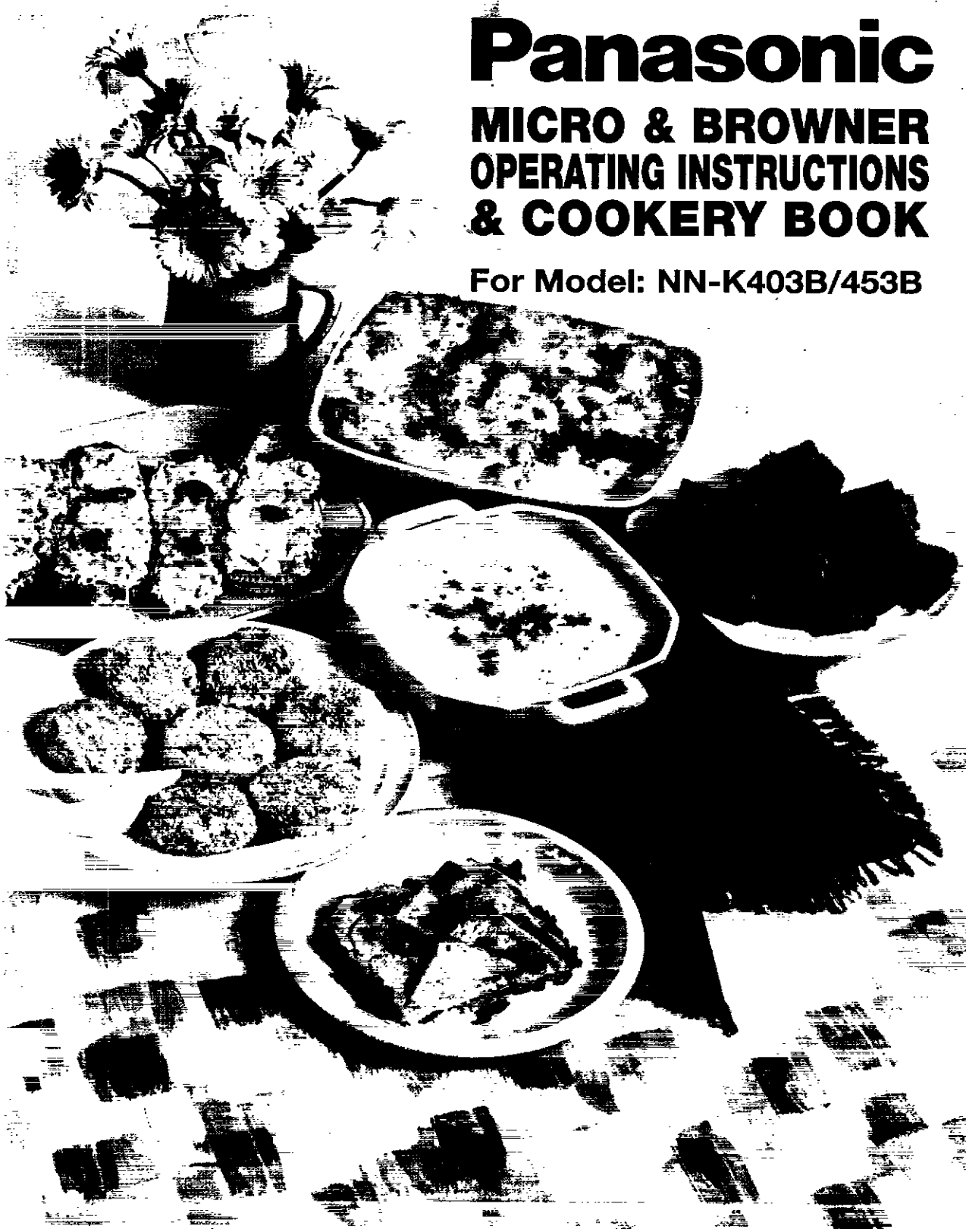
Panasonic

MICRO & BROWNER OPERATING INSTRUCTIONS & COOKERY BOOK

For Model: NN-K403B/453B



Standard Conversion Chart

Weight			Capacity		
½oz	–	15g	½tsp	–	3ml
1oz	–	25g	1tsp	–	5ml
2oz	–	50g	1tbsp	–	15ml
3oz	–	75g	¼pt	–	150ml
4oz	–	100g	½pt	–	300ml
5oz	–	150g	¾pt	–	450ml
6oz	–	175g	1pt	–	600ml
7oz	–	200g	1¾pt	–	1litre
8oz	–	225g			
9oz	–	250g			
10oz	–	275g			
11oz	–	300g			
12oz	–	350g			
13oz	–	375g			
14oz	–	400g			
15oz	–	425g			
1lb/16oz	–	450g			

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

Your oven is rated 800 Watts (IEC). When using other cookbooks remember to adjust cooking times accordingly. Take care also when using packet instructions on convenience foods. ALWAYS check the progress of the food as it cooks or reheats by simply pressing the door OPEN button and after checking the progress of the food, press START to restart the cooking time.

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

Acknowledgements:

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Microwaving with Panasonic

Microwaving is still a relatively new method of cooking and so even if this is not your first microwave oven, do please read the opening chapters of this cookbook to achieve perfect results every time.

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. The cooking times are short because microwaves quickly convert energy into heat in the food – because of this read carefully the section of **General Guidelines** and **Containers to Use.**

The Home Economists at the Test Kitchen have carefully selected recipes in each chapter to give you a basis on which to convert your own favourites.

Should you require any further help or explanation, phone our **COOKERY ADVICE LINE: 0344 862108** or write to:

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

When writing, be sure to state your model number.

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Operating Instructions

Pages 2-7 of this cookbook are Operating Instructions. These must be read prior to operating the machine. Failure to read these instructions could result in damage to your oven.



At our busy Test Kitchen in Bracknell, all the ovens are especially programmed for the UK market and the recipes are tested many times to ensure you achieve successful results every time.

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

2. **Guarantee Card**
   Fill out and post the pre-addressed guarantee card.
   This oven was manufactured for DOMESTIC USE ONLY

3. **Earthing Instructions**
   FOR YOUR SAFETY PLEASE READ THE FOLLOWING TEXT CAREFULLY
   This appliance is supplied with a moulded three pin mains plug for your safety and convenience. A 13 amp fuse is fitted in this plug. Should the fuse need to be replaced, please ensure that the replacement fuse has a rating of 13 amps and that it is approved by ASTA or BSI to BS1362. Check for the ASTA mark ASTA or the BSI mark ⌁ on the body of the fuse.
   If the plug contains a removable fuse cover, you must ensure that it is refitted when the fuse is replaced. If you lose the fuse cover the plug must not be used until a replacement cover is obtained. A replacement fuse cover can be purchased from your local Panasonic Dealer
   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 below. 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 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.
   HOW TO REPLACE THE FUSE
   Open the fuse compartment with a screwdriver and replace the fuse

Caution Points

1. **Before Use**
   Before using COMBINATION or GRILL function for the first time operate the oven without food and accessories on GRILL 1 for 20 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.**

2. **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

3. **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

4. **Plug Fuse** see Point 3, left column

5. **Service**
   It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service
   Do not attempt to remove the outer casing of the oven

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

7. **Cord/Plug**
   If the supply cord of this appliance is damaged, it must be replaced by the special cord available only from the manufacturer
   Do not immerse cord, plug or oven in water. Keep cord away from heated surfaces. Do not let cord hang over the edge of table or work top. Do not plug your oven in via an extension cable as this can be dangerous. It is important to plug the oven directly into a wall socket
   The back of the appliance heats up during use. Do not allow the cord to be in contact with the back of the appliance or cabinet surface

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

9. **Oven Light**
   This appliance including the oven lamp should be serviced only by service technician trained by the manufacturer

10. **Outdoor Use**
    Do not use outdoors.

11. **Storage of Accessories**
    When the oven is not being used, 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

Placement of Oven

1. Oven must be placed on a flat, stable surface.
   For proper operation, the oven must have sufficient air flow ie 5cm/2" at the side; 15cm/6" clear over the top

2. 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 on top of the top 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

3. Do not place the microwave oven on a shelf directly above a gas or electric hob. The oven may become damaged

Important Information – Read Carefully

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 on fire if cooked too long. Always set short cooking times and check the food frequently
   N.B. If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
   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, 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.**
   Do not boil eggs in their shell in your microwave. Raw eggs boiled in their shells can explode causing injury

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

6. **Liquids.**
   When heating liquids, eg soups, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid To prevent this possibility the following steps should be taken:
   a) Avoid using straight-sided containers with narrow necks.
   b) Do not overheat.
   c) Stir the liquid before placing the container in the oven and again halfway through the heating time
   d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container

7. **Deep Fat Frying.**
   Do not attempt to deep fat fry in your oven

8. **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.

9. **Paper, Plastic.**
   Carefully attend the appliance if paper, plastic or other combustible materials are used as containers or for covering. Do not use 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.

10. **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.

11. **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 transfer to the centre, thus eliminating cold spots.
    See page 12 for details.

12. **Keeping Your Oven Clean.**
    It is essential for 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.

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

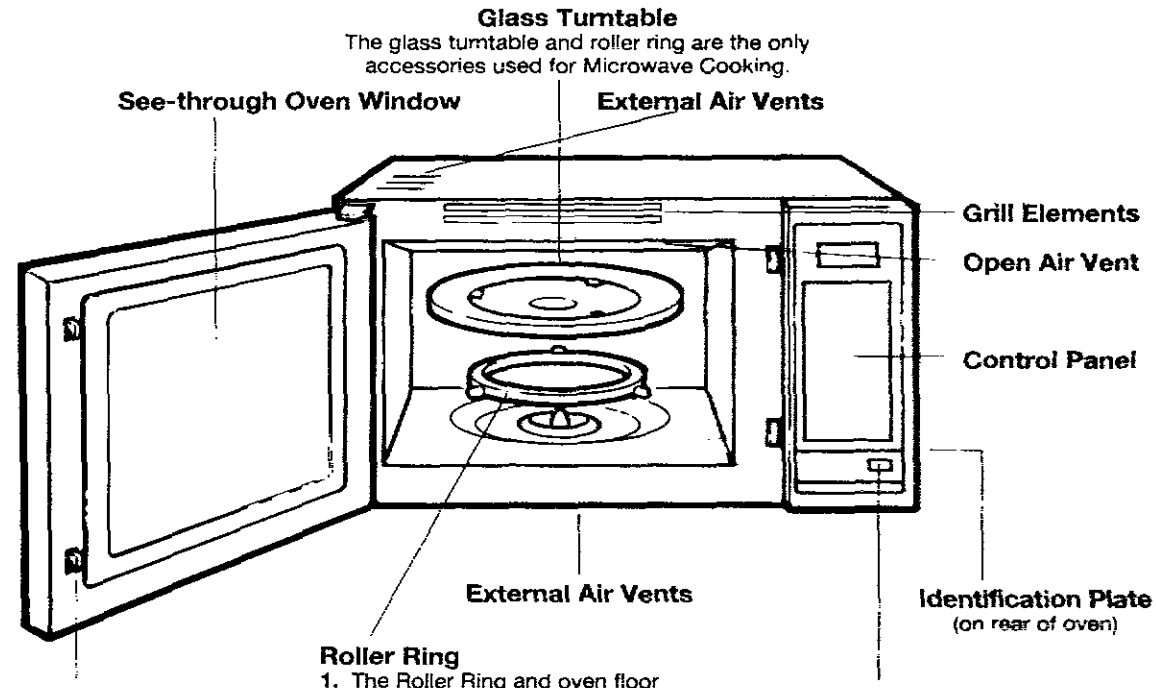
14. **Fan Motor Operation.**
    After using the oven the fan motor rotates for about 5 minutes to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this 5 minutes.

15. **Care of Your Oven Cavity.**
    Your oven cavity is constructed of zinc coated steel (Zintec), painted with an extremely durable acrylic coating. When cooking many foods it is normal for condensation to appear in the oven. After use the oven interior cavity and door must be wiped out to remove any remaining water. The cavity can be damaged by abrasive cleaners and sharp objects so care must be taken to avoid damage caused in this way. If the cavity becomes damaged, the lining may begin to corrode. If any corrosion is noticed please contact your local service agent for advice.

Parts of Your Oven

Glass Turntable

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 Crisper Jackets.
5. If food or utensil on Glass Turntable touches oven walls, causing the tray to stop moving, the tray will automatically rotate in 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 Accessory 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 or Auto Combination program. FAILURE TO USE ACCESSORIES CORRECTLY COULD DAMAGE YOUR OVEN.
9. Arcing may occur if the incorrect weight of food is used, the Grill Accessory has been damaged, or a metal container has been used accidentally. If this occurs, stop the machine immediately, and continue to cook by GRILL ONLY.
10. Always refer to instructions for correct accessories to use on all programs (page 19). The glass turntable and roller ring are the only accessories used for Microwave Cooking.



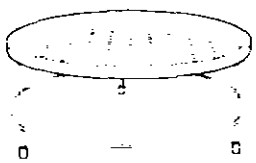
Door Safety Lock System

Roller Ring

1. The Roller Ring and oven floor should be cleaned frequently to prevent excessive noise.
2. The Roller Ring must always be used together with the Glass Turntable for cooking.

Door Release Pad

Press to open the door. Opening the door during cooking will stop the cooking process without cancelling the program. Cooking resumes as soon as the door is closed and Start Pad is pressed. The oven light will stay on or turn on whenever the door is opened.



Grill Accessory

Control Panel – NN-K403/453

NN-K403/453

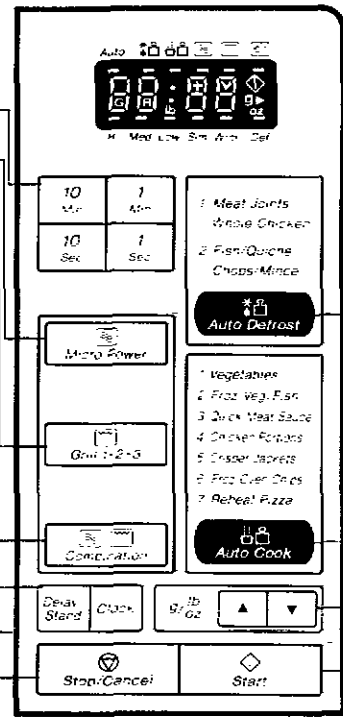
Display Window

To assist you in programming the oven easily the next operation for you to press is indicated in the display window.

1. 
Set the cooking time, eg after selecting power level

2. 
Set the weight, eg after selecting Auto Defrost.

3. 
Press Start Pad, eg after selecting Auto Cook program or a Power Level and a time.



Time Pads

Microwave Power Pad

Grill Pad

Combination Pad

Delay/Stand Pad
This can be used to delay a cooking program for up to 9hrs 99 mins, or used to time or for standing (non-cooking) time.

Clock Pad
Press the clock pad. Using the minute and second pad set the clock (12hr clock). Press clock pad again to stop colons flashing.

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 window.

Auto Defrost Pad

Auto Programs

Weight Selection Pads

Start Pad
One press allows the oven to begin functioning. If the door is opened or the Stop/Cancel pad is pressed once during the oven operation the Start Pad must be pressed again to restart the oven.

Door Release Pad
Opening the door during cooking will stop the cooking process without cancelling the program. Cooking continues as soon as the door is closed and the Start Pad is pressed. The oven light will turn on and stay on whenever the door is open. It is quite safe to open the door during a cooking program. There is no risk of microwave exposure.

