

TEST KITCHEN

COPY.



Microwave

And Operating Instructions

For Models:

NNA770

NNA750

NNA720

Standard Conversion Chart

Weight

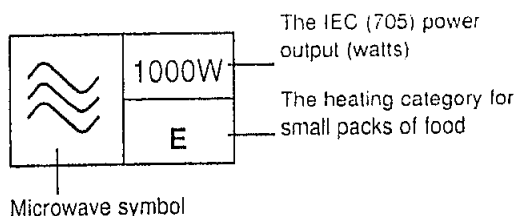
| | | |
|----------|---|------|
| 1/2oz | - | 15g |
| 1oz | - | 25g |
| 2oz | - | 50g |
| 3oz | - | 75g |
| 4oz | - | 100g |
| 5oz | - | 150g |
| 6oz | - | 175g |
| 7oz | - | 200g |
| 8oz | - | 225g |
| 9oz | - | 250g |
| 10oz | - | 275g |
| 11oz | - | 300g |
| 12oz | - | 350g |
| 13oz | - | 375g |
| 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 38-42 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 Support 08701 578577
 Spares 01280 823523

Welcome to Panasonic Microwave Cooking

Dear Owner,

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.

INVERTER

SYSTEM INSIDE

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.

At our busy Test and Development Kitchen in Bracknell, Home Economists program the ovens especially for the UK market. The recipes are tested many times to ensure you achieve successful results at home.

We hope you enjoy using your new oven but should you require any further help or explanation, phone our **COOKERY ADVICE LINE 01344 862108** or write to the address below.

Best regards,

Carol Cook BSc (Hons)
Senior Home Economist

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

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





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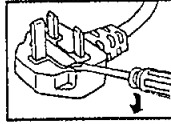
For your safety read the following information carefully

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 (ie. red or orange). 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.

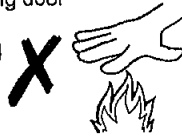
Do not immerse cord, plug or oven in water. Keep cord away from heated surfaces. Do not let cord hang over the edge of table or work top. Do not plug your oven in via an extension cable as this can be dangerous. It is important to plug the oven directly into a wall socket.

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 a heater situated in the top of the oven. After using the CONVECTION, COMBINATION and GRILL functions the roof and walls will be very hot.



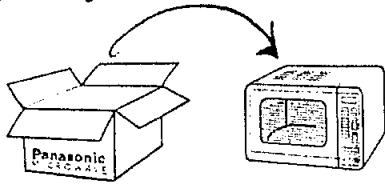
- Children should be kept away from the oven at all times and should only be allowed to operate the oven under supervision. Ensure that children do not touch the hot outer casing after operation of the oven.



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.

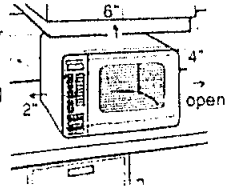
3. Cord

If the supply cord of this appliance is damaged, it must be replaced by the special cord available only from the manufacturer.

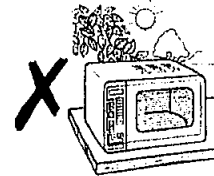
N.B. The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

Placement of your oven

1. Oven must be placed on a flat, stable surface 850mm above floor level. For proper operation, the oven must have sufficient air flow, i.e. 5cm:2" at one side, the other being open; 15cm:6" clear over the top; 10cm:4" at the rear.



2. Do not place the microwave oven on a shelf directly above a gas or electric hob. This may be a safety hazard and the oven may be damaged.
3. Do not block air vents on the rear and bottom or top of the cabinet. Do not place any articles on the top of the oven over the vents. If air vents are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable with blank display until it has cooled.
4. Do not use outdoors.



Before using your oven

1. 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 empty.

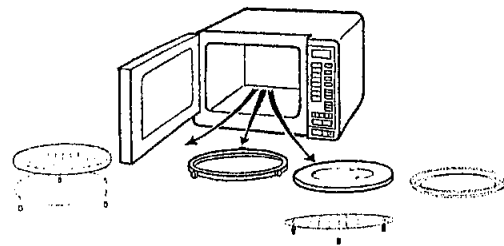
CAUTION: Grill element and oven will be hot. DO NOT OPERATE THE OVEN EMPTY.

(Apart from in point 1 above).

The appliance must not be operated by Microwave or Combination WITHOUT FOOD IN THE OVEN. Operation when empty will damage the appliance.

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.



Care & Cleaning of your Microwave Oven

1. Switch the oven off before cleaning and unplug at socket if possible.
2. Keep the inside of the oven, door seals and door seal areas clean. When food splatters or spilled liquids adhere to oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasives is not recommended.
3. After using 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.**
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.
6. 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.
7. It is occasionally necessary to remove the glass turntable for cleaning. Wash the tray in warm soapy water. Do not place in the dishwasher.
8. 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. 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.
9. 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.

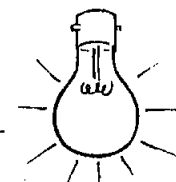
Maintenance of your oven

1. **Service**
WHEN YOUR OVEN REQUIRES A SERVICE call your local Panasonic engineer (08701 578577 Customer Support). It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service. Do not attempt to remove the outer casing of the oven.
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.



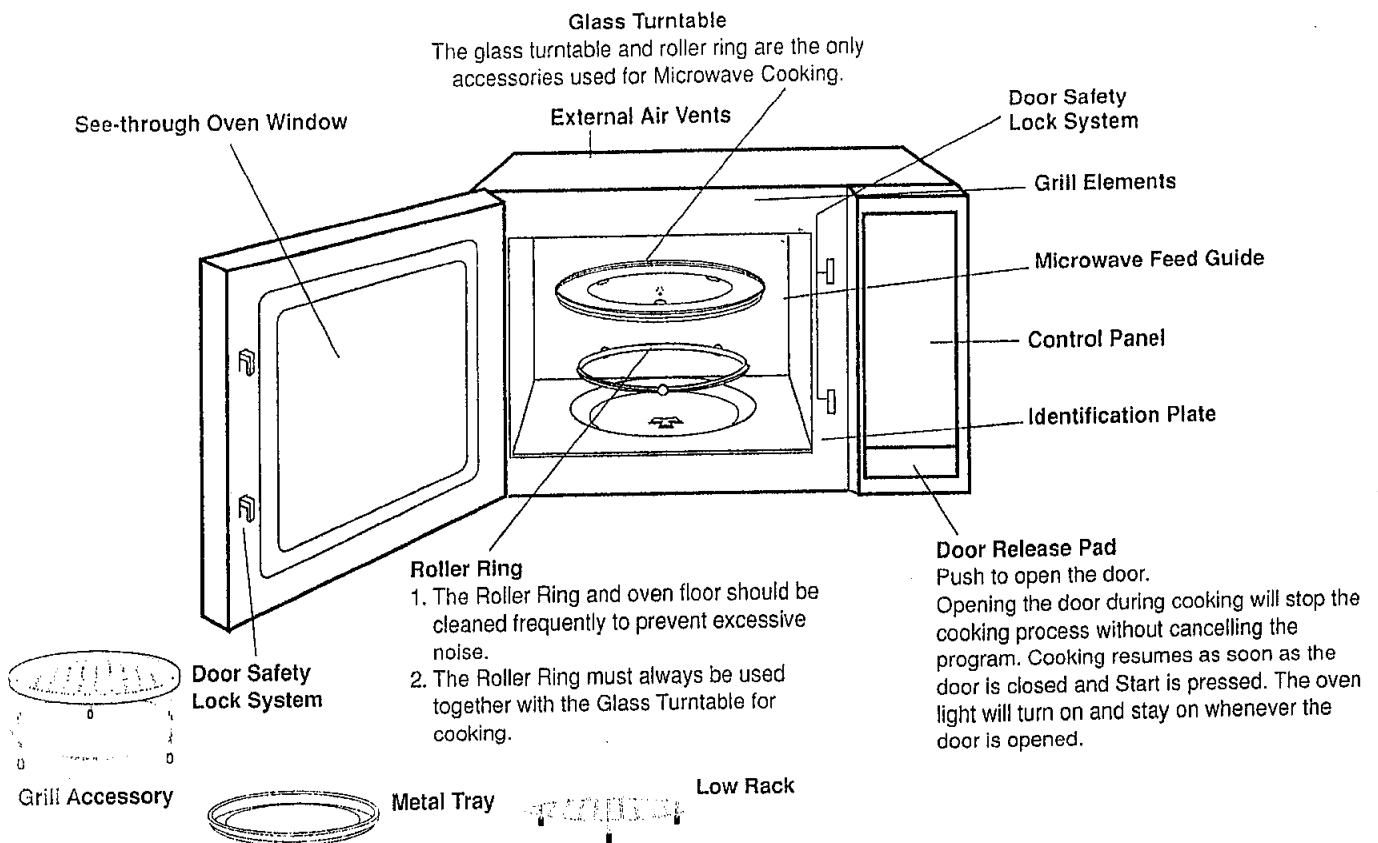
N.B. The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

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. **Spare Parts**
These may be ordered from SEME (01280 823523). Ensure you quote 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.
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 Grilling, Convection and 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 button 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.

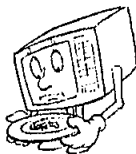
It is better to undercook rather than overcook foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times.

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.

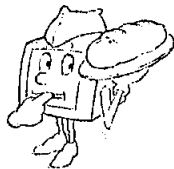
Take care when heating small quantities of food as these can easily burn, dry out or catch fire if cooked too long. Always set short cooking times and check the food frequently.



NEVER OPERATE THE OVEN WITHOUT FOOD INSIDE ON MICROWAVE OR COMBINATION.

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.



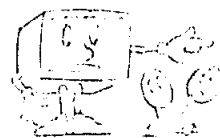
3. Christmas Pudding.

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.



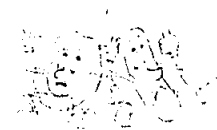
4. Boiled Eggs.

Do not boil eggs in their shell in your microwave. Raw eggs boiled in their shells can explode causing injury.



5. Foods with Skins.

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

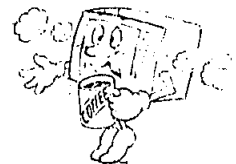


6. Liquids.

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

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

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

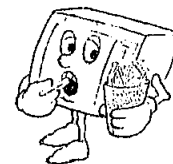


7. Lids.

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

8. Deep Fat Frying.

Do not attempt to deep fat fry in your oven.



Important Information – Read Carefully

9. Meat Thermometer.

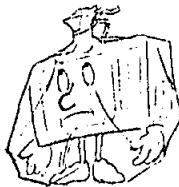
Use a meat thermometer to check the degree of cooking of roasts and poultry only when meat has been removed from the microwave. If undercooked, return to the oven and cook for a few more minutes at the recommended power level. Do not leave a conventional meat thermometer in the oven when microwaving.



10. Paper, Plastic.

Carefully attend the appliance if paper, plastic or other combustible materials are used as containers or for covering. 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.

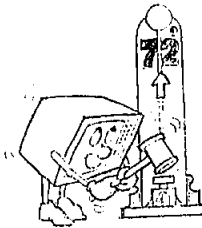


11. Reheating.

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

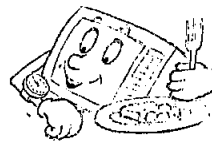
Remove the food from the oven and check that it is "piping hot", i.e. steam is being emitted from all parts and any sauce is bubbling. (If you wish you may choose to check the food has reached 72°C with a food thermometer – but remember do not use this thermometer inside the microwave.)

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.



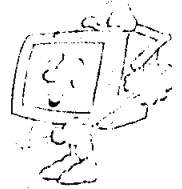
12. Standing Time.

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.



14. Grilling.

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

15. Fan Motor Operation.

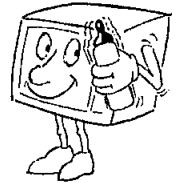
After using the microwave oven, the fan motor may operate to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time.

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. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked.



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.

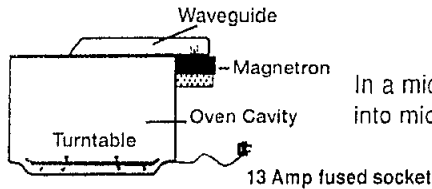
You can continue to cook by GRILL OR CONVECTION ONLY.

Microwaving Principles

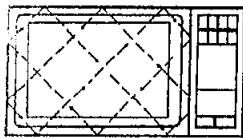
Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II. Microwaves are present in the atmosphere all the time, both naturally and from manmade sources.

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.



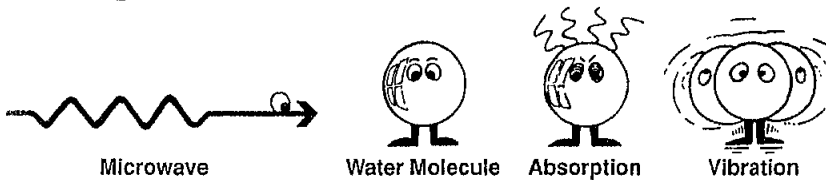
REFLECTION

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, 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 page 9).

General Guidelines

STANDING TIME



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

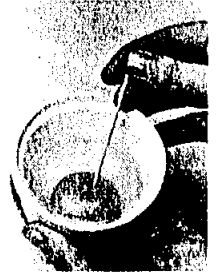
- **MEAT JOINTS** – Stand 15 mins. wrapped in aluminium foil.
- **JACKET POTATOES** – Stand 5 mins. wrapped in aluminium foil.
- **LIGHT CAKES** – Stand 5 mins. before removing from dish.
- **RICH DENSE CAKES** – Stand 15-20 mins.
- **FISH** – Stand 2-5 mins.
- **EGG DISHES** – Stand 2-3 mins.
- **PRECOOKED CONVENIENCE FOODS** – Stand for 5 mins.
- **PLATED MEALS** – Stand for 2-5 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.

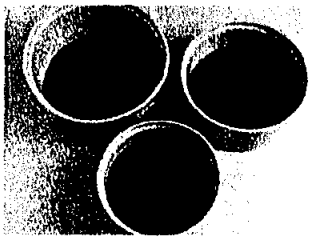


CLING FILM

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

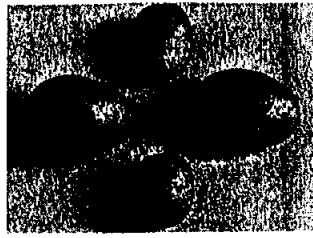
allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot. Always purchase cling film that states on the packet "suitable for microwave cooking" and use as a covering only. Do not line dishes with cling film. Do not cover foods when cooking by Combination, Convection or Grill.





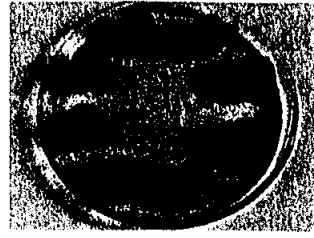
DISH SIZE

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.



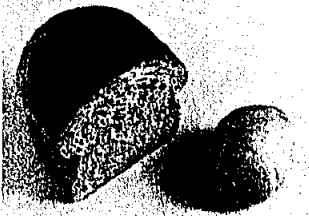
SPACING

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



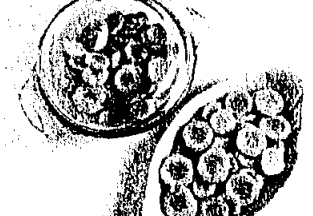
SHAPE

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.



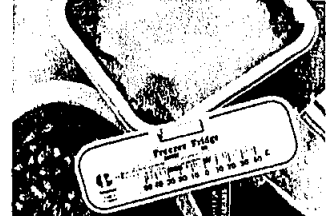
COVERING

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.



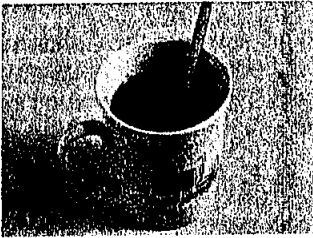
STARTING TEMPERATURE

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.



