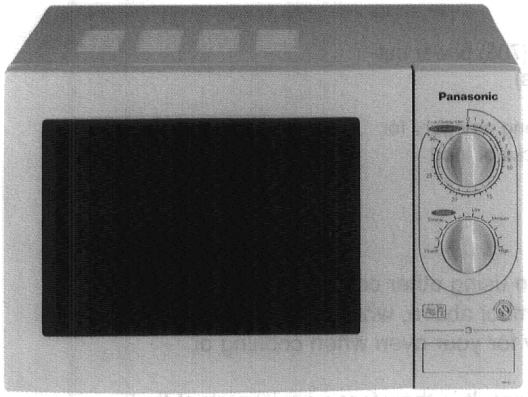
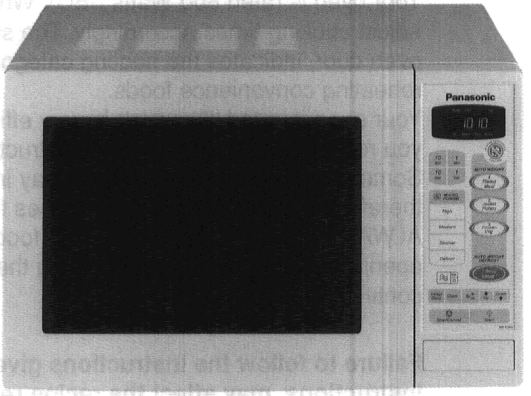
Panasonic





Microwave Cookery book

And Operating Instructions

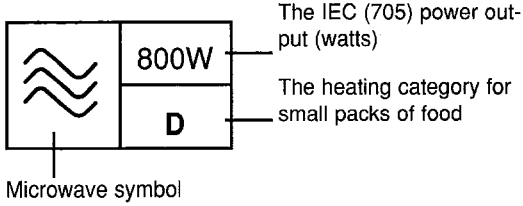
For Models:

NNE250

NNE200

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

Important Notice



Your oven is rated 800 Watts (IEC). When using other cookbooks remember to adjust cooking times accordingly. The symbol above, which is displayed on your oven door, indicates the heating category for your oven when cooking or reheating convenience foods.
Your oven is rated 'D', which is very efficient. It is therefore very important that you refer carefully to the packet instructions on convenience foods.
Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating on pages 22-25 of this book.
ALWAYS check the progress of the food as it cooks or reheats by simply opening the door and after checking the progress of the foods press START to continue the cooking time.

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

☎ **COOKERY ADVICE LINE**	**01344 862108**
Customer Support	**08701 578577**
Spares	**01280 823523**

Welcome to Panasonic Microwave Cooking

Dear Owner,

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

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

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

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

Best regards,

Carol Cook BSc (Hons)
Senior Home Economist

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

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

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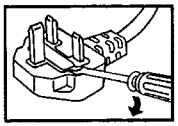
For your safety read the following information carefully

This appliance is supplied with a moulded three pin mains plug for your safety and convenience. A 13 amp fuse is fitted in this plug. Should the fuse need to be replaced, please ensure that the replacement fuse has a rating of 13 amps and that it is approved by ASTA or BSI to BS1362. Check for the ASTA mark ⟨ASTA⟩ or the BSI mark ⟨BSI⟩ on the body of the fuse.

If the fuse cover is detachable, never use the plug with the cover omitted. If a replacement fuse cover is required, ensure it is the same colour as that visible on the pin face of the plug (ie. red or orange). A replacement fuse cover can be purchased from your local Panasonic Dealer.

HOW TO REPLACE THE FUSE

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



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

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

WARNING: THIS APPLIANCE MUST BE EARTHED.

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

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

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

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

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

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

Voltage & Power

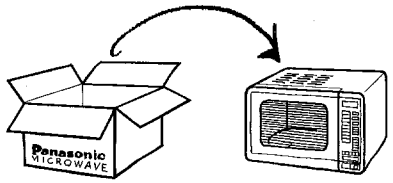
The voltage used must be the same as specified on this microwave oven. Using a higher voltage than that which is specified is dangerous and may result in a fire or other type of accident causing damage.

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

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

Unpacking your oven

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



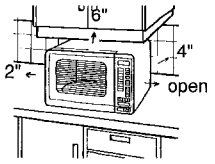
2. **Guarantee**
   Your receipt is your guarantee, please keep safely.

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

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

Placement of your oven

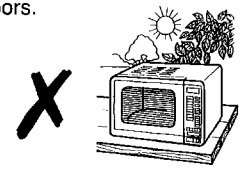
1. Oven must be placed on a flat, stable surface 850mm above floor level. For proper operation, the oven must have sufficient air flow. ie 5cm/2" at one side, the other being open; 15cm/6" clear over the top; 10cm/4" at the rear.



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

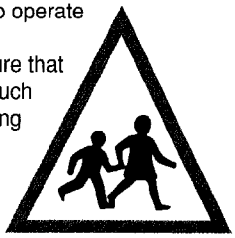
3. Do not block air vents on the rear and bottom or top of the cabinet. Do not place any articles on the top of the oven over the vents. If air vents are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable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

4. Do not use outdoors.

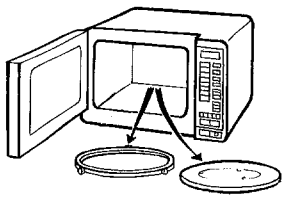


Using your oven

1. The appliance must not be operated by Microwave WITHOUT FOOD IN THE OVEN. Operation when empty will damage the appliance.
2. Children should be kept away from the oven at all times and should only be allowed to operate the oven under supervision. Ensure that children do not touch the hot outer casing after operation of the oven.



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



Care & Cleaning of your Microwave Oven

As microwaves work on food particles, keep your oven clean at all times.

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. Your oven cavity is constructed of zinc coated steel, painted with an extremely durable coating. The oven lining has an antibacterial agent in its make up which slows down the rate of multiplication of bacteria. After use, the oven interior should be wiped out to remove any remaining water in order to reduce the risk of corrosion to the cavity and door.
   The cavity and door can be damaged by abrasive cleaners and sharp objects so care must be taken to avoid damage caused in this way. If the cavity or door become damaged the lining may begin to corrode. Providing the above precautions are taken regarding the cleaning and care of your oven the life of the cavity and door may be extended.
   However, should any corrosion of the cavity or door occur within a period of 3 years from the date of purchase and providing the above precautions are followed the cavity and door will be serviced by your supplier on a free of charge basis.
4. The outside oven surface should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
5. If the Control Panel becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel. When cleaning the Control Panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning touch STOP/CANCEL Pad to clear display window.
6. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.
7. It is occasionally necessary to remove the glass turntable for cleaning. Wash the tray in warm soapy water.
8. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. Cooking vapours collect during repeated use but in no way affect the bottom surface or the roller ring wheels.
   After removing the roller ring from cavity floor for cleaning, be sure to replace it in the proper position.

