

Panasonic[®]

Operating Instructions and Cookery Book

Microwave Oven

Model No:

NN-E299S

NN-E289M

NN-E279W

NN-E289B

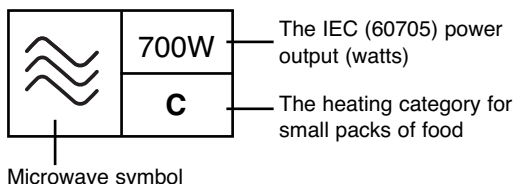
NN-E209W

For domestic use only



Important safety instructions
Please read carefully and keep for future reference

Important Notice



Your oven is rated 700 Watts (IEC 60705). 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 'C', which is very efficient. It is therefore very important that you refer carefully to the packet instructions on convenience foods.

Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating and cooking on pages 23-28 of this book.

ALWAYS check the progress of the food as it cooks or reheats by simply opening the door. After checking the progress of the foods for model NN-E209W, cooking will restart when the oven door is closed. For NN-E299S / NN-E289M / NN-E279W / NN-E289B, after closing oven door press start.

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



Customer Care Centre

0844 8443868

Selected Spares and Accessories:

Order direct on line at **www.panasonic.co.uk** or by telephoning the Customer Care Centre number above.

For Cookery Advice call: 01344 862108



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

Contents

Important Safety Instructions	2
Unpacking your oven	3
Care & cleaning	4
Maintenance of your oven	5
Parts of your oven	6
Important Information	7-8
Microwaving Principles	9
Control Panels	10
General Guidelines	11-12
Containers to use	13-14
Operating Instructions	15-17
Auto Weight Defrosting	
NN-E299S/NN-E289M	
NN-E279W/NN-E289B	18
Defrosting Guidelines	19
Defrosting Charts	20
Auto Weight Cooking	
NN-E299S/NN-E289M	
NN-E279W/NN-E289B	21-22
Cooking and reheating Guidelines	23
Reheating Charts	24-25
Cooking Charts	26-28
Recipes	29-36
Technical Specifications	37

Important safety instructions

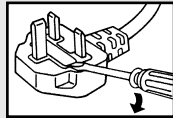
Please read carefully and keep for future reference

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 BLUE.

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

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

Voltage & Power

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

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

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

Unpacking your oven

1. Examine Your Oven

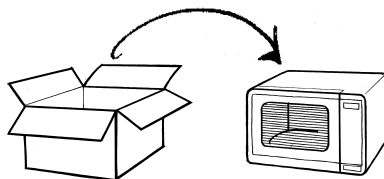
Unpack oven, remove all packing material, and examine the oven for any damage such as dents, broken door latches or cracks in the door. Notify dealer immediately if unit is damaged. Do NOT install if unit is damaged.

2. Guarantee

Your receipt is your guarantee, please keep safely.

3. Cord

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

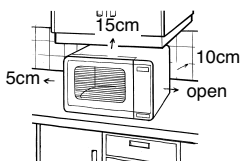


Note: The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

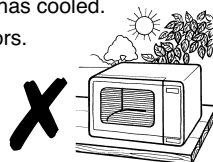
Placement of your oven

This oven is intended for household countertop use only. It is not intended for built-in use or for use inside a cupboard.

1. Oven must be placed on a flat, stable surface 850mm above floor level. For proper operation, the oven must have sufficient air flow. ie 5cm at one side, the other being open; 15cm clear over the top; 10cm at the rear.



3. Do not block air vents on the rear and bottom or top of the cabinet. Do not place any articles on the top of the oven over the vents. If air vents are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
4. Do not use outdoors.



2. Do not place the microwave oven on a shelf directly above a gas or electric hob. This may be a safety hazard and the oven may be damaged.

5. This appliance is not intended to be operated by means of an external timer or separate remote control system.

Using your oven

1. Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

Ensure that children do not touch the hot outer casing after operation of the oven.

2. 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.

3. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

DO NOT OPERATE THE OVEN EMPTY. The appliance must not be operated WITHOUT FOOD IN THE OVEN. 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. Take care when cleaning around the microwave feed guide.
3. Your **oven cavity** is constructed of zinc coated steel, painted with an extremely durable coating. After use, the oven interior should be wiped out to remove any remaining water in order to reduce the risk of corrosion to the cavity and door.
The cavity and door can be damaged by abrasive cleaners and sharp objects so care must be taken to avoid damage caused in this way. If the cavity or door become damaged the lining may begin to corrode. Providing the above precautions are taken regarding the cleaning and care of your oven the life of the cavity and door may be extended.
4. 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.
5. 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 or turn TIMER SELECT DIAL back to ZERO position.
6. Keep **air vents** clear at all times. Check that no dust or other material is blocking any of the air vents on the top, bottom or rear of the oven. If air vents become blocked this could cause overheating which would affect the operation of the oven and possibly result in a hazardous situation.
7. If **steam accumulates** inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.
8. It is occasionally necessary to remove the **glass turntable** for cleaning. Wash the tray in warm soapy water. Do not place in the dishwasher.
9. The **roller ring and oven cavity floor** should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. After removing the roller ring from cavity floor for cleaning, be sure to replace it in the proper position.
10. 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 0844 8443868 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

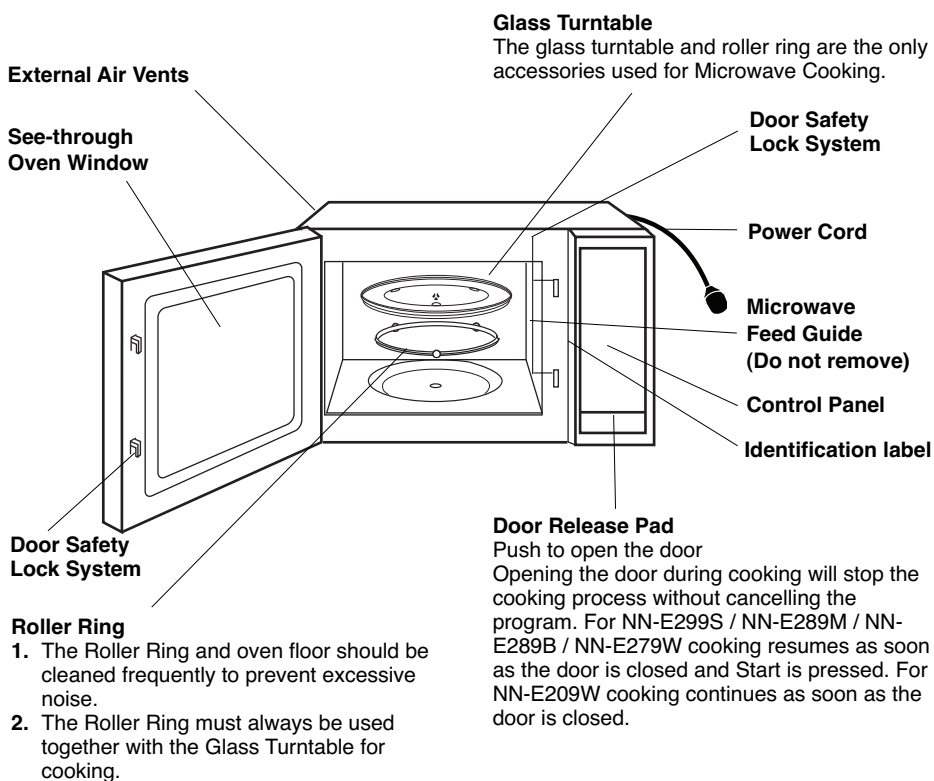
The oven lamp must be replaced by a service technician trained by the manufacturer. DO NOT attempt to remove the outer casing from the oven.

4. Selected Spares and Accessories

These may be ordered direct; on line at www.panasonic.co.uk or by telephoning the Customer Care Centre 0844 8443868. Most major credit and debit cards accepted. Ensure you quote the correct model number.

