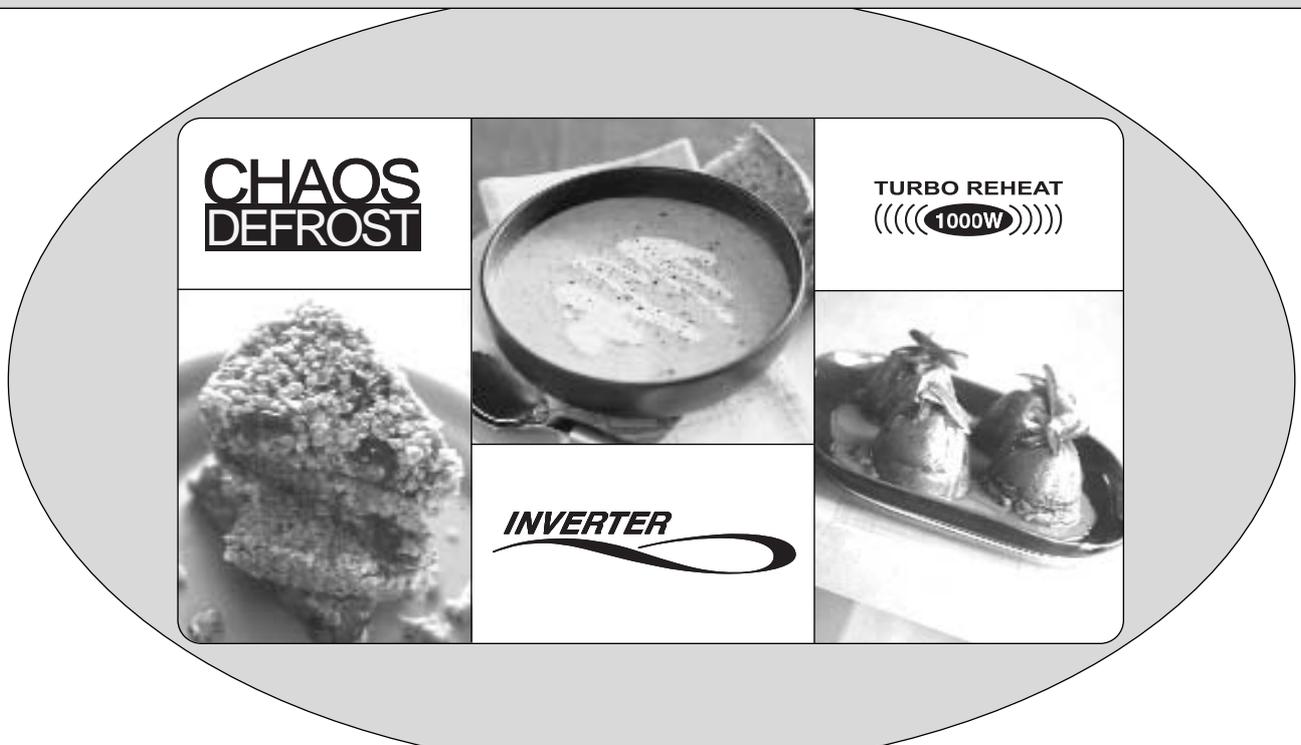


Panasonic



Micro & Browner **COOKERY BOOK** & OPERATING INSTRUCTIONS

For Models:

NNV653

NNV623

NNV453

Welcome to Panasonic Microwave Cooking

Dear Owner,

Thank you for purchasing a Panasonic Microwave Oven. Even if this is not your first microwave oven, do please read the opening chapters of this cookbook to achieve perfect results every time.



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

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

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

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

☎ COOKERY ADVICE LINE 01344 862108

Write to the address below, or contact us on-line at

test.kitchen@panasonic.co.uk

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

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

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



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Important 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, either 10 amps or 13 amps.

A 10 amp or 13 amp fuse is fitted according to the type of mains plug fitted.

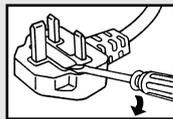
Should the fuse need to be replaced, please ensure that the replacement fuse has the correct rating for the type of mains plug fitted and that it is approved by ASTA or BSI to BS1362.

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

If the fuse cover is detachable, never use the plug with the cover omitted. A replacement fuse cover can be purchased from your local Panasonic Dealer.

HOW TO REPLACE THE FUSE

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



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

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

WARNING: THIS APPLIANCE MUST BE EARTHED.

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

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

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

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

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

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

Do not immerse cord, plug or oven in water. Keep cord away from

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.

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

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

Caution: Hot surfaces

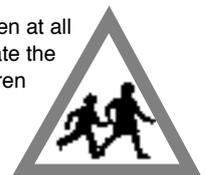
1. Hot Surfaces

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

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



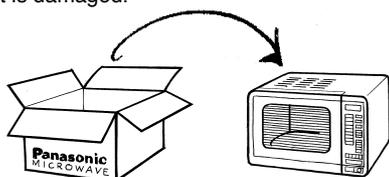
- Children should be kept away from the oven at all times and should only be allowed to operate the oven under supervision. Ensure that children do not touch the hot outer casing after operation of the oven.



Unpacking your oven

1. Examine Your Oven

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



2. Guarantee

Your receipt is your guarantee, please keep safely.

3. Cord

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

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

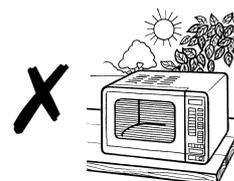
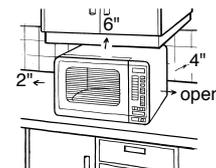
Placement of your oven

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

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

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

4. Do not use outdoors.



Before using your oven

1. Before Use (NN-V653/NN-V623)

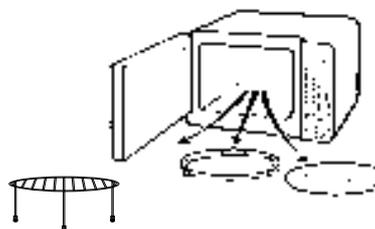
Before using COMBINATION or GRILL function for the first time operate the oven without food and accessories (including glass turntable and roller ring) on GRILL 1 for 5 mins. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated empty.

CAUTION: Grill and oven will be hot.

DO NOT OPERATE THE OVEN EMPTY. (Apart from in point 1 above) The appliance must not be operated by Microwave or Combination WITHOUT FOOD IN THE OVEN. Operation when empty will damage the appliance.

2. Storage of Accessories

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



Care & Cleaning of your Microwave Oven- IMPORTANT

It is essential for the safe operation of the oven that it is kept clean, and wiped out after each use.

1. **Switch the oven off** before cleaning and unplug at socket if possible.
2. **Keep the inside of the oven, door seals and door seal areas clean.** When food splatters or spilled liquids adhere to oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasives is not recommended.
3. **After GRILL or COMBINATION cooking** the ceiling and walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by GRILL or COMBINATION. If your oven has a stainless steel lining (models NN-V653/NN-V623 or NN-V673) stubborn spots inside the oven can be removed by using a small amount of branded conventional oven-cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. Avoid the microwave feed guide area, and oven door. **DO NOT SPRAY DIRECTLY INSIDE THE OVEN. DO NOT USE IF YOU HAVE AN OVEN WITH AN ACRYLIC LINING (model NN-V453).**
4. The **outside oven surface** should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
5. If the **Control Panel** becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel. When cleaning the Control Panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning touch STOP/CANCEL Pad to clear display window.
6. **If steam accumulates** inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.
7. It is occasionally necessary to remove the **glass turntable** for cleaning. Wash the tray in warm soapy water.
8. The **roller ring and oven cavity floor** should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. Cooking vapours collect during repeated use but in no way affect the bottom surface or the roller ring wheels. After removing the roller ring from cavity floor for cleaning, be sure to replace it in the proper position.
9. **When GRILLING or cooking by COMBINATION** some foods may splatter grease onto the oven walls. If the oven is not cleaned to eliminate this grease, it can accumulate and cause the oven to 'SMOKE' during use. These marks will be more difficult to clean later.

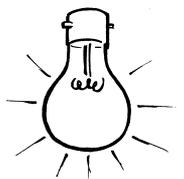
Maintenance of your oven

1. **Service**
WHEN YOUR OVEN REQUIRES A SERVICE call your local Panasonic engineer (08705 357357 Customer Support). It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.
2. **Door Seals**
Do not attempt to tamper with or make any adjustments or repairs to door, control panel housing, safety interlock switches or any other part of the oven. Do not remove outer panel from oven. The door seals and door seal areas should always be kept clean – use a damp cloth.



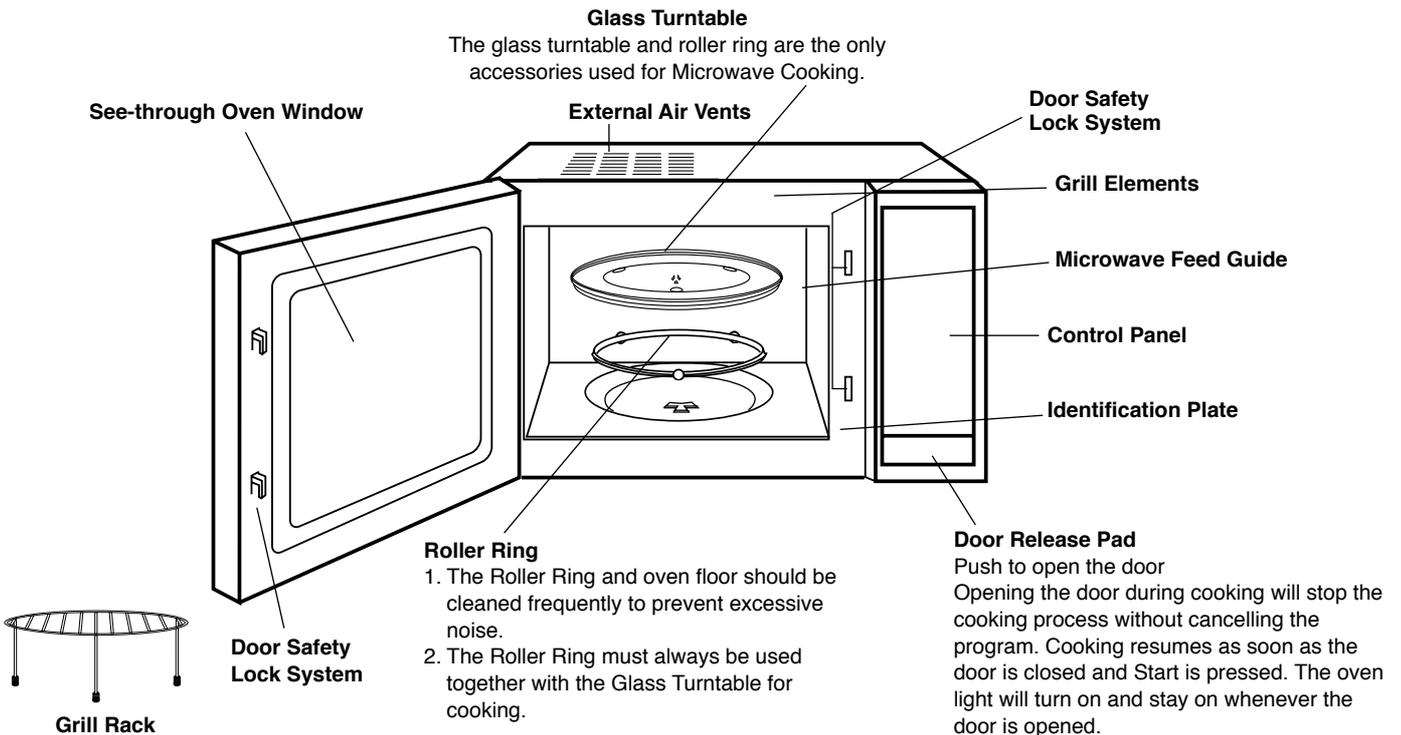
N.B. The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

3. **Oven Light**
The oven lamp must be replaced by a service technician trained by the manufacturer. **DO NOT** attempt to remove the outer casing from the oven.
4. **Selected Spares and Accessories**
These may be ordered direct; on line at www.panasonic.co.uk or by telephoning the Customer Care Centre 08705 357357. Most major credit and debit cards accepted. Ensure you quote the correct model number.



Parts of Your Oven

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



Important Information – Read Carefully

Safety

If smoke or a fire occurs in the oven, press Stop/Cancel pad and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at the fuse or the circuit breaker panel.

Short Cooking Times

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

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

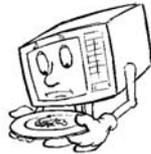
It is better to undercook rather than overcook foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times.

Important.

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

1. Small quantities of food.

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



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

2. Foods low in moisture.

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



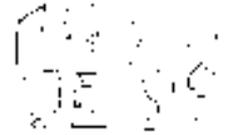
3. Christmas Pudding.

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



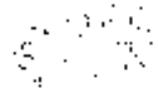
4. Boiled Eggs.

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



5. Foods with Skins.

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



6. Liquids.

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

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

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



7. Lids.

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

8. Deep Fat Frying.

Do not attempt to deep fat fry in your oven.



Important Information – Read Carefully

9. Meat Thermometer.

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



10. Paper, Plastic.

When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition. Do not use wire twist-ties with roasting bags as arcing will occur.



Do not use re-cycled paper products, eg Kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.

11. Reheating.

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

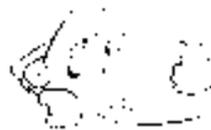
Remove the food from the oven and check that it is “piping hot”, ie steam is being emitted from all parts and any sauce is bubbling. (If you wish you may choose to check the food has reached 72°C with a food thermometer – but remember do not use this thermometer inside the microwave.)



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

12. Standing Time.

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



13. Keeping Your Oven Clean.

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



14. Grilling.

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

15. Fan Motor Operation.

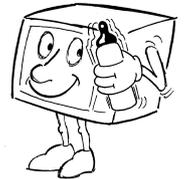
After using the microwave or the COMBINATION or GRILL the fan motor may rotate for a few minutes to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time.

16. Containers.

Before use check that utensils/containers are suitable for use in microwave ovens, or can withstand heat from the grill.

17. Babies Bottles and Food Jars.

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



18. Arcing

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

You can continue to cook by GRILL ONLY.

19. Maximum weight on turntable

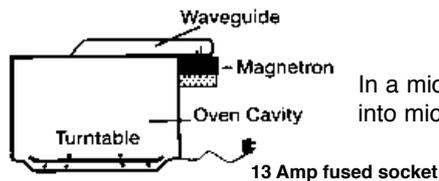
The maximum weight that can be placed on the turntable is 4 Kg (8 lb 4 oz) (this includes total weight of food and dish).

Microwaving Principles

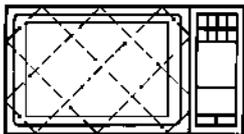
Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II. Microwaves are present in the atmosphere all the time, both naturally and from manmade sources.

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

HOW MICROWAVES COOK FOOD



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



REFLECTION

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



TRANSMISSION

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



Microwave



Water Molecule



Absorption



Vibration

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

IMPORTANT NOTES

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

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

Foods Not Suitable for Cooking by Microwave Only

Yorkshire Puddings, Souffles, Double Crust Pastry Pies.

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

Foods that require deep fat frying cannot be cooked either.

Boiled Eggs

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

STANDING TIME

When a microwave oven is switched off, the food will continue to cook by conduction – NOT BY MICROWAVE ENERGY. Hence STANDING TIME is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals. (Refer to page 9.)

General Guidelines

STANDING TIME



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

- **MEAT JOINTS** – Stand 15 mins. wrapped in aluminium foil.
- **JACKET POTATOES** – Stand 5 mins. wrapped in aluminium foil.
- **LIGHT CAKES** – Stand 5 mins. before removing from dish.
- **RICH DENSE CAKES** – Stand 15-20 mins.
- **FISH** – Stand 2-5 mins.
- **EGG DISHES** – Stand 2-3 mins.
- **PRECOOKED CONVENIENCE FOODS** – Stand for 5 mins.
- **PLATED MEALS** – Stand for 2-5 mins.
- **VEGETABLES** – Boiled potatoes benefit from standing 1-2 mins., however most other types of vegetables can be served immediately.
- **DEFROSTING** – It is essential to allow standing time to complete the process. This can vary from 5 mins. e.g. raspberries, to up to 1 hour for a joint of meat.

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

PIERCING

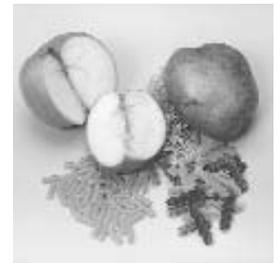
The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be



peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc, will all need to be pierced before cooking. **DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.**

MOISTURE CONTENT

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



CLING FILM

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





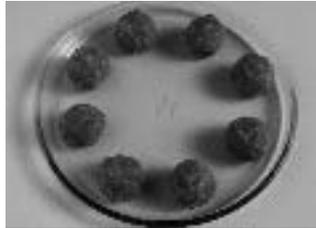
DISH SIZE

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



QUANTITY

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



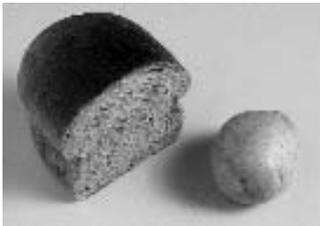
SPACING

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



SHAPE

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



DENSITY

Porous airy foods heat more quickly than dense heavy foods.



COVERING

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



ARRANGING

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



STARTING TEMPERATURE

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature.



TURNING AND STIRRING

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



LIQUIDS

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



CHECKING FOOD

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



CLEANING

As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded microwave spray cleaner, sprayed onto a soft cloth, always wipe the oven dry after cleaning. Please refer to page 4 for more details.

Containers to use

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

Testing Dishes for Suitability - For microwave cooking only



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

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

Result

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

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

QUICK CHECK GUIDE TO COOKING UTENSILS



OVEN GLASS

Everyday glass that is heat resistant e.g. Pyrex®, is ideal. **DO NOT USE FOR GRILLING.** Do not use delicate glass which may crack due to the heat from the food. Do not use lead crystal which may crack or arc.