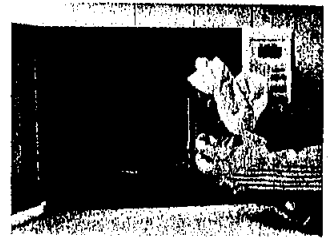
LIQUIDS

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.**



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.



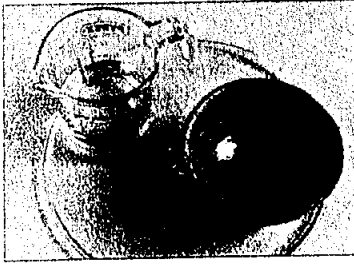
CLEANING

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.

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 (1 1/2pt) 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.

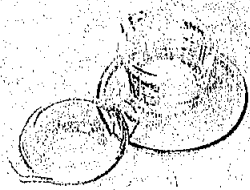
Result

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.

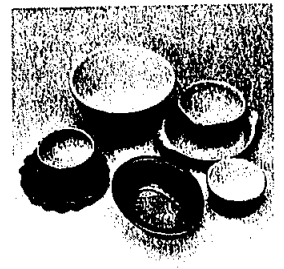
QUICK CHECK GUIDE TO COOKING UTENSILS

OVEN GLASS



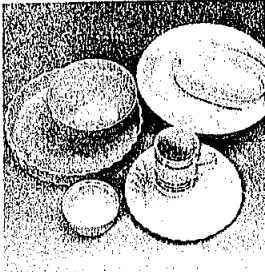
Everyday glass that is heat resistant e.g. Pyrex®, is ideal for Microwave, Convection or Combination cooking. **DO NOT USE FOR GRILLING.** Do not use delicate glass or lead crystal which may crack or arc.

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.

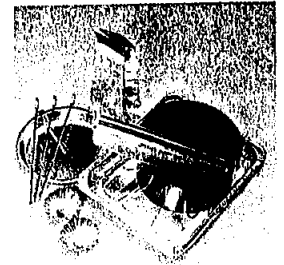
CHINA AND CERAMIC



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.

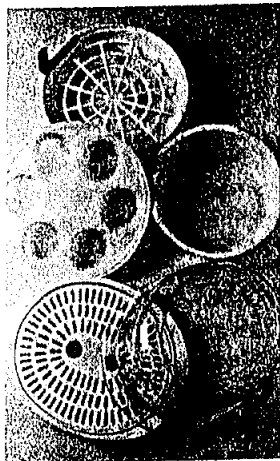
FOIL/METAL CONTAINERS



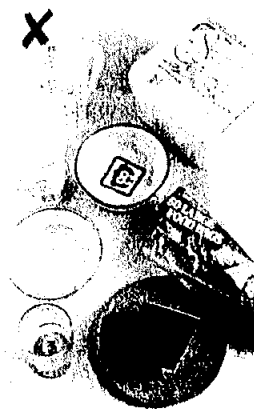
NEVER ATTEMPT TO COOK IN FOIL OR METAL containers on Microwave only as the microwaves cannot pass through and the food will not heat evenly, it may also damage your oven. Small items in shallow foil containers can be **REHEATED** in the microwave, as long as containers do not touch the oven walls or door. Foil and metal containers can be used on Grill and Convection modes and may be used with care during certain Combination cooking, as long as they are not damaged or dented.

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.

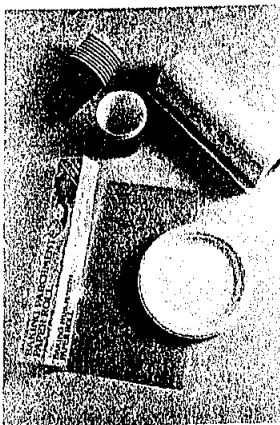


Only use Tupperware containers if they are designed for microwave use. Do not use Melamine. Never cook in margarine cartons or yoghurt pots, as these will melt with the heat from the food. If heatproof they can be used for Convection or Combination cooking. **DO NOT USE UNDER THE GRILL.**



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.

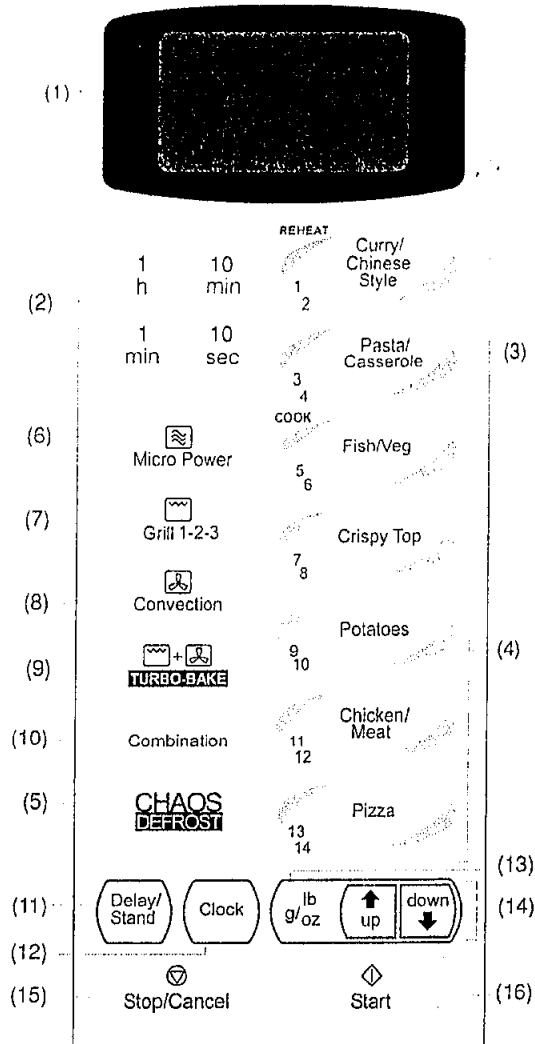


ALUMINIUM FOIL

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-A750/A720/A770*



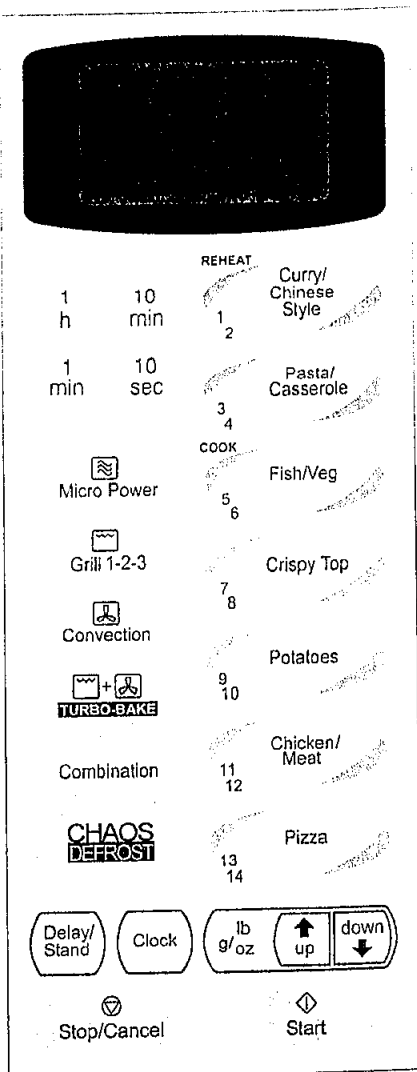
- (1) Display Window
- (2) Time Pads
- (3) Auto Weight Microwave Programs
- (4) Auto Weight Combination Programs
- (5) Auto Weight Defrost Programs
- (6) Microwave Power Setting
- (7) Grill Setting
- (8) Convection Pad
- (9) TURBO-BAKE Pad
- (10) Combination Pad
- (11) Delay/Stand Pad:
This can be used to delay a cooking program for up to 9 hrs 99 mins., or used to time or for standing (non-cooking) time.
- (12) Clock Pad:
Refer to page 15 for setting the clock.
- (13) lb/oz Conversion Pad
- (14) Weight Selection Pads
- (15) 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.
- (16) 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.

* 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.

Let's Start to Use your Oven

NN-A750/A720/A770*



* 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 Clock Pad

Set clock as a 12hr clock. Set time using time pads. Press clock pad again. (See page 15 for details).

3 Press Convection Pad

(This procedure is to burn off the oil used for rust protection in the oven.) Keep pressing this pad until 250C is in the display window. Remove all accessories from the oven.

4 Press Time Pad

Press 1 min pad 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

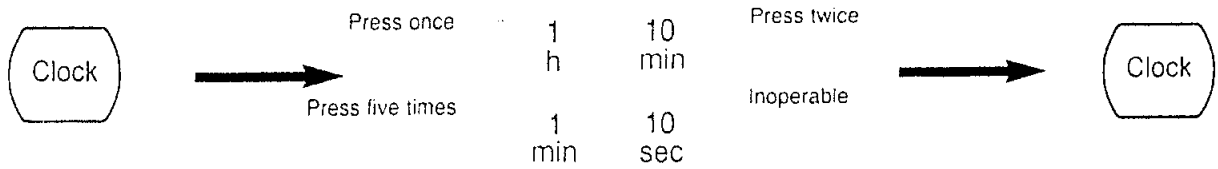
This is to enable you to experiment setting various programs. (The letter D will always appear in the display window. This is to confirm that there is no microwave power produced and it is safe to use the oven without any food). To select this mode press the clock pad three times. "Demo mode press any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

Example:



- Press Clock Pad

"SET TIME" will appear in the display window. and the colon starts to blink.

- Press Time Pads

Enter time of day by pressing Time Pads e.g. 1.25pm (12hr clock).

- Press Clock Pad

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

N.B.

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

Microwave Cooking and Defrosting

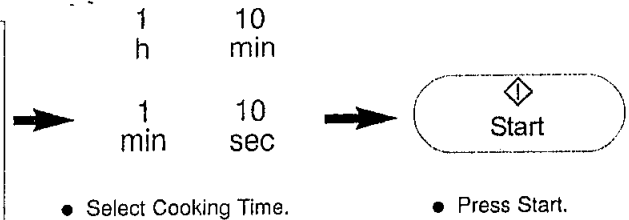
There are 6 different microwave power levels available.

Selecting Microwave Power Level



- Press this pad until the power you require appears in the display window.

| Press | Power Level | Wattage |
|---------|-------------|---------|
| once | High | 1000 W |
| twice | Defrost | 270 W |
| 3 times | Medium | 600 W |
| 4 times | Low | 440 W |
| 5 times | Simmer | 250 W |
| 6 times | Warm | 100 W |



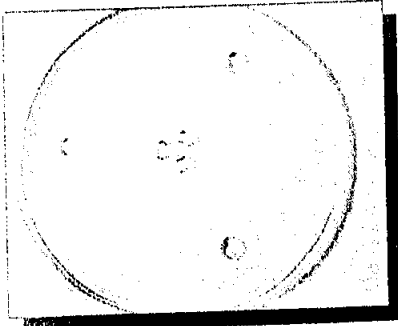
CAUTION: The oven will automatically work on HIGH microwave power if a cooking time is entered without the power level previously being selected.

N.B.

1. Maximum time that can be set on HIGH power is 30 min.
2. Maximum time on Defrost is 2 hours. The 10 sec pad is inoperable.
3. The hour pad is inoperable except for Defrost.

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:

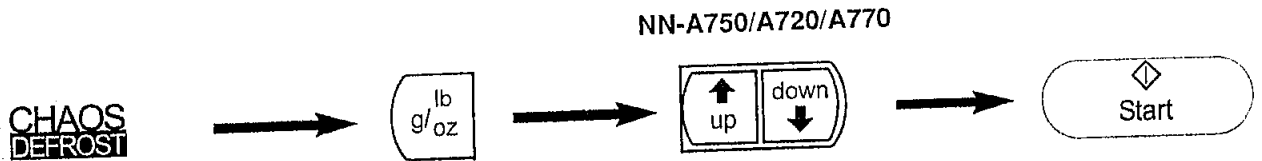
e.g. High power 10 minutes followed by Simmer power 20 minutes; Select High power and program 10 minutes then select second power (Simmer) with second cooking time (20 minutes) then press Start.

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 DELAY and time, then select final power level and final cooking time. Then press Start.

Auto Weight Defrost

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



- Select the desired program by pressing pad once, twice or three times.
- Press to select g or lb and oz.
- Enter the weight by pressing the Up & Down pads. The "up" pad will start with the minimum weight for each food.
- Press Start.

| 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 should be pressed to select the correct category and then enter in the weight of the food in grams or pounds and ounces using the appropriate pads (See page 16).

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

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

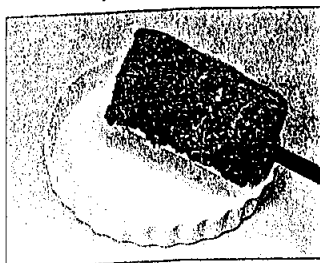
The CHAOS system uses a random sequence of pulsing microwave energy which speeds up the defrosting process.

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

IT IS ESSENTIAL THAT YOU TURN AND STIR THE FOOD FREQUENTLY AND SHIELD IF NECESSARY (See page 18).

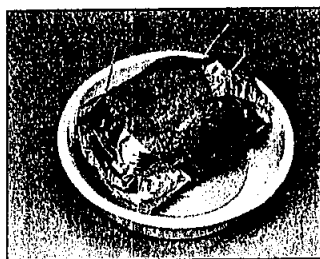
On hearing the first beep you should TURN and SHIELD (if possible). On the second beep you should turn the food or break it up.

1st Beep



Turn

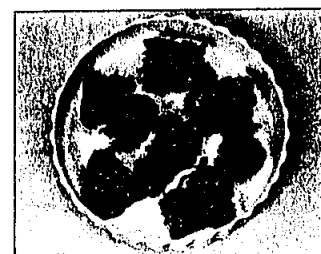
1st Beep



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.

**CHAOS
DEFROST**

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

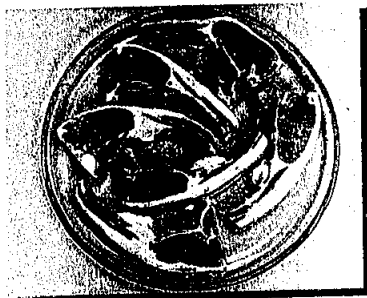
Meat joints and chickens will require shielding during defrosting especially if they are particularly fatty pieces. This is to prevent over defrosting on the outside edges. Smooth foil secured with cocktail sticks should be used. **DO NOT ALLOW THE FOIL TO TOUCH THE WALLS OF THE OVEN.** Back fat of joints, 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

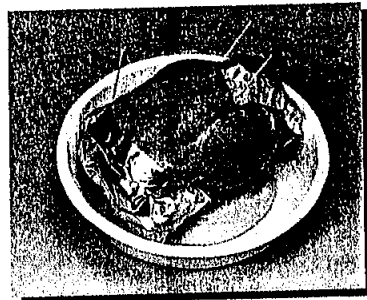
By selecting the DEFROST power level from the microwave power pad, and setting a time, you can defrost food in your microwave. The biggest problem is getting the inside defrosted before the outside starts to cook.

For this reason a defrost program alternates between a defrost power and a standing time. The name for this type of defrost is cyclic and during the

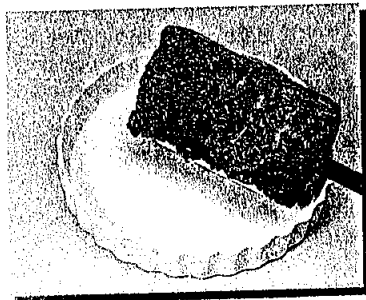
standing stages there is not any microwave power in the oven, although the light will remain on and the turntable will turn. The automatic stand times ensure a more even defrost but it is still necessary to allow for standing time before use. Place foods in a suitable container. Meat joints and chickens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



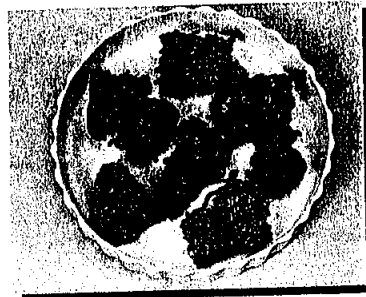
Separate chops and small items e.g. bread slices where possible.



