

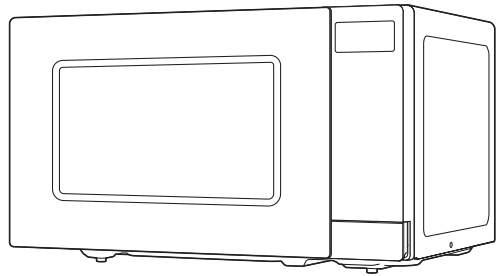


Operating Instructions

Microwave Oven

Household Use Only

Model No. **NN-ST23QM**
NN-ST22QB
NN-ST21QW



Scan the QR code for more information.



NN-ST23QM



NN-ST22QB



NN-ST21QW

- Important safety instructions. Before operating this oven, please read these instructions and precautions carefully and keep for future reference.
- 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 carried by a qualified service person.
- Warning! Liquids and other foods must not be heated in sealed containers since they are liable to explode.
- Warning! 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.

- **Warning!** 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.
- **Warning!** The appliance shall be disconnected from its power source during service and when replacing parts. Following the removal of the supply plug, the plug should remain visible to the service operator to ensure that inadvertent reconnection is avoided.
- **Warning!** Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or 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.

- 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.
- Do not place this oven near an electric or gas cooker range.
- This oven is intended for counter-top use only. It is not intended for Built-in use or for use inside a cupboard.
- Oven must be placed on a flat, stable surface 85 cm above the floor, with rear of oven placed against a back wall. If one side of the oven is placed flush to a wall, the other side or top must not be blocked. Allow 15 cm of space on the top of the oven.
- When heating food in plastic or paper containers, keep an eye on the oven as these types of containers ignite if overheated.
- If smoke is emitted or a fire occurs in the oven, press Stop/Reset and keep the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at fuse or circuit breaker panel.

- This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and other working environments;
 - farm houses;
 - by clients in hotels, motels and other residential environments;
 - bed and breakfast type environments.
- Do not cook eggs in their shells and whole hard-boiled eggs by MICROWAVE. Pressure may build up and the eggs may explode, even after the microwave heating has ended.
- Clean the inside of the oven, door seals and door seal areas regularly. When food splatters or spilled liquids adhere to the oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasive is not recommended.
- DO NOT USE COMMERCIAL OVEN CLEANERS.
- Failure to maintain the oven in a clean condition could lead to deterioration of surfaces that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- 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.
- 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. 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. Drying of food, newspapers or clothing and heating of warming pads, slippers, sponges, damp cloth, therapeutic wheat bags, hot water bottles and similar may lead to risk of injury, ignition or fire.
- 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.
- Metallic containers or dishes with metallic trim should not be used during microwave cooking. Sparking will occur.

Contents

Installation and connection	7
Placement of your oven	8
Important safety instructions	9
Parts of your oven	13
Control panel	14
Setting the clock	15
Child safety lock	15
Microwave cooking and defrosting	16
Multi-stage cooking	17
Quick 30 feature	18
Add time feature	18
Using the timer	19
Auto programmes	21
Auto defrost	21
Auto menu	22
Defrosting charts	25
Reheating charts	26
Cooking charts	28
Recipes	32
Questions and answers	43
Care of your oven	44
Specifications	45

Thank you for purchasing a Panasonic appliance.

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Installation and connection

Examine your microwave oven

Unpack the oven, remove all packing material, and examine the oven for any damage such as dents, broken door latches or cracks in the door. If you find any damage, notify your dealer immediately. Do not install a damaged microwave oven.

Guarantee

Your receipt is your guarantee. Please keep safe.

Earthing instructions

■ Important!
THIS UNIT HAS TO BE PROPERLY EARTHED FOR PERSONAL SAFETY.

If your AC outlet is not earthed, it is the personal responsibility of the customer to have it replaced with a properly earthed wall socket.

Operation voltage

The voltage has to be the same as specified on the label on the oven. If a higher voltage than specified is used, it may cause a fire or other damages.

Important notice



Microwave symbol

The IEC (60705) power output (watts)
The heating category for small packs of food



Your oven is rated 800 Watts (IEC). The symbol above, which is displayed on your oven, 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.

About fuse

This appliance is supplied with a moulded three pin mains plug for your safety and convenience. 13 amp fuse is fitted in this plug.

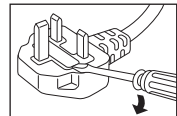
Should the fuse need to be replaced, please ensure that the replacement fuse has the correct rating for the type of mains plug fitted and that it is approved by ASTA or BSI to BSI362.

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

If the fuse cover is detachable, never use the plug with the cover omitted. If a replacement fuse cover is required, ensure it is the same colour as that visible on the pin face of the plug. 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.

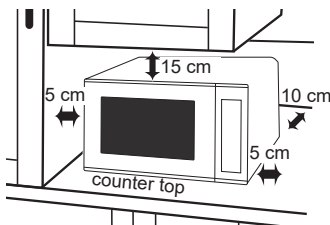
Placement of your oven

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

1. Place the oven on a flat and stable surface more than 85 cm above the floor.
2. 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.
3. For proper operation, ensure sufficient air circulation for the oven.

Counter-top use:

Allow 15 cm of space on the top of the oven, 10 cm at the back and 5 cm on both sides.



If one side of the oven is placed flush to a wall, the other side or top must not be blocked.

4. Do not place this oven near an electric or gas cooker range.
5. The power cord should not touch the outside of the oven. Keep the cord away from hot surfaces. Do not let the cord hang over the edge of a table or work top. Do not immerse the cord, plug or oven in water.

6. The feet should not be removed.
7. This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and other working environments;
 - farm houses;
 - by clients in hotels, motels and other residential environments;
 - bed and breakfast type environments.Do not use outdoors.
8. Avoid using the oven in high humidity.
9. Do not block the air vents. If these openings are blocked during operation the oven may overheat. In this case the oven is protected by a thermal safety device and resumes operation only after cooling down.
10. This appliance is not intended to be operated by means of an external timer or separate remote-control system.

Important safety instructions

1. The door seals and seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.
2. 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 carried out by a qualified service person.**
3. Do not operate this appliance if it has a damaged CORD OR PLUG, if it is not working properly, or if it has been damaged or dropped. It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.
4. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or a similarly qualified person in order to avoid a hazard.
5. Liquids and other foods must not be heated in sealed containers since they are liable to explode.
6. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or 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.
7. For repair service or parts replacement, see the back cover.

Important safety instructions

Use of your oven

- Do not use the oven for any reason other than the preparation of food. This oven is specifically designed to heat or cook food. Do not use this oven to heat chemicals or other non-food products.
- Before use, check that utensils/containers are suitable for use in microwave ovens.
- When the oven is not being used, do not store any objects inside the oven in case it is accidentally turned on.
- The appliance must not be operated **WITHOUT FOOD IN THE OVEN**. Operation in this manner may damage the appliance.
- If smoke is emitted or a fire occurs in the oven, press Stop/Reset and keep the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at fuse or circuit breaker panel.

Fan motor operation

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

Oven light

- When it becomes necessary to replace the oven light, please consult your dealer.

Accessories

- The oven comes equipped with a variety of accessories. Always follow the directions given for use of the accessories.

Glass tray

- Do not operate the oven without the roller ring and the glass tray in place.
- Never use another type of glass tray than the one specially designed for this oven.
- If the glass tray is hot, let it cool before cleaning or placing in water.
- The glass tray can turn in either direction.
- If the food or cooking vessel on the glass tray touches the oven walls and stops the tray rotating, the tray will automatically rotate in the opposite direction. This is normal.
- Do not cook foods directly on the glass tray unless indicated in recipes. Always place food in a microwave safe dish.

Roller ring

- The roller ring and the oven floor should be cleaned frequently to prevent noise and build-up of remaining food.
- The roller ring must always be used for cooking together with the glass tray.

