on the Glass Turntable.

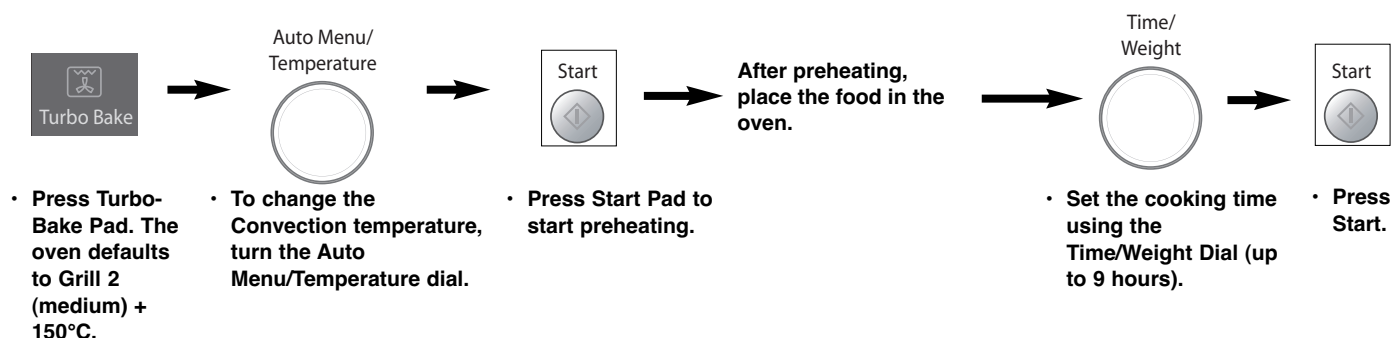
## GUIDELINES

Always place food in a preheated oven.  
Food is cooked UNCOVERED.  
DO NOT USE PLASTIC CONTAINERS.

Using Turbo-Bake can reduce traditional oven cooking times (see table below).

FOOD	WEIGHT	TRADITIONAL OVEN	TURBO-BAKE
Chicken legs	800 g	40 mins. 200°C	25mins 250°C + GRILL 1
Crispy Duck	500 g	30-35 mins 220°C	15mins 250°C + GRILL 1
Thick Sausages	450 g	25-30 mins 190°C	25mins 220°C + GRILL 1

# Turbo-Bake (Quick Start Grill/Convection)



## NB:

Using the Turbo-Bake Pad, it is not possible to change the Grill Level. Use the Convection + Grill sequence on page 28 if using Grill 1 or 3.

## Combination Cooking

Your oven has three methods of cooking by Combination.

1. Convection and Microwave
2. Grill and Microwave
3. Convection, Grill and Microwave

COMBINATION cooking is ideal for many foods. The microwave power cooks them quickly, whilst the oven, grill or both gives the traditional browning and crispness.

All this happens simultaneously resulting in most foods being cooked in  $\frac{1}{2}$ - $\frac{2}{3}$  of the conventional cooking time.

There is no need to preheat on COMBINATION programs, **EXCEPT when cooking pastry and using the Panacrunch Pan.**

It is possible to use smooth seamed metal tins and foil containers on COMBINATION but they must be placed directly onto the metal tray on the glass turntable. They must not be placed directly onto the Low Rack, or arcing will occur.

If you experience arcing, which is when you see blue sparks or hear crackling noises, the metal container is unsuitable or you have insufficient food in the oven. You should stop the program immediately and change the

container or re-program to CONVECTION only.

To cook successfully by COMBINATION you should always use a minimum of 200 g (7oz) food. Small quantities should be cooked by Convection, Grill or Turbo-Bake.

### CAUTION:

**Take care to use oven gloves when removing dishes from the oven - especially when turning or stirring foods as the oven walls and roof will be very hot.**

### \* NOTE:

When placing food in the oven after preheating, just open the door using the Door Release Pad, because if STOP/CANCEL Pad is pressed the program may be cancelled. Then, if the time was entered, the oven would revert to cooking on microwave only.

### CONTAINERS TO USE

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. But do not put dishes on High Rack directly under the grill, use the Low Rack.

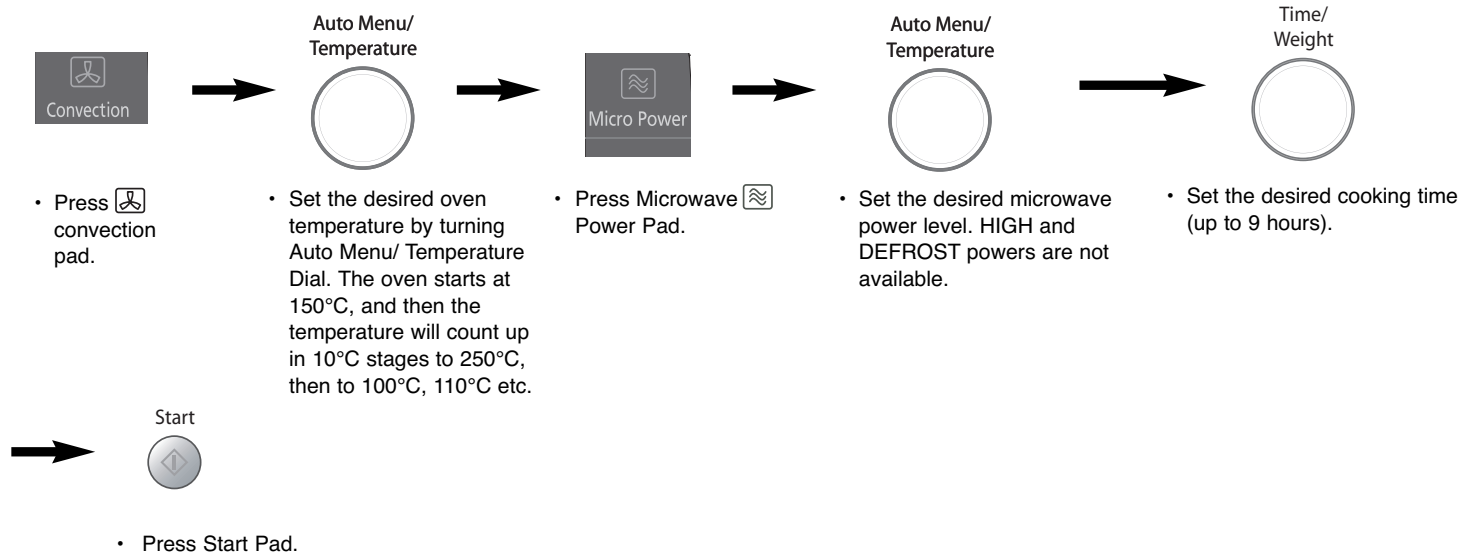
### OVEN ACCESSORIES

**When using any Combination cooking program the Glass Turntable should be in position and must have the Metal Tray placed on top.**

# Combination 1. Convection and Microwave

This is the most popular combination mode combining convection heat with microwave power. Casseroles, meat joints, jacket potatoes and pastries are very successful using this combination. Unsuitable foods are those which contain whisked eggs, meringues, rich fruit cakes, biscuits and yorkshire puddings.

It is not necessary to preheat on combination except when cooking pastry dishes, to achieve a better result. For pastry dishes preheat oven to 210°C on Convection so that the oven is hot, and then select the desired Combination program.



## OVEN ACCESSORIES TO USE

When using Combination cooking the Glass Turntable should be in position and must have the Metal Tray on top unless using a Panacrunch combination program when the pan is placed on top of the Glass Turntable.



Non-metallic dishes or items of food can be placed directly onto the Low Rack on the Metal Tray on the Glass Turntable. Small items should be placed in a heatproof dish on the Low Rack or alternatively cooked in the Panacrunch Pan.



Joints and portions of meat should be placed on the Low Rack on the Metal Tray on the Glass Turntable.



Recipes using foil or metal containers e.g. cakes and pastries should be placed directly onto the Metal Tray on Glass Turntable. Do not use the Panacrunch Pan.

# Combination 1. Convection and Microwave

## GUIDELINES

- Food is usually cooked UNCOVERED.
- After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. It is not necessary to clean the back of the oven which has a catalytic self clean lining. DO NOT PUT ACCESSORIES IN THE DISHWASHER.

The chart below gives suggestions for Combination programs. For cooking times refer to cooking charts or a similar recipe in the book. It is not possible to use HIGH or DEFROST Microwave Power in this mode.

CONVECTION	MICROWAVE POWER	USE
230°C	WARM	Fruit Crumble
210/220°C	SIMMER	Reheat Quiche, Frozen Lasagne, Frozen Cauliflower Cheese, Frozen Macaroni Cheese
190°C	SIMMER	Whole Chicken/Turkey. Fish fillets, Potato Gratin
190°C	WARM	Shepherds Pie, Lasagne, Quiche
170/180°C	SIMMER	Rice Pudding, Cakes
160°C	WARM	Cakes, Casseroles

For advice on cooking times refer to cooking charts and recipes in this book.

Foods should always be cooked until browned and piping hot.

**CAUTION:**  
**ALWAYS USE OVEN GLOVES WHEN REMOVING DISHES FROM THE OVEN - ESPECIALLY WHEN TURNING OR STIRRING FOODS, AS THE ACCESSORIES AND SURROUNDING OVEN WILL GET VERY HOT.**

# Combination 2. Grill and Microwave

This Combination mode is suitable for foods which are normally grilled and for reheating small savoury items.

Do not use this program with less than 200 g (7 oz) of food.

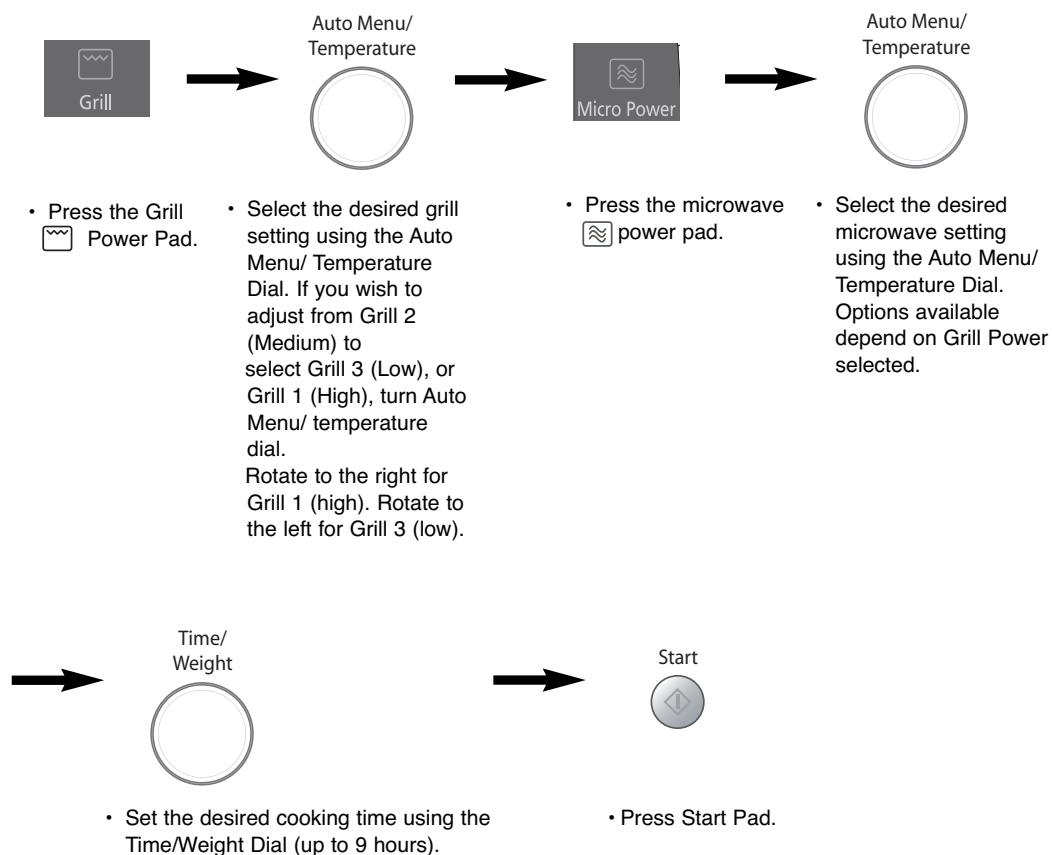
**It is NOT necessary to preheat when using this Combination mode unless using the Panacrunch Pan** and food should always be cooked uncovered.

The Grill will glow on and off during cooking - this is normal.

Grill 1 - HIGH

Grill 2 - MEDIUM

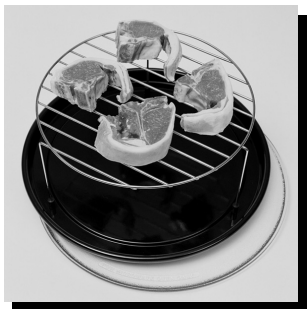
Grill 3 - LOW



# Combination 2. Grill and Microwave

## OVEN ACCESSORIES TO USE

When using Combination cooking the Glass Turntable should be in position and must have the Metal Tray on top, unless using a Panacrunch combination program when the Panacrunch Pan is placed on top of the Glass Turntable.



Food should be placed directly onto the High Rack on the Metal Tray. This is then placed on the Glass Turntable.

When cooking fish or small items, food can be placed directly on the metal tray on top of the High Rack.



## GUIDELINES

- Food is always cooked UNCOVERED.
- To turn food just press the door release pad, remove the Metal Tray and High Rack, turn the food, return to the oven, close the door and press START pad. The oven will continue to countdown the remaining cooking time.
- After Grilling it is important that the Grill accessories are removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. It is not necessary to clean the back of the oven which has a catalytic self clean lining. DO NOT PUT ACCESSORIES IN THE DISHWASHER.

For advice on cooking times refer to cooking charts and recipes in this book.

Foods should always be cooked until browned and piping hot.

### CAUTION:

**ALWAYS USE OVEN GLOVES WHEN REMOVING DISHES FROM THE OVEN - ESPECIALLY WHEN TURNING OR STIRRING FOODS, AS THE ACCESSORIES AND SURROUNDING OVEN WILL GET VERY HOT.**

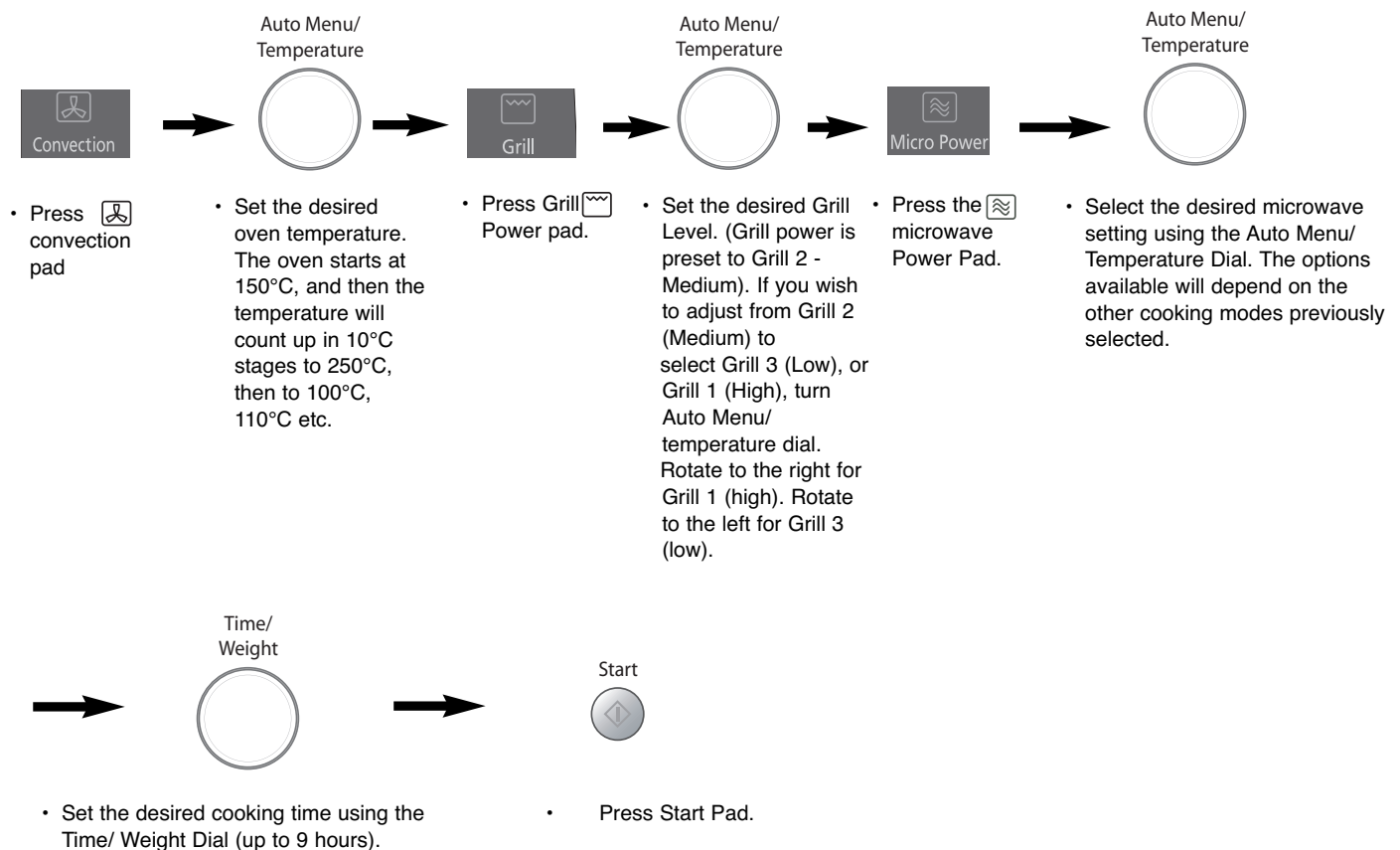


# Combination 3. Convection, Grill and Microwave

This Combination mode is very useful for foods which require quick browning or crisping.

Unsuitable foods are casseroles, cakes, meringues, pastries with sweet fillings, foods containing whisked eggs and yorkshire puddings.

It is not necessary to preheat and food should always be cooked uncovered.



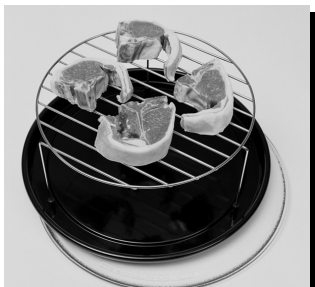
# Combination 3. Convection, Grill and Microwave

## OVEN ACCESSORIES TO USE

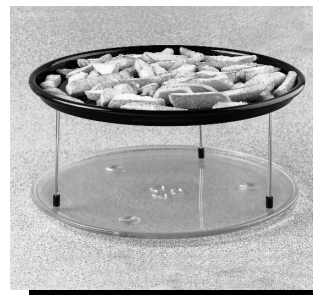
When using Combination cooking the Glass Turntable should be in position and must have the Metal Tray on top, unless using a Panacrunch combination program when the Panacrunch Pan is placed on top of the Glass Turntable.



Non-metallic dishes or items of food can be placed directly onto Low Rack on the Metal Tray on the Glass Turntable. Small items should be placed in a heatproof dish on the Low Rack or alternatively cooked in the Panacrunch Pan.



Food should be placed directly onto the High Rack on the Metal Tray on the Glass Turntable.



When cooking small items or fish, food should be placed directly on to the Metal Tray on top of the High Rack.

## GUIDELINES

- Food is always cooked UNCOVERED.
- After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. It is not necessary to clean the back of the oven which has a catalytic self clean lining. DO NOT PUT ACCESSORIES IN THE DISHWASHER.

We suggest the following options for this Combination mode.

Turbo Bake	Grill	Microwave Power	Use
250°C	1	Simmer	Part Baked Rolls/ Baguettes, Jacket Potatoes
250°C	1	Warm	Onion Bhajis, Samosas, Oriental snacks such as spring rolls, Deep Pan Pizza
240°C	1	Simmer	Cottage/Shepherds Pie, Frozen Scampi, Fresh Pizza, Frozen Pizza
240°C	1	Warm	Coated Chicken Breast, Breaded Scampi
230°C	1	Warm	Chicken Kiev, Fresh Breaded Fish Fillets
220°C	1	Simmer	Chilled Cauliflower Cheese, Chilled Lasagne
220°C	1	Warm	Pasties/Slices, Whole Fish

### CAUTION:

**ALWAYS USE OVEN GLOVES WHEN REMOVING DISHES FROM THE OVEN - ESPECIALLY WHEN TURNING OR STIRRING FOODS, AS THE ACCESSORIES AND SURROUNDING OVEN WILL GET VERY HOT.**

For advice on cooking times refer to cooking charts and recipes in this book.

Foods should always be cooked until browned and piping hot.

# Panacrunch Pan

## THE 'CONCEPT'

Some foods cooked by microwave can become soft and soggy. Your Panacrunch Pan accessory will brown and crisp pizzas, quiches, pies and breaded products just as a conventional oven. Your Panasonic Panacrunch Pan works by absorbing microwave energy and transferring this as heat to crisp the base of the food. The microwave oven then heats up the food directly and browns the food by the grill. The heating effect of the pan is maximised by the non-stick surface.

## USING THE PANACRUNCH PAN (Manual operation)

- ◆ For best results, pre-heat the pan before using. Place directly on the Glass Turntable and pre-heat on GRILL 1 + MEDIUM MICROWAVE for 4 minutes. To assist browning, brush the food with oil for items such as meat chops and chicken pieces.
- ◆ Remove the pan from the oven and place the food in the pan. **Use the Panacrunch pan handle or oven gloves as the pan will be very hot.** For best results, it is important that the food is placed on the pan immediately after pre-heating. Performance cannot be guaranteed with a time delay.
- ◆ Place the pan on the Glass Turntable and cook according to the guidelines shown in the re-heating and cooking charts.