Care Of Your Microwave Oven

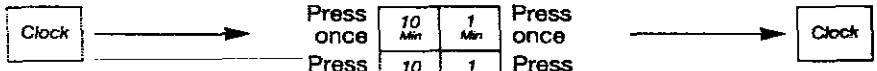
1. Switch the oven off before cleaning and unplug at socket if possible.
2. Keep the inside of the oven, door seals and door seal areas clean. When food splatters or spilled liquids adhere to oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasives is not recommended.
3. After 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. Stubborn spots inside the oven can be removed by using a small amount of branded spray microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off.
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 in colder weather conditions and in no way indicates a malfunction of the unit.
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 occasionally to eliminate this grease, it can accumulate and cause the oven to 'SMOKE' during use. These marks will be more difficult to clean later.

Controls and Operation Procedure

KG/LB CONVERSION:
When using the Auto Defrost and Auto Cook features, the oven automatically displays the kg symbol. If you wish to use the lb/oz to enter your weight in Imperial, press START pad directly after plugging the oven in but before setting the clock.

CLOCK PAD:
It is a 12 hour clock, ie. set 2:00 pm as 2:00 NOT 14:00.
When oven is first plugged in, "88:88" will appear in the display window.

To set clock



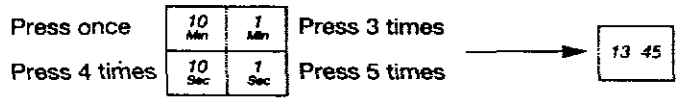
- Press Clock Pad. Colons will start blinking.
- Set time of day. eg 11:25
- Press Clock Pad again to stop colons blinking. Time of day is now locked into oven display. NB: Oven will not operate whilst colons are still blinking.

POWER PAD:
Select power level before programming in the cooking time.

Press 1 x for **HIGH**, 2 x for **DEFROST**, 3 x for **MEDIUM**, 4 x for **LOW**, 5 x for **SIMMER**, 6 x for **WARM**.

TIME PADS
The Pads can be programmed up to 99 minutes and 99 seconds.

Example: To set 13 minutes 45 seconds



STOP/CANCEL Pad:
Before cooking: One tap clears your instructions.
During cooking: One tap temporarily stops the cooking process. Another tap cancels all your instructions and time of day appears in display window.



START Pad:
One tap allows oven to begin functioning. If door is opened or STOP/CANCEL Pad is tapped once during oven operation, START Pad must again be touched to restart oven.



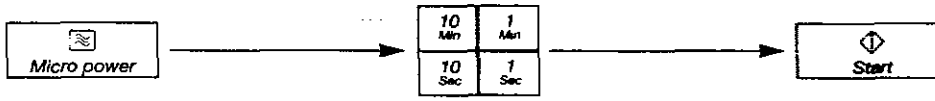
Door Release Pad:
Opening the door during cooking will stop the cooking process without cancelling the program. Cooking resumes as soon as the door is closed and START Pad is touched. The oven light will turn on and stay on whenever the door is opened. It is quite safe to open the door at any time during a cooking program and there is no risk of Microwave exposure.

Beep Sound:
When a pad is touched correctly, a beep will be heard. If a pad is touched and no beep is heard, the unit has not or cannot accept the instruction. The oven will beep twice between programmed stages. At the end of any complete program, the oven will beep 5 times.

Microwave Cooking

One Stage Cooking:

Select Power Level — Select cooking time — Press Start



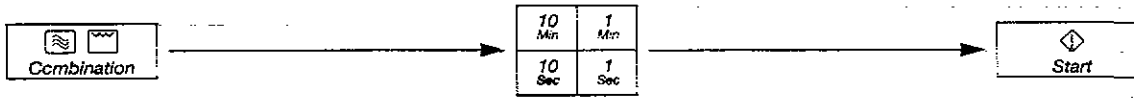
Two Stage Cooking: (Microwave or Combination)

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: (Microwave only)

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

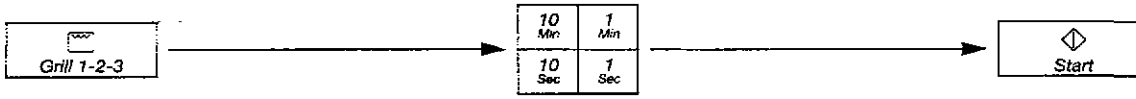
Combination Cooking



- Select COMBINATION cooking program by pressing COMBINATION pad the appropriate number of times from 1 to 4.
- Set Cooking Time
- Press

NB: When using oven on Combination or Grill take great care when removing food from hot oven.

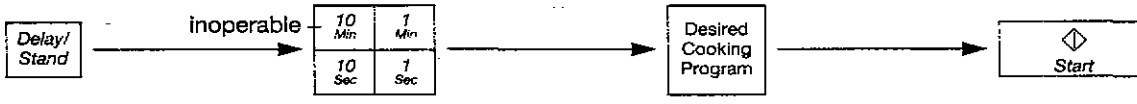
Grilling



- Select GRILL power 1, 2, 3.
- Set Cooking Time. (DO NOT PREHEAT GRILL)
- Press

Delay Start:

This feature allows you to program a Delay Start. The time pads operate as HOUR pads and MINUTE pads on this feature. It is not possible to delay start an AUTO PROGRAM.

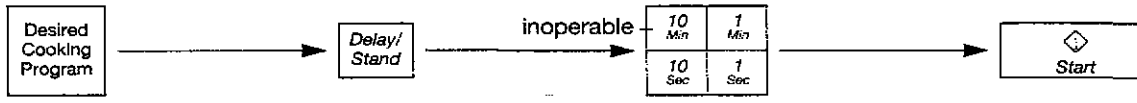


- Press
- Set the time you want to delay.

  e.g. 1 hour. Press 1 Min once.
- Program desired cooking mode and time.
- Press

Stand Time:

This feature allows you to program a Stand Time after cooking is completed and to program the oven as a minute timer or/and delay start. The time pads operate as HOUR pads and MINUTE pads on this feature.



- Program desired cooking mode and time
- Press
- Set the time you want to stand.

  e.g. 5 mins. Press 1 Sec pad 5 times.
- Press

Auto Programs

See page 19 for how to use and details of accessories.

Auto Weight Cook (COMBINATION or MICROWAVE):



- Select desired category. (1-7)
  Auto Program Pads 1-3 – Microwave only
  4-7 – Combination (grill and microwave)
- Set the weight.
- Press

See pages 18 and 19 for weight ranges and appropriate preparation of the food.

Auto Weight Defrost:

See page 14 for further details.



- Select Defrost category 1 or 2.
- Set the weight.
- Press

Containers to Use on Microwave

Apart from measuring ingredients and selecting the correct cooking power and time, the container you choose to microwave your food in is the most important factor that decides success or failure.

ALWAYS USE THE CORRECT SIZED CONTAINER RECOMMENDED IN THE RECIPE.

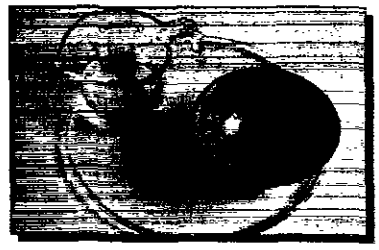
Although new microwave accessories are constantly being introduced, many dishes already in your kitchen cupboard are ideal for cooking and reheating by microwave.

The golden rule is NEVER use a dish made of metal or that has a metal pattern or trim – if you do so, you might damage your oven or ruin your dish, since the metal patterns will lift off during cooking.

Testing Dishes for Suitability

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

1. Fill a microwave safe measuring jug with 300ml (½pt) 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.

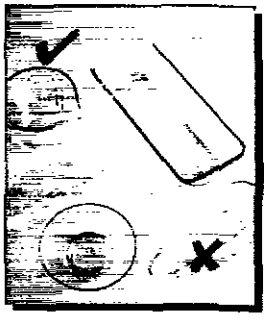


RESULT

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 delicate glass which may crack due to the heat from the food. Do not use lead crystal which may crack or arc.

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.



POTTERY, EARTHENWARE, STONEWARE

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



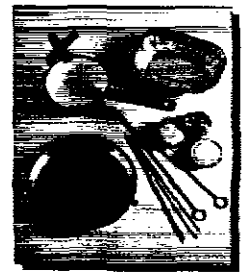
FOIL/METAL CONTAINERS

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 **RE-HEATED** 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.





TIN FOIL

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

ROASTING BAGS

Roasting bags are useful when slit up one side to tent a joint for roasting by power and time. Do not use the metal twists supplied and do NOT use on AUTO PROGRAMS.



PAPER

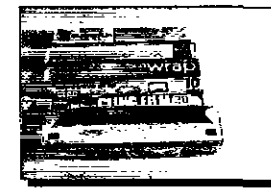
Plain white absorbent kitchen paper (kitchen towel) can be used for covering blind pastry cases and for covering bacon to prevent splattering BUT FOR SHORT COOKING TIMES ONLY. NEVER RE-USE A PIECE OF KITCHEN TOWEL. ALWAYS USE A FRESH PIECE OF PAPER FOR EACH DISH.

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 in the oven.

Greaseproof paper can be used to line the base of dishes and to cover fatty foods e.g. bacon rashers to stop them splattering.

White paper plates can be used for SHORT RE-HEATING TIMES.



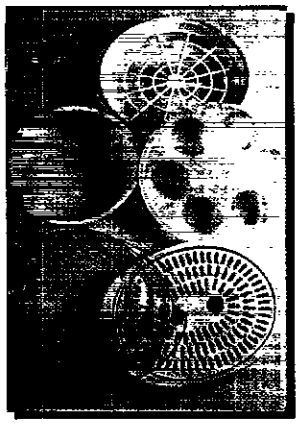
CLING FILM

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.



WICKER, WOOD, STRAW BASKETS

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



PLASTIC

There are many plastic containers designed for microwave use.

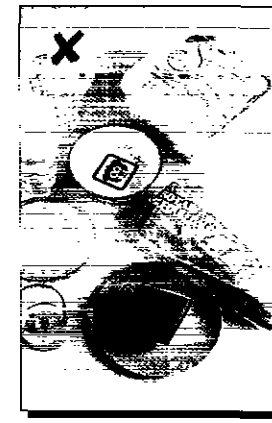
Only use Tupperware containers if they are designed for microwave use.

Do not use Melamine – although it is heat resistant it absorbs microwave energy and scorches.

Even if a container is microwave safe, do not use for cooking foods high in sugar or fat. Foods that require long cooking times e.g. brown rice, should not be cooked in plastic.

Never cook in cream or margarine cartons or yoghurt pots, as these will melt with the heat from the food.

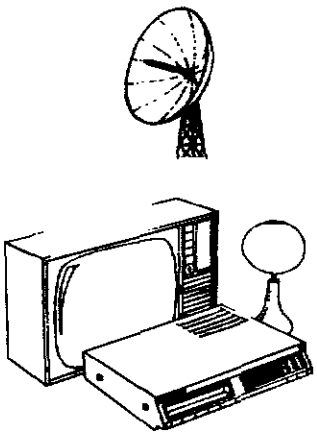
Many plastics that are not heatproof for cooking are suitable for defrosting.



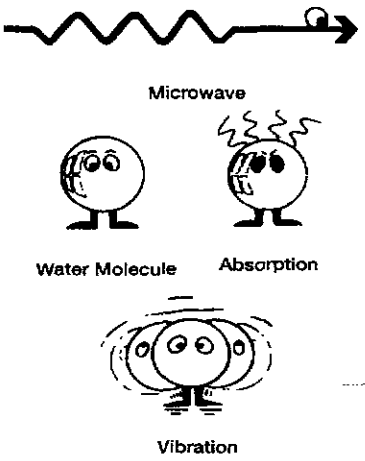
Microwaving Principles

Microwave energy has been used in this country to cook and heat since early experiments with RADAR. Microwaves themselves are in fact present in the atmosphere all the time – both naturally and from manmade sources.

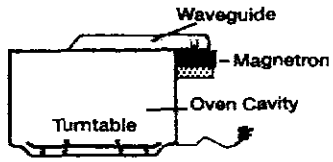
Manmade microwaves include radar, radio and television waves, telecommunications links and car phones. If you follow our basic recommendations and keep your oven clean, then it will be completely safe.



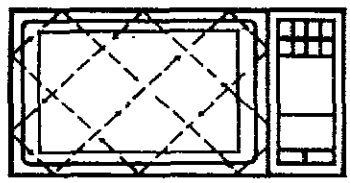
Many years ago it was discovered that one of the effects of microwaves is to make water molecules VIBRATE very quickly. Because all foods contain water to a greater or lesser extent, they can quickly be heated by the friction caused by this vibration.



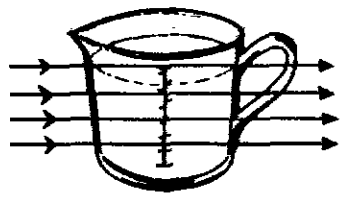
Your microwave oven converts electricity into microwaves in the magnetron.



Microwaves are REFLECTED off metal, so they bounce off the walls and the metal door screen, back onto the food.



They contain no heat themselves and pass through the cooking container i.e. are transmitted, to be ABSORBED by the water molecules, as well as sugar and fat particles in the food.



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.

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

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.

Foods Not Suitable for Cooking by Microwave

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, however shallow fried foods can be cooked in a browning dish, available from major department stores. Always follow manufacturers' instructions carefully when preheating the dish (remember your oven is 800Watts (IEC) on HIGH power).

Boiled Eggs

Do not boil eggs in your microwave.

Raw eggs boiled in their shells can explode.

Cleaning

The interior should be kept clean at all times. Stubborn spots can be removed with a branded oven spray on a soft cloth.

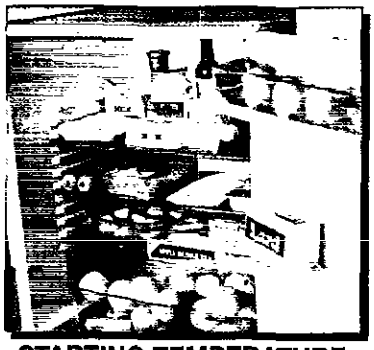
The door surround is a plastic based substance and is best kept clean with soapy water. DO NOT USE ANY TYPE OF OVEN CLEANER ON THE DOOR. The door seal area must be kept clean at all times to ensure microwaves are not attracted to this area and to avoid damage to the door screen film. The turntable can be cleaned with hot soapy water and is dishwasher safe. Wash the roller ring regularly in soapy water.

General Guidelines



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.



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.



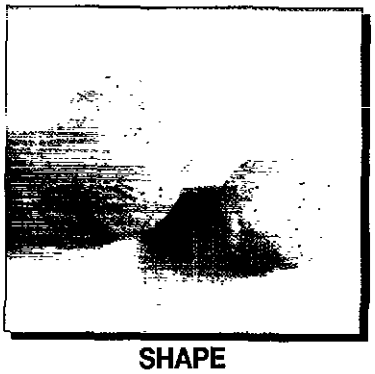
SPACING

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



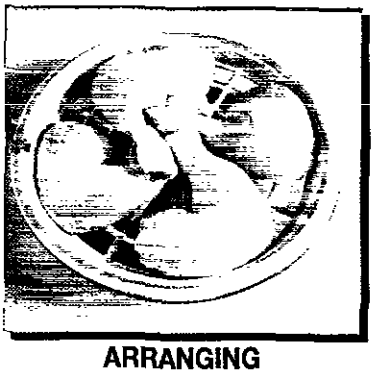
TURNING AND STIRRING

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



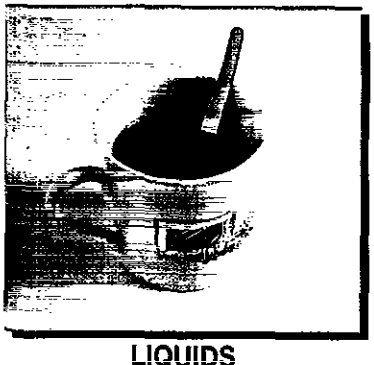
SHAPE

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



ARRANGING

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



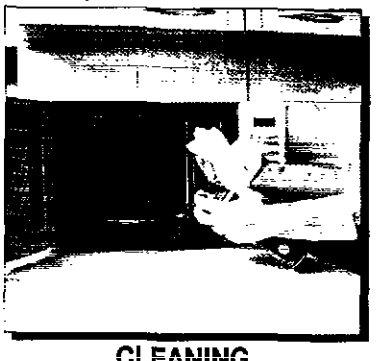
LIQUIDS

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.