Cooking time

- The cooking time depends on the condition, temperature, amount of food and on the type of cookware.
- Begin with the minimum cooking time to help prevent overcooking. If the food is not sufficiently cooked you can always cook it for a little longer.

■ Important!

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

Small quantities of foods

- Small quantities of food or foods with low moisture content can burn, dry out or catch on fire if cooked too long. If materials inside the oven should ignite, keep the oven door closed, turn the oven off and remove the plug from the socket.

Foods low in moisture

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

Eggs

- 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.

Piercing skin

- Food with non porous skins, such as potatoes, egg yolks and sausages must be pierced before cooking by MICROWAVE to prevent bursting.

Meat thermometer

- Use a meat thermometer to check the degree of cooking of roasts and poultry only when the meat has been removed from the oven. Do not use a conventional meat thermometer in the microwave oven because it may cause sparking.

Important safety instructions

Liquids

- When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid.

To prevent this possibility the following steps should be taken:

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

Paper/plastic

- When heating food in plastic or paper containers, keep an eye on the oven as these types of containers ignite if overheated.
- Do not use recycled paper products (e.g. Kitchen Roll) unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires during use.
- Remove wire twist-ties from roasting bags before placing the bags in the oven.

Utensils/foil

- Do not heat any closed cans or bottles because they might explode.
- Metallic containers or dishes with metallic trim should not be used during microwave cooking. Sparking will occur.

Feeding bottles/baby food jars

- The top and teat or lid must be removed from feeding bottles or baby food jars before placing in the oven.
- 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.

Parts of your oven

1. Door Release Button

Press to open the door. Opening the door during cooking will stop the cooking process without cancelling the programme. Cooking resumes after the door is closed and Start/Set is pressed. It is quite safe to open the door at any time during a cooking programme and there is no risk of microwave exposure.

2. Oven window

3. Air vents

4. Microwave feed guide (Do not remove.)

5. External air vents

6. Control panel

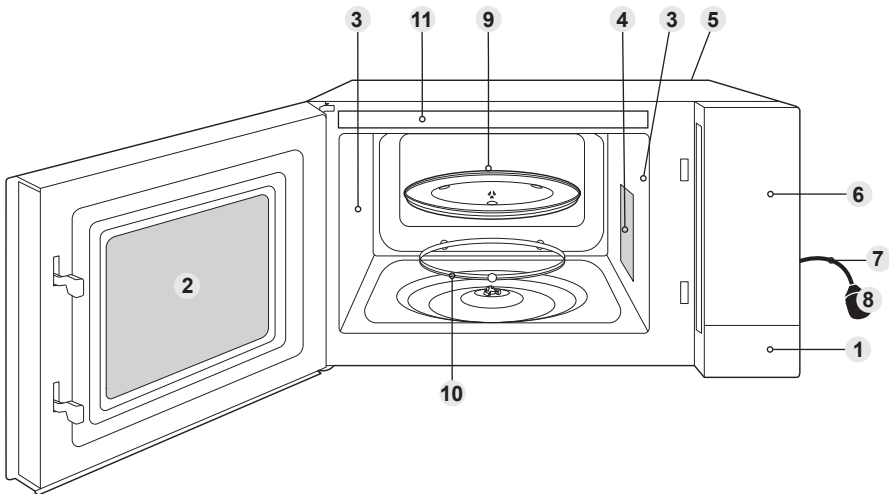
7. Power supply cord

8. Plug

9. Glass tray

10. Roller ring

11. Menu label

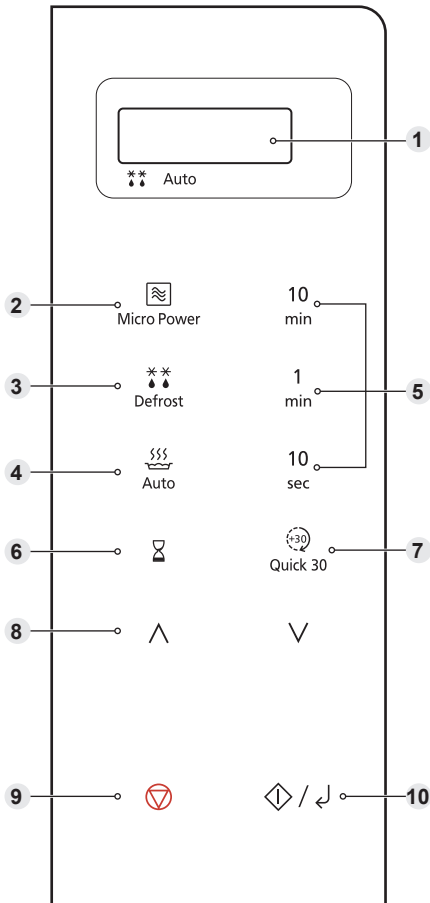


Identification label is attached on the oven.

■ Note

This illustration is for reference only.

Control panel



- 1 Display window
- 2 Micro Power pad
- 3 Auto Defrost pad
- 4 Auto Menu pad
- 5 Time pads
- 6 Timer/Clock pad
- 7 Quick 30 pad
- 8 Up/Down pads

9 Stop/Reset pad Before Cooking

One press clears your instructions.

During Cooking

One press temporarily stops the cooking process. Another press cancels all your instructions and a "0" or the time of day will appear in the display.

10 Start/Set pad

One press allows oven to begin operation. If door is opened or Stop/Reset is pressed once during oven operation, Start/Set must be pressed again to restart oven.

- Your control panel may have differences in appearance, but the words on the pads and functionality will be the same.

■ Beep sound

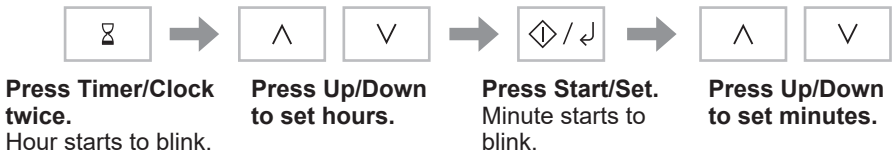
When a pad is pressed correctly a beep will be heard. If a pad is pressed and no beep is heard, the unit has not or cannot accept the instruction. The oven will beep twice between programmed stages. At the end of any complete programme, the oven will beep 5 times and "End" will be displayed.

■ Notes

1. If Start/Set is not pressed for 6 minutes after cooking programme setting, the oven will automatically cancel the cooking programme. The display will revert back to clock or "0".
2. Place the oven with the display window no higher than eye level for optimal viewing experience.

Setting the clock

When the oven is first plugged in, "88.88" appears in display.



■ Notes

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

Child safety lock

This feature will make the oven controls inoperable; however, the door can be opened. Child safety lock can be set when the display shows a "0" or the time.

To Set:



Press Start/Set 3 times within 10 seconds.
The time of day will disappear. Actual time will not be lost. 'L ---' is indicated in the display.

To Cancel:



Press Stop/Reset 3 times within 10 seconds.
The time of day will reappear in the display.

Microwave cooking and defrosting

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



Press Micro Power to select the desired power level.

Set the cooking time.
Refer to "Setting the cook time/timer time" below.

Press Start/Set.
The time counts down in the display.

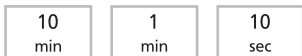
Press	Power Level	Max. time available	
once	800 W	High	30 minutes
twice	500 W	Medium	99 minutes 50 seconds
3 times	400 W	Low	99 minutes 50 seconds
4 times	200 W	Defrost	99 minutes 50 seconds
5 times	100 W	Warm	99 minutes 50 seconds

■ Notes

1. The oven will automatically work on 800 W (High) MICROWAVE power if a cooking time is entered without the power level previously being selected.
2. While cooking, the glass tray may vibrate. This will not affect cooking performance.
3. For MULTI-STAGE COOKING, refer to page 17.
4. STANDING TIME can be programmed after MICROWAVE power and time setting. Refer to page 19.
5. DO NOT use microwave only with any metallic accessory in the oven.
6. Always check the food during defrosting by opening the door then restarting. It is not necessary to cover food during defrosting. To ensure an even result, stir, turn or separate several times during defrosting. For large joints and poultry, turn halfway through defrosting.
Refer to Defrosting guidelines on page 22 for details.
7. When the microwave oven is operated at 800 W (High) microwave power for long time, the microwave oven automatically adjust the power to protect the components of the microwave oven.