## NOTES:

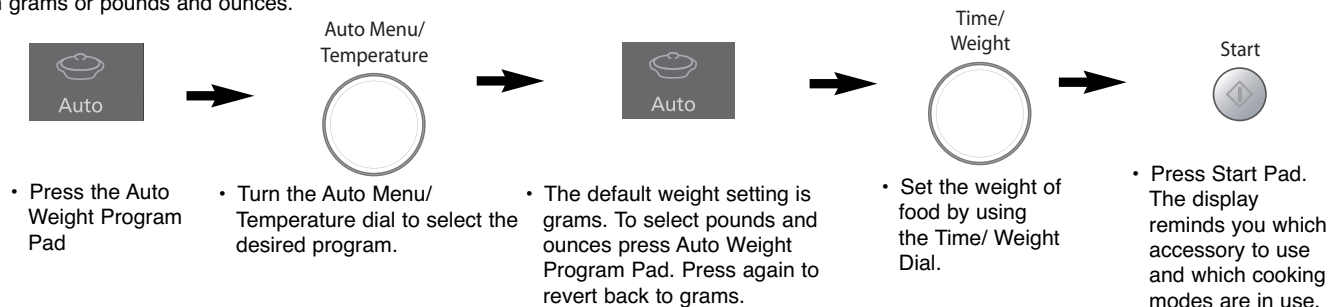
1. Do not pre-heat the pan more than 8 minutes.
2. Always place the pan in the centre of the glass tray and ensure it does not touch the wall of the oven cavity. Failure to do so may cause sparking which would damage the cavity.
3. Always use the pan on the glass tray. Do not use with the wire rack.
4. Always use the Panacrunch pan handle or oven gloves when handling the hot pan.
5. Ensure all food packaging is removed before cooking.
6. Do not place any heat-sensitive materials on the hot pan as this may cause burning.
7. The pan can be used in a conventional oven.
8. For best results, use the pan in COMBINATION: GRILL/ CONVECTION and MICROWAVE.

## CARE OF THE PAN

- ◆ Never use any sharp utensils on the pan as this will damage the non-stick surface.
- ◆ After use, wash the pan in hot soapy water and rinse in hot water. Do not use any abrasive cleaning substances or scouring pads as this will damage the surface of the pan.
- ◆ The pan is dishwasher safe.

# Auto Weight Cook Programs

This feature allows you to cook or reheat fourteen foods by setting the weight only. The oven determines the Microwave power level and/or Combination setting, then the cooking time automatically. Select the category of food and then just enter the weight. The weight can be entered in grams or pounds and ounces.



When you select an automatic program symbols will appear in the display to show the cooking mode that will be used and the accessories that are needed, in addition to the turntable. See below to identify the symbols:-



Microwave



Convection



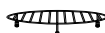
Metal tray



High rack



Grill



Low rack



Panacrunch Pan

## Guidelines for Use

The Auto Weight Programs are designed to take the guesswork out of cooking or reheating your food. They must ONLY be used for the foods described.

1. Only cook foods within the weight ranges described (see table below).
2. Only use the accessories as indicated on pages 39-40.
3. DO NOT cover food unless stated, as some programs use a Combination of Microwave and Grill and/or Convection and covering will prevent the food browning and affect cooking performance. The heat of the grill will also melt any plastic covering.
4. Most foods benefit from a STANDING time after cooking on 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.
6. ALWAYS weigh the chicken, DO NOT rely on the packet weight.

## Minimum/Maximum Weights to use on Auto Weight Programs

Program	Minimum	Maximum
Fresh Vegetables	100 g (4oz)	900 g (2lb)
Frozen Vegetables	150 g (5oz)	1000 g (2lb 2oz)
Fresh Fish	100 g (4oz)	900 g (2lb)
Potatoes Boiled	200 g (7oz)	1000 g (2lb 2oz)
Jacket Potatoes	200 g (7oz)	1500 g (3lb 5oz)
Frozen Potato Products	100 g (4oz)	600 g (1lb 5lb)
Fish and Chips	300 g (11oz)	600 g (1lb 5oz)

Program	Minimum	Maximum
Whole Chicken	1000 g (2lb 2oz)	2400 g (5lb 5oz)
Chicken Pieces with bone	300 g (11oz)	1500 g (3lb 5oz)
Chicken Pieces boneless	300 g (11oz)	1500 g (3lb 5oz)
Potato Crispy Top	350 g (12 oz)	600 g (1lb 5oz)
Pasta Crispy Top	350 g (12 oz)	600 g (1lb 5oz)
Chilled Pizza	100 g (4 oz)	600 g (1lb 5oz)
Frozen Pizza	100 g (4 oz)	600 g (1lb 5oz)

# Auto Weight Cook Programs

Auto Programs must ONLY be used for the foods described below.

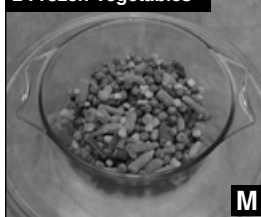
## 1 Fresh Vegetables



**M**

To cook FRESH vegetables. Place prepared vegetables into a shallow container on Glass Turntable. Add 90 ml (6tbsp) of water. Cover with pierced cling film or lid. Select program number 1. Enter the weight. Press START.

## 2 Frozen Vegetables



**M**

To cook FROZEN vegetables like frozen peas, sweetcorn or mixed vegetables. Place prepared vegetables into a container. Add 15 ml (1 tbsp) of water. Cover with pierced cling film or lid. Place on Glass Turntable. Select program number 2. Enter the weight. Press START.

## 3 Fresh Fish



**M**

To cook FRESH fish. Shield the thinner portions. Place in a shallow container on Glass Turntable. Add 15 ml (1tbsp) liquid. Cover with pierced cling film or lid. Select program number 3. Enter the weight. Press START.

## 4 Boiled Potatoes



**M**

Prepare potatoes and cut into even sized pieces. Place potatoes into a container with 45 ml (3 tbsp) water. Cover with pierced cling film or lid. Place on Glass Turntable. Select program number 4. Enter the weight. Press START.

## 5 Jacket Potatoes



**C**

To cook jacket potatoes with a crisper drier skin. Choose medium sized potatoes 200-250 g (7-9 oz), for best results. Wash and dry potatoes and prick with a fork several times. Place potatoes around the edge of the Panacrunch Pan. Place Pan directly on the Glass Turntable. Select program number 5. Enter total weight of potatoes, then press START.

## 6 Frozen Potato Products



**C**

To cook FROZEN oven chips and potato products, e.g. Hash Browns, Croquettes, etc., that are suitable for GRILLING. Place potato products in the Panacrunch Pan on Glass Turntable. Select program number 6. Enter the weight. Press START. Turn during cooking. For best results cook in a single layer. **NOTE:** Potato products vary considerably. We suggest checking a few minutes before the end of cooking to assess personal browning.

## 7 Fish and Chips



**C**

To cook precooked FROZEN breaded fish and frozen oven chips at the same time. Place one or two pieces of frozen breaded fish and one or two portions of frozen oven chips in the Panacrunch Pan. Place Panacrunch Pan in the oven, directly on Glass Turntable. Select program number 7. Enter total weight of fish and chips. Press START.

## 8 Whole Chicken



**C**

To cook WHOLE FRESH unstuffed chickens. Cook stuffing separately. Place chicken on Low Rack on Metal Tray and place on Glass Turntable. Select program number 8. Enter in the weight of chicken, then press START. Start cooking breast side down and turn halfway, taking care with hot juices. Stand for 5 minutes.

**M** = Microwave cooking only    **C** = Combination e.g. Convection + Micro power or Grill + Micro Power

# Auto Weight Cook Programs

Auto programs must ONLY be used for the foods described below.

## 9 Chicken Pieces with Bone



To cook FRESH chicken pieces with bone. Place chicken, skin side up, on Low Rack on Metal Tray and place on Glass Turntable. Select program number 9. Enter weight. Take care with hot juices. Stand for 5 minutes.

## 10 Chicken Pieces Boneless



To cook FRESH chicken pieces boneless. Place chicken, skin side up, on Low Rack on Metal Tray and place on Glass Turntable. Select program number 10. Enter weight. Take care with hot juices. Stand for 5 minutes.

## 11 Potato Crispy Top



For heating and browning CHILLED purchased savoury dishes with potato topping e.g. shepards pie, fish pie etc. Remove any lid or covering. If in a foil container transfer to a similar sized heatproof dish and place on Low Rack on Metal Tray on Glass Turntable. If using heatproof plastic based dish that food is purchased in, take care and support underneath when removing. Select program number 11. Enter weight. Press START. DO NOT COVER. Stand for 1 minute before serving. Ensure the food is piping hot.

## 12 Pasta Crispy Top



For reheating and browning CHILLED purchased savoury pasta dishes e.g. Lasagne. Remove any lid or covering. If in a foil container transfer to a similar sized heatproof dish and place on Low Rack on Metal Tray on Glass Turntable. If using heatproof plastic based dish that food is purchased in, take care and support underneath when removing. Select program number 12. Press START. DO NOT COVER. Allow to stand for 1 minute. Ensure food is piping hot.

## 13 Chilled Pizza



For reheating, crisping the base and browning CHILLED, purchased pizza. Remove all packaging and place chilled pizza in the Panacrunch Pan on the Glass Turntable. Select program number 13. Enter weight. Press START. DO NOT COVER.

## 14 Frozen Pizza



For reheating, crisping the base and browning FROZEN, purchased pizza. Remove all packaging and place the frozen pizza in the Panacrunch Pan on the Glass Turntable. Select program number 14. Enter weight and press START. DO NOT COVER.

**M** = Microwave Power only

**C** = Combination e.g. Convection + Micro Power  
or Grill + Micro Power

# Cooking and Reheating Guidelines

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

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

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

The charts on pages 42-54 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food.

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

## When is food reheated?

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

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

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

## PLATED MEALS

Everyone’s appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. Between 3-5 mins. on HIGH power will reheat an average portion. If stacking two meals, heat on HIGH power for 6-7 mins. and change the meals over halfway.

## 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.

## MINCE PIES - CAUTION

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.

## CHRISTMAS PUDDINGS AND LIQUIDS - CAUTION

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

**Do not leave unattended.**

**Do not add extra alcohol.**

## BABIES’ BOTTLES - CAUTION

Milk or formula MUST be shaken thoroughly before heating and again at the end and tested carefully before feeding a baby. See page 42 for details.

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

# Reheating Charts

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

## HEATING CATEGORY

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



Microwave symbol

The IEC (60705)  
power output (watts)

The heating category for  
small packs of food

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>BABIES BOTTLES - CAUTION</b>				
After heating by Microwave liquid at the top of a bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature. When testing the temperature of the milk, squirt a little onto your inner wrist. The milk droplets on your skin should feel warm, not hot.				
For 250ml of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 30 secs. CHECK CAREFULLY				
For 100ml of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 10-15 secs. CHECK CAREFULLY				
<b>BREAD – Pre-cooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.</b>				
Croissants/Brioche	1	HIGH Micro	15-20secs	Place on micro-safe plate on glass turntable. Do not cover
	4	HIGH Micro	30-40secs	Place on micro-safe plate on glass turntable. Do not cover
	any	Pre-heat Panacrunch* 200°C	2-3mins	Place pan directly on glass turntable
<b>CANNED PASTA</b>				
Ravioli	400g	HIGH Micro	3mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Macaroni Cheese	400g	HIGH Micro	2 1/2 -3mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Spaghetti	200g	HIGH Micro	1 1/2 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
	400g	HIGH Micro	2 1/2 -3mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
<b>CANNED PUDDINGS</b>				
Rice Pudding	150g	HIGH Micro	50-60 secs	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
	425g	HIGH Micro	2 1/2 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Sponge Pudding	300g	HIGH Micro	1-1 1/2 mins	Place in a heatproof bowl on glass turntable.
Custard	150g	HIGH Micro	1 min	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
	500g	HIGH Micro	2 1/2-3 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
<b>CANNED SOUPS</b>				
Condensed	295g	HIGH Micro	5 mins	Place in a heatproof bowl and stir in one can of water. Cover and place on glass turntable stirring halfway.
Healthy Option	415g	HIGH Micro	2 1/2-3 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Luxury/Vegetable /Broth/Creamed	400/415g	HIGH Micro	3 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.

\* Preheat Panacrunch Pan on GRILL 1 + MEDIUM MICROWAVE for 4 mins

## POINTS FOR CHECKING

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



Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>CANNED VEGETABLES</b>				
Baked Beans	200g	HIGH Micro	1-1 1/2 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
	415g	HIGH Micro	2 -2 1/2 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Baked Beans with Sausages	425g	HIGH Micro	2 1/2 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Broad Beans	300g	HIGH Micro	2-2 1/2 mins	Place in a heatproof bowl, cover and place on glass turntable.
Butter Beans	220g	HIGH Micro	1-1 1/2 mins	Place in a heatproof bowl, cover and place on glass turntable.
Carrots, sliced	300g	HIGH Micro	2 mins	Place in a heatproof bowl, cover and place on glass turntable.
Kidney Beans	420g	HIGH Micro	2 1/2-3 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Mushrooms	290g	HIGH Micro	1 1/2-2 mins	Place in a heatproof bowl, cover and place on glass turntable.
Peas, mushy	140g	HIGH Micro	1 min	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
	400g	HIGH Micro	2-2 1/2 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Peas, petit pois	200g	HIGH Micro	1 1/2 mins	Place in a heatproof bowl, cover and place on glass turntable.
Peas, garden	300g	HIGH Micro	1 1/2-2 mins	Place in a heatproof bowl, cover and place on glass turntable.
Peas, marrowfat	300g	HIGH Micro	2 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Sweetcorn	200g	HIGH Micro	70-80 secs	Place in a heatproof bowl, cover and place on glass turntable.
	325g	HIGH Micro	2 mins	Place in a heatproof bowl, cover and place on glass turntable.
Tomatoes	400g	HIGH Micro	2 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
<b>CHILLED SOUP</b>				
1 portion	250ml	HIGH Micro	1 1/2 -2 1/2 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
2 portion	500ml	HIGH Micro	4-5 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
<b>PLATED MEAL - room temperature</b>				
Small- child portion	1	HIGH Micro	2-3 mins	Place in a heatproof bowl, cover and place on glass turntable.
Large- adult portion	1	HIGH Micro	3-4 mins	Place in a heatproof bowl, cover and place on glass turntable.
<b>DRINKS</b>				
1 Mug Cold Milk	235ml	HIGH Micro	2 1/2 mins	Place in a heatproof mug on glass turntable. Stir halfway and after reheating.
1 Jug Cold Milk	568ml (1 pt)	HIGH Micro	4 mins	Place in a heatproof jug on glass turntable. Stir halfway and after reheating.
1 Mug Cold Coffee/Tea	235ml	HIGH Micro	1 min 40 secs	Place in a heatproof mug on glass turntable. Stir halfway and after reheating.
1 Mug Cold Milky Coffee	235ml	HIGH Micro	1 1/2 mins	Place in a heatproof mug on glass turntable. Stir halfway and after reheating.

\* Preheat Panacrunch Pan on GRILL 1 + MEDIUM MICROWAVE for 4 mins

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>PUDDINGS AND DESSERTS-</b> Where microwave only is involved transfer food from foil container to a similar sized heatproof dish				
Bread & Butter Pudding	395g	TURBO-BAKE 240°C+WARM Micro	12 mins	Place on low rack on metal tray on glass turntable.
Chilled Custard	500g	HIGH Micro	4 mins	Place in large jug on glass turntable. Cover and stir halfway.
Chilled Rice Pudding	150g	HIGH Micro	70-80 secs	Place on glass turntable. Stir halfway.
	500 g	TURBO-BAKE 220°C +WARM Micro	15 mins	Place on low rack on metal tray on glass turntable.
Fruit Crumble	600g	230°C+WARM Micro	18-20 mins	Place on low rack on metal tray on glass turntable.
Fruit Pie - Large  -Individual	700g	Pre-heat Panacrunch* TURBO-BAKE 220°C+SIMMER Micro	15 mins	Place pan directly on glass turntable
	x1	HIGH Micro	10-15 secs	Place on micro-safe plate on glass turntable
Mince Pies - x 2		HIGH Micro	20-30 secs	Place on micro-safe plate on glass turntable.
Sweet Pancakes x 2	120g	HIGH Micro	40 secs	Place on micro-safe plate on glass turntable.
Spotted Dick/Sponge puddings	120g	HIGH Micro	40-50 secs	Pierce film lid and place on glass turntable.
<b>CHRISTMAS PUDDING-</b> Do not leave unattended as overheating can cause the food to ignite.				
Small/Slice	100g	HIGH Micro	30-40 secs	Pierce film lid and place on glass turntable.
Medium	227g	HIGH Micro	1-1 1/2 mins	Pierce film lid and place on glass turntable.
Large	454g	HIGH Micro	2 1/2 -3 mins	Pierce film lid and place on glass turntable.
<b>READY MEALS - CHILLED</b>				
Transfer food from foil container to a similar sized heatproof dish. Healthy eating options will only slightly brown on combination because of the lower fat content.				
Cauliflower Cheese	350g	220°C+GRILL 1+SIMMER Micro	15 mins	Place on low rack on metal tray on glass turntable.
Cottage/Shepherds Pie	500g	HIGH Micro or 240°C+GRILL 1+SIMMER Micro	6-7 mins 15 mins	Place on glass turntable Place on low rack on metal tray on glass turntable
	1.2 kg	240°C+GRILL 1 +SIMMER Micro	22-25 mins	Place on low rack on metal tray on glass turntable

\* Preheat Panacrunch Pan on GRILL 1 + MEDIUM MICROWAVE for 4 mins

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>READY MEALS - CHILLED</b>				
Transfer food from foil container to a similar sized heatproof dish. Healthy eating options will only slightly brown on combination because of the lower fat content.				
Fish/Veg Bake	450g	HIGH Micro or 230°C+GRILL 1+SIMMER Micro	5 mins 15 mins	Place on glass turntable Place on low rack on metal tray on glass turntable
	950 g	230°C + GRILL 1 + LOW Micro	16-18mins	Place on low rack on metal tray on glass turntable
Lasagne	400g	HIGH Power or 220°C+GRILL 1+SIMMER Micro	5-6 mins 12 mins	Place on glass turntable. Place on low rack on metal tray on glass turntable
	950g	230°C+ SIMMER Micro	18-20 mins	Place on low rack on metal tray on glass turntable
Macaroni Cheese	400g	220°C+ GRILL 1+ SIMMER Micro	9-10 mins	Place on low rack on metal tray on glass turntable.
	1.2 Kg	210°C +GRILL 3+ SIMMER Micro	18-20 mins	Place on low rack on metal tray on glass turntable.
Chilled Mashed Potato	450g	HIGH power	3-4 mins	Pierce lid and place on glass turntable. Stir halfway.
Carrot and Swede Mash	500g	HIGH power	4-5 mins	Pierce lid and place on glass turntable. Stir halfway.
Onion Bhajis/Samosas	300g	Pre-heat Panacrunch* 250°C + GRILL 1 + WARM Micro	8 mins	Place pan directly on glass turntable.
Oriental Selection- spring rolls, wontons, prawn toasts	315g	Pre-heat Panacrunch* 250°C+GRILL 1+WARM Micro	8 mins	Place pan directly on glass turntable.
<b>READY MEALS - FROZEN</b>				
Transfer food from foil container to a similar sized heatproof dish. Remove any covering/lid film lid				
Cauliflower Cheese	450g	HIGH Micro or 220°C + SIMMER Micro	10-11 mins	Place on glass turntable.
			20 mins	Place on low rack on metal tray on glass turntable.
Cottage/Fish/Shepherds Pie	450g	HIGH Micro or TURBO-BAKE 240°C + LOW Micro	8-9 mins	Place on glass turntable.
			18-20 mins	Place on low rack on metal tray on glass turntable.
Lasagne/Cannelloni	450g	HIGH Micro or 220°C + SIMMER Micro	11-12 mins	Place on glass turntable.
			22 mins	Place on low rack on metal tray on glass turntable.
Macaroni Cheese	450g	HIGH Micro or 230°C + SIMMER Micro	7 1/2 -8 mins	Place on glass turntable.
			18 mins	Place on low rack on metal tray on glass turntable.

\* Preheat Panacrunch Pan on GRILL 1 + MEDIUM MICROWAVE for 4 mins

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>SAVOURY PASTRY PRODUCTS- Precooked.</b> Pastries reheated by microwave will have a soft base.				
Pasties/Slices	150/165g 165/180g	HIGH Micro Pre-heat Panacrunch* 220°C+Grill 1+WARM Micro	60-70 secs  7-8 mins	Place on heatproof plate on glass turntable. Place pan directly on glass turntable.
Meat Pies	150g	HIGH Micro or Pre-heat Panacrunch* TURBO-BAKE 230°C+SIMMER Micro	70-80 secs  7-8 mins	Place on heatproof plate on glass turntable. Place pan directly on glass turntable.
	150g x 2	Pre-heat Panacrunch* TURBO-BAKE 230°C+SIMMER Micro	8-9 mins	Place pan directly on glass turntable.
	250g	Pre-heat Panacrunch* TURBO-BAKE 220°C+SIMMER Micro	8-9 mins	Place pan directly on glass turntable.
	600g	Pre-heat Panacrunch* TURBO-BAKE 220°C+SIMMER Micro	12mins	Place pan directly on glass turntable.
Quiche	175g	Pre-heat Panacrunch* TURBO-BAKE 220°C+SIMMER Micro	7 mins	Place pan directly on glass turntable.
	400g	Pre-heat Panacrunch* 220°C+ SIMMER Micro	10 mins	Place pan directly on glass turntable.
Cheese & Onion Rolls x 2	150g	Pre-heat Panacrunch* TURBO-BAKE 230°C+WARM Micro	5-6 mins	Place pan directly on glass turntable.
Sausage /Cheese and Onion rolls	150g	HIGH Micro or Pre-heat Panacrunch* TURBO-BAKE 230°C+WARM Micro	1 min  5-6 mins	Place on heatproof plate on glass turntable. Place pan directly on glass turntable.
- Snack size x 6	250g	Pre-heat Panacrunch* TURBO-BAKE 230°C+ WARM Micro	5-6 mins	Place pan directly on glass turntable.