Maintenance of your oven

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



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

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

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

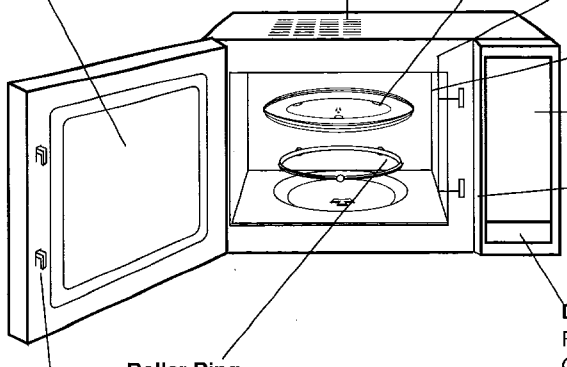
4. **Spare Parts**
   These may be ordered from SEME (01280 823523). Ensure you quote correct model number.

Parts of Your Oven

1. Do not operate the oven without the Roller Ring and Glass Turntable in place.
2. Only use the Glass Turntable specifically designed for this oven. Do not substitute with any other Glass Turntable.
3. If Glass Turntable is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Glass Turntable. Always place food in a microwave safe dish. The only exception to this is when cooking Jacket Potatoes or Auto Program Jacket Potatoes.
5. If food or utensil on Glass Turntable touches oven walls, causing the turntable to stop moving, it will automatically rotate in the opposite direction. This is normal. Open oven door, reposition the food and restart.
6. The Glass Turntable can rotate in either direction.
7. While cooking by MICROWAVE the turntable may vibrate. This will not affect cooking performance.
8. Arcing may occur if the incorrect weight of food is used, a metal container has been used accidentally, or the grill accessory has been damaged. If this occurs, stop the machine immediately.
9. Always refer to instructions for correct accessories to use on all programs. The glass turntable and roller ring are the only accessories used for Microwave Cooking.

Glass Turntable

The glass turntable and roller ring are the only accessories used for Microwave Cooking.



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

Push 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 is pressed. The oven light will turn on and stay on whenever the door is opened.

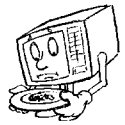
Important Information – Read Carefully

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

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

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

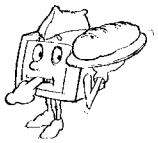
It is better to undercook rather than overcook foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times.
Important.
If the recommended cooking times are exceeded the food will be spoiled and in extreme circumstances could catch fire and possibly damage the interior of the oven.



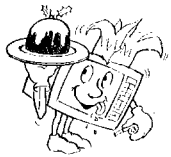
1. **Small quantities of food.**
   Take care when heating small quantities of food as these can easily burn, dry out or catch fire if cooked too long. Always set short cooking times and check the food frequently.

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

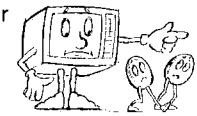
2. **Foods low in moisture.**
   Take care when heating foods low in moisture, eg bread items, chocolate, popcorn, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long.



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



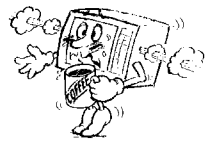
4. **Boiled Eggs.**
   Do not boil eggs in their shell in your microwave. Raw eggs boiled in their shells can explode causing injury.



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.



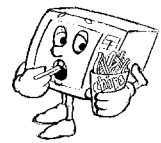
6. **Liquids.**
   When heating liquids, eg soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling.
   This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:



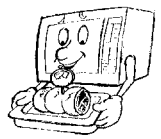
   a) Avoid using straight-sided containers with narrow necks.
   b) Do not overheat.
   c) Stir the liquid before placing the container in the oven and again halfway through the heating time.
   d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the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

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

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



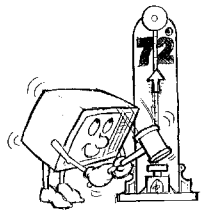
Important Information – Read Carefully

9. **Meat Thermometer.**

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

10. **Paper, Plastic.**

Carefully attend the appliance if paper, plastic or other combustible materials are used as containers or for covering. Do not use wire twist-ties with roasting bags as arcing will occur.

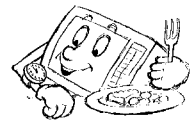
Do not use re-cycled paper products, eg Kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.

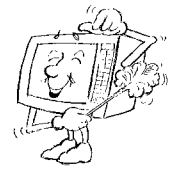
11. **Reheating.**


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

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

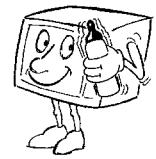
For foods that cannot be stirred, eg lasagne, shepherds pie, the centre should be cut with a knife to test it is well heated through. Even if a manufacturer's packet instructions have been followed always check the food is piping hot before serving and if in doubt return your food to the oven for further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

12. **Standing Time.**

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

13. **Keeping Your Oven Clean.**

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

14. **Fan Motor Operation.**
After using the microwave for over 8 minutes the fan motor may rotate for about 1 minute to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time.

15. **Containers.**
Before use check that utensils/containers are suitable for use in microwave ovens.

16. **Babies Bottles and Food Jars.**

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

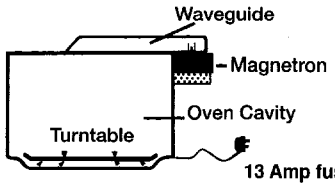
17. **Arcing.**
Arcing may occur if a metal container has been used accidentally or if the incorrect weight of food is used. Arcing is when blue flashes of light are seen in the microwave oven. If this occurs, stop the machine immediately. If the oven is left unattended and this continues it can damage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

Microwaving Principles

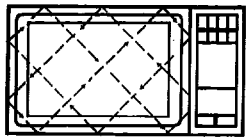
Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II. Microwaves are present in the atmosphere all the time, both naturally and from manmade sources.