■ Setting the cook time/timer time

When you set the cook time or the timer time, use following keys according to your needs.



Press each Time pad repeatedly according to the time value you want to set.



Press Quick 30 to set cooking time in 30 seconds increments.

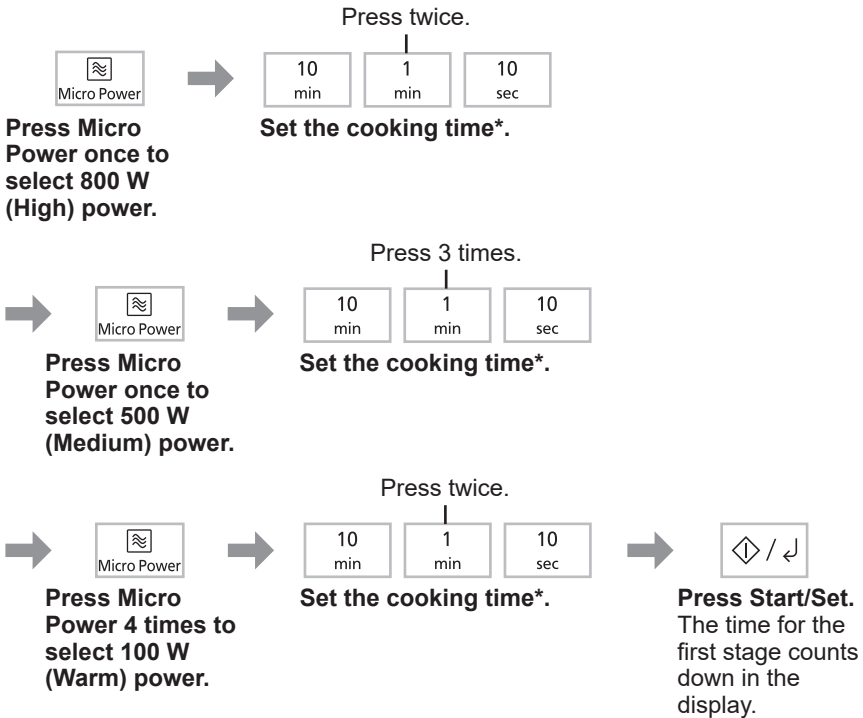


After you enter a time value with each Time pad or Quick 30, you can adjust the time values with the Up/Down pads.

Multi-stage cooking

This feature allows you to programme up to 3 stages of cooking continuously.

Example: To continually set 800 W (High) power for 2 minutes, 500 W (Medium) power for 3 minutes and 100 W (Warm) power for 2 minutes.



* Refer to "Setting the cook time/timer time" on page 16.

■ Notes

1. AUTO PROGRAMMES cannot be used with MULTI-STAGE COOKING.
2. When operating, 2 beeps will sound between each stage, and 5 beeps will sound after all stages have finished.
3. 800 W (High) MICROWAVE power can be set only once in MULTI-STAGE COOKING.

Quick 30 feature

This feature allows you to set cooking time in 30 seconds increments up to 5 minutes at 800 W (High) power.



Press Quick 30 until the desired cooking time appears in the display.

Press Start/Set.
The time counts down in the display.

Add time feature

This feature allows you to add cooking time during cooking.



During cooking, press 1 min or 10 sec.
Cooking time will be added up to 5 minutes.

■ Note

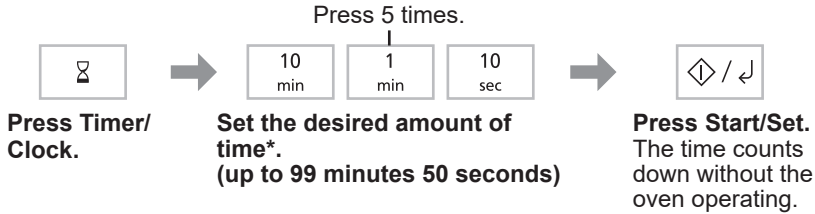
ADD TIME feature is not available for AUTO PROGRAMMES.

Using the timer

This feature operates as a **KITCHEN TIMER** or allows you to programme the **STANDING TIME/DELAY START**.

Kitchen timer

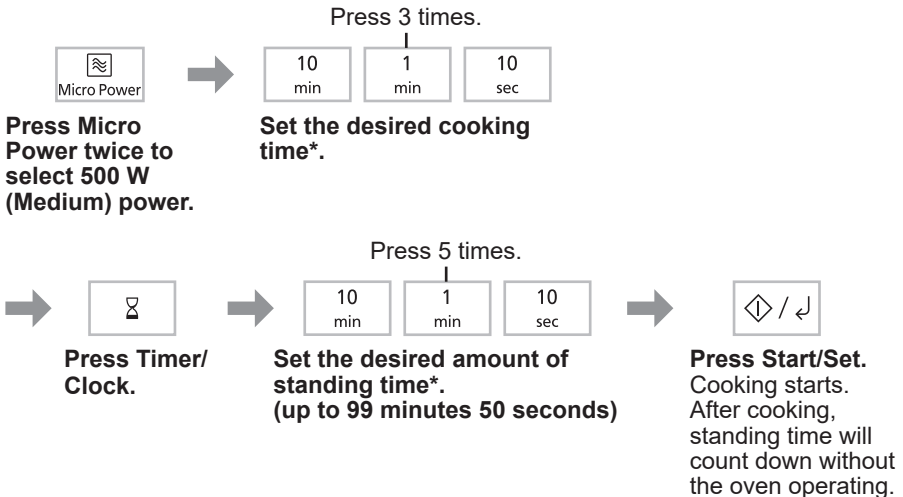
Example: To count 5 minutes.



* Refer to “Setting the cook time/timer time” on page 16.

Standing time

Example: To stand for 5 minutes after cooking at 500 W (Medium) MICROWAVE power for 3 minutes.

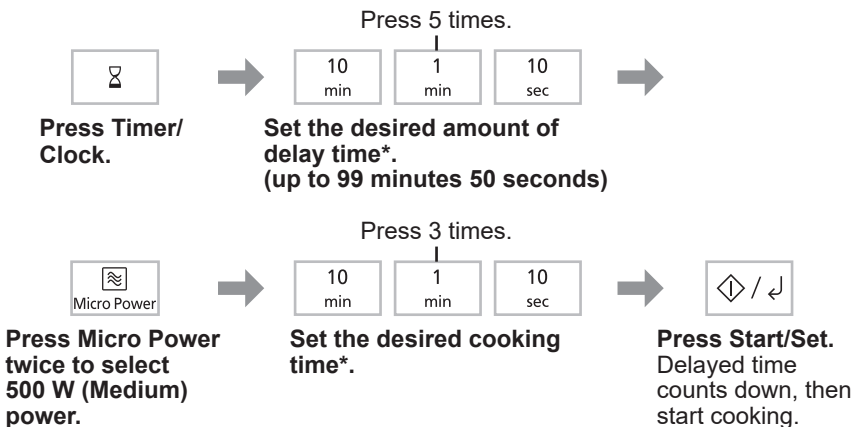


* Refer to “Setting the cook time/timer time” on page 16.

Using the timer

Delay start

Example: To start cooking at 500 W (Medium) MICROWAVE power for 3 minutes after 5 minutes of standing time.



* Refer to "Setting the cook time/timer time" on page 16.

■ Notes

1. MULTI-STAGE COOKING can be programmed including STANDING TIME or DELAY START.
2. Even if the oven door is opened during KITCHEN TIMER, STANDING TIME or DELAY START, the time in the display window will continue to count down.
3. STANDING TIME/DELAY START cannot be programmed before/after any AUTO PROGRAMME.

