

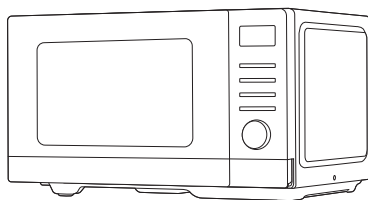


Operating Instructions

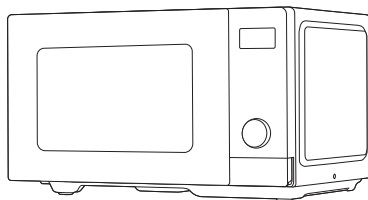
Microwave Oven

Model No. **NN-SD37QS**
NN-SD35QB

Household Use Only



NN-SD37QS



NN-SD35QB



IMPORTANT SAFETY INSTRUCTIONS
PLEASE READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Scan the QR code for more information.



NN-SD37QS

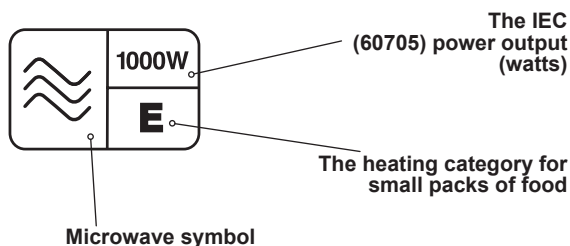
<https://www.panasonic.com/nn-sd37qs/>



NN-SD35QB

<https://www.panasonic.com/nn-sd35qb/>

Important Notice



Thank you for purchasing a Panasonic Microwave Oven.

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

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

Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating and cooking on page **35-41** of this book.

Always check the progress of the food as it cooks or reheats by simply opening the door. After checking the progress of the foods, press **Start/Set** to continue the cooking time.

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



Customer Communications Centre 0344 844 3899

Selected Spares and Accessories:

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

For Cookery Advice call: 01344 862108 (open Monday to Wednesday 9am - 12pm)
Alternatively visit our web site at **experience-fresh.eu**

Or write to the address below:

Home Appliance Innovation Centre
Panasonic UK, a branch of Panasonic Marketing Europe GmbH,
Maxis 2
Western Road
Bracknell
Berkshire
RG12 1RT
UK

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Thank you for purchasing a Panasonic appliance.

Panasonic Corporation Osaka, Japan
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Safety Instructions

- Important safety instructions. Before operating this oven, please read these instructions carefully and keep for future reference.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction by a person responsible for their safety concerning the use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision. Keep the appliance and its cord out of reach of children less than 8 years.
- When this oven is installed, it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker.
- If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- **WARNING!** The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.
- Repairs should only be by a qualified service person.

Safety Instructions

- **WARNING!** Do not attempt to tamper with or make any adjustments or repairs to the door, control panel housing, safety interlock switches or any other part of the oven. Do not remove the outer panel from the oven which gives protection against exposure to microwave energy. Repairs should only be by a qualified service person.
- **WARNING!** Liquids and other foods must not be heated in sealed containers since they are liable to explode.
- **WARNING!** Do not place this oven near an electric or gas cooker range.
- **WARNING!** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
- This oven is intended for Counter-top use only. It is not intended for built-in use or for use inside a cupboard.
- **WARNING!** The appliance shall be disconnected from its power source during service and when replacing parts. Following the removal of the supply plug, the plug should remain visible to the service operator to ensure that inadvertent reconnection is avoided.

For Countertop Use:

- Oven must be placed on a flat, stable surface 85 cm above the floor, with rear of oven placed against a back wall. If one side of the oven is placed flush to a wall, the other side or top must not be blocked. Allow 15 cm of space on the top of the oven.

Safety Instructions

- When heating food in plastic or paper containers, check the oven frequently as these types of containers ignite if overheated.
- If smoke is emitted or a fire occurs in the oven, press Stop/Cancel pad and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at fuse or circuit breaker panel.
- This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and other working environments;
 - farm houses;
 - by clients in hotels, motels and other residential environments;
 - bed and breakfast type environments.
- Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
- The contents of feeding bottles and baby food jars are to be stirred or shaken. The temperature has to be checked before consumption to avoid burns.
- Do not cook eggs in their shells and whole hard-boiled eggs by **microwave**. Pressure may build up and the eggs may explode, even after the microwave heating has ended.
- Clean the inside of the oven, door seals and door seal areas regularly. When food splatters or spilled liquids adhere to the 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 abrasive is not recommended. **Do not use commercial oven cleaners.**

Safety Instructions

- Failure to maintain the oven in a clean condition could lead to deterioration of surfaces that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- A steam cleaner is not to be used for cleaning the appliance.
- This appliance is not intended to be operated by means of an external timer or separate remote-control system.
- In case of electronic failure, oven can only be turned off at wall socket.
- Only use utensils that are suitable for use in microwave ovens.
- Do not use harsh, abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
- This microwave oven is intended for heating food and beverages only. Take care when heating food low in moisture, e.g. bread items, chocolate, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long. We do not recommend heating food low in moisture such as popcorn or poppadoms.
- Drying of food, newspapers or clothing and heating of warming pads, slippers, sponges, damp cloths, wheat bags, hot water bottles and similar may lead to risk of injury, ignition or fire.
- 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.
- Metallic containers or dishes with metallic trim should not be used during microwave cooking. Sparking will occur.

Safety Instructions

Read carefully and keep for future reference.

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

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

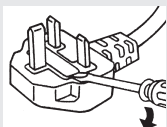
Should the fuse need to be replaced, please ensure that the replacement fuse has the correct rating for the type of mains plug fitted and that it is approved by ASTA or BSI to BSI362.

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

If the fuse cover is detachable, never use the plug with the cover omitted. 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.

This appliance must be earthed.

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.

Disposal of Old Equipment



Information on Disposal for Users of Waste Electrical & Electronic Equipment (Private Households)

This symbol on the products and/or accompanying documents means that used electrical and electronic products should not be mixed with general household waste.

For proper treatment, recovery and recycling, please take these products to designated collection points, where they will be accepted on a free of charge basis. Alternatively, in some countries you may be able to return your products to your local retailer upon the purchase of an equivalent new product.

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

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

For Business Users in the European Union

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

Information on Disposal in Other Countries Outside the European Union

This symbol is only valid in the European Union.

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

Before Using Your Oven

Examine your Microwave

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

Guarantee

2. Your receipt is your guarantee, please keep safely.

Cord

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

■ Note

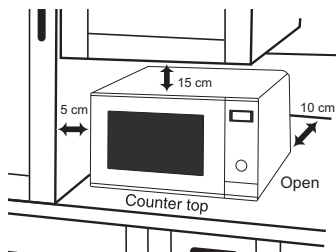
The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

Placement of Your Oven

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

Counter-top Use:

1. Place the oven on a flat and stable surface more than 85 cm above the floor.
2. 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.
3. For proper operation, ensure sufficient air circulation for the oven.
4. Allow 15 cm of space on the top of the oven, 10 cm at the back, 5 cm on one side, and the other side must be opened more than 40 cm.
5. Do not place this oven near an electric or gas cooker range.
6. The feet should not be removed.
7. This oven is only for household usage. Do not use outdoors.
8. This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and other working environments;
 - farm houses;
 - by clients in hotels, motels and other residential environments;
 - bed and breakfast type environments.
9. The power cord should not touch the outside of the oven. Keep the cord away from hot surfaces. Do not let the cord hang over the edge of a table or work top. Do not immerse the cord, plug or oven in water.
10. Do not block the air vents on the sides and back of the oven. If these openings are blocked during operation the oven may overheat. In this case the oven is protected by a thermal safety device and resumes operation only after cooling down.



Maintenance of Your Oven

Service

1. **When your oven requires a service** call your local Panasonic engineer (**Customer Communications Centre** on **0344 844 3899** can recommend an engineer).

Door Seals

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

Oven Light

3. The oven lamp must be replaced by a service technician trained by the manufacturer. **Do not** attempt to remove the outer casing from the oven.

Selected Spares and Accessories

4. These may be ordered direct; on line at **www.panasonic.co.uk** or by telephoning the **Customer Communications Centre** on **0344 844 3899**. Most major credit and debit cards accepted. Ensure you quote the correct model number.

It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

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.

Important Information - Read Carefully

Use of Your Oven

1. Do not use the oven for any reason other than the preparation of food. This oven is specifically designed to heat or cook food. Do not use this oven to heat chemicals or other non-food products.
2. When the oven is not being used, do not store any objects inside the oven in case it is accidentally turned on.
3. The appliance must not be operated without food in the oven. Operation in this manner may damage the appliance.
4. Before use, check that utensils/containers are suitable for use in microwave ovens.
5. If smoke is emitted or a fire occurs in the oven, press Stop/Cancel pad and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at fuse or 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 food and utensils used. As you become familiar with the oven, you will be able to adjust these factors.

It is better to initially undercook rather than overcook food. 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.

Important Information - Read Carefully

Small Quantities of Food

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

■ Note

Never operate the oven without food inside

Foods Low in Moisture

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

Christmas Pudding

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

Boiled Eggs

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

Foods with Skins

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

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:

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

Lids

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

Deep Fat Frying

Do not attempt to deep fat fry in your oven.

