

Panasonic®

Operating Instructions and Cookbook

Microwave Oven

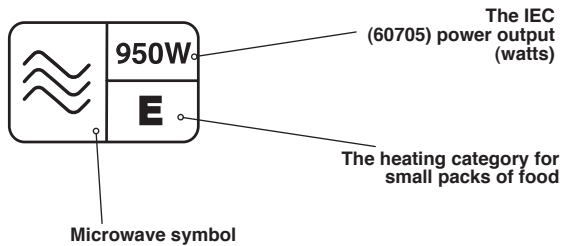
Model Numbers: **NN-SD271S**
NN-SD261M
NN-SD251W

For domestic use only



Important safety instructions
Please read carefully and keep for future reference

Important Notice



Thank you for purchasing a Panasonic Microwave Oven.

Your oven is rated 950 Watts (IEC). When using other cookbooks remember to adjust cooking times accordingly. The symbol above, which is displayed on your oven door, indicates the heating category for your oven when cooking or reheating convenience foods.

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

Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating and cooking on pages **28-34** of this book.

ALWAYS check the progress of the food as it cooks or reheats by simply opening the door. After checking the progress of the foods, press START to continue the cooking time.

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



Customer Communications Centre

0844 844 3899

Selected Spares and Accessories:

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

For Cookery Advice call: 01344 862108 (open Monday to Friday 9am - 12pm)
Alternatively visit our web site at www.theideaskitchen.co.uk

- Important safety instructions. Before operating this oven, please read these instructions carefully and keep for future reference.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory and mental capabilities or lack of experience and knowledge if they have been given supervision or instruction by a person responsible for their safety concerning the use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision. Keep the appliance and its cord out of reach of children less than 8 years.
- When this oven is installed, it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker.

- If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- Warning! The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.
- Warning! Do not attempt to tamper with or make any adjustments or repairs to the door, control panel housing, safety interlock switches or any other part of the oven. Do not remove the outer panel from the oven which gives protection against exposure to microwave energy. Repairs should only be by a qualified service person.
- Warning! Do not place this oven near an electric or gas cooker range.

- Liquids and other foods must not be heated in sealed containers since they are liable to explode.
- Warning! Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
- This oven is intended for counter-top use only. It is not intended for built-in use or use inside a cupboard.

For countertop use:

- Oven must be placed on a flat, stable surface 850mm above floor level. For proper operation, the oven must have sufficient air flow. i.e. 5cm/2" at one side, the other being open; 15cm/6" clear over the top; 10cm/4" at the rear.
- When heating food in plastic or paper containers, check the oven frequently as these types of containers ignite if overheated.

- If smoke is emitted or a fire occurs in the oven, press Stop/Cancel button and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at fuse or circuit breaker panel.
- When heating liquids, e.g. soup, sauces and beverages in your 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.
- The contents of feeding bottles and baby food jars are to be stirred or shaken. The temperature has to be checked before consumption to avoid burns.
- Do not cook eggs in their shells and whole hard-boiled eggs by MICROWAVE. Pressure may build up and the eggs may explode, even after the microwave heating has ended.

- Clean the inside of the oven, door seals and door seal areas regularly. When food splatters or spilled liquids adhere to the oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty.
- The use of harsh detergent or abrasive is not recommended. **DO NOT USE COMMERCIAL OVEN CLEANERS.**
- Failure to maintain the oven in a clean condition could lead to deterioration of surfaces that could affect the life of the appliance and possibly result in a hazardous situation.
- Only use utensils that are suitable for use in microwave ovens.

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Important safety instructions

Please read carefully and keep for future reference

This appliance is supplied with a moulded three pin mains plug for your safety and convenience, which may be marked, and rated, either 10 amps or 13 amps.

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

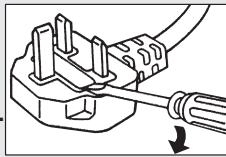
Should the fuse need to be replaced, please ensure that the replacement fuse has the correct rating for the type of mains plug fitted and that it is approved by ASTA or BSI to BSI362.

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

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

■ How to replace the fuse

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



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


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.

Important safety instructions

1. In case of electronic failure, oven can only be turned off at wall socket.

■ WARNING!

Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use. Ensure that children do not touch the hot outer casing after operation of the oven.

2. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory and mental capabilities or lack of experience and knowledge if they have been given supervision or instruction by a person responsible for their safety concerning the use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision. Keep the appliance and its cord out of reach of children less than 8 years.

Storage of Accessories

3. Do not store any objects other than oven accessories inside the oven in case it is accidentally turned on.
4. This appliance is not intended to be operated by means of an external timer or separate remote control system.

■ **DO NOT OPERATE THE OVEN EMPTY. The appliance must not be operated WITHOUT FOOD IN THE OVEN. Operation when empty will damage the appliance.**

Before using your oven

Examine Your Oven

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

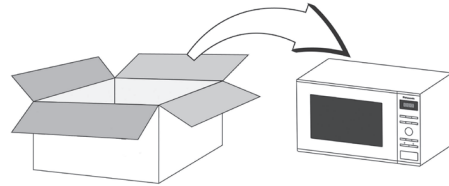
■ **Note** The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

Guarantee

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

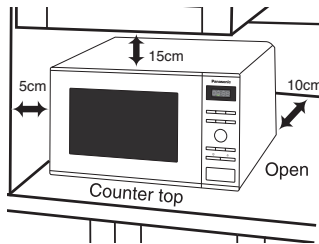
Cord

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



Placement of your oven

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



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 the air vents on the sides and back of the oven. If these openings are blocked during operation the oven may overheat. In this case the oven is protected by a thermal safety device and resumes operation only after cooling down. The oven will remain inoperable with a blank display until it has cooled.
 4. Do not use outdoors.
1. Oven must be placed on a flat, stable surface 850mm above floor level. For proper operation, the oven must have sufficient air flow. i.e. 5cm/2" at one side, the other being open; 15cm/6" clear over the top; 10cm/4" at the rear.

Care & cleaning of your oven

■ Important

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

1. **Switch the oven off before cleaning** and unplug at socket if possible.
2. **Keep the inside of the oven, door seals and door seal areas clean.**
When food splatters or spilled liquids adhere to oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasives is not recommended. Take care when cleaning around the microwave feed guide.
3. Your **oven cavity** is constructed of zinc coated steel, painted with an extremely durable coating. After use, the oven interior should be wiped out to remove any remaining water in order to reduce the risk of corrosion to the cavity and door.

The cavity and door can be damaged by abrasive cleaners and sharp objects so care must be taken to avoid damage caused in this way. If the cavity or door become damaged the lining may begin to corrode. Providing the above precautions are taken regarding the cleaning and care of your oven the life of the cavity and door may be extended.
4. The **outside oven surface** should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
5. If the **control panel** becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on 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. **Keep air vents clear at all times.**
Check that no dust or other material is blocking any of the air vents on the top, bottom or rear of the oven. If air vents become blocked this could cause overheating which would affect the operation of the oven and possibly result in a hazardous situation.
7. 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.
8. It is occasionally necessary to remove the **Glass Turntable** for cleaning. Wash the glass turntable in warm soapy water.
9. 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.