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

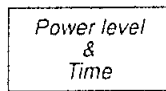
The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

| Meat | Defrosting Time | Method | Standing Time |
|--------------------------|---------------------------|--|---------------|
| Beef/Lamb/ Pork Joint | 14-16 mins 450g (1lb) | Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times. Shield | 60 mins. |
| Minced Beef | 12 mins 450g (1lb) | Place in a suitable dish. Break up and turn 3-4 times. | 15 mins. |
| Chops | 10 mins 450g (1lb) | Place in a suitable dish in a single layer. Turn twice. Shield if necessary. | 15 mins. |
| Sausages | 12 mins. 450g (1lb) | Place in a suitable dish in a single layer. Turn twice. Shield if necessary. | 15 mins. |
| Bacon | 6-7 mins 450g (1lb) | Place in a suitable dish in a single layer. Turn twice. Shield if necessary. | 10 mins. |
| Stewing Steak | 12 mins. 450g (1lb) | Place in a suitable dish. Break up frequently. | 15 mins. |
| Chicken | 13 mins. 450g (1lb) | Place in a suitable dish on an upturned saucer or use a rack. Turn 3-4 times. Shield. | 60 mins. |
| Chicken Portions | 10-12 mins. 450g (1lb) | Place in a suitable dish in a single layer. Turn twice. Shield if necessary. | 30 mins. |
| Fish | | | |
| Whole | 9-10 mins. 450g (1lb) | Place in a suitable dish. Turn twice. Shield. | 15 mins. |
| Fillets/Steak | 7-8 mins. 450g (1lb) | Place in a suitable dish. Turn twice, separate if necessary. | 15 mins. |
| Prawns | 6-7 mins. 450g (1lb) | Place in a suitable dish. Stir twice during defrosting. | 10 mins. |
| General | | | |
| Bread Sliced | 5 mins. 400g (14oz) | Place on the turntable. Separate and rearrange during defrosting. | 10 mins. |
| Slice of bread | 30sec. 30g (1oz) | Place on the turntable on a piece of kitchen paper. | 1-2 mins. |
| Pastry | 5½ mins. 450g (1lb) | Place on a plate. Turn over half way. | 10-15 mins. |
| Soft Fruit | 6-7 mins. 450g (1lb) | Place in a suitable dish. Stir twice during defrosting. | 10 mins. |

Using the the Delay/Stand Feature

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

1. To Set a Standing Time:



1 h 10 min
1 min 10 sec — inoperable



- Set the desired Cooking Program, by selecting power level and time required.

- Then Press the Stand Pad.

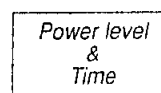
- Set desired standing time (max 9hrs 99mins) (10 sec. pad is inoperable). An "H" will appear in the display to denote hours.

- Press Start Pad. Cooking program will commence after which the standing time will count down.

2. To Set a Delay Start:



1 h 10 min
1 min 10 sec



- Press the Delay Pad

- Set Delay time (max 9hrs 99mins) (10 sec. pad is inoperable). An "H" will appear in the display to denote hours.

- Set the complete cooking program, by entering power level and time required.

- Press Start Pad. Delayed time will count down then the cooking program will start.

NB

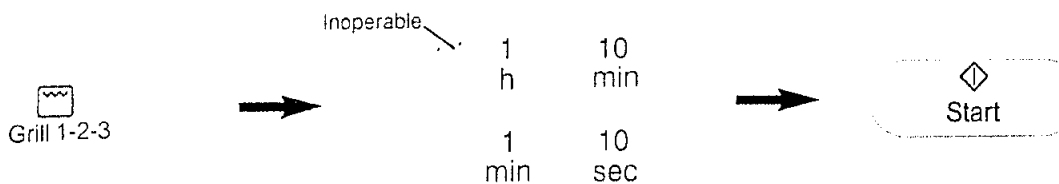
1. If the oven door is opened during the stand or delay time, the time in the display window will continue to count down.
2. Delay Start cannot be used before an Auto Program.

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.



- **Select Grill power.**
Press once for Grill 1 (High),
twice for Grill 2 (Medium)
or three times for Grill 3 (Low).

- **Press Time pads** to enter cooking time.
Maximum time is 99 mins., 90 secs. 1 h
pad is inoperable.

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

NOTE: The Grill will only operate with the oven door closed, and there is no microwave power on the GRILL only program.

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 22).

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

CAUTIONS:

The oven will automatically work on HIGH microwave power if a cooking time is entered without the Grill level previously being selected.

THE GRILL ACCESSORY 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 Grill Accessory on top.

Place food on Grill Accessory on the Metal Tray on the Turntable.



The Grill Accessory 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 Grill Accessory 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.

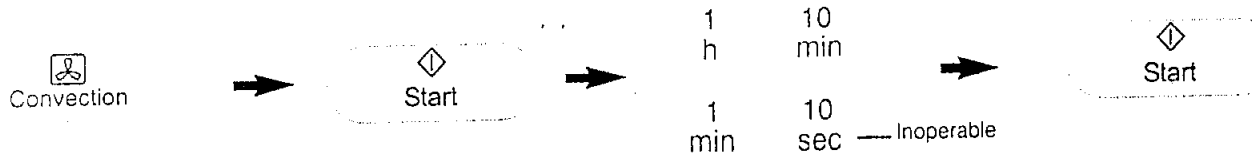
GUIDELINES

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.
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.

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 Metal Tray must be on the Glass Turntable when preheating.



- Press to select oven temperature. The oven starts at 150 °C and then for each press the temperature will count up in 10 °C stages to 250 °C, then to 40 °C, 100 °C, 110 °C etc.

- Press Start to preheat. A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Then open the door and place the food inside.*

- Press Time Pads to enter cooking time. Maximum cooking time is 4 hours. The 10 sec pad is inoperable.

- Press Start Pad.

* 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 oven will automatically work on HIGH Microwave Power if a cooking time is entered without the oven temperature previously being selected.

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

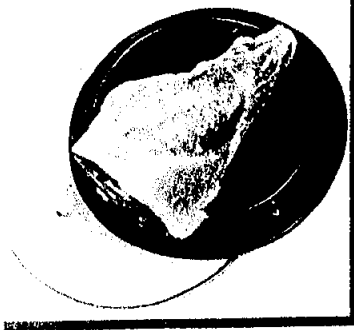
Convection Cooking

OVEN ACCESSORIES TO USE

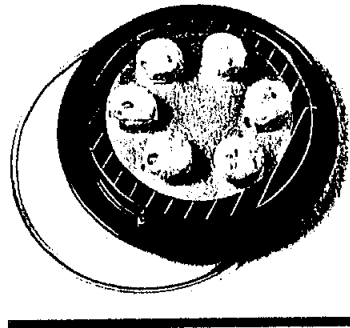
When using the convection oven the Glass Turntable should be in position and must have the Metal Tray placed on top.

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, Sausage Rolls, Vol-au-Vents, Roast Potatoes, Yorkshires | 400°F | 6 |
| 130°C | Large Rich Fruit Cakes | 275°F | 1 | 210°C | | 425°F | 7 |
| 140°C | To start Rich Fruit Cakes | 300°F | 2 | 220°C | Biscuits | 450°F | 8-9 |
| 150°C | (then reduce) | | | | | | |
| 160°C | Gingerbread, Biscuits | 325°F | 3 | 230°C | | 475°F | |
| 170°C | Shortbread, Small Tarts | | | 240°C | | | |
| | | | | 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.

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.

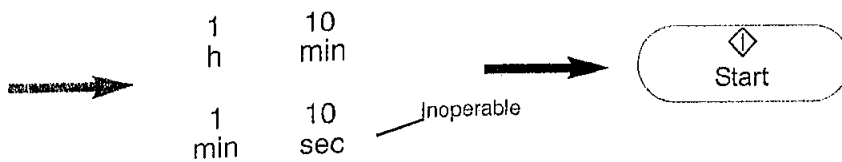
ALWAYS PREHEAT BEFORE USE.

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



- Press to select oven temperature. The oven starts at 150°C, and then for each press the temperature will count up in 10°C stages to 250°C, then to 100°C, 110°C etc.
- Press to select Grill power, if you wish to adjust from Grill 2 (Medium) to select Grill 3 (Low), or Grill 1 (High).
- Press Start to preheat. "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Then open the door and place the food inside.*

*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.



- Press Time Pads to enter cooking time. Maximum time is 4 hours. The 10 sec. pad is inoperable.
- Press Start.

CAUTIONS:
The oven will automatically work on HIGH Microwave Power if a cooking time is entered without the oven temperature and Grill setting previously being selected.

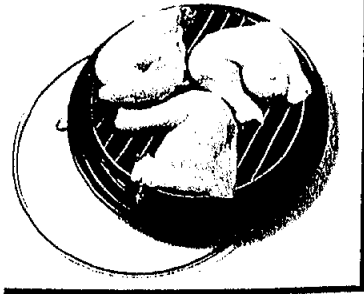
THE ACCESSORIES AND THE SURROUNDING OVEN WILL GET VERY HOT. USE OVEN GLOVES.

TURBO-BAKE Cooking

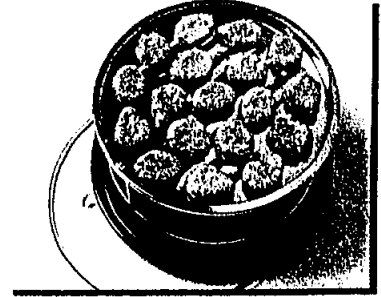
OVEN ACCESSORIES TO USE

When using TURBO-BAKE the Glass Turntable should be in position and must have the Metal Tray placed on top.

Food can be placed on the Low Rack or Grill Accessory - 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 Grill Accessory 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 |
|---|--------|----------------------|------------------------------|
| Cheese and Tomato Thin and Crispy Pizza | 350 g | 10-12 mins. 200°C | 5-6 mins. 250°C + Grill 1 |
| Southern Fried Chicken portions | 800 g | 30-35 mins. 200°C | 20 mins. 250°C + Grill 1 |
| Chicken Samosas | 200 g | 14 mins. 200°C | 10 mins. 220°C + Grill 2 |
| Chargrilled Vegetable Ciabatta | 355 g | 14 mins. 200 °C | 10 mins. 250°C + Grill 2 |

Combination Cooking

Your oven has three methods of cooking by Combination.

1. Convection and Microwave
2. Grill and Microwave
3. TURBO-BAKE 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 1/2-2/3 of the conventional cooking time.

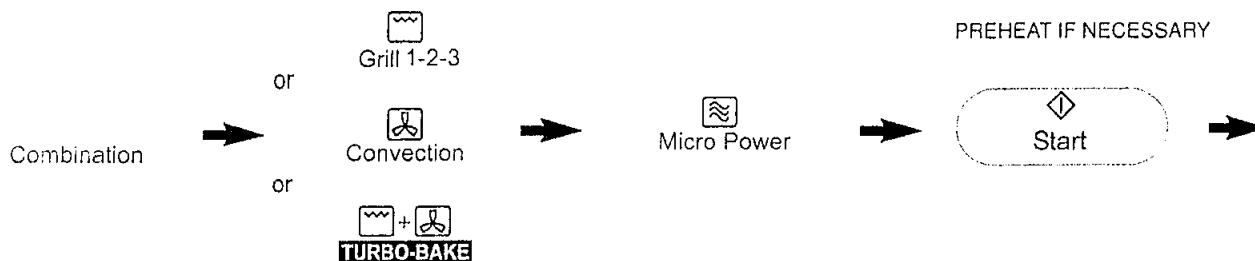
There is no need to preheat on COMBINATION programs, EXCEPT when cooking pastry.

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.

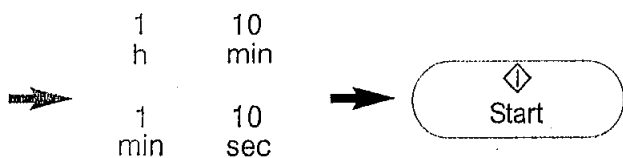
If you experience arcing, which is when you see blue sparks or hear crackling noises, the metal container is unsuitable or you have insufficient food in the oven. You should stop the program immediately and change the

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.



- Press Combination pad.
- Select first cooking mode.
- Select microwave power. Options available depend on first cooking mode selected.
- Press if preheating.*



- Set cooking time. 10 sec. pad is inoperable.
- Press Start pad.

CAUTIONS:

The oven will automatically work on HIGH microwave power if a cooking time is entered without the power level previously being selected.

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 Grill Accessory directly under the grill, use the Low Rack.

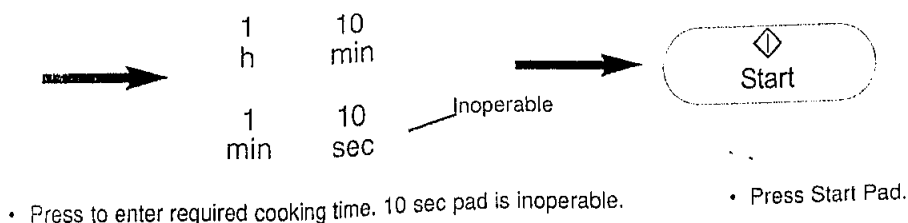
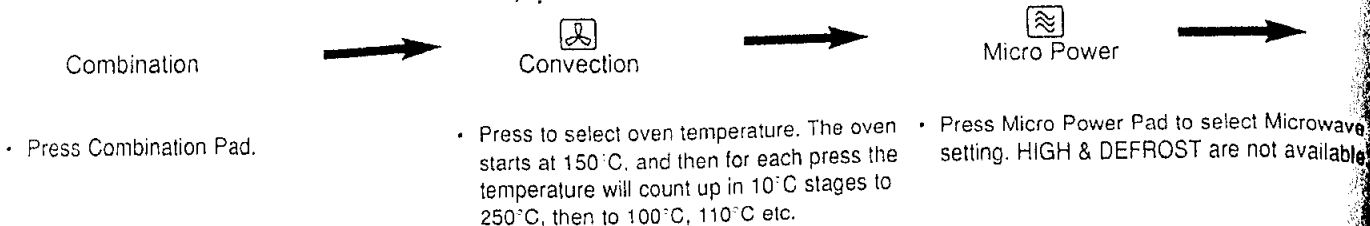
OVEN ACCESSORIES

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 except when cooking pastry dishes, when you will achieve a better result. Preheat oven to 210°C on Convection before selecting a Combination program.



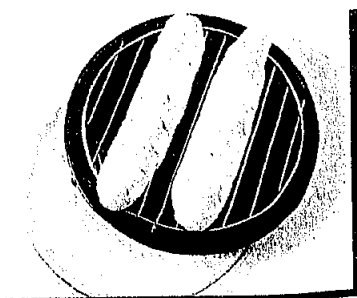
- Press to enter required cooking time. 10 sec pad is inoperable.
- Press Start Pad.

CAUTION:

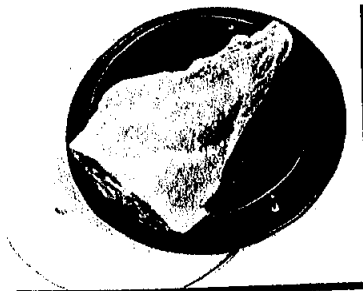
The oven will automatically work on HIGH Microwave Power if a cooking time is entered without the power level previously being selected.

OVEN ACCESSORIES TO USE

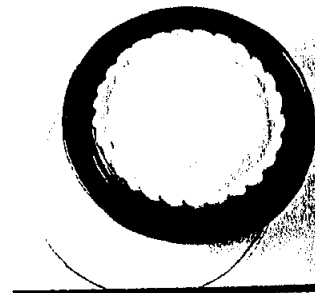
When using Combination cooking the Glass Turntable should be in position and must have the Metal Tray on top.



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.



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.