POTTERY, EARTHENWARE, STONEWARE

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



CHINA AND CERAMIC

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

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

FOIL/METAL CONTAINERS

NEVER ATTEMPT TO COOK IN FOIL OR METAL containers – the microwaves cannot pass through and the food will not heat evenly – this may also damage your oven. Small items in shallow foil containers can be **REHEATED** in the microwave, but take care that containers do not touch the oven walls or door. Use wooden kebab sticks instead of metal skewers. **DO NOT RE-USE FOIL CONTAINERS AS THEY MAY BECOME DENTED OR DAMAGED AND ARCING MAY OCCUR.**



PLASTIC

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



Only use Tupperware® containers if they are designed for microwave use. Do not use Melamine as it absorbs microwave energy and scorches. Never cook in margarine cartons or yoghurt pots, as these will melt with the heat from the food. Many plastics that are not heatproof for cooking are suitable for defrosting. **DO NOT USE UNDER THE GRILL.**



PAPER

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

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



WICKER, WOOD, STRAW BASKETS

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

CLING FILM

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



ROASTING BAGS

Roasting bags are useful when slit up one side to tent a joint for roasting by power and time, on microwave only. **DO NOT USE THE METAL TWISTS SUPPLIED.**

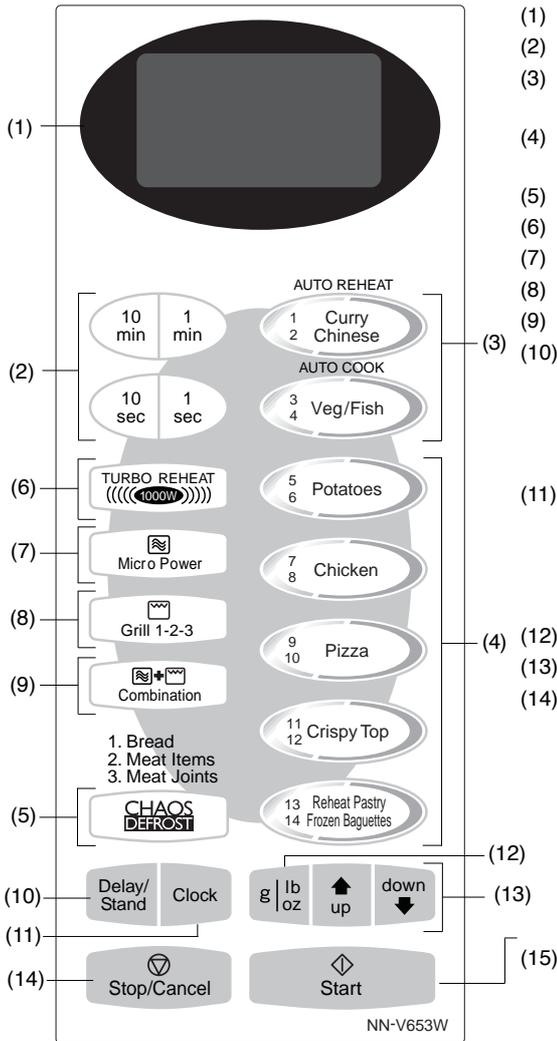


ALUMINIUM FOIL

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

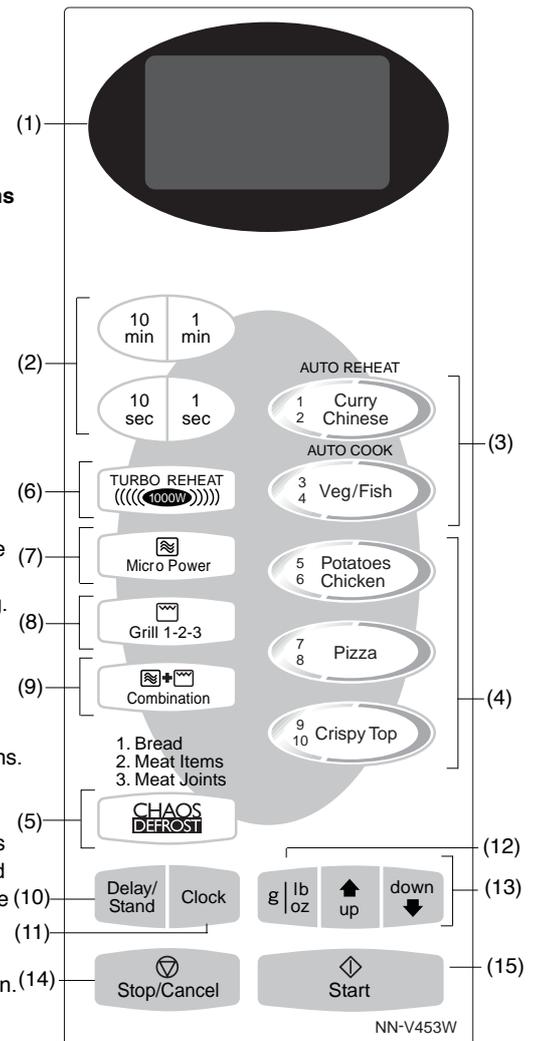
Control Panels

NN-V653/NN-V623*



- (1) **Display Window**
- (2) **Time Pads**
- (3) **Auto Weight Microwave Programs**
- (4) **Auto Weight Combination Programs**
- (5) **Auto Weight Defrost Programs**
- (6) **Turbo Reheat Pad**
- (7) **Microwave Power Setting**
- (8) **Grill Setting**
- (9) **Combination Pad**
- (10) **Delay/Stand Pad:**
This can be used to delay a cooking program for up to 9 hrs 99 mins., or used to time or for standing (non-cooking) time.
- (11) **Clock Pad:**
Press the clock pad. Using the minute and second pads set the clock (12 hr clock). Press clock pad again to stop colons flashing.
- (12) **lb/oz Conversion Pad**
- (13) **Weight Selection Pads**
- (14) **Stop/Cancel Pad:**
Before Cooking:
one press clears your instructions.
During Cooking:
one press temporarily stops the cooking program. Another press cancels all your instructions and the time of day will appear in the display.
- (15) **Start Pad:**
Press to start operating the oven. If during cooking the door is opened or Stop/Cancel Pad is pressed once, Start Pad has to be pressed again to continue cooking.

NN-V453



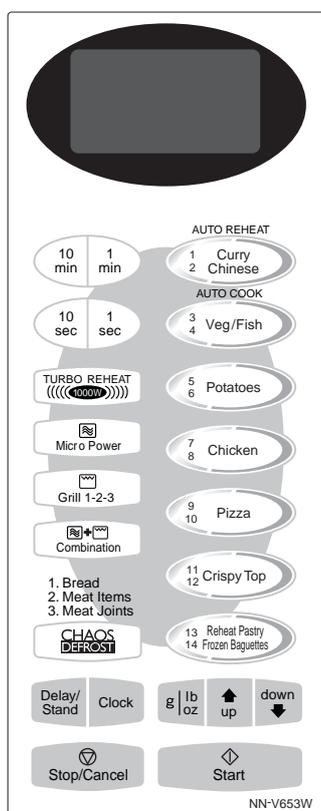
* The design of your control panel may vary from the panel displayed (depending on colour), but the words on the pads will be the same.

Beep Sound:

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

Let's Start to Use your Oven

NN-V653
NN-V623*



1 Plug in

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

2 Press Clock Pad

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

3 Press Grill Pad Once (NN-V653/NN-V623)

(This procedure is to burn off the oil used for rust protection in the oven.) - see page 3 on "Before Use" for details.

4 Press Time Pad

Press 1 min pad until 5 minutes is displayed in the window.

5 Press Start Pad

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

CAUTION: Grill and oven will be hot.

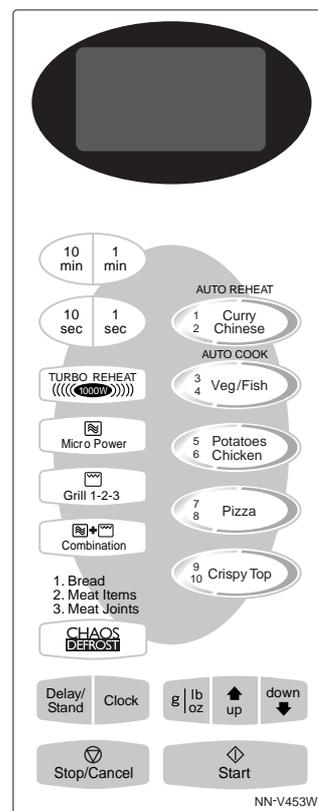
6 Demonstration Mode

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

7 Child Lock

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

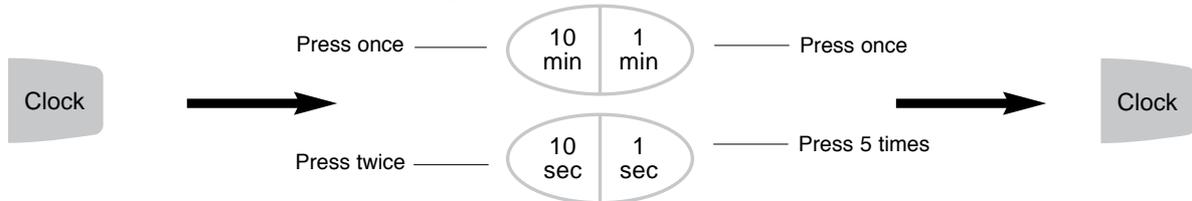
NN-V453



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

Setting the Clock

Example of how to set 11.25pm



- **Press Clock Pad**

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

- **Press Time Pads**

Enter time of day by pressing Time Pads. Use minute pads to set the hours, and the second pads to set the minutes. Set as a 12 hour clock.

- **Press Clock Pad**

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

N.B.

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

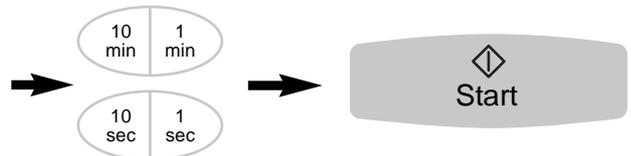
Microwave Cooking and Defrosting

There are 6 different microwave power levels available.

Selecting Microwave Power Level



Press	Power Level	Wattage
once	High	900 W
twice	Defrost	270 W
3 times	Medium	600 W
4 times	Low	440 W
5 times	Simmer	250 W
6 times	Warm	100 W



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

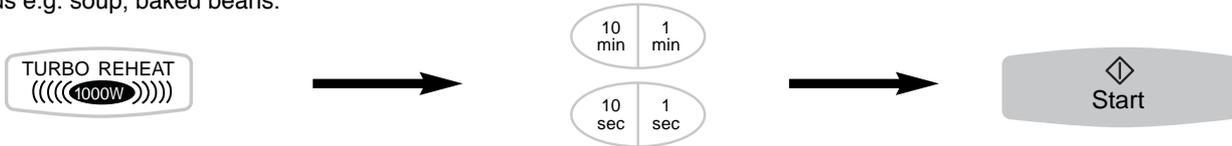
- Select Cooking Time.

- Press Start.

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

Turbo Reheat

This will provide an added boost of microwave power up to 1000 Watts, for the initial part of the cooking time, when reheating foods e.g. soup, baked beans.

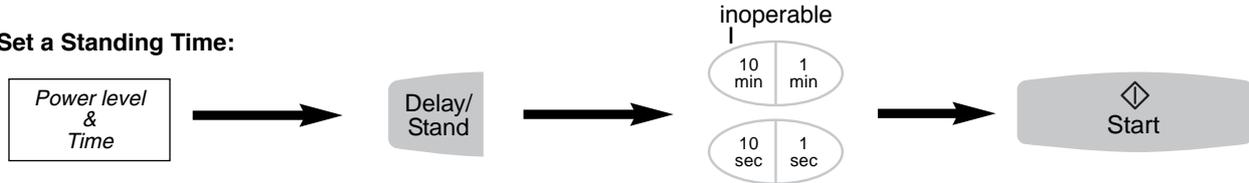


- Press the pad.
- Select Cooking time.
- Press Start.

Using the Delay/Stand Feature

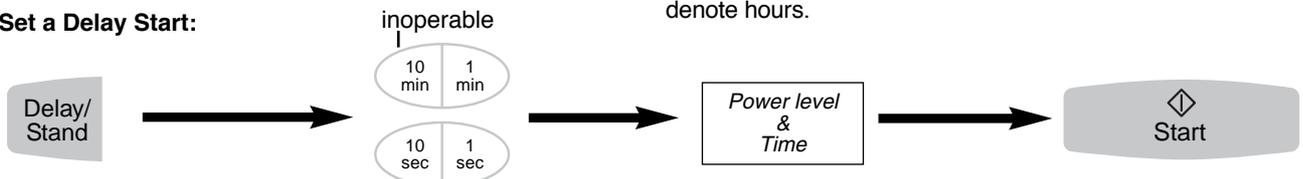
The Delay/Stand Pad is used as a timing pad either before, during or after a cooking program. When the Delay/Stand Pad is selected with a time, there is no microwave power in the oven during this time.

1. To Set a Standing Time:



- Set the desired Cooking Program, by selecting power level and time required.
- Then Press the Stand Pad.
- Set desired standing time (max 9hrs 99mins) (10 min. pad is inoperable) An "H" will appear in the display to denote hours.
- Press Start Pad. Cooking program will commence after which the standing time will count down.

2. To Set a Delay Start:



- Press the Delay Pad
- Set Delay time (max 9hrs 99mins) (10 min. pad is inoperable) An "H" will appear in the display to denote hours. The minute pad enters hours and the sec pads enters the minutes.
- Set the complete cooking program, by entering power level and time required.
- Press Start Pad. Delayed time will count down then the cooking program will start.

NB

1. If the oven door is opened during the stand or delay time, the time in the display window will continue to count down.
2. Delay Start cannot be used before an Auto Program.
3. If the Delay Stand pad is pressed three times, this will turn off the auto guide system. "Operation guide off" will appear once. The words will not now scroll in the display window. To turn the auto guide back on, press the Delay/Stand pad three times. "Operation guide on" will appear, and then the words will scroll again.

Microwave Cooking and Defrosting

ACCESSORY TO USE:



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

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

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

Two Stage Cooking:

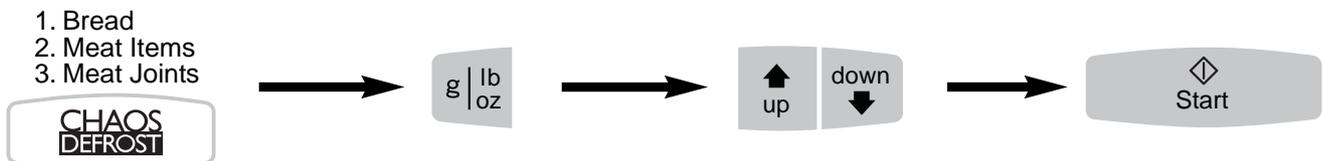
eg. High power 10 minutes followed by Simmer power 20 minutes; Select High power and program 10 minutes then select second power (Simmer) with second cooking time (20 minutes) then press Start.

Three Stage Cooking:

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

Auto Weight Defrost

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



• Select the desired program by pressing pad once, twice or three times.

• Press to select g or lb and oz.

• Enter the weight by pressing the Up & Down Pads. The “up” pad will start with the minimum weight for each food.

• Press Start.

Program	Weight Range	Suitable Foods
1 Bread	100 - 800g (4oz - 1lb 12oz)	Bread and rolls. Turn at beeps.
2 Meat Items	150 - 1200g (5oz - 2lb 10oz)	Small pieces of meat, minced meat, chicken portions, steaks, chops. Turn at beeps.
3 Meat Joints	400 - 2000g (14oz - 4lb 6oz)	Whole chicken, meat joints. Turn at beeps and shield.

Auto Weight Defrost Programs

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

The CHAOS defrost pad should be pressed to select the correct category and then enter in the weight of the food in grams or pounds and ounces using the appropriate pads (See page 17).

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

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

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

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

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

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

1st Beep



Turn

1st Beep



Shield

or

2nd Beep



Turn or break up

CATEGORY 1 BREAD

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

1. Bread
2. Meat Items
3. Meat Joints

**CHAOS
DEFROST**

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

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

CATEGORY 3 MEAT JOINTS/WHOLE CHICKENS

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

Defrosting Guidelines

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

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

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

TIPS

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



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



Chickens and joints of meat will require shielding during defrosting.



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



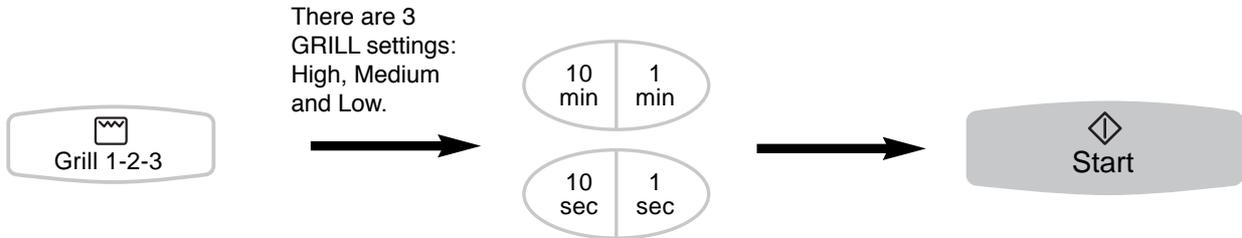
Break up small items e.g. minced meat, frequently during defrosting.

Defrosting Foods Using Defrost Power & Time

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

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

Using the Grill

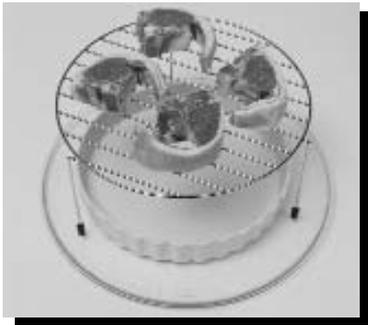


- Select GRILL power Press once for Grill 1 (High), twice for Grill 2 (Medium) or three times for Grill 3 (Low).

- Select Cooking Time. (DO NOT PREHEAT GRILL)

- Press Start.