CHECKING FOOD

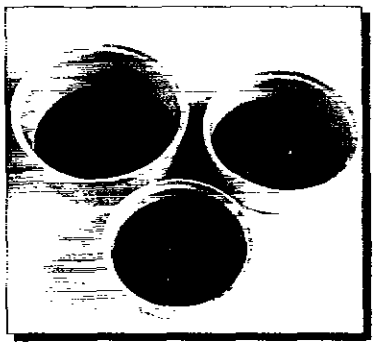
It is essential that food is checked during and after a recommended cooking time, even if an AUTO PROGRAM has been used (just as you would check food cooked in a conventional oven). Return the food to the oven for further cooking if necessary.



CLEANING

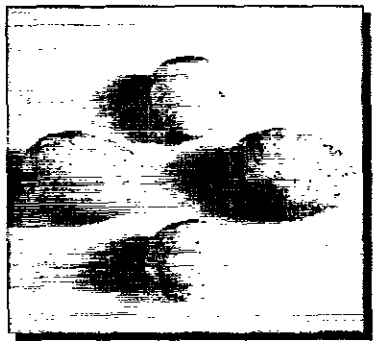
As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded microwave spray cleaner, sprayed onto a soft cloth, always wipe the oven dry after cleaning.

General Guidelines



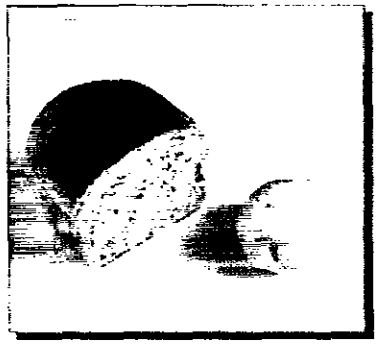
DISH SIZE

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



QUANTITY

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



DENSITY

Porous airy foods heat more quickly than dense heavy foods.

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.

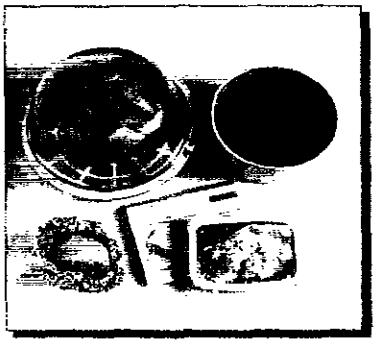
MEAT JOINTS – Stand 15 mins. wrapped in tin foil.

JACKET POTATOES – Stand 5 mins. wrapped in tin foil.

LIGHT CAKES – Stand 5 mins. before removing from dish.

RICH DENSE CAKES – Stand 15-20 mins.

FISH – Stand 2-5 mins.



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

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.

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.

Selecting Micro Power Levels



There are 6 different micro power levels available on your oven – one of them being Cyclic Defrost.

Select the micro power level you require by pressing the micro power pad the appropriate number of times as shown in the chart below, program in the desired cooking time, then press START.

MICRO POWER LEVEL	No. OF PRESSES ON PAD	WATTAGE (IEC)	USE
HIGH	1	800	Reheating meals and sauces, cooking fish, vegetables, sauces, preserves.
DEFROST	2	270	Defrosting frozen foods.
MEDIUM	3	560	Roasting, egg sauces, heating milk, cooking sponge cakes
LOW	4	420	Chicken casseroles, quiches.
SIMMER	5	240	Cooking stews and casseroles, rice puddings, rich fruit cakes, egg custards.
WARM	6	90	Softening ice-cream, butter, cream cheese.

Multi-Stage Cooking

For some recipes e.g. soups and casseroles, it is necessary to use different power levels. Your oven has a 3 stage memory, i.e. you can program up to 3 different instructions and the oven will switch automatically from power to power after the appropriate time has elapsed e.g. Christmas Pudding:

Stage 1 HIGH power for 4 mins.

Stage 2 STAND for 5 mins.

Stage 3 HIGH power for 2 mins.

Defrosting Guidelines

The biggest problem when defrosting food in a microwave is to get the inside defrosted before the outside starts to cook.

For this reason Panasonic have made the defrosting on your oven CYCLIC DEFROST, which means you just press the DEFROST pad and set the required time. The oven then divides this time into 8 stages.

These stages alternate between defrosting (total of 4) and standing (total of 4).

During the standing stages there is no 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 and for small items the usual stand time can be eliminated.

Use the micro power pad to select the Defrost setting. Push the micro power pad twice, then select the Defrost time required (see charts over).

Auto Weight Defrost

This feature allows you to enter the weight in lbs and ozs or grams and the oven will select the correct defrosting time for the foods described. Do not use for porous foods e.g. bread, cakes and convenience foods etc.

See Operating Instructions for selection of the lbs and ozs or grams (page 6). During the defrosting process, the oven will bleep to remind you to check the food
i.e. turn, shield or break the food apart, as shown below.

There are two categories for Auto Weight Defrost:

1. Meat Joints/Whole Chicken
2. Fish/Quiche – Chops/Sausages

See below for weights suitable for these programs.

	MIN.	MAX.
1. Meat Joints Whole Chicken	0.1kg (4ozs)	3.5kg (7lbs)
2. Fish/Quiche Chops/Sausages	0.1kg (4ozs)	1.5kg (3lbs)

Tips for Defrosting



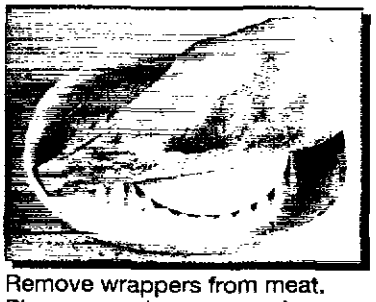
Separate chops and small items e.g. Quiche slices, sliced bread and large pieces of fruit where possible. Defrost on a microwave rack if available.



Give large joints of meat and loaves of bread further standing to ensure they are not still icy in the centre.



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



Remove wrappers from meat. Place on a microwave rack or upturned saucer.



Before defrosting, shield edges, back fat of joints and thin edges of fish with small pieces of SMOOTH tin foil to prevent over-defrosting.



Turn dense foods, ie. meat, 2-3 times during defrosting.

Defrosting Common Foods

Select Defrost Power then the approximate time given below.

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. It is not essential to cover food during defrosting.

Food	Qty	Weight	Time to Select (approx)
***BACON**			
Rashers	10	525g	9 mins.
Steaks	2	225g	7 mins.
BEEFBURGERS	4	465g	7 mins.
BEEF			
*Mince	–	450g	10 mins.
*Stewing Steak, cubed	–	450g	12 mins.
#Joints	–	450g	16 mins. per 450g
BREAD			
*Large Loaf, sliced	1	800g	8 mins.
Small Loaf	1	400g	5 mins.
Slice	1	30g	30 secs.
Rolls	4	200g	2 mins.
Croissants	4	200g	3 mins.
BUTTER	–	250g	2 mins.
CAKES			
Cheesecake	1	425g	5 mins.
Gateau, small	1	375g	3-4 mins.
Scones	4	250g	3 mins.
CASSEROLE	4	1.6kg	40-50 mins.
CHEESE	–	450g	3 mins.
CHICKEN			
#Drumsticks	–	450g	18-20 mins.
#Whole	–	450g	13 mins. per 450g
#Portions	4	1kg	23 mins.
#Poussin	1	380g	10 mins.
CREAM			
Sticks	6	150g	4-5 mins.
#DUCK, Whole	1	450g	18 mins. per 450g
FISH			
#*Fillets	4	450g	12 mins.
*Prawns	–	200g	7 mins.
*Steaks	2	365g	10 mins.
#Whole	2	340g	9 mins.
***FRUIT, Soft**	–	227g	5-6 mins.
LAMB			
*Chops	4	450g	8 mins.
#Joints	–	450g	15 mins. per 450g
LARD	–	500g	3 mins.

Food	Qty	Weight	Time to Select (approx)
MARGARINE	–	250g	2 mins.
APPLE PIES	1	25g	50 secs.
	4	100g	1 min.
	6	150g	1 min. 30 secs.
PLATED MEALS – HOMEMADE			
Medium size	1	370g	5 mins.
***OFFAL**	–	275g	6 mins.
***ORANGE JUICE – CONCENTRATED**		190ml	4 mins.
PASTRY			
Filo	–	300g	2 mins.
Puff	–	370g	4 mins.
Shortcrust	–	370g	4 mins.
PIES			
Cooked Fruit	1	375g	10 mins.
Cooked Meat	1	520g	15 mins.
PORK			
*Diced	–	450g	12 mins.
Joints	–	450g	16 mins. per 450g
*Chops	4	450g	10-12 mins.
QUICHE			
Slice	1	65g	3-4 mins.
Whole	1	360g	11 mins.
***SAUSAGES**	8	450g	12 mins.
***SAUSAGEMEAT**	–	454g	11 mins.
***SOUP**	1 litre	Use HIGH Power	10 mins.
#TURKEY	–	450g	17 mins. per 450g
CONVENIENCE FOODS			
Lasagne	–	400g	6-7 mins.
Pizza	1	385g	5 mins.
*#Sausage roll (cooked)		Use LOW power 300g	4-5 mins.

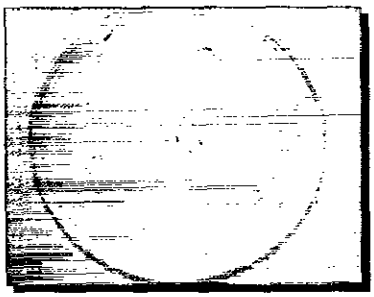
NOTES

* Stir or separate these foods as soon as possible during defrosting.

Shield these foods on extreme edges and ends.

Oven Accessories to Use

Microwave

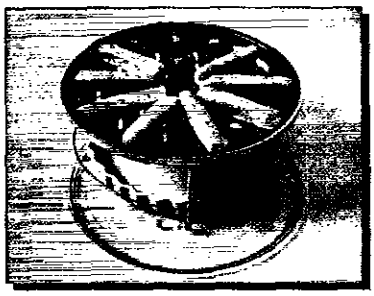


When using your oven on MICROWAVE only, the glass turntable provided must always be in position. DO NOT attempt to use microwave only with any metal accessory in the oven.

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

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

Combination



Why can I use the grill accessory on Combination?

The metal grill accessory is designed to be used on **Combination** and Grilling. Never attempt to use any other metal item except those provided with the oven. Place a heatproof dish eg. Pyrex, underneath to catch any fat and drips.



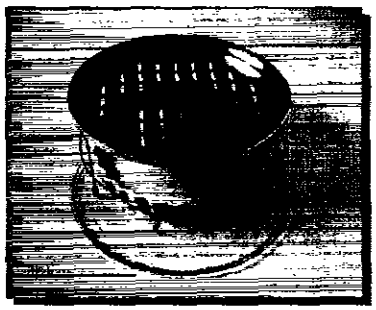
Use the grill accessory only as described and ensure you DO NOT use if operating the oven with less than 200g (7oz) of food on a manual Program. For small quantities do not cook by **Combination**, cook by GRILL or MICROWAVE ONLY for best results.

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

CAUTION:

The GRILL accessory must always be used with the glass turntable in position.

Remove the GRILL accessory from the oven by holding the GRILL accessory and ceramic dish firmly. Use oven gloves when removing accessories. The oven roof and walls will be **very hot**.



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

General Guidelines for Combination Cooking



The Micro and Browner oven offers 4 **Combination** programs, which cover the various GRILL and MICROWAVE settings.

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

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

FOODS NOT SUITABLE FOR COMBINATION COOKING

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

Cakes

Egg White mixtures e.g. souffles, meringues

Frozen pastry items, e.g. sausage rolls

Raw double layer pastry pies (some single topped shortcrust pastry pies can be cooked)

The foods above should be cooked in a conventional oven.

Press the Combination pad 1, 2, 3 or 4 times to select the combination of your choice. Set the cooking time and press START.			
Combination Program	**Number of Presses on Combination Pad**	**Grill**	**Micro Power**
1	1	High	Simmer
2	2	Medium	Low
3	3	Low	Medium
4	4	Warm	High

CONTAINERS TO USE

DO NOT use plastic MICROWAVE containers on combination programs. Dishes must be able to withstand the heat of the top grill – heatproof glass e.g. Pyrex or ceramic are ideal.

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**. 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 accessory.

COVERING

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

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

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.

Auto Programs

Guidelines for Use

The AUTO PROGRAMS are designed to take the guesswork out of cooking or reheating your favourite foods. The oven automatically sets the correct MICROWAVE power, GRILL setting and the cooking time.

1. The **blue** numbers cook the foods listed automatically by MICROWAVE only. The **red** numbers cook the foods listed by MICROWAVE and GRILL.

2. AUTO PROGRAMS must only be used for foods described on page 19.

3. DO NOT operate the oven on any program without food inside, this may be dangerous and could damage your oven.

4. Only cook foods within the weight ranges described below. DO NOT operate the oven with less than 200g (7oz) food on an AUTO PROGRAM if the GRILL accessories are used.

5. Only use accessories as indicated.

6. Most foods benefit from a STANDING time after cooking on an AUTO PROGRAM to allow heat to continue conducting to the centre.

7. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

8. For some foods cooked by **Combination**, the base will be soft and not crisp e.g. Pizza, Pastry items.

Auto Weight Cooking/Reheating NN-K403/453

TO USE

Select the appropriate AUTO PROGRAM. Enter in the correct weight of the food using the weight pads. The weight may be entered in either metric or imperial (see Operating Instructions for conversion). Press START.

The oven will select the correct MICROWAVE power, GRILL setting and cooking time automatically.

DISHES TO USE

For MICROWAVE only programs use microwave-safe dishes, e.g. Pyrex or ceramic.

For **Combination** programs use the oven accessories as described on page 19.

COVERING

For **Combination** Programs DO NOT cover as this will impede the food browning. For the MICROWAVE only programs cover the dish with microwave cling film or a lid designed to fit the dish.

Minimum/Maximum Weights

When cooking with Auto Programs, food must be within the weight ranges shown below.

Program	Minimum Weight	Maximum Weight
1. Vegetables	100g (4oz)	1.0kg (2lb 2oz)
2. Frozen Vegetables/ Fish	100g (4oz)	1.0kg (2lb 2oz)
3. Quick Meat Sauce	500g (1lb 2oz)	2.0kg (4lb 4oz)
4. Chicken Portions	100g (4oz)	2.0kg (4lb 4oz)
5. Crisper Jackets	175g (6oz)	2.0kg (4lb 4oz)
6. Frozen Oven Chips	200g (7oz)	500g (lb 2oz)
7. Reheat Pizza	100g (4oz)	1.0kg (2lb 2oz)

Auto Programs

Auto Programs must *only* be used for the foods described below. Programs 1-3 use Microwave, Programs 4-7 are Combination Programs.

1 Vegetables – Fresh



To cook fresh vegetables e.g. carrots, courgettes, broccoli, cauliflower and small potato pieces. Place prepared vegetables into a suitable sized container. Sprinkle with 6tbsp (90ml) of water. Cover lightly with pierced cling film or a lid. Press in the weight of the vegetables, then press START. Large quantities will require stirring halfway.