After removing the Roller Ring from cavity floor for cleaning, be sure to replace it in the proper position.
10. A **steam cleaner** is not to be used for cleaning.
11. Users are advised to **avoid any downward pressure** on the microwave door when in the open position. There is a safety risk that the oven will tilt forward.

Maintenance of your oven

Service

1. **WHEN YOUR OVEN REQUIRES A SERVICE** call your local Panasonic engineer (**Customer Communications Centre on 0844 844 3899** can recommend an engineer).

■ WARNING!

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

Door Seals

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

■ WARNING!

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.

Oven Light

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

Selected Spares and Accessories

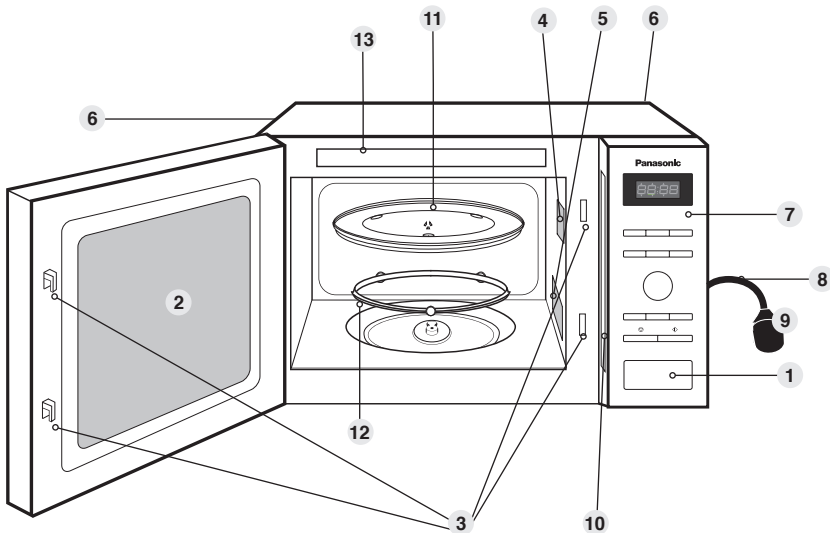
4. These may be ordered direct; on line at www.panasonic.co.uk or by telephoning the **Customer Communications Centre on 0844 844 3899**. Most major credit and debit cards accepted. Ensure you quote the correct model number.

Parts of your oven

1. Do not operate the oven without the Roller Ring and Glass Turntable in place.
2. Only use the Glass Turntable specifically designed for this oven. Do not substitute with any other Glass Turntable.
3. If Glass Turntable is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Glass Turntable. Always place food in a microwave safe dish. The only exception to this is when cooking Jacket Potatoes or Auto Program Jacket Potatoes.
5. If food or utensils on the Glass Turntable touch the oven walls this will cause the turntable to stop moving. It will then 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. The maximum weight that can be placed on the turntable is 3 Kg (6 lb 10 oz) (this includes total weight of food and dish).
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 or a metal container has been used accidentally. If this occurs, stop the machine immediately.

Outline diagram

- 1. Door release**
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 button is pressed.
- 2. See-through Oven window**
- 3. Door safety lock system**
- 4. Oven air vent**
- 5. Microwave feed guide (do not remove)**
- 6. External oven air vents**
- 7. Control panel**
- 8. Power supply cord**
- 9. Plug**
- 10. Identification Label**
- 11. Glass Turntable**
- 12. Roller Ring**
 - (i). The Roller Ring and oven floor should be cleaned frequently to prevent excessive noise.
 - (ii). The Roller Ring must always be used together with the Glass Turntable for cooking.
- 13. Auto program label**



■ **Note.**
This illustration is for reference only.

Important information – read carefully

Safety

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

Short Cooking Times

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

Cooking times given in the cookbook are approximate. Factors that may affect cooking times are: preferred degree of cooking, starting temperature, altitude, volume, size and shape of 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.

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.

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.

We do not recommend heating foods low in moisture such as popcorn or poppadoms. The oven has been developed for food use. We do not recommend that it is used for heating non food items such as wheat bags or hot water bottles.

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.

Boiled Eggs

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

Foods with Skins

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

■ WARNING!

Liquids and other foods must not be heated in sealed containers since they are liable to explode.

Important information – read carefully

Liquids

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

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

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

Lids

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

Deep Fat Frying

Do not attempt to deep fat fry in your oven.

Meat Thermometer

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

Paper, Plastic

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

Reheating

It is essential that reheated food is served "piping hot". Remove the food from the oven and check that it is "piping hot", i.e. steam is being emitted from all parts and any sauce is bubbling. (If you wish you may choose to check the food has reached 75°C with a food thermometer – but remember do not use this thermometer inside the microwave).

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

Standing Time

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

Keeping Your Oven Clean

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

Important information – read carefully

Fan Motor operation

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

Utensils/ Containers

Before use check that utensils/containers are suitable for use in microwave ovens. See pages 20-21.

Babies Bottles and Food Jars

When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked. This should be carried out before consumption to avoid burns. See page 33.

Arcing

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

Maximum weight on Turntable

The maximum weight that can be placed on the turntable is 3Kg (6lb 10oz) (this includes total weight of food and dish).

Microwaving principles

Microwave energy has been used in this country to cook and reheat food since early experiments with radar in World War II.

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

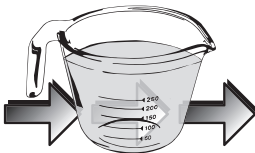
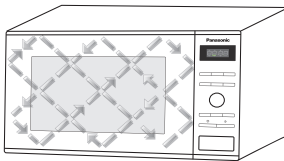
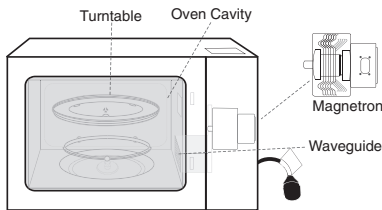
In a microwave oven, electricity is converted into microwaves by the **MAGNETRON**.

How Microwaves cook food

The microwaves cause the water molecules to vibrate which causes **FRICTION**, i.e.

HEAT. This heat then cooks the food.

Microwaves are also attracted to fat and sugar particles, and foods high in these will cook more quickly. Microwaves can only penetrate to a depth of 1½ -2 inches (4-5 cm) and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards.



■ 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.

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.

Foods Not Suitable for Cooking by Microwave Only

Yorkshire Puddings and Souffles. This is because these foods rely on dry external heat to cook correctly, do not attempt to cook by microwave.

Foods that require deep fat frying cannot be cooked either.