\* Preheat Panacrunch Pan on GRILL 1 + MEDIUM MICROWAVE for 4 mins

# Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>BREAD</b>				
Frozen Garlic Baguette	170g	Pre-heat Panacrunch* 250°C+ GRILL 1+WARM Micro	8-9 mins	Place pan directly on glass turntable.
Part-baked rolls	300g (6)	Pre-heat Panacrunch* 250°C+ GRILL 1+ WARM Micro	8-10 mins	Place pan directly on glass turntable.
Part-baked Garlic Baguette/Ciabatta	250g	Pre-heat Panacrunch* 250°C+GRILL 1+WARM Micro	7-8 mins	Place pan directly on glass turntable.
Garlic dough balls x 16	195g	Pre-heat Panacrunch* 250°C+ GRILL 1+WARM Micro	5 mins	Place pan directly on glass turntable.
<b>BACON AND PORK - from raw</b>				
<b>CAUTION: Hot Fat! Remove accessories with care</b>				
Rashers	228 g (8)	HIGH Micro Or	4-6 mins or 45 secs per rasher	Place on micro-safe rack or plate on glass turntable and cover with kitchen towel to minimise splatter.
		GRILL 1	10 mins	Place on metal tray on high rack on glass turntable. Turn halfway.
Gammon Steaks x 2	500g	GRILL 2	8-10 mins	Place on metal tray on high rack. Turn halfway.
Pork Joint		250°C Followed by 190C	for 20 mins then 30 mins per 500g (1lb 2oz)	Preheat oven. Place joint in roasting dish and place on metal tray on glass turntable. Leave for 10 mins after cooking and before carving.
Pork Loin Steaks	400g (4)	GRILL 1	12-15 mins	Place on metal tray on high rack on glass turntable. Turn halfway.
Gammon Joint	750g	HIGH Micro followed by MEDIUM	10 mins 15 mins	Place on saucer in casserole with 30ml (2tbsp) water. Cover and place on glass turntable.
<b>BEANS &amp; PULSES</b> - should be pre-soaked in cold water overnight (boiling water split yellow peas) except lentils which do not need to be pre-soaked.				
Black Eyed Beans	250g	HIGH Micro then SIMMER	10 mins then 25 mins	Use 600 ml (1pt) boiling water in a large bowl. Cover and place on glass turntable.
Chick peas	250g	HIGH Micro then SIMMER	10 mins then 40 mins	Use 600 ml (1pt) boiling water in a large bowl. Cover and place on glass turntable.
Haricot Beans	250g	HIGH Micro then SIMMER	10 mins then 10 mins	Use 600 ml (1pt) boiling water in a large bowl. Cover and place on glass turntable.
Lentils	250g	MEDIUM Micro	10 mins	Use 600 ml (1pt) boiling water in a large bowl. Cover and place on glass turntable.
Marrowfat peas	250g	HIGH Micro then SIMMER	3 mins then 15-20 mins	Use 600 ml (1pt) boiling water in a large bowl. Cover and place on glass turntable.
Red Kidney Beans	250g	HIGH Micro then SIMMER	15 mins then 35-40 mins	Use 600 ml (1pt) boiling water in a large bowl. Cover and place on glass turntable. Must boil for at least 12 mins to destroy toxic enzymes.
Split Yellow peas	250g	HIGH Micro then SIMMER	10 mins then 20 mins	Use 600 ml (1pt) boiling water in a large bowl. Cover and place on glass turntable.
10 Bean Mix	250g	HIGH Micro then SIMMER	15 mins then 30-35 mins	Use 600 ml (1pt) boiling water in a large bowl. Cover and place on glass turntable. Must boil for at least 12 mins to destroy toxic enzymes.

\* Preheat Panacrunch Pan on GRILL 1 + MEDIUM MICROWAVE for 4 mins

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>BEEF - Caution: Hot fat! Remove dish with care.</b>				
Recommended temperatures for beef are: Rare 60°C; medium 70°C; well done 80°C				
Beef Burgers (Fresh)	240 g (2)	HIGH Micro or GRILL 1	3-4 mins  10 mins	Place on micro-safe rack or plate. Cover and place on glass turntable. Place on metal tray on high rack. Turn halfway.
Beef Burgers (Frozen Raw)	240 g (2)	GRILL 2	12-15 mins	Place on metal tray on high rack. Turn halfway.
Joint		250°C followed by 180°C	20 mins then per 500g/1lb2oz Rare: 20 mins, Med: 25 mins Well done: 30 min	Place in roasting dish on low rack on metal tray on glass turntable. Turn halfway.
Mince		HIGH then MEDIUM Micro	10 then 15 mins per 450g	Place in micro safe dish with stock and seasonings. Cover, place on glass turntable and stir halfway.
Rump/Sirloin	500g	GRILL 1	12 mins med. 14 mins well done	Place on metal tray on high rack on glass turntable. Turn halfway.
Stewing Steak	450-675g	HIGH then SIMMER Micro or 160°C + WARM Micro	10 then 60 mins  1hr - 1hr 30 mins	Place in casserole dish with lid, add stock and vegetables. Cover, place on glass turntable and stir halfway. Place in casserole dish with lid, add stock and vegetables. Cover, place on metal tray on glass turntable and stir halfway.
<b>CHICKEN from raw - CAUTION: Hot Fat! Remove accessory with care.</b>				
Breasts, boneless and skinless	300g (2)	MEDIUM Micro	5 mins	Place in shallow dish. Cover and place on glass turntable.
	700g (4)	MEDIUM Micro	12-14 mins	Place in shallow dish. Cover and place on glass turntable.
	600g (4)	TURBO-BAKE 250°C + WARM Micro	15 mins	Place in shallow dish on low rack on metal tray on glass turntable.
Coated Chicken Breast	300g	Pre-heat Panacrunch* 240°C+GRILL 1 +WARM Micro	7 mins	Place pan directly on glass turntable.
Chicken legs	1.0 kg	MEDIUM Micro Or 250°C + GRILL 1	15 mins	Place in shallow dish. Cover and place on glass turntable.
			25 mins	Pre-heat oven. Place on low rack on metal tray on glass turntable.
Drumsticks/Thighs	500g (4)	MEDIUM Micro or 250°C + GRILL 1	8-10mins	Place in shallow dish. Cover and place on glass turntable.
			25 mins	Preheat oven. Place on low rack on metal tray on glass turntable
Kiev (fresh)	150g (1)	Pre-heat Panacrunch* 230°C + GRILL 1 + Warm Micro	9-10 mins	Place pan directly on glass turntable.
	300g (2)	Pre-heat Panacrunch* 230°C + GRILL 1 + Warm Micro	15 mins	Place pan directly on glass turntable.
Whole		MEDIUM Micro	9-10 mins per 450g	Place in shallow dish. Cover and place on glass turntable.
Whole/ Breast joints		or 190°C + SIMMER Micro	13 mins per 450g	Place on low rack on metal tray on glass turntable. Place breast side down. Turn halfway.

\* Preheat Panacrunch Pan on GRILL 1 + MEDIUM MICROWAVE for 4 mins

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines	
EGGS - Poached.					
1 egg	100ml water	HIGH Micro  then MEDIUM Micro	1 min 30 secs - soft 40 secs - firmer	<ul style="list-style-type: none"><li>• Place water in a shallow dish. Place on glass turntable and heat for 1st cooking time.</li><li>• Add egg (size 3).</li><li>• Pierce yolk and white.</li><li>• Cover.</li><li>• Cook for 2nd cooking time.</li><li>• Then leave to stand for 1 min.</li></ul>	
2 eggs	200ml water	HIGH Micro  then MEDIUM Micro	3 mins 40 secs-soft 50 secs - firmer		
4 eggs	400ml water	HIGH Micro  then MEDIUM Micro	5 mins 1 min 20 mins - soft 1 min 30 secs - firmer		
EGGS - Scrambled. Use microwave safe bowl					
1 egg		HIGH Micro then MEDIUM Micro	20 secs 30 secs		<ul style="list-style-type: none"><li>• Add 1 tbsp of milk for each egg used.</li><li>• Beat eggs, milk and knob of butter together.</li><li>• Place bowl on glass turntable</li><li>• Cook for 1st cooking time then stir.</li><li>• Cook for 2nd cooking time stirring halfway then stand for 1 min.</li></ul>
2 eggs		HIGH Micro then MEDIUM Micro	30 secs 40 secs		
4 eggs		HIGH Micro then MEDIUM Micro	1 min 1 min		
FISH - FRESH from raw					
Lightly dusted fillets	280g	Pre-heat Panacrunch* TURBO-BAKE 230°C + WARM Micro	7-8 mins	Place pan directly on glass turntable.	
Battered Fillets	350g	Pre-heat Panacrunch* 230°C + GRILL 1	10 mins	Place pan directly on glass turntable. Turn halfway.	
Breaded Fillets	350g(x2)	Pre-heat Panacrunch* 230°C+ GRILL 1+WARM Micro	8 mins	Place pan directly on glass turntable.	
Cakes	200g (x2)	Pre-heat Panacrunch* 230°C+ GRILL 1+WARM Micro	5-6 mins	Place pan directly on glass turntable.	
Calamari	250g	Pre-heat Panacrunch* 250°C+ GRILL 1 + WARM Micro	10 mins	Place pan directly on glass turntable. Turn halfway.	
Fillets	300g	MEDIUM Micro or 190°C+SIMMER	4 mins 10-12 mins	Place in shallow dish. Add 30 ml of liquid. Cover and place on glass turntable. Place in shallow dish on low rack on metal tray on glass turntable.	
Breaded Scampi/Scallops	200g	Pre-heat Panacrunch* 240°C+ GRILL 1 + WARM Micro	5-6 mins	Place pan directly on glass turntable.	
Steaks	350g(x2)  700g	MEDIUM Micro or 190°C+SIMMER Micro  MEDIUM Micro	4-5 mins 10-12 mins 12-15 mins	Place in micro-safe dish. Add 30 ml of liquid. Cover and place on glass turntable. Place in dish on low rack on metal tray on glass turntable. Place in micro-safe dish. Add 30 ml of liquid. Cover and place on glass turntable.	
Whole x 1	250g	MEDIUM Micro or 180°C + GRILL 1 + WARM Micro	3-4 mins 12-14 mins	Place in shallow dish and pierce skin. Add 30 ml of liquid. Cover and place on glass turntable. Place in shallow dish. Place on low rack on metal tray on glass turntable.	

\* Preheat Panacrunch Pan on GRILL 1 + MEDIUM MICROWAVE for 4 mins

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>FISH - FRESH from raw</b>				
Whole x 2	500g-600g	MEDIUM Micro or 220°C + GRILL 1 + WARM Micro	6-7 mins  15 mins	Place in shallow dish and pierce skin. Add 30 ml of liquid. Cover and place on glass turntable. Place in shallow dish. Place on low rack on metal tray on glass turntable.
<b>FISH - FROZEN from raw</b>				
Breaded Fillets	350g (2)	Pre-heat Panacrunch* TURBO-BAKE 230°C+ SIMMER Micro	12-15 mins	Place pan directly on glass turntable. Turn halfway.
Cakes	250g (2)	Pre-heat Panacrunch* TURBO-BAKE 250°C+ WARM Micro	12-14 mins	Place pan directly on glass turntable. Turn halfway.
Fish Fingers	125g (4) 250g (8)	Pre-heat Panacrunch* TURBO-BAKE 250°C+ WARM Micro Pre-heat Panacrunch* TURBO-BAKE 250°C + WARM Micro	7-8 mins  10 mins	Place pan directly on glass turntable. Turn halfway Place pan directly on glass turntable. Turn halfway.
Fillets	200g	MEDIUM Micro	7 mins	Place in shallow dish. Add 30 ml of liquid. Cover and place on glass turntable.
Scampi	300g	Pre-heat Panacrunch* 240°C + GRILL 1 + SIMMER Micro	10-12 mins	Place pan directly on glass turntable. Turn halfway.
Boil in the Bag	150g	MEDIUM Micro	6 mins	Snip corner of bag and place bag sauce side down in micro-safe dish on glass turntable. Shake bag halfway.
<b>FRUIT - Peel, slice, chop into even sized pieces. Place in shallow heatproof dish on glass turntable.</b>				
Baked Apple- cored	200g	MEDIUM Micro	3-4 mins	Place in shallow heatproof dish on glass turntable.
Apples - stewed	500g	HIGH Micro	5 mins	Add 15ml (1tbsp) water. Cover and place on glass turntable.
Apricots-stewed	300g	MEDIUM Micro	4-5 mins	Add 15ml (1tbsp) water. Cover and place on glass turntable.
Pears - stewed	500g	HIGH Micro	4-5 mins	Add 15ml (1tbsp) water. Cover and place on glass turntable.
Plums - poached	400g	HIGH Micro	8 mins	Add 300 ml (1/2 pt) of water. Only half fill dish. Cover and place on glass turntable.
Plums - stewed	500g	HIGH Micro	6 mins	Add 15ml (1tbsp) water. Cover and place on glass turntable.
Rhubarb - stewed	500g	HIGH Micro	5 mins	Add 15ml (1tbsp) water. Cover and place on glass turntable.
<b>GAME- Caution: Hot fat! Remove dish with care.</b>				
Duck Breast Fillets	360g	200°C	35 mins	Preheat oven. Prick the skin and place in roasting dish on low rack on metal tray on glass turntable.
Duck, whole		190°C	30 mins per 450g	Preheat oven. Prick the skin and place in roasting dish on low rack on metal tray on glass turntable.
Crispy Duck-reheat	500g	250°C + GRILL 1	15 mins	Preheat oven and place duck on low rack on metal tray on glass turntable.
Pancakes		HIGH Micro	40 secs	Place on micro-safe plate on glass turntable.
Pheasant, whole		180°C	20-25 mins per 450g plus 20 mins	Preheat oven. Place pheasant in roasting tin and place on low rack on metal tray on glass turntable.

\* Preheat Panacrunch Pan on GRILL 1 + MEDIUM MICROWAVE for 4 mins



Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>LAMB - from raw - CAUTION: Hot Fat! Remove accessory with care.</b>				
Joint		180°C	medium 25 mins per 450g plus 25 minutes or for well done 30 mins per 450g plus 30 mins.	Place joint in roasting dish and place on low rack on metal tray on glass turntable. Turn halfway. Once cooked allow the joint to stand for 10 minutes - this will make the joint easier to carve.
Loin/Leg Steaks	500g	GRILL 1	15-16 mins Medium 18-20 mins Well Done	Place on metal tray on high rack. Turn halfway.
Chops/Cutlets	400g (4)	GRILL 1	12-14 mins Medium 16-18 mins Well Done	Place on metal tray on high rack. Turn halfway.
Casserole/Stewing Lamb		160°C+WARM Micro	1hr 20-1hr 30 mins	Place in casserole, add stock and vegetables, cover with lid and place on glass turntable. Stir halfway.
<b>PASTA</b>				
Fusilli/Macaroni/ Penne	200g	HIGH Micro	12 mins	Use 550ml (1 pint) boiling water. Add 15 ml oil. Cover, place on glass turntable and stir halfway.
Lasagne	250g	HIGH Micro	8 mins	Use 550ml (1 pint) boiling water. Add 15 ml oil. Cover, place on glass turntable and stir halfway.
Linguine/ Tagliatelle	250g	HIGH Micro	10 mins	Use 700ml (1 1/4 pt) boiling water. Add 15 ml oil. Cover, place on glass turntable and stir halfway.
Spaghetti	250g	HIGH Micro	8 mins	Use 700ml (1 1/4 pt) boiling water. Add 15 ml oil. Cover, place on glass turntable and stir halfway.
<b>PIZZA - FRESH chilled - N.B. Remove all packaging. Pizzas will have a soft base if cooked by microwave only.</b>				
Deep Pan	555g	250°C+ GRILL 1+WARM Micro	15 mins	Place pizza directly on low rack on metal tray on glass turntable.
Thin and Crispy	140g-180g	240°C+ GRILL 1+SIMMER Micro	3-5 mins	Place pizza directly on low rack on metal tray on glass turntable.
	350g	250°C+GRILL 1 + Warm Micro	10 mins	Place pizza directly on low rack on metal tray on glass turntable.
<b>PIZZA - FROZEN - N.B. Remove all packaging.</b>				
Deep Pan	450g	240°C+GRILL 1 + SIMMER Micro	9-10 mins	Place pizza directly on low rack on metal tray on glass turntable.
Individual deep	125g - 170g	240°C + GRILL 1 + SIMMER Micro	4-5 mins	Place pizza directly on low rack on metal tray on glass turntable.
Thin and crispy	340g	240°C+ GRILL 1+ SIMMER Micro	7 mins	Place pizza directly on low rack on metal tray on glass turntable.
<b>PORRIDGE - N.B: Use a large bowl.</b>				
1 serving	25g oats 150ml (1/2pt) milk	HIGH Micro	1 1/2 - 2 mins	Place bowl on glass turntable and stir halfway.
2 servings	50g oats 275ml (1/4pt) milk	HIGH Micro	3 - 3 1/2 mins	Place bowl on glass turntable and stir halfway.
4 servings	100g oats 550ml (1pt) milk	HIGH Micro	7 mins	Place bowl on glass turntable and stir halfway.

\* Preheat Panacrunch Pan on GRILL 1 + MEDIUM MICROWAVE for 4 mins

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>POTATO PRODUCTS part cooked - FROZEN</b>				
Croquettes	300g	Pre-heat Panacrunch* 250°C+GRILL 1	12-14 mins	Place pan directly on glass turntable. Turn halfway.
Smiley Faces	300g	Pre-heat Panacrunch* 250°C+GRILL 1	8-10 mins	Place pan directly on glass turntable. Turn halfway.
Hash Browns/Oven Fries/Southern Fries	300g	Pre-heat Panacrunch* 250°C+GRILL 1	12 mins	Place pan directly on glass turntable. Turn halfway.
Potato Wedges/ Waffles	300g	Pre-heat Panacrunch* 250°C+GRILL 1	12-14 mins	Place pan directly on glass turntable. Turn halfway.
<b>QUORN®</b>				
Burgers	227g (2)	HIGH Micro or GRILL 2	2-3mins 8-10 mins	Place on micro-safe dish on glass turntable. Place on metal tray on high rack. Turn halfway.
Croutes	350g (2)	Pre-heat Panacrunch* TURBO-BAKE 230°C+WARM Micro	8-9 mins	Place pan directly on glass turntable.
Escalopes	240g	Pre-heat Panacrunch* TURBO-BAKE 220C+ WARM Micro	7-8 mins	Place pan directly on glass turntable.
<b>RICE</b>				
Basmati	250g	HIGH Micro	10 mins	Use 550 ml (1pt) boiling water. Cover, place on glass turntable and stir halfway.
Basmati - Brown	250g	HIGH Micro	15-18 mins	Use 700 ml (1 1/4 pt) boiling water. Cover, place on glass turntable and stir halfway.
Easy Cook Long Grain	250g	HIGH Micro	15 mins	Use 550 ml (1pt) boiling water. Cover, place on glass turntable and stir halfway.
Long Grain White	250g	HIGH Micro	8-9 mins	Use 550 ml (1pt) boiling water. Cover, place on glass turntable and stir halfway.
<b>SAUSAGES from raw - CAUTION: Hot Fat! Remove accessory with care.</b>				
Chunky/Thick sausages	450g (4)	220°C+ GRILL 1	15 mins	Place on metal tray on low rack. Turn halfway.
Cocktail sausages/ Thin	350g (12)	GRILL 2	10-12 mins	Place on metal tray on high rack. Turn halfway.
Vegetarian	300g (6)	GRILL 2	10-12 mins	Place on metal tray on high rack. Turn halfway.
<b>TURKEY</b>				
Breasts, boneless and skinless	500g	MEDIUM Micro	8-10 mins	Place in shallow dish on glass turntable.
Whole		190°C + SIMMER Micro	11-12 mins per 450g	Place on low rack on metal tray on glass turntable. Turn halfway.

\* Preheat Panacrunch Pan on GRILL 1 + MEDIUM MICROWAVE for 4 mins

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>FRESH VEGETABLES</b> - Place in shallow dish (except jacket potatoes).				
Asparagus	200g	HIGH Micro	3-4 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Baby Corn	200g	HIGH Micro	5 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Broad Beans	200g	HIGH Micro	4-5 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Runner Beans	200g	HIGH Micro	5 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Beetroot	450g	HIGH Micro	12 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Broccoli	250g	HIGH Micro	5-6 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Brussel Sprouts	200g	HIGH Micro	5-6 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Butternut Squash	400g	HIGH Micro	8 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Cabbage - sliced	300g	HIGH Micro	6-7 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Carrots - sliced	200g	HIGH Micro	5 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Cauliflower - florets	400g	HIGH Micro	7-8 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Courgettes	250g	HIGH Micro	3-4 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Corn on the Cob	x2	HIGH Micro	6-7 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Leeks - sliced	400g (4)	HIGH Micro	7 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Mushrooms	250g	HIGH Micro	3 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Parsnips - parboiled for roasting	300g	HIGH Micro	2-3 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Sliced	300g	HIGH Micro	4-5 mins	
Peas	200g	HIGH Micro	3-4 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Potatoes - boiled	500g	HIGH Micro	8-10 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Potatoes - par-boiled	500g	HIGH Micro	4-5 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Jacket Potatoes - 250g each	x1	HIGH POWER OR 250°C+GRILL 1+SIMMER MICRO	7-8 mins 20 mins	Place directly on glass turntable Place on low rack on metal tray on glass turntable
	x2	HIGH POWER or 250°C+GRILL 1+SIMMER MICRO	12 mins 25 mins	Place directly on glass turntable Place on low rack on metal tray on glass turntable
	x4	HIGH POWER or 250°C+GRILL 1+SIMMER MICRO	15 mins 30 mins	Place directly on glass turntable Place on low rack on metal tray on glass turntable
	x6	HIGH POWER or 250°C+GRILL 1+SIMMER MICRO	20 mins 35 mins	Place directly on glass turntable Place on low rack on metal tray on glass turntable

\* Preheat Panacrunch Pan on GRILL 1 + MEDIUM MICROWAVE for 4 mins

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>FRESH VEGETABLES</b> - Place in shallow dish (except jacket potatoes).				
Spinach	300g	HIGH Micro	3-4 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Sugar Snap peas	300g	HIGH Micro	5 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Swede - cubed	450g	HIGH Micro	7-8 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Swede - diced for mashing	450g	HIGH Micro	12 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Sweet Potato	400g	HIGH Micro	8 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
Turnip	300g	HIGH Micro	10 mins	Add 3tbsp (45ml) water. Cover and place on glass turntable.
<b>FROZEN VEGETABLES</b> - Place in shallow dish except onion rings				
Battered Onion Rings	250g	250C	10 mins	Pre-heat oven. Place on metal tray on high rack.
Beans - broad	200g	HIGH Micro	5 mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Beans - green	250g	HIGH Micro	4-5 mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Broccoli - florets	250g	HIGH Micro	5 mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Carrots - sliced	200g	HIGH Micro	5-6 mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Cauliflower	250g	HIGH Micro	6 mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Mixed Vegetables	250g	HIGH Micro	4-5 mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Peas	200g	HIGH Micro	4 mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Soya Beans	200g	HIGH Micro	2-3 mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Spinach	250g	HIGH Micro	5 mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.
Sweetcorn	200g	HIGH Micro	4-5 mins	Add 30 ml (2tbsp) water. Cover and place on glass turntable.