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

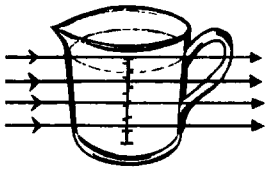
HOW MICROWAVES COOK FOOD



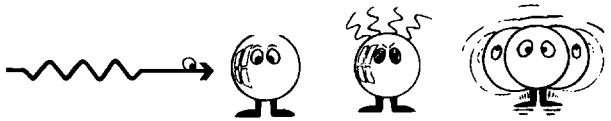
In a microwave oven, electricity is converted into microwaves by the MAGNETRON



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



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



Microwave **Water Molecule** **Absorption** **Vibration**

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

IMPORTANT NOTES

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

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

Foods Not Suitable for Cooking by Microwave Only

Yorkshire Puddings, Souffles, Double Crust Pastry Pies.

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

Foods that require deep fat frying cannot be cooked either.

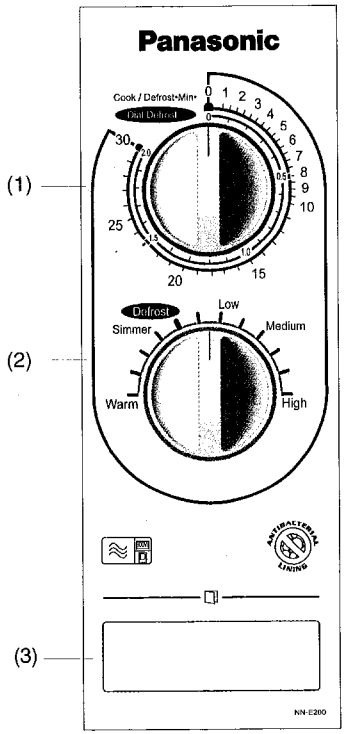
Boiled Eggs
Do not boil eggs in your microwave. Raw eggs boiled in their shells can explode and cause serious injury.

STANDING TIME

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

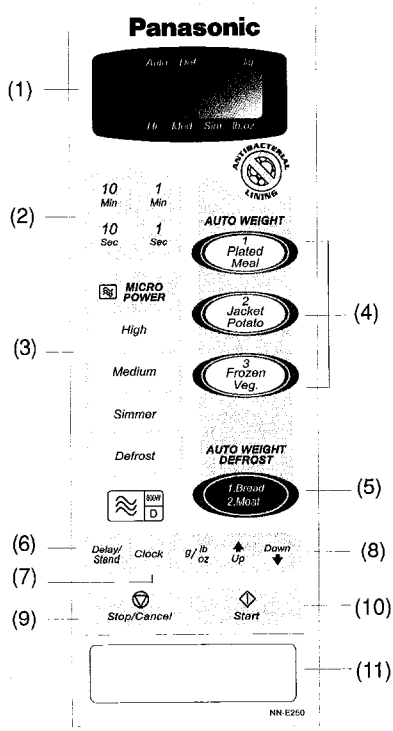
Control Panels

NN-E200



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

NN-E250



(1) **Display Window**
(2) **Time Pads**
(3) **Microwave Power Levels**
(4) **Auto Weight Programs**
(5) **Auto Weight Defrost Pad**
(6) **Delay/Stand Pad**
(7) **Clock Pad**
(8) **Weight Selection Pads**
(9) **Stop/Cancel Pad:**
Before Cooking:
one press clears your instructions.
During Cooking:
one press temporarily stops the cooking program. Another press cancels all your instructions and the time of day will appear in the display.
(10) **Start Pad**
(11) **Door Release Pad**

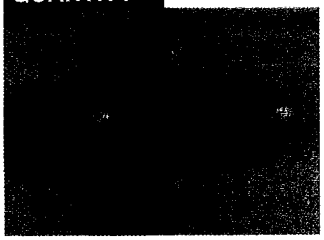
Beep Sound NN-E250 ONLY:
When a pad is touched correctly a beep will be heard. If a pad is touched and no beep is heard, the unit has not or cannot accept the instruction. At the end of any complete program, the oven will beep 5 times.

General Guidelines

STANDING TIME

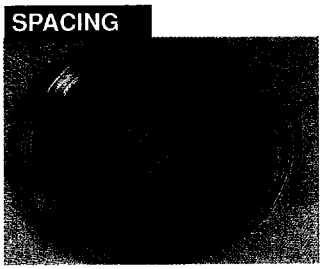
Dense foods e.g. meat, jacket potatoes and cakes, require standing time (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely. Wrap meat joints and jacket potatoes in aluminium foil while standing. Meat joints need approx. 15 minutes, jacket potatoes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

QUANTITY



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

SPACING



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

MOISTURE CONTENT

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

PIERCING



The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc, will all need to be pierced before cooking. DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.

COVERING



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

DENSITY

Porous airy foods heat more quickly than dense heavy foods.

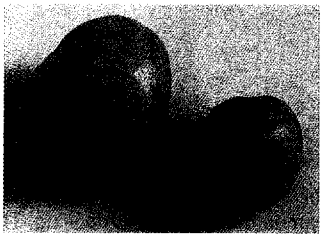
CLING FILM

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

General Guidelines

SHAPE

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

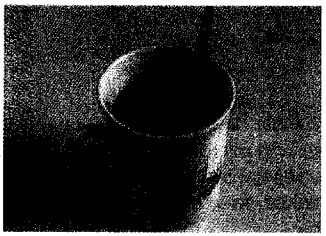


STARTING TEMPERATURE

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

LIQUIDS

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

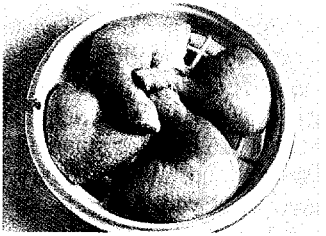


TURNING AND STIRRING

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

ARRANGING

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

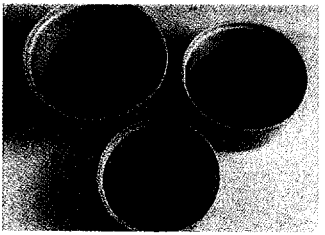


CHECKING FOOD

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

DISH SIZE

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

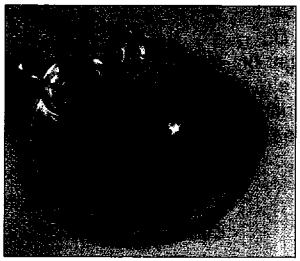


CLEANING

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

Containers to use

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



Testing Dishes for Suitability

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

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

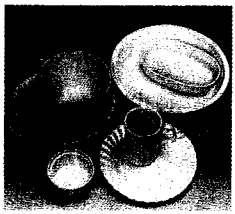
N.B. This test does not apply to plastic or metal based containers e.g. Le Creuset® style dishes, which should not be used as they are cast iron covered with enamel.