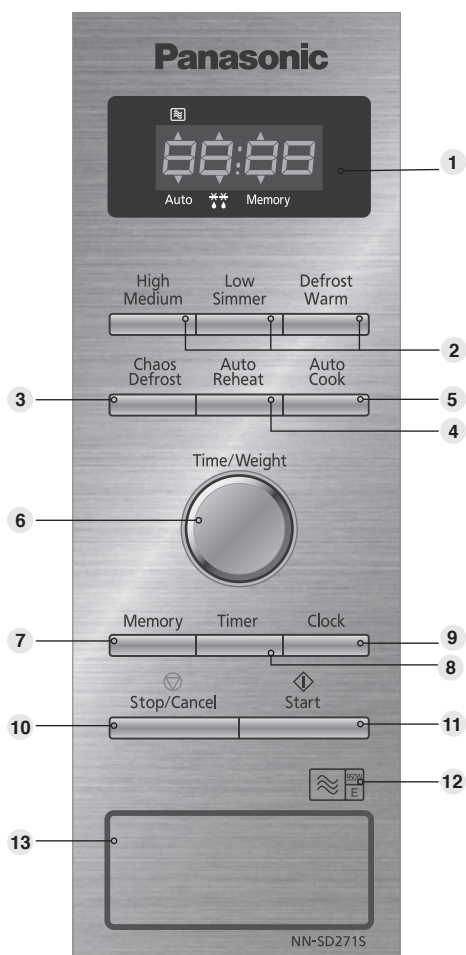
Standing Time

When a microwave oven is switched off, the food will continue to cook by conduction – NOT BY MICROWAVE ENERGY. Hence **STANDING TIME** is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals (refer to page 18).

■ Boiled Eggs

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

Control panel NN-SD271S / NN-SD261M / NN-SD251W*



- 1 Display Window
- 2 Microwave Power Levels button
- 3 Auto Weight Chaos Defrost Programs Button
- 4 Auto Weight Reheat Programs Button
- 5 Auto Weight Cook Programs Button
- 6 Time / Weight Selection Dial
- 7 Memory Button
- 8 Timer Button
- 9 Clock Button
- 10 **Stop /Cancel Button:**
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.
- 11 Start Button
- 12 Microwave Heating Category
- 13 Door Release

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

This oven is equipped with an energy saving function.

■ Please Note

1. When in stand-by mode the brightness of the display will be reduced.
2. The oven will enter stand-by mode when first plugged in and immediately after the last operation has completed.

■ Note

If an operation is set and start button is not pressed, after 6 minutes the oven will automatically cancel the operation. The display will revert back to clock mode.

■ Beep sound

When a button is pressed correctly a beep will be heard. If a button is pressed 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 a **STANDING TIME** (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely.

■ Jacket Potato

Stand 5 mins. wrapped in aluminium foil after cooking by microwave only.

■ Fish

Stand 2-3 mins.

■ Egg Dishes

Stand 1-2 mins.

■ Precooked Convenience Food

Stand for 1-2 mins.

■ Plated Meals

Stand for 2-3 mins.

■ Vegetables

Boiled potatoes benefit from standing 1-2 mins., however most other types of vegetables can be served immediately. If food is not cooked after **STANDING TIME**, return to oven and cook for additional time.

■ Defrosting

It is essential to allow standing time to complete the process. This can vary from 5 mins. e.g. raspberries, to up to 1 hour for a joint of meat. See pages 24-25.



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.



Cling film

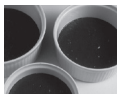
Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. Pierce before cooking to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot.



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.**

General guidelines



Dish size

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



Quantity

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



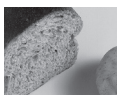
Spacing

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



Shape

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



Density

Porous airy foods heat more quickly than dense heavy foods.



Covering

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



Arranging

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



Starting temperature

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature. Food temperature should be between 5-8°C before cooking.



Turning and stirring

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



Liquids

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



Checking food

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

Containers to use

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

Testing Dishes for Suitability

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

1. Fill a microwave safe measuring jug with 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.

■ Note

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

Quick Check Guide to Cooking Utensils



Oven glass

Everyday glass that is heat resistant e.g. Pyrex®, is ideal for Microwave cooking.

Do not use delicate glass or lead crystal which may crack or arc.



China and ceramic

Everyday glazed china, porcelain or ceramic plates, bowls, mugs and cups can be used if they are heat resistant. Fine bone china should only be used for reheating for short periods. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt.



Pottery, earthenware, stoneware

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



Foil/metal containers

NEVER ATTEMPT TO COOK IN FOIL OR METAL

containers on Microwave only as the microwaves cannot pass through and the food will not heat evenly, it may also damage your oven.

Containers to use

Plastic

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

Paper

Plain white absorbent kitchen paper (kitchen towel) can only be used for microwave cooking e.g. covering blind pastry cases and for covering bacon to prevent splattering.

ONLY USE FOR SHORT COOKING TIMES. NEVER RE-USE A PIECE OF KITCHEN TOWEL. ALWAYS USE A FRESH PIECE OF PAPER FOR EACH DISH.

Avoid kitchen paper containing manmade fibres.

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

Wicker, wood, straw baskets

Dishes will crack and could ignite. Do not use wooden dishes in your microwave.

Cling film

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

Roasting bags

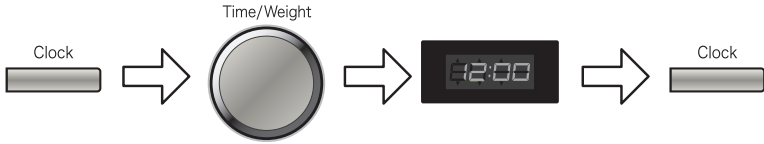
Roasting bags are useful when slit up one side to tent a joint, for roasting by power and time. Do not use the metal twists supplied, when using Microwave.

Aluminium foil

Small amounts of smooth aluminium foil can be used to **SHIELD** joints of meat during defrosting and cooking by Microwave, as the microwaves cannot pass through the foil, this prevents the parts shielded from overcooking or 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.

Setting the clock

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



The diagram illustrates the three-step process for setting the clock. It starts with a 'Clock' button, followed by an arrow pointing to a 'Time/Weight' dial. A second arrow points to a digital display showing '12:00'. A final arrow points to another 'Clock' button.

Press Clock once.
A colon starts to blink.

Turn Time/Weight Dial.
Enter the time by turning the Time/Weight Dial. The time appears in the display.

Press Clock.
The colon stops blinking. Time of day is now locked into the display.


■ **Notes**

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


Child safety lock

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

To Set:




Start




Press Start three times.
The time of day will disappear. Actual time will not be lost. 'Child' is indicated in the display.

To Cancel:



Stop/Cancel



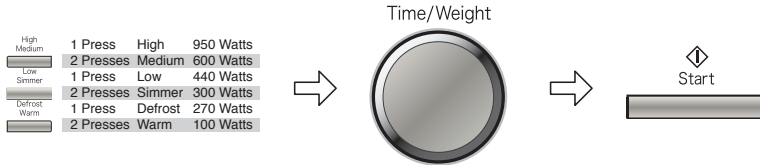
Press Stop / Cancel three times.
The time of day will reappear in the display.

■ **Note**

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

Microwave cooking and defrosting

The Glass Turntable must always be in position when using the oven.



Press the desired microwave power button once or twice depending on required power level.

Set the cooking time using the Time/ Weight Dial. Your oven can be programmed for up to 90 minutes in Medium, Low, Simmer, Warm and Defrost power. High power can be programmed for 30 minutes.

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

■ Notes

1. For manual defrosting times please refer to defrost chart on page 25.
2. For multi-stage cooking refer to page 28.
3. Stand time can be programmed after microwave power and time setting. Refer to using the timer page 26.
4. You can change the cooking time during cooking if required. Turn Time/Weight Dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.

