

# Panasonic®

## Operating Instructions and Cookery Book Microwave Oven

Model No: NN-CD545B  
NN-CD575M

Household use only



**Important safety instructions**  
**Please read carefully and keep for future reference**

## Standard Conversion Chart

### Weight

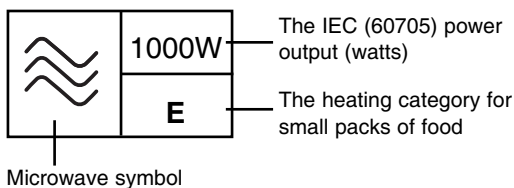
1/2 oz	–	15g
1oz	–	25g
2oz	–	50g
3oz	–	75g
4oz	–	100g
5oz	–	150g
6oz	–	175g
7oz	–	200g
8oz	–	225g
9oz	–	250g
10oz	–	275g
11oz	–	300g
12oz	–	350g
13oz	–	375g
14oz	–	400g
15oz	–	425g
1lb/16oz	–	450g

### Capacity

1/2tsp	–	3ml
1tsp	–	5ml
1tbsp	–	15ml
1/4pt	–	150ml
1/2pt	–	300ml
3/4pt	–	450ml
1pt	–	600ml
13/4pt	–	1 litre

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

### Important Notice



Your oven is rated 1000 Watts (IEC). When using other cookbooks remember to adjust cooking times accordingly. The symbol above, 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.

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

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



**Customer Communications Centre 0344 844 3899**

### Selected Spares and Accessories:

Order direct on line at [www.panasonic.co.uk](http://www.panasonic.co.uk) or by telephoning the Customer Communications Centre number above.

Alternatively visit our web site at [www.theideaskitchen.co.uk](http://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! Liquids and other foods must not be heated in sealed containers since they are liable to explode.
- Warning! Do not place this oven near an electric or gas cooker range.

- **Warning!** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

### **For Countertop use:**

- The oven must be placed on a flat, stable surface 85 cm above the floor, with rear of oven placed against a back wall. For proper operation the oven must have sufficient air flow, i.e. 5 cm at one side, the other being open; 15 cm clear over the top; 10 cm 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 pad and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at fuse or circuit breaker panel.
- 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.
- This appliance is intended to be used in household applications only.

- 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.**
- When using the GRILL, COMBINATION or Convection mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned occasionally, it may start to “smoke” during use.

- 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.
- Warning! The accessible parts may become hot in grill, combination, convection use. Young children should be kept away. Children should only use the oven under adult supervision due to the temperatures generated.
- This oven is intended for counter-top use only. It is not intended for Built-in use or for use inside a cupboard.
- A steam cleaner is not to be used for cleaning.
- Do not use harsh, abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
- Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during GRILL, COMBINATION or Convection, take care when opening or closing the door

and when inserting or removing food and accessories.

- This appliance is not intended to be operated by means of an external timer or separate remote-control system.
- Only use utensils that are suitable for use in microwave ovens.
- The microwave oven is intended for heating food and beverages only. Drying of food, newspapers or clothing and heating of warming pads, slippers, sponges, damp cloth, wheat bags, hot water bottles and similar may lead to risk of injury, ignition or fire.
- Take care when heating foods low in moisture, e.g. bread items, chocolate, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long. We do not recommend heating foods low in moisture such as popcorn or poppodums.



- The oven has two grill heaters situated in the top of the oven and a convection heater situated in the top of the oven. After using the GRILL, CONVECTION and COMBINATION functions, care should be taken to avoid touching the inside surfaces of the oven as these will be very hot. Care should be taken to avoid the heating element inside the oven. To prevent burns, care should be taken to avoid touching the inside surfaces of the oven.
- The oven lamp must be replaced by a service technician trained by the manufacturer. DO NOT attempt to remove the outer casing from the oven.

# Welcome to Panasonic microwave cooking\*

Thank you for purchasing a Panasonic microwave oven.

Even if this is not your first microwave oven, do please read the opening chapters of this cookbook to achieve perfect results every time.



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

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


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

write to the address below, or contact us on-line at [test.kitchen@panasonic.co.uk](mailto:test.kitchen@panasonic.co.uk) Alternatively visit our website at [www.theideaskitchen.co.uk](http://www.theideaskitchen.co.uk)

Home Appliance Innovation Centre  
Panasonic Consumer Electronics U.K.  
Willoughby Road  
Bracknell  
Berks  
RG12 8FP



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

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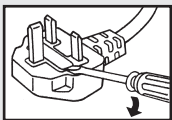
## Important safety instructions

Please read carefully and keep for future reference.

This appliance is supplied with a moulded three pin mains plug for your safety and convenience. A 13 amp fuse is fitted in this plug. Should the fuse need to be replaced, please ensure that the replacement fuse has a rating of 13 amps and that it is approved by ASTA or BSI to BS1362. Check for the ASTA mark  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.
3. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
4. During and after cooking, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.
5. To prevent burns, take care of hot surfaces which may exist from the cooking process.

### Storage of accessories

6. Do not store any objects other than oven accessories inside the oven in case it is accidentally turned on.

### Exterior oven surfaces

7. Exterior oven surfaces, including air vents on the rear and bottom of the cabinet and the oven door will get hot during GRILL, CONVECTION and COMBINATION modes. Take care when opening or closing the door and when inserting or removing food and accessories.

### Heater

8. The oven has two grill heaters situated in the top of the oven and a convection heater situated in the top of the oven. After using the GRILL, CONVECTION and COMBINATION functions, the inside surfaces of the oven will be very hot. Care should be taken to avoid touching the heating elements inside the oven.

### ■ Caution! Hot surfaces



After cooking by these modes, the oven accessories will be very hot.

9. Before using GRILL, CONVECTION or COMBINATION function for the first time operate the oven without food and accessories on CONVECTION 220 °C for 5 mins. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated completely empty.

### ■ Caution!

Grill element and oven will be hot. **DO NOT OPERATE THE OVEN EMPTY** apart from point 9 above. The appliance must not be operated by MICROWAVE or Combination including microwave **WITHOUT FOOD IN THE OVEN**. Operation when empty will damage the appliance.

The accessible parts may become hot in combination use. Young children less than 8 years of age should be kept away. Children should only use the oven under adult supervision due to the temperatures generated.

## Unpacking your oven

### 1. Examine your oven

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

### 2. Guarantee

Your receipt is your guarantee, please keep it in a safe place.

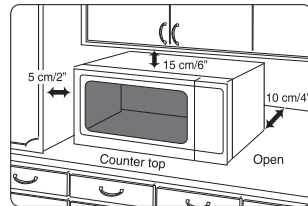
### 3. Cord

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.

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

## Placement of your oven

1. This oven is suitable for countertop use only. It is not suitable for built-in use or use within a cupboard.
2. The oven must be placed on a flat, stable surface 850 mm above the floor, with rear of oven placed against a back wall. For proper operation the oven must have sufficient air flow, i.e. 5 cm at one side, the other being open; 15 cm clear over the top; 10 cm at the rear.
3. 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.
4. Do not block air vents on the rear and bottom or top of the cabinet. Do not place any articles on the top of the oven over the vents. If air vents are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable with blank display until it has cooled.
5. This appliance is intended to be used in household applications only.



## Caution: Hot surfaces

### 1. Hot surfaces

Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during CONVECTION, COMBINATION and GRILLING. Use care when opening or closing door and when inserting or removing food and accessories. The oven has a heater situated in the top of the oven. After using the CONVECTION, COMBINATION and GRILL functions the roof and walls will be very hot.

2. Children should be kept away from the oven at all times and should only be allowed to operate the oven under supervision. Ensure that children do not touch the hot outer casing after operation of the oven.
3. When the appliance is used in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.

## Before using your oven

1. In the case of electronic failure, the oven can only be turned off at wall socket.
2. 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.
3. **Storage of accessories**  
Do not store any objects other than oven accessories inside the oven in case it is accidentally turned on.
4. **Before use**  
Before using CONVECTION, COMBINATION or GRILL function for the first time operate the oven without food and accessories (including glass turntable and roller ring) on Convection 220 °C for 5 mins. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated empty.
5. This appliance is not intended to be operated by means of an external timer or separate remote-controlled system.
6. 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.

**CAUTION: All inside surfaces of the oven will be hot.**

**DO NOT OPERATE THE OVEN EMPTY. (Apart from in point 4 above).**

**The appliance must not be operated by MICROWAVE or COMBINATION WITHOUT FOOD IN THE OVEN. Operation when empty will damage the appliance.**

## Care & cleaning of your microwave oven - IMPORTANT

**It is essential for the safe operation of the oven that it is kept clean, and wiped out after each use. 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. **After using CONVECTION, GRILL or COMBINATION cooking** the walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by CONVECTION, GRILL or COMBINATION. Stubborn spots inside the oven can be removed by using a small amount of branded conventional oven-cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. Avoid the microwave feed guide area and the door. **DO NOT SPRAY DIRECTLY INSIDE THE OVEN.**
4. The **outside oven surface** should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
5. If the **control panel** becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the Control Panel. When cleaning the Control Panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning touch STOP/CANCEL Pad to clear display window.
6. **If steam accumulates** inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.
7. It is occasionally necessary to remove the **glass turntable** for cleaning. Wash the turntable in warm soapy water. Do not place in the dishwasher.
8. The **roller ring and oven cavity floor** should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven, particularly the turntable spindle and the area surrounding this, with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. Vapours may cause corrosion. After removing the roller ring from cavity floor for cleaning, be sure to replace it in the proper position.
9. **When GRILLING or cooking by COMBINATION or CONVECTION** some foods may splatter grease onto the oven walls. If the oven is not cleaned to eliminate this grease, it can accumulate and cause the oven to 'SMOKE' during use. These marks will be more difficult to clean later.
10. A steam cleaner is not to be used for cleaning.
11. Keep air vents clean 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 appliance. If air vents become blocked this could cause overheating which would affect the operation of the oven and possibly result in a hazardous situation.
12. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.



# Maintenance of your oven

## 1. Service

WHEN YOUR OVEN REQUIRES A SERVICE call your local Panasonic engineer (Customer Communication Centre on **0344 844 3899** who can recommend an engineer). It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

## 2. Door seals

Do not attempt to tamper with or make any adjustments or repairs to door, control panel housing, safety interlock switches or any other part of the oven. Do not remove outer panel from oven.

The door seals and door seal areas should always be kept clean – use a damp cloth.

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

## 3. Oven light

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

## 4. Selected spares and accessories

These may be ordered direct; on line at [www.panasonic.co.uk](http://www.panasonic.co.uk) or by telephoning the Customer Communication Centre **0344 844 3899**. Most major credit and debit cards accepted. Ensure you quote the correct model number.

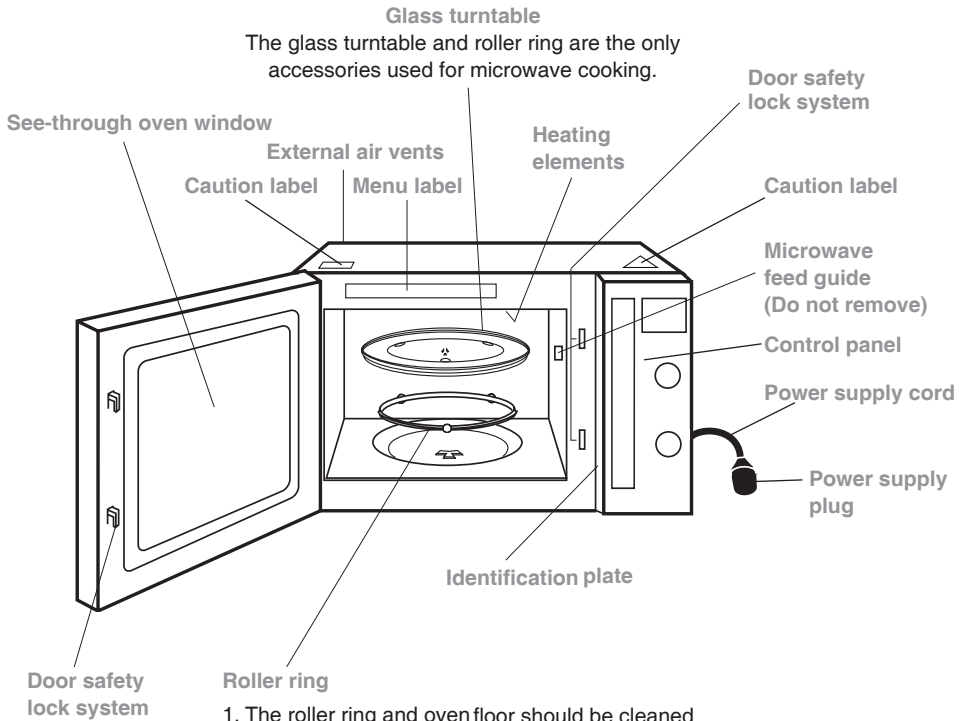




## Parts of your oven

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 on microwave only.
5. If food or utensil on glass turntable touches oven walls, causing the turntable to stop moving, it will automatically rotate in the opposite direction. This is normal. Open oven door, reposition the food and restart.
6. The glass turntable can rotate in either direction. The maximum weight that can be placed on the turntable is 4 kg (8 lb 14 oz) (this includes total weight of food and dish.)
7. While cooking by MICROWAVE or COMBINATION, turntable may vibrate. This will not affect cooking performance.
8. The metal accessories provided must ONLY be used as directed for GRILLING, CONVECTION and COMBINATION cooking. Never use them on MICROWAVE only. Do not use if operating the oven with less than 200 g (7 oz) of food on a manual COMBINATION program. FAILURE TO USE ACCESSORIES CORRECTLY COULD DAMAGE YOUR OVEN.
9. Arcing may occur if the incorrect weight of food is used, a metal container has been used incorrectly, or the accessories have been damaged. If this occurs, stop the machine immediately. You can continue to cook by GRILL OR CONVECTION ONLY.
10. Always refer to instructions for correct accessories to use on all programs. The glass turntable and roller ring are the only accessories used for MICROWAVE cooking. For CONVECTION and COMBINATION cooking the Enamel tray must ALWAYS be in place on the glass turntable.

# Parts of your oven



**Glass turntable**  
The glass turntable and roller ring are the only accessories used for microwave cooking.

- Roller ring**
1. The roller ring and oven floor should be cleaned frequently to prevent excessive noise.
  2. The roller ring must always be used together with the glass turntable for cooking.



Wire rack



Enamel tray



Panacrunch Pan



Panacrunch Pan handle

**Note:** 1. This illustration is for reference only.  
2. Panacrunch Pan - See page 37.



## Important information – read carefully

### Safety

If smoke is emitted or a fire occurs in the oven, press Stop/Cancel pad and leave the door closed in order to stifle any flames.

Disconnect the power cord, or shut off power at the fuse or the circuit breaker panel.

### Short cooking times

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

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

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

### Important.

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

#### 1. Small quantities of food.

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

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

#### 2. Foods low in moisture.

The microwave oven is intended for heating food and beverages only. Drying of food, newspapers or clothing and heating of warming pads, slippers, sponges, damp cloth, wheat bags, hot water bottles and similar may lead to risk of injury, ignition or fire.

Take care when heating foods low in moisture, e.g. bread items, chocolate, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long. We do not recommend heating foods low in moisture such as popcorn or poppodums.

#### 3. Christmas pudding.

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

#### 4. Boiled eggs.

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



## Important Information – read carefully

### 5. Foods with skins.

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

### 6. Liquids.

Warning! Liquids and other foods must not be heated in sealed containers since they are liable to explode. When heating liquids, eg soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:

- 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.

### 7. Lids.

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

### 8. Deep fat frying.

Do not attempt to deep fat fry in your oven.

### 9. Meat thermometer.

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

### 10. Paper, plastic.

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

### 11. Reheating.

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

Remove the food from the oven and check that it is "piping hot", 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 72°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.

## Important information – read carefully

### 12. 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. See page 21.

### 13. Keeping your oven clean.

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

### 14. Grilling.

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

### 15. Fan motor operation.

After using the microwave oven, the fan motor may operate to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time.