Meat Thermometer

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

Important Information - Read Carefully

Paper & Plastic

When heating food in plastic or paper containers keep an eye on the oven due to the possibility of ignition. Do not use wire twist-ties with roasting bags as arcing will occur. Do not use recycled paper products, e.g. kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.

Utensils/Foil

Do not heat any closed cans or bottles because they might explode. Metallic containers or dishes with metallic trim should not be used during microwave cooking. Sparking will occur.

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 75°C with a food thermometer – but remember do not use this thermometer inside the microwave).

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

Standing Time

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

Keeping your Oven Clean

It is essential for the safe operation of the oven that it is wiped out regularly. Use warm soapy water, squeeze the cloth out well and use to remove any grease or food from the interior. Pay particular attention to the door seal area. The oven should be unplugged when cleaning.

Fan Motor Operation

After using the oven the fan motor may rotate for a few minutes 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.

Babies Bottles and Food Jars

When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked. This should be carried out before consumption to avoid burns. See page 34.

Arcing

Arcing may occur if a metallic container has been used accidentally or if the incorrect weight of food is used. Arcing is when blue flashes of light are seen in the microwave oven.

If this occurs, stop the machine immediately. If the oven is left unattended and this continues it can damage the machine.

Oven Accessories

Accessories

The oven comes equipped with a variety of accessories. Always follow the directions given for use of the accessories.

Glass Tray

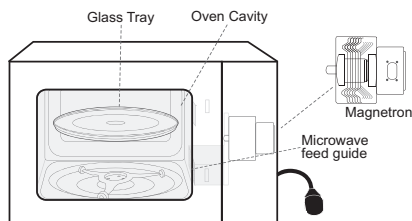
1. Do not operate the oven without the roller ring and the glass tray in place.
2. Never use another type of glass tray than the one specially designed for this oven.
3. If the glass tray is hot, let it cool before cleaning or placing in water.
4. The glass tray can turn in either direction.
5. If the food or cooking vessel on the glass tray touches the oven walls and stops the tray rotating, the tray will automatically rotate in the opposite direction. This is normal.
6. Do not cook directly on the glass tray. Always place food in a microwave safe dish.
7. While cooking by microwave the glass tray may vibrate. This will not affect cooking performance.

Roller Ring

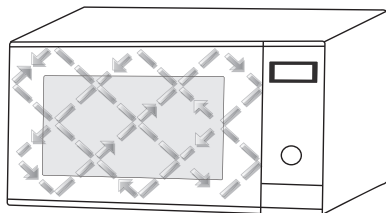
1. Do not remove the roller ring from the oven cavity floor.
2. The roller ring and the oven cavity floor should be cleaned frequently to prevent noise and build-up of remaining food.
3. The roller ring must always be used for cooking together with the glass tray.
4. If you accidentally remove the roller ring, place the roller ring gently into the hole in the centre of the oven and locate it on the spindle beneath.
Flat processing is applied on the spindle to firmly hold the roller ring during operation.

Microwaving Principles

Microwaves are present in the atmosphere all the time, both naturally and from manmade sources. Manmade sources include radar, radio, television, telecommunication links and mobile phones.

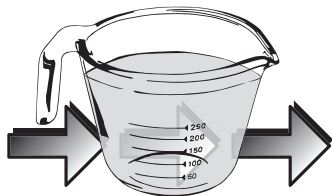


In a microwave oven, electricity is converted into microwaves by the **magnetron**.



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.

Note

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

Microwaves cannot pass through metal and therefore metal cooking utensils can never be used in a microwave, for cooking on microwave only.

How Microwaves Cook Food

The microwaves cause the water molecules to vibrate which causes **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

Foods Not Suitable for Cooking by Microwave Only

Yorkshire Puddings and Souffles. This is because these foods rely on dry external heat to cook correctly, do not attempt to cook by microwave. Foods that require deep fat frying cannot be cooked either.

Standing Time

When a microwave oven is switched off, the food will continue to cook by conduction – **Not by microwave energy, hence standing time** is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals (refer to page 19).

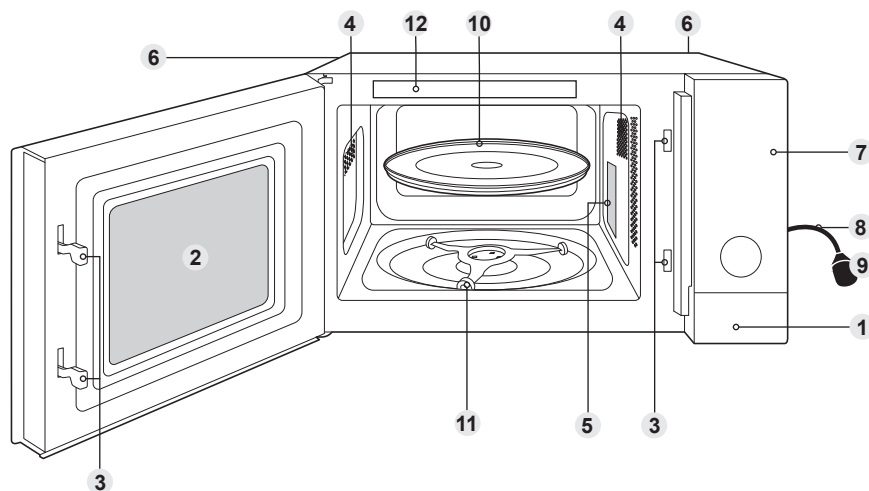


Boiled Eggs

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

Parts of Your Oven

- 1. Door release**
Press to open the door. When you open the oven door during cooking, the cooking is stopped temporarily without clearing earlier made settings. The cooking is resumed as soon as the door is closed and Start/Set pad pressed.
- 2. See-through oven window**
- 3. Door safety lock system**
- 4. Oven air vent**
- 5. Microwave feed guide (do not remove)**
- 6. External oven air vents**
- 7. Control panel**
- 8. Power supply cord**
- 9. Plug**
- 10. Glass Tray**
- 11. Roller ring**
- 12. Menu label**

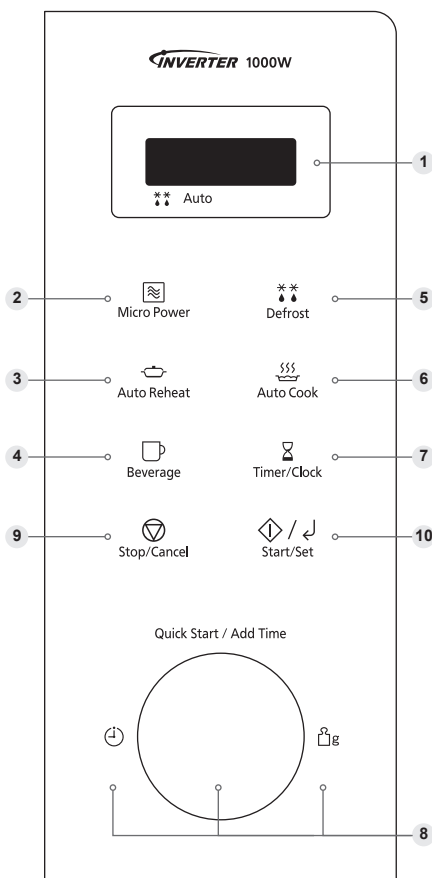


Identification label is attached on the oven.

■ Note

The illustration is for reference only.

Control Panel



- Your control panel may have differences in appearance, but the words on the pads and functionality will be the same.

■ Beep sound

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

1. Display window
2. Micro Power pad (page 24)
3. Auto Reheat pad (pages 32-33)
4. Beverage pad (page 27)
5. Auto defrost pad (pages 30-31)
6. Auto Cook pad (pages 32-33)
7. Timer/Clock pad (page 23, 28)
8. Dial

Enter time or weight of food by turning the dial. Use the dial for the Quick Start and Add Time function. (page 25, 27)

9. Stop/Cancel pad:

Before cooking:

One press clears your instructions

During cooking:

One press temporarily stops the cooking programme. Another press cancels all your instructions and a "0" or the time of the day will appear in the display.

10. Start/Set pad

Press to start operating the oven. If during cooking the door is opened or **Stop/Cancel** is pressed once, Start/Set has to be pressed again to continue cooking.

Press to confirm setting after you select the microwave level or Auto programme number.

This oven is equipped with an energy saving function.

■ Notes

1. If an operation is set and Start/Set pad is not pressed, after 6 minutes the oven will automatically cancel the operation. The display will revert back to clock or "0".
2. Place the oven with the display window no higher than eye level for optimal viewing experience.

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 minutes wrapped in aluminium foil.

Jacket Potato

After being cooked in microwave only, remove and wrap in aluminium foil to stand. Stand for 15 minutes.

Light Cakes

Stand 5 minutes before removing from dish.

Rich Dense Cakes

Stand 15-20 minutes.

Fish

Stand 2-3 minutes.

Egg Dishes

Stand 1-2 minutes.

Precooked Convenience Food

Stand for 1-2 minutes.

Plated Meals

Stand for 2-3 minutes.

Vegetables

Boiled potatoes benefit from standing 1-2 minutes, however most other types of vegetables can be served immediately.

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

Defrosting

It is essential to allow standing time to complete the process. This can vary from 5 minutes e.g. raspberries, to up to 1 hour for a joint of meat. See pages 25-26.