QUICK CHECK GUIDE TO COOKING UTENSILS



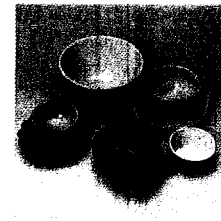
OVEN GLASS

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

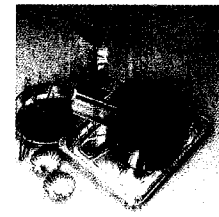
Glazed china plates, saucers, bowls, mugs and cups can be used if they are heat resistant. Porcelain and ceramic are also ideal. Fine bone china should only be used for reheating for short periods, otherwise the change in temperature may crack the dish or craze the finish. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt in a microwave.



POTTERY, EARTHENWARE, STONEWARE

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

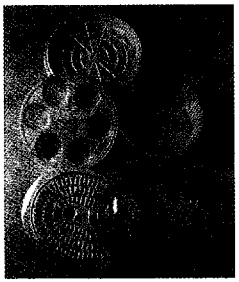
FOIL/METAL CONTAINERS



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 REHEATED in the microwave, but take care that containers do not touch the oven walls or door. Use wooden kebab sticks instead of metal skewers. DO NOT RE-USE FOIL CONTAINERS AS THEY MAY BECOME DENTED OR DAMAGED AND ARCING MAY OCCUR.

Containers to use

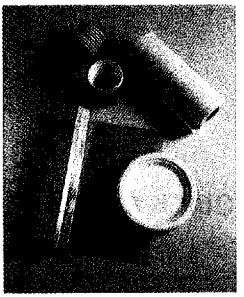
PLASTIC



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



PAPER



Plain white kitchen paper (kitchen towel) can be used for covering blind pastry cases and for covering bacon to prevent splattering ONLY USE FOR SHORT COOKING TIMES. NEVER RE-USE A PIECE OF KITCHEN TOWEL. Avoid kitchen paper containing manmade fibres. Check that branded re-cycled kitchen towel is recommended for microwave use. Do not use waxed or plastic coated cups as the finish may melt in the oven. Greaseproof paper can be used to line the base of dishes and to cover fatty foods. White paper plates can be used for SHORT REHEATING TIMES.

WICKER, WOOD, STRAW BASKETS



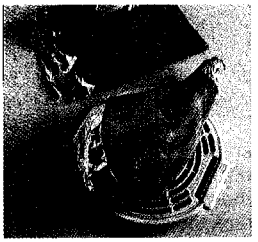
Do not use these items in your microwave. With continued use and with prolonged exposure they will crack and could ignite. Do not use wooden dishes in your microwave.

CLING FILM

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



ALUMINIUM FOIL



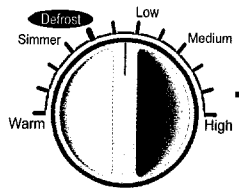
Small amounts of smooth aluminium foil can be used to SHIELD joints of meat during defrosting and cooking. As the microwaves cannot pass through the foil this prevents the shielded parts from overcooking or overdefrosting. The foil must not touch the sides or roof of the oven, as this may cause arching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

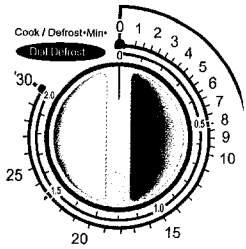
ROASTING BAGS

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

Microwave Cooking for NN-E200

	Wattage
High	**800 Watts**
Defrost	**270 Watts**
Medium	**560 Watts**
Low	**420 Watts**
Simmer	**240 Watts**
Warm	**90 Watts**



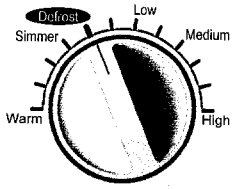


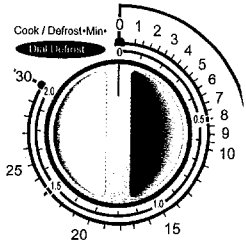
- Turn dial to select power level.
- Set cooking time by turning dial. If the door is already closed cooking time will begin immediately. For short cooking times always turn the dial to 4 mins and then adjust to time required.

N.B.

1. When food is removed from the oven after cooking is complete, check the timer is in the zero position.
2. The glass turntable must always be in position when using the oven.

Defrosting in the NN-E200





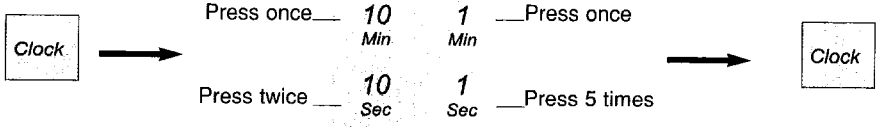
- Select Defrost power by turning the dial.
- Set the weight by turning the dial.

N.B. The defrost power is not cyclic so all cooking times given in the Defrost chart should be halved (see information on page 18 and 19).

Setting the Clock for NN-E250

When the oven is first plugged in "88:88" appears in display window.

eg. 11.25pm



- **Press Clock Pad** Colon in window will start blinking.
- **Press Time Pads** - Enter time of day by pressing appropriate Time pads
- **Press Clock Pad** Colon stops blinking.

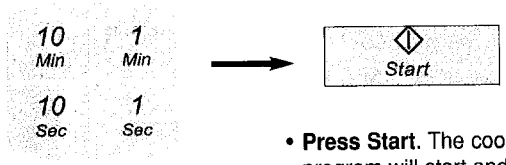
N.B.

1. To reset time of day, repeat step 1 through to step 3.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. This is a 12 hour clock, ie 2pm = 2:00 not 14:00. The oven will not function if a 24 hour clock is set.

Microwave Cooking and Defrosting for NN-E250

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

	Wattage
High	**800 Watts**
Medium	**560 Watts**
Simmer	**240 Watts**
Defrost	**270 Watts**



- Press the pad with the power you require.
- Select cooking time by pressing appropriate pads.
- **Press Start.** The cooking program will start and the time in the display will count down.