Combination 2. Grill and Microwave

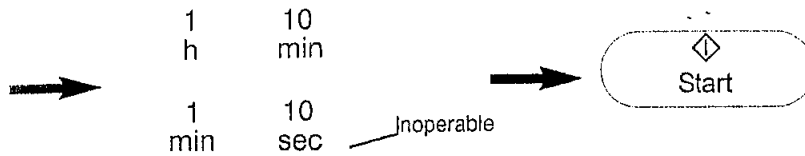
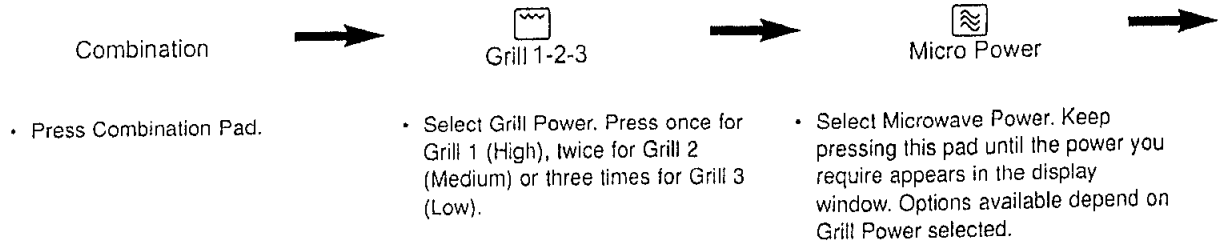
This Combination mode is suitable for foods which are normally grilled and for reheating small savoury items.

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 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



- Press to enter required cooking time. 10 sec. pad is inoperable. Maximum cooking time is 2 hours.
- Press Start Pad.

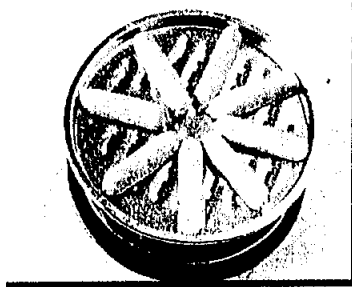
CAUTION:

The oven will automatically work on HIGH Microwave Power if a cooking time is entered without the power level previously being selected.

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.



Food should be placed directly onto the Grill Accessory inside the Metal Tray. This is then placed on the Glass Turntable.

GUIDELINES

- Food is always cooked UNCOVERED.
- To turn food just press the door release pad, remove the Metal Tray and Grill Accessory, 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. DO NOT PUT ACCESSORIES IN THE DISHWASHER.

We suggest the following options for this Combination mode.

| Grill Setting | Microwave Power | Use |
|---------------|-----------------|----------------------------------|
| 1 | WARM | Sausages, Frozen Potato Products |
| 2 | SIMMER | Frozen Breaded Fish |
| 3 | SIMMER | Reheating snacks |
| 3 | WARM | Reheating small pastry items |

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. TURBO-BAKE and Microwave

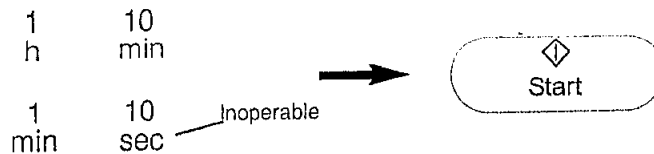
This Combination mode is very useful for foods which require quick browning or crisping.

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.



- Press Combination Pad.
- Press to select oven temperature. The oven starts at 150°C, and then for each press the temperature will count up in 10°C stages to 250°C, then to 100°C, 110°C etc.
- Press to select Grill Power, if you wish to adjust from Grill 2 (Medium) to Grill 3 (Low) or Grill 1 (High).
- Press to select Microwave Power. The options available will depend on the other cooking modes previously selected.



- Press to enter required cooking time. The 10 sec. pad is inoperable.
- Press Start Pad.

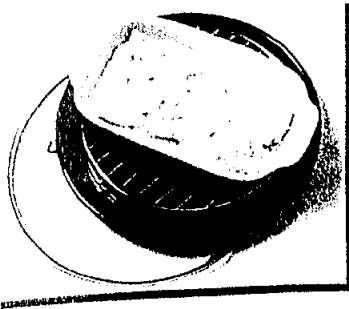
CAUTION:

The oven will automatically work on HIGH Microwave Power if a cooking time is entered without the power level previously being selected.

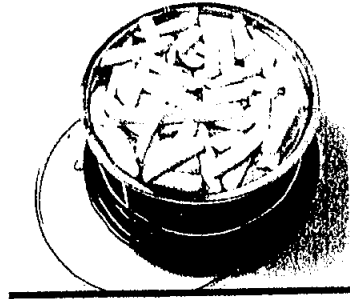
Combination 3. TURBO-BAKE and Microwave

OVEN ACCESSORIES TO USE

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



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.



Food should be placed directly onto the Grill Accessory and Metal Tray on the Glass Turntable.

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. DO NOT PUT ACCESSORIES IN THE DISHWASHER.

We suggest the following options for this Combination mode.

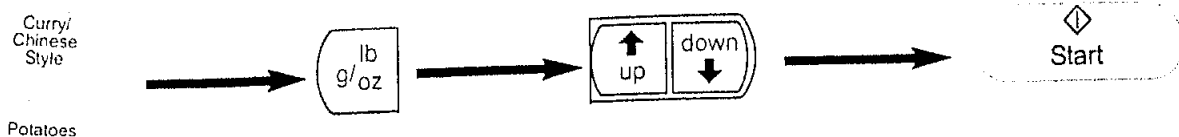
| TURBO-BAKE (Oven temp) | Grill | Microwave Power | Use |
|------------------------|-------|-----------------|---|
| 220°C | 1 | WARM | Small items normally grilled |
| 220°C | 2 | WARM | As above but denser items |
| 220°C/230°C | 3 | LOW | Reheating savoury items |
| 250°C | 3 | SIMMER | Frozen potato products, flapjacks |
| 230°C | 3 | WARM | Reheating foods with high sugar/fat content |

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.

Auto Weight Cook Programs for NN-A750/A720/A770

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.



- Select the desired Auto Weight program, by pressing the pad. The pad can be pressed once or twice to select one of the two programs available.
- Press to select grams or pounds and ounces.
- Enter the weight by pressing the up and down pads.
- Press Start.

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 35-36.
3. DO NOT cover food unless stated, as programs 7-14 use a Combination of Microwave and Grill and/or Convection and it will prevent the food browning. 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.

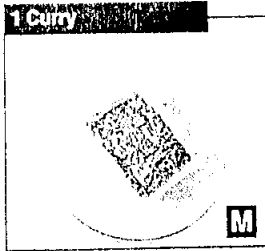
Minimum/Maximum Weights to use on Auto Weight Programs

| Program | Minimum | Maximum |
|------------------------|------------------|------------------|
| Curry | 300 g (11oz) | 900 g (2lb) |
| Chinese Style | 200 g (7oz) | 1000 g (2lb 2oz) |
| Pasta | 250 g (9oz) | 1500 g (3lb 5oz) |
| Casserole | 300 g (11oz) | 900 g (2lb) |
| Fresh Fish | 100 g (4oz) | 900 g (2lb) |
| Fresh Vegetables | 100 g (4oz) | 900 g (2lb) |
| Chilled Crispy Top | 300 g (11oz) | 600 g (1lb 5oz) |
| Frozen Crispy Top | 300 g (11oz) | 600 g (1lb 5oz) |
| Jacket Potatoes | 200 g (7oz) | 1500 g (3lb 5oz) |
| Frozen Potato products | 200 g (7oz) | 500 g (1lb 2oz) |
| Whole Chicken | 1000 g (2lb 2oz) | 2400 g (5lb 5oz) |
| Beef, Lamb | 500 g (1lb 2oz) | 2500 g (5lb 8oz) |
| Chilled Pizza | 200 g (7oz) | 600 g (1lb 5oz) |
| Frozen Pizza | 200 g (7oz) | 600 g (1lb 5oz) |

Auto Weight Cook Programs for NN-A750

Auto Programs must ONLY be used for the foods described below. Programs 1-6 use Microwave power only. Programs 7-14 use a Combination program of Microwave and Convection and/or Grill.

***IMPORTANT NOTE:** This program is not suitable for foods that cannot be stirred e.g. Lasagne Shepherds Pie. These foods can be cooked on the Crispy Top program for 'Chilled and Frozen' dishes.



1 Curry

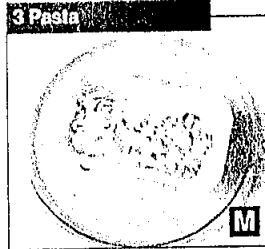
This program is for reheating a curry convenience meal that can be stirred.* Foods must be in a suitable microwaveable container and have the film pierced. Place on turntable, press the pad once. Enter the weight then press START. Stir halfway. Allow to stand for 1 minute. Ensure that the food is piping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

Curry/
Chinese
Style



2 Chinese style

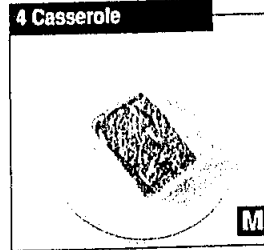
This program is for reheating a chinese style convenience meal.* Foods must be in a suitable microwaveable container and have the film pierced. Press the pad twice. Enter the weight. Press START. Stir halfway. Allow to stand for 1 minute. Ensure food is piping hot. Stir again before serving.



3 Pasta

This program is for reheating a convenience meal that can be stirred.* Foods must be in a suitable microwaveable container and have the film pierced. Place on turntable, press the 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.

Pasta/
Casserole



4 Casserole

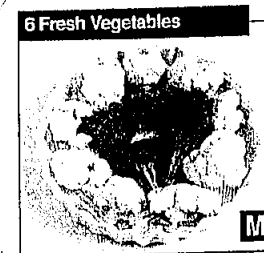
This program is for reheating a convenience meal.* Foods must be in a suitable microwaveable container and have the film pierced. Press the pad twice. Enter the weight. Press START. Stir halfway. Allow to stand for 1 minute. Ensure food is piping hot. Stir again before serving.



5 Fresh Fish

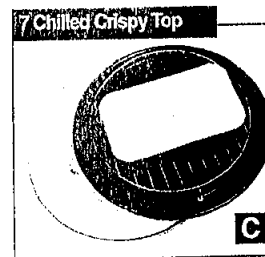
To cook FRESH fish. Shield the thinner portions. Place in a shallow container on turntable. Add 15 ml (1tbsp) liquid. Cover with pierced cling film or lid. Press the pad once. Enter the weight. Press START.

Fish/Veg



6 Fresh Vegetables

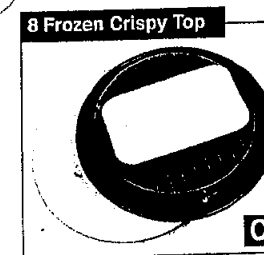
To cook FRESH vegetables. Place prepared vegetables into a shallow container on turntable. Add 90 ml (6tbsp) of water. Cover with pierced cling film or lid. Press the pad twice. Enter the weight. Press START.



7 Chilled Crispy Top

For reheating and browning chilled purchased savoury 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 and place on glass turntable. If using heatproof plastic based dish that food is purchased in, take care and support underneath when removing. Press pad once. Enter weight. Press START. DO NOT COVER. Stand for 1 minute before serving. Ensure the food is piping hot.

Crispy Top



8 Frozen Crispy Top

For reheating and browning frozen purchased savoury 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 and place on glass turntable. If using heatproof plastic based dish that food is purchased in, take care and support underneath when removing. Press pad twice. Press START. DO NOT COVER. Allow to stand for 1 minute. Ensure food is piping hot.

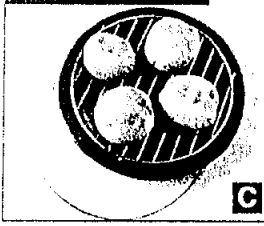
M = Microwave cooking only **C** = Combination e.g. Convection + Micro power or Grill + Micro Power

Auto Weight Cook Programs for NN-A750

Auto programs must ONLY be used for the foods described below. Programs 9 to 14 use a combination of Microwave and Convection and or Grill.

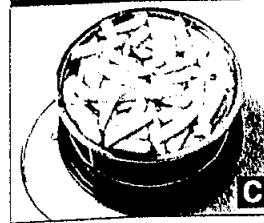
Potatoes

9 Jacket Potatoes



To cook jacket potatoes with a crisper drier skin. Choose medium sized potatoes 200-250 g (7-9oz). for best results. Wash and dry potatoes and prick with a fork several times. Place on Low Rack on Metal Tray on Glass Turntable. Press the pad once. Enter weight. then press START.

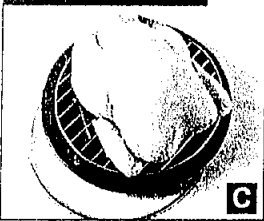
10 Frozen Potato Products



To cook FROZEN oven chips and potato products. e.g. Hash Browns. Croquettes, etc.. that are suitable for GRILLING. Spread potato products out on Grill Accessory place on Metal Tray on Glass Turntable. Press the pad twice. 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.

Chicken/Meat

11 Whole Chicken



To cook WHOLE FRESH unstuffed chickens. Cook stuffing separately. Place chicken on Low Rack on Metal Tray and place on Glass Turntable. Press pad once. Enter in the weight of the chicken, then press START. Start cooking breast side down and turn halfway.

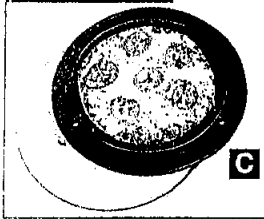
12 Meat



To cook a joint of beef or lamb. Place joint on low rack on metal tray and place on glass turntable. Press pad twice. Enter the weight of the joint and press START. Turn halfway.

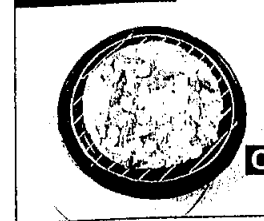
Pizza

13 Chilled Pizza



For reheating and browning chilled, purchased pizza. Remove all packaging and place on Low Rack on Metal Tray on Glass Turntable. Press pad once. Enter weight. Press START.

14 Frozen Pizza



For reheating and browning frozen, purchased pizza. Remove all packaging and place on Low Rack on Metal Tray on Glass Turntable. Press pad twice, enter weight and press START.