### 16. Containers.

Before use check that utensils/containers are suitable for use in microwave ovens. See page 23-24.

### 17. Babies bottles and food jars.

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

### 18. Arcing

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

You can continue to cook by GRILL OR CONVECTION ONLY.

### 19. Maximum weight on turntable

The maximum weight that can be placed on the turntable is 4 kg (8 lb 14 oz ) (this includes total weight of food and dish.)

# Microwaving principles

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

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

## How Microwaves cook food

### Reflection

The microwaves bounce off the metal walls and the metal door screen. In a microwave oven, electricity is converted into microwaves by the MAGNETRON.

### 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.

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 when microwaving, oven gloves are required!

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

### Foods not suitable for cooking by microwave only

Yorkshire puddings, souffles, double crust pastry pies.

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.

### Boiled eggs

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

### Standing time

When a microwave oven is switched off, the food will continue to cook by conduction – NOT BY MICROWAVE ENERGY. Hence STANDING TIME is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals (Refer to page 21).

## 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 through the food.

#### ■ Jacket potatoes

Wrapped in aluminium foil when cooked by microwave only. It is not necessary to stand jacket potatoes cooked in COMBINATION mode.

Stand for 15 mins.

#### ■ Fish

Stand for 2-3 mins.

#### ■ Egg dishes

Stand for 1-2 mins.

#### ■ Precooked convenience food

Stand for 2-3 mins.

#### ■ Meat joints

Stand 15 mins wrapped in aluminium foil.

#### ■ Plated meals

Stand for 2-3 mins.

#### ■ Vegetables

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

#### ■ Defrosting

It is essential to allow standing time to complete the process. This can vary from 5 mins e.g. raspberries, to up to 1 hour for a joint of meat. See page 33.

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



### Moisture content

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



### 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.**



### Cling film

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

## 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. Please refer to cooking charts and recipes for more information.



### Arranging

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



### Ingredients

Foods containing fat, sugar or salt heat up very quickly. The filling may be much hotter than the pastry. Take care when eating. **DO NOT** overheat even if the pastry does not appear to be very hot.



### 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. Stubborn spots of food can be removed by using a branded oven cleaner, sprayed onto a soft cloth. Always wipe the oven dry after cleaning. Avoid any plastic parts and door area. Customers should not spray directly into the cavity. The catalytic lining at the back and top of the oven cavity is self-cleaning. See page 13 point 3.



## Containers to use



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

Testing dishes for suitability - For microwave cooking only.

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

1. Fill a microwave safe measuring jug with 300 ml (½ pt) cold water.
2. Place it on the base of the oven along side 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, Convection or Combination 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. If dishes are heat resistant they may be used on Convection and Combination but not directly under the Grill.



### 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. Foil and metal containers can be used on grill, convection and grill + convection modes and may be used with care during certain combination cooking as long as they are not damaged or dented.

## 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. If heatproof they can be used for

Convection or Combination cooking.  
**DO NOT USE UNDER THE GRILL.**



### Paper

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

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

Avoid kitchen paper containing manmade fibres.

If you are using branded re-cycled kitchen towel, check first that it is recommended for microwave use. Do not use waxed or plastic coated cups or plates as the finish may melt. Greaseproof paper can be used to line the base of dishes and to cover when blind baking pastry cases. White paper plates can be used for **SHORT REHEATING TIMES**, on Microwave only.



### Wicker, wood, straw baskets

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



### Cling film

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



### Aluminium foil

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

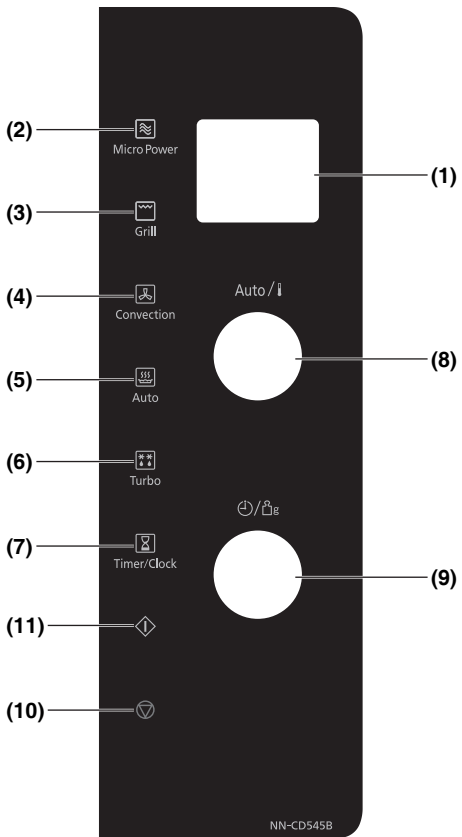


### Roasting bags

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, Combination or Turbo-cook.

# Control Panel

## NN-CD545B / NN-CD575M\*



- (1) **Display window**
- (2) **Microwave Power Pad**
- (3) **Grill Power Pad**
- (4) **Convection Power Pad**
- (5) **Auto Weight Programs Pad**
- (6) **Auto Defrost Pad**
- (7) **Timer/Clock Pad**  
This can be used to delay a cooking program for up to 9 hrs. or used as a timer or for a standing (non-cooking) time.
- (8) **Auto menu/ temperature/ microwave wattage/ Grill Level/ selector dial.**
- (9) **Time/Weight Dial**
- (10) **Stop/Cancel Pad:**  
**Before cooking:** one press clears your instructions.  
**During cooking:** one press temporarily stops the cooking program. Another press cancels all your instructions and the time of day or colon will appear in the display.
- (11) **Start Button:**  
Press to start operating the oven. If during cooking the door is opened or Stop/Cancel Pad is pressed once, Start Pad has to be pressed again to continue cooking.

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

### N.B:

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

### Operation guide setting

To assist you in programming your oven, the following operation will appear in the display window by pressing Timer/Clock four times. When you become familiar with your oven, the operation guide can be turned off by pressing Timer/Clock four times.

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

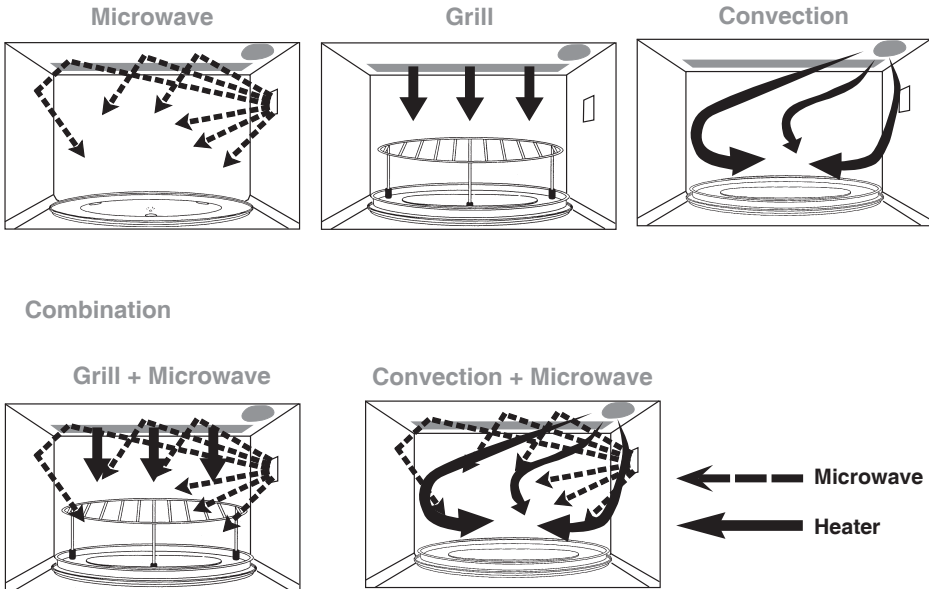
## Oven Accessories

The following chart shows correct use of the accessories in the oven.

	Glass Tray	Enamel Tray	Wire Rack	Panacrunch
<b>Microwave</b>	YES	NO	NO	NO
<b>Grill</b>	YES	YES	YES	YES
<b>Convection</b>	YES	YES	YES	YES
<b>Combination</b>	YES	YES	YES	YES

## Cooking Modes

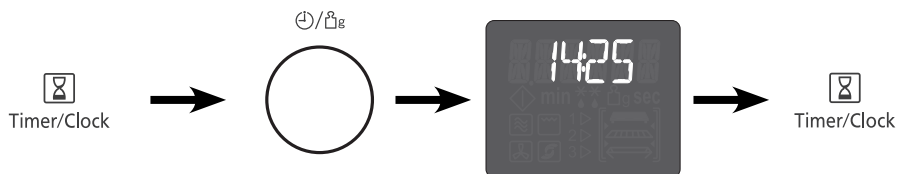
The diagrams shown below are examples of the accessories. It may vary depending on recipe/dish used. Further information can be found in the Cookbook.



# Controls and Operation Procedure

## Clock Setting:

### **Example: To set 14:25**



- **Press Timer/Clock Pad twice.**  
The colon starts to blink.
- **Enter the time by turning the Time/Weight Dial clockwise.**  
The time appears in the display and the colon blinks.
- **Press Timer/Clock Pad once.**  
The colon stops blinking and the time of day is entered.

## Note:

1. To reset the time of day repeat all the above steps.
2. The time of day is displayed, unless the power supply is interrupted.
3. This clock has a 24 hour display.

## 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:**  **x 3**

**To Cancel:**  **x 3**

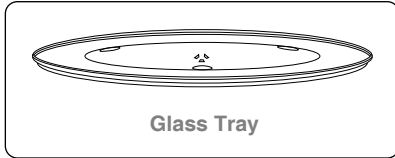
- **Press Start Pad three times.**  
The time of day will disappear. Actual time will not be lost. A "LOCK" is indicated in the display.
- **Press Stop/Cancel Pad three times.**  
The time of day will reappear in the display.

**NOTE:** To activate child lock, start pad must be pressed 3 times within a 10 second period.

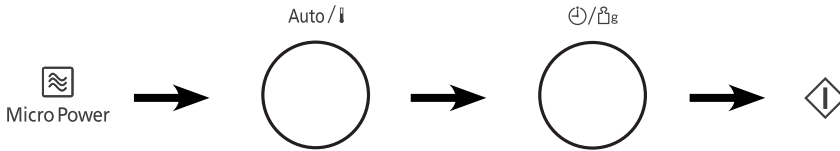
# Microwave Cooking and Defrost

There are 6 different microwave power levels available. The chart below shows the approximate wattage for each power level.

## Accessory to use:



Power Level	Wattage
HIGH	1000 W
DEFROST	270 W
MEDIUM	600 W
LOW	440 W
SIMMER	250 W
WARM	100 W



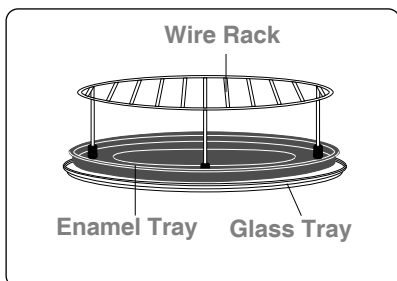
- **Select Microwave power cooking mode.**
- **Select Microwave power level by turning the Auto Menu/ Temperature Dial. The Microwave power level appears in the display.**
- **Set the cooking time using the Time/Weight Dial.**  
(30 minutes max power, up to 90 minutes other powers)
- **Press Start Pad.**

### Note:

1. For 2 or 3 stage cooking, before pressing Start Pad, repeat setting the Microwave power level and cooking time.  
e.g. Casserole — HIGH (1000 W) 10 minutes to bring the casserole to boil. SIMMER (250 W) 60 mins. to cook. WARM (100 W) 10 minutes to allow flavours to develop.
2. Stand time can be programmed after the Microwave power and time setting.
3. You can add to the cooking time during cooking, if required. Turn Time/Weight Dial to increase the cooking time. (Time can be added in 1 minute increments up to maximum time of 10 minutes can be added, only in the case of one stage cooking.)
4. After pressing Start Pad, the selected micro power level can be recalled and changed. Press Micro Power Pad once to indicate the micro power level in the display window. While the level is recalled, you can change it by turning the Auto/Temperature Dial.

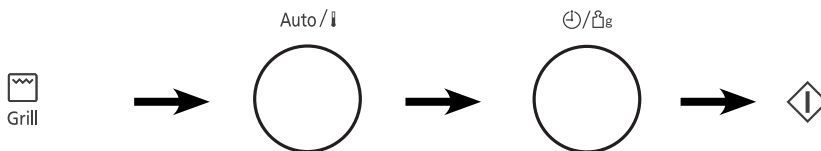
# Grilling

Accessory to use:



The Grill provides 3 Grill settings.

Power Level	Wattage
1 HIGH	1300 W
2 MEDIUM	950 W
3 LOW	700 W



- Press Grill Power Pad for the Grill cooking mode.
- Select Grill Power level by turning the Auto Menu/ Temperature Dial. The grill level appears in the display. Grill level is preset to Grill 1 (High). Rotate the Auto Menu/Temperature Dial anti-clockwise for Grill 2 (Medium) and again anti-clockwise for Grill 3 (Low).
- Set the cooking time using the Time/Weight Dial (up to 90 minutes).
- Press Start Pad.

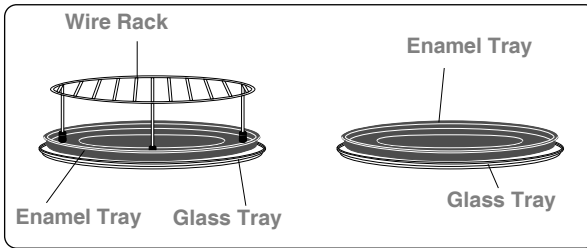
## Note:

1. The Grill will only operate with the oven door closed.
2. The Grill cannot be preheated.
3. You can add to the cooking time during cooking, if required. Turn Time/Weight Dial to increase the cooking time. A maximum time of 10 minutes can be added.
4. After pressing Start Pad, the selected grill level can be recalled and changed. Press Grill Pad once to indicate the grill level in the display window. While the level is recalled, you can change it by turning the Auto/Temperature Dial.

# Convection Cooking

This feature offers a choice of convection temperatures 100 - 220°C in 10°C increments. For quick selection of the most commonly used cooking temperatures, the temperatures start at 150°C and count up to 220°C by rotating the dial clockwise and count down to 100°C by rotating the dial anti-clockwise.

## Accessories to use:

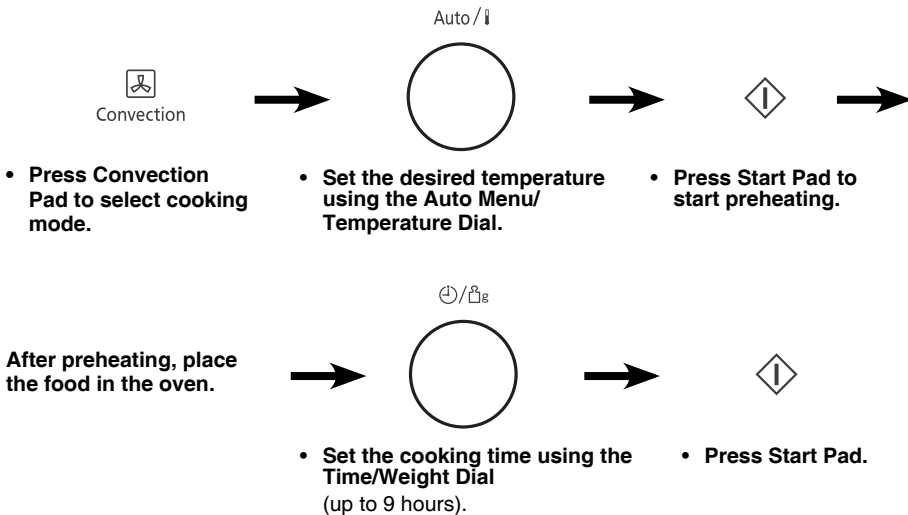


**ALWAYS USE OVEN GLOVES WHEN REMOVING THE FOOD AND ACCESSORIES AFTER COOKING AS THE OVEN & ACCESSORIES WILL BE VERY HOT.**

## Note on preheating

1. Do not open door during preheating. After preheating 3 beeps will be heard and "P" will flash in display window. If oven door is not opened after preheating, oven will maintain the selected temperature. After 30 minutes, oven will shut off automatically and display "OPEN DOOR".
2. If you want to cook without preheating, after selecting the desired temperature, set the cooking time then press Start Pad.