Defrosting guidelines

For Best Results:

1. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer or on a plastic rack if you have one.
2. Check food during defrosting, as foods vary in their defrosting speed.
3. It is not necessary to cover the food.
4. Always turn or stir the food especially when the oven "beeps". 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 chart

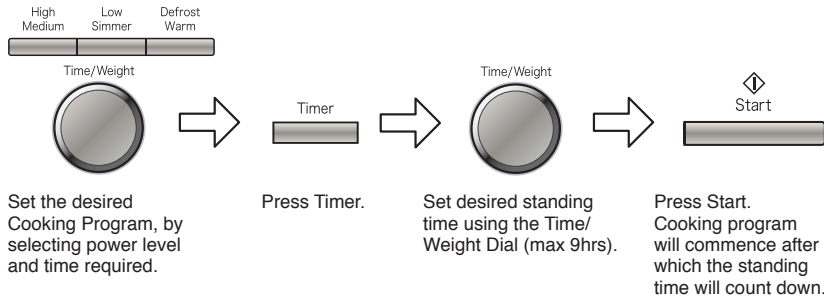
The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

Food	Defrosting Time per 450g (1lb)	Method	Standing Time
Meat			
Beef/Lamb/Pork Joint 450g (1lb)	8-10 mins.	Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins.
Minced Beef 450g (1lb)	10-13 mins.	Place in a suitable dish. Break up and turn 3-4 times.	15 mins.
Chops 450g (1lb)	8-10 mins.	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins.
Sausages 450g (1lb)	6-8 mins.	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins.
Bacon rashers 450g (1lb)	7-8 mins.	Place in a suitable dish. Turn and separate twice. Shield if necessary.	10 mins.
Stewing Steak 450g (1lb)	10-12 mins.	Place in a suitable dish. Break up frequently.	15 mins.
Whole Chicken 450g (1lb)	7-8 mins	Place in a suitable dish on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins.
Chicken Portions 450g (1lb)	6-8 mins.	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15-30 mins.
Fish			
Whole 450g (1lb)	8-10 mins.	Place in a suitable dish. Turn twice. Shield.	15 mins.
Fillets/Steak 450g (1lb)	7-8 mins.	Place in a suitable dish. Turn twice, separate and shield if necessary.	15 mins.
Prawns 450g (1lb)	8-10 mins.	Place in a suitable dish. Stir twice during defrosting.	10-15 mins.
General			
Bread Sliced 400g (14oz)	2-2 mins. 30 secs.	Place on the turntable. Separate and rearrange during defrosting.	10 mins.
Slice of bread 30g (1oz)	20-30 secs.	Place on the turntable on a piece of kitchen paper.	1-2 mins.
Pastry 450g (1lb)	1 min. 30 secs + rest 1 min. 2 mins.	Place on a plate. Turn over after 1 min. resting time.	10-15 mins.
Soft Fruit 450g (1lb)	8-9 mins.	Place in a suitable dish. Stir twice during defrosting.	10 mins.

Using the timer

The Timer can be used either before, during or after a cooking program. This feature can be used to set a standing time after cooking or to delay the start of your cooking.

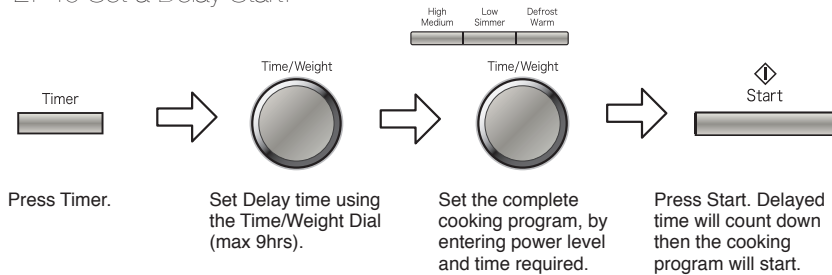
1. To Set a Standing Time:



■ Notes

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

2. To Set a Delay Start:



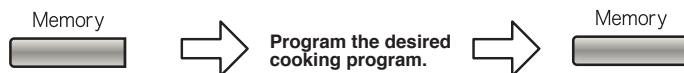
■ Notes

1. Three stage cooking can be programmed including Delay Start cooking.
2. If the programmed delay time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
3. Delay Start cannot be programmed before an auto program.

Using the memory function

This function allows you to pre-program your oven for a regular reheating or cooking task. You are able to pre-program your oven for a specific power level and time that is convenient for you. You can only pre-program one memory task with this oven.

To set a Memory Program



Press Memory. The memory indicator flashes in the display.

Press Memory to store this task or press Start Button to start cooking in this sequence.

To use a Memory Program



Press Memory. The memory indicator lights and stored memory program appears in the display.

Press Start to begin cooking.

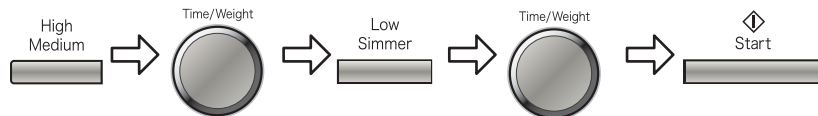
■ Notes

1. Auto programs cannot be programmed into memory.
2. Memory can only store 1 stage cooking. It is not possible to store 2 or 3 stage cooking.
3. Setting a new cooking program into memory will cancel the cooking program previously stored.
4. Memory program will be cancelled if the power supply is off or the plug is disconnected.

Multistage cooking

2 or 3 stage cooking

Example:



Press a Microwave Power button.
To select desired power level.

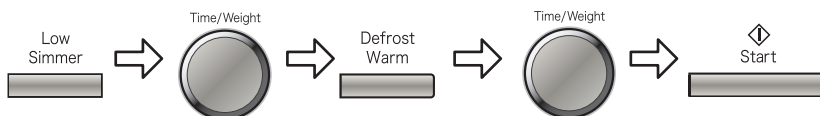
Set the cooking time using the Time/Weight Dial.

Press a Microwave Power button.
To select desired power level.

Set the cooking time using the Time/Weight Dial.

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

Example: To cook on Simmer for 2 minutes and Defrost for 3 minutes.



Press Low/Simmer twice to select Simmer.

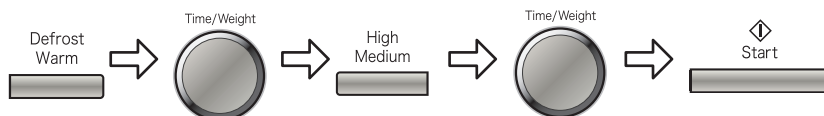
Set the cooking time to 2 minutes using the Time/Weight Dial.

Press Defrost/Warm once to select Defrost.

Set the cooking time to 3 minutes using the Time/Weight Dial.

Press Start.

Example: To cook on Warm for 4 minutes and Medium for 5 minutes.



Press the Defrost/Warm twice to select Warm.

Set the cooking time to 4 minutes using the Time/Weight Dial.

Press High/Medium twice to select Medium.

Set the cooking time to 5 minutes using the Time/Weight Dial.

Press Start.

■ Notes

1. For 3 stage cooking, enter another cooking program before pressing start.
2. During operation, one press on Stop/Cancel stops the operation. you can re-start it by pressing Start. A second press of Stop/Cancel will cancel the selected program.
3. Whilst not operating, one press of Stop/Cancel cancels the selected program.
4. Auto programs cannot be used with multi-stage cooking.