\* Preheat Panacrunch Pan on GRILL 1 + MEDIUM MICROWAVE for 4 mins

# Increasing and Decreasing Recipes

## INCREASING RECIPES

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

- **When doubling a recipe from 4 to 8** add on half the original cooking time, i.e. 30 mins. on MEDIUM power for 4 servings will become 45 mins. on MEDIUM power for 8 servings.

## DECREASING RECIPES

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

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## Using Recipes from Other Books

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

Many cookbooks refer to 650W ovens, however since 1990 oven output powers have been set by a new standard (IEC). When using

other cookbooks, the 1000 W output power of your oven must be allowed for. Use the same power level suggested e.g. HIGH or MEDIUM and select the same cooking time suggested, however CHECK the progress of the food during cooking and adjust the time if necessary.

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## Cooking for One

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

# Soups and Starters

## Ingredients

25g (1oz) butter  
1 medium onion, coarsely chopped  
700g (1 1/2 lb) peeled carrots, sliced  
700ml (1 1/4 pints) vegetable stock  
grated zest of 1/2 orange  
90ml (6tbsp) orange juice  
60ml (4tbsp) crème fraîche  
salt & black pepper  
15ml (1tbsp) fresh chives, cut into pieces

## Ingredients

250g (9oz) ready made puff pastry  
15 ml (1tbsp) olive oil  
225g (8oz) onions peeled & sliced  
25g (1oz) pine nuts  
100g (4oz) feta cheese crumbled  
25g (1oz) pitted black olives roughly chopped  
75g (3oz) sun-dried tomatoes, roughly chopped  
15g (1/2 oz) capers  
salt and freshly ground black pepper  
fresh oregano sprigs to garnish

## Ingredients

200g (7oz) or 4-5 large flat mushrooms  
10ml (2 tsp) olive oil  
8 slices ciabatta  
25g (1oz) softened butter beaten with 1 chopped clove of garlic  
150g (5oz) jar roasted red peppers, sliced if necessary  
100g (4oz) firm goat's cheese

## Carrot & Orange Soup

Serves 4

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

**Oven Accessory:** glass turntable

1. Place the butter and onion in a large bowl. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins.
2. Add the carrots, cover and cook on **HIGH MICROWAVE** for 10 mins. stirring halfway.
3. Add stock and orange zest and juice. Cover and cook on **MEDIUM MICROWAVE** for 15 mins. or until the carrots are soft, stirring halfway.
4. Place in liquidiser and puree until smooth.
5. Stir in creme fraiche and season to taste. Heat on **MEDIUM MICROWAVE** for 3 mins. or until piping hot.
6. Garnish with fresh chives.

## Onion & Feta Cheese Tartlets

Serves 6

**Dish:** 3 litre (6 pint) bowl and 2 round baking or pizza trays, greased

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Roll out the puff pastry and cut out 6 circles each 10cm (4 inches) in diameter. Chill pastry for 30 mins.
2. Put oil and onions into large bowl. Cover, place on glass turntable and cook on **HIGH MICROWAVE** for 15 mins. Cool for 5 mins.
3. Preheat oven on **CONVECTION 230°C**.
4. Stir nuts, cheese, olives, sun-dried tomatoes and capers into onion mixture. Season well.
5. Place 3 pastry circles on each baking sheet and prick with a fork.
6. Divide the onion mixture among the pastry circles.
7. Place one tray on the low rack and cook on **CONVECTION 230°C** for 15mins. or until golden brown.
8. Repeat with the remaining tray.

## Red Pepper & Mushroom Bruschetta

Serves 4

**Dish:** large bowl

**Oven Accessory:** glass turntable + metal tray on high wire rack

1. Slice mushrooms, place in a bowl and drizzle with olive oil. Place on glass turntable and cook on **HIGH MICROWAVE** for 3 mins. Leave to cool slightly
2. Spread one side of each slice of ciabatta with garlic butter.
3. Place the ciabatta slices on the metal tray and toast on **GRILL 1** for 2-3 mins.
4. Turn the ciabatta slices over and layer mushrooms and pepper on top of them. Cut the goat's cheese into 8 slices and put one slice on top of each stack.
5. Cook on **GRILL 1 + SIMMER MICROWAVE** for 4 mins.

# Soups and Starters

## Ingredients

250g (9oz) streaky bacon, derinded  
225g (8oz) minced pork  
225g (8oz) pigs liver, chopped  
1/2tsp (3ml) rosemary  
1/2tsp (3ml) thyme  
1/2tsp (3ml) ground mace  
1/2tsp (3ml) allspice  
salt & freshly milled black pepper  
30ml (2tbsp) dry white wine  
15g (1/2 oz) butter  
2 shallots, finely chopped  
1 clove garlic, crushed  
1 egg, beaten  
1tbsp plain flour

## Ingredients

15ml (1tbsp) olive oil  
1 medium onion, coarsely chopped  
2 cloves garlic, crushed  
700g (1 1/2 lb) sweet potatoes, peeled and chopped  
1 large red pepper, deseeded and chopped  
725ml (1 1/4 pints) vegetable stock  
150ml (1/4 pt) coconut milk  
salt and pepper

## Ingredients

250g (9oz) tail end of salmon, boned, skinned, and cut into bite-sized pieces.  
125g (4 1/2oz) cooked peeled prawns  
juice of 1/2 lemon  
salt & black pepper  
125g (4 1/2oz) filo pastry  
50g (2oz) butter, melted

## Pork and Liver Terrine

Serves 4-6

**Dish:** 600ml (1 pint) earthenware terrine or Pyrex® loaf dish

**Oven Accessory:** glass turntable + metal tray

1. Line base and sides of dish with bacon rashers, stretching each rasher slightly with a knife.
2. Place the minced pork, chopped liver, herbs, spices, seasoning and wine in a non metallic bowl and marinate for 2 hours in the fridge.
3. Place butter, shallots and garlic in bowl. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins. Cool.
4. Combine the meat marinade with the onion mixture. Add the egg and flour and mix well.
5. Turn into the bacon lined dish. Smooth the top and fold over the bacon.
6. Cover with greaseproof paper, place on metal tray and cook on **CONVECTION 160°C + WARM MICROWAVE** for 35-40 mins.

## Sweet Potato Soup

Serves 4

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

**Oven Accessory:** glass turntable

1. Place the oil, onion and garlic in a large bowl. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins.
2. Add the potato and pepper. Cover and cook on **HIGH MICROWAVE** for 5 mins.
3. Add stock, cover and cook on **MEDIUM MICROWAVE** for 20 mins. or until the potatoes are soft, stirring halfway.
4. Place in liquidiser and puree until smooth.
5. Stir in the coconut milk and season to taste. Heat on **MEDIUM MICROWAVE** for 3 mins. or until piping hot.

## Prawn & Salmon Filo Parcels

Serves 4

**Dish:** round baking tray, greased

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Combine salmon and prawns. Sprinkle with lemon juice and season to taste.
2. Pre-heat the oven on **CONVECTION 190°C**.
3. Cut the filo pastry into 8 squares measuring 18cm (7 inches).
4. Brush 2 squares with the melted butter, covering the remaining squares with a damp tea towel.
5. Place 1/4 of the salmon & prawn mixture in the middle of one buttered filo square.
6. Fold 2 sides of the filo to form a rectangle. Fold one of the open ends over the filling and the other one underneath.
7. Place this parcel on the second buttered square and draw up the edges and seal the parcel.
8. Repeat steps 4-7 three more times
9. Place parcels on baking tray, brush with melted butter and place on low wire rack.
10. Cook on **CONVECTION 190°C** for 20 mins. or until crisp and golden.

# Fish

Fish cooks very well by MICROWAVE as it stays very moist.

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

**WHEN IS FISH COOKED?-** Fish is cooked when it flakes easily and becomes opaque. For fish with a strong odour, eliminate the smell after cooking by placing 600 ml (1pt) of boiling water and 1 sliced lemon in a large bowl and cook on **SIMMER MICROWAVE** for 20 mins. Wipe out oven with a dry cloth.

**ARRANGING-** If cooking 2 whole fish together, they should be arranged head to tail for even cooking. Fish steaks should be arranged in a circle, thicker part to the outside. Cover with cling film or lid.

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

## Ingredients

1.0 Kg (2lb) mussels  
15ml (1tbsp) olive oil  
1 onion finely chopped  
2 garlic cloves, crushed  
150ml (5fl.oz) dry white wine  
1 bunch flat-leaf parsley, finely chopped

## Steamed Mussels with Garlic

Serves 2

**Dish:** large rectangular dish

**Oven Accessory:** glass turntable

1. Scrub mussels and pull off any beards discarding any broken or open shells.
2. Place oil, onion and garlic in a dish. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins. Add wine and cook on **HIGH MICROWAVE** for 3 mins.
3. Add the mussels and cook on **HIGH MICROWAVE** for 5-6 mins. Discard any unopened shells.
4. Add the parsley and stir before serving.

## Ingredients

450g (1lb) white fish  
50g (2oz) butter  
50g (2oz) flour  
450ml (3/4 pt) milk  
300ml (1/2 pt) white wine  
450g (1lb) mixed seafood  
6 gherkins, diced  
15ml (1tbsp) fresh parsley  
10ml (2tsp) dill  
salt and pepper  
**Rosti topping:**  
900g (2 lb) potatoes  
15ml (1tbsp) capers  
50g (2oz) butter, melted  
50g (2oz) cheddar cheese, grated

## Special Occasion Fish Pie

Serves 4

**Dish:** shallow oval dish, large jug

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Place the white fish with 30ml (2 tbsp) water in a shallow dish. Cover, place on glass turntable and cook on **AUTO FRESH FISH PROGRAM** or on **HIGH MICROWAVE** for 4-5 mins. Drain, skin and remove any bones.
2. Place potatoes in a large shallow dish with 45ml (3tbsps) water and cover. Place on glass turntable and par-boil on **HIGH MICROWAVE** for 7 mins. and then allow to cool slightly.
3. Make the sauce by melting the butter in a large jug on **HIGH MICROWAVE** for 1 min. and then stir in flour to make a roux. Mix in the milk and wine gradually, stirring continuously until well combined and cook on **HIGH MICROWAVE** for 3 mins. Stir and cook for a further 2 mins. on **HIGH MICROWAVE** stirring halfway. Mix in the fish, mixed seafood, gherkins and herbs. Season and pour into the dish.
4. Grate the potatoes and mix in the capers, melted butter and grated cheese. Pile onto fish sauce without pressing firmly to keep the grated form.
5. Place dish on low rack and cook on **CONVECTION 220°C + GRILL 3 + SIMMER MICROWAVE** for 30 mins. or until piping hot and golden.



# Fish

## Ingredients

juice of 1/2 lemon  
100g (4oz) fresh pesto sauce  
salt and pepper  
4 x 175g (6oz) thick cut haddock or cod fillets  
700g (1lb 8oz) waxy new potatoes (such as charlotte)  
2 medium red onions  
1 red pepper, seeded  
1 yellow pepper, seeded  
1 orange pepper, seeded  
2 garlic cloves, crushed  
15ml (1tbsp) extra virgin olive oil  
100g (4oz) black olives, chopped (optional)  
lemon wedges and crisp green salad, to serve

## Ingredients

### For the sauce:

15g (1/2 oz) butter  
15g (1/2 oz) flour  
275ml (1/2 pint) milk  
350g (12oz) fresh haddock fillet  
350g (12oz) fresh undyed smoked haddock  
100g (4oz) prawns  
salt & pepper  
1tbsp chopped flat leaf parsley

### For the topping:

700g (1lb 8oz) potatoes, peeled, chopped into small chunks  
450g (1lb) Swede, diced  
50g (2oz) butter

## Mediterranean Fish Bake

Serves 4

**Dish:** large ovenproof rectangular dish approx. 27 x 23 cm (11"x9")

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Mix lemon juice, pesto and seasoning together and spoon over the fish in a non metallic dish. Leave to marinade in the fridge for 1-2 hours.
2. Cut vegetables into even sized chunks and toss with the garlic and oil. Place in dish on the low rack and cook on **TURBO-BAKE 220°C + SIMMER** for 25-30 mins. Turn halfway.
3. Scatter the black olives over the vegetables and place the fish and marinade on top of the vegetables.
4. Cook on **CONVECTION 220°C + GRILL 3 + LOW MICROWAVE** for 20 mins. or until cooked through.

## Prawn and Haddock Pie

Serves 6

**Dish:** large jug, shallow dish 20 x 25cm (8"x10")

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Melt butter in a large jug. Place on glass turntable and cook on **HIGH MICROWAVE** for 30 secs. and stir in flour to make a roux.
2. Then add the milk gradually, stirring continuously until well combined and cook for 2 mins. on **HIGH MICROWAVE**. Stir and cook for a further 2 mins. on **HIGH MICROWAVE** stirring halfway. Season and set aside.
3. Place fresh and smoked haddock into dish with 30ml (2tbsp) milk. Cover, place on glass turntable and cook fish on **AUTO FRESH FISH PROGRAM** or on **MEDIUM MICROWAVE** for 15mins. Drain, skin and remove any bones.
4. Flake the fish into dish and scatter the prawns over. Pour over the sauce, season and sprinkle with chopped parsley.
5. Place potatoes in a dish with 45ml (3tbsp) water. Cover, place on glass turntable and cook on **AUTO POTATOES BOILED PROGRAM** or on **HIGH MICROWAVE** for 10-12 mins until soft. Drain.
6. Place Swede in a dish with 45ml (3tbsp) water. Cover, place on glass turntable and cook and cook on **AUTO FRESH VEGETABLE PROGRAM** or on **HIGH MICROWAVE** for 15 mins.
7. Mash potato with 25g (1oz) butter.
8. Mash Swede with 25g (1oz) butter and mix in 2tbsp of mashed potato.
9. Spoon alternate lines of potato and Swede over the top of the fish mixture to cover. Fluff up with a fork.
10. Place on low rack and cook on **CONVECTION 230°C + GRILL 3 + LOW MICROWAVE** for 18-20 mins.

# Fish

## Ingredients

2 trout, 250-300g (8-10oz) each

## Stuffing:

4 spring onions, finely chopped

50g (2oz) button mushrooms, finely sliced

2.5 cm (1") fresh root ginger, finely grated

15ml (1tbsp) soy sauce

juice of 1 lime

salt & pepper

## Ingredients

225 g (8oz) tomatoes

60ml (4 tbsp) olive oil

30ml (2 tbsp) tomato puree

2 onions, chopped

1 large leek, sliced

4 garlic cloves, crushed

1.2 Ltr (2 pt) fish stock

salt and black pepper

150ml (1/4 pt) dry white wine

4 sprigs thyme

4 strands saffron

5ml (1tsp) chilli sauce

450g (1lb) cod, haddock

450g (1lb) mixed seafood

4 large fresh prawns

bunch of dill to garnish

## Ingredients

4 salmon fillets each 100-150g (4-6oz)

## marinade:

45ml (3tbsp) white wine

1 garlic clove, crushed

2.5 cm (1") fresh root ginger, finely grated

## mango salsa:

2 red chillies, seeds removed, thinly sliced

100g (4oz) peeled, cooked prawns

4 spring onions, thinly sliced

1 small garlic clove, finely chopped

1 ripe but firm avocado, peeled and chopped

1/2 ripe mango, peeled and chopped

1 lime, juice of

## Stuffed Citrus Trout

Serves 2

**Oven Accessory:** glass turntable + metal tray on low wire rack

1. Wash the fish and pat dry. Fill the fish cavities with the onions, mushrooms and ginger and arrange the fish on the metal tray.
2. Pour over the soy sauce and lime juice. Season and marinade for one hour in the fridge.
3. Place metal tray on low rack and cook on **CONVECTION 200°C + GRILL 1 + WARM MICROWAVE** for 15 mins.

## Bouillabaisse

Serves 6

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

**Oven Accessory:** glass turntable

1. Skin the tomatoes and cut into four pieces, removing the cores. Place the oil and tomato puree in a large bowl. Place on glass turntable and cook on **HIGH MICROWAVE** for 1 min. and mix well.
2. Add the onions and leek and cook on **HIGH MICROWAVE** for 3-4 mins. or until soft.
3. Add the garlic, tomatoes, stock, seasoning, wine, thyme, saffron and chilli sauce. Cover and cook on **HIGH MICROWAVE** for 3-4 mins.
4. Skin the fish, cut into chunks and add to the tomato liquid. Cover and cook on **HIGH MICROWAVE** for 3-4 mins. or until the fish is cooked.
5. Add the mixed seafood and prawns and heat again for 2-3 mins. on **MEDIUM MICROWAVE** or until hot, taking care not to overcook the fish.
6. Serve garnished with dill.

## Salmon with Mango Salsa

Serves 4

**Dish:** shallow dish

**Oven Accessory:** glass turntable

1. Mix the marinade ingredients together. Pour marinade over salmon in dish and leave to marinate for 2-3 hrs in the fridge.
2. Cover salmon with pierced cling film and place on glass turntable. Cook salmon on **MEDIUM MICROWAVE** for 6-7 mins.
3. Mix all the salsa ingredients together.
4. Serve salmon with the salsa.

**NOTE:** For 2 fillets the marinade and salsa quantities should be halved and total cooking time on **MEDIUM MICROWAVE** should be reduced to 3-4 mins.

# Meat and Poultry

## DEFROSTED JOINTS

If the meat has previously been frozen, ensure it is properly thawed before cooking. Defrosted joints of meat must be allowed to STAND for up to an hour before cooking to ensure the centre is fully defrosted.

## FAT

Large amounts of fat absorb microwave energy and can cause the meat next to it to overcook. Always choose meat that isn't excessively fatty. Braised and stewed meat cooked in a microwave has a slightly firm texture and therefore it is essential to purchase good quality meats.

## STANDING TIME

Meat and poultry joints require a minimum of 15 mins. **STANDING TIME**. Roast meat is always easier to carve after **STANDING** and the meat will continue to cook during the **STAND TIME**.

## TURNING

Joints and poultry should be turned over halfway through cooking.

## ROASTING BAGS

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

### Ingredients

4 x 225g (8oz) boneless skinless chicken breasts, cut into small chunks  
50g (2oz) plain flour  
15ml (1tbsp) oil  
15g (1/2 oz) butter  
1 garlic clove, crushed  
4 shallots, chopped  
150g (5oz) mushrooms, sliced  
15ml (1tbsp) Dijon mustard  
200 ml (7 fl.oz) hot chicken or vegetable stock  
200 ml (7 fl.oz) dry white wine  
225g (8oz) baby new potatoes, halved  
225g (8oz) baby carrots  
100g (4oz) asparagus tips  
100g (4oz) shelled, fresh or frozen broad beans  
45ml (3tbsp) double cream  
30ml (2tbsp) mixed fresh parsley and tarragon, chopped  
crusty bread, to serve

## Chicken Casserole

Serves 4

**Dish: 3 litre (6 pt) large casserole with lid    Oven Accessory: glass turntable + metal tray**

1. Coat chicken with flour and place in fridge.
2. Place oil, butter, garlic, shallots and mushrooms into casserole. Place on glass turntable and cook on **HIGH MICROWAVE** for 3 mins.
3. Stir in Dijon mustard and add chicken. Then stir in stock and wine.
4. Add potatoes and carrots. Cover casserole, place on metal tray and cook on **CONVECTION 160°C + WARM MICROWAVE** for 50 mins stirring halfway.
5. Stir in asparagus, broad beans and cream and cook on **CONVECTION 160°C + WARM MICROWAVE** for a further 10-15mins.
6. Stir in herbs and serve with crusty bread.