Place food on Grill Rack on turntable. Place a heatproof plate (eg. Pyrex®) underneath to catch fat, drips.



Most meat items e.g. bacon, sausages, chops can be cooked on the hottest GRILL 1 setting.

GRILL 2 and 3 settings are used for more delicate foods or those that require a longer grill time e.g. fish or chicken portions.

NOTE: The Grill will only operate with the oven door closed.

The GRILL will glow on and off during cooking – this is normal. Always clean the oven after using the GRILL and before using microwave or Combination.

Never cover foods when grilling.

Most foods require turning halfway during cooking. When turning food, open oven door and CAREFULLY remove Grill Rack using oven gloves.

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

DO NOT attempt to preheat the GRILL.

There is no microwave power on the GRILL only program.

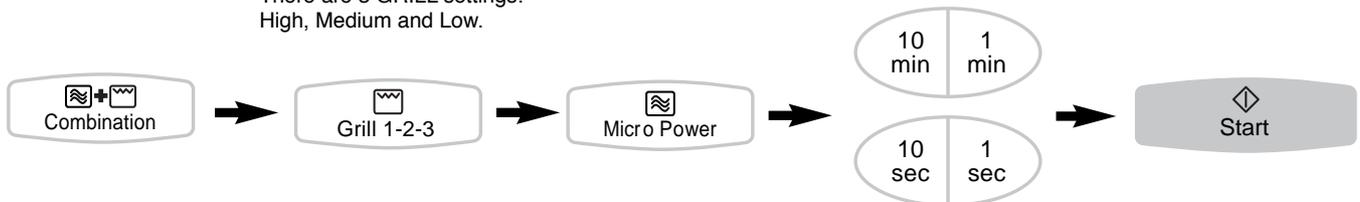
CAUTION:

The Grill Rack must always be used with the glass turntable in position. Remove Grill Rack from oven by holding the rack and heatproof dish firmly. Use oven gloves when removing accessories. The oven roof and walls will be very hot.

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

Combination Cooking

There are 3 GRILL settings:
High, Medium and Low.



- Press Combination pad.
- Select GRILL power. Press once for Grill 1 (High), twice for Grill 2 (Medium) or three times for Grill 3 (Low).
- Press this pad until the power you require appears in the display window. (Medium/Low/Simmer or Warm).*
- Set cooking time.
- Press Start Pad.

*It is not possible to use High power on Combination, because the food would overcook by Microwave before browning and crisping by the Grill.

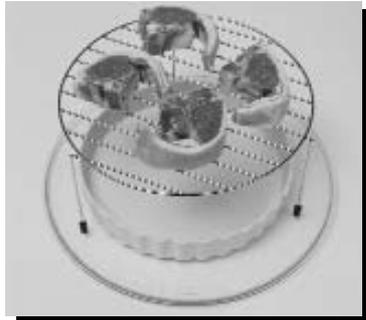
Combination cooking is ideal for many foods. The microwave power cooks them quickly, whilst the grill gives traditional browning and crisping.

The metal Grill Rack is designed to be used for **Combination** and Grilling. Never attempt to use any other metal accessory except the one provided with the oven. Place a heatproof dish underneath to catch any fat drips.

Use the Grill Rack only as described and ensure you DO NOT use if operating the oven with less than 200g (7oz) of food on a manual Program. For small quantities do not cook by **Combination**, cook by GRILL or MICROWAVE ONLY for best results.

Arcing** may occur if the incorrect weight of food is used, the Grill Rack has been damaged, or a metal container has been used accidentally. If this occurs, stop the machine immediately.

**Arcing is flashes of blue light seen in the microwave.



Place food on Grill Rack on turntable. Place a heatproof dish (eg. Pyrex® plate) underneath to catch fat and drips.

CAUTION:

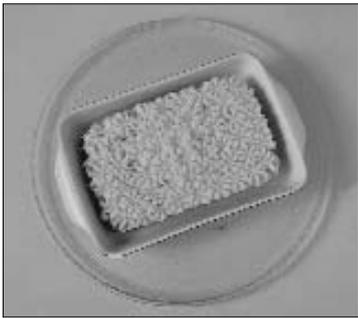
The Grill Rack must always be used with the glass turntable in position.

Remove the Grill Rack from the oven by holding the Grill Rack firmly. Use oven gloves when removing accessories. The oven roof will be very hot.

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

Combination Cooking

Some foods should be cooked on Combination without using the Grill Rack i.e. roasts, gratins, pies and puddings. The food should be placed in a heatproof non-metallic dish and placed directly onto the turntable.



Do not preheat the grill on **Combination**.

COVERING

NEVER cover food when cooking on a **Combination** program.

CAUTION: The covering will melt or crack and could ignite.

CONTAINERS TO USE

DO NOT use plastic MICROWAVE containers on Combination Programs (unless suitable for combination cooking). Dishes must be able to withstand the heat of the top grill – heatproof glass e.g. Pyrex® or ceramic are ideal. But do not put dishes on Grill Rack directly under the grill.

DO NOT use your own metal dishes or tins, as the microwaves will not penetrate the food evenly.

For home-made savoury recipes e.g. Cottage Pie, Lasagne, place in heatproof dish and place dish directly on the turntable. Supermarket convenience savoury dishes in shallow foil dishes may be used with care on **Combination** (not suitable to be used on Auto Program). Take care that they do not touch the oven walls or door. DO NOT use if they are crushed or damaged in any way, as arcing may occur and NEVER place on the Grill Rack.

CAUTION:

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

FOODS NOT SUITABLE FOR COMBINATION COOKING

Batter mixtures, e.g. Yorkshires, Choux pastry, Toad in the Hole

Egg White mixtures e.g. souffles, meringues

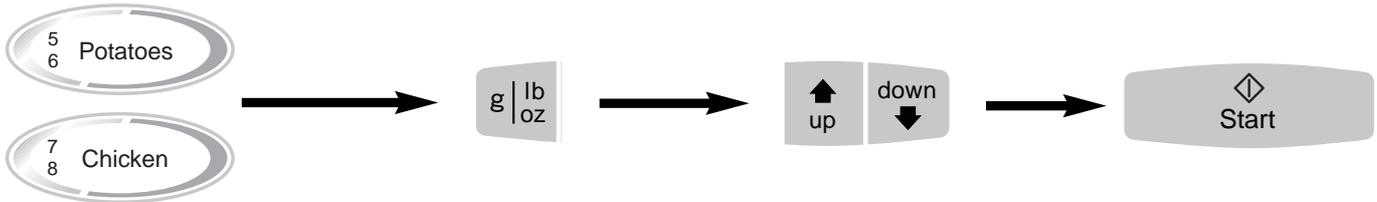
Frozen pastry items, e.g. sausage rolls

Raw double layer pastry pies

The foods above should be cooked in a conventional oven.

Auto Weight Cook Programs for NN-V653/NN-V623/NN-V453

This feature allows you to cook or reheat foods by setting the weight only. The oven determines the Microwave power level and/or Grill level, then the cooking time automatically. Select the category of food and then just enter the weight. The weight can be entered in grams or pounds and ounces. The NN-V653 and the NN-V623 have fourteen programs, and the NN-V453 has ten programs.



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

Guidelines for Use

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

1. Only cook foods within the weight ranges described (see appropriate table for your oven, below, or on page 27).
2. Only use the accessories as indicated.
3. Do NOT cover food on programs 5-14, as they use the grill and it will prevent the food browning, the heat of the grill will also melt any plastic covering.
4. Most foods benefit from a STANDING time after cooking on an Auto Program, to allow heat to continue conducting to the centre.
5. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
6. For some foods cooked by COMBINATION, the base will be soft and not crisp e.g. Pizza.

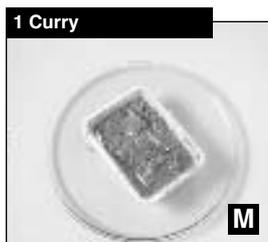
Minimum/Maximum Weights to use on Auto Weight Programs NN-V653/NN-V623

Program	Minimum	Maximum
Curry	300g (11oz)	800g (1lb 12oz)
Chinese	300g (11oz)	450g (1lb)
Fresh Vegetables	100g (4oz)	800g (1lb 12oz)
Fresh Fish	100g (4oz)	800g (1lb 12oz)
Jacket Potatoes	200g (7oz)	1500g (3lb 5oz)
Frozen Potato Products	100g (4oz)	450g (1lb)
Whole Chicken	1000g (2lb 2oz)	2000g (4lb 6oz)
Chicken Portions	200g (7oz)	1000g (2lb 2oz)
Chilled Pizza	200g (7oz)	500g (1lb 2oz)
Frozen Pizza	200g (7oz)	500g (1lb 2oz)
Chilled Crispy Top	300g (11oz)	600g (1lb 5oz)
Frozen Crispy Top	300g (11oz)	600g (1lb 5oz)
Reheat Pastry	100g (4oz)	800g (1lb 12oz)
Frozen Baguettes	100g (4oz)	400g (14oz)

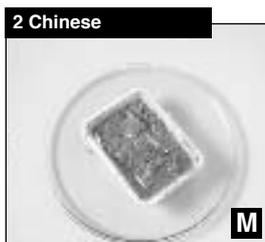
Auto Weight Cook Programs for NN-V653/NN-V623

Auto Programs must ONLY be used for the foods described below. Programs 1-4 use Microwave power only, Programs 5-14 use Combination of Grill and Microwave. Place food off centre, unless stated otherwise.

- 1 Curry
- 2 Chinese



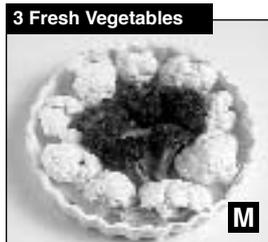
1 Curry
This program is for reheating a chilled curry convenience meal that can be stirred.* Foods must be in a suitable microwaveable container and have the film pierced. Place on turntable, press the pad once. Enter the weight then press START. Stir halfway. Allow to stand for 1 minute. Ensure that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



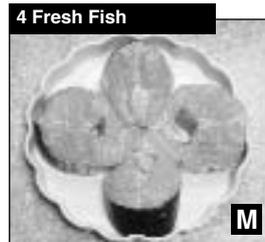
2 Chinese
This program is for reheating a chilled chinese convenience meal that can be stirred.* Foods must be in a suitable microwaveable container and have the film pierced. Place on turntable. Press the pad twice. Enter the weight. Press START. Stir halfway. Allow to stand for 1 minute. Ensure food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

***IMPORTANT NOTE:** This program is not suitable for foods that cannot be stirred e.g. Lasagne/Shepherds Pie. These convenience meals can be cooked on the Crispy Top program for 'Chilled and Frozen' dishes. Meals in bowl shaped containers may need extra cooking time.

- 3 Veg/Fish
- 4 Veg/Fish

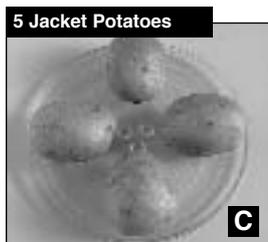


3 Fresh Vegetables
To cook FRESH vegetables. Place prepared vegetables into a shallow container on turntable. Add 15ml (1tbsp) of water per 100g (4oz) vegetables. Cover with pierced cling film or lid. Press the pad once. Enter the weight. Press START.

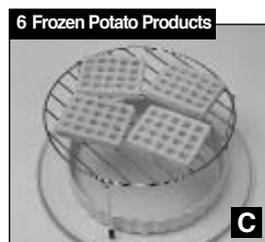


4 Fresh Fish
To cook FRESH fish. Shield the thinner portions. Place in a shallow container on turntable. Add 15ml (1tbsp) liquid. Cover with pierced cling film or lid. Press the pad twice. Enter the weight. Press START.

- 5 Potatoes
- 6 Potatoes

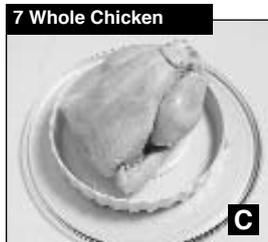


5 Jacket Potatoes
To cook jacket potatoes choose medium sized potatoes 200-250g (7-9oz). Wash and dry and prick with a fork several times. Arrange around edge of turntable. Press pad once. Enter weight. Press START. DO NOT COVER.

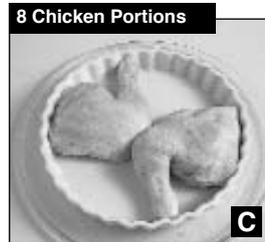


6 Frozen Potato Products
To cook FROZEN potato products. eg. Hash Browns, Croquettes, etc., that are suitable for GRILLING. Spread potato products out on Grill Rack place on turntable. Press pad twice. Enter weight. Press START. For best results cook in a single layer. DO NOT COVER. Turn during cooking. Larger quantities may require turning frequently.

- 7 Chicken
- 8 Chicken



7 Whole Chicken
To cook WHOLE FRESH unstuffed chickens. Cook stuffing separately. Place chicken on upturned saucer on heatproof dish and place on turntable. Press pad once. Enter weight. Press START. Start cooking breast side down and turn halfway. DO NOT COVER.



8 Chicken Portions
For cooking and browning fresh chicken quarters eg. leg quarters, breast quarters with bone. DO NOT use for drumsticks, boneless breasts or thighs. Place chicken in heatproof dish on turntable. Press pad twice. Enter weight. Press START. For even cooking spread chicken out well. DO NOT COVER.

M = Microwave cooking only

C = Combination of Grill and Microwave cooking

Auto Weight Cook Programs for NN-V653/NN-V623

Auto Programs must ONLY be used for the foods described below. Programs 5-14 use Combination of Grill and Microwave.



9 Chilled Pizza



For reheating and browning the top of a chilled purchased pizza. Remove all packaging and place on Grill Rack on turntable. Press pad once. Enter weight. Press START. DO NOT COVER.

10 Frozen Pizza



For reheating and browning the top of a frozen purchased pizza. Remove all packaging and place on Grill Rack on turntable. Press pad twice. Enter weight. Press START. DO NOT COVER.

IMPORTANT NOTE: This program is not suitable for "Deep Pan" Pizzas. They should be cooked manually e.g. using power level and/or grill setting and time.

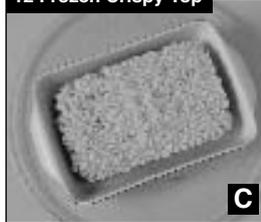


11 Chilled Crispy Top



For reheating and browning chilled cooked purchased savoury dishes eg. Lasagne or Shepherds Pie. Remove any lid or covering. If in a foil container transfer to a similar sized heatproof dish and place on turntable. If using heatproof plastic based dish that food is purchased in, take care and support underneath when removing. Press pad once. Enter weight. Press START. DO NOT COVER. Stand for 1 minute before serving. Ensure the food is piping hot.

12 Frozen Crispy Top



For reheating and browning frozen cooked purchased savoury dishes eg. Lasagne or Shepherds Pie. Remove any lid or covering. If in a foil container transfer to a similar sized heatproof dish and place on turntable. If using heatproof plastic based dish that food is purchased in, take care and support underneath when removing. Press pad twice. Enter weight. Press START. DO NOT COVER. Stand for 1 minute before serving. Ensure food is piping hot.

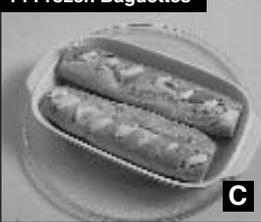


13 Reheat Pastry



For reheating chilled (NOT frozen) precooked pastry items eg. meat or vegetable pies, sausage rolls or pasties. Do not use for large deep filled family pies. Place in heatproof dish on turntable. Press pad once. Enter weight. Press START. DO NOT COVER.

14 Frozen Baguettes



For reheating and browning part baked purchased FROZEN bread sticks/baguettes with flavoured butter filling. Remove all packaging. Place in a heatproof dish on turntable. Press pad twice. Enter weight. Press START. DO NOT COVER.

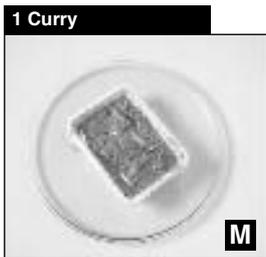
M = Microwave cooking only

C = Combination of Grill and Microwave cooking

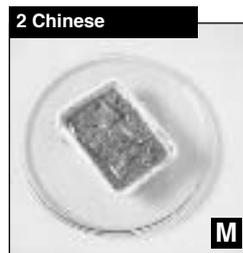
Auto Weight Cook Programs for NN-V453

Auto Programs must ONLY be used for the foods described below. Programs 1-4 use Microwave power only, Programs 5-10 use Combination of Grill and Microwave. Place food off centre, unless stated otherwise.

- 1 Curry
- 2 Chinese



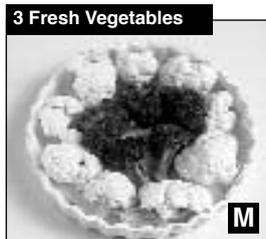
1 Curry
This program is for reheating a chilled curry convenience meal that can be stirred.* Foods must be in a suitable microwaveable container and have the film pierced. Place on turntable, press the pad once. Enter the weight then press START. Stir halfway. Allow to stand for 1 minute. Ensure that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



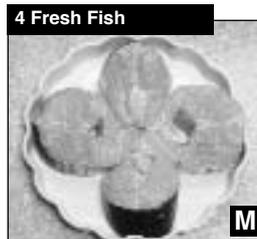
2 Chinese
This program is for reheating a chilled chinese convenience meal that can be stirred.* Foods must be in a suitable microwaveable container and have the film pierced. Place on turntable. Press the pad twice. Enter the weight. Press START. Stir halfway. Allow to stand for 1 minute. Ensure food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

***IMPORTANT NOTE:** This program is not suitable for foods that cannot be stirred. These convenience meals can be cooked on the Crispy Top program for 'Chilled and Frozen' dishes. Meals in bowl shaped containers may need extra cooking time.

- 3 Veg/Fish
- 4 Veg/Fish



3 Fresh Vegetables
To cook FRESH vegetables. Place prepared vegetables into a shallow container on turntable. Add 15ml (1tbsp) of water per 100g (4 oz) vegetables. Cover with pierced cling film or lid. Press the pad once. Enter the weight. Press START.