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 freshly purchased ingredients.



Cling Film

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

General Guidelines



Dish Size

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



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 with the thicker parts 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. Food temperature should be between 5-8 °C before cooking.



Turning and Stirring

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



Liquids

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

Do not overheat.



Checking Food

It is essential that food is checked during and after a recommended cooking time, even if an **auto programme** 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. Wipe with a soft damp cloth, always wipe the oven dry after cleaning. Avoid any plastic parts, the roof of the oven and door area.

Containers to Use

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

Testing Dishes for Suitability

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

1. Fill a microwave safe measuring jug with 300 ml ($\frac{1}{2}$ pt) cold water.
2. Place it on the glass tray 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 1000 W 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 absorbing microwave energy.

■ Note

This test does not apply to plastic or metallic 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. Do not use delicate glass or lead crystal which may crack or arc.



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 metallic rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt.



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.



Foil/Metallic Containers

Never attempt to cook in foil or metallic containers on microwave only as the microwaves cannot pass through and the food will not heat evenly, it may also damage your oven.

Containers to Use

Plastic

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

Paper

Plain white 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 recycled 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

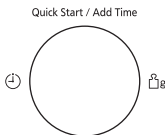
Microwave cling film can only be used for covering food that is reheated by microwave. It is also useful for covering food to be cooked, but care should be taken to avoid the film being in direct contact with the food e.g. Do not line dishes with cling film. Do not use on any other cooking mode.

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 metallic twists supplied, when using microwave.

Setting the Clock

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

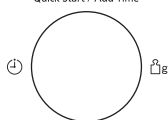


Press Timer/Clock twice.
Hours starts to blink.

Turn the dial to set hours.

Press Start/Set.
Minute starts to blink.

Quick Start / Add Time



Turn the dial to set minutes.

Press Start/Set.
Time of day is now locked into the display.

■ Notes

1. To reset time of day, repeat the whole step above.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. This is a 24 hour clock, ie 2pm = 14:00 not 2:00.

Child Lock

Using this system will make the oven controls inoperable; however, the door can be opened. Child lock can be set when the display shows a “0” or the time.

To set:



Press Start/Set three times.
The time of day will disappear. Actual time will not be lost. “L ---” is indicated in the display.

To cancel:



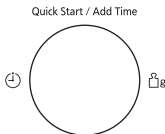
Press Stop/Cancel three times.
The time of day will reappear in the display.

■ Note

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

Microwave Cooking and Defrosting

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



Press Micro Power.

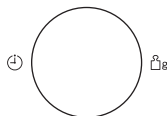
The wattage appears in the display.

Turn the dial to select the desired power level.

(You can also press Micro Power repeatedly to select the power level.)

Press Start/Set to confirm the setting.

Quick Start / Add Time



Turn the dial to set the cooking time.

Press Start/Set.

The time in the display will count down.

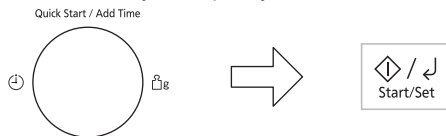
Power Level		Max. time available
1000 W	High	30 minutes
800 W	Med High	95 minutes
600 W	Medium	
440 W	Low	
300 W	Simmer	
160 W	Defrost	
100 W	Warm	

■ Notes

- After the operation is finished, "Add" is displayed for about 1 minute on the display. While displaying, you can use Add Time function, refer to page 27. To cancel Add Time function, press any pad when "Add" is displayed.
- For multi-stage cooking refer to page 29.
- Stand time can be programmed after microwave power and time setting. Refer to using the timer page 28.
- You can change the cooking time during cooking if required. Turn the dial to increase or decrease the cooking time. Time can be increased/decreased in 10 seconds increments, up to 10 minutes.
- Do not** use metallic containers on microwave mode.
- When the microwave oven is operated at 1000 W (High) microwave power for long time, the microwave oven automatically adjust the power to protect the components of the microwave oven.

Quick Start Function

This function allows you to quickly start the 1000 W microwave programme.



Turn the dial to set the cooking time.

Microwave power level is automatically set to 1000 W.

Press Start/Set.

The 1000 W microwave power programme will start and the time in the display will count down.

■ Notes

1. Maximum cooking time for the Quick Start function is 30 minutes.
2. You can use the Quick Start function to set the first stage of multi-stage cooking. Set the second or third stage after turning the dial. See page 29 for the multi-stage cooking.

Defrosting Guidelines

For Best Results:

1. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer or on a plastic rack if you have one.
2. Check food during defrosting, as foods vary in their defrosting speed.
3. It is not necessary to cover the food.
4. Always turn or stir the food especially when the oven “beeps”.
5. Minced meat, chops and other small items should be broken up or separated as soon as possible and placed in a single layer.
6. Allow standing time so that the centre of the food thaws out. (Minimum of 1 hour for joints of meat and whole chickens).



Arrange food in a single layer. Turn or break up food as soon as possible.

Defrosting Chart

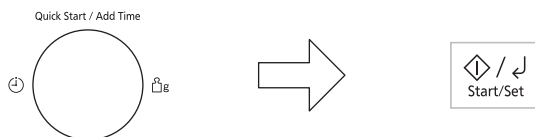
The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

Food	Weight	Time	Method
Meat			
Beef/Lamb/Pork joint	450 g	8-13 min.	For meat joints, placed on an upturned sauser or use a rack. Stand 60 min.
Minced beef (1)	450 g	8-13 min.	Stand 30 min.
Chops (2)	450 g	8-13 min.	Stand 15-20 min.
Sausages (2,3)	450 g	8-10 min.	Stand 15-20 min.
Bacon rashers (3)	450 g	7-9 min.	Stand 10 min.
Stewing steak	450 g	8-13 min.	Break up frequently. Stand 15 min.
Whole chicken	450 g	7-9 min.	Placed on an upturned sauser or use a rack. Stand 60 min.
Chicken portions (2,3)	450 g	8-13 min.	Stand 15-30 min.
Fish			
Whole (3)	450 g	13-17 min.	Stand 15-20 min.
Fillet/Steak (3)	450 g	8-10 min.	Separate. Stand 15-20 min.
Prawns (3)	450 g	8-10 min.	Stand 10-15 min.
General			
Bread sliced	400 g	3-4 min.	Separate and rearrange during defrosting. Stand 10-15 min.
Slice of bread	30 g	30 sec. - 1 min	Stand 1-2 min.
Pastry	450 g	3-4 min.	Turn halfway. Stand 10-15 min.
Soft fruit (3)	450 g	10-12 min.	Stand 10-15 min.

(1) Break up and turn several times. (2) Place in a single layer. (3) Turn or stir twice

Using the Add Time Function

This feature allows you to add cooking time at the end of previous cooking.



After cooking, turn the dial to set the additional time.

Maximum cooking time:

1000 W microwave power : 30 minutes

Other microwave powers : 95 minutes

Press Start/Set.

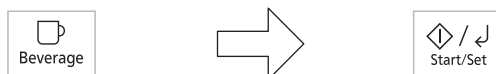
Time will be added. The time in the display window will count down.

■ Notes

1. After the operation is finished, "Add" is displayed for about 1 minute on the display. While displaying, you can use Add Time function again.
2. Add Time function will be cancelled, if you do not perform any operation for 1 minute after cooking, or if you press any pad when "Add" is displayed.
3. This function is only available for Microwave and it is not available for Auto programmes.
4. The Add Time function can be used after the multi-stage cooking.
The power level is the same as the last stage. This function will not operate if the last stage was standing time.

Using the Beverage Function

This function allows you to reheat beverage (e.g. tea, coffee, and milk) without setting power and time.



Press Beverage to select the desired amount of beverage. (After pressing Beverage, you can also use the dial to select the desired amount of beverage.)

The number of the cups appears in the display.

Press Start/Set.

The cooking programme will start and the time in the display will count down.

Press	Cup
once	1 cup (250 ml)
twice	2 cups (500 ml)

■ Notes

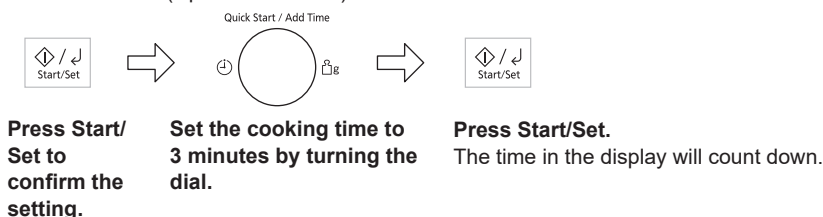
1. Use a microwave safe cup/bowl.
2. Heated liquids can erupt if not mixed with air. Do not heat beverage in your microwave oven without stirring before and halfway through heating.
3. Care must be exercised not to overheat liquids when reheating beverages. Start reheating from room temperature or refrigerator temperature. Overheating will cause an increased risk of scalding, or water eruption.

Using the Timer

Delay Start Cooking

By using the timer, you are able to programme delay start cooking.