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

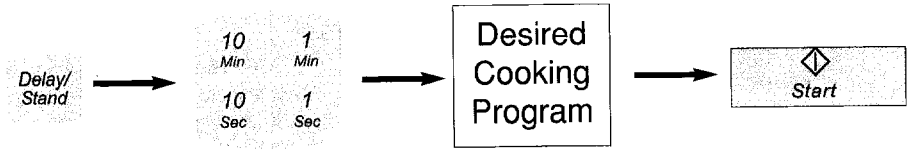
Multi-Stage Cooking

The oven has 3 stage memory, so you can program up to 3 different instructions and the oven will switch automatically from power to power (Repeat steps 1 and 2 above but only press Start after all stages have been entered).

Delay / Stand - NN-E250

Delay Start:

This feature allows you to program a Delay Start. It is not possible to delay start an AUTO PROGRAM.

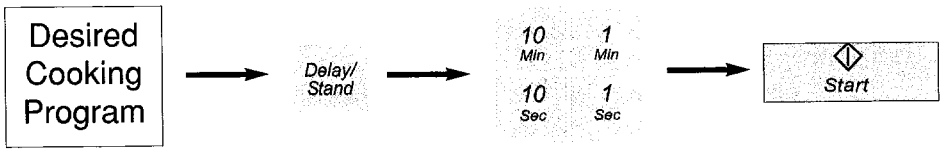


- Press Delay pad.
- Set the time you want to delay.
- Program desired cooking mode and time.
- Press

NB: The maximum time to delay start is 99 minutes, 99 seconds.

Stand Time:

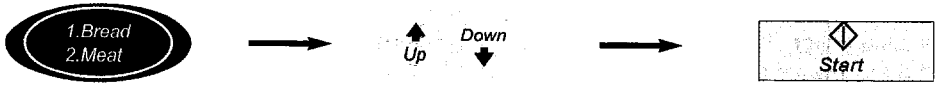
This feature allows you to program a Stand Time after cooking is completed and to program the oven as a minute timer or/and delay start.



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

Auto Weight Defrost - NN-E250W

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



- Select desired program. Press the pad once to select bread, and twice to select meat.
- **Set Weight**. Press the ⇕ and the window will display a weight in grams or ounces. Adjust the weight using the Up and Down pads. The weight will change in 10g or 1oz increments.*
- **Press Start.** Remember to stir or turn the food during defrosting.

*LB/KG CONVERSION: **When using the Auto Weight features, the oven automatically displays the weight in lb/oz. If you wish to use the grams to enter your weight in metric, press START pad directly after plugging in the oven but before setting the clock.**

Program	Weight Range	Suitable Foods
1 Bread	30g (1oz) - 500g (1lb 2oz)	Rolls, buns, slices of bread + loaves.
2 Meat	100g (4oz) - 1600g (3lb 8oz)	Whole chicken, meat joints, chicken portions, chops, mince.

Bread

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

Meat

Whole chickens and meat joints will require shielding during defrosting especially if it is a particularly fatty piece. This is to prevent food starting to cook on the outside edges. Protect wings, breast and fat with smooth pieces of aluminium foil secured with cocktail sticks. DO NOT ALLOW THE FOIL TO TOUCH THE WALLS OF THE OVEN. Standing time of at least 1 hour should be allowed for joints after defrosting.
THIS PROGRAM IS NOT SUITABLE FOR SAUSAGES, these can be defrosted manually using Defrost power and time.
Chops and chicken portions should be arranged in a single layer and turned frequently during defrosting.

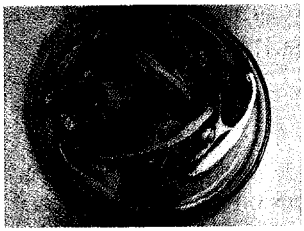
Defrosting Guidelines

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

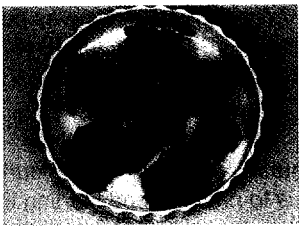
In the NN-E250 the defrost program alternates between a defrost power and a standing time. The name for this type of defrost is CYCLIC, as during the standing stages there is not any microwave power in the oven, although the light will remain on and the turntable will turn. The automatic stand times ensure a more even defrost but it is still necessary to allow for standing time before use.

For Best Results:

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



Arrange food in a single layer.



Turn or break up food as soon as possible.



Shield chickens and joints of meat .

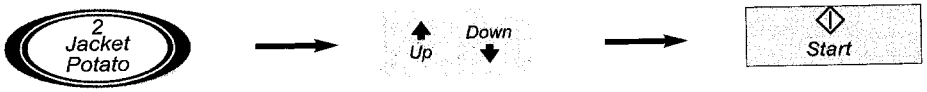
Defrosting Foods Using Defrost Power & Time

The times given below are a guideline only for model NN-E200 the times should be approximately halved as the Defrost is not cyclic. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

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

Auto Weight Cook Programs for NN-E250

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



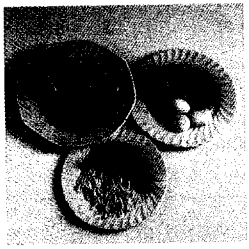
- Select desired program by pressing the pad.
- **Set Weight.** Press the Up and the window will display a weight in grams or ounces. Adjust the weight using the Up and Down pads. The weight will change in 10g or 1oz increments.
- Press Start.

Guidelines for Use

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

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

1. Plated Meal 200g (8oz) - 700g (1lb9oz)

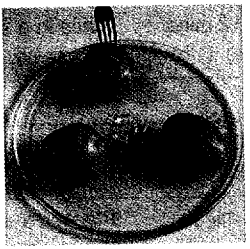


This program is designed for reheating ONE chilled plated meal (NOT FROZEN) from fridge temperature or a chilled ready made convenience meal.

When reheating plated meals it is important to arrange the food around the edges of the plate, placing more delicate items e.g. fish, towards the centre. Solid foods such as potatoes, should be well spread out and sliced meat must always be covered with a sauce or gravy.

Cover with cling film or lid.

2. Jacket Potatoes 100g (4oz) - 1200g (1lb9oz)



Wash potatoes well and prick skin several times. Place on edge of turntable. After cooking wrap in foil and allow to stand for 5 mins.