## Cooking by Convection:



## Note:

1. When the selected cooking time is less than one hour, the time counts down second by second.
2. When the selected cooking time is over one hour, the time counts down minute by minute until only "1H 00" (1 hour) remains. The display then indicates minutes and seconds and counts down second by second.
3. You can add to the cooking time during cooking, if required. Turn the Time/Weight Dial to increase the cooking time. (Time can be added in 1 minute increments up to maximum time of 10 minutes can be added, only in the case of one stage cooking.)
4. After pressing Start Pad, the selected temperature can be recalled and changed. Press Convection Pad once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature by turning the Auto Menu/ Temperature Dial.

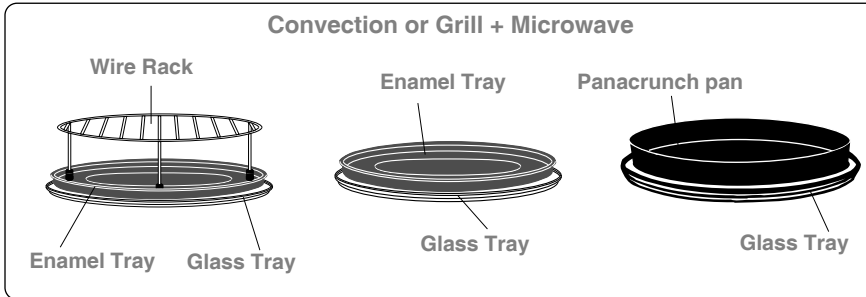


# Combination Cooking

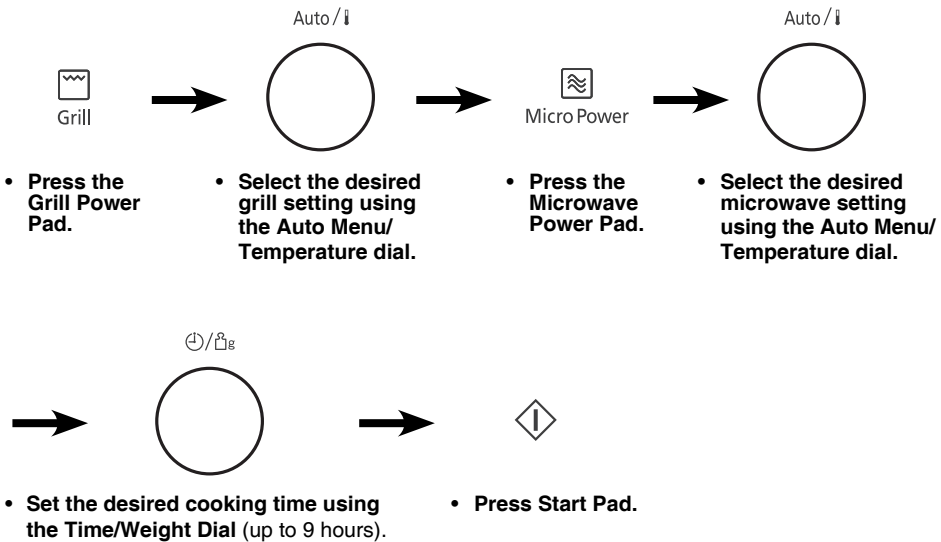
There are 2 combination settings:

- 1) Grill 1, 2 or 3 + Microwave MEDIUM, LOW, SIMMER or WARM
- 2) Convection 100 - 220°C + Microwave MEDIUM, LOW, SIMMER or WARM

**Accessories to use:**

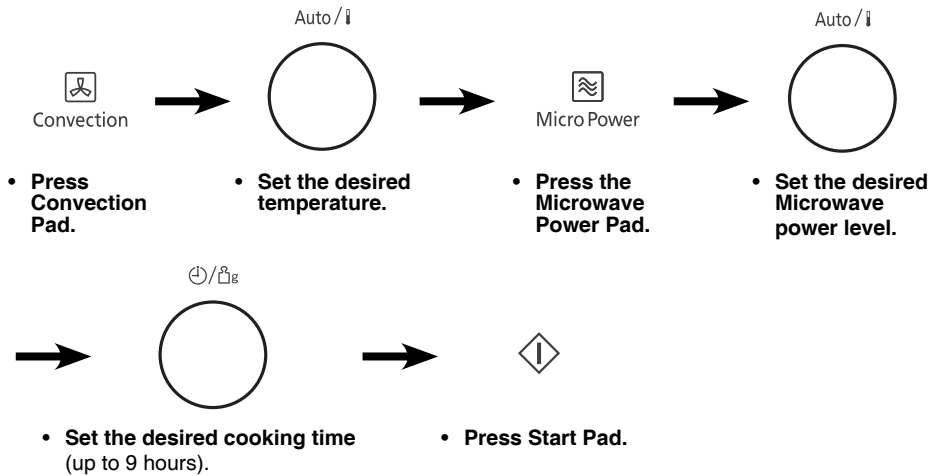


## 1) Grill + Microwave



# Combination Cooking

## 2) Convection + Microwave

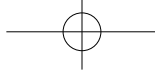


### Note on preheating:

1. When using Grill + Microwave mode, preheat is not available.
2. When using Convection + Microwave, the oven can be preheated. Press Start Pad after selecting Microwave power level or Convection temperature. No microwaves are emitted during combination preheating.

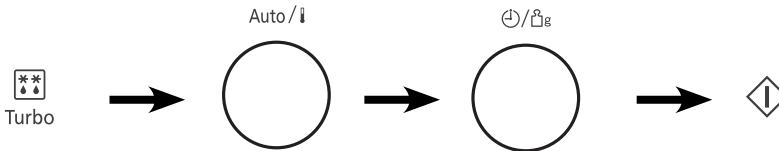
### Note:

1. When the selected cooking time is less than one hour, the time counts down second by second.
2. When the selected cooking time is over one hour, the time counts down minute by minute until only "1H 00" (1 hour) remains. The display then indicates minutes and seconds and counts down second by second.
3. You can add to the cooking time during cooking, if required. Turn the Time/Weight dial to increase the cooking time. (Time can be added in 1 minute increments up to maximum time of 10 minutes can be added, only in the case of one stage cooking.)
4. After pressing Start Pad, the selected temperature can be recalled and changed. Press Convection Pad once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature by turning the Auto Menu/Temperature Dial. The grill and microwave levels can not be changed during combination cooking operation.



# Auto Defrost

With this feature you can defrost frozen foods according to the weight. Select the category and set the weight of the food. The weight is programmed in grams. For quick selection, the weight starts from the most commonly used weight for each category.



- Press the **Auto Defrost Program Pad.**
- Turn the **Auto Menu/Temperature dial** to select the desired **Auto Defrost Program.**
- Set the **weight of the frozen food** by using the **Time/Weight Dial.**
- Press **Start Pad.** The display reminds you which **accessory to use** and which **cooking modes** are in use.

Program Number	Word Prompt	Recommended Weight	Accessories	Suitable Foods
* 1	SMALL PIECES **	120 - 1550 g		<b>Small pieces of meat, escallop, sausages, fish fillets, steaks, chops</b> (each 100 g to 400 g). Turn at beeps.
* 2	BIG PIECE **	400 - 2500 g		<b>Big pieces of meat, roast, whole chicken.</b> Turn at beeps.
* 3	BREAD **	70 - 500 g		<b>For reheating frozen bread, rolls and croissants.</b> Remove all packaging and place on <b>Wire Rack on Enamel Tray on Glass Tray.</b> Turn at beeps.

### Note on Program 3

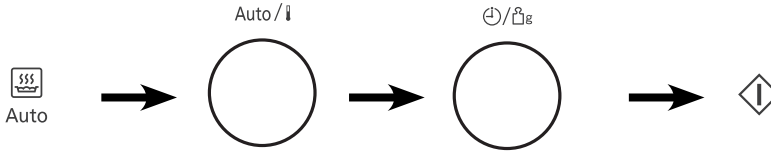
Take care when removing bread and rolls from the oven. The oven and accessories will get hot during/after defrosting.

### Note:

1. When defrosting time is over 60 minutes the time will appear in Hours and Minutes.
2. The shape and size of the food will determine the maximum weight the oven can accommodate.
3. For further information see defrosting guidelines in cookbook.

# Auto Weight Programs

This feature allows you to cook most of your favourite foods by setting the weight only. The oven determines Microwave power level, Grill power, Convection temperature and cooking time automatically. Select the category and set the weight of the food. The weight is programmed in grams. For quick selection, the weight starts from the most commonly used weight for each category.

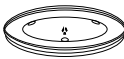





- **Press the Auto Weight Program Pad.**
- **Turn the Auto Menu/Temperature dial to select the desired program.**
- **Set the weight of food by using the Time/Weight dial.**
- **Press Start Pad. The display reminds you which accessory to use and which cooking modes are in use.**

## Note:

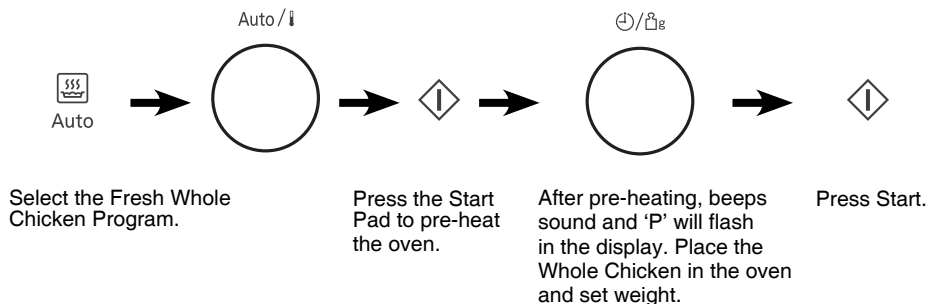
1. When cooking time is over 60 minutes, the time will appear as Hours and Minutes.
2. Follow the charts overleaf for the recommended weight and accessories to be used.

## Auto Weight Programs





Program Number	Category	Word Prompt	Recommended Weight	Accessories	Instructions
4	Cook Fresh Vegetables	FRESH VEGETABLES	300 - 1500 g		<b>For cooking fresh vegetables.</b> Place the prepared vegetables in a suitable sized container. Sprinkle with 6 tbsp (90 ml) of water. Cover them lightly with pierced cling film or a lid. Large quantities will require stirring at beep.
5	Cook Baked Potato	BAKED POTATOES	200 - 1500 g		<b>For cooking baked potatoes with a crisp dry skin.</b> Choose medium sized potatoes 180-300 g for best results. Wash and dry potatoes and prick with a fork several times. Place on Enamel tray on glass tray. Turn at beep.
6	Cook Chicken Pieces	CHICKEN PIECES	150 - 1000 g		<b>For cooking fresh chicken pieces.</b> Place breast side down on Wire Rack on Enamel Tray on Glass Tray. Turn at beep.
7	Cook Fresh Whole Chicken	WHOLE CHICKEN	950 - 2000 g		<b>For cooking a whole chicken.</b> Place on Enamel Tray on Glass Tray. Start cooking breast side down and turn at beep. Cook stuffing separately.

### Note:

1. It is necessary to preheat the oven for the Fresh Whole Chicken program.  
Use the following sequence:

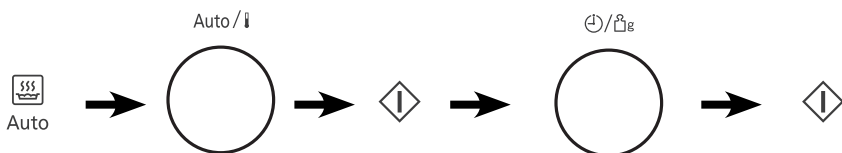


# Auto Weight Programs

Program Number	Category	Word Prompt	Recommended Weight	Accessories	Instructions
8	Frozen Pizza	FROZEN PIZZA * * ● ●	150 - 600 g		<b>For reheating, crisping the base and browning the top of frozen purchased pizza.</b> Remove all packaging and place the pizza in the panacrunch pan.
9	Fresh Pizza	CHILLED PIZZA	150 - 600 g		<b>For reheating, crisping the base and browning the top of fresh purchased pizza.</b> Remove all packaging and place the pizza in the panacrunch pan.
10	Frozen Quiche	FROZEN QUICHE * * ● ●	150 - 550 g		<b>For reheating, crisping the pastry base and browning the top of frozen purchased quiche.</b> Remove all packaging and place the quiche in the panacrunch pan.
11	Fresh Feuilletes	PASTRY ITEMS	100 - 600 g		<b>For reheating, crisping and browning fresh feuilletes (pastry items) e.g. friands, feuilette tresse etc.</b> Remove all packaging and place in the panacrunch pan.

## Note:

- It is necessary to preheat the panacrunch pan for the above programs. Use the following sequence.



Select the required Program and place the panacrunch pan in the oven, directly on the glass tray.

Press the start Pad to pre-heat the panacrunch pan.

After pre-heating, beeps sound and 'P' will flash in the display. Place the food in the pan, set weight.

Press Start.

# Panacrunch Pan

## The 'concept'

Some foods cooked by microwave can have soft and soggy crusts. Your panacrunch pan accessory will brown and crisp pizzas, quiches, pies, breaded products. Your Panasonic panacrunch pan works in three ways: heating the pan by absorbing microwaves, heating the food directly by microwaves and heating the food by Grill/Convection. The base of the pan absorbs the microwaves and transfers them into heat. Then the heat is conducted through the pan to the food. The heating effect is maximised by the non-stick surface.

## Using the panacrunch pan (Manual operation)

- For best results, pre-heat the pan before using. Place directly on the glass tray and pre-heat on Combination Grill 1 + MEDIUM (600 W) for 3 minutes. To assist browning, brush the pan with oil before preheating for items such as sausages and beefburgers.
- Remove the pan from the oven and place the food in the pan. Use the panacrunch pan handle or oven gloves as the pan will be very hot. For best results, it is important that the food is placed on the pan immediately after pre-heating. Performance cannot be guaranteed with a time delay.
- Place the pan on the glass tray and cook according to the guidelines shown in the cooking chart in the cookbook.

## Notes:

1. Do not pre-heat the pan more than 8 minutes.
2. Always place the pan in the centre of the glass tray and ensure it does not touch the wall of the oven cavity. Failure to do so may cause sparking which would damage the cavity.
3. Always use the pan on the glass tray. Do not use with the wire rack.
4. Always use the panacrunch pan handle or oven gloves when handling the hot pan.
5. Ensure all food packaging is removed before cooking.
6. Do not place any heat-sensitive materials on the hot pan as this may cause burning.
7. The pan can be used in a conventional oven.
8. For best results, use the pan in COMBINATION GRILL/CONVECTION and MICROWAVE.

## Care of the pan

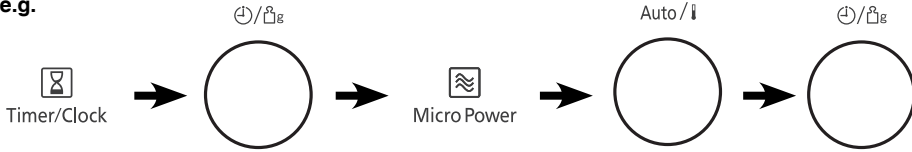
- Never use any sharp utensils on the pan as this will damage the non-stick surface.
- After use, wash the pan in hot soapy water and rinse in hot water. Do not use any abrasive cleaning substances or scouring pads as this will damage the surface of the pan.
- The pan is dishwasher safe.



# Delay Start Cooking

By using Timer/Clock Pad, you are able to program Delay Start cooking.

e.g.