Auto weight defrost

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



Select desired program. Press Chaos Defrost once to select Bread, twice to select Meat Items and three times to select Meat Joints. The auto programme number and indicators for the microwave, auto cook and chaos defrost appear in the display. The microwave, auto cook and turbo defrost indicators light.

Select the weight of the food by turning the Time/Weight Dial. Turning the dial slowly will count up in 10g steps. Turning the dial quickly will speed this process up.

Press Start. Remember to stir or turn the food during defrosting.

Program	Weight Range	Suitable Foods
1 Bread	100g - 800g	Rolls, buns, slices of bread and loaves.
2 Meat Items	150g - 1000g	Chicken portions, chops, mince.
3 Meat Joints	400g - 2000g	Whole chicken, meat joints.

1. 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. Standing time 10-15 mins.

2. Meat Items (mince/chops/chicken portions)

NOT SUITABLE FOR SAUSAGES, these can be defrosted manually. Please refer to Defrosting Charts on page 25. Chops and chicken portions should be arranged in a single layer and turned frequently during defrosting. It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. Standing time 15-30 mins.

3. Meat Joints / Whole Chickens

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.

Auto weight reheat / cook programs

Auto Reheat



Auto Cook



This feature allows you to cook foods by setting the weight. The oven determines the Microwave power level and then gives a cooking time; this cooking time has been developed following extensive testing by our Home Economists in our development kitchen.

Select the category of food and enter the weight.

example



Select desired program by pressing the pad once, twice, three or four times. The program number will appear in the display.

Set the Weight of the food by using the Time/Weight Dial. Turning the dial slowly will count up in 10g steps. Turning the dial quickly will speed this process up.

Press Start.

■ Guidelines for Use

The Auto Weight Programs must ONLY be used for foods described.

1. Only cook foods within the weight ranges described.
2. Always weigh the food rather than relying on the package information.
3. Most foods benefit from a STANDING time, after cooking an Auto Program, to allow heat to continue conducting to the centre
4. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

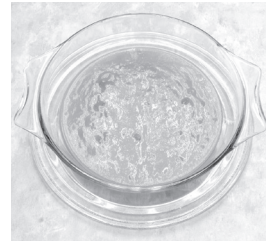
Auto weight reheat programs

Auto
Reheat



4. Reheat Chilled Soup 150g - 600g

To reheat chilled soup. Place soup into a microwaveable bowl or container. Cover with lid or pierced cling film. Select program (1 press of Auto Reheat pad), enter weight using the Time/Weight Dial, then press start. Stir halfway. Allow to stand for 2 minutes. Ensure that the soup is piping hot. Stir the soup before serving.



5. Reheat Chilled Meal 200g - 800g

To reheat a chilled convenience meal that can be stirred. Foods must be in a suitable shallow container and have the film pierced. Select program (2 presses of Auto Reheat pad), enter weight using the Time/Weight Dial, then press start. Stir halfway at beep. After cooking allow to stand for 2 minutes in the oven. Ensure that the food is piping hot. Stir before serving.



6. Reheat Frozen Meal 200g - 500g

To reheat a frozen convenience meal that can be stirred. Foods must be in a suitable shallow microwaveable container and have the film pierced. Select program (3 presses of the Auto Reheat pad), enter weight using the Time/Weight Dial, then press start. Stir at beep. After cooking allow to stand for 2 minutes in the oven. Ensure that the food is piping hot. Stir before serving.



■ Important note:

For Auto Weight reheat programs.

1. It is assumed that the starting temperature of the meals is fridge temperature, 5°C.
2. Large pieces of fish / meat in a thin sauce, may require longer cooking.
3. These programs are not suitable for foods that cannot be stirred.
4. Meals in bowl shaped containers may need extra cooking time.



Auto
Cook

Auto weight cook programs



7. Cook fresh vegetables 200g - 800g

To cook FRESH vegetables. Place prepared vegetables into a shallow container on turntable. Add 15 ml (1tbsp) water per 100g vegetables. Cover with pierced cling film or lid. Select program (1 press of Auto Cook pad), enter weight using the Time/Weight Dial, then press start. Stir at beep.



8. Cook fresh fish 200g - 800g

To cook FRESH fish. Shield the thinner portions. Place in a shallow container on turntable. Add 15-45ml (1-3 tbsp) liquid. Cover with pierced cling film or lid. Select program (2 presses of Auto Cook pad), enter weight using the Time/Weight Dial, then press start. Stand for 1 to 2 minutes before serving.



9. Cook Jacket Potatoes 200g - 1400g

To cook jacket potatoes choose medium sized potatoes 200-250g (7-9oz). Wash and dry and prick with a fork several times. Arrange around edge of turntable. Select program (3 presses of Auto Cook pad), enter weight using the Time/Weight Dial, then press start. Wrap in aluminium foil and allow to stand for 5 minutes after cooking.



10. Cook Rice 100g - 300g

For cooking rice for savoury dishes, not rice puddings. Rinse the rice thoroughly before cooking. Use a large bowl. Add 1/2 tsp salt and 2 times boiling water to rice. Cover with a lid or pierced cling film. Select program (4 presses of Auto Cook pad), enter weight and press START. Stir at the beep. Allow to stand for 5 minutes after cooking.



Cooking and reheating guidelines

Most foods reheat very quickly in your oven by HIGH power. Meals can be brought back to serving temperature in just minutes and will taste freshly cooked. 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, jacket potatoes, etc.

The charts on pages 34-40 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food you are cooking or reheating.

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

When is food reheated?

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

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

Plated meals

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

An average plated meal will take 4-7 mins on High power to reheat. Do not stack meals.

Canned foods

Remove foods from can and place in a suitable dish before heating. Stir food halfway through cooking and again at the end of heating.

Soups

Place soup in 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 30-50 secs. CHECK CAREFULLY.

For 3 fl.oz. of milk from fridge temperature, remove top and teat. Heat on HIGH power for 15-20 secs. CHECK CAREFULLY

■ Note

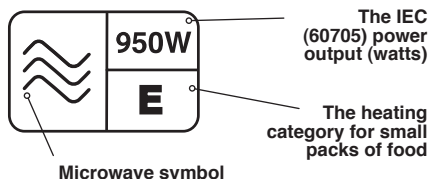
Liquid at the top of the bottle will be much hotter than at the bottom. The bottle must be shaken thoroughly and tested before use. WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILISE BABIES' BOTTLES. If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

Reheating charts

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

Heating Category

Your oven is Heating Category E 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
BREAD – Precooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.				
Croissants	2	HIGH	10-20 secs.	Place on microwave safe plate on turntable. Do not cover.
	4	HIGH	20-30 secs.	
Rolls	1	HIGH	10 secs.	
	4	HIGH	20 secs.	
CANNED BEANS, PASTA				
Baked Beans, Ravioli in sauce	225g	HIGH	2-2½ mins.	Place in a microwave safe bowl. Cover and place on turntable.
	447g	HIGH	4-5 mins.	
Spaghetti in Tomato Sauce	200g	HIGH	2-2½mins.	
CANNED SOUPS				
Cream of Tomato	425g	HIGH	2-2½mins.	Place in a microwave safe bowl. Cover and place on turntable.
Minestrone	300g	HIGH	2-2½mins.	
CANNED PUDDINGS				
Creamed Rice	425g	HIGH	2-2½ mins.	Place in a microwave safe bowl. Cover and place on turntable.
	624g	HIGH	4-5 mins.	
Sponge Pudding	300g	HIGH	1½-2mins.	
CHRISTMAS PUDDINGS - Overheating may cause pudding to ignite				
Slice	150g	HIGH	30-40 secs.	Place in a microwave safe bowl. Cover and place on turntable.
Small	450g	HIGH	2-2½ mins.	
Medium	900g	HIGH	3½-4 mins.	