Ideal size of potato is 175 - 225g (6-8oz).

3. Frozen Veg 100g (4oz) - 600g (1lb5oz)



Place in a microwave safe dish. Add 30ml (2tbsp) water. Cover with lid or cling film.

Cooking and Reheating Guidelines

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

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

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

The charts on pages 22-25 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food.

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

When is food reheated?

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

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

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

PLATED MEALS

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

CANNED FOODS

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

SOUPS

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

CASSEROLES

Stir halfway through and again at the end of heating.

MINCE PIES - CAUTION

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

CHRISTMAS PUDDINGS AND LIQUIDS - CAUTION

Take great care when reheating these items.

Do not leave unattended.

Do not add extra alcohol.

BABIES BOTTLES - CAUTION

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

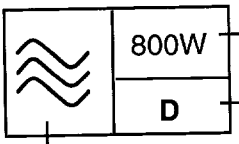
For 7-8 fl.oz. of milk from fridge temperature, remove top and teat. Heat on HIGH power for 25-30 secs.
CHECK CAREFULLY.

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

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

Reheating Charts

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



The IEC (705) power output (watts)

The heating category for small packs of food

Microwave symbol

HEATING CATEGORY

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

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
BABIES BOTTLES – CAUTION				
For 7-8 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 25-30 secs. **CHECK CAREFULLY** **For 3 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 10-15 secs.** **CHECK CAREFULLY** **N.B. Liquid at the top of the bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature. Milk or formula must always be tested carefully before feeding a baby.**				
BREAD – Precooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.				
Croissants	2	HIGH	15-20 secs.	Place on microwave safe plate on turntable. Do not cover.
	4	HIGH	30-40 secs.	
Rolls	1	HIGH	15 secs.	
	4	HIGH	30-40 secs.	
CANNED BEANS, PASTA				
Baked Beans, Ravioli in sauce	225 g	HIGH	2 mins.	Place in a microwave safe bowl on turntable. Cover.
	447 g	HIGH	4 mins.	
Spaghetti in Tomato Sauce	213 g	HIGH	2 mins.	
CANNED SOUPS				
Cream of Tomato	425 g	HIGH	4 mins.	Place in a microwave safe bowl on turntable. Cover.
Minestrone	300 g	HIGH	2 mins. 30 secs.	
CANNED PUDDINGS				
Creamed Rice	425 g	HIGH	2 mins.	Place in a microwave safe bowl on turntable. Cover.
	624g	HIGH	3 mins.	
Sponge Pudding	300 g	HIGH	2 mins.	
CHRISTMAS PUDDINGS - Overheating may cause pudding to ignite				
Slice	150 g	HIGH	30 secs.	Place in a microwave safe dish on turntable. Cover.
Small	450 g	HIGH	2 mins.	
Medium	900 g	HIGH	3 mins.	
DRINKS – COFFEE				
1 mug	235 ml	HIGH	2 mins.	Place in a microwave safe mug on turntable. Stir, before, during and after reheating.
2 mugs	470 ml	HIGH	3 mins. 30 secs.	
DRINKS – MILK				
1 mug	235 ml	MEDIUM	2 mins.	Place in a microwave safe mug on turntable. Stir, before, during and after reheating.
1 jug	600 ml	MEDIUM	4 mins. 30 secs.	

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
PASTRY PRODUCTS - PRECOOKED - N.B. Pastries reheated by microwave will have a soft base.				
Chicken Pie	480 g	HIGH	4-5 mins.	Place on microwaveable safe plate on turntable. Do not cover.
Cornish Pastie	300 g (2)	HIGH	2-3 mins.	
Quiche	400 g (1)	HIGH	3-4 mins.	
Samosas	140 g (4)	HIGH	1-2 mins.	
Steak & Kidney Pie	325 g (1)	HIGH	2-3 mins.	
Sausage Rolls	260 g (4)	HIGH	1½-2 mins.	
Spring Roll	230 g (6)	HIGH	1-2 mins.	
Christmas Mince Pies	90 g (2)	HIGH	10-20 secs.	
PLATED MEALS - HOMEMADE - CHILLED				
Child Size	1	HIGH	3 mins.	Place on a microwave safe plate on turntable. Cover.
Adult Size	1	HIGH	4-5 mins.	
PUDDINGS & DESSERTS N.B. Transfer food from foil containers to a similar sized microwave safe dish				
Bread & Butter Pudding	340 g	HIGH	2-3 mins.	Place in a microwave safe bowl on turntable. Do not cover.
Fruit Crumble	400 g	HIGH	4 mins.	
Fruit Pie, individual	1	HIGH	10-15 secs.	
	4	HIGH	30-35 secs.	
Milk Pudding for 1		HIGH	50 secs.	
PURCHASED CONVENIENCE FOODS - CHILLED N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Cauliflower Cheese	450 g	HIGH	7 mins.	Place on microwaveable safe plate or rack on turntable. Do not cover.
Cottage Pie	190 g	HIGH	3-4 mins.	
	600 g	HIGH	6-8 mins.	
Lasagne	300 g	HIGH	5-6 mins.	
Vegetable Bake	454 g	HIGH	6-8 mins.	
PURCHASED CONVENIENCE FOODS - FROZEN N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Lasagne	400 g	HIGH	5 mins. + rest for 1 min.	Place on turntable. Do not cover.
		+ HIGH	4 mins.	
Salmon Crumble	300 g	HIGH	3 mins. + rest for 1 min.	
		+ HIGH	3-4 mins.	
Shepherd's Pie	460 g	HIGH	6 mins. + rest for 1 min.	
		+ HIGH	4-5 mins.	