- Press Timer/Clock Pad once.
- Set the delay time by turning Time/Weight Dial (up to 9 hours).
- Set the desired cooking program and cooking time.

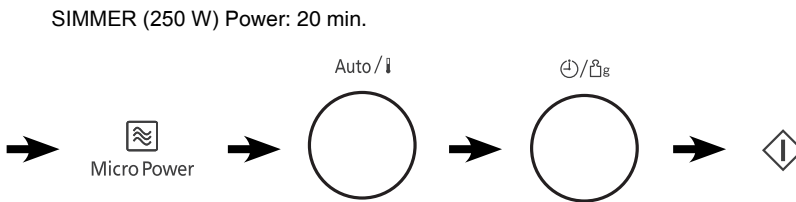
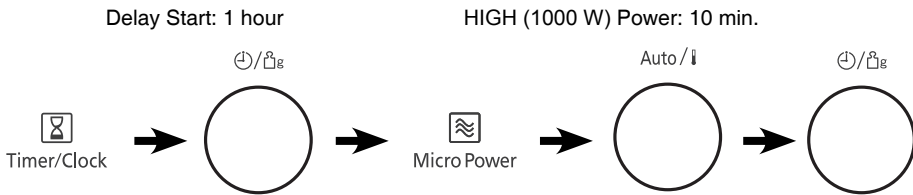


- Press Start Pad.

## Note:

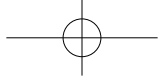
1. Three stage cooking can be programmed including Delay Start cooking.

e.g.



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 any Auto Programs.

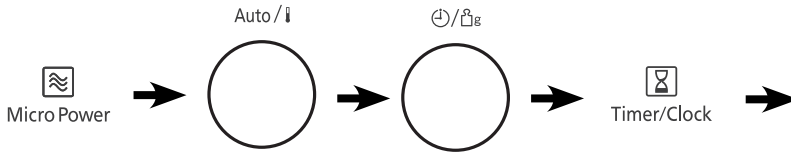




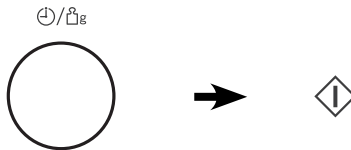
# Stand Time

By using Timer/Clock Pad, you can program Stand Time after cooking is completed or use to program the oven as a minute timer.

**e.g.**



- Set the desired cooking program and cooking time.
- Press Timer/Clock Pad once.



- Set desired amount of time by turning the Time/Weight dial (up to 9 hours).
- Press Start Pad.

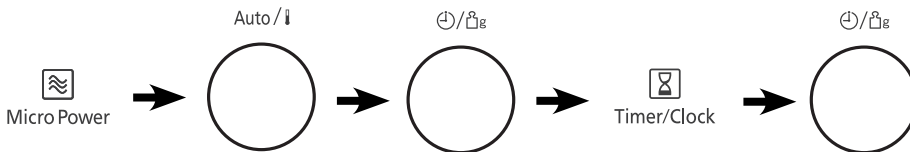
## Note:

1. Three stage cooking can be programmed including Stand Time.

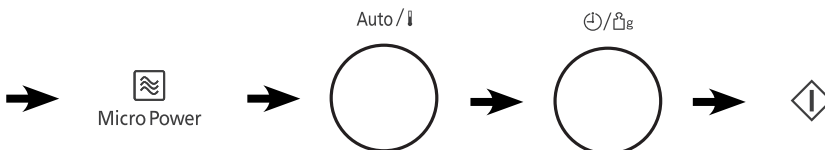
**e.g.**

HIGH (1000 W) Power: 4 min.

Stand Time: 5 min.



HIGH (1000 W) Power: 2 min.



2. If the oven door is opened during the Stand Time or Minute Timer, the time in the display window will continue to count down.
3. This feature may also be used as a timer. In this case press Timer/Clock Pad, set time and press Start Pad.

## Increasing and decreasing recipes

### Increasing recipes

- To increase a recipe from 4 to 6 servings, increase each ingredient listed by half. To double the quantity, simply double every ingredient listed.
- Do not forget that large quantities will require a larger dish. Make sure that it is deep enough to prevent the recipe from boiling over during cooking.
- Cover as directed in the recipe. Stir or rearrange foods as recommended.
- Increase the stand times by 5 mins. per lb.
- Always check the recipe during cooking.
- When increasing the ingredients to 6 servings, add an extra one third of the original cooking time, i.e. 30 mins. on MEDIUM power for 4 servings will become 40 mins. on MEDIUM power for 6 servings.
- When doubling a recipe from 4 to 8 add on half the original cooking time, i.e. 30 mins. on MEDIUM power for 4 servings will become 45 mins. on MEDIUM power for 8 servings.

### Decreasing recipes

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

## Using recipes from other books

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

Many cookbooks refer to 650W ovens, however since 1990 oven output powers have been set by a new standard (IEC). When using other cookbooks, the 1000 W output power of your oven must be allowed for. Use the same power level suggested e.g. HIGH or MEDIUM and select the same cooking time suggested, however CHECK the progress of the food during cooking and adjust the time if necessary.

## Cooking for one

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



## Soups and starters

### Ingredients

25 g (1 oz) butter  
 1 medium onion coarsely  
 chopped  
 700 g (1 1/2 lb) carrots  
 thickly sliced  
 1 litre (1 3/4 pints) vegetable  
 stock  
 Grated zest of 1/2 orange  
 90 ml (6 tbsp) orange juice  
 60 ml (4 tbsp) crème fraîche  
 salt and black pepper  
 15 ml (1 tbsp) fresh chives,  
 cut into pieces

### Carrot & orange soup

Serves 4

**Dish 3 litre (6pt) bowl    Oven Accessory: glass turntable**

1. Place the butter and onion in a large bowl. cook on **HIGH** power for 3-4 mins. or until soft.
2. Add the carrots. Cover and cook on **HIGH** power for 8-10 mins. or until the vegetables are softened. Stir halfway.
3. Add stock and orange zest. Cover and cook on **HIGH** power for 5 mins. the **LOW** power for 15 mins. or until the carrots are soft.
4. Place the liquidiser and puree until smooth.
5. Return puree to the bowl and add orange juice. Stir in the crème fraîche and season to taste. Cover and cook on **MEDIUM** power for 3-4 mins. or until piping hot.
6. Garnish with fresh chives.

### Ingredients

15 ml (1 tbsp) olive oil  
 1 medium onion, coarsely  
 chopped  
 2 cloves garlic, crushed  
 700 g (1 1/2 lb) sweet  
 potatoes, peeled and  
 chopped  
 1 large red pepper,  
 deseeded and chopped  
 725 ml (1 1/4 pints) vegetable  
 stock  
 150 ml (1/4 pt) coconut milk  
 salt and pepper

### Sweet potato soup

Serves 4

**Dish: 3 litre (6pt) bowl    Oven accessory: glass turntable**

1. Place the oil, onion and garlic in a large bowl. Place on base of oven and cook on **MEDIUM** power for 3 minutes, on until soft.
2. Add the potato and pepper and cook on **MEDIUM** power for 5 mins. Add stock, cover and cook **MEDIUM** power for 15 mins, or until the potatoes are soft, stirring halfway.
3. Cool. Place in liquidiser and puree until smooth. Stir in the coconut milk and season to taste.
4. Cover and cook on **MEDIUM** power for 3 mins. or until piping hot.





### Ingredients

4 beef tomatoes  
seasoning  
3 ml (½ tsp) dried basil  
4 eggs  
200 g (7 oz) mozzarella  
cheese

## Baked stuffed tomatoes

Serves 4

**Dish:** Shallow heatproof dish

**Oven accessory:** glass turntable + Enamel tray

1. Slice the tops off the tomatoes. Deseed, scoop out the centre and discard.
2. Drain tomatoes upside down on kitchen paper then place tomatoes right way up in heatproof dish.
3. Sprinkle inside with salt and pepper and dried basil.
4. Break in whole egg, and cover the top with slices of mozzarella cheese.
5. Cook in preheated oven on **CONVECTION 190°C + SIMMER** for 20-25 mins. or until browned on top.

### Ingredients

250 g (9 oz) ready made puff  
pastry  
30 ml (2 tbsp) olive oil  
300 g (11 oz) onions peeled  
and sliced  
25 g (1oz) pine nuts  
100 g (4 oz) feta cheese  
crumbled  
50 g (2 oz) pitted black olives  
roughly chopped  
50 g (2 oz) sun-dried  
tomatoes (in oil or  
rehydrated, roughly chopped  
15 g (½ oz) capers  
salt and freshly ground black  
pepper  
fresh oregano sprigs to  
garnish

## Onion and feta cheese tartlets

Serves 6

**Dish:** 3 litre (6 pint) bowl and baking sheet 32x23cm  
(12 ½ x 9 inches)

**Oven accessory:** Enamel tray

1. Roll out the puff pastry and cut into 6 circles each 7.5cm (3 inches) in diameter. Chill pastry for 30 mins.
2. Put oil and onions into large bowl and cook on **HIGH** power for 10-12 mins. or until slightly browned. Cool for 5 minutes.
3. Preheat oven on **CONVECTION 200°C** with Enamel tray and baking sheet.
4. Stir nuts, cheese, olives, sun-dried tomatoes and capers into onion mixture. Season well.
5. Place pastry circles on the baking sheet and prick with a fork.
6. Divide the onion mixture among the pastry circles.
7. Cook on **CONVECTION 220°C** for 10 mins.



**Ingredients**

250 g (9 oz) streaky  
unsmoked bacon, derinded  
225 g (8 oz) pork fillet  
225 g (8 oz) chicken breast  
1 onion, finely chopped  
2 cloves garlic  
100 g (4 oz) pistachio nuts,  
shelled  
15 ml (1 tbsp) green  
peppercorns  
30 ml (2 tbsp) brandy  
5 ml (1 tsp) dried basil  
15 ml (1 tbsp) parsley,  
chopped  
salt and pepper  
1 egg, beaten  
225 g (8 oz) thick slice of  
ham, cut into thin strips

**Pork and chicken terrine**

Serves 4-6

**Dish: 900 g (2 lb) Pyrex® loaf dish****Oven accessory: glass turntable + Enamel tray**

1. Line base and sides of loaf dish with bacon rashers, stretching each rasher slightly with a knife. Reserve 3-4 rashers for top.
2. Chop pork and chicken coarsely in a food processor. Place in bowl. Process onions and garlic coarsely.
3. Mix together meat, onions, garlic, nuts, peppercorns, brandy, basil, parsley, salt and pepper. Bind together with the egg.
4. Spread half the mixture in the dish. Layer ham on top of the mixture and then spread remaining meat mixture on top. Lay reserved bacon on top. Cover with a piece of greaseproof paper.
5. Cook on **Combination: CONVECTION 160°C + WARM** power for 40 mins. or until firm.

**Ingredients**

2 ciabatta rolls  
1 clove garlic, halved  
1 beef tomato  
100 g (4 oz) goats cheese  
8 stoned black olives  
15 ml (1 tbsp) olive oil  
fresh basil, chopped  
pepper

**Goats cheese & basil ciabatta**

Serves 4

**Oven accessory: glass turntable, Enamel tray + wire rack**

1. Halve the rolls, rub each half with garlic and place on the wire rack on Enamel tray. Cook on **GRILL 1** for 3-4 minutes or until lightly toasted.
2. Slice the tomato and goats cheese. Quarter the olives.
3. Top each half with the sliced tomato, crumble the goats cheese and olives. Drizzle with olive oil and place on the wire rack on the Enamel tray. Cook on **GRILL 1** for 5-7 minutes or until the cheese is golden and bubbling.
4. Sprinkle with basil and season with pepper. Serve immediately.

# Fish

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

## When is fish cooked?

Fish is cooked when it flakes easily and becomes opaque.

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



## Whole fish

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

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



## Arranging

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

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



## Liquid

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

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

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

## Noise

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

**Ingredients**

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

**Tuna fish cakes**

Serves 4

**Oven accessory: glass turntable + Enamel tray + wire rack**

1. Cook potatoes with 45 ml (3 tbsp) water, covered on **HIGH** power for 6-8 mins. or until cooked. Drain.
2. Place butter and onion in a bowl, cover and cook on **HIGH** power for 4 mins. or until soft. Add potatoes and mash.
3. Stir in tuna, hard boiled egg, parsley and lemon juice, season well.
4. Shape into 8 cakes and coat in beaten egg and breadcrumbs.
5. Place on Enamel tray on wire rack and cook on **Combination: CONVECTION 220°C + WARM** power for 12-15 mins. or until brown, turning halfway.

**Ingredients**

450 g (1 lb) white fish  
 50 g (2 oz) butter  
 50 g (2 oz) flour  
 450 ml (<sup>3</sup>/<sub>4</sub> pt) milk  
 300 ml (<sup>1</sup>/<sub>2</sub> pt) white wine  
 450 g (1 lb) mixed seafood  
 6 gherkins, diced  
 15 ml (1 tbsp) fresh parsley  
 10 ml (2 tsp) dill  
 salt and pepper

**Rosti topping:**

450 g (1 lb) peeled potatoes  
 15 ml (1 tbsp) capers  
 50 g (2 oz) butter, melted  
 50 g (2 oz) cheddar cheese, grated

**Special occasion fish pie**

Serves 4

**Dish: gratin dish****Oven accessory: glass turntable + Enamel tray**

1. Place the white fish with 2 tbsp water in a shallow dish. Cover and cook on **HIGH** power for 4-5 mins. Drain, skin, bone and flake.
2. Make the sauce by melting the butter in a large jug on **HIGH** power for 1 min. Add the flour and stir well. Mix in the milk and wine and cook on **HIGH** power for 4-5 mins. Stir halfway. Mix in the fish, mixed seafood, gherkins and herbs. Season and pour into the dish.
3. Grate the potatoes and mix in the capers, melted butter and grated cheese. Place lightly on the fish sauce without pressing firmly to keep the grated form. Cook on **Combination: CONVECTION 220°C + SIMMER** power for 35-40 mins. or until piping hot and golden.



### Ingredients

4 trouts, 350 g (12 oz) each

### Stuffing:

1 bunch spring onions, finely chopped

100 g (4 oz) button

mushrooms, finely sliced  
grated rind and juice of 1  
orange

2½ cm (1") cube fresh  
ginger, peeled and grated  
dash of Soy sauce

juice of 1 orange

juice of 1 lime

black pepper

25 g (1 oz) butter

## Stuffed citrus trout

Serves 4

**Oven accessory: glass turntable, Enamel tray and wire rack**

1. Wash the fish and pat dry. Fill the fish cavities with the combined stuffing ingredients and arrange the fish in a shallow dish.
2. Pour over the orange and lime juice. Season and marinade for one hour.
3. Dot with butter, place the fish two at a time on the Enamel tray on the wire rack.
4. Cook on **GRILL 1** and **LOW** for 10-12 mins. or until crisp and brown. Turn halfway. Repeat with remaining fish.

### Ingredients

100 g (4 oz) broccoli

100 g (4 oz) cauliflower

1 medium red pepper, diced

198 g (7 oz) can salmon,  
drained

25 g (1 oz) butter

30 ml (2 tbsp) plain flour

300 ml (½ pt) milk

50 g (2oz) grated tasty  
cheese

150 ml (¼ pt) cream  
(optional)

salt and pepper to taste

15 g (½ oz) butter

75 g (3 oz) fresh white  
breadcrumbs

15 ml (1 tbsp) chopped fresh  
parsley

pinch paprika

## Salmon & vegetable mornay

Serves 4

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

**Oven accessory: glass turntable + Enamel tray**

1. Break broccoli and cauliflower into florets, add red pepper and 2 tbsp water. Cover and cook on **HIGH** power for 5-6 mins. or until soft. Drain.
2. Flake salmon and mix with vegetables.
3. Melt butter in jug on **HIGH** power for approx. 20-30 secs. Stir in flour then milk. Cook on **HIGH** power for 2 mins. or until mixture boils and thickens; stir halfway. Stir in cheese, cream and seasoning. Pour cheese sauce over vegetables and salmon.
4. Melt extra butter in a small bowl on **HIGH** power for approx. 15-20 secs. Stir in breadcrumbs, parsley and paprika. Sprinkle over vegetable mixture.
5. Cook on **Combination: 220°C + LOW** power for 10-12 mins. or until golden brown.