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

M = Microwave cooking only

C = Combination of Grill and Microwave cooking

Minimum/Maximum Weights to use on Auto Weight Programs NN-V453

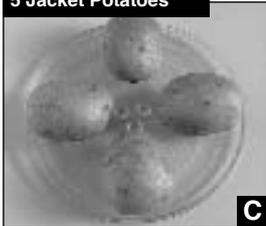
Program	Minimum	Maximum
Curry	300g (11oz)	800g (1lb 12oz)
Chinese	300g (11oz)	450g (1lb)
Fresh Vegetables	100g (4oz)	800g (1lb 12oz)
Fresh Fish	100g (4oz)	800g (1lb 12oz)
Jacket Potatoes	200g (7oz)	1500g (3lb 5oz)
Chicken Portions	200g (7oz)	1000g (2lb 2oz)
Chilled Pizza	200g (7oz)	500g (1lb 2oz)
Frozen Pizza	200g (7oz)	500g (1lb 2oz)
Chilled crispy top	300g (11oz)	600g (1lb 5oz)
Frozen crispy top	300g (11oz)	600g (1lb 5oz)

Auto Weight Cook Programs for NN-V453

Auto Programs must ONLY be used for the foods described below. Programs 5-10 use Combination of Grill and Microwave.

5 Potatoes
6 Chicken

5 Jacket Potatoes



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

6 Chicken Portions



For cooking and browning fresh chicken quarters eg. leg quarters, breast quarters with bone. DO NOT use for drumsticks, boneless breasts or thighs. Place chicken in heatproof dish on turntable. Press pad twice. Enter weight. Press START. For even cooking spread chicken out well. DO NOT COVER.

7 Pizza
8 Pizza

7 Chilled Pizza



For reheating and browning the top of a chilled purchased pizza. Remove all packaging and place on Grill Rack on turntable. Press pad once. Enter weight. Press START. DO NOT COVER.

8 Frozen Pizza

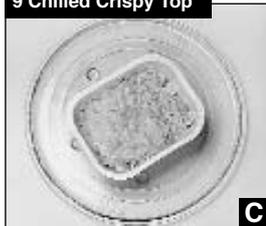


For reheating and browning the top of a frozen purchased pizza. Remove all packaging and place on Grill Rack on turntable. Press pad twice. Enter weight. Press START. DO NOT COVER.

IMPORTANT NOTE: This program is not suitable for "Deep Pan" Pizzas. They should be cooked manually e.g. using power level and/or grill setting and time.

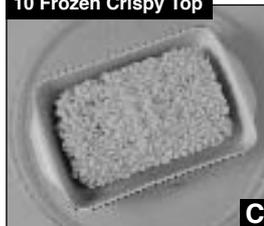
9 Crispy Top
10 Crispy Top

9 Chilled Crispy Top



For reheating and browning chilled cooked purchased savoury dishes eg. Lasagne or Shepherds Pie. Remove any lid or covering. If in a foil container transfer to a similar sized heatproof dish and place on turntable. If using heatproof plastic based dish that food is purchased in, take care and support underneath when removing. Press pad once. Enter weight. Press START. DO NOT COVER. Stand for 1 minute before serving. Ensure the food is piping hot.

10 Frozen Crispy Top



For reheating and browning frozen cooked purchased savoury dishes eg. Lasagne or Shepherds Pie. Remove any lid or covering. If in a foil container transfer to a similar sized heatproof dish and place on turntable. If using heatproof plastic based dish that food is purchased in, take care and support underneath when removing. Press pad twice. Enter weight. Press START. DO NOT COVER. Stand for 1 minute before serving. Ensure food is piping hot.

M = Microwave cooking only

C = Combination of Grill and Microwave cooking

Cooking and Reheating Guidelines

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

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

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

The charts on pages 30-38 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food.

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

When is food reheated?

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

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

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

PLATED MEALS

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

CANNED FOODS

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

SOUPS

Use a bowl and stir before heating and at least once through reheat time and again at the end.

CASSEROLES

Stir halfway through and again at the end of heating.

MINCE PIES - CAUTION

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

CHRISTMAS PUDDINGS AND LIQUIDS - CAUTION

Take great care when reheating these items. See Page 6.

Do not leave unattended.

Do not add extra alcohol.

BABIES' BOTTLES - CAUTION

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

For 7-8 fl.oz. of milk from fridge temperature, remove top and teat. Heat on HIGH power for 25-30 secs.

CHECK CAREFULLY.

For 3 fl.oz. of milk from fridge temperature, remove top and teat. Heat on HIGH power for 10-15 secs.

CHECK CAREFULLY.

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

Reheating Charts

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

HEATING CATEGORY

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

*1000 Watts IEC (705) is achieved by using the Turbo Reheat pad, see page 16 for details.



The IEC (705) power output (watts)*

The heating category for small packs of food

Microwave symbol

Food	Weight/Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
BABIES BOTTLES – CAUTION				
For 7-8 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 25-30 secs. CHECK CAREFULLY				
For 3 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 10-15 secs. CHECK CAREFULLY				
N.B. Liquid at the top of the bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature. Milk or formula must always be tested carefully before feeding a baby.				
BREAD – Precooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.				
Croissants	2	HIGH	15-20 secs.	Place on heatproof plate on turntable. Do not cover.
		or GRILL 1	2-3 mins.	
	4	HIGH	30-40 secs.	
		or GRILL 1	4 mins.	
Rolls	1	HIGH	15 secs.	
		or GRILL 1	2-3 mins.	
	4	HIGH	30-40 secs.	
		or GRILL 1	4-5 mins.	
CANNED BEANS, PASTA				
Baked Beans	225 g	TURBO REHEAT	1 min. 40 secs.	Place in a microwave safe bowl on turntable. Cover.
	447 g	TURBO REHEAT	3-3½mins.	
Ravioli in sauce	215 g	HIGH	2½mins.	
	400 g	HIGH	4 mins.	
Macaroni Cheese	225 g	TURBO REHEAT	2 mins.	
Spaghetti Bolognese	210 g	HIGH	2 mins.	
	430 g	HIGH	4 mins.	
Spaghetti in Tomato Sauce	213 g	TURBO REHEAT	1 min. 40 secs.	
CANNED MEAT				
Chilli Con Carne	410 g	HIGH	3½mins.	Place in a microwave safe bowl on turntable. Cover.
Hot Dogs (drained)	415 g	HIGH	2½ mins.	
Chicken Supreme	392 g	HIGH	4 mins.	
Minced Beef & Onion	392 g	HIGH	4 mins.	
CANNED SOUPS				
Cream of Tomato	425 g	HIGH	3½-4 mins.	Place in a microwave safe bowl on turntable. Cover.
Minestrone	300 g	TURBO REHEAT	2 mins.	

POINTS FOR CHECKING

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

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
CANNED PUDDINGS				
Creamed Rice	425 g	HIGH	2-2½ mins.	Place in a microwave safe bowl on turntable. Cover.
Sponge Pudding	300 g	HIGH	2 mins.	
CANNED VEGETABLES – Drain where appropriate				
Carrots, whole	410 g	HIGH	3 mins.	Place in a microwave safe bowl on turntable. Cover.
Mushrooms, whole	300 g	HIGH	2 mins.	
Peas, Mushy	440 g	HIGH	2-3 mins.	
Peas, Garden	550 g	HIGH	3½ mins.	
Potatoes, new	820 g	HIGH	5 mins.	
Sweetcorn	198 g	HIGH	1½ mins.	
	340 g	HIGH	2 mins.	
Tomatoes, whole	400 g	HIGH	3 mins.	
CHRISTMAS PUDDINGS - Overheating may cause pudding to ignite				
Slice	150 g	HIGH	30 secs.	Place in a microwave safe dish on turntable. Cover.
Small	450 g	HIGH	2 mins.	
Medium	900 g	HIGH	3 mins.	
Large	1.1 kg	HIGH	3½ mins.	
DRINKS – COFFEE				
1 mug	235 ml	HIGH	2 mins.	Place in a microwave safe mug on turntable. Stir, before, during and after reheating.
2 mugs	470 ml	HIGH	3½ mins.	
3 mugs	705 ml	HIGH	4½ mins.	
4 mugs	940 ml	HIGH	6 mins.	
DRINKS – MILK				
1 mug	235 ml	MEDIUM	2 mins.	Place in a microwave safe mug on turntable. Stir, before, during and after reheating.
1 jug	600 ml	MEDIUM	4½ mins.	
HOMEMADE MEAT DISHES				
Casserole for 2	500 g	HIGH	3 mins.	Place in a microwave safe dish on turntable. Cover.
Casserole for 4	1 kg	HIGH	10 mins.	
Bolognese Sauce	250 g	HIGH	3 mins.	
	1 kg	HIGH	8 mins.	

POINTS FOR CHECKING

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

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
PASTRY PRODUCTS - PRECOOKED - N.B. Pastries reheated by microwave will have a soft base.				
Beef & Onion Pie	480 g	HIGH	4 mins.	Place on heatproof plate on turntable. Do not cover.
		Or Combi: GRILL 1 + LOW	6 mins.	
Chicken Pie	210 g	HIGH	2 mins.	
		Or Combi: GRILL 1 + LOW	3½ mins.	
Cornish Pastie	255 g (1)	HIGH	2-2½ mins.	
		Or Combi: GRILL 1 + LOW	3-4 mins.	
Quiche	360 g	HIGH	3 mins.	
		Or Combi: GRILL 1 + SIMMER	7-8 mins.	
Samosas	140 g (4)	HIGH	1-2 mins.	
		Or Combi: GRILL 1 + SIMMER	6-7 mins.	
Steak & Kidney Pie	325 g (1)	HIGH	2-3 mins.	
		Or Combi: GRILL 1 + LOW	6-7 mins.	
Sausage Rolls	260 g (4)	HIGH	2-3 mins.	
		Or Combi: GRILL 1 + SIMMER	4-5 mins.	
Spring Roll	230 g (6)	HIGH	1-2 mins.	
		Or Combi: GRILL 2 + SIMMER	4-5 mins.	
Christmas Mince Pies	120 g	HIGH	10-20 secs.	Place on grill rack on turntable. Do not cover, turn halfway.
PLATED MEALS - HOMEMADE - CHILLED				
Child Size	1	HIGH	3 mins.	Place on a microwave safe plate on turntable. Cover.
Adult Size	1	HIGH	4-5 mins.	
PORRIDGE				
1 portion		HIGH	1 min.	Use a large bowl on turntable. Stir during cooking.
4 portions		HIGH	5 mins.	
PUDDINGS & DESSERTS N.B. Transfer food from foil containers to a similar sized microwave safe dish				
Apple Pie	500 g	HIGH	4 mins.	Place on a heatproof plate on turntable. Do not cover.
		Or Combi: GRILL 2 + SIMMER	6-7 mins.	
Baked Apple - 1	175 g	HIGH	½-1 min.	
Bread & Butter Pudding	425 g	HIGH	4 mins.	
Fruit Crumble	420 g	HIGH	3 mins.	
		Or Combi: GRILL 1 + LOW	4-5 mins.	
Fruit Pie, individual	1	TURBO REHEAT	10 secs.	
		Or Combi: GRILL 1 + SIMMER	1 min.	
	4	TURBO REHEAT	30 secs.	
		Or Combi: GRILL 1 + SIMMER	1½-2 mins.	
Sponge Puddings	170 g (1)	HIGH	1½ mins.	

POINTS FOR CHECKING

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

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
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 Or Combi: GRILL 1 + LOW	6 mins. 8-9 mins.	Place on turntable. Do not cover, when using combination.
Cottage Pie	350 g	HIGH Or Combi: GRILL 1 + LOW	5 mins. 7 mins.	
Lasagne	300 g	HIGH Or Combi: GRILL 1 + LOW	4-5 mins. 7 mins.	
Onion Bhajis Pakora & Felafel	200 g (6)	HIGH Or Combi: GRILL 2 + LOW	1-2 mins. 5 mins.	
Vegetable Rosti	400 g	HIGH Or Combi: GRILL 1 + LOW	6 mins. 7-8 mins.	Place on turntable. Do not cover.
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 then HIGH Or Combi: GRILL 1 + LOW	5 mins. stand for 1 min. 4 mins. 10-12 mins.	Place on turntable. Do not cover, when using combination. Allow to stand for 1 min.
Shepherd's Pie	460 g	HIGH then HIGH Or Combi: GRILL 1 + LOW	6 mins., rest for 1 min. 5 mins. 12-14 mins.	
SAUCES				
Custard	425 ml	HIGH	2½-3 mins.	Place in a large jug. Stir during cooking.
Savoury Sauce	300 ml	HIGH	2 mins.	
VEGETABLES				
Jacket Potato	250 g	HIGH	1 min.	Place in a microwave safe dish. Cover.
Green Vegetables	100 g	HIGH	1½ mins.	
	225 g	HIGH	2 mins.	
Mashed Potato	350 g	MEDIUM	7-8 mins.	
Root Vegetables	100 g	HIGH	1 min.	
	225 g	HIGH	1½ mins.	

POINTS FOR CHECKING

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

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time Approx. (mins.)	Instructions/Guidelines
BREAD – Frozen				
Part-baked rolls	340 g (6)	Combi: Grill 1 + SIMMER	5-6	Place on heatproof plate on turntable.
Part-baked Garlic Baguette	325 g (2)	Combi: Grill 1 + SIMMER	5-6	
BACON – from raw				
Rashers	120 g (6)	HIGH	4-5 or 45 secs per rasher.	Place on heatproof rack or plate on turntable and cover with kitchen towel to minimise splatter.
		Grill 1	8 mins.	Place on grill rack on turntable. Turn halfway.
BEANS & PULSES – should be pre-soaked (except lentils)				
Black Eyed Beans	225 g	HIGH then SIMMER	10 25-30	Use 600 ml (1 pt) boiling water in a large bowl. Cover.
Chick Peas	225 g	HIGH then SIMMER	10 40	
Lentils	225 g	MEDIUM power	10-15	
Red Kidney Beans	225 g	HIGH then SIMMER	15 40	Use 600 ml (1 pt) boiling water in a large bowl. Cover. Must boil for at least 12 minutes to destroy toxic enzymes.
BEEF – Joints from raw – Caution: Hot fat! Remove dish with care. For Guidelines see Meat Chapter page 45.				
Medium Rare		MEDIUM then Combi: Grill 1 + MEDIUM	11-14 per 450 g (1 lb) 5 mins. only	Place on upturned saucer in flan dish or drip tray. Cover. Place on turntable. Turn joint over halfway during cooking. Drain off fat during cooking. Uncover when using Combi stage.
CHICKEN from raw – Caution: Hot fat! Remove dish with care.				
Breasts, boneless	595 g	MEDIUM or Grill 2	12-14 20-25	Place on microwave safe rack or plate on turntable. Cover.
		or Combi: Grill 1 + LOW + Grill 1	9-11 2 mins.	Place on grill rack on turntable. Turn halfway.
Drumsticks	900 g (8)	MEDIUM or Grill 2	12-14 25-30	Place on microwave safe rack or plate on turntable. Cover.
		or Combi: Grill 1 + LOW + Grill 1	10-12 2 mins.	Place on grill rack on turntable. Turn halfway.
Quarters	1.2 kg (4)	MEDIUM or Grill 1	20 30	Place on microwave safe rack or plate on turntable. Cover.
		or Combi: Grill 1 + LOW + Grill 1	15-20 5 mins.	Place on heatproof dish on turntable.
Whole		MEDIUM then Combi: Grill 1 + MEDIUM	9-10 per 450 g (1 lb) 5 mins. only	Place on upturned saucer breast side down in flan dish or drip tray. Cover. Place on turntable. Turn chicken over halfway. Drain off fat during cooking. Uncover when using Combi stage.

POINTS FOR CHECKING

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

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time Approx. (mins.)	Instructions/Guidelines
EGGS – Poached.				
Water	45 ml	HIGH	50 secs.	<ul style="list-style-type: none"> Place in a small bowl and heat for 1st cooking time. Add egg (medium sized). Pierce yolk and white. Cover. Cook for 2nd cooking time. Then leave to stand for 1 min.
Egg	1	MEDIUM	30 secs.	
Water	90 ml	HIGH	1	
Eggs	2	MEDIUM	1	
Water	135 ml	HIGH	1½ mins.	
Eggs	3	MEDIUM	1½ mins.	
EGGS – Scrambled.				
1 Egg		HIGH	30 secs.	<ul style="list-style-type: none"> Add 1 tbsp of milk for each egg used. Beat eggs, milk and knob of butter together. Cook for 1st cooking time then stir. Cook for 2nd cooking time then stand for 1 min.
		HIGH	20 secs.	
2 Eggs		HIGH	50 secs.	
		HIGH	30 secs.	
3 Eggs		HIGH	1 min. 20 secs.	
		HIGH	30 secs.	
FISH – FRESH from raw – For Guidelines see Fish Chapter page 42.				
Filletts	450 g (3)	HIGH	3-4	Place in microwave safe dish. Add 30 ml liquid. Cover.
Steaks	350 g (2)	HIGH	3-4	
Whole	280 g (1)	HIGH	3-4	
Breaded Filletts	300 g (2)	GRILL 1 or Combi: Grill 1 + SIMMER	12-13 8-10	Place on grill rack on turntable. Turn halfway.
FISH – FROZEN from raw – For Guidelines see Fish Chapter page 42.				
Breaded Filletts	300 g (2)	GRILL 2 or Combi: Grill 3 + SIMMER	16-18 13-14	Place on grill rack on turntable. Turn halfway.
Fish Fingers	210 g (8)	HIGH or GRILL 1 or Combi: Grill 1 + SIMMER	4-5 12-14 8-10	Place on microwave safe dish. Do not cover. Place on grill rack on turntable. Turn halfway.
Haddock Filletts	380 g (4)	HIGH	7-8	Place in microwave safe dish. Add 30 ml of liquid. Cover.
Whole	450 g (2)	HIGH	10-12	
Boil in the Bag	170 g (1)	DEFROST then stand then MEDIUM	4 2 6	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 – baked	1	HIGH	2-3	Core apples, and score the skin around the middle. Fill centre of apple with sugar and mixed fruit. Dot the top with butter. Stand apples in microwave safe dish. Do not cover.
	2	HIGH	3-5	
	4	HIGH	5-7	
Apples – poached	450 g	HIGH	6	Add 300 ml (½ pt) water. Only half fill dish. Cover.
Apples – stewed	450 g	HIGH	5	Only half fill dish. Cover.
Peaches – poached	450 g	HIGH	4-5	Add 300 ml (½ pt) water. Only half fill dish. Cover.
Pears – poached	450 g	HIGH	5-6	
Plums – poached	450 g	HIGH	8	
Plums – stewed	450 g	HIGH	8-10	Add 30 ml (2 tbsp) of water. Only half fill dish. Cover.
Rhubarb – stewed	450 g	HIGH	5	Only half fill dish. Cover.