POINTS FOR CHECKING

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

Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
BACON – from raw				
Rashers	200 g (8)	HIGH	4 - 5 or 45 secs per rasher.	Place on microwave safe rack or plate on turntable and cover with kitchen towel to minimise splatter.
BEANS & PULSES – should be pre-soaked (except lentils)				
Chick Peas	225 g	HIGH	10	Use 600 ml (1 pt) boiling water in a large bowl. Cover.
		+ SIMMER	40	
Lentils	225 g	MEDIUM	10-15	
Red Kidney Beans	225 g	HIGH	15	Use 600 ml (1 pt) boiling water in a large bowl. Cover. **Must boil for at least 12 minutes to destroy toxic enzymes.**
		+ SIMMER	40	
BEEF – Joints from raw – Caution: Hot fat! Remove dish with care.				
Medium Rare		MEDIUM	11 - 14 per 450 g (1 lb)	Place on upturned saucer in flan dish or rack on turntable. Cover and turn halfway. Drain off fat during cooking.
CHICKEN from raw – Caution: Hot fat! Remove dish with care.				
Breasts, boneless	595 g	MEDIUM	12-14	Place on microwave safe rack or plate on turntable. Cover.
Drumsticks	900 g (8)	MEDIUM	12-14	
Quarters	1.2 kg (4)	MEDIUM	20-25	
Whole		MEDIUM	9 - 10 per 450 g (1 lb)	Place on upturned saucer breast side down in flan dish on turntable. Cover, turn over halfway.
EGGS – Poached.				
Water	45 ml	HIGH	50 secs.	• Place in a small bowl and heat for 1st cooking time. • Add egg (medium sized). • Pierce yolk and white. • Cover. • Cook for 2nd cooking time. • Then leave to stand for 1 min.
Egg	1	MEDIUM	30 secs.	
Water	90 ml	HIGH	1	
Eggs	2	MEDIUM	1	
EGGS – Scrambled.				
1 Egg		HIGH	30 secs.	• Add 1 tbsp of milk for each egg used. • Beat eggs, milk and knob of butter together. • Cook for 1st cooking time then stir. • Cook for 2nd cooking time then stand for 1 min.
		HIGH	20 secs.	
2 Eggs		HIGH	50 secs.	
		HIGH	30 secs.	
FISH – FRESH from raw				
Fillets, Steak, Whole	450 g	HIGH	3-4	Place in microwave safe dish. Add 30 ml of liquid. Cover.
FISH – FROZEN from raw				
Haddock Fillets	380 g (4)	HIGH	7	Place in microwave safe dish. Add 30 ml of liquid. Cover.
Whole	450 g (2)	HIGH	10-12	
Boil in the Bag	170 g (1)	DEFROST	4	Place bag sauce side down on a microwave safe plate. Slash top of bag with a knife.
		+ stand	2	
		+ MEDIUM	6	
FRUIT – Peel, slice, chop into even sized pieces. Place in shallow microwave safe dish.				
Apples, Rhubarb, stewed	450 g	HIGH	5	Only half fill dish. Cover.
Plums – stewed	450 g	HIGH	8-10	Add 30 ml (2 tbsp) of water. Only half fill dish. Cover.

POINTS FOR CHECKING

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

Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
LAMB – from raw – CAUTION: Hot Fat! Remove dish with care.				
Chops, loin	600 g (4)	MEDIUM	7-8	Place on microwaveable safe dish or rack on turntable. Cover.
Joints		MEDIUM	12-13 per 450 g (1 lb)	Place on upturned saucer in microwave safe dish or rack on turntable. Cover and turn joint over halfway. Drain off fat during cooking.
PASTA – Place in a large 2 litre (4 pint) microwave safe bowl.				
Macaroni	225 g	HIGH	10-12	Use 1 litre ($1\frac{3}{4}$ pint) boiling water in a large 2 litres (4 pints) bowl. Cover.
Spaghetti, Tagliatelli	225 g	HIGH	8	
PIZZA – FRESH CHILLED – N.B. Remove all packaging. Pizzas will have a soft base.				
Thin & Crispy	400 g	HIGH	4-5	Place on heatproof plate on turntable. Do not cover.
Deep Pan	475 g	HIGH	4-6	
PORK – from raw – CAUTION: Hot Fat! Remove dish with care.				
Chops	360 g (2)	MEDIUM	5-6	Place in microwave safe dish on rack on turntable. Cover.
Joints		MEDIUM	13-14 per 450 g (1 lb)	Place on upturned saucer in microwave safe dish or rack on turntable. Cover and turn joint over halfway . Drain off fat during cooking.
PORRIDGE – N.B. Use a large bowl.				
1 serving	½ cup oats	HIGH	2-2½	Add 1 cup of water or milk. Stir halfway.
2 servings	1 cup oats	HIGH	4-5	Add 2 cups of water or milk. Stir halfway.
RICE – Place in a large microwave safe bowl.				
Basmati	250 g	MEDIUM	10-12	Use 600 ml (1 pt) boiling water. Cover.
Easycook White	250 g	HIGH	12-13	
FRESH VEGETABLES – Place in shallow microwave safe dish.				
Green Beans	450 g	HIGH	7-8	Add 90 ml (6 tbsp) water. Cover.
Beetroot	450 g	MEDIUM	12	
Broccoli + Cauliflower - florets	450 g	HIGH	8	
Brussel Sprouts	450 g	HIGH	8-9	
Cabbage – sliced	450 g	HIGH	7-9	
Carrots, Leeks	450 g	HIGH	7-9	
Corn on the Cob	450 g	HIGH	6-7	
Courgettes, Mange Tout	450 g	HIGH	4-5	
Peas	450 g	HIGH	4-6	
Potatoes – boiled	450 g	HIGH	6-7	
Potatoes – jacket	1	HIGH	5	Wash and prick skins. Place directly on turntable. After cooking stand for 5 mins wrapped in foil.
(225 g / 8 oz)	2	HIGH	8	
FROZEN VEGETABLES – Place in shallow microwave safe dish.				
Beans – green, Carrots	450 g	HIGH	8-9	Add 30 ml (2 tbsp) water. Cover.
Cauliflower	450 g	HIGH	10	
Peas	450 g	HIGH	6-7	

POINTS FOR CHECKING

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

Soup and Snacks

Cream of Mushroom Soup

Serves 4

Ingredients

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

Dish: large bowl

1. Place the butter and chopped onion in a large bowl. Cover and cook on HIGH power for 3 mins or until soft.
2. Add the stock, mushrooms and bouquet garni. Cover and cook on HIGH power for 12-14 mins, or until mushrooms are soft.
3. Remove the bouquet garni and blend until smooth. Mix the cornflour with a little of the milk, then stir in remaining milk. Add to the mushroom mixture.
4. Cover and cook on HIGH power for 5 mins, or until thickened. Season and serve with cream swirled on top.