**Ingredients**

225 g (8 oz) tomatoes  
 125 ml (4 fl.oz) olive oil  
 30 ml (2 tbsp) tomato puree  
 2 onions, chopped  
 1 large leek, sliced  
 4 garlic cloves, crushed  
 1.2 ltr (2 pt) fish stock  
 salt and black pepper  
 150 ml (1/4 pt) dry white wine  
 4 sprigs thyme  
 small piece of orange peel  
 4 strands saffron  
 5 ml (1 tsp) chilli sauce  
 450 g (1 lb) cod, haddock or coley  
 450 g (1 lb) mixed seafood  
 4 large fresh prawns  
 bunch of dill to garnish

**Bouillabaisse**

Serves 6

**Dish: 3 litre (6 pt) casserole****Oven accessory: glass turntable**

1. Skin the tomatoes and cut into four pieces, removing the cores. Place the oil and tomato puree in a large bowl, heat on **HIGH** power for 1 min. and mix well. Add the onions and leek, cook on **HIGH** power for 3-4 mins. or until soft.
2. Add the garlic, tomatoes, stock, seasoning, wine, thyme, orange peel, saffron and chilli sauce. Heat on **HIGH** power for 3-4 mins. Skin the fish, cut into chunks and add to the tomato liquid. Cook on **HIGH** power for 3-4 mins. or until the fish is cooked. Add the mixed seafood and prawns and heat again for 2-3 mins. on **HIGH** power or until hot, taking care not to overcook the fish.
3. Serve garnished with dill.

**Ingredients**

50 g (2 oz) butter  
 50 g (2 oz) flour  
 450 ml (3/4 pt) milk  
 100 g (4 oz) Cheddar cheese, grated  
 salt and pepper  
 pinch grated nutmeg  
 450 g (1 lb) frozen spinach  
 450 g (1 lb) smoked haddock fillet, skinned  
 50 g (2 oz) breadcrumbs  
 pinch paprika

**Haddock and spinach florentine**

Serves 4

**Dish: 20 cm (8") square dish****Oven accessory: glass turntable + Enamel tray**

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

# Meat and poultry

## Guidelines

### Defrosted joints

If the meat has previously been frozen, ensure it is properly thawed before cooking by microwave. Defrosted joints of meat must be allowed to **STAND** for a **minimum of 1 hour**, before cooking to ensure the centre is fully defrosted.

### Fat

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



### Standing time

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

### Bone

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

### Turning

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

### Shielding

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

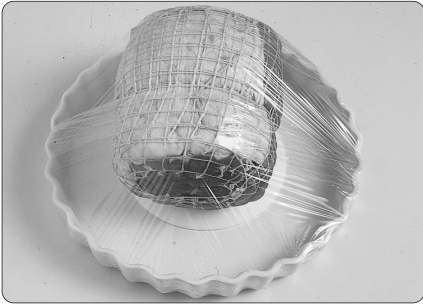
### How to roast a joint by Combination

Place the joint on Enamel tray and place on glass turntable.

## Meat and poultry

### How to roast a joint by microwave

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



### Roasting bags

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

**Do not** use the metal twists supplied.

### Tips

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

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

### How to cook small cuts of meat by microwave

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

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



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



### Ingredients

4 chicken portions approx.  
 1.2 kg (2½ lb) in weight  
 5 ml (1 tsp) mixed herbs  
 salt and pepper  
 100 g (4 oz) streaky bacon  
 100 g (4 oz) button  
 mushrooms  
 1 clove garlic, crushed  
 450 g (1 lb) whole shallots  
 30 ml (2 tbsp) brandy  
 300 ml (½ pt) red wine  
 300 ml (½ pt) chicken stock  
 15 ml (1 tbsp) cornflour

## Coq au vin

Serves 4

**Dish: large casserole with lid**

**Oven accessory: glass turntable + Enamel tray**

1. Place all ingredients in casserole dish.
2. Cover and cook on **Combination: CONVECTION 160°C + WARM** power for 1hr 10 mins. or until cooked through. Stir halfway during cooking.
3. Remove skin from chicken pieces and skim off any excess fat. Thicken using a little cornflour mixed with water. Serve sprinkled with chopped parsley.

### Ingredients

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

## Chicken satay

Serves 4-6

**Dish: 8 wooden skewers**

**Oven accessory: glass turntable + Enamel tray + wire rack**

1. Cut the chicken into small chunks and place in a bowl. Place 50 g (2 oz) creamed coconut, 30 ml (2 tbsp) lemon juice and 15 ml (1 tbsp) soy sauce into a blender or food processor. Add the oil, garlic, turmeric, five spice, coriander and cumin and blend until smooth.
2. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.
3. For the serving sauce: Pour 50 g (2 oz) of creamed coconut into a large jug. Add the peanut butter, 15 ml (1tbsp) of the lemon juice, 15ml (1tbsp) of the soy sauce, the chilli powder and 80 ml water. Cook on **HIGH** power for 3-4 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
4. Thread the chicken onto wooden skewers. Place on wire rack on Enamel tray and cook on **Combination: Convection 220°C + WARM** power for 22 mins. or until cooked through, turning occasionally. Serve hot with sauce for dipping.





### Ingredients

675 g (1 1/2 lb) pork ribs  
30 ml (2 tbsp) vinegar

#### Sauce:

45 ml (3 tbsp) tomato sauce  
45 ml (3 tbsp) soy sauce  
45 ml (3 tbsp) honey  
5 ml (1 tsp) dry mustard powder  
45 ml (3 tbsp) plum jam

## Barbeque spare ribs

Serves 4

**Dish:** shallow flat based dish

**Oven accessory:** glass tray then Enamel tray on glass tray

1. Prepare riblets from breast by cutting down between rib bones with a sharp knife. Cut flap end into 2.5 cm (1") wide strips.
2. Place riblets into a large bowl, cover with water and add the vinegar.
3. Cover and cook on **HIGH** power for 8-10 mins. then **SIMMER** power for 25 mins. Drain.
4. Combine all sauce ingredients together and heat on **MEDIUM** for 2 mins. Mix thoroughly.
5. Toss riblets in sauce. Arrange over the base of a shallow dish and cook on Combination: **CONVECTION 190°C + SIMMER** for 30-40 mins. or until riblets are dark brown and crispy. During this final cooking a lot of the fat bakes out of the riblets, making a delicious finger snack.

### Ingredients

30 ml (2 tbsp) oil  
1 medium onion, chopped  
1 green pepper, deseeded and chopped  
225 g (8 oz) carrots, sliced  
450 g (1 lb) lean pork, cubed  
30 ml (2 tbsp) seasoned flour  
5 ml (1 tsp) ground bay leaves  
5 ml (1 tsp) dried sage salt and pepper  
300 ml (1/2 pt) dry cider

#### Dumplings:

175 g (6 oz) self raising flour  
75 g (3 oz) suet  
pinch of salt  
5 ml (1 tsp) mustard powder  
15 ml (1 tbsp) fresh parsley, chopped  
150 ml (1/4 pt) cold water

## Casserole pork with herby dumplings

Serves 4

**Dish:** large casserole and lid

**Oven accessory:** glass turntable + Enamel tray

1. Place oil, onion, green pepper and carrots in dish, cover and cook on **HIGH** power for 5 mins. or until soft.
2. Toss pork in seasoned flour and add to onion mixture. Stir in all other ingredients, cover and cook on **Combination: CONVECTION 160°C + WARM** power for 1 hr or until pork is tender.
3. Whilst cooking make the dumplings by combining the flour, suet, salt, mustard and parsley. Add the water to make a stiff dough. Shape dough into 8 round dumplings.
4. When pork is cooked uncover and place dumplings around the edge of dish. Cook uncovered on **Combination: CONVECTION 160°C + WARM** power for 15 mins. or until dumplings are cooked through.





### Ingredients

150 g (6 oz) plain flour  
 3 ml (½ tsp) salt  
 2 eggs  
 300 ml (½ pt) milk and water  
 25 g (1 oz) oil  
 450 g (1 lb) sausages

## Toad in the hole

Serves 4

**Dish: 25 x 18 cm (10" x 7") oblong tin**

**Oven accessory: glass turntable + Enamel tray**

1. Preheat oven on **CONVECTION 220°C**.
2. Sift flour and salt in a bowl. Add egg and half the liquid. Beat until smooth. Gradually stir in remaining liquid.
3. Put oil in tin with sausages on Enamel tray. Cook on **CONVECTION 220°C** for 15 mins.
4. Pour in the batter and cook for 30-35 mins. on **CONVECTION 220°C** or until the batter is well risen and golden brown.

### Ingredients

350 g (12 oz) leeks, trimmed  
 25 g (1 oz) butter  
 30 ml (2 tbsp) plain flour  
 300 ml (½ pt) milk  
 225 g (8 oz) cooked chicken, chopped  
 100 g (4 oz) ham, chopped  
 175 g (6 oz) Gruyere cheese, grated  
 4 frozen individual garlic bread slices

## Creamy chicken gratin

Serves 4

**Dish: 24 cm (9") round gratin dish**

**Oven accessory: glass turntable + Enamel tray**

1. Slice the leeks and place in a large bowl with the butter. Cover and soften on **HIGH** power for 3-4 mins. or until softened.
2. Add the flour and mix well. Stir in the milk and heat on **HIGH** power for 4-5 mins. or until thickened. Stir halfway. Add the chicken, ham and cheese then season and mix well.
3. Pour into the dish and top with the garlic bread slices. Cook on **Combination: CONVECTION 220°C + LOW** power for 10-15 mins or until piping hot and golden.

### Ingredients

700 g (1½ lb) boneless leg of pork, cubed  
 225 g (8 oz) onion, chopped  
 450 g (1 lb) parsnips, sliced  
 1 garlic clove, crushed  
 15 ml (1 tbsp) ground coriander  
 5 ml (1 tsp) cumin seeds or ground cumin  
 30 ml (2 tbsp) flour  
 300 ml (½ pt) beef stock  
 300 ml (½ pt) apple juice  
 salt and pepper

## Harvest pork casserole

Serves 4-6

**Dish: large casserole and lid**

**Oven accessory: glass turntable + Enamel tray**

1. Place the cubed pork, chopped onion, sliced parsnips, crushed garlic, coriander and cumin in a large casserole dish.
2. Stir in the flour.
3. Gradually add the stock, apple juice and seasoning.
4. Cover and cook on **HIGH** power for 15 mins. Stir then cover and cook on **Combination: CONVECTION 160°C + WARM** power for 1 - 1½ hours or until the meat is tender.





### Ingredients

675 g (1½ lb) braising steak, cubed  
 3 large onions, sliced thinly  
 1 clove garlic, crushed  
 30 ml (2 tbsp) seasoned flour  
 15 ml (1 tbsp) brown sugar  
 300 ml (½ pt) hot beef stock  
 300 ml (½ pt) light ale  
 15 ml (1 tbsp) wine vinegar  
 5 ml (1 tsp) mixed herbs  
 2 bay leaves

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

## Belgian beef casserole

Serves 4

**Dish: large casserole with lid**

**Oven accessory: glass turntable + Enamel tray**

1. Combine all the casserole ingredients in dish. Cover with lid and cook on **Combination: CONVECTION 160°C + WARM** power for 1 hr, or until meat is tender. Remove bay leaves.
2. Blend mustard, butter and garlic. Spread over one side of each bread slice.
3. Uncover casserole and arrange bread on top. Return to oven and cook uncovered on **Combination: CONVECTION 160°C + WARM** power for a further 10 mins. The casserole is ready when the bread slices are crisp and golden.

### Ingredients

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

## Savoury mince

Serves 4

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

**Oven accessory: glass turntable**

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

**Variation: Chilli con carne**

Add 396 g (14 oz) can red kidney beans drained, 5-10 ml (1-2 tsp) chilli powder, 1 diced green pepper to the ingredients above.





### Ingredients

1 medium onion, chopped  
 2 carrots, chopped  
 25 g (1 oz) butter  
 350 g (12 oz) cold cooked  
 beef or lamb, minced  
 300 ml (1½ pt) hot beef stock  
 3 ml (½ tsp) Worcestershire  
 sauce  
 15 ml (1 tbsp) gravy  
 thickening  
 5 ml (1 tsp) tomato puree  
 salt and pepper  
 675 g (1½ lb) potatoes,  
 cubed  
 135 ml (9 tbsp) water  
 30 ml (2 tbsp) milk  
 25 g (1 oz) cheese

## Shepherd's pie

Serves 4

**Dish: medium casserole**

**Oven accessory: glass turntable + Enamel tray**

1. Place onion, carrots and butter in casserole. Cover and cook on **HIGH** power for 3-5 mins. or until soft.
2. Add minced meat to vegetables and mix well. Mix together stock, Worcestershire sauce, gravy thickening and tomato puree, pour over meat and season to taste.
3. Cook potatoes with water, covered on **HIGH** power for 7-8 mins. Drain and mash well with the milk and spread on top of the meat, using a fork to make a pattern on top.
4. Sprinkle with cheese and cook on **Combination: CONVECTION 190°C + WARM** power for approximately 15-20 mins. or until top is crisp and golden.

### Ingredients

1 quantity of savoury mince  
 (see page 53)  
 double quantity of White  
 Pouring sauce (see page 69)  
 100 g (4 oz) grated cheese  
 5 ml (1 tsp) mustard  
 salt and pepper  
 12 sheets pre-cooked  
 lasagne  
 (or sufficient for 3 layers)  
 60 ml (4 tbsp) Parmesan  
 cheese

## Lasagne

Serves 4

**Dish: large rectangular dish approx. 27 x 23 cm (11" x 9")**

**Oven accessory: glass turntable + Enamel tray**

1. Add cheese and seasoning to the hot white sauce.
2. Cover the base of the dish with a layer of cheese sauce, then a layer of lasagne, followed by a layer of hot meat mixture. Continue with a layer of lasagne then meat, ending with a layer of cheese sauce.
3. Sprinkle Parmesan cheese over the top and cook on **Combination: CONVECTION 190°C + SIMMER** power for 15-20 mins. or until the pasta is tender and brown and crisp on top.





**Ingredients**

600 g (1<sup>1</sup>/<sub>4</sub> lb) braising steak, cubed  
 45 ml (3 tbsp) seasoned flour  
 600 ml (1 pt) hot beef stock  
 45 ml (3 tbsp) tomato puree  
 30 ml (2 tbsp) paprika  
 5 ml (1 tsp) sugar  
 60 ml (4 tbsp) soured cream

**Hungarian goulash**

Serves 4

**Dish: large casserole + lid****Oven accessory: glass turntable + Enamel tray**

1. Toss meat in the flour. Combine all ingredients except the soured cream in casserole dish.
2. Cook on **Combination: CONVECTION 160°C + WARM power** for 1hr 15 mins, or until the meat is tender.
3. Remove from oven and immediately stir in the soured cream. Serve with ribbon noodles.

**Ingredients**

15 ml (1 tbsp) oil  
 1 large onion, sliced  
 3 cloves garlic, crushed  
**Spices and Flavourings:**  
 10 ml (2 tsp) ground coriander  
 3 ml (1<sup>1</sup>/<sub>2</sub> tsp) chilli powder, ground cardamom, ground cloves  
 15 ml (1 tbsp) garam marsala  
 15 ml (1 tbsp) ground turmeric  
 5 ml (1 tsp) ground cumin  
 30 ml (2 tbsp) flour  
 15 ml (1 tbsp) tomato puree  
 450 g (1 lb) shoulder of lamb, cubed  
 juice of 1 lemon  
 5 ml (1 tsp) sugar  
 25 g (1 oz) sultanas  
 pinch of salt  
 450 ml (3<sup>3</sup>/<sub>4</sub> pt) hot stock

**Madras curry**

Serves 4

**Dish: large casserole dish with lid****Oven accessory: glass turntable + Enamel tray**

1. Place the oil, onion and garlic in casserole dish. Cover and cook on **HIGH** power for 3 mins.
2. Blend in all the spices and cook on **HIGH** power for 2 mins.
3. Stir in the flour and tomato puree. Add all other ingredients including meat. Blend in hot stock.
4. Cover and cook on **Combination: CONVECTION 160°C + WARM** power for 1 hr-1 hr 30 mins. or until meat is tender. Serve with boiled rice and lemon or lime wedges and poppadoms.