Auto programmes

With this feature you can defrost/reheat/cook food according to the weight. Select the category and set the weight of the food. The weight is programmed in grams. The oven determines MICROWAVE power level and cooking time automatically. For quick selection, the weight starts from the most commonly used weight for each category. Do not include the weight of any added water or the container weight.

■ Notes

1. The AUTO PROGRAMMES must ONLY be used for foods described.
2. Only defrost/cook foods within the weight ranges described.
3. Always weigh the food rather than relying on the package information.
4. Most foods benefit from a STANDING TIME. After cooking with an AUTO PROGRAMME, allow heat to continue conducting to the centre.



Auto defrost




Select the desired Auto Defrost programme.
The AUTO PROGRAMME number appears in the display.

Set the weight of the frozen food.
The weight counts up/down in 10 g increments.

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

Programme	Instructions
<p>1. Small Pieces</p>  1 press	<p>Weight: 200-1000 g NOT SUITABLE FOR SAUSAGES, which can be defrosted manually using defrost power and time. Press Auto Defrost once. Set the weight of the food and press Start/Set. Turn at beeps. Chops and chicken portions should be arranged in a single layer. It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. See “Defrosting charts” on page 25 for standing time.</p>
<p>2. Big Piece</p>  2 presses	<p>Weight: 600-1600 g For defrosting a big piece of meat, whole chicken, meat joints. Press Auto Defrost twice. Set the weight of the food and press Start/Set. Turn at beeps. Standing time of at least 1 hour should be allowed for joints after defrosting. See “Defrosting charts” on page 25 for standing time.</p>

Auto programmes

Programme	Instructions
<p>3. Bread/Cake</p> <p> 3 presses</p>	<p>Weight: 100-600 g</p> <p>For small items which are required for immediate use, they may feel warm straight after defrosting. Press Auto Defrost three times. Set the weight of the food and press Start/Set. Turn at beeps. Loaves can also be defrosted on this programme but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. THIS PROGRAMME IS NOT SUITABLE FOR CREAM CAKES OR DESSERTS e.g. cheesecake. See “Defrosting charts” on page 25 for standing time.</p>

Defrosting guidelines

For Best Results:

1. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer or on a plastic rack if you have one.
2. Check food during defrosting, as foods vary in their defrosting speed.
3. It is not necessary to cover the whole food.
4. Always turn or stir the food halfway.
5. Minced meat, chops and other small items should be broken up or separated and placed in a single layer.
6. Allow standing time so that the centre of the food thaws out (minimum of 1 hour for joints of meat and whole chickens).



Arrange food in a single layer.



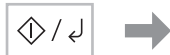
Turn or break up food as soon as possible.

Auto menu



Select the desired Auto Menu programme*.

The AUTO PROGRAMME number appears in the display.



Press Start/Set to confirm the setting.



Set the weight of the food.
The weight counts up/down in 10 g increments.






Press Start/Set.
The time counts down in the display.






* After pressing the Auto Menu pad, you can also use the Up/Down pads to select the Auto Menu programme.

■ Notes

1. As some variations may occur in food, check that food is thoroughly cooked and piping hot before serving.
2. Using a casserole with a capacity of 2000 ml or less is recommended.
3. Use a casserole with a width of less than 25 cm (including handle) to avoid touching the side walls of the oven.
4. Remove a casserole carefully from the oven to avoid hitting the upper side of the frontage. You can use a plastic wrap to cover a casserole.

Programme	Instructions
<p>1. Chilled Meal</p>  1 press	<p>Weight: 200-800 g</p> <p>For reheating a pre-cooked meal. All foods must be pre-cooked. Foods should be at refrigerator temperature approx. +5 °C. Reheat in container as purchased. Follow manufacturer's directions for preparation. If transferring food to a dish, cover with pierced cling film. Place container on glass tray. Press Auto Menu once and press Start/Set. Set the weight of the food and press Start/Set. Stir at beeps. Stir again at end of programme and allow a few minutes standing time. Large pieces of meat/fish in a thin sauce may require longer cooking. This programme is not suitable for starchy foods such as rice, noodles or potatoes. Meals in irregular bowl shaped containers may need longer cooking.</p>
<p>2. Frozen Meal</p>  2 presses	<p>Weight: 300-600 g</p> <p>For reheating a frozen pre-cooked meal. All foods must be pre-cooked and frozen (-18 °C). Reheat in container as purchased. Follow manufacturer's directions for preparation. If transferring food to a dish, cover with pierced cling film. Place container on glass tray. Press Auto Menu twice and press Start/Set. Set the weight of the food and press Start/Set. Stir at beeps and cut the blocks into pieces. Stir again at end of programme and allow a few minutes standing time. Large pieces of meat/fish in a thin sauce may require longer cooking. This programme is not suitable for starchy foods such as rice, noodles or potatoes. Meals in irregular bowl shaped containers may need longer cooking.</p>
<p>3. Fresh Vegetables</p>  3 presses	<p>Weight: 100-800 g</p> <p>For cooking fresh vegetables like carrots, broccoli, cauliflower and green beans. Place prepared vegetables in a suitable sized container. Sprinkle with 1 tbsp water per 100 g vegetables. Cover with cling film. Pierce cling film with a knife once in the centre and 4 times around the edge. Press Auto Menu 3 times and press Start/Set. Set the weight of the food and press Start/Set. Stir at beeps.</p>

Auto programmes

Programme	Instructions											
<p>4. Frozen Vegetables</p>  4 presses	<p>Weight: 100-800 g</p> <p>For all types of frozen vegetables, like frozen peas, sweetcorn or mixed vegetables. Place prepared vegetables into a suitable size microwave safe casserole and add 2-6 tbsp of water if desired. Cover with a well fitting lid. Place the casserole on glass tray. Press Auto Menu 4 times and press Start/Set. Set the weight of the food and press Start/Set. Stir at beeps. At the end of cooking, keep it covered and stand for 3 to 5 minutes.</p>											
<p>5. Fresh Fish</p>  5 presses	<p>Weight: 200-500 g</p> <p>For cooking fresh fish fillets and steaks. Place in a suitable sized container. Add 1-3 tbsp water or stock. Cover with cling film. Pierce cling film once in the centre and 4 times around the edge. Press Auto Menu 5 times and press Start/Set. Set the weight of the food and press Start/Set. Allow a few minutes standing time.</p>											
<p>6. Jacket Potatoes</p>  6 presses	<p>Weight: 200-600 g</p> <p>For cooking jacket potatoes. Choose medium sized potatoes 200-250 g (7-9 oz). Wash and dry and prick with a fork several times. Arrange around the edge of glass tray. Press Auto Menu 6 times and press Start/Set. Set the weight of the food and press Start/Set. Turn at beeps.</p>											
<p>7. Fresh Chicken Pieces</p>  7 presses	<p>Weight: 200-600 g</p> <p>For cooking chicken pieces such as wings, drumsticks, thighs, half breasts etc. Pierce the chicken pieces well with a fork before cooking. Place prepared chicken pieces in a suitable size microwave safe dish. Add 1-5 tbsp oil if desired. Cover with cling film pierced twice. Place the dish on glass tray. Press Auto Menu 7 times and press Start/Set. Set the weight of the food and press Start/Set. Turn at beeps.</p>											
<p>8. Casserole Rice</p>  8 presses	<p>Weight: 100-200 g</p> <table border="1" data-bbox="620 1050 997 1166"> <thead> <tr> <th>Rice</th> <th>Recommended Water</th> <th>Dish Size</th> </tr> </thead> <tbody> <tr> <td>100 g</td> <td>150 ml</td> <td>2 litre</td> </tr> <tr> <td>200 g</td> <td>300 ml</td> <td>2 litre</td> </tr> </tbody> </table> <p>For cooking white rice including short grain, long grain, jasmine rice and basmati rice. Place rice in a suitable size microwave safe casserole. Add recommended water listed above. Allow at least ½ depth of volume for evaporation to prevent boiling over. Cover with lid. Place the casserole on glass tray. Press Auto Menu 8 times and press Start/Set. Set the weight of the food and press Start/Set. Stand 5 minutes after cooking.</p>			Rice	Recommended Water	Dish Size	100 g	150 ml	2 litre	200 g	300 ml	2 litre
Rice	Recommended Water	Dish Size										
100 g	150 ml	2 litre										
200 g	300 ml	2 litre										