POINTS FOR CHECKING

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Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time Approx. (mins.)	Instructions/Guidelines
LAMB – from raw – CAUTION: Hot Fat! Remove dish with care. For Guidelines see Meat Chapter page 45.				
Chops	425 g (4)	MEDIUM	6-7	Place in microwave safe dish or rack on turntable. Cover.
		Combi: Grill 1 + SIMMER	12-14	Place on grill rack on turntable.
Joints		MEDIUM then	12-13 per 450 g (1 lb)	Place on upturned saucer in microwave safe dish or drip tray. Cover. Place dish on turntable. Turn joint over halfway during cooking. Drain off fat during cooking. Uncover when using Combi stage.
		Combi: Grill 1 + MEDIUM	5 mins. only	
PASTA – Place in a large 2 litre (4 pint) microwave safe bowl.				
Twists	225 g	HIGH	8-10	Use 1 litre (1¾ pt) boiling water. Add 15 ml oil. Cover. Stir halfway.
Macaroni	225 g	HIGH	10-12	
Spaghetti	225 g	HIGH	8	
Tortellini	225 g	HIGH	12	
Tagliatelli	225 g	HIGH	8-9	
Spaghetti (Quick Cook)	225 g	HIGH	5-7	
Pasta Shapes (Quick Cook)	225 g	HIGH	6-7	
PASTRY – UNCOOKED				
Shortcrust Flan Case	23 cm (9")	HIGH	3-4	Prick base of pastry, chill well. Lay piece of kitchen towel in base.
		or Combi: Grill 1 + MEDIUM	4-5	Prick base of pastry, chill well. Do not cover.
PIZZA – FRESH CHILLED – N.B. Remove all packaging. Pizzas will have a soft base.				
Thin & Crispy	375 g	HIGH	4	Place on heatproof plate on turntable. Do not cover.
		or Combi: Grill 1 + SIMMER	8	
French Bread	320 g (1)	Combi: Grill 1 + LOW	8-12	Place on heatproof plate on turntable. Do not cover.
PORK – from raw – CAUTION: Hot Fat! Remove dish with care. For Guidelines see Meat Chapter page 45.				
Chops	360 g (2)	MEDIUM	5-6	Place in microwave safe dish on rack on turntable. Cover.
		GRILL 1	12-14	Place on grill rack on turntable. Turn halfway.
		or Combi: Grill 1 + LOW	8-9	
Joints		MEDIUM then	13-15 per 450 g (1 lb)	Place on upturned saucer in microwave safe dish or drip tray on turntable. Cover. Turn joint over halfway during cooking. Drain off fat during cooking. Uncover when using combi stage.
		Combi: Grill 1 + MEDIUM	5 mins. only	
PORRIDGE – N.B. Use a large bowl.				
1 serving	½ cup oats	HIGH	2-2½	Add 1 cup of water or milk. Stir halfway.
2 servings	1 cup oats	HIGH	4-5	Add 2 cups of water or milk. Stir halfway.
3 servings	2 cups oats	HIGH	8-9	Add 4 cups of water or milk. Stir halfway.
POTATO PRODUCTS part cooked – FROZEN				
Croquettes	300 g	GRILL 2	12-14	Place on grill rack on turntable. Turn halfway.
		or Combi: Grill 1 + SIMMER	8-10	
Oven Chips & Associated Products	300 g	GRILL 1	10-12	Place on grill rack on turntable. Turn halfway.
		or Combi: Grill 1 + MEDIUM	8-10	
RICE – Place in a large microwave safe bowl.				
Basmati	250 g	MEDIUM	10-12	Use 600 ml (1 pt) boiling water. Cover.
Easycook White	250 g	HIGH	12-13	

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Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time Approx. (mins.)	Instructions/Guidelines
RICE – Place in a large microwave safe bowl.				
Easycook Brown	250 g	HIGH	15-17	Use 600 ml (1 pt) boiling water. Cover.
Long Grain White	250 g	MEDIUM	14	
Long Grain Brown	250 g	MEDIUM	20	
Wild Rice & Brown Rice Mix	250 g	MEDIUM	18	
MILK PUDDING – Place in a large microwave safe bowl.				
Flaked Rice	50 g	SIMMER power	20	Add 600 ml (1 pt) milk. 30 ml sugar.
Pudding Rice	50 g	HIGH then SIMMER	5 30	Add 450 ml (¾ pt) milk. 30 ml sugar.
Tapioca	50 g	SIMMER	30-35	Add 600 ml (1 pt) milk. 30 ml sugar.
SAUSAGES from raw – CAUTION: Hot Fat! Remove dish with care.				
Thick	454 g (8)	HIGH	4-5	Place on microwave safe plate or rack on turntable. Cover.
		GRILL 1	12-13	Place on grill rack on turntable. Turn halfway.
		or Combi: Grill 1 + SIMMER	8-9	
FRESH VEGETABLES – Place in shallow microwave safe dish.				
Asparagus	450 g	HIGH	6-8	Add 90 ml (6 tbsp) water. Cover.
Aubergine	450 g	HIGH	7	
Broad Beans	450 g	HIGH	6	
Runner Beans	450 g	HIGH	7	
French Beans	450 g	HIGH	7-8	
Beetroot	450 g	MEDIUM	12	
Broccoli	450 g	HIGH	8	
Brussel Sprouts	450 g	HIGH	8-9	
Cabbage – sliced	450 g	HIGH	7-9	
Carrots	450 g	HIGH	7-9	
Cauliflower – florets	450 g	HIGH	9	
Celery	450 g	HIGH	8-9	
Corn on the Cob	450 g	HIGH	6-7	
Courgettes	450 g	HIGH	5	
Leeks	450 g	HIGH	7-9	
Mange Tout	450 g	HIGH	4-5	
Marrow – cubed	450 g	HIGH	4-5	
Mushrooms	450 g	HIGH	5	
Parsnips – sliced	450 g	HIGH	6-7	

POINTS FOR CHECKING

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Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time Approx. (mins.)	Instructions/Guidelines
FRESH VEGETABLES – Place in shallow microwave safe dish.				
Peas	450 g	HIGH	4-6	Add 90 ml (6 tbsp) water. Cover.
Potatoes – boiled	450 g	HIGH	6-7	
Potatoes – par-boiled	450 g	HIGH	4-5	
Potatoes – new whole	450 g	HIGH	6-7	
Potatoes – to mash	450 g	HIGH	8	
Potatoes – jacket (200 g / 7 oz)	1	HIGH	4½	Wash and prick skins several times. Place directly on turntable. After cooking stand for 5 mins wrapped in foil. Or use Auto Program Jacket Potato.
	2	HIGH	7	
	4	HIGH	12	
Potatoes – jacket (250 g / 9 oz)	1	HIGH	5½	
	2	HIGH	9½	
	4	HIGH	15	
Spinach	450 g	HIGH	7	Add 90 ml (6 tbsp) water. Cover.
Spring Greens	450 g	HIGH	7	
Swede – cubed	450 g	HIGH	7-8	
Turnip	450 g	HIGH	11-12	
FROZEN VEGETABLES – Place in shallow microwave safe dish.				
Asparagus	450 g	HIGH	7-8	Add 30 ml (2 tbsp) water. Cover.
Beans – broad	450 g	HIGH	8	
Beans – green	450 g	HIGH	8-9	
Broccoli	450 g	HIGH	9	
Brussel Sprouts	450 g	HIGH	9-10	
Cabbage – shredded	450 g	HIGH	5-6	
Carrots	450 g	HIGH	8-9	
Cauliflower	450 g	HIGH	10	
Mange Tout	450 g	HIGH	7-8	
Mixed Vegetables	450 g	HIGH	7	
Peas	450 g	HIGH	6-7	
Spinach – nuggets	450 g	HIGH	8-9	
Swede – diced	450 g	HIGH	10	
Sweetcorn	450 g	HIGH	7	

POINTS FOR CHECKING

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Increasing and Decreasing Recipes

INCREASING RECIPES

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

for 4 servings will become 40 mins. on MEDIUM power for 6 servings.

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

DECREASING RECIPES

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

Using Recipes from Other Books

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

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

other cookbooks, the 900 W output power of your oven must be allowed for. Use the same power level suggested e.g. HIGH or MEDIUM and select the same cooking time suggested, however CHECK the progress of the food during cooking and adjust the time if necessary.

Cooking for One

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

Soups and Starters

Ingredients

2 aubergines
sea salt
30 ml (2 tbsp) olive oil

Sauce:

200 ml carton crème fraîche
285 g jar mushroom antipasto, drained
45 ml (3 tbsp) freshly chopped flat leaf parsley
freshly ground black pepper

Ingredients

8 rashers streaky bacon, stretched and halved
450 g (1 lb) minced pork
60 ml (4 tbsp) breadcrumbs
5 ml (1 tsp) sage
1 onion, finely chopped
15 ml (1 tbsp) lemon juice
30 ml (2 tbsp) parsley, chopped
15 ml (1 tbsp) capers
salt and pepper to taste

Ingredients

40 g (1½ oz) butter
2 large leeks, thickly sliced
500 g (1 lb) potatoes, peeled, cut into 1cm (½") cubes
15 ml (1 tbsp) plain flour
284 ml (½ pt) tub fresh fish stock
300 ml (½ pt) water
bay leaf
300 ml (½ pt) milk
250 g (9 oz) skinless cod, cut into chunks
10 tiger prawns, peeled

Aubergine with Creamy Mushroom Sauce

Serves 4

Oven Accessory: glass turntable and grill rack

1. Slice each aubergine into thick slices lengthways.
2. Place the aubergine slices in a large colander and sprinkle generously with sea salt. Put a plate on top and put a weight on the plate. Leave to drain for about an hour, to get rid of all the bitter juices.
3. Wash the aubergine slices and pat dry with kitchen paper. Then place on the grill rack, and brush with oil. Cook on GRILL 1 for 13 mins., turning halfway until soft and evenly cooked with a golden skin.
4. Put the crème fraîche into a bowl, stir in the mushroom antipasto and cook on HIGH power for 2-3 mins. until it is just bubbling.
5. Arrange the aubergine on four plates. Pour over the hot sauce and sprinkle with chopped parsley and black pepper to taste.

Coarse Pork Pâtés

Serves 4

Dish: 4 ramekin dishes 8 cm (3") diameter

1. Line each ramekin with 4 half rashers of bacon.
2. Mix all ingredients together and press into ramekins.
3. Cook 4 ramekins together on MEDIUM power for 12-14 mins. or until cooked through. Pour off excess liquid, and serve hot or cold with crusty French bread.

Creamy Cod and Leek Chowder

Serves 4

Dish: deep casserole dish

1. Place the butter and leeks in a large bowl, cover and cook on HIGH power for 3 mins or until softened. Add the potatoes and cook covered on HIGH power for a further 3 mins.
2. Stir in the flour and gradually add the fish stock, water and bay leaf. Cover and cook on HIGH power for 10-12 mins or until the potato is tender. Stir half way.
3. Stir in the milk and fish. Cover and cook on HIGH power for 4-5 mins or until the fish is cooked. Remove the bay leaf and season to taste. Serve immediately.

Ingredients

100 g (4 oz) tasty grated cheese
100 g (4 oz) smoked ham, diced
1 tomato, deseeded and chopped
60 ml (4 tbsp) sour cream
15 ml (1 tbsp) mayonnaise
10 ml (2 tsp) wholegrain mustard
8 croissants

Ingredients

25 g (1 oz) butter
15 ml (1 tbsp) olive oil
1 onion, finely chopped
350 g (12 oz) potatoes, diced
500 g (1 lb 2 oz) broccoli, cut into florets
850 ml (1½ pts) vegetable stock
3 ml (½ tsp) grated nutmeg
150 ml (¼ pt) semi skimmed milk
100 g (4 oz) stilton cheese, cubed
Salt and pepper

Ingredients

2 ready to bake frozen garlic baguettes
50 ml (2 fl.oz) olive oil
15 ml (1 tbsp) white wine vinegar
pinch caster sugar
15 ml (1 tbsp) crème fraîche
15 ml (1 tbsp) chopped fresh parsley
5 ml (1 tsp) Dijon mustard
100 g (4 oz) stilton, crumbled
1 gem lettuce, shredded
1 avocado, peeled and sliced
salt and pepper

Stuffed Croissants

Serves 4

Dish: dinner plate

1. Combine all the filling ingredients in a bowl.
2. Slit in back of each croissant and fill with mixture.
3. Cook in two batches of 4 croissants on a heatproof plate on the turntable. Cook on Combination: GRILL 1 and SIMMER power for 4-5 mins. each batch or until the cheese has melted and the croissants are crispy.

Broccoli and Stilton Soup

Serves 4

Dish: large bowl

1. Place the butter, oil and onion in a large bowl. Cover and cook on HIGH power for 3 mins. or until soft.
2. Add the potatoes, cover and cook on HIGH power for 3-4 mins. or until softened.
3. Add the broccoli, hot vegetable stock and nutmeg. Cover and cook on HIGH power for 15-20 mins. or until the broccoli is cooked.
4. Allow to cool and then blend in a food processor until smooth.
5. Stir in the milk and stilton cheese. Season to taste. Reheat the soup on HIGH power for 4-5 mins. or until hot and smooth. Stir frequently.

Cheese and Garlic Loaf

Serves 4

Dish: heatproof plate

1. Cook the baguettes on the Auto program in the NN-V653/V623.
Or use Combination: GRILL 1 and SIMMER power for 5-6 mins.
2. Blend together the oil, vinegar, pinch of caster sugar, crème fraîche, parsley and mustard.
3. Stir in the crumbled stilton and season. Toss the lettuce and the sliced avocado.
4. Split open the hot loaves and fill with the salad mixture. Serve immediately.

Fish

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

WHEN IS FISH COOKED?

Fish is cooked when it flakes easily and becomes opaque.



ARRANGING

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

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

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



LIQUID

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

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

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

WHOLE FISH

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

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



NOISE

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

Ingredients

4 trout, 350 g (12 oz) each

Stuffing:

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

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

Stuffed Citrus Trout

Serves 4

Oven Accessory: glass turntable and grill rack

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

Ingredients

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

Ingredients

25 g (1 oz) butter
2 onions, peeled and quartered
1 clove of garlic, crushed
2 courgettes, sliced
1 yellow pepper, sliced
3 ml (½ tsp) cumin
3 ml (½ tsp) paprika
15 ml (1 tbsp) tomato puree
400 g (14 oz) can tomatoes
8 plaice fillets
15 ml (1 tbsp) lemon juice

Ingredients

100 g (4 oz) streaky bacon, finely chopped
1 small onion, skinned and finely chopped
100 g (4 oz) mushrooms, wiped and chopped
100 g (4 oz) fresh breadcrumbs
450 ml (¾pt) milk
700 g (1½lb) cod fillets
25 g (1 oz) butter
50 g (2 oz) flour
100 g (4 oz) Leicester cheese, grated
salt and pepper

Tuna Fish Cakes

Serves 4

Oven Accessory: glass turntable and then grill rack

1. Cook potatoes with 45 ml (3 tbsp) water, covered on HIGH power for 6-8 mins. or until cooked. Drain.
2. Place butter and onion in a bowl, cover and cook on HIGH power for 4 mins. or until soft. Add potatoes and mash.
3. Stir in tuna, hard boiled egg, parsley and lemon juice, season well.
4. Shape into 8 cakes and coat in beaten egg and breadcrumbs.
5. Place on grill rack and cook on Combination: GRILL 1 and SIMMER power for 10-12 mins. or until brown, turning halfway.

Plaice Provencale

Serves 4

Dish: large shallow rectangular dish

1. Place the butter, onions and garlic in a large bowl. Cover and cook on HIGH power for 2 mins. or until softened.
2. Add the courgettes and yellow pepper. Cover and cook on HIGH power for 2 mins. or until softened. Add the spices, puree and tomatoes. Cover and cook on HIGH power for 4 mins. or until piping hot. Pour into serving dish.
3. Roll each fillet and arrange on top of the sauce. Sprinkle with lemon juice. Cook covered on HIGH power for 7-8 mins. or until the fish is cooked. Garnish with parsley and serve with French bread.

Tasty Fish Pie

Serves 4

Dish: 23cm (9") oval dish

1. In a medium bowl stir together the bacon, onion and mushrooms. Cook on HIGH power for about 5 mins. until the onion is soft.
2. Stir in 75 g (3 oz) breadcrumbs and a tablespoon of milk to bind.
3. Skin the fish. Place half of the fillets in the base of a dish, top with stuffing and then place other fillets on top. Cover and cook on HIGH power for 5 mins. or until cooked.
4. Place the butter, milk, flour and seasonings in a large mixing bowl or jug. Cook on HIGH power for 2 mins.
5. Whisk until smooth. Then continue to cook on HIGH power for 2-3 mins. or until the sauce comes to the boil and is thickened and smooth, whisking once or twice.
6. Whisk in the 75 g (3 oz) cheese into the sauce, then pour over the fish sprinkle with remaining cheese and breadcrumbs and cook on Combination: GRILL 1 and MEDIUM power for 5-7 mins. or until it is piping hot and golden brown.