2 Frozen Vegetables/Fish



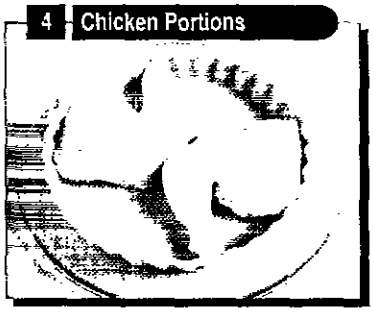
Add 2tbsp of water to the vegetables/fish. Cover with pierced cling film or use a dish with a lid. Press in the weight of the vegetables/fish, then press START. Large quantities of vegetables will require stirring halfway. Shield fish if necessary.

3 Quick Meat Sauce



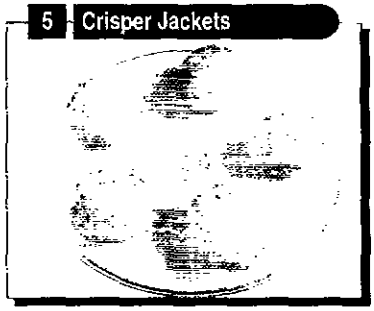
For minced beef based dishes e.g. Bolognese sauce, finely diced chicken or pork fillet in a sauce. Combine ingredients and cover with pierced cling film or a lid. Press in the weight of the ingredients, then press START. This dish will require stirring halfway during cooking.

4 Chicken Portions



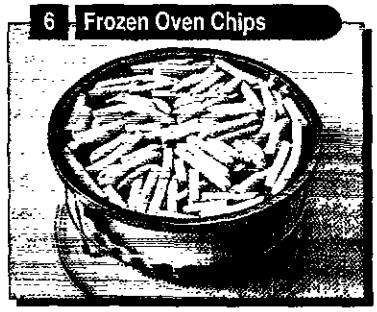
To cook chicken quarters e.g. leg quarters and breast & wing quarters with bone. DO NOT use for drumsticks, thighs or boneless breasts. Spread chicken pieces out in a heatproof dish and place on turntable. Press in the weight of the quarters then press START. Small weights may need extra browning i.e. after cooking is complete GRILL for a further 5 mins.

5 Crisper Jackets



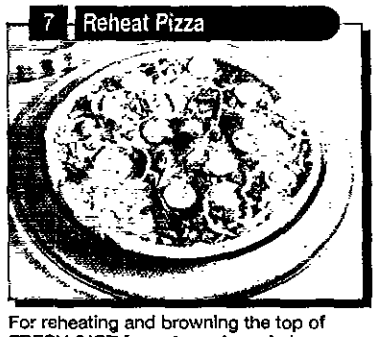
To cook jacket potatoes with a crisper, drier skin, choose medium sized potatoes 175-225g (6-8oz) maximum. Wash and dry potatoes and prick with a fork several times. Place directly onto turntable. Press in the weight, then press START. Turn during cooking if necessary.

6 Frozen Oven Chips



To cook FROZEN oven chips and potato products e.g. Hash Browns, Croquettes, etc., that are suitable for GRILLING. Spread potato products out well on GRILL accessory on turntable. Press in weight of food, then press START. Turn halfway. For best results cook in a single layer.

7 Reheat Pizza



For reheating and browning the top of FRESH (NOT frozen) purchased pizza. Remove all packaging and place on a heatproof dish on turntable. Press in weight then press START.

Grilling



There are 3 GRILL settings: 1, 2 and 3.

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.

TO USE

Press the GRILL pad 1, 2 or 3 times to select the appropriate setting. Program in the desired cooking time, close the door and then press start. It is not possible to use the GRILL function with the oven door open.

DO NOT attempt to preheat the GRILL.

There is no microwave power on the GRILL only program.

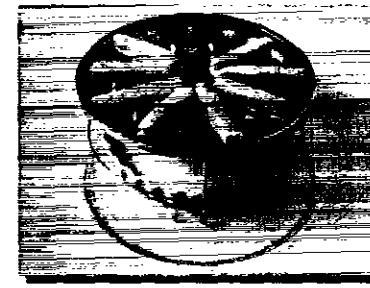
The GRILL will glow on and off during cooking – this is normal. Always clean the oven after using the GRILL and before using microwave or **Combination**.

Never cover foods when grilling.

TURNING

Most foods require turning halfway during cooking. When turning food, open oven door and CAREFULLY remove GRILL accessory 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.



CAUTION

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

Cooking and Reheating using Micro Power/Grill/Combination

The charts on pages 21-28 show you the best way to cook or reheat your favourite foods, either by microwave, GRILL or **Combination**. 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 by GRILL, microwave or **Combination** present 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.

For foods that are only cooked or reheated by one method e.g. reheating baked beans or grilling toast, please refer to the separate GRILLING and MICROWAVE charts on pages 26-27 and the relevant cooking chapters e.g. Vegetables page 40.

Foods cooked or reheated by Combination which cannot be turned will have a soft base since there is no bottom heater in the oven.

Cooking and Reheating Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
BREAD – Pre-cooked – Fresh – N.B. Breads reheated by microwave will have a soft base.				
Croissants	1	HIGH power	15-20 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	2-3	Place on heatproof plate on turntable.
	4	HIGH power	30-40 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	3-5	Place on heatproof plate on turntable.
Rolls	1	HIGH power	15-20 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	3-4	Place on heatproof plate on turntable.
	4	HIGH power	30-40 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	4-6	Place on heatproof plate on turntable.
BREAD – Frozen				
Part-baked rolls	340g (6)	**Combi 1**	6-8	Place on heatproof plate on turntable.
Part-baked Garlic Baguette	325g (2)	**Combi 1**	6-8	Place on heatproof plate on turntable.
BACON – from raw				
Rashers	200g (8)	HIGH power	4-6 or 45 secs. per rasher	Place on micro-safe rack or plate on turntable and cover with kitchen towel to minimise splatter.
		or GRILL 1	8-10	Place on grill accessory on turntable. Turn halfway.
Steaks	210g (4)	HIGH power	4-5	Place on micro-safe rack or plate on turntable.
		or GRILL 1	8	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	6-8	Place on grill accessory on turntable. Turn halfway.
BEEF – Joints from raw – CAUTION: Hot fat! Remove dish with care. For Guidelines see Meat Chapter page 33.				
Medium Rare		MEDIUM power	11-14 per 450g	Place on upturned saucer in heatproof dish. Place on turntable. Turn joint over halfway during cooking. Drain off fat during cooking.
		then **Combi 1**	5 mins. ONLY	
BEEF – Steaks from raw – CAUTION: Hot fat! Remove grill accessory with care.				
Rump	350g (2)	MEDIUM power	6-8	Place on micro-safe rack or plate on turntable.
		or GRILL 1	14-15	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	8-10	Place on grill accessory on turntable. Turn halfway.
Sirloin	400g (2)	MEDIUM power	7-9	Place on micro-safe rack or plate on turntable.
		or GRILL 1	14-15	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	8-10	Place on grill accessory on turntable. Turn halfway.
BEEFBURGERS – Fresh from raw – CAUTION: Hot fat! Remove grill accessory with care.				
	355g (6)	HIGH power	3-4	Place on micro-safe rack or plate on turntable.
		or GRILL 1	10-12	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	8-10	Place on grill accessory on turntable. Turn halfway.
BEEFBURGERS – Frozen from raw – CAUTION: Hot fat! Remove grill accessory with care.				
	355g (6)	HIGH power	6-8	Place on plate or microwave safe rack on turntable.
		or GRILL 1	14-16	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	10-12	Place on grill accessory on turntable. Turn halfway.
CHICKEN from raw – CAUTION: Hot fat! Remove grill accessory and heatproof dish with care. For Guidelines see Meat Chapter page 33.				
Breasts, boneless	850g (4)	MEDIUM power	12-14	Place on plate or microwave safe rack on turntable.
		or GRILL 1	20-25	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	15-20	Place on grill accessory on turntable. Turn halfway.

Cooking and Reheating Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
CHICKEN from raw – CAUTION: Hot fat! Remove grill accessory and heatproof dish with care. For Guidelines see Meat Chapter page 33.				
Drumsticks	900g (8)	MEDIUM power	12-14	Place on microwave safe plate or rack on turntable.
		or GRILL 1	20-25	Place on grill accessory on turntable. Turn halfway
		or **Combi 2**	16-18	Place on grill accessory on turntable. Turn halfway.
Quarters	860g (4)	MEDIUM power	20-25	Place on microwave safe plate or rack on turntable.
		or GRILL 1	30	Place in a heatproof dish on turntable.
		or **Combi 2**	15-20	Place on grill accessory on turntable.
Whole		MEDIUM power	9-10 per 450g	Place on upturned saucer breast side down in heatproof dish. Place on turntable. Turn chicken over halfway. Drain off fat during cooking.
		then **Combi 1**	5 mins. ONLY	
FISH – FRESH from raw – For Guidelines see Fish Chapter page 30.				
Breaded Fillets	300g (2)	GRILL 1	12-14	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	10-12	Place on grill accessory on turntable. Turn halfway.
Cakes	200g (2)	GRILL 1	8-10	Place on grill accessory on turntable. Turn halfway.
		or **Combi 1**	8-10	Place on grill accessory on turntable Turn halfway.
Fillets	450g (3)	HIGH power	3-4	Place on micro-safe dish. Add 30ml of liquid.
		or GRILL 1	12-14	Place on grill accessory on turntable. Turn halfway.
Goujons	200g	GRILL 1	6-8	Place on grill accessory on turntable. Turn halfway.
		or **Combi 1**	6-8	Place on grill accessory on turntable. Turn halfway.
Steaks	350g (2)	HIGH power	3-4	Place on micro-safe dish. Add 30ml of liquid.
		or GRILL 2	10-12	Place on grill accessory on turntable. Turn halfway.
Whole	280g (1)	HIGH power	3-4	Place on micro-safe dish. Add 30ml of liquid.
		or GRILL 2	12-14	Place on grill accessory on turntable. Turn halfway.
FISH – FROZEN from raw – For Guidelines see Fish Chapter page 30.				
Breaded Fillets	300g (2)	GRILL 1	16-18	Place on grill accessory on turntable. Turn halfway.
		or **Combi 1**	13-14	Place on grill accessory on turntable. Turn halfway.
Cakes	400g (4)	GRILL 1	15-16	Place on grill accessory on turntable. Turn halfway.
		or **Combi 1**	12-14	Place on grill accessory on turntable. Turn halfway.
Fish Fingers	210g (8)	HIGH power	4-5	Place on micro-safe dish. Do not cover.
		or GRILL 1	12-14	Place on grill accessory on turntable. Turn halfway.
		or **Combi 1**	8-10	Place on grill accessory on turntable. Turn halfway.
Haddock Fillets	380g (4)	GRILL 1	10-15	Place on grill accessory on turntable. Turn halfway.
Scampi	255g	GRILL 1	10-12	Place on grill accessory on turntable. Turn halfway.
		or **Combi 1**	8-10	Place on grill accessory on turntable. Turn halfway.
Whole	450g (2)	HIGH power	10-12	Place on micro-safe dish. Add 30ml of liquid.
JACKET POTATOES – See page 41.				
LAMB – from raw – CAUTION: Hot fat! Remove grill accessory and heatproof dish with care. For Guidelines see Meat Chapter page 33.				
Chops, cutlets	425g (4)	MEDIUM power	6-7	Place in micro-safe dish or rack on turntable.
		or GRILL 1	15-18	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	14-16	Place on grill accessory on turntable. Turn halfway.

Cooking and Reheating Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
LAMB from raw – CAUTION: Hot fat! Remove grill accessory and heatproof dish with care. For Guidelines see Meat Chapter page 33.				
Chops, Loin	600g (4)	MEDIUM power	7-8	Place in micro-safe dish or rack on turntable.
		or GRILL 1	15-20	Place on grill accessory on turntable. Turn halfway
		or **Combi 1**	10-12	Place on grill accessory on turntable. Turn halfway.
Joints		MEDIUM power	12-13 per 450g	Place on upturned saucer in heatproof dish. Place dish on turntable. Turn joint over halfway during cooking. Drain off fat during cooking.
		then **Combi 1**	5 mins. ONLY	
PASTRY – UNCOOKED				
Shortcrust Flan Case	23cm (9")	HIGH power	3-4	Prick base of pastry and chill well. Lay piece of kitchen towel in base. Place on turntable.
		or **Combi 1**	4-5	Prick base of pastry and chill well. Do not cover. Place on turntable.
Vol-au-Vents	125g (6)	**Combi 1**	4-5	Brush with beaten egg. Place on heatproof plate on turntable.
PASTRY PRODUCTS – PRECOOKED – N.B. Pastries reheated by microwave or Combination will have a soft base.				
Beef & Onion Pie	120g (1)	HIGH power	1-2	Place in micro-safe dish on turntable. Do not cover.
		or **Combi 2**	4-5	Place on heatproof plate on turntable. Do not cover.
	495g (4)	HIGH power	3-4	Place in micro-safe dish on turntable. Do not cover.
		or **Combi 2**	10-12	Place on grill accessory on turntable. Turn halfway.
Chicken Pie	340g (1)	HIGH power	4-5	Place in micro-safe dish on turntable. Do not cover.
		or **Combi 2**	6	Place on heatproof plate on turntable. Do not cover.
Cornish Pastie	270g (1)	HIGH power	2-3	Place in micro-safe dish on turntable. Do not cover.
		or **Combi 2**	5-6	Place on heatproof plate on turntable. Do not cover.
	535g (2)	HIGH power	4-6	Place in micro-safe dish on turntable. Do not cover.
		or **Combi 2**	10-12	Place on heatproof plate on turntable. Do not cover.
Meat Pie	550g (1)	HIGH power	5-6	Place in micro-safe dish on turntable. Do not cover
		or **Combi 2**	8-10	Place on heatproof dish on turntable. Do not cover.
Quiche	400g (1)	HIGH power	3-4	Place in micro-safe dish on turntable. Do not cover.
		or **Combi 2**	7-8	Place on heatproof plate on turntable. Do not cover.
Samosas	140g (4)	HIGH power	1-2	Place in micro-safe dish on turntable. Do not cover.
		or **Combi 2**	6-8	Place on grill accessory on turntable. Do not cover.
Sausage Roll	75g (1)	HIGH power	1	Place in micro-safe dish on turntable. Do not cover.
		or **Combi 2**	4-6	Place on heatproof plate on turntable. Do not cover.
Spring Roll	130g (2)	HIGH power	1	Place in micro-safe dish on turntable. Do not cover.
		or **Combi 2**	4-6	Place on grill accessory on turntable. Do not cover.
PIZZA – FRESH part cooked – N.B. Remove all packaging. Pizzas will have a soft base.				
Chilli Beef	400g	HIGH power	4-5	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	12-14	Place on heatproof dish on turntable.
		or **Combi 1**	10-15	Place on heatproof plate on turntable. Do not cover.
Deep Pan, Ham	475g	HIGH power	4-6	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	13-15	Place on heatproof plate on turntable. Do not cover.
		or **Combi 1**	10-15	Place on heatproof plate on turntable. Do not cover.