# Meat and Poultry

## Ingredients

1 kg (2lb2oz) pork spare ribs  
150 ml (1/4 pt) water

## For the glaze

150g (5oz) orange marmalade preferably  
shred less or fine shred  
25g (1oz) dark muscovado sugar  
100ml (4fl.oz) fresh orange juice  
5cm (2 inch) piece fresh root ginger, peeled  
and coarsely grated  
75ml (5 tbsp) tomato ketchup  
30ml (2 tbsp) white wine vinegar

## Ingredients

30 ml (2tbsp) oil  
1 medium onion, chopped  
1 green pepper, deseeded and chopped  
225g (8oz) carrots, sliced  
450g (1lb) lean pork, cubed  
30 ml (2tbsp) seasoned flour  
5 ml (1tsp) ground bay leaves  
5 ml (1tsp) dried sage  
salt and pepper  
300 ml (1/2 pt) dry cider

## Dumplings:

175g (6oz) self raising flour  
75g (3oz) suet  
pinch of salt  
5 ml (1tsp) mustard powder  
15 ml (1tbsp) fresh parsley, chopped  
150 ml (1/4 pt) cold water

## Ingredients

150g (5oz) plain flour  
3 ml (1/2 tsp) salt  
2 eggs  
150 ml (1/4 pt) milk  
150 ml (1/4 pt) water  
15-30 ml (1-2tbsp) oil  
450g (1lb) sausages

## Sticky Ribs

Serves 4

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

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Place the ribs in a single layer in dish with the water. Place on glass turntable and cook on **SIMMER MICROWAVE** for 20 mins. Drain.
2. Meanwhile, mix together all the ingredients for the glaze in a large bowl and cook on **HIGH MICROWAVE** for 5 mins.
3. Place ribs in dish and pour over sauce. Place dish on low wire rack and cook on **CONVECTION 240°C + GRILL 3 + LOW** power for 20 mins. Turn halfway and baste.

## Pork with Herby Dumplings

Serves 4

**Dish:** 3 litre (6 pt) large casserole with lid **Oven Accessory:** glass turntable + metal tray

1. Place oil, onion, green pepper and carrots in casserole. Place on glass turntable and cook on **HIGH MICROWAVE** for 5 mins.
2. Toss pork in seasoned flour and add to onion mixture. Stir in all other ingredients. Cover, place on metal tray and cook on **CONVECTION 160°C + WARM MICROWAVE** for 1 hr or until pork is tender.
3. Whilst cooking make the dumplings by combining the flour, suet, salt, mustard and parsley. Add the water to make a stiff dough. Shape dough into 8 round dumplings.
4. When pork is cooked, uncover and place dumplings around the edge of dish. Cook uncovered on **CONVECTION 160°C + WARM MICROWAVE** for 15 mins. or until dumplings are cooked through.

## Toad In The Hole

Serves 4

**Dish:** oblong tin, 27 x 22 cm (10 1/2" x 8 1/2")

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Preheat oven on **CONVECTION 220°C**.
2. Sift flour and salt in a bowl. Add eggs and half the liquid. Beat until smooth and gradually stir in remaining liquid.
3. Put oil and sausages in tin and place on low wire rack. Cook on **CONVECTION 220°C** for 15 mins.
4. Pour in the batter and cook on **CONVECTION 220°C** for a further 30-35 mins. or until the batter is well risen and golden brown.

# Meat and Poultry

## Ingredients

10ml (3/4 tbsp) ground ginger  
 3ml (1/2 tsp) coarsely ground black pepper  
 8ml (1 1/2 tsp) ground cinnamon  
 10ml (3/4 tbsp) turmeric  
 15 ml (1tbsp) paprika  
 3ml (1/2 tsp) chilli powder/flakes  
 800g (1lb12oz) cubed boneless lamb  
 30ml (2tbsp) oil  
 300g (11oz) onions, chopped  
 2 crushed garlic cloves  
 3ml (1/2 tsp) salt  
 150g (5oz) sliced carrots  
 150g (5oz) ready to eat dried apricots, chopped  
 40g (1 1/2 oz) sultanas or seedless raisins  
 65g (2 1/2 oz) toasted flaked almonds  
 10ml (3/4 tbsp) honey  
 150 ml (1/4 pint) tomato juice  
 400g (14oz) can chopped tomatoes  
 300ml (1/2 pint) vegetable stock

## Ingredients

600g (1lb 5oz) boneless skinless chicken breasts  
 30ml (2 tbsp) lemon juice  
 1tsp fresh thyme  
 salt and pepper  
 200g (7oz) jar of red peppers, drained  
 150g (5oz) ripe brie  
 350g (12oz) ready made puff pastry  
 1 egg, beaten to glaze  
 25g (1oz) freshly grated parmesan

## Spicy Lamb Tagine

Serves 6

**Dish:** 3 litre (6 pt) large casserole with lid    **Oven Accessory:** glass turntable + metal tray

1. Put spices into bowl and mix well.
2. Add lamb and evenly coat with spices.
3. Place oil, onions and garlic in casserole. Place on glass turntable and cook on **HIGH MICROWAVE** for 5 mins.
4. Add lamb mixture and mix thoroughly. Stir in remaining ingredients and cover.
5. Place on metal tray and cook on **CONVECTION 160°C + WARM MICROWAVE** for 1-1 1/4 hours or until tender, stir halfway.

## Layered Chicken Puff

Serves 4-6

**Dish:** shallow dish and round baking sheet, greased

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Slice the chicken breasts into strips and place between plastic film and flatten using a rolling pin.
2. Put chicken into dish with lemon juice, thyme and seasoning. Allow to marinate for 2-3 hours in the fridge.
3. Preheat oven on **CONVECTION 200°C**.
4. Place dish on low wire rack and cook chicken on **CONVECTION 200°C** for 10-15 mins or until cooked through. Remove chicken and allow to cool slightly.
5. Roll out pastry to a 28 x 36cm (11" x 14") rectangle.
6. Place 1/2 of the chicken on the centre third of the pastry.
7. Cover with 1/2 of the peppers, then all of the brie followed by the rest of the peppers and finally the remaining chicken.
8. 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.
9. Transfer the pastry onto the baking sheet and brush with beaten egg. Sprinkle with parmesan cheese.
10. Place on low wire rack and cook on **CONVECTION 200°C** for 30-35 mins. until the pastry is crisp and golden.

# Meat and Poultry

## Ingredients

50g (2oz) creamed coconut  
275ml (1/2 pt) boiling water  
500g (1lb2oz) lamb fillet, cut into strips about 4cm (1 1/2 ") long  
2 garlic cloves  
2.5 cm (1") fresh root ginger, finely grated  
30ml (2tbsp) Thai green curry paste  
1 lime, grated rind and juice  
30ml (2tbsp) fresh coriander

## Ingredients

4 x chicken breasts 600g (1lb 5oz), boneless and skinless

## Suggested Marinades-

### Lemon and Honey:

2 lemons, juice and zest  
30ml (2tbsp) honey  
1 garlic clove, crushed

### Ginger and Soy:

10ml (2tsp) sesame oil  
30ml (2tbsp) light soy sauce  
15ml (1tbsp) white wine  
1 garlic clove, crushed  
2.5 cm (1") fresh root ginger, finely grated

## Ingredients

15 ml (1tbsp) oil  
1 large onion, sliced  
3 cloves garlic, crushed  
10 ml (2tsp) ground coriander  
3ml (1/2 tsp) chilli powder, ground cardamom, ground cloves  
15ml (1tbsp) garam masala  
15ml (1tbsp) ground turmeric  
5ml (1tsp) ground cumin  
25g (1oz) flour  
15 ml (1tbsp) tomato puree  
450g (1lb) shoulder of lamb, cubed  
juice of 1 lemon  
5 ml (1tsp) sugar  
25g (1oz) sultanas  
pinch of salt  
450 ml (3/4 pt) hot stock

## Thai Lamb Curry

Serves 4

**Dish:** 1.5 litre (3 pt) casserole with lid + 1.2 litre (2 pt) pudding basin

**Oven Accessory:** glass turntable + metal tray

1. Mix the coconut with the boiling water.
2. Mix all the remaining ingredients except the coriander with the lamb in a non metallic bowl and leave to marinate in the fridge for 1 hour.
3. Combine the coconut and the lamb mixture and stir well. Cover, place on metal tray and cook on **CONVECTION 160°C + WARM MICROWAVE** for 55-60 mins stirring halfway.

## Marinated Chicken Breasts

Serves 4

**Dish:** rectangular dish

**Oven Accessory:** glass turntable

1. Mix the selected marinade ingredients together. Pour marinade over chicken in dish and leave to marinate for 2-3 hours in the fridge.
2. Cover the chicken and place on glass turntable. Cook on **MEDIUM MICROWAVE** for 10-12 mins. Turn halfway

**NOTE:** For 2 chicken breasts 300g (10oz) the marinade quantities should be halved and total cooking time on **MEDIUM MICROWAVE** should be reduced to 5-6 mins.

## Madras Curry

Serves 4

**Dish:** 3 litre (6pt) large casserole with lid **Oven Accessory:** glass turntable + metal tray

1. Place the oil, onion and garlic in casserole dish. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins.
2. Blend in all the spices and stir in the flour and tomato puree. Add all other ingredients and blend in hot stock.
3. Cover, place on metal tray and cook on **CONVECTION 160°C + WARM MICROWAVE** for 1hr-1hr 30 mins. or until meat is tender. Serve with boiled rice and lemon or lime wedges and poppadoms.

# Meat and Poultry

## Ingredients

100g (4oz) ciabatta breadcrumbs  
75g (3oz) gruyere cheese, grated  
salt and pepper  
4 x 150g chicken breast fillets, boneless and skinless  
50g (2oz) garlic mayonnaise

## Ingredients

3 cardamom pods  
1/2 cinnamon stick  
3ml (1/2 tsp) cumin seeds  
5ml (1tsp) garam masala  
5ml (1tsp) chilli flakes  
2.5cm (1") fresh root ginger  
1garlic clove, crushed  
25g (1oz) ground almonds  
45ml (3tbsp) natural yoghurt  
600g (1lb5oz) skinless chicken breast, cut into chunks  
15ml (1tbsp) olive oil  
2 onions, finely chopped  
150ml (1/4 pt) single cream  
30ml (2tbsp) coriander, chopped

## Ingredients

1 onion, chopped  
1 clove garlic, crushed  
5 ml (1tsp) oil  
400g (14oz) can chopped tomatoes  
150ml (5fl.oz) red wine  
30 ml (2tbsp) tomato puree  
5 ml (1tsp) mixed herbs  
500g (1lb1oz) mince  
salt and pepper

## Cheesy Chicken Breasts

Serves 4

**Oven Accessory: glass turntable + metal tray on low rack**

1. Mix the breadcrumbs with the cheese and season well.
2. Dip each chicken breast in the garlic mayonnaise and then the crumbs until coated.
3. Place on metal tray and cook on **CONVECTION 240°C + GRILL 3 + SIMMER MICROWAVE** for 20-25 mins.
4. Slice the chicken and serve.

## Chicken Pasanda

Serves 4

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

**Oven Accessory: glass turntable**

1. Place the cardamom, cinnamon, cumin, garam masala, chilli, ginger, garlic, almonds and yoghurt into a non metallic bowl. Add chicken and stir well. Leave to marinate in the fridge for 2-3 hours.
2. Place oil and onions in casserole. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins.
3. Stir chicken into onions. Place casserole on glass turntable. Cover and cook on **MEDIUM MICROWAVE** for 25-30 mins. Stir halfway.
4. Stir in cream and coriander and heat on **MEDIUM MICROWAVE** for 3 mins or until hot

## Savoury Mince

Serves 4

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

**Oven Accessory: glass turntable**

1. Place onion, garlic and oil in casserole. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins.
2. Place all other ingredients in casserole. Stir well.
3. Cover, cook on **HIGH MICROWAVE** for 10 mins. then **MEDIUM MICROWAVE** for 15-20 mins. or until cooked.

### Variation: Chilli Con Carne

Add 400g (14oz) can red kidney beans drained, 5-10 ml (1-2tsp) chilli powder and 1 diced green pepper at stage 2 above.

# Meat and Poultry

## Ingredients

675g (1 1/2 lb) potatoes, cubed  
30ml (2tbsp) milk  
1 medium onion, chopped  
2 carrots, chopped  
25g (1oz) butter  
350g (12oz) cold cooked beef or lamb, minced  
300ml (1/2 pt) hot beef stock  
3ml (1/2 tsp) Worcestershire sauce  
15ml (1tbsp) gravy thickening  
5ml (1tsp) tomato puree  
salt and pepper  
25g (1oz) cheese

## Ingredients

2 large aubergines  
1 garlic clove, crushed  
1 medium onion, chopped  
250g (9oz) minced beef  
400g (14oz) tin chopped tomatoes  
25g (1oz) pitted black olives, chopped  
2tsp dried oregano  
2tbsp tomato puree  
100g (4oz) sliced crusty bread  
50g (2oz) parmesan freshly grated

## Ingredients

675g (1 1/2 lb) braising steak, cubed  
50g (2oz) seasoned flour  
2 large onions, sliced thinly  
1 clove garlic, crushed  
575ml (1 pint) cream stout  
15g (1/2 oz) brown sugar  
15 ml (1tbsp) wine vinegar  
5 ml (1tsp) mixed herbs

## Shepherd's Pie

Serves 4

**Dish:** large rectangular dish approx. 27 x 23 cm (11" x 9")

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Place potatoes in a dish with 45ml (3 tbsps) water. Cover, place on glass turntable and cook on **AUTO POTATOES BOILED PROGRAM** or **HIGH MICROWAVE** for 12-14 mins until soft. Drain and mash well with the milk.
2. Place onion, carrots and butter into dish. Cover and cook on **HIGH MICROWAVE** for 4-5 mins.
3. Add minced meat to vegetables. Then add stock, Worcestershire sauce, gravy thickening and tomato puree and season to taste.
4. Spread potato on top of the meat, using a fork to make a pattern on top.
5. Sprinkle with cheese. Place dish on low wire rack and cook on **CONVECTION 190°C + WARM MICROWAVE** for approximately 25-30 mins. or until top is crisp and golden.

## Stuffed Aubergines

Serves 4

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

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Preheat oven on **CONVECTION 220°C**.
2. Place the whole aubergines on the low wire rack and cook on **CONVECTION 220°C** for 15mins. or until soft. Remove from oven and cool.
3. Cut the aubergines in half horizontally, leaving the stalks attached. Scoop out the flesh and chop finely.
4. Place garlic and onion in dish. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins.
5. Add beef, tomatoes, aubergine flesh, olives, oregano, and tomato puree. Cover and cook on **HIGH MICROWAVE** for 10 mins.
6. Use the bread to make breadcrumbs. Mix 40g (1 1/2oz) of the parmesan with the breadcrumbs and add to beef mixture.
7. Fill the aubergine skins with the filling.
8. Place aubergines on metal tray and sprinkle with the remaining parmesan.
9. Place tray on low wire rack and cook on **CONVECTION 220°C + GRILL 1 + WARM MICROWAVE** for 20 mins.

## Belgian Beef Casserole

Serves 4

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

**Oven Accessory:** glass turntable + metal tray

1. Coat the beef in the seasoned flour and place in casserole.
2. Add the remaining casserole ingredients. Cover with lid, place on metal tray and cook on **CONVECTION 160°C + WARM MICROWAVE** for 1 1/4 - 1 1/2 hrs. .



# Meat and Poultry

## Ingredients

### Filling:

450g (1 lb) braising steak, cubed  
25g (1oz) seasoned flour  
150g (5oz) mushrooms, sliced  
1 onion, chopped  
1 clove garlic, crushed  
5ml (1tsp) thyme  
275ml (1/2 pt) hot beef stock  
275ml (1/2 pt) cream stout

### Pudding:

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

## Ingredients

675g (1 1/2 lb) braising steak, cubed  
50g (2oz) seasoned flour  
1 large onion  
1 red pepper, deseeded and chopped  
400g (14oz) canned, chopped tomatoes  
175g (6oz) mushrooms  
600 ml (1 pt) hot beef stock  
45 ml (3 tbsp) tomato puree  
30 ml (2 tbsp) paprika  
5 ml (1tsp) sugar  
60 ml (4tbsp) soured cream

## Ingredients

450g (1lb) lamb fillet, cut into slices  
50g (2oz) plain flour  
salt and pepper  
2.5ml (1/2tsp) thyme  
1 medium onion, thinly sliced  
250g (9oz) carrots, sliced  
450g (1lb) potatoes, thinly sliced  
500ml (1 pint) stock

## Steak and Mushroom Pudding

Serves 4

**Dish:** 1.5 litre (3 pt) casserole with lid + 1.2 litre (2 pt) pudding basin

**Oven Accessory:** glass turntable + metal tray

1. Coat the steak in seasoned flour and add to casserole with the mushrooms, onion and stock. Cover, place on metal tray and cook on **CONVECTION 160°C + WARM MICROWAVE** for 1hr 15 mins.
2. Mix flour, salt and suet together. Mix to a firm dough with cold water.
3. Roll out 3/4 of the pastry to line basin.
4. Remove meat with a slotted spoon and fill basin. Mix cornflour with water and stir into the gravy. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins. stirring once, or until gravy has thickened. Pour 60 ml (4tbsp) of gravy over the meat and reserve the rest for serving. Roll remaining pastry to form a lid, moisten the edges and seal over the top of the meat.
5. Place on glass turntable and cook on **MEDIUM MICROWAVE** for 10 mins. or until pastry looks dry.

## Hungarian Goulash

Serves 4

**Dish:** 3 litre (6pt) large casserole with lid      **Oven Accessory:** glass turntable + metal tray

1. Toss meat in the flour. Combine all ingredients except the soured cream in casserole dish.
2. Cover, place on metal tray and cook on **CONVECTION 160°C + WARM MICROWAVE** for 1hr 30 mins. or until the meat is tender.
3. Remove from oven and immediately stir in the soured cream.

## Lamb Hotpot

Serves 4

**Dish:** 3 litre (6pt) casserole with lid      **Oven Accessory:** glass turntable + metal tray

1. Coat the pieces of lamb in seasoned thyme flour and place in casserole.
2. Layer the onions and carrots followed by the potatoes on top.
3. Pour in the stock.
4. Cover, place on metal tray and cook on **CONVECTION 160°C + WARM MICROWAVE** for 1hour.
5. Uncover and cook on **CONVECTION 160°C + WARM MICROWAVE** for 15-30mins. or until cooked.

# Vegetables and Vegetarian

- Root vegetables. i.e. Swede, carrots should be cut into slices, strips or cubes.
- Do not mix fresh and frozen vegetables as the cooking times may be different.
- Never add salt to vegetables before microwaving.
- Always cook vegetables in a dish that is a suitable size. Use flat dishes not basins. Always cover with microwave cling film or a lid.
- Certain vegetables i.e. broccoli and asparagus, should be arranged so that the tips are in the centre of the dish, as these require less cooking.

**JACKET POTATOES** - Cooking by **MICROWAVE** only

Varieties of potatoes vary in their suitability for cooking by **MICROWAVE**. The cooking times given may need adjustment for other varieties. The ideal size of potato to be cooked by **MICROWAVE** is 175g - 250g (6-9oz).

**Before Cooking:** Wash potatoes and prick skins several times. Spread around edge of turntable.

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

## Ingredients

500g (1lb) potatoes, peeled and quartered  
30 ml (2tbsp) oil

## Ingredients

200g (7oz) can chopped tomatoes  
10 ml (2tsp) tomato puree  
700g (1lb 8oz) mixed vegetables e.g. sweet potato, red pepper, leeks, aubergine,  
1 clove garlic, crushed  
15 ml (1tbsp) olive oil  
25g (1oz) pine nuts  
50g (2oz) gruyere cheese, grated  
100g (4oz) Boursin® cheese  
15 ml (1tbsp) single cream  
350g (12oz) ready made puff pastry  
1 beaten egg to glaze

## Roast Potatoes

Serves 4

**Dish:** shallow ovenproof dish

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Place potatoes in dish with 45ml (3tbsp) water. Cover, place on glass turntable and par-boil on **HIGH MICROWAVE** for 6 mins. Drain.
2. Place potatoes and oil in dish on low wire rack. Cook on **CONVECTION 250°C + GRILL 1 + WARM MICROWAVE** for 30 mins. turning and basting potatoes during cooking, or until crisp and brown.

## Roast Vegetable Parcels

Serves 4

**Dish:** large bowl, shallow ovenproof dish, round baking sheet

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Place the chopped tomatoes and puree in a bowl. Place on glass turntable and cook on **HIGH MICROWAVE** for 5 mins then **MEDIUM MICROWAVE** for 7-8 mins or until mixture is reduced in volume and thickened.
2. Cut vegetables into even sized chunks and toss with the garlic and oil in shallow dish. Place on the low wire rack and cook on **TURBO-BAKE 220°C + SIMMER** for 30mins. Turn halfway.
3. Mix the tomato sauce with the cooked vegetables and pine nuts.
4. Preheat oven on **CONVECTION 220°C**.
5. Mix together the gruyere cheese, Boursin® and single cream.
6. Roll out pastry until it measures approx 30cm (12") square. Divide into 4 equal squares.
7. Place 1/4 of the vegetable mixture in the centre of the square and top with 1/4 of the cheese mixture.
8. Bring the corners of the pastry to the centre, pressing the edges together. Seal with water and glaze with beaten egg. Place parcels on baking sheet on low rack and cook on **CONVECTION 220°C** for 20-25 mins. or until golden and cooked through.