Parts of Your Oven

1. Do not operate the oven without the Roller Ring and Glass Turntable in place.
2. Only use the Glass Turntable specifically designed for this oven. Do not substitute with any other Glass Turntable.
3. If Glass Turntable is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Glass Turntable. Always place food in a microwave safe dish. The only exception to this is when cooking Jacket Potatoes or Auto Program Jacket Potatoes.
5. If food or utensils on the glass turntable touch the oven walls this will cause the turntable to stop moving. It will then 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 3 Kg (6 lb 10 oz) (this includes total weight of food and dish).
7. While cooking by MICROWAVE the turntable may vibrate. This will not affect cooking performance.
8. Arcing may occur if the incorrect weight of food is used or a metal container has been used accidentally. If this occurs, stop the machine immediately.



Important Information – Read Carefully

Safety

If smoke or a fire occurs in the oven, press Stop/Cancel pad or turn TIMER SELECT Dial back to zero position and leave the door closed in order to stifle any flames.

Disconnect the power cord, or shut off the power at the fuse or the circuit breaker panel.

Short Cooking Times

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

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

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

Important.

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

1. Small quantities of food.

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

NEVER OPERATE THE OVEN WITHOUT FOOD INSIDE.

2. Foods low in moisture.

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

3. Christmas Pudding.

Christmas puddings and other foods high in fats or sugar, eg. jam, mince pies, must not be over heated. These foods must never be left unattended as with over cooking these foods can ignite. See pages 23-25.

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:

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

8. Deep Fat Frying.

Do not attempt to deep fat fry in your oven.

Important Information – Read Carefully

9. Meat Thermometer.

Use a meat thermometer to check the degree of cooking of joints 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, eg Kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.

11. Reheating.

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

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

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

12. Standing Time.

Standing time refers to the period at the end of cooking or reheating when food is left before being eaten, ie. it is a rest time which allows the heat in the food to continue to conduct to the centre, thus eliminating cold spots. See page 11 and 18.

13. Keeping Your Oven Clean.

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

14. Utensils.

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

15. Babies Bottles and Food Jars.

When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked. This should be carried out before consumption to avoid burns. See page 23.

16. Arcing.

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

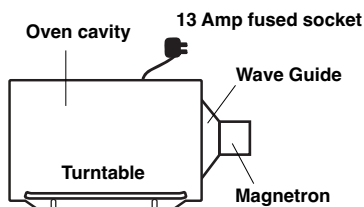
17. Maximum Weight on Turntable

The maximum weight that can be placed on the turntable is 3 Kg (6 lb 10 oz) (this includes total weight of food and dish).

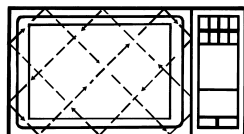
Microwaving Principles

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.

The microwaves cause the water molecules to vibrate which causes FRICTION, ie. 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.

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

Foods that require deep fat frying cannot be cooked either.

Boiled Eggs

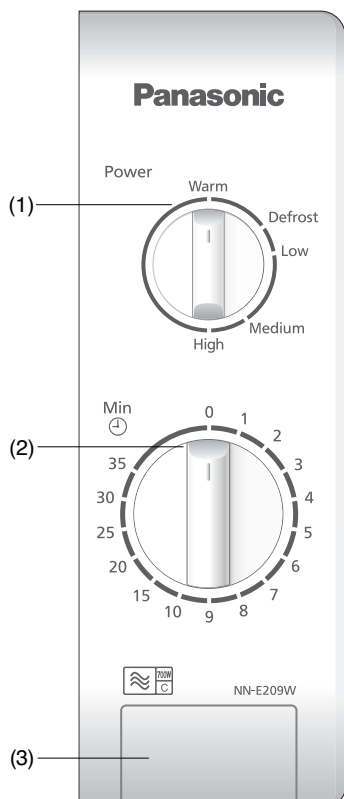
Do not boil eggs in your microwave. Raw eggs boiled in their shells can explode and cause serious injury.

STANDING TIME

When a microwave oven is switched off, the food will continue to cook by conduction – NOT BY MICROWAVE ENERGY. Hence STANDING TIME is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals (Refer to page 11).

Control Panels

NN-E209W



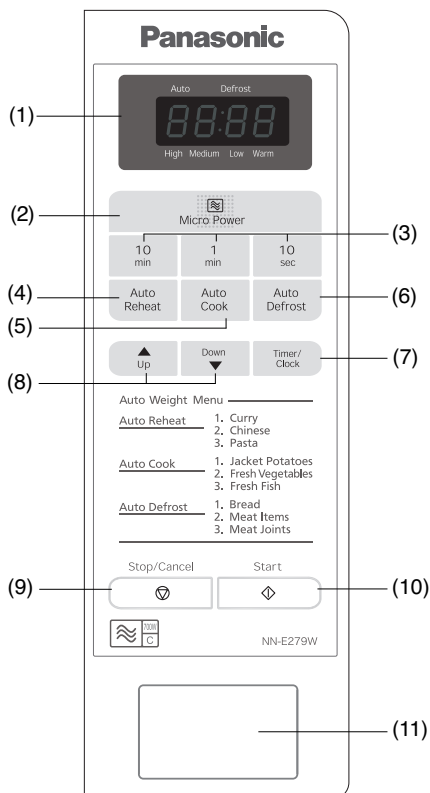
- (1) **Microwave Power/Defrost Selection dial**
- (2) **Timer**
- (3) **Door Release Pad**

Beep Sound N-E299S / NN-E289M / NN-E289B / NN-E279W ONLY:

When a pad is touched correctly a beep will be heard. If a pad is touched and no beep is heard, the unit has not or cannot accept the instruction. At the end of any complete program, the oven will beep 5 times and 'End' will appear in the display.

* The Design of your control panel may vary from the panel displayed (depending on colour), but the function of the pads are the same.

NN-E299S / NN-E289M /
NN-E289B / NN-E279W*



- (1) **Display Window**
- (2) **Microwave Power Levels**
- (3) **Time Pads**
- (4) **Auto Weight Reheat Programs**
- (5) **Auto Weight Cook Programs**
- (6) **Auto Weight Defrost Pad**
- (7) **Timer / Clock Pad**
- (8) **Weight Selection Pads**
- (9) **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.
- (10) **Start Pad**
- (11) **Door Release Pad**

General Guidelines

STANDING TIME

Dense foods e.g. meat, jacket potatoes and cakes, require standing time (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely. Wrap meat joints and jacket potatoes in aluminium foil while standing. Meat joints need approx. 10-15 minutes, jacket potatoes 5 minutes. Other foods such as plated meals, vegetables, fish etc require 2-5 minutes standing. If food is not cooked after standing time, return to the oven and cook for additional time. After defrosting food, standing time should also be allowed. See pages 18-20.

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.

MOISTURE CONTENT

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

DENSITY

Porous airy foods heat more quickly than dense heavy foods.

CLING FILM

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. Pierce before cooking to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot.

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.**

COVERING



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

General Guidelines

SHAPE

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



STARTING TEMPERATURE

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature. Food temperature should be between 5 and 8°C before cooking.

LIQUIDS

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



TURNING AND STIRRING

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

ARRANGING

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

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.

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.



CLEANING

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

Containers to use

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

Testing Dishes for Suitability



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

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

Result

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

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

Quick Check Guide to Cooking Utensils

OVEN GLASS



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

POTTERY, EARTHENWARE, STONEWARE



Only use if completely glazed. Do not use if partially glazed or unglazed, as they are able to absorb water which will absorb microwave energy, making the container very hot and slowing food.

CHINA AND CERAMIC



Glazed china plates, saucers, bowls, mugs and cups can be used if they are heat resistant. Porcelain and ceramic are also ideal. Fine bone china should only be used for reheating for short

periods, otherwise the change in temperature may crack the dish or craze the finish. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt in a microwave.

FOIL/METAL CONTAINERS



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

Containers to use

PLASTIC

Many plastic containers are designed for microwave use. Only use Tupperware® containers if they are designed for microwave use. Do not use Melamine as it will scorch. Do not use plastic for cooking foods high in sugar or fat or foods that require long cooking times e.g. brown rice. Never cook in margarine containers or yogurt pots, as these will melt with the heat from the food.