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

Reheating Charts

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

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

1000W

The IEC (705) power output (watts)

E

The heating category for small packs of food

| Food | Weight/Quantity | Power Level | Time to Select (approx) | Instructions/Guidelines |
|---|-----------------|-------------|-------------------------|---|
| BABIES BOTTLES – CAUTION | | | | |
| For 7-8 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 25-30 secs. CHECK CAREFULLY | | | | |
| For 3 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 10-15 secs. CHECK CAREFULLY | | | | |
| N.B. Liquid at the top of the bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature. Milk or formula must always be tested carefully before feeding a baby. | | | | |
| BREAD – Pre-cooked – Fresh – N.B. Breads reheated by Microwave will have a soft base. | | | | |
| Croissants | 1 | HIGH power | 15-20 secs. | Place on micro-safe plate on turntable. Do not cover. |
| | | or GRILL 1 | 2-3 mins. | Place on heatproof plate on turntable. Do not cover. |
| | 4 | HIGH power | 30-40 secs. | Place on micro-safe plate on turntable. Do not cover. |
| | | or GRILL 1 | 3-5 mins. | Place on heatproof plate on turntable. Do not cover. |
| Rolls | 1 | HIGH power | 15-20 secs. | Place on micro-safe plate on turntable. Do not cover. |
| | | or GRILL 1 | 3-4 mins. | Place on heatproof plate on turntable. Do not cover. |
| | 4 | HIGH power | 30-40 secs. | Place on micro-safe plate on turntable. Do not cover. |
| | | or GRILL 1 | 4-6 mins. | Place on heatproof plate on turntable. Do not cover. |
| CANNED BEANS, PASTA | | | | |
| Baked Beans | 225 g | HIGH | 2 mins. | Place in a heatproof bowl on turntable. Cover. |
| | 415 g | HIGH | 4 mins. | |
| Baked Beans & Sausages/Burgers | 450 g | HIGH | 5 mins. | Place in a heatproof bowl on turntable. Cover. |
| Ravioli in sauce | 215 g | HIGH | 2 mins. 30 secs. | Place in a heatproof bowl on turntable. Cover |
| | 400 g | HIGH | 4 mins. | |
| Space Invaders | 425 g | HIGH | 3 mins. 30 secs. | Place in a heatproof bowl on turntable. Cover. |
| Macaroni Cheese | 210 g | HIGH | 2 mins. | Place in a heatproof bowl on turntable. Cover. |
| | 430 g | HIGH | 4 mins. | |
| Spaghetti in Tomato Sauce | 213 g | HIGH | 2 mins. | Place in a heatproof bowl on turntable. Cover. |

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 |
|---|---------------------|--|----------------------------|--|
| DRINKS — COFFEE | | | | |
| 1 mug | 235 ml | HIGH | 2 mins. | Place in a heatproof mug on turntable. Stir, before, during and after reheating. |
| 2 mugs | 470 ml | HIGH | 3 mins. 30 secs. | |
| 3 mugs | 705 ml | HIGH | 4 mins. 30 secs. | |
| 4 mugs | 940 ml | HIGH | 6 mins. | |
| DRINKS — MILK | | | | |
| 1 mug | 235 ml | MED | 2 mins. | Place in a heatproof mug or jug on turntable. Stir, before, during and after reheating. |
| 1 jug | 600 ml | MED | 4 mins. 30 secs. | |
| HOMEMADE MEAT DISHES | | | | |
| Casserole for 2 | 500 g | HIGH | 6 mins. | Place in a heatproof dish on turntable. Cover. |
| Casserole for 4 | 1 kg | HIGH | 10-15 mins. | Place in a heatproof dish on turntable. Cover. |
| Mince for 1 | 250 g | HIGH | 3 mins. | Place in a heatproof dish on turntable. Cover. |
| Mince for 4 | 1 kg | HIGH | 8 mins. | Place in a heatproof dish on turntable. Cover. |
| Bolognese Sauce | 250 g | HIGH | 3 mins. | Place in a heatproof dish on turntable. Cover. |
| | 1 kg | HIGH | 8 mins. | |
| PASTRY PRODUCTS — PRECOOKED — N.B. Pastries reheated by microwave will have a soft base. | | | | |
| If pie comes in foil container place directly onto metal tray. | | | | |
| Cornish Pastie | 175 g (1) | HIGH power or | 1-2 mins. | Place in micro-safe dish on turntable. Do not cover. |
| | | Combi: 200°C + WARM power | 8 mins. | Place on low rack on metal tray on turntable. Do not cover. |
| | 350 g (2) | HIGH power or | 3-4 mins. | Place in micro-safe dish on turntable. Do not cover. |
| | | Combi: 200°C + WARM power | 10 mins. | Place on low rack on metal tray on turntable. Do not cover. |
| Meat Pies | 258 g (2) | Combi: 220°C + GRILL 1 + SIMMER power | 5-6 min. | Place on metal tray on turntable. |
| Steak and Kidney Shortcrust Pie | 170 g (1) | TURBO-BAKE 220°C + GRILL 2 | 15 mins. | Place on metal tray on turntable. |
| Quiche | 400 g (1) | HIGH power or | 3-4 mins. | Place in micro-safe dish on turntable. Do not cover. |
| | | Combi: 220°C + SIM power | 12 mins. | Place on low rack on metal tray on turntable. Do not cover. |
| Sausage Roll | 265 g (2) | Combi: 230°C + WARM power | 8-9 mins. | Place on low rack on metal tray on turntable. Do not cover. |
| Xmas Mince Pies | 90 g (2) | HIGH power | 10-20 secs. | Place in micro-safe dish on turntable. Do not cover. |

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 |
|--|---------------------|-------------------------------|----------------------------|---|
| PLATED MEALS – HOMEMADE – CHILLED | | | | |
| Child size | 1 | HIGH | 3 mins. | Place on a heatproof plate on turntable. Cover. |
| | 2 | HIGH | 5 mins. | |
| Adult size | 1 | HIGH | 4-5 mins. | Place on a heatproof plate on turntable. Cover. |
| | 2 | HIGH | 5-6 mins. | |
| PORRIDGE | | | | |
| 1 portion | | HIGH | 1 min. | Use a large bowl on turntable. Stir during cooking. |
| 4 portions | | HIGH | 5 mins. | Use a large bowl on turntable. Stir during cooking. |
| PUDDINGS AND DESSERTS – Transfer puddings to a heatproof dish | | | | |
| Apple Pie | 465 g | HIGH or | 4 mins. | Place on turntable. Do not cover. |
| | | Combi: 230°C + WARM power | 9-10 mins. | Place on metal tray on turntable. Do not cover. |
| Apple and Blackcurrant Pies | x 6 | TURBO-BAKE 220°C + GRILL 1 | 3 mins. | Place in foil cases on low rack on metal tray on turntable. Do not cover. |
| Baked Apple – 1 | 175 g | HIGH | 30 secs.-1 min. | Place in a heatproof bowl on turntable. Cover. |
| Bread and Butter Pudding | 340 g | HIGH or | 2-3 mins. | Place on turntable. Do not cover. |
| | | Combi: 230°C + WARM power | 10-12 mins. | Place on metal tray on turntable. Do not cover. |
| Custard | 300 ml | HIGH | 1 min 30 secs. | Place in large jug. Stir during reheating. |
| Fruit Crumble | 450 g | HIGH or | 1 min. 20 secs. | Place on turntable. Do not cover. |
| | | Combi: 230°C + WARM power | 8 mins. | Place on metal tray on turntable. Do not cover. |
| Jam Roly Poly | 730 g | HIGH | 5 mins. | Place on turntable. Do not cover. |
| Milk Pudding for 1 | | HIGH | 50 secs. | Place in a heatproof bowl on turntable. Cover. |
| Milk Pudding for 4 | | HIGH | 3 mins. 40 secs. | Place in a heatproof bowl on turntable. Cover. |
| PURCHASED CONVENIENCE FOODS – CHILLED N.B. Transfer food from foil container to a similar sized heat-proof dish (except when using TURBO-BAKE). | | | | |
| Breaded Mushrooms | 310 g | GRILL 1 or | 10-12 mins. | Place on grill accessory on turntable. |
| | | TURBO-BAKE 220°C + GRILL 1 | 10 mins. | Place in dish on low rack on metal tray on turntable. |
| Cauliflower Cheese | 220 g | HIGH power or | 4 mins. | Place on turntable. Do not cover. |
| | | Combi: 220°C + SIM power | 10-12 mins. | Place on metal tray on turntable. Do not cover. |
| | 454 g | HIGH power or | 7 mins. | Place on turntable. |
| | | Combi: 220°C + SIM power | 12-14 mins. | Place on metal tray on turntable. Do not cover. |
| Cottage Pie | 190 g | HIGH power or | 3-4 mins. | Place on turntable. |
| | | Combi: 220°C + SIM power | 12-14 mins. | Place on metal tray on turntable. Do not cover. |
| | 595 g | HIGH power or | 6-8 mins. | Place on turntable. |
| | | Combi: 220°C + SIM power | 15-17 mins. | Place on metal tray on turntable. Do not cover. |

Reheating Charts

| Food | Weight/ Quantity | Power Level | Time to Select (approx) | Instructions/Guidelines |
|---|---------------------|-------------------------------------|----------------------------|---|
| PURCHASED CONVENIENCE FOODS – CHILLED N.B. Transfer food from foil container to a similar sized heat-proof dish, except when using TURBO-BAKE. | | | | |
| Lasagne | 300 g | MEDIUM power or | 6-7 mins. | Place on turntable. |
| | | Combi: 200 C + LOW power | 11-12 mins. | Place on metal tray on turntable. Do not cover. |
| Onion Bhajis, Pakora & Falefel | 330 g (6) | TURBO-BAKE 220°C + GRILL 1 | 10 mins. | Place on low rack on metal tray on turntable. Turn halfway. |
| Spring Rolls | 230 g | TURBO-BAKE 220°C + GRILL 2 | 10 mins. | Place on low rack on metal tray on turntable. Turn halfway. |
| Potato Wedges | 385 g | TURBO-BAKE 220°C + GRILL 1 | 10 mins. | Place in dish on low rack on metal tray on turntable. Turn halfway. |
| Turkey Burgers | 425 g | TURBO-BAKE 250°C + GRILL 2 | 10 mins. | Place on grill accessory on metal tray on turntable. Turn halfway. |
| Vegetable Bake | 454 g | HIGH power or | 6-8 mins. | Place on turntable. |
| | | Combi: 200°C + SIM power | 12-14 mins. | Place on metal tray on turntable. Do not cover. |
| Samosas | 200 g | TURBO-BAKE 220°C + GRILL 2 | 10 mins. | Place on low rack on metal tray on turntable. Turn halfway. |
| PURCHASED CONVENIENCE FOODS – FROZEN – N.B. Transfer food from foil container to a similar sized heat-proof dish (except when using TURBO-BAKE). Plastic dishes designed for microwave and conventional ovens may be used with care. | | | | |
| Golden Drummers | 340 g (6) | TURBO-BAKE 250°C + GRILL 1 | 10-12 mins. | Place on grill accessory on metal tray on turntable. Turn halfway. |
| Lasagne | 330 g | DEFROST power then HIGH power or | 8 mins. 8-9 mins. | Place on turntable. |
| | | Combi: 220°C + SIM power | 20-22 mins. | Place on metal tray on turntable. |
| Breaded Onion Rings | 250 g | TURBO-BAKE 250°C + GRILL 1 | 7 mins. | Place on grill accessory on metal tray on turntable. Turn halfway. |
| Fish Pie | 397 g | HIGH power or | 7-8 mins. | Place on turntable. |
| | | Combi: 220°C + SIM power | 18 mins. | Place on metal tray on turntable. |
| Shepherd's Pie | 460 g | DEFROST power then HIGH power or | 10 mins. 6-8 mins. | Place on turntable. |
| | | Combi: 220°C + SIM power | 18-20 mins. | Place on metal tray on turntable. |
| VEGETABLES | | | | |
| Mashed Potato | 350 g | MEDIUM | 6-7 min. | Place in a heatproof dish. Cover. |
| Green Vegetables | 100 g | HIGH | 1 min. 30 secs. | Place in a heatproof dish. Cover. |

Cooking Charts

| Food | Weight/ Quantity | Choice of Cooking Modes | Time (mins.) | Instructions/Guidelines |
|---|---------------------|------------------------------|----------------------------------|---|
| BREAD – Frozen | | | | |
| Part-baked rolls | 200 g (4) | Combi: 230 C + SIM power | 10 | Place on metal tray on turntable. |
| Part-baked Garlic Baguette | 170 g (1) | Combi: 230 C + SIM power | 7 | Place on metal tray on turntable. |
| BACON – from raw | | | | |
| Rashers | 200 g (8) | HIGH power | 4-6 or 45 secs. per rasher | Place on micro-safe rack or plate on turntable and cover with kitchen towel to minimise splatter. |
| | | or GRILL 1 | 8-10 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| Steaks | 255 g (4) | HIGH power | 4-5 | Place on micro-safe rack or plate on turntable. |
| | | or GRILL 1 | 8 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| BEANS & PULSES – should be pre-soaked (except lentils) | | | | |
| Black Eyed Beans | 225 g | HIGH power | 10 | Use 600 ml (1pt) boiling water in a large bowl Cover. |
| | | then SIMMER | 25-30 | |
| Chick Peas | 225 g | HIGH power | 10 | Use 600 ml (1pt) boiling water in a large bowl Cover. |
| | | then SIMMER | 40 | |
| Lentils | 225 g | MEDIUM power | 10-15 | Use 600 ml (1pt) boiling water in a large bowl Cover. |
| Marrowfat Peas | 225 g | HIGH power | 3 | Use 600 ml (1pt) boiling water in a large bowl Cover. |
| | | then SIMMER | 15-20 | |
| Red Kidney Beans | 225 g | HIGH power | 15 | Use 600 ml (1pt) boiling water in a large bowl Cover. Must boil for at least 12 mins to destroy toxic enzymes |
| | | then SIMMER | 40 | |
| BEEF – Joints from raw – Caution: Hot fat! Remove dish with care. For Guidelines see Meat Chapter page 60. | | | | |
| Topside, Forerib, Sirloin | | Combi: 180°C + SIM power | 12-15 per 450 g | Place on low rack on metal tray on turntable. Turn halfway. |
| Mince | | HIGH then MEDIUM POWER | 10 then 15 per 450 g | Place in micro safe dish with stock and seasonings on turntable. Stir halfway. Cover. |
| Rump/Sirloin | 275 g (2) | MEDIUM power or | 6-8 | Place on micro-safe rack or plate on turntable. Cover. |
| | | GRILL 1 | 8-10 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| Stewing Steak | 450 g- 675 g | HIGH then SIMMER POWER or | 10 then 60 | Place in micro-safe dish on turntable. Stir halfway. Cover. |
| | | Combi: 160°C + WRM power | 1hr- 1hr 40 | Place in casserole dish with lid on metal tray on turntable. Stir halfway |
| BEEFBURGERS – Fresh from raw – Caution: Hot fat! Remove grill accessory with care. | | | | |
| | 295 g (2) | HIGH power | 3-4 | Place on micro-safe rack or plate on turntable. Cover. |
| | | or GRILL 1 | 10-12 | Place on grill accessory on metal tray on turntable. Turn halfway. |

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 | Choice of Cooking Modes | Time (mins.) | Instructions/Guidelines |
|--|---------------------|--|-------------------|---|
| BEEFBURGERS – Frozen from raw – Caution: Hot fat! Remove grill accessory with care. | | | | |
| | 227 g (4) | HIGH power | 6-8 | Place on micro-safe rack or plate on turntable. Cover. |
| | | or GRILL 1 | 10-12 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| CHICKEN from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 60. | | | | |
| Breasts, boneless | 850 g (4) | MEDIUM power or | 12-14 | Place on micro-safe rack or plate on turntable. Cover. |
| | | GRILL 1 or | 20-25 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| | | TURBO-BAKE 250°C + GRILL 1 | 20 | Low rack on metal tray on turntable. Turn halfway. |
| Drumsticks | 900 g (8) | MEDIUM power or | 12-14 | Place on micro-safe rack or plate on turntable. Cover. |
| | | GRILL 1 or | 25 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| | | TURBO-BAKE 250°C + GRILL 1 | 20 | Place on low rack on metal tray on turntable. |
| Kiev (fresh) | 283 g (2) | TURBO-BAKE 250°C + GRILL 1 | 15-17 | Place on low rack on metal tray on turntable. |
| | 600 g (4) | | 18-20 | |
| Nuggets (frozen) | 400 g | Combi: TURBO-BAKE 250°C + GRILL 2 + WARM power or | 15-18 | Place on grill accessory on metal tray on turntable. |
| | | GRILL 1 | 15-20 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| Nuggets (fresh) | 400 g | Combi: TURBO-BAKE 220°C + GRILL 1 + WARM power | 10 | Place on grill accessory on metal tray on turntable. |
| Chicken legs | 1.2 kg (4) | MEDIUM power or | 18 | Place on micro-safe rack or plate on turntable. Cover. |
| | | GRILL 1 or | 30-35 | Place on grill accessory on metal tray on turntable. |
| | | TURBO-BAKE 250°C + GRILL 1 | 25 | Place on low rack on metal tray on turntable. |
| Whole | | MEDIUM power or | 8-9 per 450g | Place in micro-safe dish on turntable. Cover. |
| | | Combi: 190°C + SIM power | 12-15 per 450g | Place on low rack on metal tray on turntable. Turn halfway. DO NOT COVER. |
| EGGS – Poached. | | | | |
| Water | 45 ml | HIGH power | 40 secs. | <ul style="list-style-type: none"> • Place water in a small bowl and heat for 1st cooking time. • Add egg (size 3). • Pierce yolk and white. • Cover. • Cook for 2nd cooking time. • Then leave to stand for 1 min. |
| Egg | 1 | MEDIUM power | 40 secs. | |
| Water | 90 ml | HIGH power | 1 | |
| Eggs | 2 | MEDIUM power | 1 min. 10 secs. | |
| Water | 135 ml | HIGH power | 1 min. 30 secs. | |
| Eggs | 3 | MEDIUM power | 1 min. 30 secs. | |
| Water | 180 ml | HIGH power | 2 | |
| Eggs | 4 | MEDIUM power | 1 min. 50 secs. | |