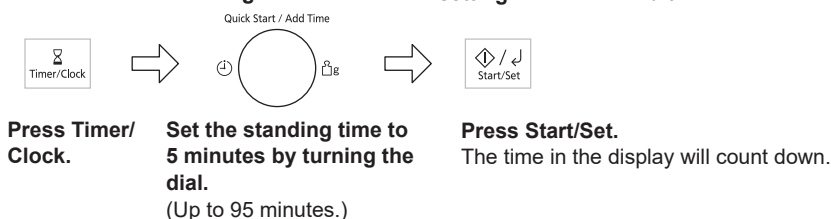
Example: To start cooking at 600 W (Medium) microwave power for 3 minutes after 5 minutes of standing time.



Stand Time

By using the timer, you can programme stand time after cooking is completed or use to programme the oven as a minute timer.

Example: To stand for 5 minutes after cooking at 600 W (Medium) microwave power for 3 minutes.



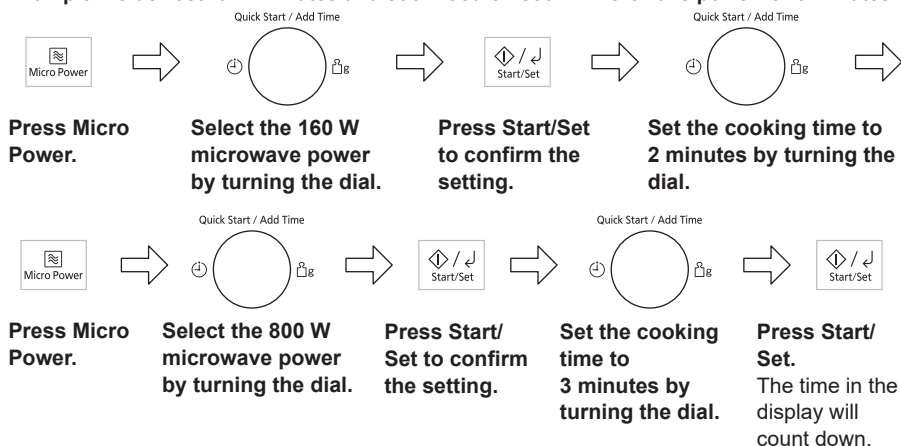
■ Notes

1. Three stage cooking can be programmed including delay start cooking or stand time.
2. If the oven door is opened during the stand time or minute timer, the time in the display window will continue to count down.
3. This feature may also be used as a minute timer. In this case press the Timer/Clock, set time and press Start/Set.
4. Delay start cooking and stand time cannot be programmed after an auto programme.

Multi-stage Cooking

2 or 3 Stage Cooking

Example: To defrost for 2 minutes and cook food on 800 W microwave power for 3 minutes.



■ Notes

1. For 3 stage cooking, enter another cooking programme before pressing Start/Set.
2. During operation, pressing Stop/Cancel once will stop the operation. Pressing Start/Set will re-start the programmed operation. Pressing Stop/Cancel twice will stop and clear the programmed operation.
3. Auto programmes cannot be used with multi-stage cooking.
4. When operating, 2 beeps will sound between each stage, and 5 beeps will sound after all stages have finished.
5. 1000 W (High) microwave power can be set only once in multi-stage cooking.

Auto Defrost

This feature allows you to defrost minced meat, chops, chicken portions, meat joints and bread. Press Auto Defrost, select the correct defrost category and then enter in the weight of the food in grams (see page 31).

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

During the programme the oven will beep to remind you to check the food. **It is essential that you turn and stir the food frequently. On hearing the first beep you should turn.** On the second beep you should turn the food or break it up.

1st Beep

Turn



2nd Beep

Turn or break up

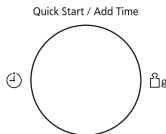


■ Notes

1. Check food during defrosting. Food 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”.
4. Minced meat/chops/chicken portions should be broken up or separated as soon as possible and placed in a single layer.
5. Allow standing time so that the centre of the food thaws out (minimum 1-2 hours for joints of meat and whole chickens).

Auto Defrost

With this feature you can defrost frozen food according to the weight.



Press Auto Defrost.

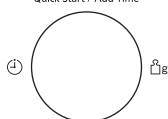
Auto programme number appears in the display.

Select the desired Auto defrost Programme by turning the dial.

(You can also press Auto Defrost repeatedly to select the Auto defrost Programme.)

Press Start/Set to confirm the setting.

Quick Start / Add Time



Set the weight of the frozen food by turning the dial.

The weight counts up/down in 10 g increments.

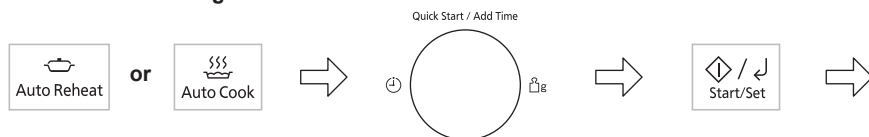
Press Start/Set.

Remember to stir or turn the food during defrosting.

Programme	Weight	Instructions
1. Bread 	100-800 g	For small items which are required for immediate use, they may feel warm straight after defrosting. Press Auto Defrost, select programme 1 using the dial, then press Start/Set. Enter weight using dial, then press Start/Set. Turn at beeps. Loaves can also be defrosted on this programme 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. This programme is not suitable for cream cakes or desserts e.g. cheesecake. See "Defrosting charts" on page 26 for standing time.
2. Meat Items 	150-1000 g	Not suitable for sausages, which can be defrosted manually using defrost power and time. Press Auto Defrost, select programme 2 using the dial, then press Start/Set. Enter weight using dial, then press Start/Set. Turn at beeps. Chops and chicken portions should be arranged in a single layer. It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. See "Defrosting charts" on page 26 for standing time.
3. Meat Joints 	400-2000 g	For defrosting a big piece of meat, whole chicken, meat joints. Press Auto Defrost, select programme 3 using the dial, then press Start/Set. Enter weight using the dial, then press Start/Set. Turn at beeps. Standing time of at least 1 hour should be allowed for joints after defrosting. See "Defrosting charts" on page 26 for standing time.

Auto Reheat/Cook Programmes

With this feature food can be cooked or reheated according to the weight. The weight has to be entered in grams.



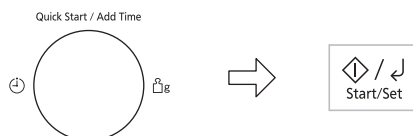
Press Auto Reheat or Auto Cook.

Auto programme number appears in the display.

Select the desired Auto menu Programme by turning the dial.

(You can also press Auto Reheat or Auto Cook repeatedly to select the Auto menu Programme.)

Press Start/Set to confirm the setting.



Set the weight of the food by turning the dial.

The weight counts up/down in 10 g increments.

Press Start/Set.

■ Notes

1. The Auto weight programmes must **only** be used for foods described.
2. Only cook foods within the weight ranges described.
3. Always weigh the food rather than relying on the package information.
4. Most foods benefit from a **standing** time, after cooking with an Auto programme, 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.

Programme	Weight	Instructions
4. Chilled Soup  Auto Reheat	150-600 g	For reheating chilled soup. Place soup into a suitable sized container. Foods should be at refrigerator temperature approx. +5°C. Cover. Press Auto reheat, select programme 4 using the dial, then press Start/Set. Enter weight using the dial, then press Start/Set. Stir at beeps. Stir again at end of the programme and allow a few minutes standing time.
5. Chilled Meal  Auto Reheat	200-800 g	To reheat a fresh plated meal or casserole. All foods must be pre-cooked. Foods should be at refrigerator temperature approx. +5°C. Cover with pierced cling film or a lid. Press Auto reheat, select programme 5 using the dial, then press Start/Set. Enter weight using dial, then press Start/Set. Stir at beeps. Stir again at end of the programme and allow a few minutes standing time. Large pieces of meat/fish in a thin sauce may require longer cooking. This programme is not suitable for starchy food such as rice, noodles or potatoes.

Auto Reheat/Cook Programmes

Programme	Weight	Instructions
6. Frozen Meal 	200-500 g	To reheat a frozen precooked meal or casserole; All foods must be pre-cooked and frozen (-18 °C); Cover with pierced cling film or a lid. Press Auto reheat, select programme 6 using the dial, then press Start/Set. Enter weight using dial, then press Start/Set. Stir at beeps and cut the blocks into pieces. Stir again at end of the programme and allow a few minutes standing time. Check temperature and cook further minutes if necessary before eating. This programme is not suitable for portionable frozen foods.
7. Fresh Vegetables 	200-800 g	To cook fresh vegetables. Place prepared vegetables into a suitable sized container. Sprinkle with 1 tbsp water per 100 g vegetables. Cover with pierced cling film or a lid. Press Auto cook, select programme 7 using the dial, then press Start/Set. Enter weight using dial, then press Start/Set. Stir at beeps. Drain after cooking and season to taste.
8. Fresh Fish 	200-800 g	For cooking fillets or steaks of fish. Place in a suitable sized container, add 1-3 tbsp (15-45 ml) water or stock. Cover with pierced cling film or a lid. Press Auto cook, select programme 8 using the dial, then press Start/Set. Enter weight using dial, then press Start/Set.
9. Jacket Potatoes 	200-1400 g	For cooking baked potatoes. Choose medium sized potatoes 200-250 g each for best results. Wash and dry potatoes and prick with a fork several times. Place directly on glass tray around outer edge. Press Auto cook, select programme 9 using the dial, then press Start/Set. Enter weight using the dial, then press Start/Set. After cooking wrap in aluminium foil and stand for 5 minutes.
10. Casserole Rice 	100-300 g	For cooking rice for savoury dishes not rice puddings (Thai, Basmati, Jasmine, Surinam, Arborio or Mediterranean rice). Rinse the rice thoroughly before cooking. Use a suitable sized microwave safe casserole. Allow at least ½ depth of volume for evaporation to prevent boiling over. Add 2 times boiling water to rice. Add salt if desired. Cover with a lid or pierced cling film. Press Auto cook, select programme 10 using the dial, then press Start/Set. Enter weight using dial, then press Start/Set. Stir at the beeps. Allow to stand for 5 minutes after cooking.
11. Aqua Clean 	—	Cleaning programme. Refer to page 52.