Ingredients

15 ml (1 tbsp) oil
 1 onion, finely chopped
 175 g (6 oz) okra, topped and tailed
 1 green pepper, deseeded and sliced
 30 ml (2 tbsp) Balti curry paste
 400 g (14 oz) can chopped tomatoes
 75 ml (5 tbsp) water
 350 g (12 oz) cod fillet, cubed
 12 large king prawns, cooked

Ingredients

1 green pepper, cut into chunks
 350 g (12 oz) cod or huss, cubed
 16 button mushrooms
 8 cherry tomatoes
 1 small can baby sweetcorn
 1 small can pineapple chunks

Marinade:

½ small onion, grated
 60 ml (4 tbsp) olive oil
 60 ml (4 tbsp) lemon juice
 2 cloves of garlic, crushed
 30 ml (2 tbsp) parsley, chopped

Ingredients

50 g (2 oz) onion
 2 garlic cloves
 50 g (2 oz) butter
 15 ml (1 tbsp) plain flour
 100 ml (4 fl.oz) white wine
 50 ml (2 fl.oz) milk
 150 ml (¼ pt) cream
 175 g (6 oz) Emmental cheese
 450 g (1lb) mixed seafood
 100 g (4 oz) watercress
 100 g (4 oz) Tortilla chips
 50 g (2 oz) breadcrumbs
 seasoning

Fish Balti

Serves 4

Dish: 3 litre (6 pt) casserole dish

1. Place the oil and onion in a large bowl. Cover and cook on HIGH power for 3 mins. or until the onion is softened.
2. Add the okra and pepper and cook on HIGH power for 3 mins. or until softened.
3. Stir in the curry paste, tomatoes and the water. Cover and cook on HIGH power for 5 mins. or until boiling.
4. Add the cod and cook on HIGH power for 3 mins. Stir in the prawns and cook on HIGH power for a further 2 mins. or until the fish is cooked.

Fish Kebabs

Serves 4

Dish: shallow dish + wooden skewers**Oven Accessory: glass turntable then grill rack**

1. Place pieces of green pepper in a bowl with 30 ml (2 tbsp) of water. Cover and cook on HIGH power for 1-2 mins, or until slightly softened.
2. Prepare 8 kebabs by threading fish and vegetables alternately. Place in a shallow dish.
3. Mix together the marinade ingredients. Pour over the kebabs, cover and leave to marinate in the fridge for at least 2 hours.
4. Place the kebabs on grill rack and cook on Combination: GRILL 1 and SIMMER power for 10-12 mins. Rearrange the kebabs halfway through cooking. Fish should be white and flake easily when cooked. Serve on a bed of long grain rice.

Mixed Seafood Gratin

Serves 4

Dish: 24cm (9") round gratin dish

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

Meat and Poultry

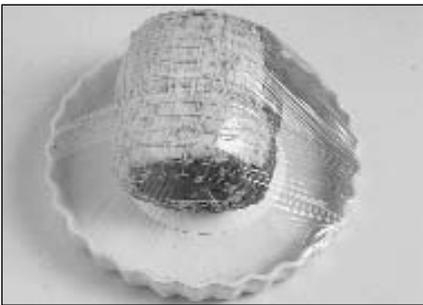
Guidelines

DEFROSTED JOINTS

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

FAT

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



How to roast a joint by microwave

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

ROASTING BAGS

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

Do not use the metal twists supplied.

TIPS

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

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

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

STANDING TIME

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

BONE

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



How to cook small cuts of meat by microwave

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

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

TURNING

Joints and poultry **should be turned over** halfway through cooking.

SHIELDING

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

How to roast a joint by Combination

Place the joint on an upturned saucer on heatproof dish on glass turntable. Joints are best cooked by microwave only and then browned and crisped by a final Combination stage. Follow the guidelines on pages 34-38. **DO NOT COVER.**



Ingredients

500 g (1 lb 2 oz) braising steak, cubed
2 large onions, sliced thinly
1 clove garlic, crushed
30 ml (2 tbsp) seasoned flour
15 ml (1 tbsp) brown sugar
300 ml (1/2 pt) hot beef stock
300 ml (1/2 pt) light ale
15 ml (1 tbsp) wine vinegar
5 ml (1 tsp) mixed herbs
2 bay leaves

Topping:

7 x 2.5 cm (1") slices of French bread
15 ml (1 tbsp) French mustard
60 ml (4 tbsp) butter, softened
1 clove garlic, crushed

Ingredients

1 onion, diced
1 clove of garlic, crushed
1 green pepper, diced
30 ml (2 tbsp) oil
100 g (4 oz) mushrooms, sliced
225 g (8 oz) lean minced beef
1 glass of red wine
15 ml (1 tbsp) mixed herbs
100 g (4 oz) garlic sausage or bacon, diced
396 g (14 oz) can chopped tomatoes
30 ml (2 tbsp) tomato puree
salt and pepper

Ingredients

100 g (4 oz) creamed coconut
90 ml (6 tbsp) crunchy peanut butter
45 ml (3 tbsp) lemon juice
30 ml (2 tbsp) soy sauce
large pinch of chilli powder
4 chicken breast fillets, skinned
30 ml (2 tbsp) vegetable oil
2 garlic cloves, crushed
5 ml (1 tsp) ground turmeric
5 ml (1 tsp) five-spice powder
5 ml (1 tsp) coriander seeds
5 ml (1 tsp) cumin seeds

Belgian Beef Casserole

Serves 4

Dish: large casserole with lid

1. Combine all the casserole ingredients in dish. Cover with lid and cook on HIGH power for 10 mins. Stir then use SIMMER power for 90 mins. or until meat is tender, stir every 30 mins. Remove bay leaves.
2. Blend mustard, butter and garlic. Spread over one side of each slice of bread.
3. Uncover casserole and arrange bread on top. Return to oven and cook uncovered on Combination: GRILL 1 and SIMMER power for a further 10 mins. The casserole is ready when the bread slices are crisp and golden.

Bolognese Sauce

Serves 4

Dish: 1.5 litre (3 pt) casserole dish

1. Mix onion, garlic, pepper and oil in a bowl. Cook on HIGH power for 2 mins. or until the onion is soft.
2. Stir in all the other ingredients. Cover and cook on HIGH power for 10 mins. then MEDIUM power for 15-20 mins. or until vegetables are soft.

Chicken Satay

Serves 4

Dish: 4-8 wooden skewers + large shallow dish Oven Accessory: glass turntable, then grill rack

1. For the serving sauce: Crumble 50 g (2 oz) of creamed coconut into a large jug. Add the peanut butter, 15 ml (1 tbsp) of the lemon juice, 15 ml (1 tbsp) of the soy sauce, the chilli powder and 300 ml (1/2 pt) water. Cook on HIGH power for 5-6 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
2. Cut the chicken into small chunks and place in a bowl.
3. Put the remaining creamed coconut, lemon juice and soy sauce into a blender or food processor. Add the remaining ingredients and blend until smooth.
4. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.
5. Thread the chicken onto wooden skewers. Place on the grill rack and cook on Combination: GRILL 1 and WARM power for 15-20 mins. or until cooked through, turning occasionally. Serve hot with sauce for dipping.

Ingredients

Filling:

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

Pudding:

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

Ingredients

3-4 cloves garlic, crushed
1 cm (1/4") piece fresh ginger, grated
50 g (2 oz) ground almonds
3x15 ml (3 tbsp) water
3 whole cardamon pods
2 cloves
2.5 cm (1") stick of cinnamon
1 onion chopped
2x15 ml (2 tbsp) oil
450 g (1 lb) boned lamb, trimmed and cut into cubes
1x5 ml (1 tsp) ground coriander
1x5 ml (1 tsp) ground cumin
1.5 ml (1/4 tsp) garam masala
1.5 ml (1/4 tsp) cayenne pepper
150 ml (1/4 pt) single cream
salt and pepper

Ingredients

500 g (1lb 2 oz) new potatoes
45 ml (3 tbsp) pesto
15 ml (1 tbsp) oil
1 onion, finely chopped
4 x 125 g (5 oz) boneless skinned chicken breasts, cut into strips
400 g (14 oz) can chopped tomatoes
30 ml, 2 tbsp tomato puree
4- 5 drops Tabasco
Salt + Pepper
175 g (6 oz) fresh white breadcrumbs
1 garlic clove, finely chopped
75 ml (5 tbsp) Parmesan cheese

Steak and Kidney Pudding

Serves 4

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

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

Lamb in a Spicy Cream and Almond Sauce

Serves 4

Dish: large casserole dish

1. Mix together the garlic, ginger, almonds and water to make a thick paste.
2. Place the cardamon pods, cloves, cinnamon, onion and oil in the casserole dish cook on HIGH power for 2 mins.
3. Add the lamb and cook for 5 mins. on HIGH power or until light brown in colour. Stir halfway.
4. Stir in the rest of the spices, the almond mixture, cream, salt and pepper. Cover and cook on SIMMER power for 40-50 mins. or until the meat is tender. Stir the casserole 2-3 times during the cooking time.
5. Remove the whole cardamon pods, cloves and cinnamon before serving with rice or other vegetables.

Chicken Pesto Crumble

Serves 4

Dish: large shallow dish, 27 cm (10 1/2")

1. Cut the potatoes into chunks, place in a casserole dish with 90 ml, (6 tbsps of water), cover, cook for 7-8 minutes on High power or until soft, drain.
2. Stir the pesto into the potatoes and put aside to keep warm.
3. Place oil and onion in a large bowl cook on HIGH power for 2-3 minutes to soften the onion.
4. Add chicken, cover and cook on MEDIUM power for 4 minutes.
5. Add the tomatoes, tomato puree, Tabasco and season. Cook on HIGH power for 3 minutes.
6. Cook chicken mixture for a further 5 - 6 minutes on MEDIUM power, so that the tomato sauce starts to thicken.
7. Add the potatoes to the chicken and place in the bottom of a heatproof dish.
8. Mix the breadcrumbs with the garlic and Parmesan cheese, sprinkle over the chicken.
9. Cook on Combination: GRILL 1 and LOW power for 8 - 9 minutes until heated through and golden brown in colour.

Ingredients

15 ml (1 tbsp) sunflower oil
 450 g (1 lb) pork, cubed
 1 onion, sliced
 1 clove garlic, crushed
 1 green pepper, deseeded and cut into strips
 15 ml (1 tbsp) paprika
 3 ml ($\frac{1}{2}$ tsp) ground cumin
 400 g (14 oz) can chopped tomatoes
 15 ml (1 tbsp) tomato puree
 150 ml ($\frac{1}{4}$ pt) hot pork or chicken stock
 175 g (6 oz) button mushrooms
 black pepper
 10 ml (2 tsp) cornflour
 30 ml (2 tbsp) crème fraîche

Ingredients

25 g (1 oz) butter
 2 medium onions, sliced
 2 sticks celery, trimmed and chopped
 100 g (4 oz) mushrooms, sliced
 4 chicken quarters, skinned
 300 ml ($\frac{1}{2}$ pt) hot chicken stock
 296 g (14 oz) can tomatoes
 salt and pepper
 30 ml (2 tbsp) cornflour

Ingredients

675 g (1 $\frac{1}{2}$ lb) shoulder of lamb, cubed
 1 large onion, chopped
 450 ml ($\frac{3}{4}$ pt) hot chicken stock
 15 ml (1 tbsp) dried rosemary
 450 g (1 lb) potatoes, peeled and coarsely chopped
 salt and pepper
 10 ml (2 tsp) cornflour
 50 g (2 oz) tasty cheese grated

Paprika Pork Casserole

Serves 4

Dish: large casserole

1. Place all the ingredients except the cornflour and crème fraîche in a large bowl. Cover and cook on HIGH power for 10 mins.
2. Stir the casserole, cover and cook on SIMMER power for 50 mins., or until the meat is cooked. Stir once during cooking.
3. Blend the cornflour with a little water and stir into the casserole. Cover and cook for a further 5 mins. on SIMMER power or until thickened.
4. Swirl in the crème fraîche and serve immediately.

Chicken Casserole

Serves 4

Dish: 3 litre (6 pt) casserole

1. Place vegetables and butter in dish. Cover and cook on HIGH power for 2-3 mins. or until soft.
2. Place chicken on top of vegetables, cover with stock and tomatoes and add salt and pepper to taste.
3. Cover and cook on HIGH power for 5 mins. then SIMMER power for 35-40 mins. or until well cooked through.
4. Mix cornflour with a little water. Remove chicken from casserole, skim off excess fat and stir in cornflour paste. Cook on HIGH power for 2 mins. Serve chicken with sauce poured over.

N.B.

If diced boneless breast is used in place of the quarters, reduce 2nd cooking time to 15-20 mins. or until well cooked through.

Lamb Casserole

Serves 4

Dish: 3 litre (6 pt) casserole dish

1. Place all the ingredients except cheese and cornflour into casserole dish. Place plate on top of meat to prevent meat drying out during cooking.
2. Cover and cook on HIGH power for 10 mins., then SIMMER power for 40 mins. or until meat is tender.
3. Mix cornflour with a little water and stir into casserole to thicken gravy.
4. Sprinkle with cheese and reheat on HIGH power for 2 mins. or until cheese melts.

Pasta and Rice

Ingredients

275 g (10 oz) spaghetti
400 g (14 oz) new potatoes, cubed
225 g (8 oz) green beans, halved
120 g (4½ oz) tub fresh pesto
olive oil, for drizzling
salt and fresh ground black pepper

Ingredients

1 bunch asparagus (approx. 250 g / 9 oz)
450 ml (¾ pint) hot vegetable stock
35 g (1½ oz) butter
2 leeks trimmed and finely sliced
200 g (7 oz) risotto rice
100 g (4 oz) frozen peas
Finely shredded zest and + juice ½ lemon
Salt & pepper to taste
40 g (1½ oz) fresh Parmesan cheese
10 g (¼ oz) fresh basil

Ingredients

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
1 tomato, 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

Pesto Spaghetti

Serves 4

Dish: large casserole

1. Place spaghetti in a large bowl, add 1 litre (1¾ pt) of boiling water, cover and cook on HIGH power for 8-9 mins. or until cooked. Drain and keep warm.
2. Place the potatoes in a bowl with 90 ml (6 tbsp) of water, and cook on HIGH power for 5-6 mins., add the green beans and cook for a further 3-4 mins. or until tender.
3. Combine the spaghetti and vegetables together with 4 tbsps of the liquid, from the potatoes and beans.
4. Stir in the fresh pesto, season to taste and serve drizzled with a little olive oil.

Lemon and Asparagus Risotto

Serves 4

Dish: small bowl + large bowl

1. Cut off asparagus tips with 2.5 cm (1") middle stem and cook with 2 tbsp stock on HIGH power for 2 mins.
2. Chop remaining asparagus stems into 1 cm pieces and leave to one side.
3. Cook leeks in 25g butter for 2 mins on HIGH power.
4. Add the rice to the leeks and cook on HIGH power for 2 mins.
5. Stir in ¾ pint hot vegetable stock and cook on HIGH power for 5 mins. Add chopped asparagus stems and cook on HIGH power for 5 mins.
6. Stir in the peas, lemon zest and juice and cook on HIGH power for 2 mins.
7. Stir in the cooked asparagus tips, basil, remaining butter and 25 g (1 oz) Parmesan cheese and allow to heat through.
8. Serve in warmed bowls sprinkled with a few whole basil leaves and the rest of the Parmesan cheese.

Lentil Biryani

Serves 4-6

Dish: large casserole

1. Soak the lentils in cold water for 1 hour then drain them.
2. Place the oil and onion in a large bowl. Cover and cook on HIGH power for 3 mins. or until softened.
3. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on HIGH power for 2 mins.
4. Add the yoghurt, mushrooms, tomato, water and lentils. Cover and cook on HIGH power for 15-20 mins. 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. Reheat on HIGH power if necessary. Garnish and serve.

Ingredients

175 g (6 oz) easycook brown rice
 450 ml (³/₄ pt) hot chicken stock
 450 g (1 lb) smoked haddock
 30 ml (2 tbsp) lemon juice
 1 medium onion, chopped
 15 ml (1 tbsp) oil
 150 ml (¹/₄ pt) sour cream
 15 ml (1 tbsp) curry paste
 100 g (4 oz) frozen peas
 30 ml (2 tbsp) parsley, chopped
 2 hardboiled eggs, chopped

Ingredients

1 aubergine, cubed
 salt
 350 g (12 oz) tagliatelle, fresh
 1 onion
 1 clove garlic crushed
 15 ml (1 tbsp) olive oil
 397 g (14 oz) tin of chopped tomatoes
 5 ml (1 tsp) basil
 15 ml (1 tbsp) tomato puree
 15 g (¹/₂ oz) butter
 salt and pepper
 8-10 black olives, stoned
 100 g (4 oz) mozzarella, diced
 30 ml (2 tbsp) parmesan cheese, grated

Ingredients

1 large onion, sliced
 225 g (8 oz) courgettes, thickly sliced
 225 g (8 oz) green beans, chopped
 225 g (8 oz) carrots, thickly sliced
 1 small cauliflower, broken into florets
 396 g (14 oz) can chick peas, drained
 5 ml (1 tsp) turmeric
 3 ml (¹/₂ tsp) cinnamon
 salt
 1 clove garlic, crushed
 300 ml (¹/₂ pt) hot vegetable stock
 350 g (12 oz) couscous

Kedgeree

Serves 2

Dish: large casserole

1. Place the rice and chicken stock in casserole, cover and cook on HIGH power for 15-17 mins. or until tender.
2. Place the fish in a shallow dish, sprinkle with lemon juice, cover and cook on HIGH power for 5-6 mins. or until cooked. Skin and flake.
3. Place onion and oil in a small dish, cover and cook on HIGH power for 3-4 mins. or until softened.
4. Combine sour cream with curry paste. Mix into rice then stir in flaked fish, onion, peas, parsley, eggs and seasoning. Cover and cook on HIGH power for 5 mins. until piping hot.

Tagliatelle Toscana

Serves 4

Dish: deep casserole dish

1. Sprinkle the aubergine with salt and leave for 20 mins. then rinse and dry.
2. Cook the pasta in 600 ml (1 pt) boiling water, covered, on HIGH power for 4 mins. or until tender. Drain.
3. Place onion, garlic and oil in a bowl, cover and cook on HIGH power for 2 mins. or until soft. Add the remaining ingredients except the mozzarella and parmesan cheese, cover and cook on HIGH power for 6 mins.
4. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top. Sprinkle with parmesan and cook on Combination: GRILL 1 and SIMMER power for 4-5 mins. until piping hot and golden brown.