Cooking Charts

| Food | Weight/ Quantity | Choice of Cooking Modes | Time (mins.) | Instructions/Guidelines |
|--|---------------------|--|-----------------|--|
| EGGS – Scrambled. | | | | |
| 1 Egg | | HIGH power | 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 power | 20 secs | |
| 2 Eggs | | HIGH power | 50 secs | |
| | | HIGH power | 30 secs | |
| 3 Eggs | | HIGH power | 1min. 20 secs | |
| | | HIGH power | 30 secs | |
| FISH – FRESH from raw – For Guidelines see Fish Chapter page 55. | | | | |
| Breaded Fillets | 300 g (2) | GRILL 1 or | 10-12 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| | | Combi: TURBO-BAKE 230°C + GRILL 1 + WARM power | 10-12 | |
| Cakes | 200 g (2) | GRILL 1 or | 6-8 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| | | Combi: TURBO-BAKE 230°C + GRILL 1 + WARM power | 10 | |
| Fillets | 450 g (3) | HIGH power | 3-4 | Place in micro-safe dish. Add 30 ml of liquid. Cover. |
| | | or GRILL 1 | 10-12 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| Breaded fillets, filled | 300 g | Combi: TURBO-BAKE 230°C + GRILL 1 + WARM power | 10-12 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| Steaks | 350 g (2) | HIGH power | 3-4 | Place in micro-safe dish. Add 30 ml of liquid. Cover. |
| | | or GRILL 2 | 10-12 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| Whole | 280 g (1) | HIGH power | 4-5 | Place in micro-safe dish. Add 30 ml of liquid. Cover. |
| | | or GRILL 2 | 12-14 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| FISH – FROZEN from raw – For Guidelines see Fish Chapter page 55. | | | | |
| Breaded Fillets | 300 g (2) | GRILL 1 or | 10-12 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| | | Combi: GRILL 1 + SIM power | 8-10 | |
| | | Combi: TURBO-BAKE 230°C + GRILL 3 + SIM power | 10-12 | |
| Cakes | 400 g (4) | GRILL 1 or | 10-12 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| | | Combi: TURBO-BAKE 250°C + GRILL 2 + WARM power | 10 | |
| Fish Fingers | 210 g (8) | HIGH power or | 4-5 | Place on micro-safe dish. Do not cover. |
| | | GRILL 1 | 10-12 | Place on grill accessory on metal tray on turntable. Turn halfway. |

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 | Choice of Cooking Modes | Time (mins.) | Instructions/Guidelines |
|---|---------------------|--|--------------------------|--|
| FISH - FROZEN from raw - For Guidelines see Fish Chapter page 59. | | | | |
| Haddock Fillets | 380 g (4) | HIGH power or | 7 | Place in micro-safe dish. Add 30 ml of liquid. Cover. Place on grill accessory on metal tray on turntable. Turn halfway. |
| | | GRILL 1 | 10-12 | |
| Scampi | 255 g | GRILL 1 or | 6-8 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| | | Combi: TURBO-BAKE 230 C + GRILL 2 + SIM power | 10 | |
| Whole | 450 g (2) | HIGH power | 10-12 | Place in micro-safe dish. Add 30 ml of liquid. Cover. |
| Steaks | 450 g (2) | HIGH power | 8-9 | Place in micro-safe dish. Add 30 ml of liquid. Cover. |
| Boil in the Bag | 150 g - 170 g | DEFROST then STAND then MEDIUM | 4 then 2 then 6 | Place bag sauce side down on a plate. Slash top. |
| FRUIT - Peel, slice, chop into even sized pieces. Place in shallow heatproof dish on turntable. | | | | |
| Apples - poached | 450 g | HIGH power | 6 | Add 300 ml (1/2 pt) of water. Only half fill dish. Cover. |
| Apples - stewed | 450 g | HIGH power | 5 | Only half fill dish. Cover. |
| Peaches - poached | 450 g | HIGH power | 4-5 | Add 300 ml (1/2 pt) of water. Only half fill dish. Cover. |
| Pears - poached | 450 g | HIGH power | 5-6 | Add 300 ml (1/2 pt) of water. Only half fill dish. Cover. |
| Plums - poached | 450 g | HIGH power | 8 | Add 300 ml (1/2 pt) of water. Only half fill dish. Cover. |
| Plums - stewed | 450 g | HIGH power | 8-10 | Add 30 ml (2 tbsps) of water. Only half fill dish. Cover. |
| Rhubarb - stewed | 450 g | HIGH power | 5 | Only half fill dish. Cover. |
| GAME | | | | |
| Rabbit portions (4) | | Combi: 160°C + WRM power | 1 hr 20 mins. | Place on low rack on metal tray on turntable. Do not cover. |
| Duck, whole | | Combi: 190°C + SIM power | 10-12 mins. per 450 g | |
| Pheasant, whole | | Combi: 190°C + SIM power | 9-10 mins. per 450 g | |
| Pheasant prtns. (4) | | Combi: 190°C + SIM power | 1 hr 45 mins. | |
| LAMB - from raw - CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 60. | | | | |
| Chops, cutlets | 425 g (4) | MEDIUM power | 6-7 | Place in micro-safe dish or rack on turntable. Cover. |
| | | or GRILL 1 | 10-12 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| Chops, Loin | 600 g (4) | MEDIUM power | 7-8 | Place in micro-safe dish or rack on turntable. Cover. |
| | | or GRILL 1 | 10-12 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| Joints | | Combi: 180°C + SIM power | 11-12 mins. per 450 g | Place on low rack on metal tray on turntable. Turn halfway. |
| Stewing lamb ie. neck chops | 450 g | HIGH then LOW power or | 10 then 40 | Place in micro-safe dish on turntable. Stir halfway. Cover. |
| | | Combi: 160°C + WRM power | 1 hr 20 mins. | Place in casserole, add stock and vegetables, cover with lid, place on metal tray on turntable. Stir halfway. |

Cooking Charts

| Food | Weight/ Quantity | Choice of Cooking Modes | Time (mins.) | Instructions/Guidelines |
|---|---------------------|--|-----------------|--|
| LAMB – from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 60. | | | | |
| Casseroling lamb ie. diced shoulder | | HIGH then LOW power or | 10 then 60 | Place in micro-safe dish on turntable. Stir halfway. Cover. |
| | | Combi: 160 C + WRM power | 1 hr. 30 mins. | Place in casserole dish with lid on metal tray on turntable. Stir halfway. |
| PASTA | | | | |
| Twists | 225 g | HIGH power | 8-10 | Use 1 litre (1 1/2 pt) boiling water. Add 15 ml oil. Cover. Stir halfway. |
| Macaroni | 225 g | HIGH power | 10-12 | |
| Spaghetti | 225 g | HIGH power | 8 | |
| Lasagne | 225 g | HIGH power | 6-8 | |
| Tortellini | 225 g | HIGH power | 12 | |
| Tagliatelle | 225 g | HIGH power | 8-9 | |
| Spaghetti (Quick Cook) | 225 g | HIGH power | 5-7 | |
| PASTRY – UNCOOKED | | | | |
| Shortcrust Flan Case | 23 cm (9") | HIGH power or | 3-4 | Prick base of pastry and chill well. Lay piece of kitchen towel in base. Place on turntable. |
| | | Combi: TURBO-BAKE 250°C GRILL 3 + SIM power | 7-8 | Prick base of pastry and chill well. Do not cover. Place on low rack on metal tray on turntable. |
| Vol-au-Vents | 125 g (12) | TURBO-BAKE 250°C + GRILL 1 | 6 1/2 | Brush with beaten egg. Place on baking sheet on metal tray on low rack on turntable. |
| PIZZA -- FRESH chilled -- N.B. Remove all packaging. Pizzas will have a soft base if cooked by microwave only. | | | | |
| Deep Pan, Ham | 475 g | HIGH power | 4-6 | Place on micro-safe plate on turntable. Do not cover. |
| | | TURBO-BAKE 220°C + GRILL 2 | 10-12 | Place directly on metal tray on turntable. Do not cover. |
| Thin and Crispy | 350 g | Combi: 220°C + WRM power | 10-15 | Place on low rack on metal tray on turntable. |
| | | TURBO-BAKE 220°C + GRILL 1 | 8 | Do not cover. |
| PIZZA -- FROZEN -- N.B. Remove all packaging. Pizzas will have a soft base. | | | | |
| French Bread | 320 g (1) | Combi: TURBO-BAKE 220°C GRILL 3 + SIM power | 12-15 | Place on low rack on metal tray on turntable. Do not cover. |
| Pepperoni | 420 g | Combi: TURBO-BAKE 220°C GRILL 3 + SIM power | 12-15 | Place on low rack on metal tray on turntable. Do not cover. |

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 | Choice of Cooking Modes | Time (mins.) | Instructions/Guidelines |
|---|---------------------|----------------------------|-------------------------------|--|
| PORK – from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 60. | | | | |
| Chops | 425 g | GRILL 1 | 13-15 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| Joints | | MEDIUM power or | 13-14 per 450 g (1lb) | Place on upturned saucer in heatproof dish on turntable. Turn joint over halfway during cooking. Drain off fat during cooking. |
| | | Combi: 170 C + LOW power | 15-16 per 450 g (1lb) | Place on low rack on metal tray. Turn halfway. |
| Hammon covered with water | | HIGH then MEDIUM power | 15 then 15-20 per 450 g | Place in large casserole with lid and cover with water. |
| Tenderloin, whole | | Combi: 170 C + WRM power | 15-20 per 450 g | Place on low rack on metal tray on turntable. Turn halfway. |
| Porridge – N.B: Use a large bowl. | | | | |
| 1 serving | ½ cup of oats | MEDIUM power | 2-2½ | Add 1 cup of water or milk. Stir halfway. |
| 2 servings | 1 cup of oats | MEDIUM power | 4-5 | Add 2 cups of water or milk. Stir halfway. |
| 4 servings | 2 cups of oats | MEDIUM power | 8-9 | Add 4 cups of water or milk. Stir halfway. |
| POTATO PRODUCTS part cooked – FROZEN | | | | |
| Croquettes | 300 g | GRILL 1 or | 12 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| | | TURBO-BAKE 250°C + GRILL 1 | 8-9 | |
| Hash Browns | 300 g (7) | GRILL 1 | 10-12 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| Oven Chips & Associated Products | 300 g | GRILL 1 or | 10-12 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| | 450 g | Combi: GRILL 1 + MED power | 8-9 | |
| RICE | | | | |
| Basmati | 250 g | MEDIUM power | 10-12 | Use 600 ml (1pt) boiling water. Cover |
| Easycook White | 250 g | HIGH power | 12-13 | |
| Easycook Brown | 250 g | HIGH power | 15-17 | |
| Long Grain White | 250 g | MEDIUM power | 14 | |
| Long Grain Brown | 250 g | MEDIUM power | 20 | |

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 | Choice of Cooking Modes | Time (mins.) | Instructions/Guidelines |
|--|--|--|-------------------------|--|
| MILK PUDDING – Use large bowl, cover. Stir halfway. | | | | |
| Flaked Rice | 50 g | SIMMER power | 20 | Add 600 ml (1pt) milk. 30 ml sugar |
| Pudding Rice | 50 g | HIGH power then SIMMER | 5 35 | Add 450 ml (¾pt) milk. 30 ml sugar |
| Tapioca | 50 g | SIMMER power | 30-35 | Add 600 ml (1pt) milk. 30 ml sugar |
| SAUSAGES from raw – CAUTION: Hot Fat! Remove accessory with care. | | | | |
| Thick | 454 g (8) | GRILL 1 or | 10-12 | Place on grill accessory on metal tray on turntable. Turn halfway. |
| | | TURBO-BAKE 220°C + GRILL 1 | 10 mins. | |
| TURKEY | | | | |
| Turkey, whole | | Combi: 190°C + SIM power | 12-14 min. per 450 g | Place on low rack on metal tray on turntable. Turn halfway. |
| FRESH VEGETABLES – Place in shallow micro-safe dish. | | | | |
| Asparagus | 450 g | HIGH power | 6-8 | Add 90 ml (6 tbsp) water. Cover. |
| Broad Beans | 450 g | HIGH power | 6 | |
| Runner Beans | 450 g | HIGH power | 7 | |
| Beetroot | 450 g | MEDIUM power | 12 | |
| Broccoli | 450 g | HIGH power | 8 | |
| Brussel Sprouts | 450 g | HIGH power | 8-9 | |
| Cabbage - sliced | 450 g | HIGH power | 7-9 | |
| Carrots - sliced | 450 g | HIGH power | 7-9 | |
| Cauliflower - florets | 450 g | HIGH power | 9 | |
| Courgettes | 450 g | HIGH power | 5 | |
| Corn on the Cob | 450 g | HIGH power | 6-7 | |
| Leeks - sliced | 450 g | HIGH power | 7-8 | |
| Mushrooms | 450 g | HIGH power | 5 | |
| Parsnips - sliced | 450 g | HIGH power | 6-7 | |
| Peas | 450 g | HIGH power | 4-6 | |
| Potatoes - boiled | 450 g | HIGH power | 6-7 | |
| Potatoes - par-boiled | 450 g | HIGH power | 4-5 | |
| Potatoes - jacket (225 g) | 1 | HIGH power or | 5 | Wash and prick skins several times. Place directly on glass turntable if cooking by microwave. If cooked by combination place directly on the low rack on metal tray on turntable. Allow to stand for 5 mins. Or use Auto Program Jacket Potato. |
| | | Combi: TURBO-BAKE 250°C + GRILL 1 +SIM power | 15 | |
| | 2 | HIGH power or | 8 | |
| | | Combi: TURBO-BAKE 250°C + GRILL 1 +SIM power | 20 | |
| | 4 | HIGH power or | 13 | |
| | | Combi: TURBO-BAKE 250°C + GRILL 1 +SIM power | 25 | |
| 6 | HIGH power or | 18-20 | | |
| | Combi: TURBO-BAKE 250°C + GRILL 1 +SIM power | 30 | | |

Cooking Charts

| Food | Weight/ Quantity | Choice of Cooking Modes | Time (mins.) | Instructions/Guidelines |
|--|---------------------|-------------------------------|-----------------|--|
| FRESH VEGETABLES – Place in shallow micro-safe dish. | | | | |
| Spinach | 450 g | HIGH power | 7 | Add 90 ml (6tbsp) water. Cover. |
| Spring Greens | 450 g | HIGH power | 7 | Add 90 ml (6tbsp) water. Cover. |
| Swade - cubed | 450 g | HIGH power | 7-8 | Add 90 ml (6tbsp) water. Cover. |
| FROZEN VEGETABLES – Place in shallow micro-safe dish. | | | | |
| Beans - broad | 450 g | HIGH power | 8 | Add 30 ml (2tbsp) water. Cover. |
| Beans - green | 450 g | HIGH power | 8-9 | Add 30 ml (2tbsp) water. Cover. |
| Broccoli | 450 g | HIGH power | 9 | Add 30 ml (2tbsp) water. Cover. |
| Brussel Sprouts | 450 g | HIGH power | 9-10 | Add 30 ml (2tbsp) water. Cover. |
| Cabbage - shredded | 450 g | HIGH power | 5-6 | Add 30 ml (2tbsp) water. Cover. |
| Carrots - sliced | 450 g | HIGH power | 8 | Add 30 ml (2tbsp) water. Cover. |
| Cauliflower | 450 g | HIGH power | 10 | Add 30 ml (2tbsp) water. Cover. |
| Peas | 450 g | HIGH power | 6-7 | Add 30 ml (2tbsp) water. Cover. |
| Spinach - nuggets | 450 g | HIGH power | 8-9 | Add 30 ml (2tbsp) water. Cover. |
| Sweetcorn | 450 g | HIGH power | 7 | Add 30 ml (2tbsp) water. Cover. |
| MISCELLANEOUS | | | | |
| Frozen Yorkshire puddings | 450 g | TURBO-BAKE 250°C + GRILL † | 15 | Place foil cases directly onto metal tray. |

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.