Cooking and Reheating Guidelines

Most foods reheat very quickly in your oven by **1000 W**. Meals can be brought back to serving temperature in just minutes and will taste freshly cooked. Always check food is piping hot and return to oven if necessary.

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

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

The charts on pages 35-41 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food you are cooking or reheating.

Remember to stir or turn food wherever possible during cooking or reheating. This ensures even cooking or reheating on the outside and in the centre.

When is Food Reheated?

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

Foods that cannot be stirred should be cut with a knife to test that they are adequately heated throughout. Even if a manufacturer's Instructions or the times in the cookbook have been followed, it is still important to check the food is heated thoroughly. If in doubt, always return to the oven for further reheating. If you cannot find the equivalent food in the chart then choose a similar type and size listed and adjust the cooking time if necessary.

Plated Meals

Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate.

An average plated meal will take 4-7 minutes on 1000 W to reheat. Do not stack meals.

Canned Foods

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

Soups

Place soup in a bowl. Stir before heating and at least once during reheat time and again at the end.

Casseroles

Stir halfway through and again at the end of heating.



Caution!

Mince Pies

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

Christmas Puddings and Liquids

Take great care when reheating these items.

Do not leave unattended

Do not add extra alcohol

Babies Bottles

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

For 7-8 fl. oz. of milk from fridge temperature, remove top and teat. Heat on 1000 W for 25-30 seconds. **Check carefully.** For 3 fl. oz. of milk from fridge temperature, remove top and teat. Heat on 1000 W for 10-15 seconds. **Check carefully.**

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

We do not recommend that you use your microwave to sterilise babies' bottles. If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

Reheating Charts

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

Heating Category

Your oven is heating Category E.

The information on this label will assist you in using new instructions on food packs to enable you to programme the best heating time in your oven.



Microwave symbol

The IEC (60705) power output (watts)

The heating category for small packs of food

Food	Weight/ Quantity	Power Level	Time to Select (approx.)	Instructions/Guidelines
Bread – Precooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.				
Croissants	2	High	10 - 20 sec.	Place on microwave safe plate on glass tray. Do not cover.
	4	High	20 - 30 sec.	
Rolls	1	High	10 sec.	
	4	High	20 sec.	
Canned Beans, Pasta				
Baked beans, ravioli in sauce	225 g	High	2 - 2 min. 30 sec.	Place in a microwave safe bowl. Cover and place on glass tray. Stir halfway.
	447 g	High	4 - 5 min.	
Spaghetti in tomato sauce	200 g	High	1 min 30 sec.	
Canned Soups				
Cream of tomato	425 g	High	2 - 2 min. 30 sec.	Place in a microwave safe bowl. Cover and place on glass tray. Stir halfway.
Minestrone	300 g	High	2-2 min. 30 sec.	
Canned Puddings				
Creamed rice	425 g	High	2 - 2 min. 30 sec.	Place in a microwave safe bowl. Cover and place on glass tray. Stir halfway.
	624 g	High	4 - 5 min.	
Sponge pudding	300 g	High	1 min 30 sec. - 2 min.	
Christmas Puddings - Overheating may cause pudding to ignite				
Slice	150 g	High	30 - 40 sec.	Place in a microwave safe bowl. Cover and place on glass tray.
Small	450 g	High	2 - 2 min. 30 sec.	
Medium	900 g	High	3 min. 30 sec. - 4 min.	

High: 1000 W Med High: 800 W Medium: 600 W Low: 440 W Simmer: 300 W Defrost: 160 W Warm: 100 W

■ Note

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	1 - 1 min 30 sec.	Place in a microwave safe mug on glass tray. Stir, before, during and after reheating.
2 mugs	470 ml	High	2 min. 30 sec. - 3 min. 30 sec.	
Drinks - Milk				
1 mug	235 ml	High	1 - 2 min.	Place in a microwave safe mug on glass tray. Stir, before, during and after reheating.
1 jug	600 ml	High	3 - 4 min.	
Pastry Products - Precooked - N.B. Pastries reheated by microwave will have a soft base.				
Chicken pie	480 g	High	4 - 5 min.	Place on microwave safe plate on glass tray. Do not cover.
Cornish pasty	255 g (1)	High	1 min 30 sec. - 2 min.	
Quiche	400 g (1)	High	3 min. 30 sec. - 4 min. 30 sec.	
Steak & kidney pie	325 g (1)	High	2 - 2 min. 30 sec.	
Sausage rolls	260 g (4)	High	1 min 30 sec. - 2 min.	
Samosas	200 g (4)	High	1 - 2 min.	
Spring roll	200 g (4)	High	1 - 2 min.	Place on microwave safe plate on glass tray. Do not cover. Turn halfway.
Christmas mince pies	90 g (2)	High	10 - 20 sec.	Place on a microwave safe plate on glass tray. Do not cover.
Plated Meals - Homemade - Chilled				
Child size	1	High	2 min. 30 sec. - 3 min. 30 sec.	Place on a microwave safe plate on glass tray. Cover.
Adult size	1	High	4 - 6 min.	
Puddings & Desserts - N.B. Transfer food from foil containers to a similar sized microwave safe dish				
Bread & butter pudding	400 g	High	3 - 4 min.	Place in a microwave safe dish on glass tray. Do not cover.
Fruit crumble	400 g	High	3 min. 30 sec. - 4 min. 30 sec.	
Fruit Pie, individual	1	High	10 - 20 sec.	
	4	High	40 - 50 sec.	

High: 1000 W Med High: 800 W Medium: 600 W Low: 440 W Simmer: 300 W Defrost: 160 W Warm: 100 W

■ Note

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
Purchased Convenience Foods - Chilled				
N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Cauliflower cheese	450 g	High	5 min. 30 sec. - 6 min. 30 sec.	Place in microwave safe dish on glass tray. Do not cover.
Cottage pie	450 g	High	6 min. 30 sec. - 7 min.	Place in microwave safe dish on glass tray. Do not cover.
Lasagne	400 g	High	7 - 8 min.	
Vegetable bake	400 g	High	6-7 min.	
Purchased Convenience Foods - Frozen				
N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Lasagne	400 g	High	5 - 6 min. + rest for 1 min	Place in a microwave safe dish on glass tray. Do not cover.
		then High	5 - 6 min.	
Salmon crumble	340 g	High	6 min. + rest for 1 min	
		then Med	5 - 6 min.	
Shepherd's pie	350 g	High	5 - 6 min. + rest for 1 min	
		then High	5 - 6 min.	

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Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx.)	Instructions/Guidelines
Bacon-from raw				
Rashers	130 g (4)	High	2 - 3 min. or 40 - 50 sec. per rasher	Place on a microwave safe rack or plate on glass tray. Cover with a piece of kitchen roll.
Beans & Pulses – Should be pre-soaked (except lentils)				
Chickpeas	225 g	High then Low	8 - 10 min. 35 - 45 min.	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on glass tray.
Lentils	225 g	Low	15 - 20 min.	
Red kidney beans	225 g	High then Low	15 - 17 min. 35 - 45 min.	Use 600 ml (1 pt) boiling water in a large bowl. Cover. Must boil for at least 12 minutes to destroy toxic enzymes.
Chicken from raw – Caution: Hot fat! Remove dish with care				
Breasts, boneless	500 g (4)	Low	14 - 16 min.	Place on microwave safe rack or plate on glass tray. Cover.
Drumsticks	450 g (4)	Low	10 - 12 min.	
Quarters	700 g (2)	Low	18 - 20 min.	
Eggs – Poached				
Water	45 ml	High	50 sec.	1. Place water in a small bowl and heat for 1st cooking time. 2. Add egg (medium sized). 3. Pierce yolk and white. Cover. 4. Cook for 2nd cooking time. 5. Then leave to stand for 1 minute.
Egg	1	then High	40 - 50 sec.	
Water	90 ml	High	1 min	
Eggs	2	then High	1 min. - 1 min. 30 sec.	