PAPER

Plain white kitchen paper (kitchen towel) can be used for 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.** Avoid kitchen paper containing manmade fibres. Check that branded re-cycled kitchen towel is recommended for microwave use. Do not use waxed or plastic coated cups as the finish may melt in the oven. Greaseproof paper can be used to line the base of dishes and to cover fatty foods. White paper plates can be used for **SHORT REHEATING TIMES.**



WICKER, WOOD, STRAW BASKETS

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



CLING FILM

Use microwave cling film to cover food that is to be reheated, or cooked, taking care to avoid the film being in direct contact with the food.



ALUMINIUM FOIL

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

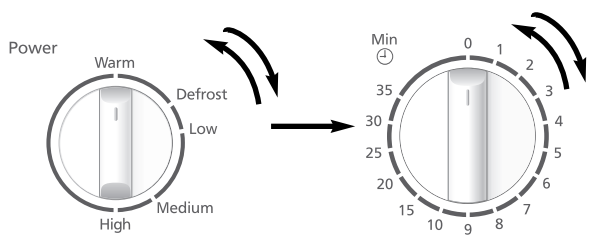


ROASTING BAGS

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

Microwave Cooking for NN-E209W

	Wattage
<i>High</i>	700 Watts
<i>Medium</i>	600 Watts
<i>Low</i>	360 Watts
<i>Warm</i>	200 Watts
<i>Defrost</i>	270 Watts



- Turn dial to select power level.

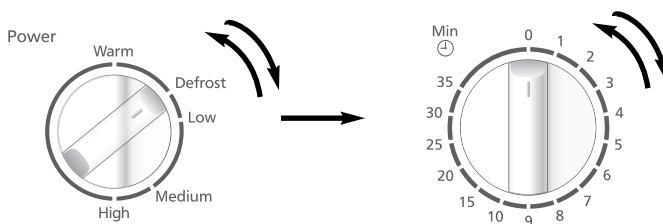
- Set cooking time by turning dial. If the door is already closed, cooking time will begin immediately. For short cooking times always turn the dial to 2 mins and then adjust to time required.

N.B.

1. If you wish to check the food during cooking simply open the door. The oven will automatically stop cooking. To continue cooking, close the door.
2. To stop cooking, turn timer dial to zero the "OFF" position. Cooking time can be reset at any time during the cooking cycle by turning the timer dial.
3. When food is removed from the oven after cooking is complete, check the timer is in the zero position.
4. The glass turntable must always be in position when using the oven.

Defrosting in the NN-E209W

****Defrost power is 270 Watts.**



- Select Defrost power 270 W ** by turning the dial.

- Set the defrosting time by turning the dial. If the door is already closed, cooking time will begin immediately. For short cooking times always turn the dial to 2 mins and then adjust to time required.

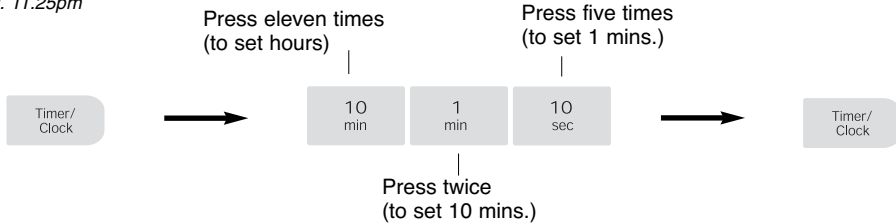
N.B. For defrosting times please refer to defrost chart on page 20.

Setting The Clock

For NN-E299S / NN-E289M / NN-E289B / NN-E279W

When the oven is first plugged in “88.88” appears in display window.

eg. 11.25pm



- **Press Timer/Clock Pad twice.** A dot starts blinking.
- **Press Time Pads** - Enter time of day by pressing appropriate Time pads. The time appears in the display. If the pad (10 min / 1 min / 10 sec) is pressed and held, the time will increase rapidly.
- **Press Timer/Clock Pad.** The time of day is entered.

Note:

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, ie 2pm = 2:00 not 14:00. The oven will not function if a 24 hour clock is set.

Timer

For NN-E299S / NN-E289M / NN-E289B / NN-E279W

This feature operates as a minute timer. During operation there is no microwave energy.



- **Press Timer/Clock Pad once.** Display is blank.
- **Set desired time.** Maximum time is 90 minutes.
- **Press Start.** The time in the display will count down.

Child safety lock

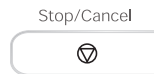
For NN-E299S / NN-E289M / NN-E289B / NN-E279W

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

To Set:



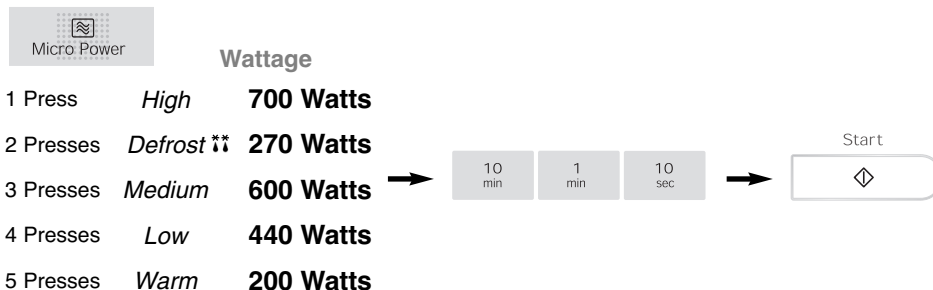
To Cancel:



- **Press Start Pad three times.** The time of day will disappear. Actual time will not be lost. 'L' is indicated in the display.
- **Press Stop/Cancel Pad three times.** The time of day will re-appear in the display.

Microwave Cooking and Defrosting for For NN-E299S / NN-E289M / NN-E289B / NN-E279W

The glass turntable must always be in position when using the oven.



- **Press the microwave power pad.** Select desired power level. An indicator light appears next to the selected power level.

- Select cooking time by pressing appropriate pads. Your oven can be programmed for up to 90 minutes in Medium, Low, Warm and Defrost power. High power can be programmed for 30 minutes.

- **Press Start.** The cooking program will start and the time in the display will count down.

Note: For defrosting times please refer to defrost chart on page 20.

Multi-Stage Cooking

The oven has 2 stage cooking, so you can program up to 2 different instructions and the oven will switch automatically from power to power (Repeat steps 1 and 2 above but only press Start after both stages have been entered).

Note:

1. Timer Pad can not be programmed in multi-stage cooking.
2. Auto Weight / Defrost Pad can not be programmed.

Auto Weight Defrost

For NN-E299S / NN-E289M / NN-E289B / NN-E279W

This feature allows you to defrost bread, meat items and joints of meat automatically once you have entered in the weight of the food.



- **Select desired program.** Press the pad once to select bread, twice to select meat items and 3 times to select meat joints. The program number will appear in the display.
- **Set Weight** using the Up and Down pads. If the up / down pad is pressed and held, the weight will increase / decrease rapidly.
- **Press Start.** Remember to stir or turn the food during defrosting.

Program	Weight Range	Suitable Foods
1 Bread	100g - 600g	Rolls, buns, slices of bread and loaves.
2 Meat Items	200g - 1000g	Chicken portions, chops, mince.
3 Meat Joints	600g - 1600g	Whole chicken, meat joints

Bread

This program is suitable for small items which are required for immediate use, they may feel warm straight 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. See defrosting charts on page 20 for standing times.

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.

THIS PROGRAM IS NOT SUITABLE FOR SAUSAGES, these can be defrosted manually using Defrost power and time. Chops and chicken portions should be arranged in a single layer and turned frequently during defrosting. See defrosting charts on page 20 for standing times.

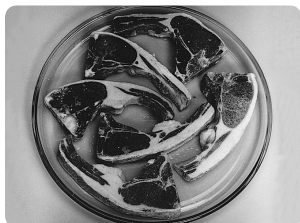
Meat Joints / Whole Chickens

Whole chickens and meat joints will require shielding during defrosting especially if it is a particularly fatty piece. This is to prevent food starting to cook on the outside edges. Protect wings, breast and fat with smooth pieces of aluminium foil secured with cocktail sticks. **DO NOT ALLOW THE FOIL TO TOUCH THE WALLS OF THE OVEN.** Standing time of at least 1 hour should be allowed for joints after defrosting.