Cooking and Reheating Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
PIZZA – FRESH – N.B. Remove all packaging. Pizzas will have a soft base.				
Selection	370g	HIGH power	4-5	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	10-12	Place on heatproof plate on turntable.
		or **Combi 1**	8-10	Place on heatproof plate on turntable. Do not cover.
PIZZA – FROZEN – N.B. Remove all packaging. Pizzas will have a soft base.				
French Bread	320g (1)	GRILL 1	13-15	Place on heatproof plate on turntable.
		or **Combi 1**	6-8	Place on heatproof plate on turntable. Do not cover.
Pepperoni	420g	**Combi 1**	15-20	Place on heatproof plate on turntable. Do not cover.
PORK from raw – CAUTION: Hot fat! Remove grill accessory and heatproof dish with care. For Guidelines see Meat Chapter page 33.				
Chops	800g (4)	MEDIUM power	13-15	Place in micro-safe dish or rack on turntable.
		or GRILL 1	20-25	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	18-20	Place on grill accessory on turntable. Turn halfway.
Tenderloin	250g	MEDIUM power	5-7	Place in micro-safe dish or rack on turntable.
		or GRILL 2	20-25	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	10-15	Place on grill accessory on turntable. Turn halfway.
Joints		MEDIUM power	13-14 per 450g	Place on upturned saucer in heatproof dish on turntable. Turn joint over halfway during cooking. Drain off fat during cooking.
		then **Combi 1**	5 mins. ONLY	
POTATO PRODUCTS part cooked – FRESH				
Croquettes	250g (6)	HIGH power	3-4	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	12-14	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	10-12	Place on grill accessory on turntable. Turn halfway.
Stuffed Jackets	510g (4)	HIGH power	8-10	Place on micro-safe plate on turntable. Do not cover.
		or **Combi 2**	12-14	Place on grill accessory on turntable.
POTATO PRODUCTS part cooked – FROZEN				
Croquettes	300g	GRILL 1	13-14	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	12-14	Place on grill accessory on turntable. Turn halfway.
Hash Browns	300g (7)	GRILL 1	15-18	Place on grill accessory on turntable. Turn halfway.
		or **Combi 1**	10-12	Place on grill accessory on turntable. Turn halfway.
Oven Chips & Associated Products	300g	GRILL 1	14-15	Place on grill accessory on turntable. Turn halfway.
		or **Combi 1**	8-10	Place on grill accessory on turntable. Turn halfway.
PURCHASED CONVENIENCE FOODS – Chilled – N.B. Transfer food from foil container to a similar sized heat-proof dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Cauliflower Cheese	454g	HIGH power	7	Place on turntable.
		or **Combi 1**	10	Place on turntable.
Chicken Kiev from raw	284g (2)	GRILL 1	12-14	Place on grill accessory on turntable. Turn halfway.
		or **Combi 1**	15	Place on grill accessory on turntable. Turn halfway.
Cottage Pie	190g	HIGH power	3-4	Place on turntable.
		or **Combi 3**	10-15	Place on turntable.
	595g	HIGH power	6-8	Place on turntable.
		or **Combi 3**	18-20	Place on turntable.
Crisp Bakes	227g (2)	GRILL 1	10-12	Place on grill accessory on turntable. Turn halfway.
		or **Combi 1**	8-10	Place on grill accessory on turntable. Turn halfway.
Filled Mushrooms	227g	GRILL 1	8-10	Place on grill accessory on turntable.
		or **Combi 1**	6-8	Place on grill accessory on turntable.

Cooking and Reheating Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
PURCHASED CONVENIENCE FOODS – Chilled – N.B. Transfer food from foil container to a similar sized heat-proof dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Hot & Spicy Wings	700g	HIGH power	6-7	Place on micro-safe plate or rack on turntable.
		or GRILL 1	12-15	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	15-18	Place on grill accessory on turntable. Turn halfway.
Lasagne	300g	HIGH power	5-6	Place on turntable.
		or **Combi 3**	20	Place on turntable.
Onion Bhajis Pakora Felafel	200g (6)	HIGH power	1-2	Place on micro-safe plate on turntable.
		or GRILL 1	5-6	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	5-6	Place on grill accessory on turntable. Turn halfway.
Potatoes Anna	454g	High power	6-7	Place on turntable.
		or **Combi 2**	10-12	Place on turntable.
Spare Ribs	250g	HIGH power	5	Place on micro-safe plate or rack on turntable.
		or GRILL 1	10	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	10-12	Place on grill accessory on turntable. Turn halfway.
Turkey Burgers	260g (2)	GRILL 1	10	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	8	Place on grill accessory on turntable. Turn halfway.
Vegetable Bake	454g	HIGH power	6-8	Place on turntable.
		or **Combi 2**	12-14	Place on turntable.
PURCHASED CONVENIENCE FOODS – FROZEN – N.B. Transfer food from foil container to a similar sized heat-proof dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Breaded Mushrooms	300g	GRILL 1	12-14	Place on grill accessory on turntable. Turn halfway.
		or **Combi 1**	10-12	Place on grill accessory on turntable. Turn halfway.
Crispy Pancakes	227g	GRILL 1	12-14	Place on grill accessory on turntable. Turn halfway.
		or **Combi 1**	12-14	Place on grill accessory on turntable. Turn halfway.
Golden Drummers	340g (6)	GRILL 1	12-15	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	10-12	Place on grill accessory on turntable. Turn halfway.
Lasagne	330g	DEFROST power	8	Place on turntable.
		then HIGH power	6-9	
		or **Combi 2**	20	Place on turntable.
Onion Rings	250g	GRILL 1	10-12	Place on grill accessory on turntable. Turn halfway.
		or **Combi 1**	10-12	Place on grill accessory on turntable. Turn halfway.
Plaice Mornay	510g	DEFROST power	10	Place on turntable.
		then HIGH power	7-8	
		or **Combi 3**	14-16	Place on turntable.
Shepherd's Pie	460g	DEFROST power	10	Place on turntable.
		then HIGH power	6-8	
		or **Combi 3**	18-20	Place on turntable.

Cooking and Reheating Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
SAUSAGES from raw – CAUTION: Hot fat! Remove grill accessory with care.				
Chipolatas	227g (8)	HIGH power	3	Place in micro-safe or rack on turntable.
		or GRILL 1	8-12	Place on grill accessory on turntable. Turn halfway.
		or **Combi 1**	6-8	Place on grill accessory on turntable. Turn halfway.
Thick	454g (8)	HIGH power	4-5	Place in micro-safe or rack on turntable. Turn halfway.
		or GRILL 1	12-14	Place on grill accessory on turntable. Turn halfway.
		or **Combi 2**	10-12	Place on grill accessory on turntable. Turn halfway.
SWEETS AND DESSERTS – N.B. Transfer food from foil container to a similar sized heatproof dish.				
Apple Pie	465g	HIGH power	4	Place on turntable. Do not cover.
		or **Combi 2**	8-10	Place on turntable.
Fruit Crumble	400g	HIGH power	4	Place on turntable. Do not cover.
		or **Combi 2**	4-6	Place on turntable.
Fruit Pie, Individual	1	HIGH power	10-15 secs.	Place on turntable.
		or **Combi 2**	2	Place on turntable.
	4	High power	30-35 secs.	Place on turntable.
		or **Combi 2**	3-4	Place on turntable.
GRILLING CHART for foods that require grilling ONLY				
Cheese on Toast	4 slices	GRILL 1	3 to toast then 4 with topping	Place on grill accessory on turntable. Turn after toasting first side.
Muffins	–	GRILL 1	4-6	Place on grill accessory on turntable. Turn halfway.
Toast	4 slices	GRILL 1	4-6	Place on grill accessory on turntable. Turn halfway.
Flash Browning				
Brulee	–	GRILL 1	10-15	Place on turntable.
Cauliflower Cheese	–	GRILL 1	8-10	Place on turntable.
Meringue Topping		GRILL 1	4-5	Place on turntable.

Reheating by Microwave

The times below are guidelines only as the total time will depend on the starting temperature of the food and contalner used. Always check the food is piping hot before consumption.

Food	Weight/ Quantity	Power Level	Time to Select (approx)
BABIES BOTTLES – See below			
CANNED BEANS, RICE, PASTA			
Baked Beans	225g	HIGH	2 mins.
Baked Beans	447g	HIGH	4 mins.
Baked Beans & Sausages	450g	HIGH	5 mins.
Ravioli in Sauce	215g	HIGH	2 mins. 30 secs.
Ravioli in Sauce	400g	HIGH	4 mins.
Rice	277g	HIGH	2 mins.
Space Invaders	425g	HIGH	3 mins. 30 secs.
Spaghetti Bolognese	210g	HIGH	2 mins.
Spaghetti Bolognese	430g	HIGH	4 mins.
Spaghetti in Tomato Sauce	213g	HIGH	2 mins.
CANNED MEAT			
Chilli Con Carne	410g	HIGH	3 mins. 30 secs.
Hot Dogs (drained)	415g	HIGH	2 min. 30 secs.
Meat Balls	418g	HIGH	4 mins. 30 secs.
Minced Beef & Onion	392g	HIGH	4 mins.
Stewed Steak	405g	HIGH	4 mins.
CANNED SOUPS			
Cream of Mushroom	425g	HIGH	4 mins.
Cream of Tomato	425g	HIGH	4 mins.
Minestrone	300g	HIGH	2 mins. 30 secs.
CANNED PUDDINGS			
Creamed Rice	425g	HIGH	2 mins.
Creamed Rice	624g	HIGH	3 mins.
Creamed Rice	822g	HIGH	5 mins.
Custard	425g	HIGH	2 mins.
Sponge Pudding	300g	HIGH	2 mins.
CANNED VEGETABLES – Drain where appropriate			
Carrots, whole	410g	HIGH	3 mins.
Green Beans	410g	HIGH	2 mins. 30 secs.
Mushrooms, whole	300g	HIGH	2 mins.
Mushrooms, creamed	213g	HIGH	2 mins.
Peas, Mushy	440g	HIGH	2 mins.
Peas, Garden	550g	HIGH	2 mins. 30 secs.
Peas, Marrowfat	300g	HIGH	2 mins.
Potatoes, new	820g	HIGH	5 mins.
Sweetcorn	198g	HIGH	1 min. 30 secs.
Sweetcorn	340g	HIGH	2 mins.
Tomatoes, whole	400g	HIGH	3 mins.
Chick pea dhal	425g	HIGH	3 mins.

Food	Weight/ Quantity	Power Level	Time to Select (approx)
PURCHASED CONVENIENCE FOODS – FROZEN			
Boil in Bag			
Chicken & Mushroom Casserole	170g	HIGH	4 mins.
Chicken Curry & Rice	340g	HIGH	7 mins.
POWER LEVEL KEY			
HIGH = HIGH POWER			
MED = MEDIUM POWER			
NOTES FOR YOUR OWN FOODS			

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

For 3fl.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.

Reheating by Microwave

Food	Weight/ Quantity	Power Level	Time to Select (approx)
CHRISTMAS PUDDINGS			
Slice	150g	HIGH	30 secs.
Small	450g	HIGH	2 mins.
Medium	900g	HIGH	3 mins.
Large	1.1kg	HIGH	3 mins. 30 secs.
DRINKS – COFFEE			
1 mug	235ml	HIGH	2 mins.
2 mugs	470ml	HIGH	3 mins. 30 secs.
3 mugs	705ml	HIGH	4 mins. 30 secs.
4 mugs	940ml	HIGH	6 mins.
DRINKS – MILK			
1 mug	235ml	MED	2 mins.
1 jug	600ml	MED	4 mins. 30 secs.
HOMEMADE MEAT DISHES			
Casserole for 2	500g	HIGH	3 mins.
Casserole for 4	1kg	HIGH	10 mins.
Mince for 1	250g	HIGH	3 mins.
Mince for 4	1kg	HIGH	8 mins.
Bolognese Sauce	250g	HIGH	3 mins.
Bolognese Sauce	1kg	HIGH	8 mins.
PASTA			
Cooked Spaghetti	100g	HIGH	1 min.
Macaroni Cheese	225g	HIGH	3 mins.
Macaroni Cheese	1kg	HIGH	8 mins.
PLATED MEALS – HOMEMADE – CHILLED			
Child size	1	HIGH	3 mins.
Child size	2	HIGH	5 mins.
Adult size	1	HIGH	4-5 mins.
Adult size	2	HIGH	5-6 mins.
PLATED MEALS – HOMEMADE – FROZEN			
Adult size	1	HIGH	7-8 mins.
PORRIDGE			
1 portion		HIGH	1 min.
4 portions		HIGH	3 mins. 30 secs.
PUDDINGS AND DESSERTS			
Baked Apple – 1	175g	HIGH	30 secs.-1 min.
Bread & Butter Pudding	340g	HIGH	2-3 mins.
Fruit Crumble	200g	HIGH	30-45 secs.
Fruit Crumble	800g	HIGH	3-4 mins.
Fruit Pie, small		HIGH	10-30 secs.
Fruit Pie, large	286g	HIGH	1 min. 20 secs.
Milk Pudding for 1		HIGH	50 secs.
Milk Pudding for 4		HIGH	3 mins. 40 secs.
Pancakes, filled	1	HIGH	45-60 secs.
Pancakes, filled	2	HIGH	1 min.
Rice Pudding	500g	HIGH	2 mins. 30 secs.
RICE			
Boiled Rice	100g	HIGH	45 secs.

Food	Weight/ Quantity	Power Level	Time to Select (approx)
PURCHASED CONVENIENCE FOODS – FROZEN			
Boiled Rice	450g	HIGH	2 mins. 30 secs.
SAUCES			
Custard	300ml	HIGH	1 mins. 30 secs.
Custard	600ml	HIGH	3 mins.
Savoury Sauce	300ml	HIGH	2 mins.
VEGETABLES			
Jacket Potato	250g	HIGH	1 min.
Green Vegetables	100g	HIGH	1 min. 30 secs.
Green Vegetables	225g	HIGH	1 min. 30 secs.
Root Vegetables	100g	HIGH	1 min.
Root Vegetables	225g	HIGH	1 min. 30 secs.
NOTES FOR YOUR OWN FOODS			
POWER LEVEL – KEY			
HIGH = HIGH POWER			
MED = MEDIUM POWER			
DEF = DEFROST POWER			

POINTS FOR CHECKING

Always check that food is piping hot after reheating by microwave. If unsure, return to oven. Foods that have been cooked and are just being reheated in your microwave still require a **STAND TIME** of approx. 5-15 mins. The denser the food, the longer the **STAND TIME** required. This **STAND TIME** is particularly important for foods that cannot be stirred.

Soups and Starters

Guidelines

General Tips – Homemade Soups

POWER LEVEL

Use HIGH power to bring soup to the boil, then LOW or SIMMER power to cook. Remember to use the multi-stage memory of the oven for two stage cooking.

DISH SIZE

Always use a large dish or bowl – **at least** twice the capacity of the soup.

COVERING

Always cover soup with microwave cling film or the lid designed for the dish.

DEFROSTING FROZEN SOUP

As soups can be stirred easily as they begin to thaw, it is quicker and usually more convenient to defrost frozen soup using HIGH power.

Stir frequently during the defrosting process to ensure even and thorough defrosting.

REHEATING SOUP

For canned soups, or refrigerated soups, transfer to microwave safe container, cover and reheat on HIGH power, stirring frequently.

MEAT SOUPS

When converting your favourite meat soup recipes for microwave, use multi-stage programming to bring the soup to the boil on HIGH power for 10 mins. followed by 40-60 mins. on SIMMER power.

General Tips – Starters

STARTING TEMPERATURE

Remember foods reheated from the fridge will take slightly longer than food at room temperature.

COVERING

Keep foods covered with cling film, or another suitable lid, except for pastry items.

PASTRY

Pastry items only reheat well by microwave, if the pastry is very crisp. During reheating, pastry absorbs moisture from the filling.