Macaroni Cheese with Courgettes and Bacon

Ingredients

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

Dish: 20 cm (8") casserole Serves 2

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

Lentil Biryani

Serves 2

Ingredients

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

Dish: large casserole

1. Soak the lentils in cold water for 1 hour then drain.
2. Place the oil and onion in a large bowl. Cover and cook on HIGH power for 3 mins. or until softened.
3. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on HIGH power for 2 mins.
4. Add the yoghurt, mushrooms, tomatoes, water and lentils. Cover and cook on HIGH power for 15-20 mins. or until the lentils are tender and the liquid has evaporated.
5. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Reheat on HIGH power if necessary. Garnish and serve.

Meat and Poultry

Steak and Kidney Pudding — Serves 4

Ingredients

Filling:

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

Pudding:

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

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

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

Chicken Casserole — Serves 4

Ingredients

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

Dish: 3 litre (6 pt) casserole

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

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

Ingredients
225 g (8oz) pork fillet

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

Pork with Sweet & Sour Sauce — Serves 2

Dish: small casserole

1. Place pork in dish, cover and cook on MEDIUM power for 7 mins. or until juices run clear.
2. Place oil, carrot, onion and green pepper in a bowl. Cover and cook on HIGH power for 2 mins. or until vegetables are tender.
3. Mix half the reserved juice with the remaining ingredients except pineapple. Cover and cook on HIGH power for 1½ mins. or until clear and thickened. Stir halfway.
4. Add the sauce to the vegetables. Stir in the pineapple. Mix well.
5. Cook on HIGH power for 1 min. or until heated through. Spoon over cooked pork. Reheat for 1-2 mins. on HIGH power or until piping hot.

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

Savoury Mince — Serves 2

Dish: 1.5 litre (3pt) casserole dish

1. Place onion, garlic and oil in casserole, cover and cook on HIGH power for 2 mins. or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook on HIGH power for 5 mins. then MEDIUM power for 10-15 mins or until the meat is cooked.

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

Chicken Satay — Serves 2

Dish: 4 wooden skewers + shallow dish

1. For the serving sauce: Crumble 25 g (1oz) of creamed coconut into a large jug. Add the peanut butter, 15 ml (1tbsp) of the lemon juice, 15 ml (1tbsp) of the soy sauce, the chilli powder and 150 ml (¼pt) water. Cook on HIGH power for 4 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
2. Cut the chicken into small chunks and place in a bowl. Put the remaining creamed coconut, lemon juice and soy sauce into a blender or food processor. Add the remaining ingredients and blend until smooth.
3. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.
4. Add the sauce to the vegetables. Stir in the pineapple. Mix well.
5. Cook on HIGH power for 1 min. or until heated through. Spoon over cooked pork. Reheat for 1-2 mins. on HIGH power or until piping hot.

Fish

Arranging
Thin fillets of fish i.e. plaice, should be rolled up prior to cooking to avoid overcooking on the thinner outside edge and tail.
Fish steaks should be arranged in a circle, thicker part to the outside. Cover with cling film or lid.

Liquid
Fresh fish should always be sprinkled with 30ml (2tbsp) of water, lemon juice or white wine.
When cooking **Frozen** fish, add liquid as above for even cooking.
Do not sprinkle salt onto fish before cooking as this may make the fish dry.

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

Fish Curry — Serves 2

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

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

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

Family Fish Pie — Serves 4

Ingredients
450 g (1 lb) smoked haddock
30 ml (2tbsp) lemon juice
15 ml (1tbsp) oil
1 large onion, sliced
600 g (1 ¼lb) cooked jacket potatoes, sliced
40 g (1½oz) butter
40 g (1½oz) flour
3 ml (½tsp) mustard
600 ml (1pt) milk
salt and pepper
100 g (4oz) Red Leicester cheese
75 g (3oz) wholemeal breadcrumbs

Dish: large casserole

1. Arrange fish in a shallow dish. Add lemon juice, cover and cook on HIGH power for 3 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 stirring to a smooth paste. Cook on HIGH power for 5 mins. or until the sauce is thick and bubbling. Stir twice during cooking. Add 75 g (3oz) of grated cheese to the sauce and stir well.
4. Flake the fish and arrange in the serving dish. Add onions and place the sliced potatoes on top.
5. Pour over the cheese sauce. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on MEDIUM power for 8-10 mins. or until the mixture has been completely reheated.

Cakes

Carrot Cake

Ingredients
100 g (4oz) plain flour
5 ml (1tsp) bicarbonate of soda
5 ml (1tsp) baking powder
5 ml (1tsp) cinnamon
5 ml (1tsp) nutmeg
100 g (4oz) caster sugar
90 ml (3fl.oz) vegetable oil
2 eggs, beaten
175 g (6oz) carrots, grated
50 g (2oz) sultanas
Cream cheese topping:
50 g (2oz) cream cheese
25 g (1oz) butter
100 g (4oz) icing sugar

Dish: 23 cm (9") ring mould, lined

1. Stir the flour, bicarbonate of soda and baking powder into a bowl with the cinnamon and nutmeg.
2. Mix in the sugar and make a well in the centre.
3. Add the oil and beaten egg. Beat well until all the ingredients are combined. Stir in the grated carrot and sultanas, spoon into the prepared cake tin and cook on MEDIUM power for 6-7 mins. or until cooked.
4. Cream cheese and butter until smooth. Stir in the icing sugar. Decorate when cake is cold.

Chewy Flapjacks

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

Dish: 20 cm (8") round dish

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

Boston Brownies

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

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

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 MEDIUM power for 6 mins. or until just slightly sticky. Allow to cool and then cut into squares.

Sauces

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

Custard

Dish: 1 litre (2pt) jug

1. Mix together the custard powder, sugar and a little milk to form a smooth paste.
2. Blend in the remaining milk, whisking well.
3. Cook on HIGH power for 4-6 mins. Whisk well halfway through cooking time and again at the end.

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

White Pouring Sauce

Dish: 1 litre (2pt) jug

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

Jam

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

Soft Fruit Jam — Makes approx. 1½ lbs jam

Dish: large bowl

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

Technical Specifications

Rated Voltage:	230-240 V 50 Hz
Required Power:	1,250 W
Output Power:	800 W (IEC-705)
Outer Dimensions:	297 mm (H) x 458 mm (W) x 315 mm (D)
Oven Cavity Dimensions:	207 mm (H) x 282 mm (W) x 282 mm (D)
Operating Frequency:	2450 MHz
Weight:	14 kg

Weight and Dimensions shown are approximate.

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