# Vegetables and Vegetarian

## Ingredients

1 bunch asparagus (approx. 250g/ 9oz)  
450ml (3/4 pt) hot vegetable stock  
2 leeks, trimmed and finely sliced  
40g (1 1/2 oz) butter  
200g (7oz) risotto rice  
100g (4oz) frozen peas  
Finely shredded zest and juice 1/2 lemon  
Salt & pepper to taste  
40g (1 1/2 oz) fresh parmesan cheese  
10g (1/4oz) fresh basil

## Ingredients

100g (4oz) mushrooms, sliced  
100g (4oz) onion, finely chopped  
1 garlic clove  
175g (6oz) fresh wholemeal breadcrumbs  
100g (4oz) ground cashew nuts  
1 egg

## Ingredients

1 medium onion, chopped  
10ml (2 tsp) vegetable oil  
2 medium courgettes, sliced thickly  
1 red pepper, seeded & chopped  
2 medium carrots, peeled & thinly sliced  
1 small cauliflower, cut into florets  
100g (4oz) dried apricots, halved  
2 cloves garlic, crushed  
425g (15oz) can chick peas, drained  
3ml (1/2 tsp) each: ground turmeric, ground coriander, ground cumin  
5ml (1tsp) paprika  
2.5cm (1") fresh root ginger, peeled and finely chopped  
salt and pepper  
450 ml (3/4 pt) hot vegetable stock  
chopped parsley to garnish

## Lemon And Asparagus Risotto

Serves 4

**Dish:** small bowl, large bowl

**Oven Accessory:** glass turntable

1. Cut off asparagus tips with 2.5cm (1") stem attached. Add 30ml (2 tbsps) stock. Cover, place on glass turntable and cook on **HIGH MICROWAVE** for 3 mins.
2. Chop remaining asparagus stems into 1cm pieces and leave to one side.
3. Place leeks and 25g (1oz) butter in a large bowl. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins.
4. Add the rice to the leeks and stir in the hot vegetable stock. Cover and cook on **HIGH MICROWAVE** for 10 mins.
5. Add chopped asparagus stems and cook on **HIGH MICROWAVE** for a further 2 mins.
6. Stir in the peas, lemon zest and juice and cook on **HIGH MICROWAVE** for 2 mins.
7. Stir in the cooked asparagus tips, basil, remaining butter and 25g (1oz) Parmesan cheese. Heat on **MEDIUM MICROWAVE** for 3 mins.
8. Serve in warmed bowls sprinkled with a few whole basil leaves and the rest of the Parmesan cheese.

## Veggie Burgers

Serves 4

**Dish:** large bowl

**Oven Accessory:** glass turntable + metal tray on high wire rack

1. Place mushrooms and onion in a bowl on the glass turntable and cook on **HIGH MICROWAVE** for 5 mins.
2. Add 150g (5oz) breadcrumbs and the nuts to the mushroom and add enough egg to bind the mixture
3. Divide into four. Roll into balls, dip in the remaining breadcrumbs and make into burger shapes. Place on metal tray and cook on **GRILL 2 + WARM MICROWAVE** for 15 mins. or until browned. Turn half way.

## Vegetable and Chickpea Casserole

Serves 4

**Dish:** 3 litre (6pt) large casserole with lid

**Oven Accessory:** glass turntable

1. Place the onion and oil in the casserole. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins. or until starting to soften.
2. Add the prepared vegetables, apricots, garlic, chick peas and stir in the spices, salt, pepper and stock.
3. Cover and cook on **MEDIUM MICROWAVE** for 20 mins., or until vegetables are soft. Stir two or three times during cooking. Serve with couscous or rice and garnish with parsley.

### TIP:

To prepare couscous: Place 300 ml (1/2 pt) vegetable stock in a bowl and 1.5ml (1/4 tsp) turmeric. Cook on **HIGH MICROWAVE** for 4 mins. or until boiling. Add 175g (6oz) couscous and allow to stand for 5 mins. Fluff up with a fork before serving.

# Vegetables and Vegetarian

## Ingredients

2 medium aubergines, diced  
salt  
2 cloves of garlic, chopped  
15 ml (1tbsp) oil  
pinch cayenne pepper  
10 ml (2tsp) ground coriander  
5 ml (1tsp) ground cumin  
5 ml (1tsp) turmeric  
2.5 cm (1") root ginger, peeled and sliced  
1 small cauliflower, divided into florets  
2 medium potatoes, diced  
100g (4oz) green beans, sliced  
1 fresh chilli, deseeded and sliced  
150 ml (1/4 pt) vegetable stock  
397g (14oz) can chopped tomatoes  
100g (4oz) cashew nuts

## Ingredients

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

## Ingredients

350g (12oz) potatoes, cubed  
45 ml (3 tbsp) natural yoghurt  
10 ml (2 tsp) mango chutney  
3 ml (1/2 tsp) cumin, coriander and  
garam masala  
3 ml (1/2 tsp) turmeric  
10 ml (2 tsp) fresh coriander  
pinch chilli powder  
15g (1/2 oz) sultanas  
salt and pepper

## Vegetable Curry

Serves 4

Dish: 3 litre (6 pt) casserole dish

Oven Accessory: glass turntable

1. Sprinkle the aubergine liberally with salt in a colander. Stand for 30 mins. to remove bitter juices. Rinse well under cold water and drain.
2. Combine garlic, oil and spices in casserole. Place on glass turntable and cook on **HIGH MICROWAVE** for 1 min.
3. Add aubergine and all other ingredients to casserole dish, except cashews. Cover and cook on **HIGH MICROWAVE** for 10 mins. then **SIMMER MICROWAVE** for 30-40 mins. or until vegetables are soft. Stir occasionally.
4. Sprinkle with cashews and serve with boiled rice.

### N.B.

This recipe is best cooked in advance, chilled and then reheated to allow the flavours to develop.

## Gratin Dauphinois

Serves 4-6

Dish: 20 cm (8") shallow dish

Oven Accessory: glass turntable + low wire rack on metal tray

1. Rub halves of garlic around inside of dish and discard.
2. Place potatoes in dish with 45ml (3tbsp) water. Cover, place on glass turntable and par-boil on **HIGH MICROWAVE** for 6 mins. Drain. Slice thinly.
3. Layer the potato slices in the dish, seasoning with salt and pepper and nutmeg between each layer.
4. Pour the cream evenly over the top of the potatoes and dot with butter.
5. Place dish on low wire rack and cook on **CONVECTION 190°C + SIMMER MICROWAVE** for 25-30 mins. or until potatoes are cooked.

## Spicy Potatoes

Serves 4

Dish: 1 litre (2 pt) dish

Oven Accessory: glass turntable

1. Place potatoes in dish with 45ml (3tbsp) water. Cover, place on glass turntable and cook on **HIGH MICROWAVE** for 8 mins. Drain.
2. Mix the remaining ingredients together. Add the potatoes, mix well and cook on **MEDIUM MICROWAVE** for 2-3 mins.

# Vegetables and Vegetarian

## Ingredients

1 cauliflower, trimmed  
25g (1oz) butter  
25g (1oz) flour  
3 ml (1/2 tsp) French mustard  
300 ml (1/2 pt) milk  
seasoning to taste

## Topping:

75g (3oz) grated cheese  
25g (1oz) breadcrumbs

## Cauliflower Cheese

Serves 4

**Dish:** bowl, jug, shallow round dish

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Place cauliflower upside down in a bowl. Add 45ml (3 tbsps) water, cover and place on glass turntable. Cook on **MEDIUM MICROWAVE** for 10 mins. Drain.
2. Melt butter in a jug on **HIGH MICROWAVE** for 15-30 secs. Stir in flour and mustard. Cook for a further 15 secs. Add milk gradually. Stir well and season. Cook on **HIGH MICROWAVE** for 2-3 mins. or until sauce is thick and bubbling. Stir halfway.
3. Stir in 60g (2 1/2 oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Place dish on low wire rack and cook on **TURBO-BAKE 220°C + WARM MICROWAVE** for 10-15 mins. or until golden brown.

## Ingredients

1 aubergine, sliced  
5 ml (1tsp) salt  
1 courgette, sliced  
1 onion, sliced  
1 green pepper, cut into chunks  
1 red pepper, cut into chunks  
1 clove of garlic, peeled and crushed  
396g (14oz) can of tomatoes  
salt and pepper to taste

## Ratatouille

Serves 4

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

**Oven Accessory:** glass turntable

1. In a colander sprinkle aubergine slices with salt and leave for 30 mins. to remove bitter juices. Rinse with cold water.
2. Combine all ingredients in a casserole dish. Cover, place on glass turntable and cook on **HIGH MICROWAVE** for 12-14 mins. or until vegetables are soft. Stir halfway through cooking time.

## Ingredients

3 red and 3 yellow peppers  
15ml (1tbsp) oil  
2 cloves garlic, crushed  
1 bunch spring onions sliced thinly  
100g (4oz) long grain rice  
300ml (1/2 pt) hot vegetable stock  
50g (2oz) pine nuts  
100g (4oz) cherry tomatoes, halved  
100g (4oz) mozzarella, diced  
100g (4oz) gorgonzola or any blue cheese, diced  
handful each of parsley and basil, chopped

## Stuffed Peppers

Serves 4

**Dish:** 1.5 litre (3 pt) ovenproof dish

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Slice the tops off the peppers and put to one side. Remove the seeds and rinse out.
2. Place oil, garlic and onions into a large ovenproof dish and stir. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins.
3. Add rice and hot stock. Cover and cook on **HIGH MICROWAVE** for 10 mins.
4. Allow to cool slightly and then stir in pine nuts, cherry tomatoes, mozzarella, Gorgonzola, parsley and basil. Season well.
5. Fill peppers with cheesy mixture and place in ovenproof dish.
6. Place on low wire rack and cook on **TURBO-BAKE 200°C + SIMMER MICROWAVE** for 10 mins.
7. Place tops back on peppers and cook on **CONVECTION 200°C + GRILL 1 + SIMMER MICROWAVE** for a further 5 mins.

# Vegetables and Vegetarian

## Ingredients

1 large onion, chopped  
1 clove of garlic, crushed  
25g (1oz) butter  
225g (8oz) each of diced carrots,  
diced leeks, diced courgettes  
1 green pepper, chopped  
150 ml (1/4 pt) hot vegetable stock  
salt and pepper to taste  
300 ml (1/2 pt) napoletana sauce  
175g (6oz) pre-cooked lasagne  
225g (8oz) Mozzarella cheese

## Ingredients

1 red onion, cut into strips  
2 red peppers, deseeded and cubed  
1 aubergine, cubed  
2 courgettes, cubed  
350g (12oz) sweet potato, peeled and cubed  
4 garlic cloves, whole  
45 ml (3tbsp) olive oil  
400g (14oz) canned, chopped tomatoes  
25g (1oz) sun-dried tomatoes, chopped  
225g (8oz) cottage cheese  
3 large eggs  
175g (6oz) cheddar cheese, grated  
45 ml (3tbsp) natural yoghurt  
salt and pepper

## Ingredients

15 ml (1tbsp) oil  
1 onion, finely chopped  
1 green pepper, chopped  
1 chilli, chopped  
2 carrots, diced  
5 ml (1tsp) chilli powder  
3 ml (1/2 tsp) cumin  
175g (6oz) bulgar wheat  
396g (14oz) can chopped tomatoes  
30 ml (2tbsp) tomato puree  
450 ml (3/4 pt) water  
396g (14oz) can red kidney beans, drained

## Vegetable Lasagne

Serves 4-6

**Dish:** casserole dish, large rectangular dish approx. 27 x 23 cm (11" x 9")

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Place onion, garlic and butter in a casserole dish. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins.
2. Add vegetables and stock. Cover and cook on **HIGH MICROWAVE** for 8-10 mins. or until vegetables are soft. Season to taste.
3. Cover base of dish with a thin layer of tomato sauce, then a layer of lasagne on top followed by a layer of vegetable mixture. Thinly slice 175g (6oz) of the cheese and layer on top of vegetables. Continue layering until ingredients are all used ending with a tomato sauce layer.
4. Grate remaining cheese and arrange over top. Place on low wire rack and cook on **CONVECTION 190°C + SIMMER MICROWAVE** for 30-35 mins. or until the pasta is cooked.

## Roasted Vegetable Moussaka

Serves 4-6

**Dish:** 2 litre (4 pt) ovenproof dish

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Toss the prepared vegetables with the garlic and oil. Place in dish on low rack and cook on **TURBO-BAKE 220°C + SIMMER MICROWAVE** for 30mins. Turn halfway.
2. Stir in the tomatoes and sun-dried tomatoes.
3. Beat together the cottage cheese, eggs, cheddar cheese and yoghurt, then season.
4. Pour over the vegetables. Place on low wire rack and cook on **CONVECTION 250°C + GRILL 1 + WARM MICROWAVE** for 15 mins. or until golden brown.

## Vegetarian Chilli

Serves 4

**Dish:** 3 litre (6 pt) large casserole dish with lid

**Oven Accessory:** glass turntable

1. Place oil, onion, pepper, chilli and carrots in a large casserole dish. Cover, place on glass turntable and cook on **HIGH MICROWAVE** for 4-5 mins. or until softened.
2. Add chilli and cumin. Stir in bulgar wheat, chopped tomatoes, tomato puree and water. Cover and cook on **HIGH MICROWAVE** for 10 mins. Stir in red kidney beans, cover and cook on **HIGH MICROWAVE** for 2-3 mins.

# Vegetables and Vegetarian

## Ingredients

15ml (1tbsp) oil  
15g (1/2 oz) butter  
1 garlic clove, crushed  
4 shallots, chopped  
150g (5oz) mushrooms, sliced  
15ml (1tbsp) Dijon mustard  
300g (10oz) Quorn®  
150 ml (1/4 pt) hot chicken or vegetable stock  
150 ml (1/4 pt) dry white wine  
225g (8oz) baby new potatoes, halved  
225g (8oz) baby carrots  
100g (4oz) asparagus tips  
100g (4oz) shelled, fresh or frozen broad beans  
45ml (3tbsp) double cream  
30ml (2tbsp) mixed fresh parsley and tarragon, chopped  
crusty bread, to serve

## Ingredients

15 ml (2tbsp) olive oil  
2 onions, chopped  
2 celery sticks, chopped  
3 carrots, diced  
400g (14oz) can chopped tomatoes  
450 ml (3/4 pint) vegetable stock  
30 ml (2tbsp) tomato puree  
100g (4oz) red lentils  
salt and pepper  
30-45 ml (2-3tbsp) green pesto

## For the Topping:

1 kg (2lb 2oz) potatoes, peeled  
1 bunch spring onions, chopped  
105ml (7tbsp) milk  
freshly grated nutmeg  
25g (1oz) butter  
100g (4oz) cheddar or gruyere, grated

## Quorn® Casserole

Serves 4

**Dish:** 3 litre (6 pt) large casserole dish with lid

**Oven Accessory:** glass turntable + metal tray

1. Place oil, butter, garlic, shallots and mushrooms into casserole. Place on glass turntable and cook on **HIGH MICROWAVE** for 3 mins.
2. Stir in Dijon mustard and add Quorn®. Then stir in stock and wine.
3. Add potatoes and carrots. Cover, place on metal tray and cook on **CONVECTION 160°C + WARM MICROWAVE** for 45 mins stirring halfway.
4. Stir in asparagus, broad beans and cream and cook on **CONVECTION 160°C + WARM MICROWAVE** for a further 10-15mins.
5. Stir in herbs and serve with crusty bread.

## Lentil Bake

Serves 4

**Dish:** large bowl, 25cm (10") shallow ovenproof dish

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Place the oil in a large bowl with the onions. Place on glass turntable and cook on **HIGH MICROWAVE** for 3 mins.
2. Add celery, carrots, tomatoes, stock, tomato puree and lentils. Cover and cook on **HIGH MICROWAVE** for 10 mins. Stir, re-cover and then cook on **SIMMER MICROWAVE** for 10 mins.
3. Season well. Stir in the pesto if desired and place in an ovenproof dish.
4. Place potatoes in dish with 45ml (3 tbsps) water. Cover, place on glass turntable and cook on **AUTO POTATOES BOILED PROGRAM** or on **HIGH MICROWAVE** for 15 mins. until soft. Drain.
5. Place spring onions, milk and nutmeg into a bowl and cook on **HIGH MICROWAVE** for 2 mins.
6. Mash the potatoes and add spring onions, flavoured milk, butter and 2/3 of the cheese and season well.
7. Spoon the mash over the filling and smooth over with a fork. Sprinkle with remaining cheese.
8. Place dish on low wire rack and cook on **CONVECTION 220°C + GRILL 1 and SIMMER MICROWAVE** for 10-15 mins. or until golden brown and piping hot.

# Pasta, Rice and Beans

## Ingredients

1 onion, finely chopped  
1 garlic clove, crushed  
25g (1oz) butter  
225g (8oz) brown cap mushrooms, quartered  
225g (8oz) Arborio (risotto) rice  
juice and rind of 1 lemon  
2ml (1/4 tsp) saffron strands, crushed  
300ml (1/2 pt) hot vegetable stock  
300ml (1/2 pt) white wine  
100g (4oz) frozen peas  
300g (11oz) cooked, peeled prawns  
30ml (2tbsp) finely chopped chives

## Ingredients

1 quantity of Savoury Mince (see page 65)  
double quantity of White Pouring Sauce (see page 78)  
100g (4oz) grated cheese  
5ml (1tsp) mustard  
salt and pepper  
12 sheets pre-cooked lasagne  
(or sufficient for 3 layers)  
50g (2oz) Parmesan cheese

## Ingredients

25g (1oz) dried porcini,  
1 litre (1 1/2 pints) hot chicken or  
vegetable stock  
50g (2oz) butter  
2 shallots, finely chopped  
300g (11oz) risotto rice  
125ml (4 fl.oz.) dry white wine  
salt & pepper to taste  
200g white or chestnut mushrooms, sliced  
25g (1oz) freshly grated parmesan cheese  
plus extra for garnish

## Prawn Risotto

Serves 4

Dish: shallow dish, large bowl

Oven Accessory: glass turntable

1. Put the onion, garlic, butter and mushroom in a large bowl. Place on glass turntable and cook on **HIGH MICROWAVE** for 5 mins.
2. Add rice, juice and rind of the lemon, saffron, stock and wine to the mushroom mixture. Cover and cook on **HIGH MICROWAVE** for 7 mins.
3. Stir the risotto. Add peas, re-cover and cook on **HIGH MICROWAVE** for 6 mins.
4. Add the prawns and chives and cook on **MEDIUM MICROWAVE** for 5 mins.
5. Leave to stand for 2-3 mins and serve.

## Lasagne

Serves 4

Dish: large rectangular dish approx. 27 x 23 cm (11" x 9")

Oven Accessory: glass turntable + low wire rack on metal tray

1. Add cheese, mustard and seasoning to the hot white sauce.
2. Cover the base of the dish with a layer of cheese sauce, then a layer of lasagne, followed by a layer of hot meat mixture. Continue with a layer of lasagne then meat, ending with a layer of cheese sauce.
3. Sprinkle Parmesan cheese over the top. Place on low wire rack and cook on **CONVECTION 190°C + SIMMER MICROWAVE** for 20-25 mins.

## Wild Mushroom Risotto

Serves 4

Dish: small bowl, large bowl

Oven Accessory: glass turntable

1. Soak mushrooms in 300ml (1/2 pint) stock for 20 mins.
2. Strain the porcini mushrooms and coarsely chop. Add the soaking liquid to the remaining stock.
3. Place the butter and shallots in a large bowl. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins. or until softened.
4. Stir the rice into the mixture. Add the stock, wine and seasoning. Cover and cook on **HIGH MICROWAVE** for 6 mins. Add the mushrooms and porcini and cook on **HIGH MICROWAVE** for 10 mins. stirring halfway.
5. Mix in the parmesan cheese. Cover and leave to stand for about 2-3 mins. before serving on warm plates sprinkled with extra parmesan cheese.



# Pasta, Rice and Beans

## Ingredients

100g (4oz) green lentils  
450g (1lb) basmati rice  
15 ml (1tbsp) oil  
1 large onion, sliced  
5 ml (1tsp) root ginger, grated  
1garlic clove, crushed  
3 ml (1/2 tsp) turmeric  
5 ml (1tsp) chilli powder  
10 ml (2tsp) curry powder  
150 ml (1/4 pt) natural yoghurt  
100g (4oz) mushrooms, sliced  
2 tomatoes, peeled and chopped  
300 ml (1/2 pt) hot water  
50g (2oz) cashew nuts

## Ingredients

6 fresh lasagne sheets  
45 ml (3 tbsp) olive oil  
1 small onion, finely chopped  
3 garlic cloves, sliced  
25 g (1oz) pack fresh thyme, finely chopped  
225 g (8oz) chestnut mushrooms, roughly chopped  
100 g (4oz) button mushrooms  
250g (9oz) goat's cheese  
350g (12oz) tub cheese sauce

## Ingredients

350g (12oz) dried pasta like penne  
15 ml (1tbsp) oil  
3ml (1/2tsp) salt  
2 red peppers, seeded and cut into chunks  
2 red onions cut into wedges  
2 mild red chillies, seeded and diced  
3garlic cloves, coarsely chopped  
5 ml (1tsp) golden caster sugar  
30 ml (2tbsp) olive oil  
salt & pepper  
1 kg (2lb 2oz) small ripe tomatoes, quartered  
handful fresh basil leaves  
25g (1oz) grated parmesan

## Lentil Biryani

Serves 4-6

**Dish:** 3 litre (6 pt) large casserole dish with lid

**Oven Accessory:** glass turntable

1. Soak the lentils in cold water for 1 hour then drain them.
2. Place rice in bowl with 550 ml (1pt) boiling water. Cover, place on glass turntable and cook on **HIGH MICROWAVE** for 8-10 mins and stir halfway.
3. Place the oil and onion in casserole. Place on glass turntable and cook on **HIGH MICROWAVE** for 3 mins. or until softened.
4. Add the ginger, garlic, turmeric, chilli and curry powder and cook on **HIGH MICROWAVE** for 2 mins.
5. Add the yoghurt, mushrooms, tomatoes, water and lentils. Cover and cook on **MEDIUM MICROWAVE** for 25-30 mins. or until the lentils are tender and the liquid has evaporated.
6. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Heat on **MEDIUM MICROWAVE** for 3-4 mins. Garnish and serve.