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.

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.

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

25 g (1 oz) butter or margarine
1 large onion, peeled and finely chopped
675 g (1½ lb) carrots, peeled and sliced
4 sticks celery, chopped
1 litre (1½ pt) hot vegetable stock
1 small orange, grated rind and juice of
salt and pepper
30 ml (2 tbsp) chopped parsley

Carrot & Celery Soup

Serves 4

Dish: 3 litre (6pt) bowl

Oven Accessory: glass turntable

1. Place the butter and onion in bowl. Cover and cook on HIGH power for 3 mins. or until softened.
2. Stir in the carrots and celery. Cover and cook on HIGH power for 8-10 mins. or until vegetables are softened. Stir halfway during cooking.
3. Pour in the stock. Cover and cook on HIGH power for 5 mins. and then LOW power for 15 mins. or until the vegetables are tender.
4. Drain the vegetables and coarsely puree with a little of the stock, then return to the bowl with the remaining stock.
5. Add the orange rind and juice, season to taste. Cover and cook on HIGH power for 3-4 mins. or until piping hot. Serve garnished with chopped parsley.

Ingredients

25 g (1 oz) butter
1 small onion, chopped
600 ml (1 pt) hot chicken stock
225 g (8 oz) button mushrooms, sliced
bouquet garni
15 ml (1 tbsp) cornflour
300 ml (½ pt) milk
salt and pepper
60 ml (4 tbsp) single cream

Cream of Mushroom Soup

Serves 4

Dish: 3 litre (6pt) bowl

Oven Accessory: glass turntable

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 15-20 mins. or until mushrooms are soft.
3. Remove the bouquet garni and blend the soup 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 mins. or until thickened. Season and serve with cream swirled on top.

Ingredients

425 g (15 oz) packet ready-rolled puff pastry
150 ml (10 tbsp) ready-made tomato sauce
100 g (4 oz) ham or salami, diced
10 fresh basil leaves, chopped
60 ml (4 tbsp) pitted black olives
100 g (4 oz) grated mozzarella

Pizza Pies

Serves 4

Dish: round pizza tray

Oven Accessory: glass turntable, metal tray and low rack

1. Preheat the oven on **TURBO-BAKE** on **Convection 250°C** and **Grill 1**.
2. Unroll the pastry and cut out 4 x 10 cm (4") circles.
3. Spread the tomato sauce over the pastry circles, then sprinkle over the ham/salami, basil, black olives and mozzarella.
4. Place two of the pizzas on a pizza tray on the low rack and cook in the preheated oven on **TURBO-BAKE 250°C + Grill 1** for 8 mins, or until the pastry is golden and crisp.
5. Repeat with the remaining tray.

Ingredients

8 boneless, skinless chicken thighs
 50 ml (2 tbsp) wholegrain mustard
 100 g (4 oz) Gruyère or cheddar cheese
 8 slices of smoked streaky bacon

Cheesy Chicken & Bacon Rolls

Serves 4

Dish: metal roasting tin

Oven Accessory: glass turntable + metal tray + low rack

1. Spread the mustard over the rolled out chicken thighs and place a thin slice of cheese on top. Roll up the thighs.
2. Stretch the bacon with the back of a knife and wrap tightly around each thigh. Secure with cocktail sticks.
3. Place in the roasting tin and cook in a pre-heated oven on **TURBO-BAKE 220°C + Grill 3** for 30-35 mins. or until thoroughly cooked and golden.

Ingredients

450 g (1 lb) smoked haddock
 30 ml (2 tbsp) lemon juice
 2 hard boiled eggs, chopped
 90 ml (3 tbsp) breadcrumbs
 25 g (1 oz) butter
 25 g (1 oz) plain flour
 150 ml (1/4 pt) milk
 salt and pepper
 1 box filo pastry
 150 g (5 oz) butter, melted

Smoked Haddock Samosas

Serves 4

Dish: Round baking tray

Oven Accessory: glass turntable + metal tray

1. Place the fish and lemon juice in a shallow dish and cook on **HIGH power** for 4-5 mins. or on Auto program fish. Drain, skin and bone, then flake. Stir in the eggs and breadcrumbs.
2. Place the butter (25 g (1 oz)) in a jug and melt on **HIGH power** for 30-40 secs. Stir in the flour and gradually add the milk. Cook on **HIGH power** for 1-2 mins. or until thickened. Stir halfway, season and mix with fish. Cool.
3. Melt the 150 g (5 oz) butter on **HIGH power** for 1-2 mins. Brush a sheet of filo pastry with melted butter. Fold in half lengthways and brush the top with butter. Place a small amount of the filling at one end and fold into a triangle by folding diagonally. Repeat this with each sheet of filo.
4. Place on a greased baking tray and brush with butter. Cook on **Combination: Convection 220°C + SIMMER power** for 20-25 mins. or until golden.

Ingredients

4 beef tomatoes
 seasoning
 3 ml (1/2 tsp) dried basil
 4 eggs
 200 g (7 oz) mozzarella cheese

Baked Stuffed Tomatoes

Serves 4

Dish: Shallow heatproof dish

Oven Accessory: glass turntable + metal tray + low rack

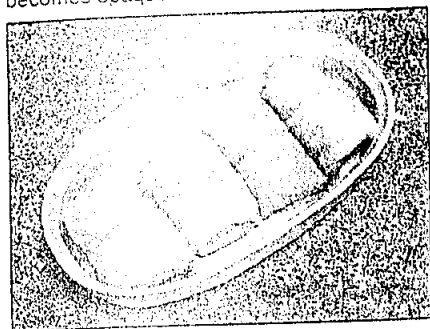
1. Slice the tops off the tomatoes. Deseed, scoop out the centre and discard.
2. Drain upside down on kitchen paper.
3. Place tomatoes right way up in heatproof dish.
4. Sprinkle inside with salt and pepper and dried basil.
5. Break in whole egg, and cover the top with slices of mozzarella cheese.
6. Cook in preheated oven on **TURBO-BAKE 190°C + GRILL 2** for 20-25 mins. or until browned on top.

Fish

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

WHEN IS FISH COOKED?

Fish is cooked when it flakes easily and becomes opaque.



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.

Ingredients

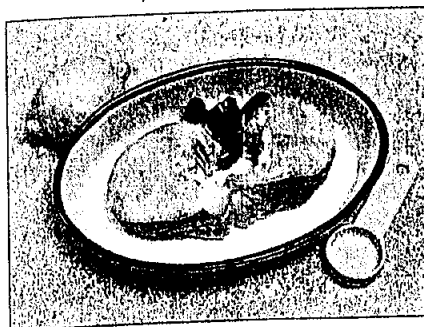
4 trout, 350 g (12 oz) each

Stuffing:

1 bunch spring onions, finely chopped
100 g (4 oz) button mushrooms, finely sliced
grated rind and juice of 1 orange
2½ cm (1") cube fresh ginger, peeled and grated
dash of Soy sauce

juice of 1 orange
juice of 1 lime
black pepper
25 g (1 oz) butter

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



LIQUID

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

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

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

Stuffed Citrus Trout

Serves 4

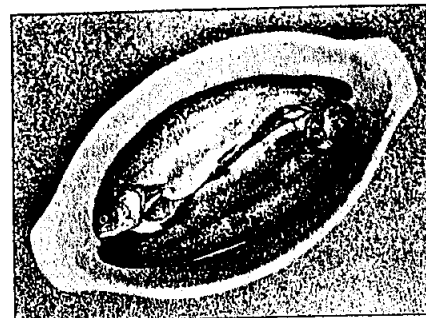
Oven Accessory: glass turntable, metal tray and grill accessory

1. Wash the fish and pat dry. Fill the fish cavities with the combined stuffing ingredients and arrange the fish in a shallow dish.
2. Pour over the orange and lime juice. Season and marinate for one hour.
3. Dot with butter, place the fish two at a time on the grill accessory.
4. Cook on **Grill 2** for 12-15 mins. or until crisp and brown. Turn halfway. Repeat with remaining fish.

WHOLE FISH

If cooking 2 whole fish together, they should be arranged head to tail for even cooking.

Large whole fish must have the tail and head shielded halfway through cooking with smooth pieces of tin foil secured with cocktail sticks.



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.

Tuna Fish Cakes

Ingredients

350 g (12 oz) potatoes
25 g (1 oz) butter
1 small onion, finely chopped
200 g (7 oz) can tuna, drained
1 egg, hardboiled, chopped
30 ml (2 tbsp) fresh parsley, chopped
10 ml (2 tsp) lemon juice
salt and pepper
1 egg, beaten
100 g (4 oz) breadcrumbs

Oven Accessory: glass turntable + metal tray + grill accessory

1. Cook potatoes with 45 ml (3 tbsp) water, covered on HIGH power for 6-8 mins. or until cooked. Drain.
2. Place butter and onion in a bowl, cover and cook on HIGH power for 4 mins. or until soft. Add potatoes and mash.
3. Stir in tuna, hard boiled egg, parsley and lemon juice, season well.
4. Shape into 8 cakes and coat in beaten egg and breadcrumbs.
5. Place on grill accessory and cook on **Combination: TURBO-BAKE 250 C + Grill 1 + WARM** power for 12-15 mins. or until brown, turning halfway.

Special Occasion Fish Pie

Ingredients

450 g (1 lb) white fish
450 g (1 lb) mixed seafood
50 g (2 oz) butter
50 g (2 oz) flour
450 ml (2 pt) milk
500 ml (1 1/2 pt) white wine
6 gherkins, diced
15 ml (1 tbsp) fresh parsley
10 ml (2 tsp) dill
salt and pepper

Rosti topping:

900 g (2 lb) potatoes
15 ml (1 tbsp) capers
50 g (2 oz) butter, melted
50 g (2 oz) cheddar cheese, grated

Oven Accessory: glass turntable + metal tray

Dish: Gratin dish

1. Place the white fish with 2 tbsp water in a shallow dish. Cover and cook on HIGH power for 4-5 mins or on AUTO FISH program. Drain, skin, bone and flake.
2. Make the sauce by melting the butter in a large jug on HIGH power for 1 min. Add the flour and stir well. Mix in the milk and wine and cook on HIGH power for 4-5 mins. Stir halfway. Mix in the fish, mixed seafood, gherkins and herbs. Pour into the dish.
3. 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. Cook on **Combination: Convection 220°C + SIMMER** power for 30-35 mins. or until piping hot and golden.

Salmon & Vegetable Mornay

Ingredients

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

Dish: 20 x 25 cm (8" x 10") dish Oven Accessory: glass turntable + metal tray + low rack

1. Break broccoli and cauliflower into florets, add red pepper and 2 tbsp water. Cover and cook on HIGH power for 5-6 mins. or until soft. Drain.
2. Flake salmon and mix with vegetables.
3. Melt butter in jug on HIGH power for approx. 20-30 secs. Stir in flour then milk. Cook on HIGH power for 2 mins. or until mixture boils and thickens; stir halfway. Stir in cheese, cream and seasoning. Pour cheese sauce over vegetables and salmon.
4. Melt extra butter in a small bowl on HIGH power for approx. 15-20 secs. Stir in breadcrumb parsley and paprika. Sprinkle over vegetable mixture.
5. Cook on **Combination: TURBO-BAKE 230°C + Grill 3 + LOW** power for 10-12 mins. or until golden brown.

Ingredients

225 g (8 oz) tomatoes
125 ml (4 fl.oz) olive oil
30 ml (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
150 ml (1/4 pt) dry white wine
4 sprigs thyme
small piece of orange peel
4 strands saffron
5 ml (1 tsp) chilli sauce
450 g (1 lb) cod, haddock or coley
450 g (1 lb) mixed seafood
4 large fresh prawns
bunch of dill to garnish

Ingredients

50 g (2 oz) butter
50 g (2 oz) flour
450 ml (1/2 pt) milk
150 g (4 oz) Cheddar cheese, grated
salt and pepper
pinch grated nutmeg
450 g (1 lb) frozen spinach
450 g (1 lb) smoked haddock fillet, skinned
50 g (2 oz) breadcrumbs

Ingredients

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

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, heat on HIGH power for 1 min. and mix well. Add the onions and leek, cook on HIGH power for 3-4 mins. or until soft.
2. Add the garlic, tomatoes, stock, wine, thyme and orange peel, saffron and chilli sauce. Heat on HIGH power for 3-4 mins. Skin the fish, cut into chunks and add to the tomato liquid. Cook on HIGH power for 3-4 mins. or until the fish is cooked. Add the mixed seafood and prawns and heat again for 2-3 mins. on HIGH power or until hot, taking care not to overcook the fish.
3. Serve garnished with Dill.

Haddock and Spinach Florentine

Serves 4

Dish: 20 cm (8") square dish Oven Accessory: glass turntable + metal tray + low rack

1. Mix together the butter, flour and milk in a large jug and cook uncovered on HIGH power for 4-5 mins. or until the sauce has thickened, whisking every minute. Stir in half of the cheese and season well with salt, pepper and nutmeg.
2. Place spinach in the dish and cook covered on HIGH power for 6-7 mins. or until cooked. Place in a sieve and drain thoroughly, then place back into the dish.
3. Place the fish in a single layer on top of the spinach. Cook covered on HIGH power for 4-5 mins. or until tender.
4. Pour the cheese sauce over the fish to cover it completely. Cook uncovered on HIGH power for 3 mins. then sprinkle the remaining cheese and breadcrumbs on top. Brown under the GRILL for 5-6 mins. or until brown and crisp.

Fish Curry

Serves 6

Dish: large casserole

Oven Accessory: glass turntable

1. Melt the butter in the casserole dish on HIGH power for 30 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 3-4 mins. or until fish flakes, stirring occasionally.
5. Break up the coconut with a fork, then stir into the curry. Leave to stand for 5 mins. before serving with boiled rice.

Crispy Mussels

Ingredients

1 clove garlic, crushed
 15 ml (1 tbsp) parsley
 pinch of ground cumin
 15 ml (1 tbsp) coriander
 30 ml (2 tbsp) soft butter
 30 ml (2 tbsp) breadcrumbs
 freshly ground pepper
 24 fresh green top mussels on the half shell

Oven Accessory: glass turntable + metal tray + grill accessory

1. Beat the garlic, parsley, cumin, coriander and butter together. Add the breadcrumbs and pepper. Mix well.
2. Put a teaspoon of the mixture onto each mussel. Place on the Grill accessory and brown on Grill 1 for 2-3 mins. or until golden and bubbling.

Tuna & Sweetcorn Lasagne

Ingredients

15 ml (1 tbsp) vegetable oil
 1 clove garlic, crushed
 1 large onion, chopped
 1 x 397 g (14 oz) can chopped tomatoes
 15 ml (1 tbsp) tomato puree
 1 x 397 g (14 oz) tin tuna, drained
 1 x 200 g (7 oz) can sweetcorn, drained
 1 x 200 g (7 oz) can sliced carrots, drained
 100 g (4 oz) broccoli florets
 100 g (4 oz) cashew nuts
 salt and pepper
 50 g (2 oz) butter
 50 g (2 oz) plain flour
 600 ml (1 pt) milk
 175 g (6 oz) grated cheddar cheese
 30 ml (2 tbsp) chopped mixed herbs
 10 sheets lasagne (precooked)

Oven Accessory: glass turntable + metal tray

Dish: 24 cm (9") square dish

1. Place oil, garlic and onions in a bowl. Cover and cook on HIGH power for 2-3 mins. or until softened.
2. Add the tomatoes, puree, tuna, sweetcorn, carrots, broccoli, nuts and seasoning. Cover and cook on HIGH power for 10-12 mins. or until vegetables are softened. Stir frequently.
3. Melt the butter in a large jug on HIGH power for 30-40 secs. Stir in the flour then add the milk gradually to form a smooth paste. Cook on HIGH power for 5 mins. or until the sauce is thick and bubbling. Stir frequently. Add 150 g (5 oz) of the grated cheese, herbs and season to taste.
4. Pour half the tuna mixture over the base of the dish. Top with half the lasagne and half the sauce. Repeat the layers ending up with the final layer of sauce. Sprinkle with the remaining cheese. Cook on **Combination: Convection 190°C + SIMMER** power for 25-30 mins. or until the pasta is tender.