■ Points for checking

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

Reheating charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
DRINKS – COFFEE				
1 mug	235ml	HIGH	1½ - 2 mins.	Place in a microwave safe mug on turntable. Stir, before, during and after reheating.
2 mugs	470ml	HIGH	3 - 3½ mins.	
DRINKS – MILK				
1 mug	235ml	HIGH	1½ - 2 mins.	Place in a microwave safe mug on turntable. Stir, before, during and after reheating.
1 jug	600ml	HIGH	3 - 4 mins.	
PASTRY PRODUCTS - PRECOOKED - N.B. Pastries reheated by microwave will have a soft base.				
Chicken Pie	480g	HIGH	4-5 mins.	Place on microwave safe plate on turntable. Do not cover.
Cornish Pasty	255g (1)	HIGH	2-2½ mins.	
Quiche	400g (1)	HIGH	3½-4½ mins.	
Steak & Kidney Pie	325g (1)	HIGH	2-2½ mins.	
Sausage Rolls	260g (4)	HIGH	1½-2 mins.	
Samosas	200g (4)	HIGH	1½-2 mins.	
Spring Roll	230g (4)	HIGH	2-2½ mins.	Place on microwave safe plate on turntable. Do not cover. Turn halfway.
Christmas Mince Pies	90g (2)	HIGH	10-20 secs.	Place on a microwave safe plate on turntable. Do not cover.
PLATED MEALS - HOMEMADE - CHILLED				
Child Size	1	HIGH	3-4mins.	Place on a microwave safe plate on turntable. Cover.
Adult Size	1	HIGH	4-6 mins.	
PUDDINGS & DESSERTS N.B. Transfer food from foil containers to a similar sized microwave safe dish				
Bread & Butter Pudding	340g	HIGH	4 mins.	Place in a microwave safe dish on turntable. Do not cover.
Fruit Crumble	400g	HIGH	4-4½ mins.	
Fruit Pie, Individual	1	HIGH	10-20 secs.	
	4	HIGH	40-50 secs.	

■ Points for checking

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

Reheating charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
PURCHASED CONVENIENCE FOODS - CHILLED				
■N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Cauliflower Cheese	450g	HIGH	5½ -6½mins.	Place in microwave safe dish on turntable. Do not cover.
Cottage Pie	450g	HIGH	6½ -7 mins.	
Lasagne	300g	HIGH	5 mins.	
Vegetable Bake	400g	HIGH	6-7 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	400g	HIGH	6 mins. + rest for 1 min.	Place in a microwave safe dish on turntable. Do not cover.
		+ HIGH	6-6½ mins.	
Salmon Crumble	340g	HIGH	6 mins + rest for 1min.	
		+ MED	5-6mins.	
Shepherd's Pie	350g	HIGH	6 mins. + rest for 1 min.	
		+ MED	7-8 mins.	

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Cooking charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
BACON -from raw				
Rashers	130g (4)	HIGH	2-3 mins. or 40- 50 secs per rasher.	Place on a microwave safe rack or plate on turntable. Cover with a piece of kitchen roll.
BEANS & PULSES – should be pre-soaked (except lentils)				
Chick Peas	225g	HIGH	12 mins.	Use 750ml (1 ¼pt) boiling water in a large bowl. Cover and place on turntable.
		+ LOW	40-45 mins.	
Lentils	225g	LOW	12 mins.	
Red Kidney Beans	225g	HIGH	17 mins.	
		+ LOW	40-45 mins.	
CHICKEN from raw – Caution: Hot fat! Remove dish with care.				
Breasts, boneless	500g (4)	LOW	14-16 mins.	Place on microwave safe rack or plate on turntable. Cover.
Drumsticks	450g (4)	LOW	10-12 mins.	
Quarters	700g (2)	LOW	18-20 mins.	
EGGS – Poached				
Water	45ml	HIGH	1min	<ul style="list-style-type: none"> ■ Place in a small bowl and heat for 1st cooking time. ■ Add egg (medium sized). ■ Pierce yolk and white. Cover. ■ Cook for 2nd cooking time. ■ Then leave to stand for 1 min.
----- Egg	1	MEDIUM	40-50 secs.	
Water	90ml	HIGH	1 min.	
----- Eggs	2	MEDIUM	1min	

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Cooking charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
EGGS – Scrambled.				
1 Egg		HIGH	30 secs.	<ul style="list-style-type: none"> ■ Add 1 tbsp of milk for each egg used. ■ Beat eggs, milk and knob of butter together. ■ Cook for 1st cooking time then stir. ■ Cook for 2nd cooking time then stand for 1 min.
		HIGH	20 secs.	
2 Eggs		HIGH	1 min	
		HIGH	40 secs.	
FISH – FROZEN from raw				
Haddock Fillets	380g (4)	HIGH	5 mins.	Place in microwave safe dish. Add 30ml of liquid. Cover and place on turntable.
		+MED	6 mins.	
Whole	450g	HIGH	10-12 mins.	
Boil in the Bag	170g (1)	DEFROST	5 mins.	Place bag sauce side down on a microwave safe plate. Slash top of bag with a knife
		+ rest	2 mins.	
		+ LOW	4 mins.	
FRUIT – Peel, slice, chop into even sized pieces. Place in shallow microwave safe dish.				
Apples, Rhubarb, stewed	450g	HIGH	6-7 mins.	Only half fill dish. Cover and place on turntable.
Plums – stewed	450g	HIGH	9-10 mins.	Add 30ml (2tbsp) of water. Only half fill dish. Cover and place on turntable.
LAMB – from raw – CAUTION: Hot Fat! Remove dish with care.				
Chops, loin	600g (4)	HIGH	1½-2½mins. per 450g (1lb)	Place on microwaveable safe dish or rack on turntable. Cover.
		+ LOW	2½-3½mins. per 450g (1lb)	
PASTA – Place in a large 3 litre (6 pint) microwave safe bowl.				
Macaroni	225g	HIGH	10-12 mins.	Use 1 litre (1¾ pint) boiling water in a large 2 litres (4 pints) bowl. Cover and place on turntable.
Spaghetti, Tagliatelli	225g	HIGH	8-10 mins.	