High: 1000 W Med High: 800 W Medium: 600 W Low: 440 W Simmer: 300 W Defrost: 160 W
Warm: 100 W

■ Note

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Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx.)	Instructions/Guidelines
Eggs – Scrambled				
1 Egg		High then High	30 - 40 sec. 20 sec.	1. Add 1 tbsp of milk for each egg used. 2. Beat eggs, milk and knob of butter together. 3. Cook for 1st cooking time then stir. 4. Cook for 2nd cooking time then stand for 1 minute.
2 Eggs		High then High	50 sec. - 1 min. 40 sec.	
Fish - Frozen from raw				
Haddock fillets	380 g (4)	High then Medium	5 min. 6 min.	Place in microwave safe dish. Add 30 ml of liquid. Cover and place on glass tray.
Whole	450 g	High	10 - 12 min.	
Boil in the bag	170 g (1)	Defrost then Rest then Low	5 min. 2 min. 4 min.	Place bag sauce side down on a microwave safe plate. Slash top of bag with a knife
Fruit – Peel, slice, chop into even sized pieces. Place in shallow microwave safe dish.				
Apples, rhubarb, stewed	450 g	High	5 - 7 min.	Only half fill dish. Cover and place on glass tray.
Plums – stewed	450 g	High	8 - 10 min.	Add 30 ml (2 tbsp) of water. Only half fill dish. Cover and place on glass tray.
Lamb – from raw – Caution: Hot Fat! Remove dish with care.				
Chops, loin	600 g (4)	High then Low	1 min 30 sec. - 2 min 30 sec. per 450 g (1 lb) 2 min. 30 sec. - 3 min. 30 sec. per 450 g (1 lb)	Place on microwaveable safe dish or rack on glass tray. Cover.
Pasta – Place in a large 3 litre (6 pint) microwave safe bowl.				
Macaroni	225 g	High	10 - 12 min.	Use 1 litre (1¾ pint) boiling water in a large 2 litres (4 pints) bowl. Cover and place on glass tray.
Spaghetti, tagliatelli	225 g	High	8 - 10 min.	

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Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx.)	Instructions/Guidelines
Pizza – Fresh chilled – N.B. Remove all packaging. Pizzas will have a soft base.				
Thin & crispy	400 g	High	4 - 4 min. 30 sec.	Place on heatproof plate on glass tray. Do not cover.
Deep pan	450 g	High	4 - 5 min.	Place on heatproof plate on glass tray. Do not cover.
Pork – from raw – Caution: Hot Fat! Remove dish with care				
Chops	360 g (2)	High then Low	2 - 3 min. 4 - 5 min.	Place in microwave safe dish or rack on glass tray. Cover.
Porridge – N.B. Use a large bowl.				
1 serving	½ cup oats	High	3 - 3 min. 30 sec.	Add 1 cup of water or milk. Stir halfway.
2 servings	1 cup oats	High	5 - 6 min. 30 sec.	Add 2 cups of water or milk. Stir halfway.
Rice – Place in a large microwave safe bowl. 3 Litre (6 pint)				
Basmati	250 g	Low	10 - 14 min.	Use 600 ml (1 pt) boiling water. Cover and place on glass tray.
Easycook white	250 g	High	13 - 16 min.	
Sausages from raw - Caution: Hot Fat! Remove dish with care.				
Thick	240 g (4)	High	2 - 3 min.	Place on microwave safe plate or microwave rack on glass tray. Cover.
Thin	110 g (4)	High	1 min 30 sec. - 2 min. 30 sec.	
Fresh Vegetables – Place in shallow microwave safe dish.				
Green beans	200 g	High	4 - 7 min.	Add 15 ml (1 tbsp) water per 100 g of vegetables. Cover and place on glass tray.
Beetroot	450 g	High	12 - 14 min.	
Broccoli + cauliflower – florets	450 g	High	7 - 8 min.	
Brussel sprouts	450 g	High	8 - 10 min.	
Cabbage – sliced	450 g	High	6 - 8 min.	
Leeks	450 g	High	7 - 8 min.	
Carrots	450 g	High	8 - 9 min.	
Corn on the cob	450 g	High	9 - 11 min.	

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Warm: 100 W

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Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx.)	Instructions/Guidelines
Fresh Vegetables – Place in shallow microwave safe dish.				
Courgettes, mange tout	450 g	High	4 - 6 min.	Add 90 ml (6 tbsp) water. Cover and place on glass tray.
Peas	450 g	High	5 - 7 min.	
Potatoes – boiled	450 g	High	8 - 10 min.	
Potatoes – jacket (250 g / 9 oz each)	1	High	5 - 6 min.	Wash and prick skins. Place directly on glass tray. After cooking stand for 5 minutes wrapped in foil.
	2	High	7 - 9 min.	
Frozen Vegetables – Place in shallow microwave safe dish.				
Beans – green, carrots	450 g	High	10 - 11 min.	Add 30 ml (2 tbsp) water. Cover and place on glass tray.
Cauliflower	450 g	High	11 - 12 min.	
Peas	450 g	High	8 - 10 min.	

High: 1000 W Med High: 800 W Medium: 600 W Low: 440 W Simmer: 300 W Defrost: 160 W Warm: 100 W

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Cream of Mushroom Soup

ingredients

Serves 4

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 (1tbsp) cornflour
300 ml (½ pt) milk
salt and pepper
cream to garnish

Dish: large bowl

1. Place the butter and chopped onion in a large bowl. Cover and cook on High power (1000 W) for 2-3 minutes or until soft.
2. Add the stock, mushrooms and bouquet garni. Cover and cook on High power (1000 W) for 13-15 minutes, or until mushrooms are soft.
3. Remove the bouquet garni and blend until smooth.
4. Mix the cornflour with a little of the milk, then stir in remaining milk. Add to the mushroom mixture.
5. Cover and cook on High power (1000 W) for 5-6 minutes, or until thickened.
6. Season and serve with cream swirled on top.

Macaroni Cheese with Courgettes and Bacon

ingredients

Serves 4

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

Dish: 20 cm (8") casserole

1. Cook macaroni in 450 ml (¾ pt) boiling water on High power (1000 W) for 6-8 minutes, or until soft. Drain. Place courgettes and bacon in a bowl.
2. Cover and cook on High power (1000 W) for 4-5 minutes, or until soft. Drain. Place the butter in a large jug.
3. Cook on High power (1000 W) for 40-50 seconds. Stir in the flour and cook for 30-40 seconds, on High power (1000 W).
4. Gradually add milk, stir well and cook on High power (1000 W) for 6-7 minutes, or until the sauce is thick and bubbling. Stir frequently.
Add mustard and cheese. Mix in the macaroni, courgettes and bacon.
5. Season and pour into a casserole dish, sprinkle over the topping and cook on High power (1000 W) for 10 minutes or until the cheese has melted.

Lentil Biryani

ingredients

Serves 2

50 g (2 oz) green lentils
10 ml (2 tsp) oil, 1 small onion, sliced
3 ml (½ tsp) grated root ginger
1 garlic clove, crushed
3 ml (½ tsp) turmeric
3 ml (½ tsp) chilli powder
5 ml (1 tsp) curry powder
150 ml (¼ pt) natural yoghurt
50 g (2 oz) mushrooms, sliced
2 tomatoes, peeled and chopped
150 ml (¼ pt) hot water
25 g (1 oz) cashew nuts
225 g (8 oz) cooked basmati rice

Garnish

hard boiled egg slices and coriander leaves

Dish: large casserole

1. Soak the lentils in cold water for 1 hour then drain.
2. Place the oil and onion in a large bowl. Cover and cook on High power (1000 W) for 3-4 minutes, or until softened.
3. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on High power (1000 W) for 2 minutes.
4. Add the yoghurt, mushrooms, tomatoes, water and lentils. Cover and cook on High power (1000 W) for 15-25 minutes, or until the lentils are tender and the liquid has evaporated.
5. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly.
6. Reheat on High power (1000 W) if necessary to ensure food is piping hot. Garnish and serve.

Lamb in a Spicy Cream and Almond Sauce

ingredients

Serves 4

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

Dish: Large casserole dish

1. Mix together the garlic, ginger, almonds and water to make a thick paste.
2. Place the cardamon pods, cloves, cinnamon, onion and oil in the casserole dish cook on High power (1000 W) for 2 minutes.
3. Add the lamb, cover and cook for 6-8 minutes, on High power (1000 W) or until light brown in colour. Stir halfway.
4. Stir in the rest of the spices, the almond mixture, cream, salt and pepper. Cover and cook on Low power (440 W) for about 30-40 minutes, or until the meat is tender.
5. Stir the casserole 2-3 times during the cooking time.
6. Remove the whole cardamon pods, cloves and cinnamon before serving with rice or other vegetables.

Chicken Casserole

ingredients

Serves 4

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

Dish: 3 litre (6 pt) casserole

1. Place butter and vegetables in dish. Cover and cook on High power (1000 W) for 2-4 minutes, or until soft.
2. Place chicken on top of vegetables, cover with stock and tomatoes and add salt and pepper to taste.
3. Cover and cook on High power (1000 W) for 5 minutes then Low power (440 W) for 30-35 minutes, or until well cooked through. Mix cornflour with a little water.
4. Remove chicken from casserole, skim off excess fat and stir in cornflour paste. Cook on High power (1000 W) for 2-4 minutes. Serve chicken with sauce poured over.

N.B. If diced boneless breast is used in place of the quarters, reduce 2nd cooking time to 10-14 minutes on Low power (440 W) or until well cooked through. Stir halfway.