Lentil & Tomato Soup

Serves: 4

Ingredients

1 medium onion, chopped
25g (1oz) butter
2 carrots, thinly sliced
1 medium potato, thinly sliced
100g (4oz) red split lentils
900ml (1½pt) hot chicken stock
1 bay leaf
salt and pepper
185g (6½oz) can tomatoes

Dish: 3 litre (6pt) casserole dish **Calories Total: 673 kcals**
Oven Accessory: glass turntable **Serving: 168 kcals**

1. Place onion and butter in a bowl. Cover and cook on HIGH power for 2 mins. or until onion is soft.
2. Add all other ingredients, except tomatoes, cover and cook on HIGH power for 4-5 mins. then SIMMER power for 20 mins. or until lentils are tender. Add tomatoes.
3. Blend in a food processor. Reheat on HIGH power for 3 mins. or until hot.

Stuffed Tomatoes

Serves: 4

Ingredients

4 large tomatoes, scored around the middle
15g (½oz) butter or margarine
1 small onion, finely chopped
half red pepper, diced
198g (7oz) can drained tuna
1 egg yolk
30ml (2tbsp) fresh breadcrumbs
15ml (1tbsp) fresh basil, chopped
salt and pepper
15ml (1tbsp) grated Parmesan cheese

Dish: large flan dish **Calories Total: 666 kcals**
Oven Accessory: glass turntable **Serving: 167 kcals**

1. Slice the tops from the tomatoes and scoop out centres. Turn upside down to drain.
2. Place the butter, onion and pepper in a small bowl. Cover and cook on HIGH power for 2-3 mins. or until softened.
3. Mix in the tuna, egg yolk, breadcrumbs, basil and seasoning.
4. Spoon the filling into the tomato cups and arrange in the flan dish. Sprinkle on the Parmesan. Cook on **Combination 1** for 14-18 mins. or until the tomatoes are tender. Allow to stand for 2 mins.

Fish

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

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

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

Fish steaks should be arranged in a circle – thicker part to the outside – to avoid overcooking and disintegration of the tail ends.



COVERING

Always cover fish with either microwave cling film or use a dish with a self-fitting lid.



BOIL IN BAG FISH

Boil-in-bag fish with sauce should be cooked in 2 stages. For 150g-170g, place bag sauce side down on a plate, slash top of bag with a knife. Cook on DEFROST power for 4 mins., STAND for 2 mins. then cook on MEDIUM power for 6 mins. or until fish is well cooked through.

SALT

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



LIQUID

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

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



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.

COOKING FISH BY GRILL OR COMBINATION

Brush fish with melted butter or oil to keep fish moist. Place on grill accessory. DO NOT add salt, however sprinkle with pepper or herbs if required.

Select the appropriate GRILL setting as indicated in the charts on page 22. A better result is achieved by using GRILL 2 setting, to avoid the outside overburning before the inside is cooked through.

For small quantities cook by MICROWAVE or GRILL only for best results.

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 whole fish if the skin is pierced several times with a cocktail stick.

STAND TIME

Fish should STAND after cooking for 2-3 mins. This can be outside the oven to enable the oven to be used for further cooking.

Fish Curry

Serves: 4

Dish: large casserole **Calories Total: 1400 kcals**
Oven Accessory: glass turntable **Serving: 350 kcals**

Ingredients

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

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

Fish Provencal

Serves: 4

Dish: large shallow rectangular dish **Calories Total: 756 kcals**
Serving: 189 kcals
Oven Accessory: glass turntable

Ingredients

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

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.

Haddock & Spinach Florentine

Serves: 4

Dish: 20cm (8") square dish **Calories Total: 1885 kcals**
Oven Accessory: glass turntable **Serving: 471 kcals**

Ingredients

50g (2oz) butter
50g (2oz) plain flour
450ml (¾pt) milk
100g (4oz) Cheddar cheese, grated
salt and pepper
pinch grated nutmeg
450g (1lb) frozen spinach
450g (1lb) smoked haddock fillet, skinned
50g (2oz) breadcrumbs

1. Mix together the butter, flour and milk in a large jug and cook *uncovered on HIGH power for 4-5 mins. or until the sauce* has thickened, whisking every minute.
2. Stir in half of the cheese and season well with salt, pepper and nutmeg. Place spinach in the dish and cook covered on HIGH Power for 6-7 mins. or until cooked. Place in a sieve and drain thoroughly, then place back into the dish.
3. Place the fish in a single layer on top of the spinach. Cook covered on High Power for 5-6 mins or until the fish is cooked
4. Pour the cheese sauce over the fish to cover it completely. Sprinkle the remaining cheese and breadcrumbs on top. Cook on **Combination 2** for 8-10 mins. or until piping hot.

Tuna Fish Cakes

Serves: 4

Dish: grill accessory **Calories Total: 1885 kcals**
Oven Accessory: glass turntable **Serving: 471 kcals**

Ingredients

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

1. Cook potatoes with 45ml (3tbsp) water, covered on HIGH power for 6-8 mins. or until cooked. Drain.
2. Place butter and onion in a bowl, cover and cook on HIGH power for 4 mins. or until soft. Add potatoes and mash.
3. Stir in tuna, hard boiled egg, parsley and lemon juice, season well.
4. Shape into 8 cakes and coat in beaten egg and breadcrumbs.
5. Place on grill accessory and cook on **Combination 1** for 12-14 mins. or until brown, turning halfway.

Family Fish Pie

Serves: 4

Dish: large casserole **Calories Total: 2497 kcals**
Oven Accessory: glass turntable **Serving: 624 kcals**

Ingredients

450g (1lb) smoked haddock
30ml (2tbsp) lemon juice
15ml (1tbsp) oil
1 large onion, sliced
600g (1¼lb) cooked jacket potatoes, sliced (see page 41)
40g (1½oz) butter
40g (1½oz)flour
3ml (½tsp) mustard
600ml (1pt) milk
salt and pepper
100g (4oz) Red Leicester cheese
75g (3oz) wholemeal breadcrumbs

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

Salmon & Vegetable Mornay

Serves: 4

Dish: 20 x 25cm (8" x 10") dish **Calories Total: 1707 kcals**
Oven Accessory: glass turntable **Serving: 427 kcals**

Ingredients

100g (4oz) broccoli
100g (4oz) cauliflower
1 medium red pepper, diced
198g (7oz) can salmon, drained
25g (1oz) butter
30ml (2tbsp) plain flour
300ml (½pt) milk
50g (2oz) grated tasty cheese
150ml (¼pt) cream (optional)
salt and pepper to taste
15g (½oz) butter
75g (3oz) fresh white breadcrumbs
15ml (1tbsp) chopped fresh parsley
pinch paprika

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

Meat & 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.

STANDING TIME

Meat and poultry require a **minimum of 15 mins. STANDING TIME** wrapped in tin 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.

TURNING

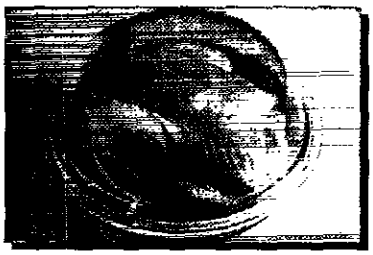
Joints and poultry **should be turned over** halfway through cooking.

SHIELDING

Large joints may need shielding with pieces of smooth tin 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 microwave

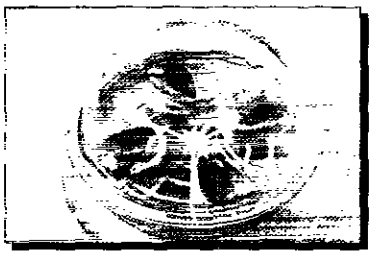
To roast basic joints of meat place the joint onto the rack of a microwave roasting set and cover with a dome lid. Alternatively use a large, shallow dish and place the joint on an upturned saucer and cover with cling film.



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.



How to roast a joint by Combination

Place the joint on an upturned saucer on heatproof dish. Joints are best cooked by microwave only and then browned and crisped by a final Combination stage. Follow the guidelines on pages 21-26. DO NOT cover.



Cooking small cuts of meat by Grill or Combination

Place food on grill accessory. Place grill accessory on turntable. Use heatproof dish to catch fat/drips.

For larger pieces or pieces of meat that will not fit without touching the roof or catching on the grill, place in a heatproof dish on turntable. The grilling action will still brown the food, but may take slightly longer.



Sweet and Sour Pork

Serves: 4

Dish: 20cm (8") casserole **Calories Total: 969 kcals**
Oven Accessory: glass turntable **Serving: 242 kcals**

Ingredients

Sauce:
15ml (1tbsp) cornflour
15ml (1tbsp) caster sugar
15ml (1tbsp) white wine vinegar
15ml (1tbsp) orange juice
15ml (1tbsp) tomato sauce
15ml (1tbsp) sherry
juice from pineapple
seasoning to taste

450g (1lb) pork fillet diced and trimmed
½ green pepper, sliced
225g (8oz) can pineapple chunks, drained (reserve juice)

1. Mix all sauce ingredients together.
2. Layer pork, pepper and pineapple in casserole, pour over sauce.
3. Cover and cook on HIGH power for 5 mins. then LOW power *for 10-15 mins. or until meat is tender. Stir halfway through* cooking time.

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

Chicken Casserole

Serves: 4

Dish: 3 litre (6pt) casserole **Calories Total: 1847 kcals**
Oven Accessory: glass turntable **Serving: 462 kcals**

Ingredients

25g (1oz) butter
2 medium onions, sliced
2 sticks celery, trimmed and chopped
100g (4oz) mushrooms, sliced
4 chicken quarters, skinned
300ml (½pt) hot chicken stock
396g (14oz) can tomatoes
salt and pepper
30ml (2tbsp) cornflour

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 LOW power for 30-40 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 period to 15-20 mins. or until well cooked through.

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

Bolognese Sauce

Serves: 4

Dish: 1.5 litre (3pt) casserole dish **Calories Total: 1396 kcals**
Oven Accessory: glass turntable **Serving: 394 kcals**

Ingredients

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

1. Mix onion, garlic, pepper and oil in a bowl. Cook on HIGH power for 2 mins. or until 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. (or Auto Meat Sauce)

Savoury Mince

Serves: 4

Dish: 1.5 litre (3pt) casserole dish **Calories Total: 1211 kcals**
Oven Accessory: glass turntable **Serving: 303 kcals**

Ingredients

1 onion, diced
1 clove garlic, crushed
15ml (1tbsp) oil
397g (14oz) can chopped tomatoes
15ml (1tbsp) tomato puree
5ml (1tsp) mixed herbs
450g (1lb) mince
salt and pepper

1. Place onion, garlic and oil in casserole, cover and cook on HIGH power for 2 mins. or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook on HIGH power for 10 mins. then MEDIUM power for 15-20 mins.

Variation: Chilli Con Carne

Calories: 1654 kcals
Serving: 414 kcals

Add 396g (14oz) can red kidney beans drained, 15ml (1tbsp) chilli powder, 1 diced green pepper to the ingredients above.

Lasagne

Serves: 4

Dish: large rectangular dish approx. 27 x 23cm (11 x 9") **Calories Total: 3146 kcals**
Oven Accessory: glass turntable **Serving: 787 kcals**

Ingredients

1 quantity of Savoury Mince (see above)
double quantity of White Pouring Sauce (see page 43)
100g (4oz) grated cheese
5ml (1tsp) mustard
salt and pepper
12 sheets pre-cooked lasagne (or sufficient for 3 layers)
60ml (4tbsp) Parmesan cheese

1. Add cheese and seasoning to the hot white sauce.
2. Cover the base of the dish with a layer of cheese sauce, then a layer of lasagne, followed by a layer of hot meat mixture. Continue with a layer of lasagne then meat, ending with a layer of cheese sauce.
3. Sprinkle Parmesan cheese over the top and cook on **Combination 3** for 30-35 mins. or until the pasta is tender and brown and crisp on top.

Beef & Mushroom Burgers

Serves: 4

Dish: grill accessory **Calories Total: 1762 kcals**
Oven Accessory: glass turntable **Serving: 441 kcals**

Ingredients

1 small onion, finely chopped
25g (1oz) butter
450g (1lb) lean minced beef
3ml (½tsp) paprika
30ml (2tbsp) tomato ketchup
1 egg, beaten
30ml (2tbsp) chutney
pinch mixed dried herbs
70g pkt dry mushroom soup mix
50g (2oz) packaged breadcrumbs

1. Place onion and butter in a bowl, cover and cook on HIGH power for 3 mins. or until soft.
2. Stir in mince, paprika, tomato ketchup, egg, chutney, herbs, half soup mix and breadcrumbs. Shape into 8 patties.
3. Coat the patties with the remaining soup mix and place on grill accessory. Cook on **Combination 1** for 14-16 mins. or until burgers are cooked in centre. Turn once during cooking.

Hawaiian Ribs

Serves: 2

Dish: 20 x 25cm (8 x 10") rectangular dish + grill accessory **Calories Total: 2971 kcals**
Oven Accessory: glass turntable **Serving: 1486 kcals**

Ingredients

1kg (2½lb) pork spare ribs
300ml (½pt) water
225g (8oz) can crushed pineapple
150ml (¼pt) HP Fruity Sauce
15ml (1tbsp) brown sugar
45ml (3tbsp) soy sauce
5ml (1tsp) fresh grated ginger

1. Place the ribs in a single layer in dish with the water, cover and cook on HIGH power for 10-15 mins. Drain.
2. Place all other ingredients in blender and blend until smooth. Dip each rib in the sauce ensuring they are well coated.
3. Place on grill accessory and cook on **Combination 1** for 15-20 mins.or until cooked and crispy. Baste with extra sauce if required. Turn occasionally.

Eggs, Cheese & Snacks

PIERCING

Always pierce egg yolk and white to stop them exploding when poaching or frying in a microwave.

BOILED EGGS IN SHELLS

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

QUICHES

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

POACHED EGGS

1. Place 45ml (3tbsp) water in a small bowl.
2. Heat on HIGH power for 40 secs. to bring water to the boil.
3. Break in egg. Pierce membrane of yolk and white several times (this stops the egg exploding).

POACHED EGGS COOKING CHART

No. of Eggs	Time for Water to Boil	Cooking time MEDIUM Power	Stand Time
1	40 secs.	30 secs.	1 min.
2	1 min.	1 min.	1 min.
3	1 min. 30 secs.	1 min. 30 secs.	1 min.
4	2 mins.	1 min. 50 secs.	1 min.

4. Cover with cling film or a saucer and cook on MEDIUM power for 30-40 secs. (For more than one egg, see cooking chart).
5. Stand covered for 1 min. before serving.

SPEEDY POACHED EGGS

For speedy Poached Eggs break eggs directly into cup or ramekin. Pierce and cook covered on MEDIUM power for the times given opposite.

SPEEDY POACHED EGGS COOKING CHART

No. of eggs	Cooking Time	Stand Time
1	40-50 secs.	1 min.
2	1 min. 30 secs.	1 min.
4	2 mins. 40 secs.	1 min.

SCRAMBLED EGGS

1. Mix eggs, milk, knob of butter and pinch of pepper in a pyrex jug.
2. Heat on HIGH power for first cooking time recommended in chart.
3. Stir well.

SCRAMBLED EGGS COOKING CHART

No. of eggs	Milk	1st Cooking Time	STIR	2nd Cooking Time	Stand Time
1	1 tbsp	30 secs.	STIR	20 secs.	1 min.
2	2 tbsp	50 secs.	STIR	30 secs.	1 min.
3	3 tbsp	1 min. 20 secs.	STIR	30 secs.	2 mins.

4. Heat on HIGH power for second recommended cooking time.
5. Stand. The eggs will be creamy before standing, but become firm after stand time.