Vegetable Couscous

Serves 4

Dish: large casserole

1. Place all the vegetables in a large casserole with the spices, salt, garlic and chick peas. Add the hot vegetable stock. Cover and cook on HIGH power for 16-18 mins. or until the vegetables are tender.
2. Pour 450 ml (³/₄ pt) of boiling water over the couscous. Allow to stand for 10 mins. Cover and cook on MEDIUM power for 5 mins. or until warm and fluffed. Separate the grains with a fork and serve with the vegetables.

Cheese and Egg Dishes

PIERCING

Always pierce egg yolk and white to stop them exploding when cooking in a microwave.

Ingredients

1 garlic clove, halved
300 ml (½ pt) dry white wine
450 g (1 lb) Gruyère cheese, grated
25 g (1 oz) plain flour
Pinch of pepper
Pinch of grated nutmeg
Paprika for sprinkling

Ingredients

1 red pepper
3 ciabatta rolls, halved
1 garlic clove, peeled and halved
4 eggs
60 ml (4 tbsp) milk
knob of butter
1 ripe tomato, deseeded and diced
30 ml (2 tbsp) fresh basil, chopped
salt and pepper
Parmesan Cheese, grated

Ingredients

1 small onion, sliced
15 ml (1 tbsp) cooking oil
1 small French stick
30 ml (2 tbsp) Dolmio sauce or Passata
75 g (3 oz) Mozzarella cheese, grated

BOILED EGGS IN SHELLS

Never attempt to cook a boiled egg by microwave. They can explode dangerously.

QUICHES

Always cook quiches on SIMMER power to avoid curdling the egg filling.

Swiss Cheese Fondue

Serves 4-6

Dish: large 2 litre (4 pt) bowl

1. Place garlic and wine in the bowl and cook on HIGH power for 4 mins., or until wine is just boiling.
2. In another bowl mix the cheese and flour together, until evenly combined.
3. Remove the garlic from the wine and discard. Add half of the cheese mixture, stirring constantly until the cheese melts.
4. Cook on HIGH power for 1 minute, then stir in the rest of the cheese mixture.
5. Return to the microwave and cook again for 1 minute on HIGH power. Season with pepper and nutmeg.
6. Sprinkle with Paprika, if desired. Serve with chunks of french bread, or vegetables.

Ciabatta with Scrambled eggs

Serves 4-6

Oven Accessory: glass turntable and grill rack

1. Cut the pepper in half. Place on the grill rack and use GRILL 1 for 7-8 mins. or until the skin has blackened. Carefully peel off the skin, remove the core and seeds, and dice the flesh.
2. Toast the rolls using GRILL 1 for 2-3 mins. or until lightly browned. Rub each roll with the cut side of the garlic clove.
3. Place the eggs, milk and butter in a large jug and whisk to combine. Cook on HIGH power for 2 mins., stirring every 30 secs. Add the pepper, tomato, basil and seasoning. Cook for a further 1 minute on HIGH power or until the eggs have just set.
4. Spoon the eggs over the toasted ciabatta and sprinkle with parmesan. Serve immediately.

French Bread Pizza

Serves 2

Oven Accessory: glass turntable then grill rack

1. Cook the onion with the oil, covered, on HIGH power for 3-4 mins. or until softened.
2. Cut bread in half lengthways. Place on grill rack and use GRILL 1 for 1-2 mins. Spread with the Dolmio sauce. Top with the onion and then cheese.
3. Place back on grill rack and cook on Combination: GRILL 1 and SIMMER power for 3-4 mins. or until browning and hot.

Ingredients

250g (9 oz) shortcrust pastry
150 g (5 oz) courgettes
175 g (6 oz) broccoli
50 g (2 oz) peas
175 g (6 oz) asparagus
100 g (4 oz) tomatoes
100 g (4 oz) full fat soft cheese
150 ml (¼ pt) single cream
1 garlic clove, crushed
2 eggs + 1 egg yolk
40 g (1½ oz) mature Cheddar cheese

Ingredients

675 g (1½ lb) new potatoes
225 g (8 oz) broccoli florets
150 ml (¼ pt) soured cream
75 g (3 oz) Gruyère cheese grated
seasoning

Ingredients

175 g (6 oz) quick cooking macaroni
40 g (1½ oz) butter
1 small onion, finely chopped
100 g (4 oz) bacon, chopped
40 g (1½ oz) flour
600 ml (1 pt) milk
5 ml (1 tsp) french mustard
150 g (5 oz) red cheese, grated
salt and pepper
30 ml (2 tbsp) fresh brown breadcrumbs

Summer Vegetable Flan

Serves 6

Dish: 23 cm (9") flan dish

1. Line flan dish with pastry, prick with a fork. Cook on Combination: GRILL 1 and MEDIUM power for 4 mins. or until dry.
2. Thinly slice the courgettes, prepare the broccoli and peas, place in a bowl with 90 ml (6 tbsp) of water and soften on HIGH power for 4-5 mins. Drain. Place in the pastry case with the asparagus and quartered tomatoes.
3. Beat the soft cheese with the cream, garlic and eggs, pour over the vegetables and sprinkle with cheese. Cook on Combination: GRILL 1 and SIMMER power for 14-16 mins. or until just set.

Creamy Cheese, Potato & Broccoli Bake

Serves 4

Dish: large bowl + heatproof dish

1. Cut potatoes in half (or quarters if large). Place in a bowl with 90 ml (6 tbsp) of water and cook on HIGH power for 8 mins. covered with cling film.
2. Add the broccoli to the potatoes and cook for a further 4-6 mins. or until tender.
3. Mix together ½ the cheese and the cream.
4. Arrange the potato and broccoli in a heatproof dish in a single layer, pour the cream mixture over them and sprinkle the rest of the cheese on top.
5. Cook on Combination: GRILL 1 and SIMMER power for 4-5 mins. or until piping hot and golden brown.

Macaroni Cheese

Serves 4

Dish: large dish + jug

1. Cook macaroni in 450ml (¾ pt) boiling water on HIGH power for 5-6 mins. or until soft. Drain.
2. Place butter, onion and bacon in a jug. Cook on HIGH power for 5 mins. or until onion is soft. Stir halfway through cooking.
3. Stir in flour and cook for 30 secs. on HIGH power.
4. Gradually add milk stir well and season. Cook on HIGH power for 5 mins. or until sauce is thick and bubbling. Stir twice during cooking.
5. Add mustard and 100g (4oz) grated cheese. Place the macaroni in a large dish and pour over the sauce. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on Combination: GRILL 1 and MEDIUM power for 5-7 mins. or until golden brown.

Vegetables and Vegetarian



- Root vegetables. i.e. carrots, swede, should be cut into slices, strips or cubes.
- Do not mix fresh and frozen vegetables as the cooking times may be different.



- Cabbage should be shredded and cooked by power and time.
- Fresh vegetables require 90 ml (6 tbsp) of water. For each extra 450 g (1 lb) add an extra 90 ml (6 tbsp) of water and stir halfway.



- If cooking potatoes with other vegetables, only cook with other ROOT vegetables.
- Never add salt to vegetables before microwaving. Remember the flavour of microwaved vegetables is much better than boiled.



- Always cook vegetables in a dish that is a suitable size. Use flat dishes not basins. Always cover with microwave cling film or a lid.



- Certain vegetables i.e. broccoli and asparagus, should be arranged so that the tips are in the centre of the dish, as these require less cooking.



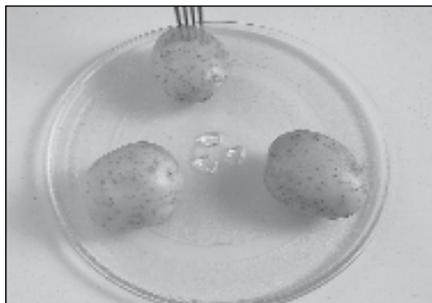
- Whole cauliflower should be cooked upside down on MEDIUM power for 10 mins., approx. with 90 ml (6 tbsp) water. Make a cross with a knife in the stalk. Turn halfway during cooking.

Jacket Potatoes

Varieties of potatoes vary in their suitability for cooking by microwave. We recommend Maris Piper for consistently good results. The cooking times given may need adjustment for other varieties. The ideal size of potato to be cooked by microwave is 200 g-250 g (7-9 oz).

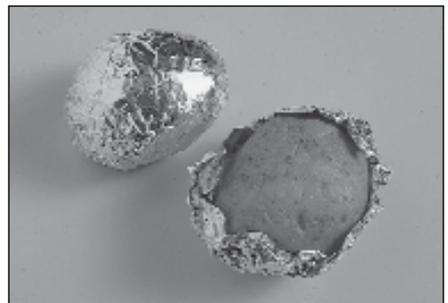
Before Cooking

Wash potatoes and prick skins several times. Spread around edge of turntable.



After Cooking

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



Ingredients

225 g (8 oz) aubergine, roughly chopped
 225 g (8 oz) courgette, roughly chopped
 1 yellow pepper, roughly chopped
 1 red pepper, roughly chopped
 2 large garlic cloves
 397 g can chopped tomatoes
 2.5 ml (½ tsp) caster sugar
 30 ml (2 tbsp) chopped fresh basil
 salt and ground black pepper
 1 small baguette, sliced
 100 g (4 oz) pack of mozzarella cheese,
 thinly sliced

Ingredients

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

Ingredients

1 large onion, chopped
 25 g (1 oz) butter
 1 clove of garlic, crushed
 225 g (8 oz) each of diced carrots,
 diced leeks, diced courgettes
 1 green pepper, chopped
 150 ml (¼ pt) hot vegetable stock
 salt and pepper to taste
 300 ml (½ pt) prepared tomato sauce
 175 g (6 oz) pre-cooked lasagne
 225 g (8 oz) Mozzarella cheese

Crispy Toast Topped Ratatouille

Serves 4

Dish: shallow dish

1. Combine all the ingredients in a casserole dish, apart from the baguette and the cheese.
2. Cover and cook on HIGH power for 15 mins. or until vegetables are soft, stirring halfway through the cooking time.
3. Arrange the slices of baguette on to the cooked ratatouille and top with the slices of cheese. Cook on Combination: GRILL 1 and WARM power for 7 mins. or until the cheese has melted and turned a golden brown.

Gratin Dauphinois

Serves 4

Dish: 20 cm (8") shallow dish

1. Rub halves of garlic around inside of dish and discard.
2. Layer the potato slices in the dish, seasoning with salt and pepper and nutmeg between each layer.
3. Pour the cream evenly over the top of the potatoes and dot with butter. Cook on Combination: GRILL 1 and MEDIUM power for 12-14 mins. or until cooked and browned.

Vegetable Lasagne

Serves 4-6

Dish: large shallow rectangular Pyrex® or heatproof dish

1. Place onion, butter and garlic in a casserole dish, cover and cook on HIGH power for 3 mins. Add vegetables and stock, re-cover and cook on HIGH power for 8-10 mins. or until vegetables are soft. Season to taste.
2. Cover base of dish with a thin layer of tomato sauce, then a layer of lasagne on top followed by a layer of vegetable mixture. Thinly slice 175 g (6 oz) of the cheese and layer on top of vegetables. Continue layering until ingredients are all used ending with a tomato sauce layer.
3. Grate remaining cheese and arrange over top in 3 diagonal bands. Cook on Combination: GRILL 3 and MEDIUM power for 20 mins. or until the pasta is cooked.

Ingredients

2 medium sweet potatoes
1 large tomato, sliced
50 g (2 oz) spicy sausage, sliced
30 ml (2 tbsp) coriander, chopped
75 g (3 oz) cheddar cheese, grated
salt and pepper

Ingredients

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

Topping:

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

Ingredients

2 onions, chopped
15 ml (1 tbsp) olive oil
2 cloves garlic, crushed
1 large aubergine, chopped
2 courgettes, sliced
1 large red pepper, deseeded and sliced
1 large green pepper, deseeded and sliced
400 g (14 oz) can chopped tomatoes
300 ml (½ pt) vegetable stock
5 ml (1 tsp) chopped rosemary
10 ml (2 tsp) chopped thyme
100 g (4 oz) red lentils

Stuffed Sweet Potatoes

Serves 4

Oven Accessory: glass turntable then grill rack

Dish: shallow heatproof dish

1. Wash and prick the potato skins. Cook on the Jacket Potato program.
2. Split the potatoes horizontally, keeping the edge joined.
3. Layer the tomatoes and the sausage alternately over the potatoes. Season and sprinkle with coriander and the grated cheese.
4. Arrange on the grill rack and cook on GRILL 1 for 2-3 mins. or until browned.

Cauliflower Cheese

Serves 4

Dish: large bowl + shallow casserole

1. Place cauliflower upside down in a bowl. Add water. Cover and cook on MEDIUM power for 10 mins. or until tender. Drain.
2. Melt butter on HIGH power for 15-30 secs. Stir in flour and mustard. Cook for a further 15 secs. Add milk gradually. Stir well and season. Cook on HIGH power for 2-3 mins. or until sauce is thick and bubbling. Stir once halfway during cooking.
3. Stir in 50 g (2 oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Cook on Combination: GRILL 1 and MEDIUM power for 4-5 mins. or until golden brown.

Red Lentil Casserole

Serves 4

Dish: large casserole

1. Place onions, oil, and garlic in the casserole. Cook on HIGH power for 3 mins.
2. Add chopped aubergine, courgettes, and peppers to the casserole. Cook on HIGH power for 4-5 mins.
3. Add the tomatoes, vegetable stock, herbs and lentils. Cook on HIGH power for 5 mins.
4. Stir and then cook on SIMMER power for 10-12 mins. or until lentils are tender.

Ingredients**Tomato Sauce:**

$\frac{1}{2}$ green pepper, chopped
 1 onion, chopped
 1 clove garlic, crushed
 15 ml (1 tbsp) oil
 397 g (14 oz) can chopped tomatoes
 227 g (8 oz) can whole tomatoes
 3 ml ($\frac{1}{2}$ tsp) ground cumin
 3 ml ($\frac{1}{2}$ tsp) dried oregano
 3 ml ($\frac{1}{2}$ tsp) chilli powder
 salt and pepper

Enchiladas:

50 g (2 oz) cheddar cheese, grated
 100 g (4 oz) cottage cheese
 pinch salt
 2 ml ($\frac{1}{2}$ tsp) chilli powder
 pinch ground cumin
 1 tomato, chopped
 1 courgette, grated
 $\frac{1}{2}$ green pepper, chopped
 1 small onion, chopped
 6 x 15 cm (6") corn tortillas or thin crepes

Ingredients

22.5 ml (1 $\frac{1}{2}$ tbsp) olive oil
 $\frac{1}{2}$ large red onion, chopped
 450 g (1 lb) red cabbage, finely shredded
 2 eating apples, cored, peeled and sliced
 37 ml (2 $\frac{1}{2}$ tbsp) light muscovado sugar
 30 ml (2 tbsp) red wine vinegar
 22.5 ml (1 $\frac{1}{2}$ tbsp) red currant jelly
 $\frac{1}{4}$ tsp ground cinnamon
 50 g (2 oz) flaked almonds, toasted

Ingredients

100 g (4 oz) black-eye beans, soaked overnight
 100 g (4 oz) adzuki beans, soaked overnight
 15 ml (1 tbsp) vegetable oil
 1 garlic clove, crushed
 1 yellow pepper, chopped
 10 ml (2 tsp) caraway seeds, lightly crushed
 15 ml (1 tbsp) paprika
 397 g (14 oz) can chopped tomatoes
 175 g (6 oz) mushrooms, thickly sliced
 60 ml (4 tbsp) natural yoghurt
 salt and pepper

Garnish:

fresh parsley, chopped

Vegetable Enchiladas

Serves 4

Dish: 20 x 25cm (8 x 10") shallow dish

1. Combine the green pepper, onion, garlic and oil in a bowl. Cover and cook on HIGH power for 3-5 mins. or until tender.
2. Stir in remaining sauce ingredients and cook uncovered on HIGH power for 5-7 mins. or until piping hot and thickened. Leave to one side.
3. Combine 25 g (1 oz) cheddar cheese in a small bowl with the cottage cheese, salt, chilli and cumin. Mix well.
4. Mix tomato, courgette, green pepper and onion in a bowl. Cover and cook on HIGH power for 4-6 mins. or until vegetables are tender. Drain and press lightly to remove excess moisture. Stir in half of the tomato sauce.
5. Spread the cheese mixture over each tortilla, top with vegetable mixture and roll up. Arrange tortillas seam side down in a shallow dish. Pour the remaining sauce down the centre.
6. Cook on MEDIUM power for 6-8 mins. or until piping hot.

Red Cabbage with Red Onion and Almonds

Serves 4-6

Dish: large bowl

1. Soften the onion on HIGH power for 2 mins.
2. Add all the other ingredients except the almonds, mix well and then cook on HIGH power for 10-12 mins. or until cabbage is softened. Stir halfway through cooking.
3. Stir in the almonds just before serving, so they retain their crunch.

Spicy Bean Goulash

Serves 4-6

Dish: large casserole

1. Drain the beans, rinse well and place in a large bowl. Add 600 ml (1pt) boiling water. Cover and cook on HIGH power for 15 mins. then LOW power for 30 mins. or until tender.
2. Place the oil, garlic, yellow pepper, caraway seeds and paprika in a large casserole. Cover and cook on HIGH power for 2 mins. or until softened.
3. Add drained, rinsed beans, tomatoes and mushrooms. Cover and cook on HIGH power for 8-10 mins. or until piping hot and the mushrooms are soft. Stir once during cooking.
4. Stir in 30 ml (2 tbsp) yoghurt and season to taste. Drizzle remaining yoghurt on top and sprinkle with parsley.