Defrosting charts

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

[Microwave power level: 200 W (Defrost)]

Meat	Weight	Defrosting Time	Instructions	Standing Time
Beef/Lamb/ Pork Joint	450 g (1 lb)	7-9 min.	Place in a suitable dish or on an upturned saucer or use a microwave safe rack. Turn 3-4 times.	60 min.
Minced Beef	450 g (1 lb)	11-13 min.	Place in a suitable dish. Break up and turn 3-4 times.	15 min.
Chops	450 g (1 lb)	8-10 min.	Place in a suitable dish in a single layer. Turn twice.	15 min.
Sausages	450 g (1 lb)	5-7 min.	Place in a suitable dish in a single layer. Turn twice	15 min.
Bacon Rashers	450 g (1 lb)	7-9 min.	Place in a suitable dish. Turn and separate twice.	15 min.
Stewing Steak	450 g (1 lb)	9-11 min.	Place in a suitable dish. Break up frequently.	20 min.
Whole Chicken	450 g (1 lb)	9-12 min.	Place in a suitable dish on an upturned saucer or use a microwave safe rack. Turn 3-4 times.	60 min.
Chicken Portions	450 g (1 lb)	8-10 min.	Place in a suitable dish in a single layer. Turn twice.	30 min.
Fish	Weight	Defrosting Time	Instructions	Standing Time
Whole	450 g (1 lb)	8-9 min.	Place in a suitable dish. Turn twice.	15 min.
Fillets/ Steak	450 g (1 lb)	8-9 min.	Place in a suitable dish. Turn twice, separate if necessary.	15 min.
Prawns	450 g (1 lb)	8-9 min.	Place in a suitable dish. Stir twice during defrosting.	10 min.
General	Weight	Defrosting Time	Instructions	Standing Time
Bread Sliced	400 g (14 oz)	2-3 min.	Place on the glass tray. Separate and rearrange during defrosting.	15 min.
Slice of bread	30 g (1 oz)	20-30 sec.	Place on the glass tray on a piece of kitchen paper.	1-2 min.
Pastry	450 g (1 lb)	4-6 min.	Place on a plate. Turn over after 1 min. resting time.	10-15 min.
Soft Fruit	450 g (1 lb)	8-10 min.	Place in a suitable dish. Stir twice during defrosting.	10 min.

Reheating charts

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

HEATING CATEGORY

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



The IEC (60705) power output (watts)

The heating category for small packs of food

Microwave symbol

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
BREAD – Precooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.				
Croissants	2	800 W	20-30 sec.	Place on microwave safe plate on glass tray. Do not cover.
	4	800 W	40-50 sec.	
Rolls	1	800 W	10 sec.	
	4	800 W	20 sec.	
CANNED BEANS, PASTA				
Baked Beans, Ravioli in sauce	200 g	800 W	2-3 min.	Place in a microwave safe bowl. Cover and place on glass tray. Stir halfway.
	420 g	800 W	4-5 min.	
Spaghetti in Tomato Sauce	200 g	800 W	2½-3 min.	
CANNED SOUPS				
Cream of Tomato	400 g	800 W	3-4 min.	Place in a microwave safe bowl. Cover and place on glass tray.
Minestrone	400 g	800 W	2½-3 min.	
CANNED PUDDINGS				
Creamed Rice	425 g	800 W	3-3½ min.	Place in a microwave safe bowl. Cover and place on glass tray.
	624 g	800 W	4-5 min.	
Sponge Pudding	300 g	800 W	2½ min.	
CHRISTMAS PUDDINGS – Overheating may cause pudding to ignite				
Slice	150 g	800 W	20-30 sec.	Place in a microwave safe dish. Cover and place on glass tray.
Small	450 g	800 W	1½-2 min.	
Medium	900 g	800 W	2½-3 min.	
DRINKS – COFFEE				
1 mug	235 ml	800 W	2 min.	Place in a microwave safe mug on glass tray. Stir, before, during and after reheating.
2 mugs	470 ml	800 W	3½ min.	

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

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
DRINKS – MILK				
1 mug	235 ml	800 W	1-1½ min.	Place in a microwave safe mug on glass tray. Stir, before, during and after reheating.
1 jug	600 ml	800 W	5 min.	
PASTRY PRODUCTS – PRECOOKED – N.B. Pastries reheated by microwave will have a soft base.				
Chicken Pie	600 g	800 W	4-4½ min.	Place on microwave safe plate on glass tray. Do not cover.
Cornish Pasty	227 g (1)	800 W	2-2½ min.	
Quiche	400 g (1)	800 W	4½-5 min.	
Steak & Kidney Pie	325 g (1)	800 W	2-2½ min.	
Sausage Rolls	260 g (4)	800 W	1½-2 min.	Place on microwave safe plate on glass tray. Do not cover. Turn halfway.
Samosas	200 g (4)	800 W	1½-2 min.	
Spring Rolls	230 g (4)	800 W	2-2½ min.	
Christmas Mince Pies	90 g (2)	800 W	5-10 sec.	Place on a microwave safe plate on glass tray.
PLATED MEALS – HOMEMADE – CHILLED				
Child Size	1	800 W	3-4 min.	Place on a microwave safe plate on glass tray. Cover and place on glass tray.
Adult Size	1	800 W	5½-6 min.	
PUDDINGS & DESSERTS N.B. Transfer food from foil containers to a similar sized microwave safe dish				
Bread & Butter Pudding	395 g	800 W	3-3½ min.	Place in a microwave safe dish on glass tray. Do not cover.
Fruit Crumble	600 g	800 W	3½-4 min.	
Fruit Pie, individual	1	800 W	20-25 sec.	
	4	800 W	1-1½ min.	Place in a microwave safe dish. Cover and place on glass tray.
Rice Pudding	400 g	800 W	2-2½ min.	
PURCHASED CONVENIENCE FOODS – CHILLED N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Cauliflower Cheese	450 g	800 W	5½-6 min.	Place in microwave safe dish on glass tray. Do not cover.
Cottage Pie	450 g	800 W	6 min.	
Lasagne	400 g	800 W	4½-5 min.	
Vegetable Bake	400 g	800 W	5½-6 min.	

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Reheating charts

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
PURCHASED CONVENIENCE FOODS – FROZEN N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Lasagne	400 g	800 W	4-6 min.	Place in a microwave safe dish on glass tray. Do not cover.
		+ Rest.	1 min.	
		+ 800 W	5-6 min.	
Salmon Crumble	340 g	800 W	4-6 min.	
		+ Rest.	1 min.	
		+ 800 W	4-5 min.	
Shepherd's Pie	460 g	800 W	5-6 min.	
		+ Rest.	1 min.	
		+ 800 W	4-5 min.	

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

Cooking charts

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
BACON – from raw				
Rashers	130 g (4)	800 W	2-3½ min. (or 40-60 sec. per rasher)	Place on microwave safe rack or plate on glass tray.
BEANS & PULSES – should be pre-soaked (except lentils)				
Chick Peas	225 g	800 W + 500 W	8½ min. 35-40 min.	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on glass tray.
Lentils	225 g	500 W	10½-13 min.	
Red Kidney Beans	225 g	800 W	13 min.	Use 600 ml (1 pt) boiling water in a large bowl. Cover. Must boil for at least 12 minutes to destroy toxic enzymes.
		+ 500 W	30-35 min.	