Defrosting Guidelines

For Best Results:

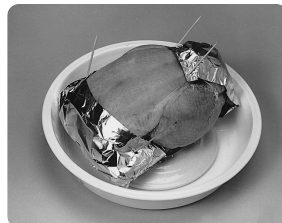
1. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer or on a plastic rack if you have one.
2. Check food during defrosting, as foods vary in their defrosting speed.
3. It is not necessary to cover the food.
4. Always turn or stir the food especially when the oven “beeps”. Shield if necessary (see point 6).
5. Minced meat, chops and other small items should be broken up or separated as soon as possible and placed in a single layer.
6. Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast and fat with smooth pieces of aluminium foil secured with cocktail sticks.
7. Allow standing time so that the centre of the food thaws out. (Minimum of 1 hour for joints of meat and whole chickens).



Arrange food in a single layer.



Turn or break up food as soon as possible.



Shield chickens and joints of meat .

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.

Meat	Defrosting Time	Method	Standing Time
Beef/Lamb/Pork Joint 450g (1lb)	6-8 mins.	Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins.
Minced Beef 450g. (1lb)	10-13 mins.	Place in a suitable dish. Break up and turn 3-4 times.	15 mins.
Chops 450g. (1lb)	7-8 mins.	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins.
Sausages 450g. (1lb)	4 mins.	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins.
Bacon rashers 450g. (1lb)	6-7 mins.	Place in a suitable dish. Turn and separate twice. Shield if necessary.	10 mins.
Stewing Steak 450g. (1lb)	8-10 mins.	Place in a suitable dish. Break up frequently.	15 mins.
Whole Chicken 450g. (1lb)	7-8 mins.	Place in a suitable dish on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins.
Chicken Portions 450g. (1lb)	6-8 mins.	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15-30 mins.
Fish			
Whole 450g. (1lb)	7-8 mins.	Place in a suitable dish. Turn twice. Shield.	15 mins.
Fillet/Steak 450g. (1lb)	7-8 mins.	Place in a suitable dish. Turn twice, separate and shield if necessary.	15 mins.
Prawns 450g. (1lb)	7-8 mins.	Place in a suitable dish. Stir twice during defrosting.	10 mins.
General			
Bread Sliced 400g (14oz)	1 min. 30 sec. - 2 mins.	Place on the turntable. Separate and rearrange during defrosting.	10 mins.
Slice of bread 30g. (1oz)	10 -15 sec.	Place on the turntable on a piece of kitchen paper.	1-2 mins.
Pastry 450g. (1lb)	1 min. 30 sec. + rest 1 min. 1 min. 30 sec.	Place on a plate. Turn over after 1 min. resting time.	10-15 mins.
Soft Fruit 450g. (1lb)	8-9 mins.	Place in a suitable dish. Stir twice during defrosting.	10 mins.

Auto Weight Reheat / Cook Programs

For NN-E299S / NN-E289M / NN-E289B / NN-E279W

This feature allows you to reheat or cook foods by setting the weight only. The oven determines the Microwave power level then the cooking time automatically. Select the category of food and then just enter the weight. The weight is entered in grams.

eg.



- Select desired program by pressing the pad. The program number will appear in the display.
- **Set Weight** using the Up and Down pads. If the up / down pad is pressed and held, the weight will increase / decrease rapidly.
- Press Start.

Guidelines for Use

The Auto Weight Programs are designed to take the guesswork out of reheating or cooking your food. They must **ONLY** be used for the foods described and within the weight range recommended. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

Auto Weight Reheat Programs

Auto Reheat

1. Reheat Curry Meal (200-800g)

This program is for reheating a curry convenience meal that can be stirred. Foods must be in a suitable single section microwaveable container and have the film pierced. Place on turntable, press the Auto Reheat pad once. Enter the weight then press START. Stir halfway. Allow to stand for 1 minute. Ensure that the food is piping hot. Stir the food before serving.



2. Reheat Chinese Meal (200-500g)

This program is for reheating a chinese style convenience meal that can be stirred. Foods must be in a suitable single section microwaveable container and have the film pierced. Press the Auto Reheat pad twice. Enter the weight. Press START. Stir halfway. Allow to stand for 1 minute. Ensure food is piping hot. Stir again before serving.



Important Note: for Auto Weight reheat programs curry, chinese style and pasta meals.

1. Large pieces of fish / meat in a thin sauce, may require longer cooking.
2. These programs are not suitable for foods that cannot be stirred.
3. Meals in bowl shaped containers will need extra cooking time.

Auto Weight Reheat Programs

3. Reheat Pasta Meal (200-800g)

This program is for reheating a pasta style convenience meal that can be stirred. Foods must be in a suitable single section microwaveable container and have the film pierced. Place on turntable, press the Auto Reheat pad three times. Enter the weight then press START. Stir halfway. Allow to stand for 1 minute. Ensure that the food is piping hot. Stir the food before serving.



Important Note: for Auto Weight reheat programs curry, chinese style and pasta meals.

1. Large pieces of fish / meat in a thin sauce, may require longer cooking.
2. These programs are not suitable for foods that cannot be stirred.
3. Meals in bowl shaped containers will need extra cooking time.

Auto Weight Cook Programs

Auto
Cook

1. Cook Jacket Potatoes (200-1000g)

To cook jacket potatoes choose medium sized potatoes 200-250g (7-9oz). Wash and dry and prick with a fork several times. Arrange around edge of turntable. Press Auto Cook pad once. Enter weight. Press START. DO NOT COVER.



2. Cook Fresh vegetables (100-1000g)

To cook FRESH vegetables. Place prepared vegetables into a shallow container on turntable. Add 15 ml (1tbsp) water per 100g vegetables. Cover with pierced cling film or lid. Press the Auto Cook pad twice. Enter the weight. Press START.



3. Cook Fresh Fish (200-800g)

To cook FRESH fish. Shield the thinner portions. Place in a shallow container on turntable. Add 15-45ml (1-3 tbsp) liquid. Cover with pierced cling film or lid. Press the Auto Cook pad three times. Enter the weight. Press START.



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 24-28 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 4-7 mins. on HIGH power will reheat an average portion. Do not stack meals.

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.

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.

For 7-8 fl.oz. of milk from fridge temperature, remove top and teat. Heat on HIGH power for 30-50 secs.

CHECK CAREFULLY.

For 3 fl.oz. of milk from fridge temperature, remove top and teat. Heat on HIGH power for 15-20 secs.

CHECK CAREFULLY

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

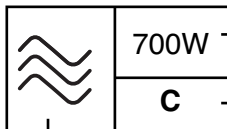
WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILISE BABIES' BOTTLES. If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

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 C and this is displayed on the front of your control panel. 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
BREAD – Precooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.				
Croissants	2	HIGH	25-30 secs.	Place on microwave safe plate on turntable. Do not cover.
	4	HIGH	45-50 secs.	
Rolls	1	HIGH	10 secs.	
	4	HIGH	20 secs.	
CANNED BEANS, PASTA				
Baked Beans, Ravioli in sauce	200 g	HIGH	2-3 mins.	Place in a microwave safe bowl. Cover and place on turntable. Stir halfway
	420 g	HIGH	4-5 mins.	
Spaghetti in Tomato Sauce	200 g	HIGH	2½ -3 mins.	
CANNED SOUPS				
Cream of Tomato	400 g	HIGH	3-4 mins	Place in a microwave safe bowl. Cover and place on turntable
Minestrone	400 g	HIGH	2½-3 mins.	
CANNED PUDDINGS				
Creamed Rice	425 g	HIGH	3-3½ mins.	Place in a microwave safe bowl. Cover and place on turntable
	624 g	HIGH	4-5 mins.	
Sponge Pudding	310 g	HIGH	2½ mins.	
CHRISTMAS PUDDINGS - Overheating may cause pudding to ignite				
Slice	150 g	HIGH	20-30 secs.	Place in a microwave safe dish. Cover and place on turntable
Small	450 g	HIGH	1½-2 mins.	
Medium	900 g	HIGH	2½-3 mins.	
DRINKS – COFFEE				
1 mug	235 ml	HIGH	2 mins.	Place in a microwave safe mug on turntable. Stir, before, during and after reheating.
2 mugs	470 ml	HIGH	3½ mins.	
DRINKS – MILK				
1 mug	235 ml	HIGH	1½ - 2 mins.	Place in a microwave safe mug on turntable. Stir, before, during and after reheating.
1 jug	600 ml	HIGH	5 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.