## Mixed Mushroom Cannelloni

Serves 4

**Dish:** shallow oven proof dish

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Put the lasagne sheets in a bowl with 1 litre of boiling water. Cover, place on glass turntable and cook on **HIGH MICROWAVE** for 5 mins. Drain and keep covered in cold water until ready to use.
2. Place the oil, onion and garlic in a bowl. Place on glass turntable and cook on **HIGH MICROWAVE** for 4 mins.
3. Add the mushrooms and thyme to the onions and cook, uncovered on **HIGH MICROWAVE** for 5 mins. Season and cool slightly.
4. Preheat the oven on **CONVECTION 180°C**.
5. Crumble half of the goat's cheese logs into the cooled mushroom mixture and stir.
6. Drain the lasagne sheets and spoon 2-3 tbsp of the mushroom mixture along the edge of each lasagne sheet, leaving a 1cm (1/2") border. Roll up the pasta sheets and cut each one in half.
7. Put the pasta in a shallow oven proof dish and spoon over the cheese sauce. Slice the remaining goat's cheese into thick rounds and arrange across the middle of the pasta rolls. Place on low wire rack and cook on **CONVECTION 180°C** for 30-35 mins.

## Spicy Tomato Pasta

Serves 4

**Dish:** 3 litre (6 pt) bowl + large ovenproof dish

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Put pasta in a bowl. Add salt, oil and 1 litre of boiling water. Cover, place on glass turntable and cook on **HIGH MICROWAVE** for 15 mins. Drain.
2. Pre-heat oven on **CONVECTION 230°C + GRILL 1**.
3. Place peppers red onions, chillies and garlic in a large ovenproof dish. Sprinkle with sugar, drizzle over the oil and season well with salt and pepper
4. Place dish on low wire rack and cook on **CONVECTION 230°C + GRILL 1** for 15 mins.
5. Add tomatoes, stir and cook on **CONVECTION 230°C + GRILL 1** for 10 mins. or until golden and starting to soften.
6. Remove the vegetables from the oven. Stir in the pasta and cook on **TURBO-BAKE 230°C + WARM MICROWAVE** for 5 mins.
7. Tear the basil leaves on top and sprinkle with parmesan to serve.

# Cheese and Egg Dishes

## Ingredients

200g (7oz) quick cooking macaroni  
40g (1 1/2 oz) butter  
1 small onion, finely chopped  
100g (4oz) bacon, chopped  
40g (1 1/2 oz) flour  
575ml (1pt) milk  
5 ml (1tsp) French mustard  
150g (5oz) cheddar cheese, grated  
salt and pepper  
25g ml (1oz) fresh brown breadcrumbs

## Ingredients

1 medium onion, finely diced  
10 ml (2 tsp) olive oil  
175g (6oz) self-raising flour  
3 ml (1/2 tsp) salt  
3 ml (1/2 tsp) mustard powder  
3 ml (1/2 tsp) cayenne pepper  
**Seasoning:**  
25g (1oz) butter  
40g (1 1/2 oz) strong cheddar cheese, grated  
40g (1 1/2 oz) Parmesan cheese  
25g (1oz) black olives, stoned and chopped  
1 egg, beaten  
45 ml (3tbsp) milk  
1 beaten egg for glazing

## Ingredients

4 slices bread, buttered  
5 ml (1tsp) Dijon mustard  
2 slices smoked ham  
100g (4oz) sliced cheese

## Macaroni Cheese

Serves 4

**Dish:** large dish, jug

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Cook macaroni in 550 ml (1 pt) boiling water. Cover, place on glass turntable and cook on **HIGH MICROWAVE** for 5-6 mins. or until soft. Drain.
2. Place butter, onion and bacon in a jug. Cook on **HIGH MICROWAVE** for 5 mins. or until onion is soft. Stir halfway through cooking.
3. Stir in flour and cook for 30 secs. on **HIGH MICROWAVE**.
4. Gradually add milk, stir well and season. Cook on **HIGH MICROWAVE** for 5-6 mins. or until sauce is thick and bubbling. Stir twice during cooking.
5. Add mustard and 100g (4oz) grated cheese. Add macaroni and season.
6. Place the macaroni mixture in a large dish. Sprinkle with breadcrumbs and remaining cheese. Place on low wire rack and cook on **CONVECTION 230°C + GRILL 3 + LOW MICROWAVE** for 10-12 mins. or until cheese starts to melt.

## Cheese, Onion & Olive Scones

**Dish:** 2 round baking sheets, greased

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Place onion and oil in a bowl. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins. or until softened.
2. Preheat oven on **CONVECTION 200°C**.
3. Sift together the flour, salt, mustard and cayenne with seasoning. Rub in the butter.
4. Mix in onion, cheeses and olives. Beat egg and milk together. Add enough of the egg and milk to form soft dough.
5. On a floured surface roll out dough to approx. 2 cm thick. Cut out rounds using a 5 cm pastry cutter and brush with beaten egg.
6. Place half the dough rounds on baking sheet. Place on the low wire rack and cook on **CONVECTION 200°C** for 15-20 mins. or until cooked and golden brown. Then repeat with the remaining tray of scones.

## Croque Monsieur

Serves 4

**Oven Accessory:** glass turntable + metal tray on high wire rack

1. Place the bread, buttered side up on the metal tray and cook on **GRILL 1** for 3-4 mins. or until browning.
2. On 2 slices of the bread, spread the untoasted sides with mustard and top with ham and cheese. Cover with the other slices, browned side uppermost.
3. Place back on the tray and cook on **GRILL 2 + SIMMER MICROWAVE** for 1-2 mins. or until the cheese has melted.

# Cheese and Egg Dishes

## Ingredients

25g (1oz) butter  
25g (1oz) flour  
150ml (1/4 pt) milk  
3 eggs, separated  
salt and pepper  
75g (3oz) cheese, grated

## Ingredients

250g (9oz) shortcrust pastry  
15 ml (1tbsp) oil  
1 medium onion, chopped  
6 streaky bacon rashers or 100g (4oz) ham  
cut into strips  
2 eggs  
150 ml (1/4 pt) single cream  
salt and pepper to taste  
50g (2oz) cheddar cheese, grated

## Ingredients

1kg (2lb2oz) baking potatoes, peeled and  
halved  
1 onion, finely chopped  
225g (8oz) smoked back bacon, cut into  
strips  
225g (9oz) brie  
142ml (1/4 pt) single cream

## Baked Soufflé

Serves 4

**Dish:** jug, 15 cm (6") soufflé dish

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Place butter in a jug on glass turntable and melt on **HIGH MICROWAVE** for 30 secs. Stir in flour. Cook on **HIGH MICROWAVE** for 30 secs. Stir in milk gradually, whisk until smooth. Cook on **HIGH MICROWAVE** for 2 mins. or until thickened. Beat well. Cool.
2. Preheat oven on **CONVECTION 180°C**.
3. Add egg yolks one at a time to the white sauce. Season and mix in cheese.
4. Whisk the egg whites until stiff and fold into cheese mixture.
5. Place dish on low wire rack and cook on **CONVECTION 180°C** for 20-25 mins. until risen and brown.

**Variations:** Add to egg mixture before folding in egg whites:

1. 75 g (3 oz) cooked ham
2. 50 g (2 oz) mushrooms

## Quiche Lorraine

Serves 4

**Dish:** 23 cm (9") metal tin

**Oven Accessory:** glass turntable + metal tray

1. Pre-heat oven on **CONVECTION 210°C**.
2. Line the flan dish with the pastry, prick the base with a fork and chill for 15 mins. in the fridge
3. Place on metal tray, line with baking paper and bake blind on **CONVECTION 210°C** for 10 mins. with baking beans. Remove baking beans and lining and bake for a further 5 mins until golden.
4. Place the oil, onion and bacon in a small dish. Place on glass turntable and cook on **HIGH MICROWAVE** for 4 mins. or until onion is soft. Drain and place in bottom of flan case.
5. Beat the eggs, cream, salt and pepper and pour over the bacon. Sprinkle with cheese. Place flan on metal tray and cook on **CONVECTION 190°C + WARM MICROWAVE** for 20-25 mins. or until just set and browned.

## Tasty Potato Bake

Serves 4-6

**Dish:** large shallow bowl, oval heatproof dish, buttered

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Place potatoes in a dish with 45ml (3tbsp) water. Cover, place on glass turntable and par-boil on **HIGH MICROWAVE** for 10 mins. Slice thickly.
2. Place onion and bacon in bowl and cook on **HIGH MICROWAVE** for 3 mins. Stir halfway.
3. Chop cheese into chunks.
4. Layer half the potatoes in the buttered ovenproof dish. Scatter over half of the onion, bacon & cheese. Lightly season with salt & pepper.
5. Repeat layers, then pour cream evenly over the top. Place on low wire rack and cook on **TURBO-BAKE 240°C + SIMMER** microwave for 20 mins. or until golden brown.

# Sauces

**CONTAINER SIZE-** To avoid boil over always use a container at least twice the capacity of the sauce.

**COVERING-** DO NOT cover sauces when cooking.

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

**REHEATING-** Sauces can be made in advance and reheated by MICROWAVE. Reheat on HIGH MICROWAVE and stir halfway.

**MICROWAVE LEVELS-** Most sauces require HIGH MICROWAVE for cooking. Sauces containing eggs should be cooked on SIMMER MICROWAVE.

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

## Ingredients

2 eggs  
50g (2oz) caster sugar  
275ml (1/2 pt) milk  
5ml (1tsp) vanilla essence

## Ingredients

25g (1oz) butter  
25g (1oz) flour  
600 ml (1pt) milk

## Ingredients

3 egg yolks  
30 ml (2tbsp) white wine vinegar  
150g (5oz) chilled, unsalted butter, cut into cubes  
pepper

## Custard Sauce

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

**Oven Accessory:** glass turntable

1. Beat eggs with sugar and 45ml (3tbsp) milk.
2. Place remaining milk with vanilla essence. Place on glass turntable and cook on **HIGH MICROWAVE** for 1 min.
3. Add milk to eggs and stir well.
4. Cook on **SIMMER MICROWAVE** for 1 min. Stir well.
5. Continue to cook on **SIMMER MICROWAVE** for 30 secs at a time, keep stirring well, until the sauce coats the back of a spoon.

## White Pouring Sauce

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

**Oven Accessory:** glass turntable

1. Place butter in jug on glass turntable and melt on **HIGH MICROWAVE** for 30-40 secs.
2. Stir in the flour to make a roux.
3. Add the milk gradually stirring continuously until well combined.
4. Cook on **HIGH MICROWAVE** for 2 mins. Stir and cook for a further 3 mins. Sauce should be smooth and glossy and coat the back of a spoon.

### Variations of White Sauce

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

**Onion-** Cook an onion in the butter for 30 secs. on **HIGH MICROWAVE** before adding flour.

**Cheese-** Stir in 75g (3oz) grated cheese at the end of cooking time.

## Hollandaise Sauce

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

**Oven Accessory:** glass turntable

1. Place egg yolks and vinegar in a jug. Beat well.
2. Drop cubes of butter on top. Place jug on glass turntable and cook on **HIGH MICROWAVE** for 30 secs.
3. Whisk. Cook on **HIGH MICROWAVE** for 10 secs. Whisk again and cook on **HIGH MICROWAVE** for 10 secs. Repeat 10 sec. stages until sauce is thick and creamy.
4. Season and serve immediately with salmon steaks or asparagus spears.

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

# Pastry

## Ingredients

100g (4oz) butter  
225g (8oz) plain flour  
50g (2oz) finely grated Parmesan  
25g (1oz) butter  
1kg (2lb 2oz) red onions, peeled & thinly sliced  
15ml (1tbp) fresh thyme  
60ml (4tbsp) balsamic vinegar  
salt and freshly ground black pepper  
200g (7oz) soft goat's cheese, crumbled

## Ingredients

25g (1oz) butter  
200g (7oz) leeks, sliced  
50g (2oz) plain flour  
450 ml (3/4 pt) milk  
150g (5oz) stilton  
400g (14oz) cooked chicken, cubed  
250g (9oz) shortcrust pastry, chilled

## Goat's Cheese And Onion Tart

Serves 4

**Dish:** large bowl, 23 cm (9") flan tin

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Preheat oven on **CONVECTION 210°C**
2. Rub the butter into the flour until the mixture resembles fine breadcrumbs. Stir in the parmesan, add 2-3 tbsps cold water and mix to a firm dough.
3. Line the flan dish with the pastry, prick the base with a fork and chill for 15 mins. in the fridge.
4. Place on low wire rack and bake blind on **CONVECTION 210°C** for 10 mins. with baking beans. Remove baking beans and lining and bake for a further 5 mins until golden.
5. Place the butter, onions and thyme into a large bowl. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins.
6. Add balsamic, stir and cook on **MEDIUM MICROWAVE** for 15 mins. Stir halfway and season.
7. Preheat oven on **CONVECTION 180°C**.
8. Place the onions in the flan tin and sprinkle with cheese. Place on low wire rack and cook on **CONVECTION 180°C** for 15-20 mins.

## Chicken & Stilton Pie

Serves 4

**Dish:** bowl, 22.5 cm (9") gratin dish

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Place the butter and leeks in bowl. Place on glass turntable and cook on **HIGH MICROWAVE** for 8 minutes or until soft.
2. Add the flour, stir well then gradually add the milk and cook on **HIGH MICROWAVE** for 4 mins. or until the sauce has thickened.
3. Preheat the oven on **CONVECTION 210°C**.
4. Finely chop the cheese and add to the sauce, mix in the chicken.
5. Grate the pastry on top of the chicken mixture. Place on low wire rack and cook on **CONVECTION 210°C + SIMMER MICROWAVE** for 25-30 mins. or until cooked and browned.

# Pastry

## Ingredients

50g (2oz) caster sugar  
2.5 ml (½tsp) cinnamon  
2 cooking apples, peeled, cored and sliced  
15 ml (1tbsp) lemon juice  
350g (12oz) shortcrust pastry

## Ingredients

350g (12oz) lean minced steak  
1 medium onion, chopped  
450ml (¾ pt) hot beef stock  
15ml (1 tbsp) tomato puree  
5ml (1tsp) yeast extract (Marmite®)  
salt and pepper  
10ml (2 tsp) gravy thickening  
350g (12oz) shortcrust pastry  
beaten egg to glaze

## Ingredients

Suet Pastry  
225g (8oz) self-raising flour  
3 ml (½tsp) salt  
100g (4oz) shredded suet  
105 ml (7tbsp) cold water

## Filling:

75 ml (5 tbsp) seedless raspberry jam  
milk to glaze

## Apple Pie

Serves 4-6

**Dish:** 20 cm (8") pie plate

**Accessory:** glass turntable + metal tray

1. Preheat oven on **CONVECTION 220°C**.
2. Mix together sugar and cinnamon.
3. Toss apples in lemon juice. Sprinkle sugar mixture over.
4. Divide pastry in half. Roll out half and line base of plate.
5. Place apple filling on top of pastry. Roll out remainder of pastry and cut to a circle for lid.
6. Seal edges, crimp and brush top with egg. Place pie on metal tray and cook on **CONVECTION 220°C + SIMMER MICROWAVE** for 20-25 mins. or until cooked.

## Minced Beef and Onion Pie

Serves 4

**Dish:** large casserole and lid, 20 cm (8") pie plate

**Oven Accessory:** glass turntable + metal tray

1. Combine all filling ingredients except thickening in casserole dish. Cover, place on glass turntable and cook on **HIGH MICROWAVE** for 5 mins. then **MEDIUM MICROWAVE** for 15 mins. Mix gravy thickening with water and stir into meat. Leave to cool.
2. Preheat oven on **CONVECTION 210°C**.
3. Roll out half the pastry to fit pie plate. Remove mince with a slotted spoon, reserving gravy for serving and place on pastry base. Roll out remaining pastry for a lid and place on top of mince, sealing the edges with water. Cut 2 slits in top of pastry and glaze top with egg. Place on metal tray and cook on **CONVECTION 220°C + SIMMER MICROWAVE** for 20-25 mins. or until cooked.

## Baked Jam Roly Poly Pudding

Serves 4

**Dish:** 1 kg (2 lb) glass loaf dish

**Accessory:** glass turntable + low wire rack on metal tray

1. Mix together flour, salt and suet
2. Add enough water so that when the mixture is kneaded lightly for a few seconds a firm, smooth dough is formed.
3. Roll out pastry to approx. 23 x 32 cm (9" x 13").
4. Spread the jam over the pastry leaving 1cm (½") border all round. Brush the edges with milk and roll the pastry up evenly, starting at one short side and sealing the edges well.
5. Brush top with milk and place in loaf dish. Place on low wire rack and cook on **CONVECTION 200°C + LOW MICROWAVE** for 15-20 mins. or until golden.

# Pastry

## Ingredients

### Pastry:

250g (8oz) plain flour  
25g (1oz) icing sugar  
125g (4oz) butter  
1 egg yolk  
30ml (2tbsp) water

### Filling:

90g (3oz) cornflour  
600 ml (1pt) water  
4 lemons, juice and grated rind of  
175g (6oz) sugar  
4 egg yolks

### Meringue:

225g (8oz) caster sugar  
5 egg whites

## Ingredients

600g (1lb 5oz) dessert apples- Granny Smith's, cored, peeled and roughly chopped  
juice of 1/2 lemon  
50g (2oz) golden caster sugar  
50g (2oz) walnuts, roughly chopped  
50g (2oz) sultanas  
5 ml (1tsp) ground cinnamon  
50g (2oz) ground almonds  
225g (8oz) filo pastry  
50g (2oz) butter, melted  
icing sugar to serve

## Lemon Meringue Pie

Serves 6

**Dish:** 25 cm (10") flan dish

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Pre-heat oven on **CONVECTION 210°C**.
2. Rub butter into the flour until the mixture resembles fine breadcrumbs and stir in sugar.
3. Add egg and enough water so that when the mixture is kneaded lightly for a few seconds a firm, smooth dough is formed.
4. Line the flan dish with the pastry, prick the base with a fork and chill for 15 mins. in the fridge.
5. Place flan on low wire rack and bake blind on **CONVECTION 210°C** for 10 mins. with baking beans. Remove baking beans and lining and bake for a further 5 mins until golden. Leave to cool.
6. Place cornflour, water and lemon juice and rind in a jug. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins. Stir and cook on **HIGH MICROWAVE** for 2 mins. or until smooth, glossy and thickened. Add sugar. Cool slightly. Add egg yolks. Mix well. Pour into pastry case.
7. Preheat oven on **CONVECTION 150°C**.
8. Whisk egg whites stiffly. Add sugar gradually - whisking after each addition.
9. Pile meringue onto lemon filling. Place flan on low wire rack and cook on **CONVECTION 150°C** for 40-45 mins. or until lightly browned.

## Apple Strudel

Serves 4

**Dish:** round baking sheet, greased

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Preheat the oven on **CONVECTION 180°C**.
2. Put the apples and juice into a bowl and toss together.
3. Add the sugar, walnuts, sultanas, cinnamon and almonds and mix together.
4. Take three sheets of filo pastry and brush with melted butter. Place each one with the shortest edge towards you. Overlap the 2nd sheet onto the 1st sheet by 5-6 cms along the long edge and repeat with the 3rd sheet overlapping the second.
5. Place three more sheets of filo on top, in the same way as in step 4.
6. Spread the apple filling along the front edge of the filo pastry just 2.5cms from the edge and 2.5cms from each side.
7. Fold the sides in over the filling and brush with butter. Roll up from the long front edge buttering the final long edge to seal the strudel.
8. Place on baking sheet, seam-side down and brush with melted butter.
9. Place on low wire rack and cook on **CONVECTION 180°C** for 35-40 mins.
10. Dust with icing sugar to serve.

# Puddings and Desserts

## Ingredients

100g (4oz) pudding rice  
1 litre (3/4 pts) milk  
50g (2oz) caster sugar  
2ml (1/4 tsp) grated nutmeg

## Ingredients

6 slices of bread, buttered and cut into triangles  
75g (3oz) mixed dried fruit  
450ml (3/4 pt) milk  
3 eggs  
25g (1oz) caster sugar  
3 ml (1/2 tsp) nutmeg

## Ingredients

15 ml (1tbsp) brown sugar  
small can of pineapple slices, drained  
4 glace cherries, halved  
100g (4oz) margarine  
100g (4oz) caster sugar  
2 eggs  
100g (4oz) self-raising flour  
30 ml (2tbsp) milk

## Creamy Rice Pudding

Serves 4

**Dish:** large oval casserole, greased

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Mix all the ingredients together and pour into casserole.
2. Place on glass turntable and cook on **HIGH MICROWAVE** for 8-10 mins. or until the milk is boiling. Stir.
3. Place on low wire rack and cook on **CONVECTION 180°C + SIMMER MICROWAVE** for 30-35 mins. or until starting to thicken. After 15 mins stir pudding to break up any lumps.
4. Leave to stand for 5 mins. to thicken further before serving.

## Bread and Butter Pudding

Serves 4

**Dish:** bowl, jug, 20 x 25 cm (8" x 10") oblong, greased dish

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Arrange the bread and fruit in the prepared dish.
2. Put milk in a jug. Place on glass turntable and cook on glass turntable for 3 mins. on **MEDIUM MICROWAVE** but do not allow to boil.
3. Beat together the eggs and sugar, add the milk, stirring well.
4. Pour the mixture over the bread, sprinkle with nutmeg and leave to stand for 15 mins.
5. Place dish on low wire rack and cook on **CONVECTION 190°C + WARM MICROWAVE** for 15-20 mins. or until set and browned.

## Pineapple Upside Down Pudding

Serves 4

**Dish:** 20 cm (8") round dish, lightly greased

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Sprinkle sugar on base of dish, arrange pineapple slices and cherry halves on top of sugar in the base.
2. Cream together the margarine and sugar until light and fluffy. Beat in the eggs gradually. Fold in the flour and mix to a soft consistency with the milk.
3. Spoon the mixture over the pineapple. Place dish on low wire rack and cook on **CONVECTION 170°C + WARM MICROWAVE** for 25-30 mins. or until cooked and golden brown. Leave to cool slightly before turning upside down on a serving plate.