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Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
BEEF – Joints from raw – Caution: Hot fat! Remove dish with care.				
Medium	per 450 g (1 lb)	800 W	6-11 min.	Place on upturned saucer in microwave safe dish or rack on glass tray. Cover and turn halfway. Drain off fat during cooking.
CHICKEN from raw – Caution: Hot fat! Remove dish with care.				
Breasts, boneless	500 g	500 W	10½-12 min.	Place on microwave safe rack or plate. Cover and place on glass tray.
Drumsticks	450 g (4)	500 W	10½ min.	
Quarters	700 g (2)	500 W	16-17 min.	
Whole	per 450 g (1 lb)	800 W	8½-9 min.	Place on upturned saucer breast side down in microwave safe dish. Cover and place on glass tray.
EGGS – Poached.				
Water	45 ml	800 W	40-50 sec.	<ul style="list-style-type: none"> • Place water in a small bowl and heat for 1st cooking time. • Add egg (medium sized). • Pierce yolk and white. • Cover. • Cook for 2nd cooking time. • Then leave to stand for 1 min.
Egg	1	800 W	30-40 sec.	
Water	90 ml	800 W	50 sec.	
Eggs	2	800 W	40-50 sec.	
EGGS – Scrambled.				
Egg	1	800 W	20-30 sec.	<ul style="list-style-type: none"> • Add 1 tbsp of milk for each egg used. • Beat eggs, milk and knob of butter together. • Cook for 2nd cooking time then stand for 1 min.
		+ Stir.		
Eggs	2	+ 800 W	20 sec.	
		800 W	40-50 sec.	
		+ Stir.		
		+ 800 W	30-40 sec.	
FISH – FRESH from frozen				
Haddock Fillets	380 g (4)	800 W	4½ min.	Place in microwave safe dish. Add 30 ml of liquid. Cover and place on glass tray.
		+ 800 W	4-5 min.	
Whole	450 g (2)	800 W	8½-10½ min.	
Boil in the Bag	170 g (1)	200 W	6 min.	Place bag sauce side down on a microwave safe plate. Slash top of bag with a knife.
		+ rest	2 min.	
		+ 500 W	5½ min.	

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

Cooking charts

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
FRUIT – Peel, slice, chop into even sized pieces. Place in shallow microwave safe dish.				
Apples, Rhubarb, stewed	450 g	800 W	4½-8 min.	Only half fill dish. Cover. Stir halfway.
Plums – stewed	450 g	800 W	7-8 min.	Add 30 ml (2 tbsp) of water. Only half fill dish. Cover and place on glass tray.
LAMB – from raw – CAUTION: Hot Fat! Remove dish with care.				
Chops, loin	per 450 g (1 lb)	800 W + 500 W	1½-2½ min. 2-3 min.	Place on microwaveable safe dish or rack. Cover and place on glass tray.
Joints	per 450 g (1 lb)	800 W + 500 W	3-4 min. 6-7 min.	Place on upturned saucer in microwave safe dish or rack on glass tray. Cover and turn joint over halfway. Drain off fat during cooking.
PASTA – Place in a large 3 litre (6 pint) microwave safe bowl.				
Macaroni	225 g	800 W	12 min.	Use 1 litre (1¾ pint) boiling water. Cover and place on glass tray.
Spaghetti, Tagliatelli	225 g	800 W	7-8½ min.	
PIZZA – FRESH CHILLED – N.B. Remove all packaging. Pizzas will have a soft base.				
Thin & Crispy	400 g	800 W	4½-5 min.	Place on heatproof plate on glass tray. Do not cover.
Deep Pan	475 g	800 W	3½-4½ min.	
PORK – from raw – CAUTION: Hot Fat! Remove dish with care.				
Chops	360 g (2)	800 W + 500 W	2-3 min. 6-7 min.	Place in microwave safe dish or rack on glass tray. Cover and place on glass tray.
Joints	per 450 g (1 lb)	800 W + 500 W	5½-6 min. 8-9 min.	Place on upturned saucer in microwave safe dish or rack. Cover and place on glass tray. Turn joint over halfway. Drain off fat during cooking.
PORRIDGE – N.B. Use a large bowl.				
1 serving	½ cup oats	800 W	2½-3 min.	Add 1 cup of water or milk. Stir halfway.
2 servings	1 cup oats	800 W	4-5 min.	Add 2 cups of water or milk. Stir halfway.

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Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
RICE – Place in a large microwave safe bowl. 3 litre (6 pint)				
Basmati	250 g	500 W	10½-11½ min.	Use 600 ml (1 pt) to 800 ml (1½ pt) boiling water. Cover and place on glass tray.
Easycook White	250 g	800 W	10½-11½ min.	
SAUSAGES from raw – CAUTION: HOT FAT! Remove dish with care.				
Thick	240 g (4)	800 W	2½-3 min.	Place on microwave safe plate or microwave rack. Cover and place on glass tray.
Thin	110 g (4)	800 W	1½-2 min.	
FRESH VEGETABLES – Place in shallow microwave safe dish.				
Green Beans	450 g	800 W	6-7 min.	Add 90 ml (6 tbsp) water. Cover and place on glass tray.
Beetroot	450 g	800 W	8½-10½ min.	
Broccoli + Cauliflower – florets	450 g	800 W	7-8½ min.	
Brussel Sprouts	450 g	800 W	7-8 min.	
Cabbage – sliced	450 g	800 W	6-8 min.	
Carrots, Leeks	450 g	800 W	6-7 min.	
Corn on the Cob	450 g	800 W	6-8 min.	
Courgettes, Mange Tout	450 g	800 W	3½-4½ min.	
Peas	450 g	800 W	3½-5½ min.	
Potatoes – boiled	450 g	800 W	5½-6 min.	
Potatoes – jacket (225 g / 8 oz each)	1	800 W	4½ min.	Wash and prick skins. Place directly on glass tray on outer edge. After cooking stand for 5 min. wrapped in foil.
	2	800 W	7 min.	
FROZEN VEGETABLES – Place in shallow microwave safe dish.				
Beans – green, Carrots	450 g	800 W	8½-10 min.	Add 30 ml (2 tbsp) water. Cover and place on glass tray.
Cauliflower	450 g	800 W	10½ min.	
Peas	450 g	800 W	7-8 min.	

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

Recipes

See notes 2-4 on page 23 for using casserole.

Soup and Snacks

Cream of Mushroom Soup Serves 4

Dish: large bowl

1. Place the butter and chopped onion in a large bowl. Cover and cook on 800 W (High) power for 3 min. or until soft.
2. Add the stock, mushrooms and bouquet garni. Cover and cook on 800 W (High) power for 11-13 min., or until mushrooms are soft.
3. Remove the bouquet garni and blend until smooth. Mix the cornflour with a little of the milk, then stir in remaining milk. Add to the mushroom mixture.
4. Cover and cook on 800 W (High) power for 4½-5½ min., or until thickened. Season and serve with cream swirled on top.

Ingredients

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

Macaroni Cheese with Courgettes and Bacon Serves 2

Dish: 20 cm (8") casserole

1. Cover and cook macaroni in 450 ml (¾ pt) boiling water on 800 W (High) power for 8½ min., or until soft. Drain.
2. Place courgettes and bacon in a bowl. Cover and cook on 800 W (High) power for 3-4 min., or until soft. Drain.
3. Place the butter in a large jug. Cook on 800 W (High) power for 40-50 sec. Stir in the flour and cook for 30-40 sec., on 800 W (High) power. Gradually add milk, stir well and cook on 800 W (High) power for 4-4½ min. or until the sauce is thick and bubbling. Stir frequently.
4. Add mustard and cheese. Mix in the macaroni, courgettes and bacon. Season and pour into a casserole dish, sprinkle over the topping and cook on 800 W (High) power for 3-4 min. or until the cheese has melted.