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Cooking charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
PIZZA – FRESH chilled – N.B. Remove all packaging. Pizzas will have a soft base.				
Thin & Crispy	400g	HIGH	4-4½ mins.	Place on heatproof plate on turntable. Do not cover.
Deep Pan	475g	HIGH	4-5 mins.	Place on heatproof plate on turntable. Do not cover.
PORK – from raw – CAUTION: Hot Fat! Remove dish with care				
Chops	360g (2)	HIGH	2-3 mins.	Place in microwave safe dish or rack on turntable. Cover.
		+ LOW	4-5 mins.	
PORRIDGE – N.B. Use a large bowl.				
1 serving	½ cup oats	HIGH	3-3½ mins.	Add 1 cup of water or milk. Stir halfway.
2 servings	1 cup oats	HIGH	5-6½ mins.	Add 2 cups of water or milk. Stir halfway.
RICE – Place in a large microwave safe bowl. 3 Litre (6 pint)				
Basmati	250g	LOW	10-12 mins.	Use 600ml (1pt) to 800ml (1½pt) boiling water. Cover and place on turntable.
Easycook White	250g	HIGH	13-14 mins.	
SAUSAGES from raw - CAUTION: HOT FAT! Remove dish with care.				
Thick	240g (4)	HIGH	2½-3 mins.	Place on microwave safe plate or microwave rack on turntable. Cover.
Thin	110g (4)	HIGH	1½-2mins.	
FRESH VEGETABLES – Place in shallow microwave safe dish.				
Green Beans	200g	HIGH	5-7 mins.	Add 90 ml (6tbsp) water. Cover and place on turntable.
Beetroot	450g	HIGH	12-14 mins.	
Broccoli + Cauliflower - florets	450g	HIGH	7-8 mins.	
Brussel Sprouts	450g	HIGH	8-10 mins.	
Cabbage – sliced	450g	HIGH	6-8 mins.	
Leeks	450g	HIGH	7-8 mins.	
Carrots	450g	HIGH	8-9 mins.	
Corn on the Cob	450g	HIGH	9 -11 mins.	

■ Points for checking

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Cooking charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
FRESH VEGETABLES – Place in shallow microwave safe dish.				
Courgettes, Mange Tout	450g	HIGH	5-6 mins.	Add 90 ml (6tbsp) water. Cover and place on turntable.
Peas	450g	HIGH	6-7 mins.	
Potatoes – boiled	450g	HIGH	8-10 mins.	
Potatoes – jacket (250g / 9oz each)	1	HIGH	5 -6 mins.	Wash and prick skins. Place directly on turntable. After cooking stand for 5 mins. wrapped in foil.
	2	HIGH	7-9 mins.	
FROZEN VEGETABLES – Place in shallow microwave safe dish.				
Beans – green, Carrots	450g	HIGH	10-11 mins.	Add 30ml (2 tbsp) water. Cover and place on turntable.
Cauliflower	450g	HIGH	11-12 mins.	
Peas	450g	HIGH	9-10 mins.	

■ Points for checking

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Cream of Mushroom Soup

Place the butter and chopped onion in a large bowl. Cover and cook on HIGH power for 3 mins or until soft. Add the stock, mushrooms and bouquet garni. Cover and cook on HIGH power for 13-15 mins, or until mushrooms are soft. 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. Cover and cook on HIGH power for 5-6 mins, or until thickened. Season and serve with cream swirled on top.

ingredients

SERVES 4

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

Dish: large bowl

Macaroni Cheese with Courgettes and Bacon

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

ingredients

SERVES 4

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

Dish: 20cm (8") casserole

Lentil Biryani

Soak the lentils in cold water for 1 hour then drain. Place the oil and onion in a large bowl. Cover and cook on HIGH power for 3-4 mins, or until softened. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on HIGH power for 2 mins. Add the yoghurt, mushrooms, tomatoes, water and lentils. Cover and cook on HIGH power for 20-25 mins, or until the lentils are tender and the liquid has evaporated.

Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Reheat on HIGH power if necessary to ensure food is piping hot. Garnish and serve.

ingredients

SERVES 2

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

GARNISH

hard boiled egg slices and coriander leaves

Dish: large casserole

ingredients

SERVES 4

3-4 cloves garlic, crushed
 1cm (¼") piece fresh ginger,
 grated
 50g (2oz) ground almonds
 45ml (3tbsp) water
 3 whole cardamon pods
 2 cloves
 2.5cm (1") stick of cinnamon
 1 onion chopped
 30ml (2tbsp) oil
 450g (1lb) boned lamb,
 trimmed and cut into cubes
 5ml (1tsp) ground coriander
 5ml (1tsp) ground cumin
 1.5ml (¼tsp) garam masala
 1.5ml (¼tsp) cayenne pepper
 150ml (¼pt) single cream
 salt and pepper

Dish: Large casserole dish

Lamb in a Spicy Cream and Almond Sauce

Mix together the garlic, ginger, almonds and water to make a thick paste. Place the cardamon pods, cloves, cinnamon, onion and oil in the casserole dish cook on HIGH power for 2 mins.

Add the lamb, cover and cook for 6-8 mins. on HIGH power or until light brown in colour. Stir halfway. Stir in the rest of the spices, the almond mixture, cream, salt and pepper. Cover and cook on LOW power for about 30-35 mins. or until the meat is tender. Stir the casserole 2-3 times during the cooking time. Remove the whole cardamon pods, cloves and cinnamon before serving with rice or other vegetables.

ingredients

Serves 4

25g (1oz) butter
 2 medium onions, sliced
 2 sticks celery, trimmed and
 chopped
 100g (4oz) mushrooms, sliced
 4 chicken quarters (approx
 2lb), skinned
 300ml (½pt) hot chicken stock
 300g (11oz) can tomatoes
 salt and pepper
 30ml (2tbsp) cornflour

Dish: 3 litre (6pt) casserole

Chicken Casserole

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

Note. If diced boneless breast is used in place of the quarters, reduce 2nd cooking time to 10-14 mins. on LOW power or until well cooked through. Stir halfway.

ingredients

Serves 2

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

Dish: small casserole

Pork with Sweet & Sour Sauce

Place pork in dish, cover and cook on LOW power for 9-11 mins. or until juices run clear. Place oil, carrot, onion and green pepper in a bowl. Cover and cook on HIGH power for 2-3 mins. or until vegetables are tender. Mix half the reserved juice with the remaining ingredients except pineapple. Cover and cook on HIGH power for 2-3 mins. or until clear and thickened. Stir halfway. Add the sauce to the vegetables. Stir in the pineapple. Mix well. 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.

Savoury Mince

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

ingredients

SERVES 2

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

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

Chicken Satay

For the serving sauce: Crumble 25g (1oz) of creamed coconut into a large jug. Add the peanut butter, 15ml (1tbsp) of the lemon juice, 15ml (1tbsp) of the soy sauce, the chilli powder and 150ml (¼pt) water. Cook on HIGH power for 6-8 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.

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.

Spoon over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight. Thread the chicken onto wooden skewers. Place in a shallow dish, cover with any remaining marinade and cook covered on HIGH power for 6-8 mins. or until cooked, turn and baste frequently. Serve hot with the sauce for dipping.

ingredients

SERVES 2

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

**Dish: 4 wooden skewers +
shallow dish**

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.

ingredients

SERVES 2

- 25g (1 oz) 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

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

Fish Curry

Melt the butter in the casserole dish on HIGH power for 20-30 secs. or until melted. Stir in the garlic and onion and cook covered on HIGH power for 3 mins. 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. Stir in the remaining ingredients except the coconut, cover and cook on HIGH power for 4-5 mins. or until fish flakes, stirring occasionally. Break up the coconut with a fork, then stir into the curry.

ingredients

SERVES 4

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

Dish: large casserole

Family Fish Pie

Arrange fish in a shallow dish. Add lemon juice, cover and cook on HIGH power for 3-4 mins. or until it flakes easily. Place onion and oil in a bowl. Cover and cook on HIGH power for 3 mins. or until the onion is soft. Melt the butter on HIGH power for 20-30 secs. Stir in the flour and mustard and cook for a further 20 secs. Add milk and seasoning, gradually stirring to a smooth paste. Cook on HIGH power for 9-10 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. Flake the fish and arrange in the serving dish. Add onions and place the sliced potatoes on top. Pour over the cheese sauce. Sprinkle with breadcrumbs and remaining cheese. Cook on LOW power for 8-10 mins. or until the mixture has been completely reheated.