Piperade

Serves: 2

Dish: 22cm (9") Pyrex plate, lightly greased + grill accessory
Oven Accessory: glass turntable
Calories Total: 520 kcals
Serving: 260 kcals

Ingredients

15ml (1tbsp) olive or vegetable oil
½ red and green pepper, seeded and diced
1 small onion, finely chopped
4 eggs
3ml (½tsp) basil
salt and pepper to taste

1. Place oil and vegetables in a bowl, cover and cook on HIGH power for 3-4 mins. or until soft. Drain.
2. Spread the vegetables over the plate. Beat the eggs with the salt and pepper and pour over the vegetables.
3. Place plate on grill accessory and cook on **Combination 2** for 8-10 mins. or until the eggs are softly set, but still moist, beating with a fork several times during the first 2 mins. of cooking. Allow to stand for 1-2 mins. before serving.

French Bread Pizza

Serves: 2

Dish: grill accessory **Calories Total: 1072 kcals**
Oven Accessory: glass turntable **Serving: 536 kcals**

Ingredients

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

1. Cook the onion with the oil, covered, on HIGH power for 3-4 mins.
2. Cut bread in half lengthways. Place on grill accessory and cook on GRILL 1 for 1-2 mins. Spread with the Dolmio sauce. Top with the onion and then cheese.
3. Place back on grill accessory and cook on **Combination 1** for 4-5 mins. or until browning and hot.

Potato Based Pizza

Serves: 4

Dish: 24cm (9½") Pyrex pizza dish or plate **Calories Total: 863 kcals**
Oven Accessory: glass turntable **Serving: 216 kcals**

Ingredients

Base:
100g (4oz) self raising flour
50g (2oz) butter
100g (4oz) potato, cooked and sieved
Topping:
45ml (3tbsp) tomato puree
100g (4oz) Mozzarella cheese
1 onion, sliced
2 large mushrooms, sliced
½ green pepper, sliced
mixed herbs
seasoning

1. Rub butter into flour until it resembles fine breadcrumbs, add the cooked potato and work into a dough.
2. Line pizza dish with dough, spread with tomato puree, then layer remaining ingredients, finishing with the cheese. Cook on **Combination 2** for 15-20 mins. or until browned.

Croque Monsieur

Serves: 2

Dish: grill accessory **Calories Total: 1450 kcals**
Oven Accessory: glass turntable **Serving: 725 kcals**

Ingredients

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

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

Cheese, Egg & Onion Toasties

Serves: 2

Dish: small bowl + grill accessory **Calories Total: 948 kcals**
Oven Accessory: glass turntable **Serving: 474kcals**

Ingredients

4 slices bread
1 small onion, finely chopped
100g (4oz) cheese, grated
1 egg, beaten
seasoning

1. Place bread on grill accessory and cook on GRILL 1 for approx. 3-4 mins. or until golden.
2. Combine remaining ingredients and season well.
3. Turn bread untoasted side up and spread mixture equally between slices.
4. Cook on **Combination 1** for 5-6 mins. until golden and browning.

Cereals, Pasta, Rice & Beans

Your microwave is ideal for cooking cereals, pasta, rice and beans. In many instances the cooking times may be similar to times used when cooking on a hob. However, there are no saucepans to wash up and there are energy savings to consider whenever you are cooking by microwave.

DISH SIZE

Always use a large heatproof bowl or casserole dish to cook beans, pasta and rice. A 3 litre (6pt) dish is ideal.

WATER

Use boiling water for cooking to minimise the cooking time for rice, pasta and beans.

COVERING

Always cook rice, pasta, cereals and beans covered with either microwave cling film, or a lid.

RICE

For manual cooking measure rice and liquid by volume, use twice the volume of liquid to rice. A 300ml (½pt) mug of uncooked rice serves 2-3 people.

PASTA

Add 15ml (1tbsp) oil to the water and stir two or three times during cooking to help prevent the pasta from sticking.

BEANS & PULSES

Beans and pulses should be pre-soaked. Cover then with boiling water, cover with a lid and leave to stand overnight. Rinse with fresh water and drain. Lentils do not require pre-soaking.

RED KIDNEY BEANS

These MUST BOIL for at least 12 mins. to destroy potentially toxic enzymes.

Macaroni Cheese

Serves: 4

Ingredients

175g (6oz) quick cooking macaroni
40g (1½oz) butter
1 small onion, finely chopped
100g (4oz) bacon, chopped
40g (1½oz) flour
600ml (1pt) milk
5ml (1tsp) french mustard
150g (5oz) red cheese, grated
salt and pepper
25g (1oz) fresh brown breadcrumbs

Dish: large dish + jug **Calories Total: 2822 kcals**
Oven Accessory: glass turntable **Serving: 706 kcals**

1. Cook macaroni in 450ml (¾pt) 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 1** for 12-14 mins. or until cheese starts to melt.

Cooking Charts – Manual Cooking

	Power	Time Mins.
Pasta – for 225g (8oz) + 1 litre (1¾pt) water		
Twists	HIGH	10-12
Macaroni	HIGH	12-14
Spaghetti	HIGH	8
Lasagne	HIGH	6-8
Tortellini	HIGH	12
Tagliatelli	HIGH	8-9
Quick Cook Pasta 225g (8oz) + 1 litre (1¾pt) water		
Spaghetti	HIGH	5-7
Pasta Shapes	HIGH	6-8
Rice – for 300ml (½pt) + 600ml (1pt) water		
Easycook White	HIGH	13-14
Easycook Brown	HIGH	17-20
Long Grain White	MEDIUM	15-16
Long Grain Brown	MEDIUM	22
Wild Rice & Brown Rice Mix	MEDIUM	20-22

	Power	Time Mins.
Beans & Pulses 225g (8oz) + 600ml (1pt) water		
Black Eyed Beans	HIGH LOW	15 then 30
Chick Peas	HIGH LOW	10 then 40
Marrowfat Peas	HIGH LOW	3 then 15
Red Kidney Beans	HIGH LOW	15 then 40
Lentils – do not pre-soak	MEDIUM	12-14

Porridge	Oats (cup)	Water/Milk (cup)	Time on MEDIUM
1 serving	½	1	3-3½ mins.
2 servings	1	2	5-6 mins.
4 servings	2	4	10-11 mins.

Stir porridge halfway through cooking time.

Tacos

Serves: 4

Dish: large dinner plate **Calories Total: 2705 kcals**
Oven Accessory: glass turntable **Serving: 676 kcals**

Ingredients

1 quantity Chilli Con Carne (see page 35)
12 Taco shells
½ lettuce, shredded
2 tomatoes, thinly sliced
100g (4oz) cheese, grated

1. Prepare Chilli Con Carne according to recipe instructions.
2. Stand shells on plate. Heat on HIGH power for 40-50 secs. to warm through.
3. Divide shredded lettuce between Taco shells. Fill with hot Chilli mixture. Top with sliced tomato and sprinkle with grated cheese. Serve immediately.

Tuna Pasta

Serves: 4

Dish: 3 litre (6pt) casserole dish **Calories Total: 2408 kcals**
Oven Accessory: glass turntable **Serving: 602 kcals**

Ingredients

225g (8oz) mixed dried pasta i.e. tagliatelle, twists, shells
1 litre (1¾pt) boiling water
15ml (1tbsp) oil
3ml (½tsp) salt
25g (1oz) butter
100g (4oz) mushrooms, peeled and sliced
198g (7oz) can tuna, drained
Sauce:
40g (1½oz) butter
40g (1½oz) flour
30ml (2tbsp) Dry Vermouth (optional)
salt and pepper to taste
25g (1oz) cheese, grated
25g (1oz) breadcrumbs

1. Cook pasta in water with oil and salt covered on HIGH power for 10-12 mins. or until soft. Leave to stand for 2-3 mins. Drain.
2. Melt butter in small dish on HIGH power for approx. 45 secs. Add mushrooms and cook on HIGH power for 3-5 mins. or until soft.
3. To make sauce, melt butter on HIGH power for 30-40 secs. Stir in flour to make a roux. Gradually whisk in milk until well combined. Cook on HIGH power for 3-4 mins. or until smooth and glossy. Stir halfway through cooking. Add Vermouth and season.
4. Combine pasta, tuna and mushrooms in dish. Pour sauce over and stir to mix thoroughly. Sprinkle with cheese and breadcrumbs and cook on **Combination 1** for 10-12 mins. or until golden brown.

Hummus

Serves: 4

Dish: large bowl **Calories Total: 1286 kcals**
Oven Accessory: glass turntable **Serving: 321 kcals**

Ingredients

225g (8oz) dried chick peas, soaked overnight
1 clove garlic, peeled and crushed
15ml (1tbsp) Tahini (sesame seed cream)
45ml (3tbsp) olive oil
30ml (2tbsp) lemon juice
salt and pepper
225g (8oz) yoghurt

1. Drain soaked chick peas. Place into a large bowl with 1 litre (1¾pts) fresh water. Cook covered on HIGH power for 10 mins. then LOW power for 30-40 mins. or until soft.
2. Drain chick peas and blend in a food processor until smooth.
3. Stir in other ingredients. Chill.

Chicken Risotto

Serves: 4

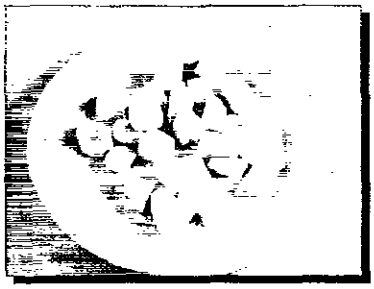
Dish: 3 litre (6pt) casserole **Calories Total: 2129 kcals**
Oven Accessory: glass turntable **Serving: 532 kcals**

Ingredients

25g (1oz) butter or margarine
2 onions, finely chopped
350g (12oz) easycook long grain brown rice
900ml (1½pt) hot chicken stock
4 sticks celery, sliced
1 small red pepper, seeded and chopped
100g (4oz) small button mushrooms, halved
100g (4oz) frozen peas
salt and pepper
100g (4oz) cooked chicken, diced
100g (4oz) garlic sausage, chopped
45ml (3tbsp) fresh chopped parsley
30ml (2tbsp) Parmesan cheese, grated

1. Place the butter and onions in dish. Cover and cook on HIGH power for 3 mins. or until the onion is soft.
2. Add the rice, cover and cook on HIGH power for 1 min.
3. Add the stock and cook on HIGH power for 5 mins. then MEDIUM power for 15 mins. or until the rice is cooked. Stir halfway during cooking.
4. Stir in the celery. Cover and cook on HIGH power for 2 mins.
5. Add the red pepper, mushrooms and peas. Cover and cook on HIGH power for 5 mins. or until the vegetables are tender.
6. Toss the rice mixture with a fork to separate the grains and stir in the chicken, garlic sausage, parsley and cheese. Reheat on HIGH power for 2 mins. or until hot.

Vegetables and Vegetarian



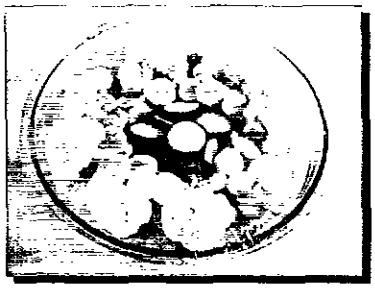
- Root vegetables. i.e. carrots, swede, should be cut into slices, strips or cubes.
- Do not mix fresh and frozen vegetables as the cooking times may be different.



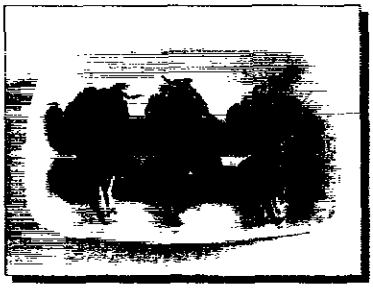
- Cabbage should be shredded and cooked by power and time.
- Fresh vegetables require 90ml (6tbsp) of water. For each extra 450g (1lb) add an extra 90ml (6tbsp) of water and stir halfway.



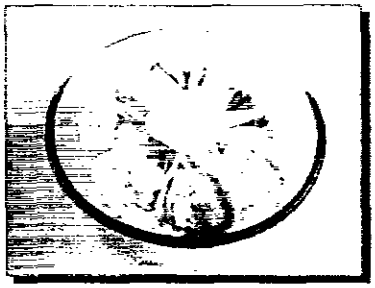
- If cooking potatoes with other vegetables, only cook with other ROOT vegetables.
- Never add salt to vegetables before microwaving. Remember the flavour of microwaved vegetables is much better than boiled.



- 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 90ml (6tbsp) water.

Fresh/Frozen Vegetables Manual Cooking Charts – Use HIGH Power

Fresh Vegetables per 450g (1lb) with 90ml (6tbsp) water	Cooking Time (mins.)
*Asparagus	6-8
Aubergine	6-7
Beans: Broad	6
Runner	7-8
French	7-8
*Beetroot (use MEDIUM)	15-17
Broccoli	6-7
*Brussel Sprouts	6-8
*Cabbage: Sliced	7-8
Wedges	9-10
Carrots: Sliced	7-8
Whole baby	9
Cauliflower: Florets	8-9
Celery	6-8
*Corn on the cob	6-7
Courgettes	5

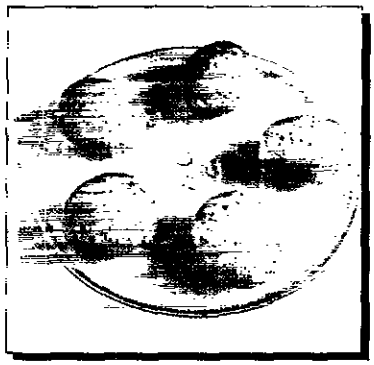
Fresh Vegetables per 450g (1lb) with 90ml (6tbsp) water	Cooking Time (mins.)
Leeks: Sliced	7-8
Whole	8-9
Mange Tout	4-5
Marrow, cubed	4-5
Mushrooms	4-5
Parsnips, sliced	6-7
Peas	4-6
*Potatoes: Boiled	6-7
To par-boil	5-6
New, whole	6-7
To mash	8
*Spinach	7
*Spring greens	7
*Swede, cubed	7-8
Turnip	11-12

Frozen Vegetables per 450g (1lb) with 30ml (2tbsp) water	Cooking Time (mins.)
Asparagus	7-8
Beans: Broad	9-10
Whole green	10-12
Sliced runner	8-10
Broccoli	8-9
Brussel Sprouts	9-10
Cabbage: Shredded	5-6
Carrots: Whole	9
Sliced	8
Cauliflower	10
Mange Tout	7-8
Mixed Vegetables	7
Peas	7-8
Spinach, nuggets	8-9
Swede, diced	10
Sweetcorn	7

*For vegetables marked with an asterisk, add more water for a more even cooking result

Jacket Potatoes

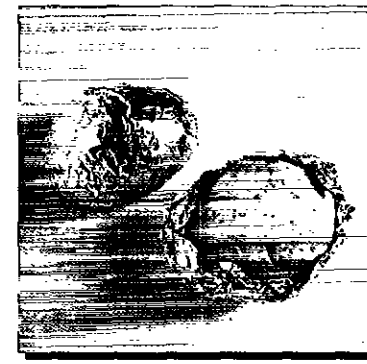
Before Cooking
Wash potatoes and prick skins several times.



Spread around edge of turntable.

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 or **Combination** (Auto Crisper Jacket) is 175g-225g (6-8oz). Microwaving jacket potatoes is quicker than **Combination**, but will produce a soft result. Combination cooking will produce a drier, crisper texture. If you wish to further enhance the browning at the end of cooking, use GRILL 1 (see chart below)

After Cooking
Remove from oven and wrap in tin foil to retain the heat.



Leave to stand for 5 mins.