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
PASTRY PRODUCTS - PRECOOKED - N.B. Pastries reheated by microwave will have a soft base.				
Chicken Pie	600 g	HIGH	5-5½ mins.	Place on microwave safe plate on turntable. Do not cover.
Cornish Pasty	227 g (1)	HIGH	2-2½ mins.	
Quiche	400 g (1)	HIGH	4½-5 mins.	
Steak & Kidney Pie	325 g (1)	HIGH	2-2½ mins.	
Sausage Rolls	260 g (4)	HIGH	1½-2 mins.	
Samosas	200 g (4)	HIGH	1½-2 mins.	Place on microwave safe plate on turntable. Do not cover. Turn halfway.
Spring Roll	230 g (4)	HIGH	2-2½ mins.	
Christmas Mince Pies	90 g (2)	HIGH	5-10 secs.	Place on a microwave safe plate on turntable.
PLATED MEALS - HOMEMADE - CHILLED				
Child Size	1	HIGH	3-4mins.	Place on a microwave safe plate on turntable. Cover and place on turntable
Adult Size	1	HIGH	6-7 mins.	
PUDDINGS & DESSERTS N.B. Transfer food from foil containers to a similar sized microwave safe dish				
Bread & Butter Pudding	395 g	HIGH	3-3½ mins.	Place in a microwave safe dish on turntable. Do not cover.
Fruit Crumble	600 g	HIGH	3½-4 mins.	
Fruit Pie, individual	1	HIGH	20-25 secs.	
	4	HIGH	50-60 secs.	
Rice Pudding	400 g	HIGH	2-2½ mins.	Place in a microwave safe dish. Cover and place on turntable
PURCHASED CONVENIENCE FOODS - CHILLED N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Cauliflower Cheese	450 g	HIGH	6-6½ mins.	Place in microwave safe dish on turntable. Do not cover.
Cottage Pie	450 g	HIGH	7 mins.	
Lasagne	400 g	HIGH	5 mins.	
Vegetable Bake	400 g	HIGH	6-7 mins.	
PURCHASED CONVENIENCE FOODS - FROZEN N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Lasagne	400 g	HIGH	5 mins. + rest for 1 min.	Place in a microwave safe dish on turntable. Do not cover.
		+ HIGH	5-5½ mins.	
Salmon Crumble	340 g	HIGH	6 mins. + rest for 1 min.	
		+ MED	6-7 mins.	
Shepherd's Pie	460 g	HIGH	6 mins. + rest for 1 min.	
		+ MED	7-8 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.

Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
BACON – from raw				
Rashers	130 g (4)	HIGH	2-3 or 30-40 secs per rasher.	Place on microwave safe rack or plate on turntable.
BEANS & PULSES – should be pre-soaked (except lentils)				
Chick Peas	225 g	HIGH + LOW	10 mins. 35-40 mins.	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on turntable
Lentils	225 g	LOW	12-15 mins.	
Red Kidney Beans	225 g	HIGH + LOW	15 mins. 35-40 mins.	Use 600 ml (1 pt) boiling water in a large bowl. Cover. Must boil for at least 12 minutes to destroy toxic enzymes.
BEEF – Joints from raw – Caution: Hot fat! Remove dish with care.				
Medium		MEDIUM	8-14 mins. per 450 g (1 lb)	Place on upturned saucer in microwave safe dish or rack on turntable. Cover and turn halfway. Drain off fat during cooking.
CHICKEN from raw – Caution: Hot fat! Remove dish with care.				
Breasts, boneless	500 g	LOW	12-14 mins.	Place on microwave safe rack or plate Cover and place on turntable.
Drumsticks	450 g (4)	LOW	12 mins.	
Quarters	700 g (2)	LOW	18-20 mins.	
Whole		HIGH	9½-10 mins. per 450 g (1 lb)	Place on upturned saucer breast side down in microwave safe dish. Cover, Cover and place on turntable.
EGGS – Poached.				
Water	45 ml	HIGH	50 secs.	<ul style="list-style-type: none">Place in a small bowl and heat for 1st cooking time.Add egg (medium sized).Pierce yolk and white.Cover.Cook for 2nd cooking time.Then leave to stand for 1 min.
Egg	1	HIGH	30-40 secs.	
Water	90 ml	HIGH	1 min.	
Eggs	2	HIGH	50 secs.	
EGGS – Scrambled.				
1 Egg		HIGH	30 secs.	<ul style="list-style-type: none">Add 1 tbsp of milk for each egg used.Beat eggs, milk and knob of butter together.Cook for 1st cooking time then stir.Cook for 2nd cooking time then stand for 1 min.
		HIGH	20 secs.	
2 Eggs		HIGH	50 secs.	
		HIGH	40 secs.	

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.

Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
FISH – FROZEN from raw				
Haddock Fillets	380 g (4)	HIGH +MED	5 mins. 5-6 mins.	Place in microwave safe dish. Add 30 ml of liquid. Cover and place on turntable.
Whole	450 g (2)	HIGH	10-12 mins.	
Boil in the Bag	170 g (1)	DEFROST + rest + LOW	5 mins. 2 mins. 6 mins.	Place bag sauce side down on a microwave safe plate. Slash top of bag with a knife.
FRUIT – Peel, slice, chop into even sized pieces. Place in shallow microwave safe dish.				
Apples, Rhubarb, stewed	450 g	HIGH	5-9 mins.	Only half fill dish. Cover. Stir halfway.
Plums – stewed	450 g	HIGH	8-9 mins.	Add 30 ml (2 tbsp) of water. Only half fill dish. Cover and place on turntable.
LAMB – from raw – CAUTION: Hot Fat! Remove dish with care.				
Chops, loin	600 g (4)	HIGH + LOW	1½-2½ mins. per 450g (1lb) 2½-3½ mins. per 450g (1lb)	Place on microwaveable safe dish or rack. Cover and place on turntable.
Joints		HIGH + LOW	3-4 mins. per 450g (1lb) 7-8 mins. per 450g (1lb)	Place on upturned saucer in microwave safe dish or rack on turntable. Cover and turn joint over halfway. Drain off fat during cooking.
PASTA – Place in a large 3 litre (6 pint) microwave safe bowl.				
Macaroni	225 g	HIGH	14 mins.	Use 1 litre (1¾ pint) boiling water. Cover and place on turntable.
Spaghetti, Tagliatelli	225 g	HIGH	8-10 mins.	
PIZZA – FRESH CHILLED – N.B. Remove all packaging. Pizzas will have a soft base.				
Thin & Crispy	400 g	HIGH	5-5½ mins.	Place on heatproof plate on turntable. Do not cover.
Deep Pan	475 g	HIGH	4-5 mins.	
PORK – from raw – CAUTION: Hot Fat! Remove dish with care.				
Chops	360 g (2)	HIGH + LOW	2-3 mins. 7-8 mins.	Place in microwave safe dish or rack on turntable. Cover and place on turntable.
Joints		HIGH + LOW	6-7 mins. per 450 g (1lb) 9-10 mins. per 450 g (1lb)	Place on upturned saucer in microwave safe dish or rack. Cover and place on turntable. Turn joint over halfway. Drain off fat during cooking.
PORRIDGE – N.B. Use a large bowl.				
1 serving	½ cup oats	HIGH	2½-3 mins.	Add 1 cup of water or milk. Stir halfway.
2 servings	1 cup oats	HIGH	4½-5½ mins.	Add 2 cups of water or milk. Stir halfway.
RICE – Place in a large microwave safe bowl. 3 litre (6 pint)				
Basmati	250 g	LOW	12-13 mins.	Use 600 ml (1 pt) to 800 ml (1½pt) boiling water. Cover and place on turntable
Easycook White	250 g	HIGH	12-13 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.

Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/ Guidelines
SAUSAGES from raw - CAUTION: HOT FAT! Remove dish with care.				
Thick	240 g (4)	HIGH	2½-3 mins.	Place on microwave safe plate or microwave rack. Cover and place on turntable.
Thin	110 g (4)	HIGH	1½-2 mins.	
FRESH VEGETABLES – Place in shallow microwave safe dish.				
Green Beans	450 g	HIGH	7-8 mins.	Add 90 ml (6 tbsp) water. Cover and place on turntable.
Beetroot	450 g	HIGH	10-12 mins.	
Broccoli + Cauliflower - florets	450 g	HIGH	8-10 mins.	
Brussel Sprouts	450 g	HIGH	8-9 mins.	
Cabbage – sliced	450 g	HIGH	7-9 mins.	
Carrots, Leeks	450 g	HIGH	7-8 mins.	
Corn on the Cob	450 g	HIGH	7-9 mins.	
Courgettes, Mange Tout	450 g	HIGH	4-5 mins.	
Peas	450 g	HIGH	4-6 mins.	
Potatoes – boiled	450 g	HIGH	6-7 mins.	
Potatoes – jacket (225 g / 8 oz each)	1	HIGH	5 mins.	Wash and prick skins. Place directly on turntable on outer edge. After cooking stand for 5 mins wrapped in foil.
	2	HIGH	8 mins.	
FROZEN VEGETABLES – Place in shallow microwave safe dish.				
Beans – green, Carrots	450 g	HIGH	10-11 mins.	Add 30 ml (2 tbsp) water. Cover and place on turntable.
Cauliflower	450 g	HIGH	12 mins.	
Peas	450 g	HIGH	8-9 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.

Soup and Snacks

Ingredients

25 g (1oz) butter
1 small onion, chopped
600 ml (1pt) hot chicken stock
225 g (8oz) button mushrooms, sliced
bouquet garni
15 ml (1tbsp) cornflour
300 ml (1/2 pt) milk
salt and pepper
60 ml (4 tbsp) single cream

Ingredients

100 g (4oz) quick cook macaroni
225 g (8oz) courgettes, sliced
100 g (4oz) bacon, chopped
50 g (2oz) butter
50 g (2oz) plain flour
600 ml (1pt) milk
100 g (4oz) cheese, grated
5 ml (1tsp) mustard
salt and pepper

Topping

30 ml (2tbsp) Parmesan cheese
30 ml (2tbsp) wholemeal breadcrumbs

Ingredients

50 g (2oz) green lentils
10 ml (2tsp) oil, 1 small onion, sliced
3 ml (1/2 tsp) grated root ginger
1 garlic clove, crushed
3 ml (1/2 tsp) turmeric
3 ml (1/2 tsp) chilli powder
5 ml (1tsp) curry powder
150 ml (1/4pt) natural yoghurt
50 g (2oz) mushrooms, sliced
2 tomatoes, peeled and chopped
150 ml (1/4pt) hot water
25 g (1oz) cashew nuts
225 g (8oz) cooked basmati rice

Garnish

hard boiled egg slices and
coriander leaves

Cream of Mushroom Soup

Serves 4

Dish: large bowl

1. Place the butter and chopped onion in a large bowl. Cover and cook on HIGH power for 3 mins or until soft.
2. Add the stock, mushrooms and bouquet garni. Cover and cook on HIGH power for 13-15 mins, or until mushrooms are soft.
3. Remove the bouquet garni and blend until smooth. Mix the cornflour with a little of the milk, then stir in remaining milk. Add to the mushroom mixture.
4. Cover and cook on HIGH power for 5-6 mins, or until thickened. Season and serve with cream swirled on top.

Macaroni Cheese with Courgettes and Bacon

Dish: 20 cm (8") casserole

Serves 2

1. Cover and cook macaroni in 450 ml (3/4pt) boiling water on HIGH power for 10 mins, or until soft. Drain.
2. Place courgettes and bacon in a bowl. Cover and cook on HIGH power for 3-4 mins, or until soft. Drain.
3. Place the butter in a large jug. Cook on HIGH power for 40-50 secs. Stir in the flour and cook for 30-40 secs, on HIGH power. Gradually add milk, stir well and cook on HIGH power for 4-5 mins, or until the sauce is thick and bubbling. Stir frequently.
4. Add mustard and cheese. Mix in the macaroni, courgettes and bacon. Season and pour into a casserole dish, sprinkle over the topping and cook on HIGH power for 3-4 mins, or until the cheese has melted.

Lentil Biryani

Serves 2

Dish: large casserole

1. Soak the lentils in cold water for 1 hour then drain.
2. Place the oil and onion in a large bowl. Cover and cook on HIGH power for 3-4 mins, or until softened.
3. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on HIGH power for 2 mins.
4. Add the yoghurt, mushrooms, tomatoes, water and lentils. Cover and cook on HIGH power for 15-20 mins, or until the lentils are tender and the liquid has evaporated.

To cook rice: add 350 ml boiling water to rice in large bowl and cook on HIGH power, covered, for 15 mins, stirring halfway.

5. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Reheat on HIGH power if necessary to ensure food is piping hot. Garnish and serve.

Meat and Poultry

Ingredients

3-4 cloves garlic, crushed
1 cm ($\frac{1}{4}$ ") piece fresh ginger, grated
50 g (2 oz) ground almonds
45 ml (3 tbsp) water
3 whole cardamon pods
2 cloves
2.5 cm (1") stick of cinnamon
1 onion chopped
30 ml (2 tbsp) oil
450 g (1 lb) boned lamb, trimmed and cut into cubes
5 ml (1 tsp) ground coriander
5 ml (1 tsp) ground cumin
1.5 ml ($\frac{1}{4}$ tsp) garam masala
1.5 ml ($\frac{1}{4}$ tsp) cayenne pepper
150 ml ($\frac{1}{4}$ pt) single cream
salt and pepper

Lamb in a Spicy Cream and Almond Sauce

Serves 4

Dish: Large casserole dish

1. Mix together the garlic, ginger, almonds and water to make a thick paste.
2. Place the cardamon pods, cloves, cinnamon, onion and oil in the casserole dish cook on HIGH power for 3 mins.
3. Add the lamb and cook for 5 mins. on HIGH power or until light brown in colour. Stir halfway.
4. Stir in the rest of the spices, the almond mixture, cream, salt and pepper. Cover and cook on LOW power for about 35-40 mins. or until the meat is tender. Stir the casserole 2-3 times during the cooking time.
5. Remove the whole cardamon pods, cloves and cinnamon before serving with rice or other vegetables.

Ingredients

25 g (1 oz) butter
2 medium onions, sliced
2 sticks celery, trimmed and chopped
100 g (4 oz) mushrooms, sliced
4 chicken quarters, skinned
300 ml ($\frac{1}{2}$ pt) hot chicken stock
300 g (11 oz) can tomatoes
salt and pepper
30 ml (2 tbsp) cornflour

Chicken Casserole

Serves 4

Dish: 3 litre (6 pt) casserole

1. Place vegetables and butter in dish. Cover and cook on HIGH power for 4-6 mins. or until soft.
 2. Place chicken on top of vegetables, cover with stock and tomatoes and add salt and pepper to taste.
 3. Cover and cook on HIGH power for 5 mins. then LOW power for 30-35 mins. or until well cooked through.
 4. Mix cornflour with a little water. Remove chicken from casserole, skim off excess fat and stir in cornflour paste. Cook on HIGH power for 2 mins. Serve chicken with sauce poured over.
- N.B.** If diced boneless breast is used in place of the quarters, reduce 2nd cooking time to 10-14 mins. on LOW power or until well cooked through. Stir halfway.