### Ingredients

1 aubergine, sliced  
salt  
30 ml (2 tbsp) oil  
2 cloves garlic, crushed  
1 medium onion, chopped  
396 g (14 oz) can tomatoes  
30 ml (2 tbsp) tomato puree  
350 g (12 oz) lamb, cooked  
and finely diced  
salt and pepper

### Topping:

2 eggs  
150 ml (1/4 pt) single cream  
100 g (4 oz) cheese, grated  
25 g (1 oz) Parmesan  
cheese, grated

## Moussaka

Serves 4

**Dish: 20 cm (8") soufflé dish**

**Oven accessory: glass turntable + Enamel tray**

1. Place aubergines in a large colander and sprinkle liberally with salt. Stand for 20 mins. or until bitter juices run out. Rinse well under cold water and drain.
2. Place oil, garlic, onion and aubergine in dish. Cover and cook on **HIGH** power for 2 mins. or until softened.
3. Add tomatoes and puree and cook re-covered on **HIGH** power for 7 mins. Add lamb and season, mix well.
4. Whisk eggs, cream and cheese together and pour over lamb. Sprinkle with Parmesan cheese and cook on **Combination: CONVECTION 190°C + SIMMER** power for 15-20 mins. or until topping is puffed and golden.

### Ingredients

4 chicken joints, skinned

### Marinade:

2 cloves garlic, crushed  
25 g (1 oz) fresh root ginger, grated  
10 ml (2 tbsp) ground coriander  
5 ml (1 tbsp) ground cumin  
5 ml (1 tbsp) ground cinnamon  
5 ml (1 tbsp) tumeric  
3 ml (1/2 tsp) salt  
2 ml (1/4 tsp) black pepper  
150 ml (1/4 pt) natural yoghurt  
juice of 1 lemon

## Tandoori chicken

Serves 4

**Oven accessory: wire rack and Enamel tray on glass tray**

1. Cut three slits in each piece of chicken then place in a bowl. Mix all the remaining marinade ingredients and pour over the chicken. Cover and refrigerate for 24 hours.
2. Place chicken joints on wire rack on Enamel tray. Cook on **Combination: CONVECTION 220°C + SIMMER** for 27-30 mins. or until the chicken is cooked and baste with remaining marinade. Serve with boiled rice.



## Pasta, rice and beans

### Ingredients

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

### Kedgeree

Serves 4

#### Dish: large casserole

#### Oven accessory: glass turntable

1. Place the rice and chicken stock in casserole, cover and cook on **HIGH** power for 15-20 mins. or until tender.
2. Place the fish in a shallow dish, sprinkle with lemon juice, cover and cook on **HIGH** power for 5-6 mins. or until cooked. Skin and flake.
3. Place onion and oil in a small dish, cover and cook on **HIGH** power for 3-4 mins. or until softened.
4. Combine the soured cream with curry paste. Mix into rice then stir in flaked fish, onion, peas, parsley, eggs and seasoning. Cover and cook on **HIGH** power for 5 mins. or until piping hot.

### Ingredients

100 g (4 oz) green lentils  
 15 ml (1 tbsp) oil  
 1 large onion, sliced  
 5 ml (1 tsp) grated root ginger  
 1 garlic clove, crushed  
 3 ml (<sup>1</sup>/<sub>2</sub> tsp) turmeric  
 5 ml (1 tsp) chilli powder  
 10 ml (2 tsp) curry powder  
 150 ml (<sup>1</sup>/<sub>4</sub> pt) natural yoghurt  
 100 g (4 oz) mushrooms, sliced  
 2 tomatoes, peeled and chopped  
 300 ml (<sup>1</sup>/<sub>2</sub> pt) hot water  
 50 g (2 oz) cashew nuts  
 450 g (1 lb) cooked basmati rice

### Lentil biryani

Serves 4-6

#### Dish: large casserole

#### Oven accessory: glass turntable

1. Soak the lentils in cold water for 1 hour then drain them.
2. Place the oil and onion in a large bowl. Cover and cook on **HIGH** power for 3 mins. or until softened.
3. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on **HIGH** power for 2 mins.
4. Add the yoghurt, mushrooms, tomatoes, water and lentils. Cover and cook on **HIGH** power for 25-30 mins. or until the lentils are tender and the liquid has evaporated.
5. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Reheat on **HIGH** power if necessary. Garnish and serve.

#### Garnish:

hard boiled egg slices and coriander leaves



### Ingredients

1 large aubergine, cubed  
salt  
350 g (12 oz) tagliatelle,  
fresh  
1 onion  
1 clove garlic, crushed  
15 ml (1 tbsp) olive oil  
397 g (14 oz) tin of chopped  
tomatoes  
5 ml (1 tsp) basil  
15 ml (1 tbsp) tomato puree  
15 g (½ oz) butter  
salt and pepper  
8-10 black olives, stoned  
100 g (4 oz) mozzarella,  
diced  
30 ml (2 tbsp) parmesan  
cheese, grated

## Tagliatelle toscana

Serves 4

**Dish:** deep casserole dish

**Oven accessory:** glass turntable + Enamel tray

1. Sprinkle the aubergine with salt and leave for 20 mins, then rinse and dry.
2. Cook the pasta in 600 ml (1 pt) boiling water, covered, on **HIGH** power for 4 mins. or until tender. Drain.
3. Place onion, garlic and oil in a bowl, cover and cook on **HIGH** power for 2 mins. or until soft. Add the remaining ingredients except the mozzarella, tagliatelle and parmesan cheese, cover and cook on **HIGH** power for 6-8 mins.
4. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top. Sprinkle with parmesan and cook on **Combination: CONVECTION 220°C + WARM** power for 6-8 mins. or until golden brown and piping hot.

### Ingredients

1 aubergine  
2 leeks  
1 red, 1 green pepper  
1 onion  
1 clove of garlic  
45 ml (3 tbsp) olive oil  
225 g (8 oz) pasta shapes  
225 g (8 oz) fresh spinach  
**White Sauce**  
40 g (1½ oz) butter  
40 g (1½ oz) flour  
1 pt (600 ml) milk  
15 ml (1 tbsp) mustard  
50 g (2 oz) Cheddar cheese,  
grated  
150 g (5 oz) Boursin cheese  
50 g (2 oz) Cheddar cheese,  
grated for topping

## Roast vegetable and pasta gratin

Serves 4

**Dish:** 25 cm (10") round shallow Pyrex® dish

**Oven accessory:** glass turntable + Enamel tray

1. Pre heat oven **CONVECTION 220°C**. Chop all the vegetables except spinach into bite sized pieces and put in a roasting dish with the oil. Cook on **CONVECTION 220°C** 25-30 mins.
2. Cook the pasta shapes in 450 ml (¾ pt) boiling water on **HIGH** power for 5-6 mins or until soft. Drain. Wash the spinach and tear into small pieces.
3. Make the white sauce as per instructions on page 99, add the mustard, cheddar and Boursin cheese and stir thoroughly until smooth. Season well.
4. Mix the pasta, spinach and roast vegetables with the sauce and place in a large shallow dish. Sprinkle the top with cheese.
5. Cook on **Combination: CONVECTION 220°C + LOW** power for 10-15 mins or until golden brown.





### Ingredients

40 g (1½ oz) dried Cep mushrooms  
 50 g (2 oz) butter  
 1 clove garlic, finely chopped  
 1 small onion, finely chopped  
 freshly ground black pepper  
 250 g (9 oz) Arborio rice  
 300 ml (½ pt) hot vegetable stock  
 12 basil leaves, torn

## Wild mushroom and basil risotto

Serves 4

**Dish: 3 litre (6 pt) casserole dish**

**Oven accessory: glass turntable**

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

### Ingredients

1 medium onion, chopped  
 10 ml (2 tsp) vegetable oil  
 2 medium courgettes, sliced thickly  
 1 red pepper, seeded & chopped  
 2 medium carrots, peeled & thinly sliced  
 1 small cauliflower, cut into florets  
 100 g (4 oz) dried apricots, halved  
 2 cloves garlic, crushed  
 425 g (15 oz) can chick peas, drained  
 3 ml (½ tsp) each: ground turmeric, ground coriander, ground cumin  
 5 ml (1 tsp) paprika  
 2.5 cm (1") fresh root ginger, peeled and finely chopped  
 salt and pepper  
 450 ml (¾ pt) hot vegetable stock  
 chopped parsley to garnish

## Vegetable and chick pea casserole

Serves 4

**Dish: large casserole dish**

**Oven accessory: glass turntable**

1. Place the onion and oil in a large casserole dish. Cover and cook on **HIGH** power for 3 mins. or until starting to soften.
2. Add the prepared vegetables, apricots, garlic, chick peas and stir in the spices, salt, pepper and stock.
3. Cover and cook on **HIGH** power for 15-20 mins, or until vegetables are soft. Stir two or three times during cooking. Serve with couscous or rice and garnish with parsley.

### Tip

To prepare couscous: Place 300 ml (½ pt) vegetable stock in a bowl and 1.2 ml (¼ tsp) turmeric. Cook on **HIGH** power for 4 mins. or until boiling. Add 175 g (6 oz) couscous and allow to stand for 5 mins. Fluff up with a fork before serving.



## Cheese and egg dishes

### Ingredients

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

### Stuffed croissants

Serves 4

#### Oven accessory: enamel tray + glass turntable

1. Combine all the filling ingredients in a bowl.
2. Slit in back of each croissant and fill with mixture.
3. Place 4 croissants on enamel tray and cook on Combination: **GRILL 1 + SIMMER** Micro for 5-6 mins. Repeat with the remaining 4 croissants.

### Ingredients

150 ml ( $\frac{1}{4}$  pt) Dolmio® sauce or Passata  
 100 g (4 oz) garlic sausage, cubed  
 1 clove garlic, crushed  
 1 small onion, diced  
 4 large muffins, halved  
 100 g (4 oz) cheese, grated  
 56 g can anchovy fillets  
 black olives to garnish

### Muffin pizzas

Serves 4

#### Oven accessory: glass turntable + wire rack + Enamel tray

1. Place Dolmio® sauce, sausage, garlic and onion in a bowl and mix well.
2. Arrange muffin halves, 4 at a time on wire rack and toast on **GRILL 1** for 3-4 mins. or until browned.
3. Spread muffins with the mixture. Top with cheese, anchovies and olives.
4. Cook on **Combination: GRILL 1 + WARM power** for 4-6 mins. or until cheese has melted and is beginning to brown.

**Ingredients**

1 medium onion, finely diced  
 15 ml (1 tbsp) olive oil  
 175 g (6 oz) self-raising flour  
 3 ml (½ tsp) salt  
 3 ml (½ tsp) mustard powder  
 3 ml (½ tsp) cayenne pepper seasoning  
 25 g (1 oz) butter  
 40 g (1½ oz) strong cheddar cheese, grated  
 40 g (1½ oz) Parmesan cheese  
 25 g (1 oz) black olives, stoned and chopped  
 1 egg, beaten  
 45 ml (3 tbsp) milk  
 1 beaten egg for glazing

**Cheese, onion & olive scones****Dish: round baking sheet****Oven accessory: glass turntable + Enamel tray**

1. Place onion and oil in a bowl. Cover and cook on **HIGH** power for 2 mins. or until softened. Drain.
2. Preheat oven on **CONVECTION 200°C**.
3. Sift together the flour, salt, mustard and cayenne with seasoning. Rub in the butter.
4. Mix in onion, cheeses and olives. Beat egg and milk together. Pour into flour mixture and bring to a soft dough.
5. On a floured surface roll out dough to approx. 2 cm thick. Cut out rounds using a 5 cm pastry cutter and brush with beaten egg.
6. Place the dough rounds on a lightly greased baking sheet. Place on the Enamel tray and cook on **CONVECTION 200°C** for 12-18 mins. or until cooked and golden brown.

**Ingredients**

1 small French baguette, cut into 8 slices  
 60 ml (4 tbsp) cranberry sauce  
 175 g (6 oz) brie, sliced  
 sesame seeds

**Brie and cranberry crostini**

Serves 4

**Oven accessory: glass turntable + Enamel tray + wire rack**

1. Pre-heat grill on **GRILL 1**.
2. Place the slices of baguette on the wire rack and cook on **GRILL 1** for 2-3 mins. or until lightly toasted.
3. Turn the slices over and spread each slice with cranberry sauce.
4. Top with a slice of brie and sprinkle with sesame seeds.
5. Cook on **Combination: GRILL 1 + SIMMER** power for 3-4 mins. or until cheese has started to melt and sesame seeds turn golden.



### Ingredients

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

## Croque monsieur

Serves 2

### Oven accessory: glass turntable + Enamel tray + wire rack

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

### Ingredients

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

## Macaroni cheese

Serves 4

### Dish: large dish and jug

### Oven accessory: glass turntable + Enamel tray

1. Cook macaroni in 450 ml (¾ pt) boiling water. Cover and cook on **HIGH** power for 5-6 mins. or until soft. Drain.
2. Place butter, onion and bacon in a jug. Cover. Cook on **HIGH** power for 5 mins. or until onion is soft. Stir halfway through cooking.
3. Stir in flour and cook for 30 secs. on **HIGH** power.
4. Gradually add milk, stir well and season. Cook on **HIGH** power for 5-6 mins. or until sauce is thick and bubbling. Stir twice during cooking.
5. Add mustard and 100 g (4 oz) grated cheese. Add macaroni. Place the macaroni mixture in a large dish. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on **Combination: CONVECTION 220°C + LOW power** for 10-12 mins. or until cheese starts to melt.

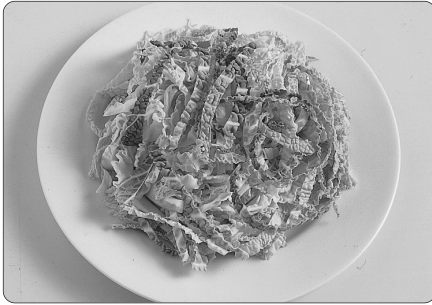




## Vegetables and vegetarian



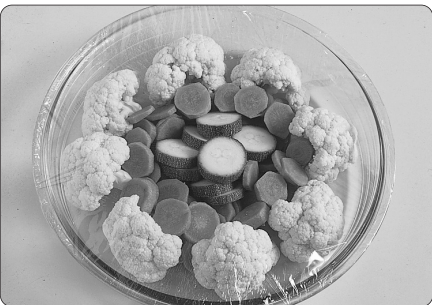
- Root vegetables. i.e. carrots, swede, should be cut into slices, strips or cubes.
- Do not mix fresh and frozen vegetables as the cooking times may be different.



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



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



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



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



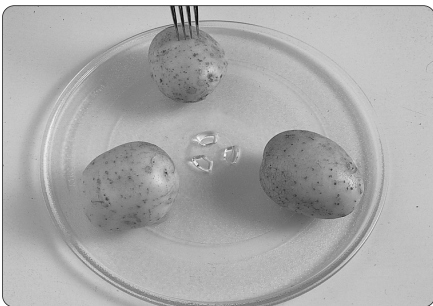
- Whole cauliflower should be cooked upside down on MEDIUM power for 10 mins. approx. with 90 ml (6 tbsp) water.