# Puddings and Desserts

## Ingredients

450 g (1lb) ripe pears, peeled and thinly sliced

15 ml (1tbsp) muscovado sugar

2 mangos, peeled, stoned and roughly chopped

1 piece stem ginger, finely chopped

## Topping:

175 g (6 oz) plain flour

75 g (3 oz) butter

75 g (3 oz) muscovado sugar

75 g (3 oz) pecan nuts, roughly chopped

## Mango, Pear and Ginger Crumble

Serves 6

**Dish:** shallow ovenproof dish

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Put the pears in dish with the sugar and 45ml (3 tbsps) water. Cover, place on glass turntable and cook on **HIGH MICROWAVE** for 5 mins.
2. Preheat the oven on **CONVECTION 180°C**.
3. Drain the pears, return to the dish and add the mango and stem ginger.
4. Spoon the mixture into dish and leave to cool.
5. Make the topping. Rub the butter into the flour, stir in the sugar and pecan nuts. Sprinkle the topping over the fruit.
6. Place on low wire rack and cook on **CONVECTION 180°C** for 30 mins.

## Ingredients

175g (6oz) fresh or ready to eat dates, stoned and finely chopped

50g (2oz) butter

175g (6oz) caster sugar

2 eggs, lightly beaten

175g (6oz) self raising flour

5ml(1tsp) bicarbonate of soda

3ml (1/2 tsp) grated nutmeg

3ml (1/2 tsp) ground ginger

## Sauce:

150g (5oz) muscovado sugar

75ml (3fl.oz) double cream

75g (3oz) butter

## Sticky Pudding with Toffee sauce

**Dish:** 20cm (8") pudding basin, greased and lined, large jug

**Oven Accessory:** glass turntable

1. Pour 300ml (1/2 pt) boiling water over the chopped dates and set aside to cool.
2. Cream the butter and sugar until light and fluffy. Beat in the eggs a little at a time.
3. Fold in the flour, bicarbonate of soda, spices and the dates with the liquid.
4. Pour mixture into the soufflé dish and cook on **HIGH MICROWAVE** for 6-7 mins. or until cooked.
5. To make the sauce place all the ingredients in a large jug and cook on **HIGH MICROWAVE** for 1 minute or until the sugar has dissolved. Stir and continue to cook on **HIGH MICROWAVE** for 1-2 mins. or until smooth and hot.
6. Drizzle the hot sauce over the sponge and serve with whipped cream.

## Ingredients

100ml (4fl.oz) water

100g (4oz) caster sugar

4 eggs

5ml (1tsp) vanilla essence

50g (2oz) caster sugar

575 ml (1 pt) cold milk

summer berries to serve

## Crème Caramel

Serves 4

**Dish:** 4 ramekin dishes

**Oven Accessory:** glass turntable

1. Put 25 ml water and 25g (1oz) of sugar into each ramekin. Place on glass turntable and cook on **HIGH MICROWAVE** for 2 mins. or until sugar has dissolved. Continue cooking on **HIGH MICROWAVE** for 8-10mins. until sugar has caramelised, keeping a close watch as it can burn easily. **CAUTION** - Remove from oven very carefully (the base will be extremely hot) and cool.
2. Beat eggs, vanilla essence, caster sugar and milk together and strain over caramel.
3. Place dish on glass turntable and cook on **SIMMER MICROWAVE** for 15mins. or until starting to set around edge of dish. The custard will continue to set on cooling. Refrigerate for a minimum of 3 hours before turning out and serve with summer berries.

# Puddings and Desserts

## Ingredients

150g (5oz) self-raising flour  
pinch of salt  
50g (2oz) caster sugar  
50g (2oz) suet  
1 egg  
150 ml (1/4 pt) milk  
30 ml (2tbsp) jam or golden syrup

## Ingredients

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

## Ingredients

100g (4oz) butter  
225g (8oz) digestive biscuits, crushed  
225g (8oz) plain chocolate  
30ml (2 tbsp) milk  
700g (1 1/2 lb) soft cheese  
175g (6oz) soft brown sugar  
3 large eggs  
5ml (1tsp) vanilla essence

## Steamed Suet Sponge Pudding

Serves 4

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

**Oven Accessory:** glass turntable

1. Mix the flour and salt and stir in sugar and suet.
2. Make a well in the centre and add beaten egg and milk.
3. Mix to a soft dropping consistency.
4. Put the jam or syrup in the base of the greased pudding basin and pour pudding mixture over. Place on glass turntable and cook on **HIGH MICROWAVE** for 5-6 mins.

## Christmas Pudding

Serves 6-8

**Dish:** 1.3 litre (2 1/2 pt) pudding basins lightly greased

**Oven Accessory:** glass turntable

1. Place apple and carrot in a large bowl. Place on glass turntable and cook on **HIGH MICROWAVE** for 5 mins. Beat well to make a thick puree.
2. Stir in juice, rind and mixed fruit. Cook on **HIGH MICROWAVE** for 2 mins. Stir in brandy and treacle. Stand for 5 mins. Beat in rest of ingredients.
3. Press into the pudding basin. Cover and cook on **HIGH MICROWAVE** for 5 mins. Stand for 5 mins. Cook on **HIGH MICROWAVE** for another 2 mins. or until just firm.

**NOTE.** One of the advantages of using your **MICROWAVE** to make this traditional pudding is that it can be made the week before Christmas and stored in a cool dry place. Do not attempt to make the pudding earlier than this, since the flavour will not improve with keeping, unlike a traditionally steamed pudding.

## Chocolate Cheesecake

**Dish:** 23cm (9") flan tin, greased

**Accessory:** glass turntable + low wire rack on metal tray

1. Place butter in bowl on glass turntable and cook on **HIGH MICROWAVE** for 40-50 secs. Stir in biscuits and press into base of flan.
2. Melt chocolate with milk on **HIGH MICROWAVE** for 2 mins. Leave to cool slightly.
3. Pre-heat oven on **CONVECTION 150°C**
4. Mix all the remaining ingredients and stir in chocolate. Pour over biscuit base.
5. Place flan on low wire rack and cook on **CONVECTION 150°C** for 30 mins.

# Baking

**DISH SIZE/ SHAPE-** Always use the exact dish size stated in the following recipes, otherwise cooking times and results will be affected.

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

**COMBINATION COOKING-** DO NOT use spring form tins, use smooth, and preferably seamless metal cake tins.

## Ingredients

200g (8oz) butter or margarine  
200g (8oz) dark muscovado sugar  
200g (8oz) plain flour  
4 eggs, beaten  
50g (2oz) ground almonds  
100ml (3 1/2 fl.oz) sherry  
75g (3oz) candied peel  
75g (3oz) glace cherries, roughly chopped  
250g (9oz) currants  
250g (9oz) raisins  
100g (4oz) pecan nuts, broken into pieces  
finely grated zest of 1 lemon  
7.5 ml (1 1/2 tsp) mixed spice  
2.5ml (1/2 tsp) vanilla extract  
2.5ml (1/2 tsp) baking powder

## Ingredients

225g (8oz) self-raising flour  
pinch salt  
5 ml (1tsp) baking powder  
50g (2oz) butter  
25g (1oz) caster sugar  
50g (2oz) sultanas  
75 ml (5 tbsp) milk  
beaten egg to glaze

## Celebration Cake

**Dish: 20cm (8") round tin, greased and lined**

**Oven Accessory: glass turntable + metal tray**

1. Preheat oven on **CONVECTION 170°C**.
2. Prepare the tin by lining with a double layer of greaseproof paper on the inside and tie a double band of brown paper around the outside.
3. Cream the butter and sugar until pale and fluffy. Add the eggs one at a time, beating well after each addition.
4. Fold in half the flour using a metal spoon, then fold in the rest. Stir in the almonds.
5. Mix in the sherry, and then add the peel, cherries, raisins, currants, nuts, lemon zest, spice and vanilla. Stir in the baking powder.
6. Spoon mixture into the tin and spread evenly, removing all air pockets. Make a small dip in the centre.
7. Place tin on tray and cook on **CONVECTION 170°C** for 2-2 1/4 hrs. until a skewer inserted in the middle comes out clean. Leave cake to cool in tin. When completely cold wrap well in cling film and foil to store until ready to decorate. The cake will keep for several months.

## Fruit Scones

Makes 10

**Dish: round baking sheet, greased**

**Oven Accessory: glass turntable + low wire rack on metal tray**

1. Preheat oven on **CONVECTION 210°C**.
2. Sift the flour, salt and baking powder together. Rub in fat until the mixture resembles fine breadcrumbs. Add sugar and sultanas.
3. Make a well in the centre and stir in enough milk to form a soft dough.
4. Knead lightly. Pat out to 2 cm (3/4") thick and cut into 10 rounds with a 5 cm (2") cutter.
5. Place on baking sheet and brush with beaten egg. Place on low wire rack and cook on **CONVECTION 210°C** for 15 mins. or until well risen and golden brown.

# Baking

## Ingredients

175g (6oz) butter or margarine  
175g (6oz) caster sugar  
3 eggs  
175g (6oz) self-raising flour

## Ingredients

225g (8oz) plain flour  
pinch salt  
10 ml (2tsp) ground ginger  
10 ml (2tsp) baking powder  
3 ml (1/2 tsp) bicarbonate of soda  
100g (4oz) soft brown sugar  
75g (3oz) butter or margarine  
75g (3oz) treacle  
75g (3oz) golden syrup  
150 ml (1/4 pt) milk  
1 egg, beaten

## Ingredients

250g (9oz) butter  
275g (10oz) golden syrup  
75g (3oz) light muscovado sugar  
425g (15oz) porridge oats

## Victoria Sandwich

**Dish:** 20 cm (8") cake tin, greased and lined

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Preheat oven on **CONVECTION 170°C**.
2. Cream butter and sugar until pale and fluffy. Add the eggs a little at a time beating well after each addition.
3. Fold in half the flour, using a metal spoon, then fold in the remaining flour.
4. Spoon the mixture into the tin and level with a knife.
5. Place tin on low wire rack and cook on **CONVECTION 170°C** for 25-30 mins. or until cooked.
6. When the cake is cool, cut in half horizontally and sandwich together with cream and jam and dust with icing sugar or fill with a filling of your choice.

## Gingerbread

**Dish:** bowl, 18 cm (7") square tin lined with 2 strips of greaseproof paper to form a cross shape.

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Sift the flour, salt, ginger, baking powder and bicarbonate of soda into a bowl.
2. Place the sugar, butter, treacle and syrup in a bowl on the glass turntable and cook on **HIGH MICROWAVE** for 1 min.
3. Whisk the milk and egg together. Make a well in the centre of the dry ingredients and pour in the liquid and syrup, mixing thoroughly.
4. Pour the mixture into the cake tin. Place tin on low wire rack and cook on **CONVECTION 160°C + SIMMER MICROWAVE** for 20 mins. or until just firm.

## Flapjack

**Dish:** bowl, 30x20x3.5cm (12" x 8" x 1/2") tin lined with lightly buttered greaseproof paper

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Place the butter, syrup and sugar into bowl. Place on glass turntable and cook on **MEDIUM MICROWAVE** for 4-5 mins.
2. Pre-heat the oven on **CONVECTION 180°C**.
3. Stir the oats into the butter and press the mixture into the tin.
4. Place tin on low wire rack and cook on **CONVECTION 180°C** for 20-25 mins.
5. Leave to cool in the tin for 5 mins. then mark into 18 pieces. Allow to cool completely before removing from the tin.

# Baking

## Ingredients

150 ml (1/4 pt) sunflower oil  
250g (9oz) wholemeal self-raising flour  
10 ml (2tsp) baking powder  
10 ml (2tsp) cinnamon  
5 ml (1tsp) nutmeg  
150g (5oz) light muscovado sugar  
50g (2oz) walnuts, coarsely chopped  
125g (4oz) carrots, grated  
2 ripe bananas, mashed  
2 eggs, beaten

## Cream Cheese Topping:

75 g (3 oz) butter  
100 g (4 oz) cream cheese  
225 g (8 oz) icing sugar  
chopped walnuts to decorate

## Ingredients

### Basic Cookie Dough:

100g (4oz) butter  
100g (4oz) caster sugar  
1 egg, beaten  
175g (6oz) plain flour

### Variations:

#### White Chocolate and Pistachio Nut:

100g (4oz) white chocolate, chopped  
50g (2oz) pistachio nuts, chopped  
Marzipan and Cherry  
100g (4oz) glacé cherries  
50g (2oz) marzipan, chopped

#### Peanut Butter:

100g (4oz) peanuts  
50g (2oz) peanut butter, crunchy

#### Chocolate Chunk:

75g (3oz) white chocolate, chopped  
75g (3oz) dark chocolate, chopped

## Ingredients

100g (4oz) currants  
100g (4oz) sultanas  
100g (4oz) raisins  
50g (2oz) whole almonds, blanched and chopped, reserve 6 whole for decoration  
225g (8oz) butter or margarine  
225g (8oz) soft brown sugar  
grated rind of one lemon  
4 eggs  
275g (10oz) plain flour  
100g (4oz) chopped mixed peel.

## Carrot Cake

**Dish:** 20 cm (8") square tin, base lined

**Oven Accessory:** glass turntable + metal tray

1. Place all the cake ingredients in a large bowl and mix well.
2. Spoon into tin. Place tin on metal tray and cook on **CONVECTION 170°C + SIMMER MICROWAVE** for 20 mins. or until cooked and well risen. Allow to cool in the tin.
3. To make the topping Cream the butter and cream cheese until smooth. Stir in sieved icing sugar.
4. Decorate the cooled cake with the cream cheese topping and walnuts.

## American Cookies

**Dish:** 2 baking sheets 30 x 21.5 cms (11 1/2" x 8")

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. Preheat oven on **CONVECTION 170°C**
2. Cream together the butter and sugar until pale, then beat in the egg.
3. Mix in the flour until well combined and add the chosen additions.
4. Place walnut-sized spoonfuls of dough well apart on greased baking trays, flatten slightly with a fork. Place one tray on low wire rack and cook on **CONVECTION 170°C** for 10-15 mins. or until golden. Repeat with remaining tray.
5. Remove from baking sheets and allow to cool on a wire rack.

## Dundee Cake

**Dish:** 20 cm (8") round tin, greased and lined

**Oven Accessory:** glass turntable + metal tray

1. Mix the chopped nuts, fruit, peel and flour together.
2. Cream the fat, sugar and lemon rind until pale and fluffy. Beat in the eggs one at a time.
3. Fold in the dry ingredients. Spoon mixture into tin and hollow out the centre slightly. Split the reserve almonds, and arrange on top.
4. Place tin on metal tray and cook on **CONVECTION 160°C + WARM MICROWAVE** for 35-40 mins.

# Baking

## Ingredients

175g (6oz) soft margarine  
175g (6oz) caster sugar  
3 eggs, beaten  
200g (7oz) self raising flour  
3ml (1/2 tsp) salt  
5ml (1tsp) mixed spice  
45 ml (3tbsp) Camp coffee essence  
45 ml (3tbsp) milk  
15ml (3tsp) black treacle  
75g (3oz) chopped walnuts

## Icing:

50g (2oz) soft margarine  
225g (8oz) icing sugar  
15 ml (1 1/2 tbsp) Camp coffee essence  
15 ml (1tbsp) water

## Ingredients

2 bananas, medium  
3 ml (1/2 tsp) vanilla flavouring  
75g (3oz) butter  
100g (4oz) granulated sugar  
150g (5oz) self-raising flour  
3 ml (1/2 tsp) salt  
1 1/2 ml (1/4tsp) bicarbonate of soda  
2 eggs

## Ingredients

250g (9oz) plain chocolate  
250g (9oz) unsalted butter  
175g (6oz) plain flour  
5ml (1tsp) baking powder  
300g (11oz) caster sugar  
4 large eggs, lightly beaten  
5ml (1tsp) vanilla essence  
75g (3oz) pecans, broken into pieces  
75g (3oz) milk chocolate, cut into large chunks  
75g (3oz) white chocolate, cut into large chunks

## Coffee Walnut Cake

**Dish:** 18 cm (7") round cake tin, greased and lined

**Oven Accessory:** glass turntable + metal tray

1. Cream margarine and sugar until light and fluffy. Gradually beat in the eggs.
2. Fold in the dry ingredients. Add coffee essence, milk, treacle and walnuts. Stir well and spoon into tin.
3. Place tin on metal tray and cook on **CONVECTION 170°C + LOW MICROWAVE** for 16-18 mins. Cool and cut in half.
4. Beat all icing ingredients together until smooth. Sandwich cake together with half the icing and spread the remainder over the top. Decorate with whole walnuts.

## Banana Cake

**Dish:** 18 cm (7") cake tin, lined with greaseproof paper

**Oven Accessory:** glass turntable + metal tray

1. Peel the banana and mash until smooth with the vanilla flavouring.
2. Place the butter and sugar in a bowl. Place on glass turntable and heat on **HIGH MICROWAVE** for 1 minute, or until soft.
3. Stir in the flour, salt and bicarbonate of soda. Beat in the eggs and mashed banana.
4. Spoon into the prepared cake tin. Place tin on metal tray and cook on **CONVECTION 160°C + WARM MICROWAVE** for 20 minutes, or until cooked.

## Chocolate Brownies

**Dish:** bowl, 30x20x3.5cm (12" x 8" x 1 1/2") tin lined with lightly buttered greaseproof paper

**Oven Accessory:** glass turntable + metal tray

1. Put the plain chocolate and butter in a large bowl. Place on glass turntable and melt on **HIGH MICROWAVE** for 2 mins. Leave to cool slightly.
2. Sieve the flour and baking powder into a bowl and set aside.
3. Stir the sugar into the chocolate. Add the eggs and vanilla essence. Fold in the flour, nuts and chocolate.
4. Pour the chocolate mixture into the prepared cake tin. Place on metal tray and cook on **CONVECTION 180°C + SIMMER MICROWAVE** for 18-20 mins. The middle should feel soft when cooked. Allow to cool in the tin. Remove the brownies from the tin and cut into squares.

# Bread

**TO PROVE DOUGH-** Prove on **CONVECTION 40°C** until dough has doubled in size

The microwave is also useful for defrosting and warming frozen bread products, taking individual slices or items from the freezer as required.

## Ingredients

450g (1lb) strong bread flour  
1 sachet dried yeast  
5 ml (1tsp) salt  
15g (1tbsp) fat  
300 ml (1/2 pt) warm water

## Ingredients

250g (9oz) strong bread flour  
5ml (1tsp) sachet dried yeast  
3 ml (1/2 tsp) salt  
10ml (2tsp) olive oil  
150ml (1/4 pt) warm water  
**Topping:**  
1 red onion, cut into rings  
2 cloves garlic, crushed  
400g (14oz) tomatoes on the vine  
12 pitted black olives  
16 capers  
30ml (2tbsp) olive oil  
5ml (1tsp) chilli flakes  
5ml (1tsp) mixed herbs  
12 basil leaves  
150g (5oz) mozzarella, grated

## Standard Bread Dough

Makes 2 loaves or 12 rolls

**Dish:** 2 x 450g (1lb) loaf tin, lightly greased

**Oven Accessory:** glass turntable + metal tray

1. In a large bowl, combine the flour, yeast and salt. Rub in the fat.
2. Add the warm water then mix to form a dough.
3. Turn onto a floured surface and knead for 10 mins. Divide into two and place in the loaf tins. Cover and prove until the dough has doubled in size in a warm place or on **CONVECTION 40°C**.
4. Preheat the oven on **CONVECTION 220°C**.
5. Place the two loaf tins side by side on the tray. Cook on **CONVECTION 220°C** for 15- 20 mins.

### Wholemeal Bread

Use 225g (8oz) each of wholemeal and strong white bread flour.

### Granary Bread

Use 450g (1lb) granary flour instead of strong white bread flour.

## Pizza Alle Cipole

**Dish:** bowl, round pizza tray greased

**Oven Accessory:** glass turntable + low wire rack on metal tray

1. In a large bowl combine the flour, yeast and salt.
2. Add the oil and gradually add enough warm water until you have a soft dough.
3. Turn onto a floured surface and knead for 10 mins. Roll out to a 25cm (10") circle. Cover, and prove until the dough has doubled in size in a warm place or on **CONVECTION 40°C**.
4. Place the onion and garlic in a bowl on glass turntable and cook on **HIGH MICROWAVE** for 3 mins.
5. Add the tomatoes, olives, capers and olive oil. Cook on **HIGH MICROWAVE** for 5 mins.
6. Preheat oven on **CONVECTION 230°C**.
7. Spread the topping over the dough and sprinkle with remaining ingredients.
8. Place on low wire rack and cook on **CONVECTION 230°C** for 15-20 mins.

# Questions and Answers

- Q** My microwave oven causes interference with my TV, is this normal?

**A** Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.
- Q** My oven has an odour and generates smoke when using the CONVECTION, COMBINATION and GRILL function. Why?

**A** It is essential that your oven is wiped out regularly particularly after cooking by COMBINATION or GRILL. Any fat and grease that builds up will begin to smoke if not cleaned.
- Q** Sometimes warm air comes from the oven vents. Why?

**A** The heat given off from the cooking food warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There isn't an airtight seal to the air therefore steam can escape. There are no microwaves in the air, or steam. The oven vents should never be blocked during cooking.

# Technical Specifications

Rated Voltage:	230-240 V 50 Hz
Operating Frequency:	2,450 MHz
Input Power:	Max 2770 W
	Microwave 1170 W
	Grill 1360 W
	Convection 1470 W
Output Power:	1000 W (IEC-60705)
	Grill 1300 W
	Convection 1400 W
Outer Dimensions:	510 mm (W) x 477 mm (D) x 304 mm (H)
Oven Cavity Dimensions:	359 mm (W) x 352 mm (D) x 217 mm (H)
Weight:	with internal accessories 15 kg
Weight and Dimensions are approximate.	

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

# Building-in Your Oven

1. In case of fitting into an oven housing, please use Panasonic's Trim Kit.  
  
NN-TKA70W - White  
NN-TKA70M - Silver
2. Microwave ovens should **not be built** into a unit **directly above** a top front venting conventional cooker. This will invalidate your one year guarantee.
3. A microwave which is built in must be more than 850 mm above floor level. Read Trim-Kit instructions carefully before installation.

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



## **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.

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