Ingredients

225 g (8oz) pork fillet, diced

Sweet & Sour Sauce:

15 ml (1tbsp) oil

1 small carrot cut into matchsticks

1 spring onion, thinly sliced

small green pepper, cut into strips

225 g (8oz) can pineapple chunks, drained (reserve juice)

10 ml (2tsp) soft brown sugar

5 ml (1tsp) cornflour

pinch garlic salt

5 ml (1tsp) cider vinegar

10 ml (2tsp) soy sauce

5 ml (1tsp) tomato ketchup

Ingredients

1 small onion, diced

1 clove garlic, crushed

5 ml (1tsp) oil

200 g (7oz) can chopped tomatoes

15 ml (1tbsp) tomato puree

5 ml (1tsp) mixed herbs

225 g (8oz) minced beef

salt and pepper

Ingredients

50 g (2oz) creamed coconut

45 ml (3tbsp) crunchy peanut butter

45 ml (3tbsp) lemon juice

30 ml (2tbsp) soy sauce

large pinch of chilli powder

150 ml (1/4pt) water

2 chicken breast fillets, skinned

15 ml (1tbsp) vegetable oil

1 garlic clove, crushed

3 ml (1/2tsp) ground turmeric

3 ml (1/2tsp) five-spice powder

3 ml (1/2tsp) coriander seeds

3 ml (1/2tsp) cumin seeds

Pork with Sweet & Sour Sauce

Serves 2

Dish: small casserole

1. Place pork in dish, cover and cook on LOW power for 7-9 mins. or until juices run clear.
2. Place oil, carrot, onion and green pepper in a bowl. Cover and cook on HIGH power for 2-3 mins. or until vegetables are tender.
3. Mix half the reserved juice with the remaining ingredients except pineapple. Cover and cook on HIGH power for 2-3 mins. or until clear and thickened. Stir halfway.
4. Add the sauce to the vegetables. Stir in the pineapple. Mix well.
5. Cook on HIGH power for 1 min. or until heated through. Spoon over cooked pork. Reheat for 1-2 mins. on HIGH power or until piping hot.

Savoury Mince

Serves 2

Dish: 1.5 litre (3pt) casserole dish

1. Place onion, garlic and oil in casserole, cover and cook on HIGH power for 2-3 mins. or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook on HIGH power for 5 mins. then LOW power for 15-20 mins. or until the meat is cooked.

Chicken Satay

Serves 2

Dish: 4 wooden skewers + shallow dish

1. For the serving sauce: Crumble 25 g (1oz) of creamed coconut into a large jug. Add the peanut butter, 15 ml (1tbsp) of the lemon juice, 15 ml (1tbsp) of the soy sauce, the chilli powder and 150 ml (1/4pt) water. Cook on HIGH power for 3-4 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
2. Cut the chicken into small chunks and place in a bowl. Put the remaining creamed coconut, lemon juice and soy sauce into a blender or food processor. Add the remaining ingredients and blend until smooth.
3. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.
4. Thread the chicken onto wooden skewers. Place in a shallow dish, cover with any remaining marinade and cook covered on HIGH power for 6-8 mins. or until cooked, turn and baste frequently. Serve hot with the sauce for dipping.

Fish

ARRANGING

Thin fillets of fish i.e. plaice, should be rolled up prior to cooking to avoid overcooking on the thinner outside edge and tail.

Fish steaks should be arranged in a circle, thicker part to the outside. Cover with cling film or lid.

LIQUID

Fresh fish should always be sprinkled with 30ml (2tbsp) of water, lemon juice or white wine.

When cooking **Frozen** fish, add liquid as above for even cooking.

Do not sprinkle salt onto fish before cooking as this may make the fish dry.

NOISE

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

Ingredients

25 g (1 oz) butter
1 clove garlic, crushed
1 small onion, finely chopped
15 ml (1tbsp) plain flour
15 ml (1tbsp) curry powder
grated rind and juice of $\frac{1}{2}$ lemon
300 ml ($\frac{1}{2}$ pt) hot fish stock
25 g (1oz) sultanas
10 ml (2tsp) tomato puree
30 ml (2tbsp) sweet chutney
450 g (1lb) haddock, skinned and chopped
salt and pepper
75 g (3oz) creamed coconut

Ingredients

450 g (1 lb) smoked haddock
30 ml (2tbsp) lemon juice
15 ml (1tbsp) oil
1 large onion, sliced
600 g (1lb 5oz) cooked jacket potatoes, sliced, see pages 22 + 28
40 g (1 $\frac{1}{2}$ oz) butter
40 g (1 $\frac{1}{2}$ oz) flour
3 ml (1 $\frac{1}{2}$ tsp) mustard
600 ml (1pt) milk
salt and pepper
100 g (4oz) Red Leicester cheese
75 g (3oz) wholemeal breadcrumbs

Fish Curry

Serves 2

Dish: casserole dish (1.5 litre (3pt))

1. Melt the butter in the casserole dish on HIGH power for 30-40 secs. or until melted.
2. Stir in the garlic and onion and cook covered on HIGH power for 3 mins.
3. Stir in the flour, curry powder, lemon rind and juice and fish stock. Cover and cook on HIGH power for 3 mins. stirring halfway through the cooking time.
4. Stir in the remaining ingredients except the coconut, cover and cook on HIGH power for 4-5 mins. or until fish flakes, stirring occasionally.
5. Break up the coconut with a fork, then stir into the curry.

Family Fish Pie

Serves 4

Dish: large casserole

1. Arrange fish in a shallow dish. Add lemon juice, cover and cook on HIGH power for 3-4 mins. or until it flakes easily.
2. Place onion and oil in a bowl. Cover and cook on HIGH power for 3 mins. or until the onion is soft.
3. Melt the butter on HIGH power for 30-40 secs. Stir in the flour and mustard and cook for a further 20 secs. Add milk and seasoning, gradually stirring to a smooth paste. Cook on HIGH power for 5-6 mins. or until the sauce is thick and bubbling. Stir twice during cooking. Add 75 g (3oz) of grated cheese to the sauce and stir well.
4. Flake the fish and arrange in the serving dish. Add onions and place the sliced potatoes on top.
5. Pour over the cheese sauce. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on LOW power for 10-15 mins. or until the mixture has been completely reheated.

Vegetables

Ingredients

40 g (1½oz) dried Cep mushrooms
50 g (2oz) butter
1 clove garlic, finely chopped
1 small onion, finely chopped
freshly ground black pepper
250 g (8oz) Arborio rice
300 ml (½pt) hot vegetable stock
12 basil leaves, torn

Ingredients

1 medium aubergine, diced
salt, 15 ml (1tbsp) oil
1 clove of garlic, chopped
pinch cayenne pepper
5 ml (1tsp) ground coriander
3 ml (½tsp) ground cumin
3 ml (½tsp) turmeric
2.5 cm (1") root ginger, peeled & sliced
½ small cauliflower, divided into florets
1 medium potato, diced
50 g (2oz) green beans, sliced
½ fresh chilli, deseeded and sliced
150 ml (⅓pt) vegetable stock
200 g (7oz) can chopped tomatoes
50 g (2oz) cashew nuts

Ingredients

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

Topping:

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

Wild Mushroom and Basil Risotto Serves 4

Dish: 3 litre (6pt) casserole dish

1. Soak mushrooms in 300 ml (⅓pt) warm water.
2. Place the butter, garlic and onion in a large bowl, cover with cling film and cook on HIGH power for 3-4 mins. or until softened. Season with freshly ground black pepper.
3. Stir the rice into the butter mixture and add the hot stock and soaking liquid from the mushrooms. Cover and cook for a further 5 mins on HIGH power.
4. Stir the mushrooms into the rice mixture. Cover and cook for a further 5 mins. on HIGH power.
5. Stir and add the basil. Continue to cook for the final 5 mins. on HIGH power. Leave to stand for approx. 10 mins. and then stir with a fork.

Vegetable Curry Serves 2

Dish: 3 litre (6pt) casserole

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 oil, garlic and spices in the casserole, cover and cook on HIGH power for 2 mins.
 3. Add all other ingredients to casserole, except cashews. Cover and cook on HIGH power for 5 mins. then LOW power for 25-30 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.