## Jacket potatoes

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

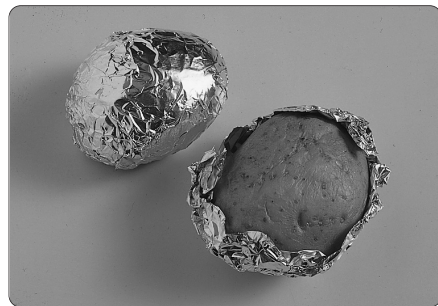
### Before cooking

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



### After cooking

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



**Ingredients**

15 ml (1 tbsp) oil  
 1 onion, finely chopped  
 1 green pepper, chopped  
 1 chilli, chopped  
 2 carrots, diced  
 5 ml (1 tsp) chilli powder  
 3 ml ( $\frac{1}{2}$  tsp) cumin  
 175 g (6 oz) bulgar wheat  
 396 g (14 oz) can chopped tomatoes  
 30 ml (2 tbsp) tomato puree  
 450 ml ( $\frac{3}{4}$  pt) water  
 396 g (14 oz) can red kidney beans, drained

**Ingredients**

1 large onion, chopped  
 25 g (1 oz) butter  
 1 clove of garlic, crushed  
 225 g (8 oz) each of diced carrots,  
 diced leeks, diced courgettes  
 1 green pepper, chopped  
 150 ml ( $\frac{1}{4}$  pt) hot vegetable stock  
 salt and pepper to taste  
 300 ml ( $\frac{1}{2}$  pt) prepared tomato sauce  
 175 g (6 oz) pre-cooked lasagne  
 225 g (8 oz) Mozzarella cheese

**Vegetarian chilli**

Serves 4

**Dish: large casserole + lid****Oven accessory: glass turntable**

1. Place oil, onion, pepper, chilli and carrots in a large casserole, cover and cook on **HIGH** power for 4-5 mins. or until softened.
2. Add chilli and cumin. Stir in bulgar wheat, chopped tomatoes, tomato puree and water. Cover and cook on **HIGH** power for 10 mins. Stir in red kidney beans, cover and cook on **HIGH** power for 2-3 mins.

**Vegetable lasagne**

Serves 4-6

**Dish: large deep rectangular dish****Oven accessory: glass turntable + Enamel tray**

1. Place onion and butter in a casserole dish, cover and cook on **HIGH** power for 3 mins. Add vegetables and stock, re-cover and cook on **HIGH** power for 8-10 mins. or until vegetables are soft. Season to taste.
2. Cover base of dish with a thin layer of tomato sauce, then a layer of lasagne on top followed by a layer of vegetable mixture. Thinly slice 175 g (6 oz) of the cheese and layer on top of vegetables. Continue layering until ingredients are all used ending with a tomato sauce layer.
3. Grate remaining cheese and arrange over top in 3 diagonal bands. Cook on **Combination: CONVECTION 190°C + SIMMER** power for 20-30 mins. or until the pasta is cooked.

**Ingredients**

450 g (1 lb) leeks, sliced  
thinly  
450 g (1 lb) potatoes, sliced  
thinly  
150 g (5 oz) blue cheese  
225 g (8 oz) Greek yoghurt  
75 ml (5 tbsp) double cream  
50 g (2 oz) brown  
breadcrumbs  
salt and pepper

**Ingredients**

450 g (1 lb) mixed  
vegetables eg. sweet potato,  
red pepper, leeks,  
aubergine, courgettes, onion  
1 clove garlic, crushed  
30 ml (2 tbsp) olive oil  
200 g (7 oz) can chopped  
tomatoes  
10 ml (2 tsp) tomato puree  
25 g (1 oz) pinenuts  
50 g (2 oz) gruyère cheese,  
grated  
100 g (4 oz) Boursin® cheese  
15 ml (1 tbsp) single cream  
225 g (8 oz) ready made puff  
pastry  
1 egg to glaze

**Leek & potato gratin**

Serves 4

**Dish: 25 cm (10") flan dish****Oven accessory: glass turntable + Enamel tray**

1. Place the vegetables in a large bowl. Add 90 ml (6 tbsp) of water, cover and cook on **HIGH** power for 10-12 mins. or until the vegetables are softened.
2. Crumble or finely chop the cheese into a bowl and gradually blend in the yoghurt and the double cream.
3. Drain the vegetables and arrange in a flan dish. Season and pour over the blue cheese cream mixture.  
Sprinkle with breadcrumbs, cook on **Combination: CONVECTION 220°C + LOW power** for 10-12 mins. or until golden brown.

**Roast vegetable parcels**

Serves 4

**Dish: round baking sheet****Oven accessory: glass turntable + Enamel tray**

1. Pre-heat oven **CONVECTION 220°C**. Chop vegetables into 2.5 cm (1") chunks.
2. Add garlic and oil, mix thoroughly with mixed vegetables. Place onto Enamel tray.
3. Cook on: **CONVECTION 220°C** for 20-25 mins until vegetables are browned and al dente.
4. Place the chopped tomatoes and puree in a heatproof bowl uncovered and cook on **HIGH** power for 5 mins then **MEDIUM** power for 10 mins or until mixture is reduced in volume and thickened.
5. Mix the tomato sauce with the cooked vegetables and pinenuts.
6. Mix together the gruyère cheese, Boursin® and single cream.
7. Roll out pastry until it measures approx 16" square. Divide into 4 equal squares.
8. Place  $\frac{1}{4}$  of the vegetable mixture in the centre of the square and top with  $\frac{1}{4}$  of the cheese mixture.
9. Bring the corners of the pastry to the centre, pressing the edges together. Seal with water. Glaze with beaten egg.
10. Cook in a preheated oven on **CONVECTION 220°C** for 15-20 mins or until golden and cooked through.

**Ingredients**

450 g (1 lb) potatoes  
25 g (1 oz) butter  
30 ml (2 tbsp) oil

**Roast potatoes**

Serves 4

**Oven accessory: glass turntable + Enamel tray**

1. Peel and cut potatoes into quarters. Par boil and drain.
2. Place potatoes, oil and butter on Enamel tray. Cook on **Combination: CONVECTION 220°C + WARM** power for 25 mins. turning and basting potatoes during cooking, or until crisp and brown.

**Ingredients**

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

**Topping:**

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

**Cauliflower cheese**

Serves 4

**Dish: shallow casserole****Oven accessory: glass turntable + Enamel tray**

1. Place cauliflower upside down in a bowl. Add water. Cover and cook on **MEDIUM** power for 10 mins. or until tender. Drain.
2. Melt butter on **HIGH** power for 15-30 secs. Stir in flour and mustard. Cook for a further 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.
3. Stir in 60 g (4 tbsp) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Cook on **Combination: CONVECTION 220°C + WARM** power for 15-17 mins. or until golden brown.

**Ingredients**

350 g (12 oz) potatoes  
45 ml (3 tbsp) natural yoghurt  
10 ml (2 tsp) mango chutney  
3 ml (½ tsp) cumin, coriander, turmeric and garam masala  
10 ml (2 tsp) fresh coriander  
pinch chilli powder  
15 g (½ oz) sultanas  
salt and pepper

**Spicy potatoes**

Serves 4

**Dish: 1 litre (2 pt) dish****Oven accessory: glass turntable**

1. Cut the potatoes into large cubes and place in a large bowl with 6 tbsp water. Cover and cook on **HIGH** power for 6-8 mins. or until soft. Drain and set aside.
2. Mix the remaining ingredients together. Add the potatoes and mix well. Serve either hot or cold.



### Ingredients

100 g (4 oz) butter  
 225 g (8 oz) plain flour  
 50 g (2 oz) finely grated  
 Parmesan  
 1 red and 1 yellow pepper,  
 diced into 4 cm pieces  
 2 medium courgettes, sliced  
 100 g (4 oz) aubergine,  
 diced into 4 cm pieces  
 15 ml (1 tbsp) olive oil  
 100 g (4 oz) soft goat's  
 cheese  
 3 eggs, beaten  
 75 ml (5 tbsp) creme fraiche  
 or double cream  
 15 ml (1 tbsp) chopped fresh  
 parsley  
 salt and pepper

## Goat's cheese tart with roasted vegetables

Serves 4

**Dish:** 23 cm (9") flan tin

**Oven accessory:** glass turntable + Enamel tray

1. Preheat the oven on **CONVECTION 200°C**.
2. Rub the butter into the flour until the mixture resembles fine breadcrumbs. Stir in the parmesan, add 2-3 tbsps cold water and mix to a firm dough.
3. Roll out and line the flan ring. Prick the base with a fork and allow to rest for 15 mins.
4. Cover the pastry with greaseproof, add baking beans and cook on **CONVECTION 200°C** for 10 mins. Remove the paper and beans and cook for a further 5 minutes or until cooked. Allow to cool.
5. Place the prepared vegetables on Enamel tray and drizzle with olive oil. Cook on **Combination: GRILL 1 + SIMMER power** for 10-12 mins or until lightly browned. Turn halfway during cooking.
6. Place the vegetables in the flan case and dot teaspoons of the goat's cheese around the vegetables.
7. Beat together the eggs and creme fraiche until smooth, add the parsley and seasoning. Pour carefully over the filling.
8. Cook on **Combination: CONVECTION 190°C + WARM power** for 20-25 mins. or until set and lightly browned.

### Ingredients

3 red and 3 yellow peppers  
 50 ml (2 tbsp) olive oil  
 50 g (2 oz) pine nuts  
 2 garlic cloves, crushed  
 100 g (4 oz) long grain rice  
 300 ml (½ pt) hot vegetable  
 stock  
 1 bunch spring onions, sliced  
 thinly  
 100 g (4 oz) cherry  
 tomatoes, halved  
 100 g (4 oz) mozzarella,  
 diced  
 100 g (4 oz) gorgonzola or  
 any blue cheese, diced  
 handful each of parsley and  
 basil, finely shredded

## Stuffed peppers

Serves 6

**Dish:** 1.7 litre ovenproof dish

**Oven Accessory:** glass turntable + Enamel tray

1. Slice the tops off the peppers and put to one side. Remove the seeds and rinse out.
2. Place the oil, garlic and pine nuts into in a large ovenproof dish and stir together. Cook on **HIGH** power for 2 mins.
3. Add rice and hot stock. Cover and cook on **HIGH** power for 10 mins.
4. Allow to cool slightly and then stir in the spring onions, cherry tomatoes, mozzarella, gorgonzola, parsley and basil. Season well.
5. Spoon the stuffing into the peppers and arrange them closely together in the ovenproof dish.
6. Cook on **Combination: CONVECTION 220°C + SIMMER** microwave power for 10 mins.
7. Place tops back on peppers and cook on **Combination: GRILL 1 + SIMMER** power for a further 5-7 mins.



# Sauces

## Container size

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

## Covering

DO NOT cover sauces when cooking.

### STIRRING – IMPORTANT

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

## Reheating

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

## Power level

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

## Wooden spoons

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

## Ingredients

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

## White pouring sauce

**Dish: 1 litre (2 pt) jug**

**Oven accessory: glass turntable**

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

### Variations of White Sauce

#### Parsley

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

#### Onion

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

#### Cheese

Stir in 75 g (3 oz) grated cheese at the end of cooking time.

**Ingredients**

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

**Ingredients**

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

**Ingredients**

25 g (1oz) butter  
75 g (3 oz) caster sugar  
75 g (3 oz) soft brown sugar  
50 g (2 oz) cocoa powder  
3 ml (1/2 tsp) vanilla essence  
300 ml (1/2 pt) milk

**Custard****Dish: 1 litre (2 pt) jug****Oven accessory: glass turntable**

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

**Hollandaise sauce****Dish: 1 litre (2 pt) jug****Oven accessory: glass turntable**

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

**N.B. This sauce must not boil or eggs will curdle.****Chocolate sauce****Dish: 1 litre (2 pt) jug****Oven accessory: glass turntable**

1. Melt butter in a large bowl on **HIGH** power for 20-30 secs.
2. Stir in sugars, cocoa powder and vanilla essence.
3. Gradually add milk, stirring well.
4. Cook on **HIGH** power for 2 mins. Stir well. Repeat this again three more times or until you achieve a smooth and glossy consistency that coats the back of a spoon.



# Pastry

## Ingredients

1 small potato, thinly sliced  
 200 g (7 oz) puff pastry  
 1 small onion, sliced  
 small apple, peeled, cored  
 and sliced  
 salt and pepper to taste  
 75 g (3 oz) cheese, grated or  
 crumbled, eg. Stilton, Roule  
 etc.

## Glaze:

1 egg, beaten

## Savoury potato plait

Serves 4-6

### Dish: baking sheet (round)

#### Oven accessory: glass turntable + Enamel tray

1. Cook potato and onion in a shallow dish with 60 ml (4 tbsp) water, covered for 3 mins. on **HIGH** power. Drain.
2. Preheat oven on **CONVECTION 200°C**.
3. Roll out the pastry to an oblong 25 x 27 cm (10 x 11"). Lift onto baking sheet. With a knife, cut each side of the long edges diagonally at 2.5 cm (1") intervals, to give strips which will become plaits.
4. Arrange layers of potato, onion and apple down the centre of the pastry. Season. Sprinkle over the cheese.
5. Brush the pastry strips with beaten egg and fold alternately over the mixture to form a plait.
6. Glaze the complete plait with beaten egg. Cook on **Combination: CONVECTION 200°C + SIMMER** power for 11-13 mins. or until crisp and golden.

## Ingredients

1 quantity of suet pastry  
 (see page 72)  
 75 ml (5 tbsp) seedless  
 raspberry jam  
 milk to glaze

## Baked jam roly poly pudding

Serves 4

### Dish: 1 kg (2 lb) loaf dish

#### Oven accessory: glass turntable + Enamel tray

1. Roll out pastry to approx. 23 x 32 cm (9 x 13").
2. Spread the jam over the pastry leaving 1cm ( $\frac{1}{2}$ ") border all round. Brush the edges with milk and roll the pastry up evenly, starting at one short side and sealing the edges well.
3. Brush top with milk and place in loaf dish. Preheat oven on **CONVECTION 210°C**. Cook on **Combination: CONVECTION 220°C + SIMMER** power for 15-20 mins. or until golden.



### Ingredients

225 g (8 oz) self-raising flour  
 3 ml (½ tsp) salt  
 100 g (4 oz) shredded suet  
 105 ml (7 tbsp) cold water

### Suetcrust pastry

1. Mix together flour, salt and suet.
2. Add water and mix to a soft dough. Knead lightly until smooth.

### Ingredients

600 g (1 lb 5 oz) dessert apples such as Granny Smith's, cored, peeled and roughly chopped  
 juice of ½ lemon  
 50 g (2 oz) golden caster sugar  
 50 g (2 oz) walnuts, roughly chopped  
 50 g (2 oz) sultanas  
 5 ml (1 tsp) ground cinnamon  
 50 g (2 oz) ground almonds  
 6 sheets filo pastry  
 50 g (2 oz) butter, melted  
 icing sugar to serve

### Apple strudel

Serves 4

**Dish: baking sheet (round)**

**Oven accessory: glass turntable + Enamel tray**

1. Preheat the oven on **CONVECTION 180°C**.
2. Put the apples and juice into a bowl and toss together.
3. Add the sugar, walnuts, sultanas, cinnamon and almonds and mix together.
4. Take three sheets of filo pastry and brush with melted butter. Place each one with the shortest edge towards you. Overlap the 2<sup>nd</sup> sheet onto the 1<sup>st</sup> sheet by 5-6 cms along the long edge and repeat with the 3<sup>rd</sup> sheet overlapping the second.
5. Place three more sheets of filo on top, in the same way as in step 4.
6. Spread the apple filling along the front edge of the filo pastry just 2.5cms from the edge and 2.5cms from each side.
7. Fold the sides in over the filling and brush with butter. Roll up from the long front edge buttering the final long edge to seal the strudel.
8. Place on baking sheet, seam-side down. Brush with melted butter.
9. Cook on **CONVECTION 180°C** for 30-35 mins.
10. Dust with icing sugar to serve.