Pork with Sweet & Sour Sauce

ingredients

Serves 2

225 g (8 oz) pork fillet, cubed
Sweet & Sour Sauce:
15 ml (1 tbsp) oil
1 small carrot cut into matchsticks
1 spring onion, thinly sliced
small green pepper, cut into strips
225 g (8 oz)
can pineapple chunks, drained (reserve juice)
10 ml (2 tsp) soft brown sugar
5 ml (1 tsp) cornflour
pinch garlic salt
5 ml (1 tsp) cider vinegar
10 ml (2 tsp) soy sauce
5 ml (1 tsp) tomato ketchup

Dish: small casserole

1. Place pork in dish, cover and cook on Low power (440 W) for 9-11 minutes, or until juices run clear.
2. Place oil, carrot, onion and green pepper in a bowl. Cover and cook on High power (1000 W) for 2-3 minutes, or until vegetables are tender.
3. Mix half the reserved juice with the remaining ingredients except pineapple. Cover and cook on High power (1000 W) for 2-3 minutes, or until clear and thickened. Stir halfway.
4. Add the sauce to the vegetables. Stir in the pineapple. Mix well.
5. Cook on High power (1000 W) for 1-2 minutes or until heated through. Spoon over cooked pork.
6. Reheat for 1-2 minutes on High power (1000 W) or until piping hot.

Savoury Mince

ingredients

Serves 2

1 small onion, diced
1 clove garlic, crushed
5 ml (1 tsp) oil
200 g (7 oz) can chopped tomatoes
15 ml (1 tbsp) tomato puree
5 ml (1 tsp) mixed herbs
225 g (8 oz) minced beef
salt and pepper

Dish: 1.5 Litre (3 pt)
Casserole dish

1. Place onion, garlic and oil in casserole, cover and cook on High power (1000 W) for 2-3 minutes, or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook on High power (1000 W) for 5 minutes, then Low power (440 W) for 10-15 minutes, or until the meat is cooked.

Chicken Satay

ingredients

Serves 2

50 g (2 oz) creamed coconut
45 ml (3 tbsp) crunchy peanut butter
45 ml (3 tbsp) lemon juice
30 ml (2 tbsp) soy sauce
large pinch of chilli powder
2 chicken breast fillets (approx 300 g, 12 oz), skinned
15 ml (1 tbsp) vegetable oil
1 garlic clove, crushed
3 ml (½ tsp) ground turmeric
3 ml (½ tsp) five-spice powder
3 ml (½ tsp) coriander seeds
3 ml (½ tsp) cumin seeds

Dish: 4 wooden skewers + shallow dish

1. For the serving sauce: Crumble 25 g (1 oz) of creamed coconut into a large jug.
2. Add the peanut butter, 15 ml (1 tbsp) of the lemon juice, 15 ml (1 tbsp) of the soy sauce, the chilli powder and 150 ml (¼ pt) water.
3. Cook on High power (1000 W) for 6-8 minutes, or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
4. Cut the chicken into small chunks and place in a bowl. Put the remaining creamed coconut, lemon juice and soy sauce into a blender or food processor.
5. Add the remaining ingredients and blend until smooth. Spoon over the chicken.
6. Cover and marinate in the fridge for 2-3 hours or overnight. Thread the chicken onto wooden skewers.
7. Place in a shallow dish, cover with any remaining marinade and cook covered on High power (1000 W) for 6-8 minutes, or until cooked, turn and baste frequently.
8. Serve hot with the sauce for dipping.

Arranging

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

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

Liquid

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

When cooking frozen fish, add liquid as above for even cooking.

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

Noise

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

Fish Curry

ingredients

Serves 2

25 g (1 oz) butter
1 garlic clove, crushed
1 small onion, finely chopped
15 ml (1 tbsp) plain flour
15 ml (1 tbsp) curry powder
½ lemon grated rind and juice
300 ml (½ pt) hot fish stock
25 g (1 oz) sultanas
10 ml (2 tsp) tomato puree
30 ml (2 tbsp) sweet chutney
450 g (1 lb) haddock, skinned and chopped
salt and pepper
75 g (3 oz) creamed coconut

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

1. Melt the butter in the casserole dish on High power (1000 W) for 20-30 seconds or until melted.
2. Stir in the garlic and onion and cook covered on High power (1000 W) for 2-3 minutes. Stir in the flour, curry powder, lemon rind and juice and fish stock.
3. Cover and cook on High power (1000 W) for 2-3 minutes, stirring halfway through the cooking time.
4. Stir in the remaining ingredients except the coconut, cover and cook on High power (1000 W) for 4-5 minutes, or until fish flakes, stirring occasionally.
5. Break up the coconut with a fork, then stir into the curry.

Family Fish Pie

ingredients

Serves 4

450 g (1 lb) smoked haddock
30 ml (2 tbsp) lemon juice
15 ml (1 tbsp) oil
1 large onion, sliced
40 g (1½ oz) butter
40 g (1½ oz) flour
3 ml (½ tsp) mustard
600 ml (1 pt) milk
salt and pepper
100 g (4 oz) Red Leicester cheese
600 g (1lb 5 oz) cooked jacket potatoes, sliced
75 g (3 oz) wholemeal breadcrumbs

Dish: large casserole

1. Arrange fish in a shallow dish. Add lemon juice, cover and cook on High power (1000 W) for 3-4 minutes or until it flakes easily.
2. Place oil and onion in a bowl. Cover and cook on High power (1000 W) for 2-3 minutes or until the onion is soft.
3. Melt the butter on High power (1000 W) for 20-30 seconds. Stir in the flour and mustard and cook for a further 20 seconds.
4. Add milk and seasoning, gradually stirring to a smooth paste. Cook on High power (1000 W) for 5-6 minutes or until the sauce is thick and bubbling.
5. Stir twice during cooking. Add 75 g (3 oz) of grated cheese to the sauce and stir well. Flake the fish and arrange in the serving dish. Add onions and place the sliced potatoes on top.
6. Pour over the cheese sauce. Sprinkle with breadcrumbs and remaining cheese.
7. Cook on Low power (440 W) for 8-10 minutes or until the mixture has been completely reheated.

Wild Mushroom and Basil Risotto

ingredients

Serves 4

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

Dish: 3 litre (6 pt)
casserole dish

1. Soak mushrooms in 300 ml (½ pt) warm water for 30 minutes.
2. Place the butter, garlic and onion in a large bowl, cover with cling film and cook on High power (1000 W) for 3-4 minutes, or until softened.
3. Season with freshly ground black pepper. Stir the rice into the butter mixture and add the hot stock and soaking liquid from the mushrooms.
4. Cover and cook for a further 5 minutes on High power (1000 W). Stir the mushrooms into the rice mixture.
5. Cover and cook for a further 5 minutes on High power (1000 W). Stir and add the basil.
6. Continue to cook for the final 5 minutes on High power (1000 W).
7. Stir Parmesan cheese into the risotto mixture.
8. Leave to stand for approx. 10 minutes and then stir with a fork.

Vegetable Curry

ingredients

Serves 2

15 ml (1 tbsp) oil
1 garlic clove, chopped
pinch cayenne pepper
5 ml (1 tsp) ground coriander
3 ml (½ tsp) ground cumin
3 ml (½ tsp) turmeric
2.5 cm (1") root ginger, peeled
& sliced
½ small cauliflower cut into florets
1 medium aubergine, diced
1 medium potato, diced
50 g (2 oz) green beans, sliced
½ fresh chilli, deseeded and sliced
150 ml (¼ pt) vegetable stock
200 g (7 oz) can chopped tomatoes
50 g (2 oz) cashew nuts

Dish: 3 litre (6 pt) casserole

1. Combine oil, garlic and spices in the casserole, cover and cook on High power (1000 W) for 2 minutes.
2. Add all other ingredients to casserole, except cashews.
3. Cover and cook on High power (1000 W) for 5 minutes, then Low power (440 W) for 25-35 minutes or until vegetables are soft. Stir occasionally.
4. Sprinkle with cashews and serve with boiled rice.

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

Cauliflower Cheese

ingredients

Serves 4

1 cauliflower, trimmed and cut
into florets
90 ml (6 tbsp) water
25 g (1 oz) butter
25 g (1 oz) flour
5 ml (1 tsp) French mustard
450 ml (¾ pt) milk
seasoning to taste

Topping:

150 g (5 oz) grated red cheese
60 ml (4 tbsp) brown
breadcrumbs

Dish: large bowl + shallow
casserole

1. Place cauliflower florets in a bowl. Add water.
2. Cover and cook on High power (1000 W) for 10 minutes, or until tender. Drain.
3. Melt butter on High power (1000 W) for 30-40 seconds.
4. Stir in flour and mustard.
5. Cook for a further 20 seconds. Add milk gradually. Stir well and season.
6. Cook on High power (1000 W) for 2-3 minutes, or until sauce is thick and bubbling. Stir once halfway during cooking.
7. Stir in 50 g (2 oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
8. Cook on High power (1000 W) for 2-3 minutes or until cheese melts.

Steamed Suet Sponge Pudding

ingredients

Serves 4

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

Optional:

add 1 tbsp of sultanas to dry ingredients

Dish: 1 litre (2 pt) pudding basin

1. In a mixing bowl, sift together the flour and salt.
2. Stir in the sugar and suet. Make a well in the centre and add beaten egg and milk.
3. Mix to a soft dropping consistency. Put the jam in the base of the greased pudding basin and pour pudding mixture over.
4. Cook on High power (1000 W) for 4-5 minutes until firm.