Mixed Seafood Gratin

Ingredients

50 g (2 oz) onion
 2 garlic cloves
 50 g (2 oz) butter
 15 ml (1 tbsp) plain flour
 100 ml (4 fl.oz) white wine
 50 ml (2 fl.oz) milk
 150 ml (1/2 pt) cream
 175 g (6 oz) Emmental cheese
 450 g (1 lb) mixed cooked seafood
 75 g (3 oz) watercress
 100 g (4 oz) Tortilla chips
 50 g (2 oz) breadcrumbs
 seasoning

Dish: 24 cm (9") round gratin dish Oven Accessory: glass turntable + metal tray + low rack

1. Chop the onion and garlic. Place with butter in a large bowl and soften on HIGH power for 3-4 mins. Add the flour and pour in the wine and milk gradually. Stir well. Thicken on HIGH power for 3-4 mins, stirring halfway. Add the cream and cheese.
2. Add the seafood and watercress to the sauce and mix well. Season to taste.
3. Spoon into the gratin dish and top with the crushed tortilla chips and breadcrumbs.
4. Cook on **Combination: TURBO-BAKE 230°C + Grill 3 + LOW** power for 12-14 mins or until crisp and piping hot.

Meat and Poultry

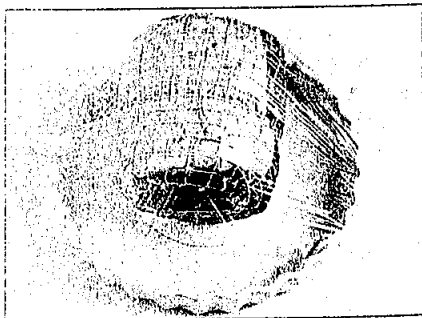
Guidelines

DEFROSTED JOINTS

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

FAT

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



How to roast a joint by microwave

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

ROASTING BAGS

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

Do not use the metal twists supplied.

TIPS

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

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

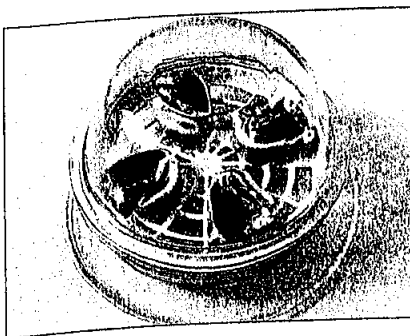
Crispy Bacon - place on a microwave safe rack (optional extra obtainable from cookware shops). Cover with a plain piece of kitchen towel to minimise splatter. Cook on **HIGH** power for approx. 45 secs. per rasher, or until desired crispness is achieved.

STANDING TIME

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

BONE

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



How to cook small cuts of meat by microwave

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

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

TURNING

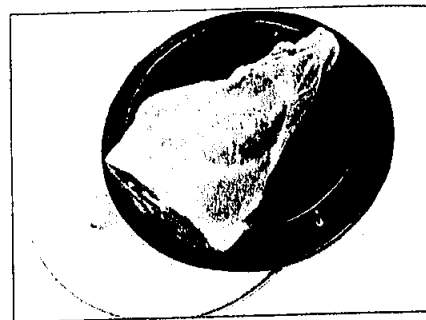
Joints and poultry should be turned over halfway through cooking.

SHIELDING

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

How to roast a joint by Combination

Place the joint on Low Rack in Metal Tray and place on Glass Turntable.



Ingredients

- 350 g (12 oz) aubergine
- olive oil
- 50 g (2 oz) grated Parmesan cheese
- 10 ml (2 tsp) dried marjoram
- 4 skinless chicken breasts
- 1 egg, beaten
- 1 onion, chopped
- 2 cloves of garlic, crushed
- 400 g (14 oz) canned chopped tomatoes
- 15 ml (1 tbsp) tomato puree
- salt and pepper
- 100 g (4 oz) Mozzarella cheese, grated

Cheesey Aubergine Chicken

Serves 4

Dish: rectangular ceramic dish

Oven Accessory: glass turntable + grill accessory + metal tray

1. Thinly slice the aubergine. Brush each side with oil and place on the grill accessory. Cook on **GRILL 1** for 10 mins, turning halfway. The aubergine should be golden and crisp.
2. Mix the parmesan with 5 ml (1 tsp) marjoram. Dip the chicken in the beaten egg. Then the cheese mixture. Cover and chill in the fridge for 10-15 mins.
3. Chop the onion and garlic, place in a bowl with 15 ml (1 tbsp) of olive oil. Cover and cook on **HIGH** power for 3 mins, or until soft. Stir in the tomatoes, tomato puree, marjoram and seasoning. Cook on **HIGH** power for 3 mins, or until hot.
4. Pour the sauce into the ceramic dish. Place the chicken, aubergine and mozzarella cheese in overlapping rows over the sauce.
5. Cook on **Combination: Convection 190°C + SIMMER** power for 35-40 mins, or until golden and the chicken is cooked.

Ingredients

- 1 large avocado
- 50 g (2 oz) red onion
- 100 g (4 oz) tomato
- 1 red pepper
- 2 garlic cloves, crushed
- 60 ml (4 tbsp) olive oil
- 15 ml (1 tbsp) lime juice
- 30 ml (2 tbsp) chopped parsley
- seasoning
- 4 chicken breasts with skin

Crispy Chicken with Hot Salsa

Serves 4

Dish: square ceramic dish

Oven Accessory: glass turntable + metal tray + low rack

1. Mix together the chopped avocado, onion, tomato and red pepper then mix with the crushed garlic, 30 ml (2 tbsp) of the olive oil, lime juice, parsley and seasoning.
2. Flatten the chicken breasts with a damp rolling pin. Lift the skin to create a pocket and stuff with the salsa mixture.
3. Place the chicken in roasting dish. Drizzle with olive oil and cook in a preheated oven on **TURBO-BAKE 220°C + GRILL 2** for 25-30 mins or until cooked and golden.

Ingredients

- 1/2 cauliflower, divided into florets
- 3 carrots, peeled and sliced
- 3 parsnips, peeled and sliced
- 450 g (1 lb) Cumberland sausage
- 15 ml (1 tbsp) sunflower oil
- 1 onion, chopped
- 30 ml (2 tbsp) mild curry paste
- 400 g (14 oz) tin of mixed spicy beans

Cumberland Sausage Curry

Serves 4

Dish: large Pyrex® bowl

Oven Accessory: glass turntable, metal tray + grill accessory

1. Prepare the vegetables.
2. Grill the sausages on **GRILL 1** for 10 mins or until browned and cut into 5 cm (2") chunks.
3. Place the onion in a large Pyrex® bowl with the sunflower oil and cook covered on **HIGH** power for 3 mins, or until soft.
4. Stir in the curry paste, add the vegetables, sliced sausage and beans plus 150 ml (1/4 pt) boiling water. Cook on **HIGH** power for 10 mins, then **LOW** power for 15-20 mins, or until the vegetables are soft and the curry is piping hot.

Ingredients

1 kg (2 1/2 lb) pork spare ribs
300 ml (1 pt) water
225 g (8 oz) can crushed pineapple
150 ml (1/2 pt) HP Fruity Sauce
15 ml (1 tbsp) brown sugar
45 ml (3 tbsp) soy sauce
5 ml (1 tsp) fresh grated ginger

Hawaiian Ribs

Serves 2

Dish: 20 x 25 cm (8 x 10") rectangular dish Oven Accessory: glass turntable + metal tray + grill accessory

1. Place the ribs in a single layer in dish with the water, cover and cook on HIGH power for 10 mins. Drain.
2. Place all other ingredients in blender and blend until smooth. Dip each rib in the sauce ensuring they are well coated.
3. Place on grill accessory and cook on Combination: TURBO-BAKE 230°C + Grill 3 + LOW power for 20 mins. or until cooked and crisping. Baste with extra sauce if required. Turn occasionally.

Ingredients

30 ml (2 tbsp) oil
1 medium onion, chopped
1 green pepper, deseeded and chopped
225 g (8 oz) carrots, sliced
450 g (1 lb) lean pork, cubed
30 ml (2 tbsp) seasoned flour
5 ml (1 tsp) ground bay leaves
5 ml (1 tsp) dried sage
salt and pepper
300 ml (1/2 pt) dry cider
Dumplings:
175 g (6 oz) soft raising flour
75 g (3 oz) suet
pinch of salt
5 ml (1 tsp) mustard powder
15 ml (1 tbsp) fresh parsley, chopped
150 ml (1/4 pt) cold water

Casserole Pork with Herby Dumplings

Serves 4

Dish: large casserole and lid Oven Accessory: glass turntable + metal tray

1. Place oil, onion, green pepper and carrots in dish, cover and cook on HIGH power for 5 mins. or until soft.
2. Toss pork in seasoned flour and add to onion mixture. Stir in all other ingredients, cover and cook on Combination: Convection 160°C + WARM power for 1 hr or until pork is tender.
3. Whilst cooking make the dumplings by combining the flour, mustard, salt, suet 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 Combination: Convection 160°C + WARM power for 15 mins. or until dumplings are cooked through.

Ingredients

100 g (4 oz) plain flour
3 ml (1/2 tsp) salt
2 eggs
300 ml (1/2 pt) milk and water
25 g (1 oz) lard or dripping
450 g (1 lb) sausages

Toad In The Hole

Serves 4

Dish: 25 x 18 cm (10" x 7") oblong tin Oven Accessory: glass turntable + metal tray + low rack

1. Preheat oven on Convection 220°C.
2. Sift flour and salt in a bowl. Add egg and half the liquid. Beat until smooth. Gradually stir in remaining liquid.
3. Put fat in tin with sausages and place in the preheated oven until fat is sizzling hot.
4. Pour in the batter and cook for 30-35 mins. or until the batter is well risen and golden brown.

Ingredients

- 750 g (1½ lb) boneless leg of pork, cubed
- 225 g (8 oz) onion, chopped
- 450 g (1 lb) parsnips, sliced
- 1 garlic clove, crushed
- 15 ml (1 tbsp) ground coriander
- 5 ml (1 tsp) cumin seeds or ground cumin
- 30 ml (2 tbsp) flour
- 300 ml (1 pt) beef stock
- 300 ml (1 pt) apple juice
- salt and pepper

Ingredients

Filling:

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

Pastry:

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

Ingredients

- 675 g (1½ lb) braising steak, cubed
 - 3 large onions, sliced thinly
 - 1 clove garlic, crushed
 - 30 ml (2 tbsp) seasoned flour
 - 15 ml (1 tbsp) brown sugar
 - 300 ml (1½ pt) hot beef stock
 - 300 ml (1½ pt) light ale
 - 15 ml (1 tbsp) wine vinegar
 - 5 ml (1 tsp) mixed herbs
 - 2 bay leaves
- Topping:*
- 8 x 2.5 cm (1") slices of French bread
 - 15 ml (1 tbsp) French mustard
 - 60 ml (4 tbsp) butter, softened
 - 1 clove garlic, crushed

Harvest Pork Casserole

Serves 4

Dish: large casserole and lid

Oven Accessory: glass turntable + metal tray

1. Place the cubed pork, chopped onion, sliced parsnips, crushed garlic, coriander and cumin in a large casserole dish.
2. Stir in the flour.
3. Gradually add the stock, apple juice and seasoning.
4. Cover and cook on HIGH power for 15 mins. Stir then cover and cook on **Combination: Convection 160°C + WARM power** for 1½ - 1¾ hours or until the meat is tender.

Steak and Kidney Pudding

Serves 4

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

Oven Accessory: glass turntable

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

Belgian Beef Casserole

Serves 4

Dish: large casserole with lid

Oven Accessory: glass turntable + metal tray

1. Combine all the casserole ingredients in dish. Cover with lid and cook on **Combination: Convection 160°C + WARM power** for 1hr 30 mins, or until meat is tender. Remove bay leaves.
2. Blend mustard, butter and garlic. Spread over one side of each bread slice.
3. Uncover casserole and arrange bread on top. Return to oven and cook uncovered on **Combination: Convection 160°C + WARM power** for a further 15 mins. The casserole is ready when the bread slices are crisp and golden.

Ingredients

800 g (1½ lb) braising steak, cubed
 45 ml (3 tbsp) seasoned flour
 200 ml (1 pt) hot beef stock
 45 ml (3 tbsp) tomato puree
 30 ml (2 tbsp) paprika
 5 ml (1 tsp) sugar
 60 ml (¼ pt) soured cream

Hungarian Goulashi

Serves 4

Dish: large casserole + lid

Oven Accessory: glass turntable + metal tray

1. Toss meat in the flour. Combine all ingredients except the soured cream in casserole dish.
2. Cook on **Combination: Convection 160°C + WARM** power for 1hr 30 mins. or until the meat is tender.
3. Remove from oven and immediately stir in the soured cream. Serve with ribbon noodles.

Ingredients

15 ml (1 tbsp) oil
 1 large onion, sliced
 3 cloves garlic, crushed
Spices and Flavourings:
 10 ml (2 tsp) ground coriander
 3 ml (½ tsp) chilli powder, ground cardamom, ground cloves
 15 ml (1 tbsp) garam marsala
 15 ml (1 tbsp) ground turmeric
 5 ml (1 tsp) ground cumin
 30 ml (2 tbsp) flour
 15 ml (1 tbsp) tomato puree
 450 g (1 lb) shoulder of lamb, cubed
 juice of 1 lemon
 5 ml (1 tsp) sugar
 25 g (1 oz) sultanas
 pinch of salt
 450 ml (¾ pt) hot stock

Madras Curry

Serves 4

Dish: large casserole dish with lid

Oven Accessory: glass turntable + metal tray

1. Place the oil, onion and garlic in casserole dish. Cover and cook on **HIGH** power for 3 mins.
2. Blend in all the spices and cook on **HIGH** power for 2 mins.
3. Stir in the flour and tomato puree. Add all other ingredients including meat. Blend in hot stock.
4. Cover and cook on **Combination: Convection 160°C + WARM** power for 1hr-1hr 30 mins. or until meat is tender. Serve with boiled rice and lemon or lime wedges and poppadoms.

Ingredients

1 aubergine, sliced
 30 ml (2 tbsp) oil
 2 cloves garlic, crushed
 1 medium onion, chopped
 396 g (14 oz) can tomatoes
 30 ml (2 tbsp) tomato puree
 350 g (7.2 oz) lamb, cooked and finely diced
 salt and pepper
Topping:
 2 eggs
 150 ml (¼ pt) single cream
 100 g (4 oz) cheese, grated
 25g (1 oz) Parmesan cheese, grated

Moussaka

Serves 4

Dish: 20 cm (8") souffle dish

Oven Accessory: glass turntable + metal tray

1. Place aubergines in a large colander and sprinkle liberally with salt. Stand for 20 mins. or until bitter juices run out. Rinse well under cold water and drain.
2. Place oil, garlic, onion and aubergine in dish. Cover and cook on **HIGH** power for 2 mins. or until softened.
3. Add tomatoes and puree and cook re-covered on **HIGH** power for 7 mins. Add lamb and season, mix well.
4. Whisk eggs, cream and cheese together and pour over lamb. Sprinkle with Parmesan cheese and cook on **Combination: Convection 190°C + SIMMER** power for 15-20 mins. until topping is puffed and golden.