Ingredients

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

Topping

30 ml (2 tbsp) Parmesan cheese
30 ml (2 tbsp) wholemeal breadcrumbs

Lentil Biryani

Serves 2

Dish: large casserole

1. Soak the lentils in cold water for 1 hour then drain.
2. Place the oil and onion in a large bowl. Cover and cook on 800 W (High) power for 3-4 min. or until softened.
3. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on 800 W (High) power for 2 min.
4. Add the yoghurt, mushrooms, tomatoes, water and lentils. Cover and cook on 800 W (High) power for 13-17 min. or until the lentils are tender and the liquid has evaporated.

To cook rice: add 350 ml boiling water to rice in large bowl and cook on 800 W (High) power, covered, for 13 min. stirring halfway.

5. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Reheat on 800 W (High) power if necessary to ensure food is piping hot. Garnish and serve.

Ingredients

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

Garnish

hard boiled egg slices and coriander leaves

Meat and Poultry

Lamb in a Spicy Cream and Almond Sauce

Serves 4

Dish: large casserole dish

1. Mix together the garlic, ginger, almonds and water to make a thick paste.
2. Place the cardamom pods, cloves, cinnamon, onion and oil in the casserole dish cook on 800 W (High) power for 3 min.
3. Add the lamb and cook for 4½ min. on 800 W (High) power or until light brown in colour. Stir halfway.
4. Stir in the rest of the spices, the almond mixture, cream, salt and pepper. Cover and cook on 500 W (Medium) power for about 35-40 min. or until the meat is tender. Stir the casserole 2-3 times during the cooking time.
5. Remove the whole cardamom pods, cloves and cinnamon before serving with rice or other vegetables.

Ingredients

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

Recipes

See notes 2-4 on page 23 for using casserole.

Chicken Casserole

Serves 4

Dish: 2 litre (4 pt) casserole

1. Place vegetables and butter in dish. Cover and cook on 800 W (High) power for 4-6 min. or until soft.
2. Place chicken on top of vegetables, cover with stock and tomatoes and add salt and pepper to taste.
3. Cover and cook on 800 W (High) power for 4½ min. then 500 W (Medium) power for 30-35 min. or until well cooked through.
4. Mix cornflour with a little water. Remove chicken from casserole, skim off excess fat and stir in cornflour paste. Cook on 800 W (High) power for 2 min. Serve chicken with sauce poured over.

N.B. If diced boneless breast is used in place of the quarters, reduce 2nd cooking time to 10-14 min. on 500 W (Medium) power or until well cooked through. Stir halfway.

Ingredients

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

Pork with Sweet & Sour Sauce Serves 2

Dish: small casserole

1. Place pork in dish, cover and cook on 500 W (Medium) power for 7-9 min. or until juices run clear.
2. Place oil, carrot, onion and green pepper in a bowl. Cover and cook on 800 W (High) power for 2-3 min. or until vegetables are tender.
3. Mix half the reserved juice with the remaining ingredients except pineapple. Cover and cook on 800 W (High) power for 2-3 min. or until clear and thickened. Stir halfway.
4. Add the sauce to the vegetables. Stir in the pineapple. Mix well.
5. Cook on 800 W (High) power for 1 min. or until heated through. Spoon over cooked pork. Reheat for 1-2 min. on 800 W (High) power or until piping hot.

Ingredients

225 g (8 oz) pork fillet, diced

Sweet & Sour Sauce:

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

Savoury Mince

Serves 2

Dish: 1.5 litre (3 pt) casserole dish

1. Place onion, garlic and oil in casserole, cover and cook on 800 W (High) power for 2-3 min. or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook on 800 W (High) power for 4½ min. then 500 W (Medium) power for 15-20 min. or until the meat is cooked.

Ingredients

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

Chicken Satay

Serves 2

Dish: 4 wooden skewers + shallow dish

1. For the serving sauce: Crumble 25 g (1 oz) of creamed coconut into a large jug. Add the peanut butter, 15 ml (1 tbsp) of the lemon juice, 15 ml (1 tbsp) of the soy sauce, the chilli powder and 150 ml (¼ pt) water. Cook on 800 W (High) power for 3-4 min. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
2. Cut the chicken into small chunks and place in a bowl. Put the remaining creamed coconut, lemon juice and soy sauce into a blender or food processor. Add the remaining ingredients and blend until smooth.
3. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.
4. Thread the chicken onto wooden skewers. Place in a shallow dish, cover with any remaining marinade and cook covered on 800 W (High) power for 5½-7 min. or until cooked, turn and baste frequently. Serve hot with the sauce for dipping.

Ingredients

50 g (2 oz) creamed coconut
45 ml (3 tbsp) crunchy peanut butter
45 ml (3 tbsp) lemon juice
30 ml (2 tbsp) soy sauce
large pinch of chilli powder
150 ml (¼ pt) water
2 chicken breast fillets, skinned
15 ml (1 tbsp) vegetable oil
1 garlic clove, crushed
3 ml (½ tsp) ground turmeric
3 ml (½ tsp) five-spice powder
3 ml (½ tsp) coriander seeds
3 ml (½ tsp) cumin seeds

Recipes

See notes 2-4 on page 23 for using casserole.

Fish

Arranging

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

Liquid

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

Noise

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

Fish Curry

Serves 2

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

1. Melt the butter in the casserole dish on 800 W (High) power for 30-40 sec. or until melted.
2. Stir in the garlic and onion and cook covered on 800 W (High) power for 3 min.
3. Stir in the flour, curry powder, lemon rind and juice and fish stock. Cover and cook on 800 W (High) power for 3 min. stirring halfway through the cooking time.
4. Stir in the remaining ingredients except the coconut, cover and cook on 800 W (High) power for 4-5 min. or until fish flakes, stirring occasionally.
5. Break up the coconut with a fork, then stir into the curry.

Ingredients

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

Family Fish Pie

Serves 4

Dish: large casserole

1. Arrange fish in a shallow dish. Add lemon juice, cover and cook on 800 W (High) power for 3-4 min. or until it flakes easily.
2. Place onion and oil in a bowl. Cover and cook on 800 W (High) power for 3 min. or until the onion is soft.
3. Melt the butter on 800 W (High) power for 30-40 sec. Stir in the flour and mustard and cook for a further 20 sec. Add milk and seasoning, gradually stirring to a smooth paste. Cook on 800 W (High) power for 5-6 min. or until the sauce is thick and bubbling. Stir twice during cooking. Add 75 g (3 oz) of grated cheese to the sauce and stir well.
4. Flake the fish and arrange in the serving dish. Add onions and place the sliced potatoes on top.
5. Pour over the cheese sauce. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on 500 W (Medium) power for 10-15 min. or until the mixture has been completely reheated.

Ingredients

450 g (1 lb) smoked haddock
30 ml (2 tbsp) lemon juice
15 ml (1 tbsp) oil
1 large onion, sliced
600 g (1 lb 5 oz) cooked jacket potatoes, sliced, see page 24
40 g (1½ oz) butter
40 g (1½ oz) flour
3 ml (½ tsp) mustard
600 ml (1 pt) milk
salt and pepper
100 g (4 oz) Red Leicester cheese
75 g (3 oz) wholemeal breadcrumbs

Vegetables

Wild Mushroom and Basil Risotto

Serves 4

Dish: 2 litre (4 pt) casserole dish

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 800 W (High) power for 3-4 min. 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 4½ min. on 800 W (High) power.
4. Stir the mushrooms into the rice mixture. Cover and cook for a further 4½ min. on 800 W (High) power.
5. Stir and add the basil. Continue to cook for the final 4½ min. on 800 W (High) power. Leave to stand for approx. 10 min. and then stir with a fork.

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 (8 oz) Arborio rice
300 ml (½ pt) hot vegetable stock
12 basil leaves, torn

Recipes

See notes 2-4 on page 23 for using casserole.