Individual Pineapple Upside Down Pudding

ingredients

Serves 2

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

Dish: 2 ramekin dishes, base lined

1. Put ½ tbsp golden syrup in the base of each ramekin; arrange pineapple slice and cherry on top of the syrup in the base.
2. Cream together the margarine and sugar until light and fluffy. Beat in the egg gradually.
3. Fold in the flour and mix to a soft consistency with the milk.
4. Spoon the mixture over the pineapple and cook on High power (1000 W) for 2-3 minutes or until cooked.
5. Leave to cool slightly before turning upside down onto a serving plate.

Christmas Puddings

ingredients

Serves 4

75 g (3 oz) self-raising flour
3 ml (½ tsp) baking powder
3 ml (½ tsp) mixed spice
25 g (1 oz) butter
1 egg
30 ml (2 tbsp) treacle
60 ml (4 tbsp) stout
15 ml (1 tbsp) rum or brandy
200 g (7 oz) mincemeat
25 g (1 oz) apple, grated
75 g (3 oz) currants
25 g (1 oz) chopped nuts

Dish: 4 ramekins, base lined

1. Place all ingredients into a large mixing bowl and stir until thoroughly mixed.
2. Divide mixture equally between the ramekins.
3. Place towards outer edge of the glass tray and cook on High power (1000 W) for 4-6 minutes, or until cooked.

Date Puddings and Butterscotch Sauce

ingredients

Serves 4

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

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

Dish: Individual microwave
proof moulds

1. Pour 175 ml (6 fl. oz) boiling water over the chopped dates and set aside to cool. Sift together flour and baking powder. Add vanilla and coffee essence to the milk.
2. Cream the butter and sugar until light and fluffy. Add eggs a little at a time.
3. Fold in the flour and flavoured milk, then pour in the date mixture. Place in six moulds. Cook on High power (1000 W) for 10-11 minutes and leave to stand for 10 minutes.

Sauce

1. Place butter in a large jug and cook on High power (1000 W) for 30-40 seconds, or until bubbling.
2. Add sugar and stir until it has dissolved, cooking for 1 minute at a time on High power (1000 W).
3. Continue to cook until liquid is foaming and bubbling 30 seconds at a time on High power (1000 W).
4. Slowly pour in the cream and bring to the boil on High power (1000 W) for 2-3 minutes.
5. Add essence. Stir, continue to boil on High power (1000 W) for 30 seconds at a time until it starts to thicken.

Chewy Flapjacks

ingredients

Serves 4

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

Dish: 20 cm (8") round dish

1. Place butter, syrup and sugar in a bowl and cook on High power (1000 W) for 1-2 minutes, or until melted.
2. Stir in the oats and raisins. Press into dish.
3. Cook on High power (1000 W) for 3-3 ½ minutes, or until the centre is bubbling.
4. Allow to cool slightly then cut into 8 pieces.

Boston Brownies

ingredients

Serves 4

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

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

1. Place chocolate and butter in a bowl and cook on High power (1000 W) for 1 minute, or until chocolate has melted.
2. Stir in all other ingredients and beat well.
3. Pour into dish and cook on Low power (440 W) for 6-7 minutes or until just slightly sticky.
4. Allow to cool and then cut into squares.

Custard

ingredients

Serves 4

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

Dish: 1 litre (2 pt) jug

1. Mix together the custard powder, sugar and a little milk to form a smooth paste.
2. Blend in the remaining milk, whisking well.
3. Cook on High power (1000 W) for 5-8 minutes stirring regularly.
4. Whisk well halfway through cooking time and again at the end.

White Pouring Sauce

ingredients

Serves 2

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

Dish: 1 litre (2 pt) jug

1. Melt butter in jug on High power (1000 W) for 20-40 seconds. Stir in the flour to make a roux.
2. Add the milk gradually stirring continuously until well combined. Cook for 2-3 minutes on High power (1000 W).
3. Stir and cook on High power (1000 W) for a further 3-5 minutes stirring regularly.
4. Sauce should be smooth and glossy and coat the back of a spoon.

Soft Fruit Jam

ingredients

Makes approx. 1½lbs jam

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

Dish: large bowl

1. Place all ingredients in a large bowl and stir. Cook on High power (1000 W) for 5 minutes (10-15 minutes if using frozen fruit), stirring frequently.
2. Continue to cook in one minute intervals until sugar has dissolved.
3. Wash down any sugar crystals from around the bowl.
4. Bring mixture to the boil and continue to cook until setting point is reached – approx. 15-20 minutes. Test regularly for setting point.

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

Questions and Answers

Q: Why won't my oven turn on?

A: When the oven does not turn on, check the following:

1. Is the oven plugged in securely?
Remove the plug from the outlet, wait 10 seconds and reinsert.
2. Check the circuit breaker and the fuse.
Reset the circuit breaker or replace the fuse if it is tripped or blown.
3. If the circuit breaker or fuse is all right, plug another appliance into the outlet. If the other appliance works, there probably is a problem with the oven. If the other appliance does not work, there probably is a problem with the outlet.

If it seems that there is a problem with the oven, contact an authorised Service Center.

Q: My microwave oven causes interference with my TV. Is this normal?

A: Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.

Q: The oven won't accept my programme. Why?

A: The oven is designed not to accept an incorrect programme. For example, the oven will not accept a fourth stage of cooking.

Q: Sometimes warm air comes from the oven vents. Why?

A: The heat given off from the food whilst cooking warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There are no microwaves in the air. The oven vents should never be blocked during cooking.

Q: The fan continues to rotate after cooking. Why?

A: After using the oven, the fan motor may rotate to cool the electrical components. This is normal and you can continue using the oven at this time.

Care & Cleaning of Your Oven

■ Important!

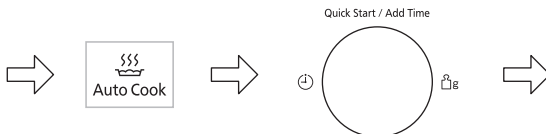
It is essential for the safe operation of the oven that it is kept clean and wiped out after each use. Failure to maintain the oven in a clean condition could lead to deterioration of a surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

1. Switch the oven off before cleaning and unplug at socket if possible.
2. Keep the inside of the oven, door seals and door seal areas clean.
When food splatters or spilled liquids adhere to oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasives is not recommended. Take care when cleaning around the waveguide cover.
3. After use, the oven interior should be wiped out to remove any remaining water in order to reduce the risk of corrosion to the cavity and door. The cavity and door can be damaged by abrasive cleaners and sharp objects so care must be taken to avoid damage caused in this way. If the cavity or door become damaged the lining may begin to corrode. Providing the above precautions are taken regarding the cleaning and care of your oven the life of the cavity and door may be extended.
4. The outside oven surface should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
5. If the control panel becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the control panel. When cleaning the control panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning press Stop/Cancel pad to clear display window.
6. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
7. Keep air vents clear at all times. Check that no dust or other material is blocking any of the air vents. If air vents become blocked this could cause overheating which would affect the operation of the oven and possibly result in a hazardous situation.
8. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the oven is operated under high humidity conditions and in no way indicates a malfunction of the oven or microwave leakage.
9. It is occasionally necessary to remove the glass tray for cleaning. Wash the glass tray in warm soapy water. Do not place in the dishwasher.
10. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the roller ring and the oven cavity floor with mild detergent and hot water then dry with a clean cloth.
Cooking vapours collect during repeated use but in no way affects the oven cavity floor or roller ring wheels. Do not remove the roller ring from the oven cavity floor for cleaning.
11. A steam cleaner is not to be used for cleaning.
12. Users are advised to avoid any downward pressure on the microwave door when in the open position. There is a safety risk that the oven will tilt forward.

Using the Aqua Clean Programme

This Programme is to clean the cavity and remove any food odour from the microwave oven.

Place 200 ml tap water with
1 tbsp lemon juice in a
microwaveable container
(e.g. Pyrex® jug or bowl).
Use a jug or bowl of at least
500 ml volume.



Press Auto cook.

**Select the Auto menu
Programme 11 by turning
the dial.**

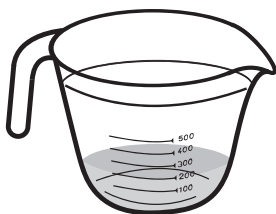
(You can also press Auto
cook repeatedly to select
Programme 11.)



Five beeps sound at the completion
of the programme. Open the oven
door and wipe the cavity and door
area with a soft cloth.

Press Start/Set.

The programme
runs for 20 minutes.



Or



■ Notes

1. Do not remove the glass tray and roller ring during this Programme.
2. To clean the glass tray and roller ring, refer to page 51.
3. Repeat the above procedure as required.

Technical Specifications

Power Supply		230-240 V 50 Hz
Operating Frequency		2450 MHz
Power Consumption	Maximum	1550 W
Output Power	Microwave	1000 W (IEC-60705)
Outside Dimensions		495 mm (W) x 378 mm (D) x 292 mm (H)
Oven Cavity Dimensions		330 mm (W) x 347 mm (D) x 251 mm (H)
Overall Cavity Volume		29 L
Glass Tray Diameter		288 mm
Net Weight		10 kg
Noise		L_{WA} 63 dB

Information for power consumption in low power mode and maximum time to reach low power mode.

Standby mode	0.8 W
The maximum time to reach standby mode	20 minutes

Weight and Dimensions shown are approximate.

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



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