Puddings and Desserts

Ingredients

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

Ingredients

150 ml (¼ pt) water

100 g (4 oz) caster sugar

3 eggs

3 ml (½ tsp) vanilla essence

30 ml (2 tbsp) caster sugar

300 ml (½ pt) cold milk

Ingredients

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

175 g (6 oz) self-raising flour

5 ml (1 tsp) baking powder

5 ml (1 tsp) vanilla essence

15 ml (1 tbsp) Camp coffee essence

100 ml (3½ fl. oz) milk

75 g (3 oz) butter

150 g (5 oz) caster sugar

2 eggs lightly beaten

Butterscotch sauce

45 g (¼ oz) butter

120 ml (8 tbsp) soft brown sugar

200 ml (7 fl. oz) whipping cream

15 ml (1 tbsp) vanilla essence

Steamed Suet Sponge Pudding

Serves 4

Dish: 1 litre (2 pt) pudding basin

1. In a mixing bowl, sift together the flour and salt. Stir in the sugar and suet.
2. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency.
3. Put the jam in the base of the greased pudding basin and pour pudding mixture over. Cook on HIGH power for 5-6 mins. until firm.

Crème Caramel

Serves 4

Dish: 15 cm (6") soufflé dish

1. Put water and the 100 g (4 oz) of sugar in a soufflé dish. Cook on HIGH power for 2-3 mins. or until sugar has dissolved. Continue cooking on HIGH power for 6-10 mins. until sugar has caramelised, keeping a close watch as it can burn easily: **CAUTION** - Remove from oven very carefully using oven gloves (the base will be extremely hot) and cool.
2. Beat eggs, essence, caster sugar and milk together and strain over caramel.
3. Cook on SIMMER power for 14-16 mins. or until starting to set around edge of dish. The custard will continue to set on cooling. Refrigerate for several hours before turning out.

N.B. Individual Crème Caramels can be prepared by dividing the above ingredients between 4 individual 9 cm (3½") ramekins. Cook the sugar solution for approx. 10-12 mins. on HIGH power then cook the custards for approx. 11-13 mins. on SIMMER power.

Date Puddings and Butterscotch Sauce

Serves 6

Dish: Individual microwave proof moulds

1. Pour 175 ml (6 fl. oz) boiling water over the chopped dates and set aside to cool.
2. Sift together flour and baking powder. Add vanilla and coffee essence to the milk.
3. Cream the butter and sugar until light and fluffy. Add eggs a little at a time.
4. Fold in the flour and flavoured milk, then pour in the date mixture.
5. Place in six moulds. Cook on HIGH power for 7 mins. and leave to stand for 10 mins.

Sauce

1. Place butter in a large jug and cook on HIGH power for 45 sec. to 1 minute, or until bubbling.
2. Add sugar and stir until it has dissolved cooking for 1 minute at a time on HIGH power. Continue to cook until liquid is foaming and bubbling 30 sec. at a time on HIGH power.
3. Slowly pour in the cream and bring to the boil on HIGH power for 2-3 mins. Add essence. Stir, continue to boil on HIGH power 30 sec. at a time until it starts to thicken.

Ingredients

75 g (3 oz) butter
 175 g (6 oz) digestive biscuits, crushed
 5 ml (1 tsp) cinnamon

Filling:

175 g (6 oz) cream cheese
 175 g (6 oz) cottage cheese
 75 g (3 oz) caster sugar
 25 g (1 oz) cornflour
 1 lemon, grated rind of
 150 ml (1/4 pt) soured cream
 2 eggs, separated
 50 g (2 oz) sultanas

Ingredients

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

Ingredients

2 lemons
 500 ml (18 fl oz.) full fat milk
 1 cinnamon stick
 grated nutmeg
 4 medium egg yolks
 50 g (2 oz) caster sugar
 30 ml (2 tbsp) cornflour
 100 g (4 oz) demerara sugar

Baked Lemon Cheesecake

Serves 8

Dish: 20 cm (8") deep pyrex dish, greased

1. Melt butter on HIGH power for 1-2 mins. or until melted. Stir in biscuits and cinnamon. Press into base of dish.
2. Blend cream cheese and cottage cheese together until smooth, add sugar, cornflour, lemon rind, soured cream and egg yolks.
3. Whisk egg whites until stiff and carefully fold into the cheese mixture. Sprinkle the sultanas over the biscuit base and pour over the filling mixture.
4. Cook on Combination: GRILL 1 and SIMMER power for 6-8 mins. or until the filling has set and is golden brown. Chill before serving.

Christmas Pudding

Serves 6-8

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

1. Place apple and carrot in a large bowl. Cover and cook on HIGH power for 5 mins. Beat well to make a thick puree.
2. Stir in juice, rind and mixed fruit. Cook on HIGH power for 2 mins. Stir in brandy and treacle. Stand for 5 mins. Beat in rest of ingredients.
3. Press into the pudding basin. Cover with greaseproof paper and cook on HIGH power for 4 mins. Stand for 5 mins. Cook on HIGH power for another 2 mins. or until just firm.

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

Lemon Brulee

Serves 4

Oven Accessory: glass turntable then grill rack**Dish: 4 individual heatproof ramekins**

1. Place the grated rind of the lemons with the milk, cinnamon and nutmeg in a large jug and cook on HIGH power for 4 mins. Allow to cool.
2. Whisk the egg yolks and caster sugar until pale and foamy, then stir in the cornflour.
3. Strain the milk into the egg mixture and then cook on HIGH power for 4-5 mins. or until thickened. Stir frequently.
4. Pour into 4 ovenproof dishes and allow to cool for 4 hours or overnight.
5. Sprinkle with remaining sugar and place on grill rack and cook on GRILL 1 for 5-6 mins. until caramelised.

Sauces

CONTAINER SIZE

Always use a container or jug at least twice the capacity of the sauce, to avoid boiling over.

COVERING

DO NOT cover sauces when cooking.

Ingredients

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

Variations of White Sauce

Parsley

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

Onion

Cook 1 small onion in the butter for 30 secs. on HIGH power before adding the flour and milk.

Ingredients

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

Ingredients

3 egg yolks
30 ml (2 tbsp) white wine vinegar
100 g (4 oz) chilled, unsalted butter, cut into cubes
pepper

STIRRING – IMPORTANT

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

REHEATING

Sauces can be made in advance and reheated by microwave. Reheat on HIGH power and stir halfway.

POWER LEVEL

Most sauces require HIGH Power for cooking. Sauces containing eggs should be cooked on SIMMER power.

WOODEN SPOONS

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

White Pouring Sauce

Dish: 1 litre (2 pt) jug

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

Custard

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 for 4-6 mins. Whisk well halfway through cooking time and again at the end.

Hollandaise Sauce

Dish: 1 litre (2 pt) jug

1. Place egg yolks and vinegar in a jug. Beat well.
2. Drop cubes of butter on top. Cook on HIGH power for 15 secs.
3. Whisk. Cook on HIGH power for 10 secs.
4. Whisk again and cook on HIGH power for 10 secs. Repeat 10 secs. stages until sauce is thick and creamy.
5. Season and serve immediately with salmon steaks or asparagus spears.

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

Baking Guidelines

DISH SHAPE

Ring moulds are ideal for baking cakes in, especially dense cakes. They help prevent the outside edge of the cake overcooking before the dense centre is cooked through.

KEEPING QUALITY

Light sponge type cakes cook very quickly by microwave and so should be cooked as required, since their keeping quality is not as long as those baked traditionally.

CONSISTENCY

Generally cakes to be cooked by microwave should have a softer consistency than those baked traditionally. As a general rule add 15-30 ml (1-2 tbsp) of milk or water to the mixture.

COVERING

Just as you wouldn't cover a cake baked in a traditional oven, NEVER cover your cakes cooked by microwave.

DISH SIZE

Always use the exact dish size stated in the following recipes, otherwise cooking times and results will be affected.

MIXING/BEATING

Cakes cooked by microwave need to be well mixed, but not over beaten. Generally it is unnecessary to cream butter and sugar or beat eggs in an electric mixer or food processor. Do not attempt to cook whisked/fatless sponges, or any cakes containing whisked egg white.

EGGS

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

Ingredients

100 g (4 oz) self raising flour
100 g (4 oz) soft margarine
100 g (4 oz) caster sugar
2 eggs
30 ml (2 tbsp) milk

Ingredients

2 eggs beaten
150 ml (¼ pt) vegetable or corn oil
150 g (5 oz) self-raising wholemeal flour
100 g (4 oz) soft light brown sugar
10 ml (2 tsp) cinnamon
75 g (3 oz) raisins
100 g (4 oz) carrots, grated

Icing

50 g (2 oz) cream cheese
50 g (2 oz) butter
100 g (4 oz) icing sugar
10 ml (2 tsp) lemon juice
50 g (2 oz) walnuts, chopped

Sponge Cake

Dish: 18 cm (7") soufflé dish, based lined with greaseproof paper

1. Combine all ingredients together in a large bowl. Mix well until smooth. Tip into prepared dish and smooth the top.
2. Cook on Combination: GRILL 1 and MEDIUM power for 3½-4 mins. Cool for 10 mins. before turning out onto a rack. The cake is cooked when it has just dried on the top. Do not overcook as overcooked cakes stale quickly.

Carrot Cake

Dish: 25 cm (10") ring mould, based lined with greaseproof paper

1. Mix eggs and oil together.
2. Combine flour, sugar, cinnamon, raisins and carrots in a mixing bowl. Pour egg mixture into flour and stir well until well combined.
3. Pour into ring mould and cook on Combination: GRILL 2 and LOW power for 7-8 mins. or until firm. Stand for 10 mins. before turning out.
4. Beat cream cheese and butter until smooth. Gradually beat in icing sugar and lemon juice. Spread over sides and top of cake and sprinkle with walnuts.

Ingredients

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

Ingredients

100 g (4 oz) butter or margarine
100 g (4 oz) golden syrup
100 g (4 oz) black treacle
75 g (3 oz) soft brown sugar
100 g (4 oz) self-raising flour
100 g (4 oz) plain wholemeal flour
5 ml (1 tsp) mixed spice
10 ml (2 tsp) ground ginger
5 ml (1 tsp) bicarbonate of soda
pinch salt
150 ml (1/4 pt) milk
2 eggs beaten

Ingredients

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 (1/2 tsp) vanilla essence
100 g (4 oz) walnuts, chopped

Chewy Flapjacks

Makes: 8 slices

Dish: 20 cm (8") round flan dish

1. Place butter, syrup and sugar in a bowl and cook on HIGH power for 1-2 mins. or until melted.
2. Stir in the oats and raisins. Press into dish. Cook on Combination: GRILL 1 and SIMMER power for 4-5 mins. or until firm and golden. Allow to cool slightly then cut into pieces.

Ginger Cake

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

1. Place butter, syrup, treacle and sugar in a bowl and heat on HIGH power for 1-2 mins. or until fat has melted.
2. Place flours, spices, bicarbonate and salt in a large bowl. Stir in treacle mixture and mix well. Stir in milk and eggs and beat until smooth.
3. Pour into cake dish and cook on MEDIUM power for 8-9 mins. or until set around edges. The cake will appear slightly wet in centre, but will continue cooking as it cools.

Boston Brownies

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

1. Place chocolate and butter in a bowl and cook on HIGH power for 1 minute or until chocolate has melted.
2. Stir in all other ingredients and beat well.
3. Pour into dish and cook on Combination: GRILL 2 and LOW power for 6-8 mins or until just lightly browned. Allow to cool and then cut into squares.

Preserves

STERILIZING JARS

Jam jars can be sterilized by microwave ready for your jams. Half fill with water and heat them on HIGH power until water boils (approx. 3 mins. for 2 jars). Empty and drain upside down on kitchen paper. The jars should be warm when filled with jam.

If you wish to cook larger quantities than given in the recipes below, revert to the traditional hob method, using a traditional recipe.

Ingredients

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

Ingredients

45 ml (3 tbsp) olive oil
4 large red onions halved and thinly sliced
50 g (2 oz) demerara sugar
100 g (4 oz) sultanas
300 ml (1/2 pint) red wine
125 ml (4 fl.oz) red wine vinegar

Ingredients

450 g (1 lb) seville oranges
1 lemon
900 ml (1 1/2 pts) water
450 g (1 lb) sugar
knob of butter

DISH SIZE

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

DO NOT LEAVE JAMS UNATTENDED DURING COOKING BECAUSE OF THE HIGH SUGAR CONTENT.

COVERING

Do not cover preserves whilst cooking, apart from if recommended in the recipe.

DO NOT USE YOUR MICROWAVE TO STERILIZE BABIES' BOTTLES.

DO NOT SEAL PRESERVING JARS IN YOUR MICROWAVE.

SETTING POINT

To determine whether setting point is reached, place a couple of drops of jam or marmalade on a cold saucer (put one in the fridge whilst making the jam). Leave to cool. The jam should wrinkle on the surface when your finger pushes across the top.

Soft Fruit Jam

Makes approx. 1 1/2 lbs jam

Dish: large bowl

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

Red Onion Chutney

Makes 2 lbs

Dish: large bowl

1. Put oil in bowl with onions. Soften on HIGH power for 10 minutes, stirring halfway.
2. Add all other ingredients and mix well.
3. Cook on MEDIUM power for 20 mins, or until soft.
4. Cool slightly, then pour into a jar.
5. Allow to cool thoroughly before chilling.

Orange Marmalade

Makes 1 1/2-2lbs

Dish: large bowl

1. Grate oranges and lemon ensuring all the pith is left on the fruit.
2. Place the peeled fruit in a food processor and chop until the pips are broken.
3. Place the chopped mixture in a large bowl and pour over boiling water. Cover and cook on HIGH power for 10 mins.
4. Strain the mixture through a sieve into another large bowl pressing the pulp well until all the juice is extracted. Discard the pulp.
5. Stir the shredded rind into the hot juice and cook uncovered on HIGH power for 10 mins. until rind is tender, stirring occasionally. Stir in the sugar until dissolved.
7. Cook on HIGH for 8 mins covered. Stir in the butter and cook to setting point 4-6 mins.
8. Leave to stand for 10 mins then pour into warmed sterilized jars.

Questions and Answers

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

A Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.

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

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

Technical Specifications

	NN-V653/ NN-V623
Rated Voltage:	230-240V, 50Hz
Operating Frequency:	2,450 MHz
Input Power:	Max 2500 W Microwave 1260 W Grill 1350 W
Output Power:	Microwave 900 W (IEC-60705) 1000 W Turbo Reheat (IEC-60705) Grill 1300 W
Outer Dimensions:	510 (W) x 380 (D) x 304 (H) mm
Oven Cavity Dimensions:	359 (W) x 352 (D) x 217 (H) mm
Weight:	12.5 kg
Weight and Dimensions are approximate.	

	NN-V453
Rated Voltage:	230-240V, 50Hz
Operating Frequency:	2,450 MHz
Input Power:	Max 2170 W Microwave 1160 W Grill 1150 W
Output Power:	Microwave 900W (IEC-60705) 1000W Turbo Reheat (IEC-60705) Grill 1100W
Outer Dimensions:	510 (W) x 380 (D) x 304 (H) mm
Oven Cavity Dimensions:	359 (W) x 352 (D) x 217 (H) mm
Weight:	12.5 kg

Building-in Your Oven

- In case of fitting into an oven housing, please use Panasonic's Trim Kit
 NN-TKV63WBBP - white
 NN-TKV63CBBP - Brown
 NN-TKV63MBBP - silver (painted metallic look)
- Microwave ovens should **not be built** into a unit **directly above** a top front venting conventional cooker. This will invalidate your one year guarantee.
- A microwave which is built in must be more than 850 mm above floor level. Read Trim-Kit instructions carefully before installation.
 It is recommended that the microwave oven is placed below a conventional oven to avoid heat damage to the fascia of the microwave.
 However if it is necessary to install the microwave above, then a gap of at least 15 cm (6 inches) is required from the top of the conventional oven casing to the bottom of the trim kit.

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Standard Conversion Chart

Weight

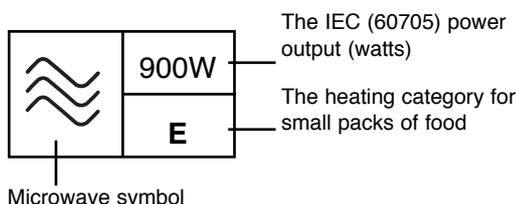
1/2oz	–	15g
1oz	–	25g
2oz	–	50g
3oz	–	75g
4oz	–	100g
5oz	–	150g
6oz	–	175g
7oz	–	200g
8oz	–	225g
9oz	–	250g
10oz	–	275g
11oz	–	300g
12oz	–	350g
13oz	–	375g
14oz	–	400g
15oz	–	425g
1lb/16oz	–	450g

Capacity

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

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

Important Notice



Your oven is rated 900 Watts (IEC)*. When using other cookbooks remember to adjust cooking times accordingly. The symbol above, which is displayed on your oven door, indicates the heating category for your oven when cooking or reheating convenience foods.

Your oven is rated 'E', which is very efficient. It is therefore very important that you refer carefully to the packet instructions on convenience foods. Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating on pages 30-38 of this book. ALWAYS check the progress of the food as it cooks or reheats by simply opening the door and after checking the progress of the foods press START to continue the cooking time.

*1000 Watts IEC (60705) is achieved by using the Turbo Reheat pad, see page 16 for details.

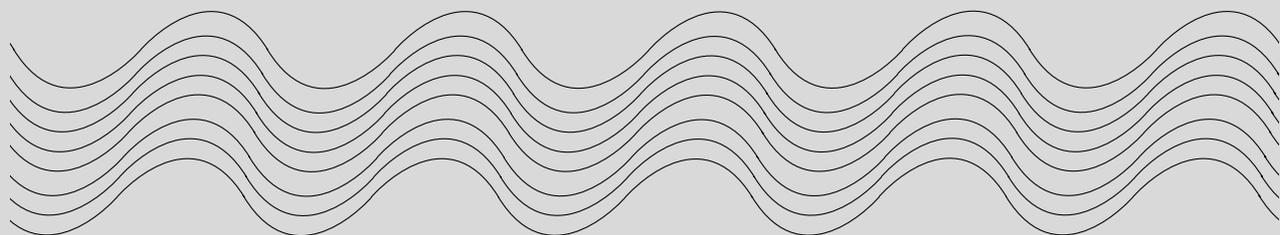
Failure to follow the instructions given in this Cookbook and Operating Instructions, may affect the recipe result and in some instances may be dangerous.

📞 COOKERY ADVICE LINE 01344 862108

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

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