Vegetable Curry

Serves 2

Dish: 2 litre (4 pt) casserole

1. Sprinkle the aubergine liberally with salt in a colander. Stand for 30 min. to remove bitter juices. Rinse well under cold water and drain.
2. Combine oil, garlic and spices in the casserole, cover and cook on 800 W (High) power for 2 min.
3. Add all other ingredients to casserole, except cashews. Cover and cook on 800 W (High) power for 4½ min. then 500 W (Medium) power for 25-30 min. or until vegetables are soft. Stir occasionally.
4. Sprinkle with cashews and serve with boiled rice.

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

Ingredients

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

Cauliflower Cheese

Serves 2

Dish: large bowl + shallow casserole

1. Place cauliflower upside down in a bowl. Add water. Cover and cook on 800 W (High) power for 7 min. or until tender. Drain.
2. Melt butter on 800 W (High) power for 30-40 sec. Stir in flour and mustard. Cook for a further 20-30 sec. Add milk gradually. Stir well and season. Cook on 800 W (High) power for 2-3 min. or until sauce is thick and bubbling. Stir once halfway during cooking.
3. Stir in 50 g (2 oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Cook on 800 W (High) power for 1-2 min. or until cheese melts.

Ingredients

1 cauliflower, trimmed and cut into florets
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

Desserts / Cakes

Steamed Suet Sponge Pudding

Serves 4

Dish: 1 litre (2 pt) pudding basin

1. In a mixing bowl, sift together the flour and salt. Stir in the sugar and suet.
2. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency.
3. Put the jam in the base of the greased pudding basin and pour pudding mixture over. Cook on 800 W (High) power for 6-7 min. until firm.

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 (1¼ pt) milk
30 ml (2 tbsp) jam or golden syrup
Optional:
add 1 tbsp of sultanas to dry ingredients

Individual Pineapple Upside Down Pudding

Serves 2

Dish: 2 ramekin dishes, base lined

1. Put ½ tbsp golden syrup in the base of each ramekin; arrange pineapple slice and cherry on top of the syrup in the base.
2. Cream together the margarine and sugar until light and fluffy. Beat in the egg gradually. Fold in the flour and mix to a soft consistency with the milk.
3. Spoon the mixture over the pineapple and cook on 800 W (High) power for 3-4 min. or until cooked. Leave to cool slightly before turning upside down onto a serving plate.

Ingredients

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

Christmas Puddings

Serves 4

Dish: 4 deep ramekins, base lined

1. Place all ingredients into a large mixing bowl and stir until thoroughly mixed.
2. Divide mixture equally between the ramekins.
3. Place towards outer edge of the glass tray and cook on 800 W (High) power for 4-5 min. or until cooked.

Ingredients

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

Recipes

Date Puddings and Butterscotch Sauce

Serves 6

Dish: 3 pint pudding basin

1. Pour 175 ml (6 fl. oz) boiling water over the chopped dates and set aside to cool.
2. Sift together flour and baking powder. Add vanilla and coffee essence to the milk.
3. Cream the butter and sugar until light and fluffy. Add eggs a little at a time.
4. Fold in the flour and flavoured milk, then pour in the date mixture.
5. Place in pudding basin. Cook on 800 W (High) power for 7-8½ min. and leave to stand for 10 min.

Sauce

1. Place butter in a large jug and cook on 800 W (High) power for 50 sec. to 1 min., or until bubbling.
2. Add sugar and stir until it has dissolved, cooking for 1 min. at a time on 800 W (High) power. Continue to cook until liquid is foaming and bubbling 30 sec. at a time on 800 W (High) power.
3. Slowly pour in the cream and bring to the boil on 800 W (High) power for 2-3 min. Add essence. Stir, continue to boil on 800 W (High) power 30 sec. at a time until it starts to thicken.

Chewy Flapjacks

Dish: 20 cm (8") round dish

1. Place butter, syrup and sugar in a bowl and cook on 800 W (High) power for 1-2 min. or until melted.
2. Stir in the oats and raisins. Press into dish. Cook on 800 W (High) power for 2-3 min. or until the centre is bubbling. Allow to cool slightly then cut into 8 pieces.

Ingredients

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

Butterscotch sauce

45 g (1¾ oz) butter
120 ml (8 tbsp) soft brown sugar
200 ml (7 fl. oz) whipping cream
15 ml (1 tbsp) vanilla essence

Ingredients

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

Boston Brownies

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

1. Place chocolate and butter in a bowl and cook on 800 W (High) power for 1-2 min. or until chocolate has melted.
2. Stir in all other ingredients and beat well.
3. Pour into dish and cook on 500 W (Medium) power for 8-10 min. or until just slightly sticky. Allow to cool and then cut.

Ingredients

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

Sauces

Custard

Dish: 1 litre (2 pt) jug

1. Mix together the custard powder, sugar and a little milk to form a smooth paste.
2. Blend in the remaining milk, whisking well.
3. Cook on 800 W (High) power for 4-5 min. Whisk well halfway through cooking time and again at the end.

Ingredients

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

White Pouring Sauce

Dish: 1 litre (2 pt) jug

1. Melt butter in jug on 800 W (High) power for 20-40 sec.
2. Stir in the flour to make a roux.
3. Add the milk gradually stirring continuously until well combined.
4. Cook for 3 min. on 800 W (High) power. Stir and cook for a further 4 min. Stir and cook for a further 2 min. Sauce should be smooth and glossy and coat the back of a spoon.

Ingredients

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

Recipes

Jam

Soft Fruit Jam Makes approx. 1½ lbs jam

Dish: large bowl

1. Place all ingredients in a large bowl and stir. Cook on 800 W (High) power for 5 min. (10-15 min. if using frozen fruit), stirring frequently. Continue to cook in 1 min. 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 min. Test regularly for setting point.
- N.B.** Do not double this mixture as it will boil over.

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

Questions and answers

Q: Why won't my oven turn on?

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

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

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

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

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

A: The oven is designed not to accept an incorrect programme. For example, the oven will not accept a 4th stage.

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

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

Care of your oven

1. The oven should be unplugged before cleaning.
2. 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. Avoid cleaning the microwave feed guide area situated on the right hand side of the cavity wall.
DO NOT USE COMMERCIAL OVEN CLEANERS.
3. 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 the glass.
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 it with a soft 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 press Stop/Reset 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 oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.
7. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm soapy water or in a dishwasher.
8. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the oven cavity floor with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. Cooking vapours collect during repeated use but in no way affect the oven cavity floor or roller ring wheels. After removing the roller ring from the oven cavity floor for cleaning, be sure to replace it in the proper position.
9. A steam cleaner is not to be used for cleaning.
10. This oven should only be serviced by qualified personnel. For maintenance and repair of the oven contact the nearest authorised dealer.
11. Failure to maintain the oven in a clean condition could lead to deterioration of surfaces that could adversely affect the life of the appliance and possibly result in a hazardous situation.
12. 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 oven. If air vents become blocked this could cause overheating which would affect the operation of the oven and possibly result in a hazardous situation.

Specifications

Power Source: **230-240 V, 50 Hz**
Power Consumption: **Maximum; 1250 W**
800 W (IEC-60705)
Output:
Outside Dimensions: **440 mm (W) x 324 mm (D) x 258 mm (H)**
Oven Cavity Dimensions: **306 mm (W) x 308 mm (D) x 214 mm (H)**
Overall Cavity Volume: **20 L**
Glass Tray Diameter: **255 mm**
Operating Frequency: **2450 MHz**
Net Weight: **11 kg**
Noise: **L_{WA} 63 dB**

Weight and Dimensions shown are approximate.

Specifications subject to change without notice.

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



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

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

For proper treatment, recovery and recycling, please take these products to designated collection points, where they will be accepted on a free of charge basis.

Alternatively, in some countries you may be able to return your products to your local retailer upon the purchase of an equivalent new product.

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

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

For business users in the European Union

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

Information on Disposal in other Countries outside the European Union

This symbol is only valid in the European Union.

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

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