## Baking/Desserts

### Ingredients

Ingredients

2 eggs beaten

150 ml veg oil

150 g self raising wholemeal flour

100 g soft light brown sugar

2 tsp cinnamon

75 g raisins

100 g grated carrots

**Icing** (enough for a thin top and a thin layer in the middle or a thick topping)

50 g cream cheese

50 g butter

100 g icing sugar

2 tsp lemon juice

50 g chopped walnuts

### Carrot cake

**Dish: 7" soufflé dish lined with greaseproof**

1. Mix eggs and oil together
2. Combine flour, sugar cinnamon raisins and carrots in a mixing bowl and pour egg mix into flour and stir well.
3. Pour into dish and cook on Combination: **GRILL 3 + LOW** micro power for 8 mins.
4. Beat cream cheese and butter together and gradually add icing sugar and lemon juice. Sprinkle with walnuts.

### Ingredients

100 g (4 oz) butter

100 g (4 oz) golden syrup

100 g (4 oz) black treacle

75 g (3 oz) soft brown sugar

100 g (4 oz) self raising flour

100 g (4 oz) plain flour

1 tsp mixed spice

2 tsp ground ginger

1 tsp bicarbonate of soda

pinch salt

150 ml (¼ pint) milk

2 eggs beaten

### Ginger cake

**Dish: Dish 8" Square pyrex**

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

**Ingredients**

100 g butter  
 100 g caster sugar  
 2 eggs lightly beaten  
 100 g self raising flour  
 50 g cocoa powder  
 50 g ground almond  
 100 ml milk  
 4 tbsp golden syrup

**Topping**

50 g butter  
 25 g cocoa powder sifted  
 200 g icing sugar  
 1 tbsp milk

**Ingredients**

175 g butter  
 175 g dark brown sugar  
 Grated rind 1 lemon  
 3 eggs beaten  
 225 g plain flour  
 2 tsp ground spice  
 225 g raisins  
 225 g sultanas  
 50 g glace cherries  
 50 g chopped mixed nuts  
 1 tbsp treacle  
 3 tbsp brandy

**Ingredients****Pudding:**

75 g (3 oz) plain chocolate  
 30 ml (2 tbsp) milk  
 175 g (6 oz) margarine  
 175 g (6 oz) light muscovado sugar  
 2 eggs  
 175 g (6 oz) fresh white breadcrumbs  
 30 ml (2 tbsp) cocoa powder

**Sauce:**

225 g (8 oz) vanilla flavoured toffees  
 150 ml (1/4 pt) milk  
 15 g (1/2 oz) butter

**Chocolate and almond cake****Dish: lined 20cm 8" shallow dish**

1. Cream together butter and sugar. Gradually add egg. Add flour, cocoa powder, ground almond, milk then syrup.
2. Pour into a lined 20 cm 8" shallow pyrex dish.  
Cook on **MEDIUM** power for 6 mins.
3. Cream butter until soft and gradually add cocoa powder and icing sugar. Lastly adding milk as required.

**Fruit cake****Dish: 7" soufflé dish greased and lined**

1. Cream butter and sugar until light and fluffy. Mix in the lemon rind. Beat in the eggs
2. Fold in the flour, spice and the rest of the ingredients.
3. Cook on **LOW** power for 20 mins.

**Chocolate saucy pudding with toffee sauce****Dish: 1.2 litre (2 pt) pudding basin****Oven accessory: glass turntable**

1. Line the base of a 1.2 litre (2 pt) pudding basin with a circle of greaseproof paper.
2. Melt the chocolate with the milk on **HIGH** power for 1 min. and mix until smooth.
3. Mix the margarine and sugar together, add the cooled chocolate and eggs.
4. Add the breadcrumbs and cocoa powder and mix well. Fill the basin with the mixture and cook on **HIGH** power for 6-7 mins. or until cooked. Leave to stand for 5 mins. before turning out.
5. Meanwhile, prepare the sauce by combining all ingredients in a large jug and cook on **HIGH** power for 2-3 mins. or until smooth. Stir vigorously and pour over the pudding.

**Ingredients**

100 g (4 oz) butter or  
margarine  
50 g (2 oz) light brown sugar  
30 ml (2 tbsp) golden syrup  
225 g (8 oz) rolled oats  
450 g (1 lb) plums, stoned  
and thinly sliced  
5 ml (1 tsp) ground cinnamon

**Plum & oat layer**

Makes 8 slices

**Dish: 20 cm (8") ceramic flan dish****Oven accessory: glass turntable + Enamel tray**

1. Place the butter, sugar and syrup in a bowl. Cook on **HIGH** power for 1-2 mins. or until melted. Stir in the rolled oats.
2. Spread half the oat mixture into the dish. Arrange the plums over the top in overlapping rows and sprinkle with cinnamon.
3. Sprinkle the remaining oat mixture over the plums and gently press down.
4. Cook on **Combination: CONVECTION 220°C + LOW** power for 8-10 mins. or until the mixture is firm and golden brown.
5. Cut into slices while hot, then allow to cool in the dish.

**Ingredients**

150 g (5 oz) self-raising flour  
pinch of salt  
50 g (2 oz) caster sugar  
50 g (2 oz) suet  
1 egg  
150 ml ( $\frac{1}{4}$  pt) milk  
30 ml (2 tbsp) jam or golden  
syrup  
Optional: Add 1 tbsp of  
sultanas.

**Steamed suet sponge pudding**

Serves 4

**Dish: 1 litre (2 pt) pudding basin****Oven accessory: glass turntable**

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

**Ingredients**

6 slices of bread, buttered  
and cut in half diagonally  
75 g (3 oz) mixed dried fruit  
450 ml ( $\frac{3}{4}$  pt) milk  
3 eggs  
25 g (1 oz) caster sugar  
3 ml ( $\frac{1}{2}$  tsp) nutmeg

**Bread and butter pudding**

Serves 4

**Dish: 20 x 25 cm (8 x 10") oblong, greased dish****Oven accessory: glass turntable + Enamel tray**

1. Arrange the bread and fruit in the prepared dish.
2. Warm the milk for 3 mins. on **MEDIUM** power but do not allow to boil.
3. Beat together the eggs and sugar, add the milk, stirring well.
4. Pour the mixture over the bread, sprinkle with nutmeg and leave to stand for 15 mins. Cook on **Combination: CONVECTION 190°C + SIMMER** power for 20-25 mins. or until set and browned.



### Ingredients

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

## Christmas pudding

Serves 6-8

**Dish: 1.3 litre (2 $\frac{1}{2}$  pt) pudding basin lightly greased**

**Oven accessory: glass turntable**

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

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

### Ingredients

4 medium sized apples  
 30 ml (2 tbsp) sugar  
 25-50 g (1-2 oz) mixed dried fruit  
 25 g (1 oz) butter

## Baked apples

Serves 4

**Dish: 20 cm (8") shallow dish**

**Oven accessory: glass turntable**

1. Core the apples and score the skin around the middle.
2. Mix together the sugar and fruit and fill the centres of the apples.
3. Dot the top with butter. Stand the apples in a suitable dish and cook on **HIGH** power for 5 $\frac{1}{2}$ -7 mins. Stand for 5 mins. before serving.

**N.B.** The apples will look quite green when removed from the oven, but they should feel slightly soft when tested with a sharp knife. During the standing time, the colour will become dull and the apples will be tender. The apples will overcook very easily, so take care to undercook slightly. For 1 baked apple cook for 2-3 mins. For 2 baked apples cook for 3-5 mins.



## Baking guidelines

### Covering

For traditional cakes, with long cooking times, baked on convection mode only, it is necessary to cover the top of the tin with foil 10-15 mins. after the start of baking. This is not applicable to any of the recipes in this section.

### Dish size/shape

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

### Mixing/beating

Cakes cooked by microwave need to be well

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

### Eggs

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

### Combination cooking.

DO NOT use spring form tins, use smooth, and preferably seamless metal cake tins.

### Ingredients

125 g (4 oz) butter  
200 g (7 oz) dark chocolate  
(72% cocoa solids)  
175 g (6 oz) soft brown  
muscovado sugar  
2 eggs, beaten  
Few drops of vanilla essence  
50 g (2 oz) plain flour  
5 ml (1 tsp) baking powder

## Luscious chocolate brownies

**Dish: 18 cm (7") square dish, lined**

**Oven accessory: glass turntable + Enamel tray**

1. Melt the butter with 50 g of the chocolate in a bowl on **MEDIUM** power for 1 minute 30 seconds.
2. Put the eggs, sugar and vanilla essence in a bowl, then sift in the flour and baking powder.
3. Stir in the melted chocolate and butter mixture and mix well.
4. Chop the remaining chocolate into rough chunks and stir into the brownie mixture.
5. Spoon into the dish, spread evenly and cook on Enamel tray, **Combination: CONVECTION 220°C + SIMMER** power for 9-12 minutes until firm.

### Ingredients

225 g (8 oz) self-raising flour  
pinch salt  
5 ml (1 tsp) baking powder  
50 g (2 oz) butter  
25 g (1 oz) caster sugar  
50 g (2 oz) sultanas  
100 ml (3½ fl oz) milk  
beaten egg to glaze

## Fruit scones

Makes 12

**Dish: baking sheet (round)**

**Oven accessory: glass turntable + Enamel tray**

1. Preheat oven on **CONVECTION 210°C**.
2. Sift the flour, salt and baking powder together. Rub in fat until the mixture resembles fine breadcrumbs. Add sugar and sultanas.
3. Make a well in the centre and stir in enough milk to form a soft dough.
4. Knead lightly. Pat out to 2cm ( $\frac{3}{4}$ " thick and cut into 10 rounds with a 5 cm (2") cutter. Place on baking sheet, brush with beaten egg and cook on **CONVECTION 210°C** for 10 - 15 mins. or until well risen and golden brown.



### Ingredients

75 g (3 oz) self-raising flour  
 75 g (3 oz) porridge oats  
 50 g (2 oz) dark muscovado sugar  
 75 g (3 oz) butter

### For the Topping:

25 g (1 oz) butter  
 3 eggs, beaten  
 175 g (6 oz) light muscovado sugar  
 150 g (5 oz) raisins  
 75 g (3 oz) dessicated coconut  
 1 lemon, grated rind plus  
 30 ml juice

## Lemon and raisin flapjacks

**Dish: 21 cm x 23 cm (8" x 9") Pyrex® dish, greased**

**Oven accessory: glass turntable + Enamel tray**

1. Place the flour, oats and sugar in a bowl and rub in the butter. Press the mixture into the greased dish and press until smooth.
2. Cook on **HIGH** power for 3 mins. or until firm. Allow to cool.
3. Place the butter in a small bowl and cook on **HIGH** power for 30 - 60 seconds or until melted.
4. Mix all the topping ingredients together.
5. Pour over the base and cook on **Combination: CONVECTION 220°C + SIMMER power** for 8 - 9 minutes or until firm and golden brown. Divide into equal pieces and allow to cool.

### Ingredients

#### Streusel Topping

50 g (2 oz) butter  
 75 g (3 oz) plain flour  
 30 ml (2 tbsp) granulated sugar  
 15 ml (1 tbsp) ground mixed spice

#### Muffins

225 g (8 oz) plain flour  
 10 ml (2 tsp) baking powder  
 150 g (6 oz) caster sugar  
 2.5 ml (½ tsp) salt  
 finely grated rind of ½ lemon  
 175 g (6 oz) fresh or frozen berries, raspberries or blueberries are ideal  
 75 g (3oz) butter  
 110 ml (6 fl oz) buttermilk  
 1 egg, lightly beaten  
 2.5 ml (½ tsp) vanilla essence

## Streusel topped fruit muffins

Makes 12

**Dish: 2 x 6 hole muffin tin + 12 paper muffin cases**

**Oven accessory: glass turntable + Enamel tray**

1. Melt the butter on **HIGH** power for 10-20 seconds. Combine the streusel topping ingredients to make a soft dough and reserve. Chill.
2. Sift together the flour, baking powder, sugar and salt. Add the lemon rind and the fruit.
3. Melt the butter on **HIGH** power for 30 seconds - 1 minute, mix in the buttermilk, egg and vanilla essence. Lightly stir in the flour mixture and divide between 12 muffin cases.
4. Crumble small amounts of streusel topping over each muffin and cook in two batches in preheated oven on **CONVECTION 180°C** for 22 minutes, until browned and well risen.





# Preserves

## Sterilizing jars

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

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

## Dish size

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

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

## Covering

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

**WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILISE BABIES' BOTTLES.**

**DO NOT SEAL PRESERVING JARS IN YOUR MICROWAVE.**

## Setting point

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

## Ingredients

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

## Soft fruit jam

Makes approx. 1½ lbs jam

**Dish: large bowl**

**Oven accessory: glass turntable**

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



### Ingredients

450 g (1 lb) seville oranges  
 1 lemon  
 900 ml (1½ pts) water  
 450 g (1 lb) sugar  
 knob of butter

## Orange marmalade

Makes 1½-2 lbs

**Dish: 6pt pyrex® bowl**

**Oven accessory: glass turntable**

1. Grate oranges and lemon ensuring all the pith is left on the fruit. Set the rind aside.
2. Peel the fruit and put it in a food processor and chop until the pips are broken.
3. Place the chopped mixture in a large bowl and pour over boiling water. Cover with pierced clingfilm and cook on **HIGH** power for 10 mins.
4. Strain the mixture through a sieve into another large bowl pressing the pulp well until all the juice is extracted. Discard the pulp.
5. Stir the shredded rind into the hot juice and cook uncovered on **HIGH** power for 10 mins. until rind is tender, stirring occasionally. Stir in the sugar until dissolved.
7. Cook on **HIGH** for 8 mins covered with pierced clingfilm. Stir in the butter and cook uncovered to setting point 18-20 mins.
8. Leave to stand for 10 mins then pour into warmed sterilized jars.

**N.B** Do not double this recipe as it will boil over.

### Ingredients

4 lemons, grated rind and juice of  
 450 g (1 lb) caster sugar  
 4 eggs, beaten  
 100 g (4 oz) butter

## Lemon curd

Makes 2 lbs

**Dish: large bowl**

**Oven accessory: glass turntable**

1. Place all ingredients in bowl. Mix well.
2. Cook on **HIGH** power for 1 min. Stir. Continue to cook in 1 minute stages until mixture starts to thicken, then cook for 30 secs. at a time until mixture coats back of spoon. (The eggs will curdle if overcooked).
3. The mixture will thicken on cooling. Pot into warm jars. Cover with a circle of waxed paper and a jam pot cover.



## Questions and answers

- Q** My microwave oven causes interference with my TV, is this normal?
- A** Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.
- Q** My oven has an odour and generates smoke when using the CONVECTION, COMBINATION and GRILL function. Why?
- A** It is essential that your oven is wiped out regularly particularly after cooking by CONVECTION, COMBINATION or GRILL. Any fat and grease that builds up will begin to smoke if not cleaned.
- Q** Sometimes warm air comes from the oven vents. Why?
- A** The heat given off from the cooking food warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There isn't an airtight seal to the air therefore steam can escape. There are no microwaves in the air, or steam. The oven vents should never be blocked during cooking.
- Q** My oven stops cooking by microwave and "H97" and "H98" appears in the display window.
- A** The display indicates a problem with the microwave generation system. Please contact an authorised Service Center or ring the Customer Communications Centre on 0344 844 3899 who can recommend a service agent.
- Q** "DEMO MODE PRESS ANY KEY" appears in the display and the oven does not cook. Why?
- A** The oven has been programmed in DEMO MODE. This mode is designed for retail store display. Deactivate this mode by touch Micro Power once and Stop/Cancel 4 times.

## Technical specifications

Rated voltage:	230-240 V 50 Hz
Operating frequency:	2450 MHz
Input power:	Max 2325 W
Microwave	1135 W
Grill	1305 W
Convection	1320 W
Output power:	1000 W (IEC-60705)
Grill	1300 W
Convection	1300 W
Outer dimensions:	520 mm (W) x 395 mm (D) x 310 mm (H)
Oven Cavity dimensions:	359 mm (W) x 352 mm (D) x 217 mm (H)
Weight:	14.2 kg
Noise:	50 dB
	Weight and dimensions 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 warming up of foods. 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.

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Winsbergring 15, 22525 Hamburg, Germany.



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