Jacket Potatoes – Manual Cooking Chart

Quantity	Mins. on High Power	Mins. on Grill 1 to crispen
1	4	8-10
2	6	10-12
4	10	11-13
6	15	12-15

Ingredients

1 clove of garlic, halved
500g (1lb 2oz) potatoes, sliced very thinly
pinch nutmeg
pepper and salt
150ml (¼pt) double cream
25g (1oz) butter

Gratin Dauphinois

Serves: 4

Dish: 20cm (8") shallow dish **Calories Total: 1445 kcals**
Oven Accessory: glass turntable **Serving: 361 kcals**

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 1** for 20-30 mins. or until cooked and browned.

Ingredients

600g (1lb 5oz) peeled potatoes
15ml (1tbsp) vegetable oil

Roast Potatoes

Serves: 4

Dish: shallow Pyrex dish **Calories Total: 610 kcals**
Oven Accessory: glass turntable + grill accessory **Serving: 153 kcals**

1. Cut potatoes into even sized pieces. Place in dish and brush with oil.
2. Place dish on grill accessory and cook on **Combination 1** for 30-40 mins. or until cooked and crispy, turning occasionally.

CAUTION: Please check that there is a gap of at least 2cm between the potatoes and the oven roof.

Vegetable Lasagne

Serves: 4-6

Dish: large deep rectangular dish **Calories Total: 2696 kcals**
Oven Accessory: glass turntable **Serving: 537 kcals**

Ingredients

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

1. Place onion and butter in a casserole dish, cover and cook on HIGH power for 3 mins. Add vegetable 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 175g (6oz) 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 3** for 25-30 mins., or until the pasta is cooked.

Vegetable Curry

Serves: 4

Dish: 3 litre (6pt) casserole **Calories Total: 1304 kcals**
Oven Accessory: glass turntable **Serving: 326 kcals**

Ingredients

2 medium aubergines, diced
salt
15ml (1tbsp) oil
2 cloves of garlic, chopped
pinch cayenne pepper
10ml (2tsp) ground coriander
5ml (1tsp) ground cumin
5ml (1tsp) turmeric
2.5cm (1") root ginger, peeled & sliced
1 small cauliflower, divided into florets
2 medium potatoes, diced
100g (4oz) green beans, sliced
1 fresh chilli, deseeded and sliced
150ml (¼pt) vegetable stock
397g (14oz) can chopped tomatoes
100g (4oz) cashew nuts

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

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

Cauliflower Cheese

Serves: 4

Dish: large bowl + shallow casserole **Calories Total: 903 kcals**
Serving: 226 kcals
Oven Accessory: glass turntable

Ingredients

1 cauliflower, trimmed
90ml (6tbsp) water
25g (1oz) butter
25g (1oz) flour
3ml (½tsp) French mustard
300ml (½pt) milk
seasoning to taste
Topping:
75g (3oz) grated red cheese
15ml (1tbsp) brown breadcrumbs

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 50g (2oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Cook on **Combination 1** for 8-10 mins. or until golden brown.

Ratatouille

Serves: 4

Dish: 20cm (8") casserole **Calories Total: 418 kcals**
Oven Accessory: glass turntable **Serving: 105 kcals**

Ingredients

1 aubergine, sliced
5ml (1tsp) salt
1 courgette, sliced
1 onion, sliced
1 green pepper, trimmed and sliced
1 clove of garlic, peeled and crushed
396g (14oz) can of tomatoes
30ml (2tbsp) olive oil
salt and pepper to taste

1. In a colander sprinkle aubergine slices with salt and leave for 30 mins. to remove bitter juices. Rinse with cold water.
2. Combine all ingredients in a casserole. Cover and cook on HIGH power for 15 mins. or until vegetables are soft. Stir halfway through cooking time.

Sauces

Guidelines

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

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

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

COVERING
DO NOT cover sauces when cooking.

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

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

Ingredients

15g (½oz) butter
15g (½oz) flour
300ml (½pt) milk

Dish: 1 litre (2pt) jug **Calories Total: 359 kcals**
Oven Accessory: glass turntable

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 1½ mins. on HIGH power. Stir and cook for a further 1½ mins. Sauce should be smooth and glossy and coat the back of a spoon.

Variations of White Sauce

Mushroom
Calorie Total: 376 kcals
Stir 50g (2oz) mushrooms sliced thinly and 15ml (1tbsp) tomato puree into sauce halfway through cooking time.

Mustard
Calorie Total: 359 kcals
Stir 15ml (1tbsp) French mustard into sauce halfway through cooking time.

Parsley
Calorie Total: 360 kcals
Stir 60ml (4tbsp) chopped parsley and 15ml (1tbsp) lemon juice into sauce halfway through cooking time.

Onion
Calorie Total: 376 kcals
Cook 1 small onion in the butter for 30 secs. on HIGH power before adding the flour and milk.

Custard

Ingredients

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

Dish: 1 litre (2pt) jug **Calories Total: 520 kcals**
Oven Accessory: glass turntable

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.

Gravy

Ingredients

meat or poultry dripping with sediment
30ml (2tbsp) flour
300ml (½pt) stock
salt and pepper

Dish: 1 litre (2pt) jug **Calories Total: 262 kcals**
Oven Accessory: glass turntable

1. Scrape dripping and sediment from roasting dish into the jug.
2. Stir flour into dripping.
3. Gradually blend in stock.
4. Cook on HIGH power for 2-3 mins. stirring halfway through. Season and serve.

Desserts and Fruit

Guidelines

MILK PUDDINGS

- Always cook on SIMMER power to avoid puddings boiling over.
- Always use a very large container and cover tightly.
- Always stir halfway through cooking time.
- Add a knob of butter to rice puddings to prevent a skin from forming.

MILK PUDDINGS COOKING CHART

Type	Qty	Milk	Sugar	Power	Time
Pudding Rice	50g (2oz)	450ml (¾pt)	30ml (2tbsp)	HIGH then SIMMER	5 mins. then 25-30 mins.
Flaked Rice	50g (2oz)	600ml (1pt)	30ml (2tbsp)	SIMMER	20 mins.
Tapioca	50g (2oz)	600ml (1pt)	30ml (2tbsp)	SIMMER	30-35 mins.

Creamy Rice Pudding

Serves: 4

Ingredients

butter for greasing
225ml (8fl.oz) evaporated milk
350ml (12fl.oz) water
50g (2oz) short grain rice
25g (1oz) caster sugar

Dish: large bowl **Calories Total: 672 kcals**
Oven Accessory: glass turntable **Serving: 168 kcals**

1. Butter the bowl. Mix the milk and water together. Pour into the bowl and stir in the rice and sugar.
2. Cook on HIGH power for 5-6 mins. or until the liquid is boiling.
3. Immediately reduce to SIMMER power and cook for 25-30 mins. or until starting to thicken. Stir with a fork to break up any lumps after every 15 mins. and at the end of the cooking time.
4. Leave to stand for 5 mins. to thicken further before serving.

STEWED/POACHED FRUIT

- Peel and slice or chop the fruit according to personal preference.
- After cooling, stewed fruit can be used as a base for crumbles or pies.
- Use a flat based dish (not pudding basin) and only half fill with fruit to avoid boiling over.
- Always cover the fruit with microwave cling film or a lid.
- The times opposite are approximate. The times given may have to be adjusted for over/under ripe fruit.

STEWED/POACHED FRUIT MANUAL COOKING CHART

Fruit per 450g (1lb) (add sugar to taste after cooking)		Water	Power	Time (mins.)
Apples:	Poached	300ml (½pt)	HIGH	5
	Stewed	–	HIGH	5
Peaches:	Poached	300ml (½pt)	HIGH	4-5
Pears:	Poached	300ml (½pt)	HIGH	5-6
Plums:	Poached	300ml (½pt)	HIGH	8
	Stewed	30ml (2tbsp)	HIGH	8-10
Rhubarb:	Stewed	30ml (2tbsp)	HIGH	5

Baked Lemon Cheesecake

Serves: 8

Dish: 20cm (8") deep Pyrex dish, greased
Oven Accessory: glass turntable
Calories Total: 3023 kcals
Serving: 378 kcals

Ingredients

75g (3oz) butter
175g (6oz) digestive biscuits
5ml (1tsp) cinnamon
Filling:
175g (6oz) cream cheese
175g (6oz) cottage cheese
75g (3oz) caster sugar
25g (1oz) cornflour
1 lemon, grated rind of
150ml (¼pt) soured cream
2 eggs, separated
50g (2oz) sultanas

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 1** for 9-10 mins. or until the filling has set and is golden brown. Chill before serving.

Bread and Butter Pudding

Serves: 4

Dish: 20 x 25cm (8 x 10") oblong, greased dish
Oven Accessory: glass turntable
Calories Total: 1544 kcals
Serving: 386 kcals

Ingredients

75g (3oz) mixed dried fruit
6 slices of bread, buttered and cut in half diagonally
450ml (¾pt) milk
3 eggs
25g (1oz) caster sugar
3ml (½tsp) nutmeg

1. Arrange the bread and fruit in the prepared dish.
2. Warm the milk for 3 mins. on MEDIUM power but do not allow to boil.
3. Beat together the eggs and sugar and add the milk, stirring well.
4. Pour the mixture over the bread, sprinkle with nutmeg and leave to stand for 15 mins. Cook on **Combination 1** for 15-20 mins. or until set and browned.

Apple Crumble

Serves: 4

Dish: 20cm (8") shallow casserole
Oven Accessory: glass turntable
Calories Total: 1930 kcals
Serving: 483 kcals

Ingredients

675g (1½lb) cooking apples, peeled, cored and sliced
100g (4oz) demerara sugar
100g (4oz) margarine
175g (6oz) plain wholemeal flour
3ml (½tsp) cinnamon

1. Place apple slices in dish, sprinkle with 25g (1oz) of the sugar. Cover and cook on HIGH power for 2-3 mins. until the apples begin to just soften.
2. Rub the margarine into the flour and cinnamon until mixture resembles fine breadcrumbs. Stir in remaining sugar.
3. Sprinkle the crumble over the apples to completely cover the fruit.
4. Cook on **Combination 1** for 10-12 mins. or until golden brown and crisp.

Christmas Pudding

Serves: 6-8

Dish: 1.3 litre (2½pt) pudding basin lightly greased
Oven Accessory: glass turntable
Calories Total: 4355 kcals
Serving: 622 kcals

Ingredients

1 cooking apple, peeled and grated
1 carrot, peeled and grated
1 orange, juice and grated rind
400g (14oz) mixed dried fruit
45ml (3tbsp) brandy
15ml (1tbsp) black treacle
50g (2oz) self-raising flour
pinch of salt
15ml (1tbsp) cocoa
5ml (1tsp) mixed spice
3ml (½tsp) nutmeg
100g (4oz) shredded suet
150g (5oz) fresh breadcrumbs
50g (2oz) mixed peel
50g (2oz) flaked almonds
2 eggs, beaten

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 5 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 in advance, since the flavour will not improve with keeping, unlike a traditionally steamed pudding.

Cakes

Guidelines

SHAPE

Cakes to be microwaved are best cooked in round dishes, and lined with greaseproof paper rather than greased. NEVER grease and flour a dish used to cook a microwave cake, as a hard crust will form on the outside.

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. Square cakes cooked by microwave are generally not as successful as the corners will need shielding to prevent them overcooking.

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 15-30ml (1-2tbsp) 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.

MICRO POWER LEVELS

Always use the correct micro power level stated in the recipes following. As a general rule, the denser the cake, the lower the power level required.

PACKET CAKES

Do not line containers with cling film. Follow manufacturers' instructions for time. REMEMBER your oven is 800W (IEC) on HIGH power.

DISH SIZE

Always us the exact dish size stated in the following recipes, otherwise cooking times 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 SIZE 3 eggs. Using a different size of egg may affect cooking times.

ADAPTING YOUR OWN RECIPES

Look for a similar recipe in the following pages of this book to give you a guideline on power levels, timing and method.

Sponge Cake

Ingredients

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

Dish: 18cm (7") souffle dish, base lined with greaseproof paper **Calories Total: 1659 kcals**

Oven Accessory: glass turntable

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 2** for 7-8 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

Variation: Pineapple Upside Down

Calories Total: 1891 kcals

Sprinkle 15ml (1tbsp) brown sugar in the base of a 20cm (8") deep Pyrex dish. Arrange 4 drained pineapple slices and 4 cherry halves on top

Spoon the above sponge mixture over the pineapple and cook on MEDIUM power for 6-7 mins. or until cooked. Leave to cool before turning upside down

Carrot Cake

Ingredients

2 eggs, beaten
150ml (¼pt) vegetable or corn oil
150g (5oz) self-raising wholemeal flour
100g (4oz) soft light brown sugar
10ml (2tsp) cinnamon
75g (3oz) raisins
100g (4oz) carrots, grated
Icing:
50g (2oz) cream cheese
50g (2oz) butter
100g (4oz) icing sugar
10ml (2tsp) lemon juice
50g (2oz) walnuts, chopped

Dish: 20cm (8") ring mould, base lined with greaseproof paper **Calories Total: 3845 kcals**
Oven Accessory: glass turntable

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 MEDIUM 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.

Boston Brownies

Ingredients

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

Dish: 20cm (8") square dish lined with greaseproof **Calories Total: 2730 kcals**
Oven Accessory: glass turntable

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

Bakewell Tart

Serves: 6

Ingredients

175g (6oz) *shortcrust pastry*
45ml (3tbsp) jam
100g (4oz) butter
100g (4oz) sugar
2 eggs
2 drops almond essence
100g (4oz) self-raising flour
25g (1oz) ground almonds
25g (1oz) flaked almonds

Dish: 23cm (9") flan dish **Calories Total: 2845 kcals**
Oven Accessory: glass turntable **Serving: 474 kcals**

1. Roll out pastry to line dish. Rest for 10 mins. Cook on HIGH power for 3-4 mins. or until beginning to dry. Spread with jam.
2. Cream butter and sugar. Gradually beat in eggs, essence and fold in flour and almonds. Spread over the jam and sprinkle with almonds.
3. Cook on **Combination 2** for 12-14 mins. or until just cooked. Stand for 5 mins. before serving.

Chewy Flapjacks

Makes: 8 slices

Ingredients

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

Dish: 20cm (8") round dish **Calories Total: 1697 kcals**
Oven Accessory: glass turntable **Serving: 212 kcals**

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 1** for 9-10 mins. Allow to cool slightly then cut into pieces.

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Building[illegible]ur Oven

1. In case of [illegible]ing into an oven housing, please use Panasonic's Trim Kit [illegible]TK702.
2. Microwave ovens should not be built into a [illegible] directly above a top front venting conventional cooker. This will invalidate your one year guarantee. If building in above a conventional oven a gap of at [illegible] (6 inches) above [illegible] it is important that the microwave draws [illegible] air. A microwave which is built under a work surface must have adequate air circulation and must have a vent in the work surface. Read Trim Kit [illegible]tions carefully before installation.

TECHNICAL SPECIFICATI[illegible]

[illegible] Source: 240V 50HZ
Required Power:
Microwave: 140[illegible]
[illegible]: 2640w
Grill [illegible]ter: 1140w

Outside [illegible]nsions: 5[illegible]mm(D) x 30[illegible]
Oven [illegible]ns: [illegible](W) x 330mm(D) x 200m[illegible]
[illegible]quency: 2450MHZ
[illegible]: 17.5kg

Power Sou[illegible]public of Ireland
Rated Volta[illegible]220V 50HZ
All other specifications unchanged
Weight and Dimensions shown are app[illegible]

Th[illegible]nce was produced [illegible]EN 60335-2-6
Th[illegible]nce is Type B[illegible]ppliance

Matsushita Electric Industrial Co. Ltd.,
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