Cauliflower Cheese Serves 2

Dish: large bowl + shallow casserole

1. Place cauliflower upside down in a bowl. Add water. Cover and cook on HIGH power for 8 mins. or until tender. Drain.
2. Melt butter on HIGH power for 30-40 secs. Stir in flour and mustard. Cook for a further 20-30 secs. Add milk gradually. Stir well and season. Cook on HIGH power for 2-3 mins. or until sauce is thick and bubbling. Stir once halfway during cooking.
3. Stir in 50 g (2oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Cook on HIGH power for 1-2 mins. or until cheese melts.

Desserts / Cakes

Ingredients

150 g (5oz) self-raising flour
pinch of salt
50 g (2oz) caster sugar
50 g (2oz) suet
1 egg
150 ml ($\frac{1}{4}$ pt) milk
30 ml (2 tbsp) jam or golden syrup
Optional:
add 1 tbsp of sultanas to dry ingredients

Ingredients

15 ml (1tbsp) golden syrup
2 pineapple slices, drained
2 glacé cherries
50 g (2oz) margarine
50 g (2oz) caster sugar
1 egg
50 g (2oz) self raising flour
15 ml (1tbsp) milk

Ingredients

75g (3 oz) self-raising flour
3 ml ($\frac{1}{2}$ tsp) baking powder
3 ml ($\frac{1}{2}$ tsp) mixed spice
25 g (1oz) butter
1 egg
30 ml (2tbsp) treacle
60 ml (4 tbsp) stout
15 ml (1tbsp) rum or brandy
200 g (7oz) mincemeat
25 g (1oz) apple, grated
75 g (3oz) currants
25 g (1oz) chopped nuts

Steamed Suet Sponge Pudding Serves 4

Dish: 1 litre (2 pt) pudding basin

1. In a mixing bowl, sift together the flour and salt. Stir in the sugar and suet.
2. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency.
3. Put the jam in the base of the greased pudding basin and pour pudding mixture over. Cook on HIGH power for 7-8 mins. until firm.

Individual Pineapple

Upside Down Pudding Serves 2

Dish: 2 ramekin dishes, base lined

1. Put $\frac{1}{2}$ tbsp golden syrup in the base of each ramekin; arrange pineapple slice and cherry on top of the syrup in the base.
2. Cream together the margarine and sugar until light and fluffy. Beat in the egg gradually. Fold in the flour and mix to a soft consistency with the milk.
3. Spoon the mixture over the pineapple and cook on HIGH power for 3-4 mins. or until cooked. Leave to cool slightly before turning upside down onto a serving plate.

Christmas Puddings

Serves 4

Dish: 4 deep ramekins, base lined

1. Place all ingredients into a large mixing bowl and stir until thoroughly mixed.
2. Divide mixture equally between the ramekins.
3. Place towards outer edge of the turntable and cook on HIGH power for 4-5 mins. or until cooked.

Ingredients

200 g (7 oz) fresh dates, stoned and finely chopped

175 g (6 oz) self-raising flour

5 ml (1 tsp) baking powder

5 ml (1 tsp) vanilla essence

15 ml (1 tbsp) Camp coffee essence

100 ml (3½ fl. oz) milk

75 g (3 oz) butter

150 g (5 oz) caster sugar

2 eggs lightly beaten

Butterscotch sauce

45 g (1¾ oz) butter

120 ml (8 tbsp) soft brown sugar

200 ml (7 fl. oz) whipping cream

15 ml (1 tbsp) vanilla essence

Ingredients

75 g (3oz) butter or margarine

30 ml (2tbsp) golden syrup

75 g (3oz) light brown sugar

150 g (5oz) porridge oats

50 g (2oz) raisins

Ingredients

100 g (4oz) plain chocolate

100 g (4oz) butter

100 g (4oz) soft dark brown sugar

100 g (4oz) self-raising flour

10 ml (2tsp) cocoa powder

pinch salt

2 eggs, beaten

3 ml (½tsp) vanilla essence

100 g (4oz) walnuts, chopped

Date Puddings and Butterscotch Sauce

Serves 6

Dish: 3 pint pudding basin

1. Pour 175 ml (6 fl. oz) boiling water over the chopped dates and set aside to cool.
2. Sift together flour and baking powder. Add vanilla and coffee essence to the milk.
3. Cream the butter and sugar until light and fluffy. Add eggs a little at a time.
4. Fold in the flour and flavoured milk, then pour in the date mixture.
5. Place in pudding basin. Cook on HIGH power for 8-10 mins. and leave to stand for 10 mins.

Sauce

1. Place butter in a large jug and cook on HIGH power for 50 sec. to 1 minute, or until bubbling.
2. Add sugar and stir until it has dissolved, cooking for 1 minute at a time on HIGH power. Continue to cook until liquid is foaming and bubbling 30 sec. at a time on HIGH power.
3. Slowly pour in the cream and bring to the boil on HIGH power for 2-3 mins. Add essence. Stir, continue to boil on HIGH power 30 sec. at a time until it starts to thicken.

Chewy Flapjacks

Dish: 20 cm (8") round dish

1. Place butter, syrup and sugar in a bowl and cook on HIGH power for 1-2 mins. or until melted.
2. Stir in the oats and raisins. Press into dish. Cook on HIGH power for 2-3 mins. or until the centre is bubbling. Allow to cool slightly then cut into 8 pieces.

Boston Brownies

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

1. Place chocolate and butter in a bowl and cook on HIGH power for 1-2 mins. or until chocolate has melted.
2. Stir in all other ingredients and beat well.
3. Pour into dish and cook on LOW power for 8-10 mins. or until just slightly sticky. Allow to cool and then cut.

Sauces

Ingredients

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

Ingredients

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

Ingredients

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

Custard

Dish: 1 litre (2pt) jug

1. Mix together the custard powder, sugar and a little milk to form a smooth paste.
2. Blend in the remaining milk, whisking well.
3. Cook on HIGH power for 4-5 mins. Whisk well halfway through cooking time and again at the end.

White Pouring Sauce

Dish: 1 litre (2pt) jug

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

Jam

Soft Fruit Jam

Makes approx. 1½ lbs jam

Dish: large bowl

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

N.B. Do not double this mixture as it will boil over.

Technical Specifications

Rated Voltage: 230-240V 50 Hz
Operating Frequency: 2,450 MHz
Input Power: Microwave 1100 W

Output Power: Microwave 700 W (IEC-60705)
Outer Dimensions: 433 mm (W) x 327 mm (D) x 258 mm (H)
Oven Cavity Dimensions: 292 mm (W) x 297 mm (D) x 216 mm (H)
Noise Level: 46 dB
Weight: 11 Kg

Weight and Dimensions shown are approximate.

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

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



This symbol on the products and/or accompanying documents means that used electrical and electronic products should not be mixed with general household waste. For proper treatment, recovery and recycling, please take these products to designated collection points, where they will be accepted on a free of charge basis. Alternatively, in some countries you may be able to return your products to your local retailer upon the purchase of an equivalent new product.



Disposing of this product correctly will help to save valuable resources and prevent any potential negative effects on human health and the environment which could otherwise arise from inappropriate waste handling. Please contact your local authority for

further details of your nearest designated collection point.

Penalties may be applicable for incorrect disposal of this waste, in accordance with national legislation.

For business users in the European Union

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

Information on Disposal in other Countries outside the European Union

This symbol is only valid in the European Union.

If you wish to discard this product, please contact your local authorities or dealer and ask for the correct method of disposal.

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

Panasonic Testing Centre

Panasonic Service Europe, a division of Panasonic Marketing Europe GmbH

Winsbergring 15, 22525 Hamburg, F.R.Germany

Manufactured for Panasonic Corporation by MMEAM

No. 18 Huan Zhen West Road. BeiJiao, ShunDe, FoShan, GuangDong,

Peoples Republic of China

Panasonic Corporation

Web Site:<http://panasonic.com.net>

123456

© Panasonic Corporation 2009

Printed in China