Wild Mushroom and Basil Risotto

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

ingredients

SERVES 4

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

Dish: 3 litre (6pt) casserole dish

Vegetable Curry

Combine oil, garlic and spices in the casserole, cover and cook on HIGH power for 2 mins. Add all other ingredients to casserole, except cashews. Cover and cook on HIGH power for 5 mins. then LOW power for 25 mins. or until vegetables are soft. Stir occasionally. Sprinkle with cashews and serve with boiled rice.

■ Note

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

ingredients

SERVES 2

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

Dish: 3 litre (6pt) casserole

Cauliflower Cheese

Place cauliflower upside down in a bowl. Add water. Cover and cook on HIGH power for 10 mins. or until tender. Drain. Melt butter on HIGH power for 30-40 secs. Stir in flour and mustard. Cook for a further 20 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. Stir in 50g (2oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs. Cook on HIGH power for 2-3 mins. or until cheese melts.

ingredients

SERVES 4

1 cauliflower, trimmed and cut into florets
90ml (6tbsp) water
33g (1¼oz) butter
33g (1¼oz) flour
4ml (¾tsp) French mustard
450ml (¾pt) milk
seasoning to taste

Topping:

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

Dish: large bowl + shallow casserole

 ingredients

SERVES 4

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

Optional:

add 1 tbsps of sultanas to dry
 ingredients

**Dish: 1 litre (2pt) pudding
 basin**

 ingredients

Serves 2

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

**Dish: 2 ramekin dishes, base
 lined**

 ingredients

Serves 4

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

Dish: 4 ramekins, base lined

 Steamed Suet Sponge Pudding

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

 Individual Pineapple
 Upside Down Pudding

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

 Christmas Puddings

Place all ingredients into a large mixing bowl and stir until thoroughly mixed. Divide mixture equally between the ramekins. Place towards outer edge of the turntable and cook on HIGH power for 5-6½ mins. or until cooked.

Date Puddings and Butterscotch Sauce

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

Sauce

Place butter in a large jug and cook on HIGH power for 30-40 secs, or until bubbling. Add sugar and stir until it has dissolved, cooking for 1 minute at a time on HIGH power. Continue to cook until liquid is foaming and bubbling 30 sec. at a time on HIGH power. Slowly pour in the cream and bring to the boil on HIGH power for 2-3 mins. Add essence. Stir, continue to boil on HIGH power 30 sec. at a time until it starts to thicken.

ingredients

SERVES 4

200g (7oz) fresh dates, stoned and finely chopped
175g (6oz) self-raising flour
5ml (1tsp) baking powder
5ml (1tsp) vanilla essence
15ml (1tbsp) Camp coffee essence
100ml (3½ fl.oz) milk
75g (3oz) butter
150g (5oz) caster sugar
2 eggs lightly beaten
Butterscotch sauce
45g (1¼oz) butter
120ml (8tbsp) soft brown sugar
200ml (7 fl.oz) whipping cream
15ml (1tbsp) vanilla essence

Dish: Individual microwave proof moulds

Chewy Flapjacks

Place butter, syrup and sugar in a bowl and cook on HIGH power for 1-2 mins. or until melted. Stir in the oats and raisins. Press into dish. Cook on HIGH power for 3-3½ mins. or until the centre is bubbling. Allow to cool slightly then cut into 8 pieces.

ingredients

SERVES 4

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

Boston Brownies

Place chocolate and butter in a bowl and cook on HIGH power for 1 min. or until chocolate has melted. Stir in all other ingredients and beat well. Pour into dish and cook on LOW power for 6-7mins. or until just slightly sticky. Allow to cool and then cut into squares.

ingredients

SERVES 4

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

ingredients

SERVES 4

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

Dish: 1 litre (2pt) jug

Custard

Mix together the custard powder, sugar and a little milk to form a smooth paste. Blend in the remaining milk, whisking well. Cook on HIGH power for 5-6 mins stirring regularly. Whisk well halfway through cooking time and again at the end.

ingredients

Serves 2

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

Dish: : 1 litre (2pt) jug

White Pouring Sauce

Melt butter in jug on HIGH power for 20-40 secs. Stir in the flour to make a roux. Add the milk gradually stirring continuously until well combined. Cook for 2 mins. on HIGH power. Stir and cook on HIGH for a further 3-5 mins stirring regularly. Sauce should be smooth and glossy and coat the back of a spoon.

ingredients

Makes approx. 1½lbs jam

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

Dish: large bowl

Soft Fruit Jam

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. Wash down any sugar crystals from around the bowl. Bring mixture to the boil and continue to cook until setting point is reached – approx. 15-20 mins. Test regularly for setting point.

Note. Do not double the mixture as it will boil over.

Questions and answers

Q: Why won't my oven turn on?

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

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

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

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

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

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

A: The oven is designed not to accept an incorrect program. For example, the oven will not accept a fourth stage, and will not accept an Auto Weight Program after Delay Start.

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

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

Q: The oven stops cooking by microwave and 'H97' or 'H98' appears in the display. Why?

A: This display indicates a problem with the microwave generation system. Please contact an authorised Service Centre.

Technical specifications

Rated Voltage: **230-240 V 50 Hz**
Operating Frequency: **2,450 MHz**
Input Power: Microwave: **1150 W**
Input Current: Microwave: **4.9 A**
Output Power: Microwave: **950 W (IEC-60705)**

Outer Dimensions:
488mm (W) x 279mm (H) x 395mm (D)
Oven Cavity Dimensions:
315mm (W) x 353mm (D) x 206mm (H)
Weight: **9.5Kg**
Noise Level: **57dB**

Weight and Dimensions shown are approximate.

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



Information on Disposal for Users of Waste Electrical & Electronic Equipment (private households)

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

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

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

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

For business users in the European Union

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

Information on Disposal in other Countries outside the European Union

This symbol is only valid in the European Union.

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

Manufactured by: Panasonic Appliances Microwave Oven (Shanghai) Co., Ltd, 888, 898 Longdong Road, Pudong, Shanghai, 201203, China.
Imported by: Panasonic Marketing Europe GmbH
Contact: Panasonic Testing Centre Winsbergring 15, 22525 Hamburg, Germany.

Cookery Advice Line

For **COOKERY ADVICE** call: **01344 862108**

Open Monday to Friday 9am–12pm

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

**the ideas
kitchen**

Visit Panasonic's **The Ideas Kitchen** website for Microwave advice, recipes, cooking tips and offers:

www.theideaskitchen.co.uk



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cook



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