Important safety instructions
Before operating this oven, please read these instructions carefully and keep for future reference.
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.

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

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

- The contents of feeding bottles and baby food jars are to be stirred or shaken. The temperature has to be checked before consumption to avoid burns.

- Do not cook eggs in their shells and whole hard-boiled eggs by MICROWAVE. Pressure may build up and the eggs may explode, even after the microwave heating has ended.

- Clean the inside of the oven, door seals and door seal areas regularly. When food splatters or spilled liquids adhere to the oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasive is not recommended.

- **DO NOT USE COMMERCIAL OVEN CLEANERS.**
- Failure to maintain the oven in a clean condition could lead to deterioration of surfaces that could affect the life of the appliance and possibly result in a hazardous situation.

- 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.

- 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.
**Standard Conversion Chart**

### Weight

<table>
<thead>
<tr>
<th>Weight</th>
<th>g</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ oz</td>
<td>15 g</td>
</tr>
<tr>
<td>1 oz</td>
<td>25 g</td>
</tr>
<tr>
<td>2 oz</td>
<td>50 g</td>
</tr>
<tr>
<td>3 oz</td>
<td>75 g</td>
</tr>
<tr>
<td>4 oz</td>
<td>100 g</td>
</tr>
<tr>
<td>5 oz</td>
<td>150 g</td>
</tr>
<tr>
<td>6 oz</td>
<td>175 g</td>
</tr>
<tr>
<td>7 oz</td>
<td>200 g</td>
</tr>
<tr>
<td>8 oz</td>
<td>225 g</td>
</tr>
<tr>
<td>9 oz</td>
<td>250 g</td>
</tr>
<tr>
<td>10 oz</td>
<td>275 g</td>
</tr>
<tr>
<td>11 oz</td>
<td>300 g</td>
</tr>
<tr>
<td>12 oz</td>
<td>325 g</td>
</tr>
<tr>
<td>13 oz</td>
<td>375 g</td>
</tr>
<tr>
<td>14 oz</td>
<td>400 g</td>
</tr>
<tr>
<td>15 oz</td>
<td>425 g</td>
</tr>
<tr>
<td>1 lb/16 oz</td>
<td>450 g</td>
</tr>
</tbody>
</table>

### Capacity

<table>
<thead>
<tr>
<th>Capacity</th>
<th>ml</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ tsp</td>
<td>3 ml</td>
</tr>
<tr>
<td>1 tsp</td>
<td>5 ml</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>15 ml</td>
</tr>
<tr>
<td>¼ pt</td>
<td>150 ml</td>
</tr>
<tr>
<td>½ pt</td>
<td>300 ml</td>
</tr>
<tr>
<td>¾ pt</td>
<td>450 ml</td>
</tr>
<tr>
<td>1 pt</td>
<td>600 ml</td>
</tr>
<tr>
<td>1 ³⁄₄ pt</td>
<td>1 litre</td>
</tr>
</tbody>
</table>

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**

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

Your oven is rated 1000 Watts (IEC)*. When using other cookbooks remember to adjust cooking times accordingly. The symbol above, which is displayed on your oven door, indicates the heating category for your oven when cooking or reheating convenience foods.

- Your oven is rated ‘E’, which is very efficient. It is therefore very important that you refer carefully to the packet instructions on convenience foods.
- Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating on pages 38-42 of this book.

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

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

**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.

For Cookery Advice call: 01344 862108 (open Monday to Wednesday 9 am - 12 pm)

Alternatively visit our web site at [www.theideaskitchen.co.uk](http://www.theideaskitchen.co.uk)
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 System Inside. This technology 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.

Home Economists program the ovens especially for the UK market. The recipes are tested many times to ensure you achieve successful results at home.

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

Cookery advice line 01344 862108
or write to the address below, or contact us on-line at test.kitchen@panasonic.co.uk Alternatively visit our website at www.cooking-corner.co.uk

Home Appliance Innovation Centre
Panasonic U.K.
a branch of Panasonic Marketing Europe GmbH
Panasonic House
Willoughby Road
Bracknell
Berks
RG12 8FP
When writing, be sure to state your model number and daytime telephone number.
Important safety instructions
Please read carefully and keep for future reference

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

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

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

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

If the fuse cover is detachable, never use the plug with the cover omitted. 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.

Warning: this appliance must be earthed.

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

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

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

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

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

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

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

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

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

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

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

3. Cord
If the supply cord of this appliance is damaged, it must be replaced by the manufacturer or its 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

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

Counter top use

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

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

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

4. Do not use outdoors.

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

6. This appliance is not intended to be operated by means of an external timer or separate remote-control system.

7. This appliance is intended to be used in household applications only.
Using your oven

1. The appliance must not be operated by Microwave WITHOUT FOOD IN THE OVEN. Operation when empty will damage the appliance.

2. 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.

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

Care & Cleaning of your Microwave Oven

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 the 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. **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.

3. 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.

4. If the **Control Panel** becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel. When cleaning the Control Panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning touch STOP/CANCEL Pad to clear display window.

5. **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.

6. **The oven cavity floor** should be cleaned regularly. Simply wipe the bottom surface of the oven with mild detergent and hot water then dry with a clean cloth. Cooking vapours collect during repeated use but in no way affect the bottom surface.

7. A steam cleaner is not to be used for cleaning.

8. Keep air vents clear at all times. Check that no dust or other material is blocking any of the air vents on the top, bottom or rear of the oven. If air vents become blocked this could cause overheating which would affect the operation of the oven, and could lead to a hazardous situation.
Maintenance of your oven

1. Service
When your oven requires a service call your local Panasonic engineer. You can look on the website (www.panasonic.co.uk) under the "support" option, where a service dealer locator can be found or alternatively call our Customer Communications 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. 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.

3. 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 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.

Parts of Your Oven

1. Do not cook directly on oven cavity floor. Always place food in a microwave safe dish. The only exception to this is when cooking Jacket Potatoes or Auto Program Jacket Potatoes.

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

3. Always refer to instructions for correct accessories to use on all programs.

Note: This illustration is for reference only.
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 fuse or circuit breaker panel.

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

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

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

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

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.

2. Foods low in moisture.
   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 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.

   We do not recommend heating foods low in moisture such as popcorn or poppodums. 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.

   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. See page 38.

   Do not boil eggs in their shell in your microwave. Raw eggs boiled in their shells can explode causing injury, even after microwave heating has ended.

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.

   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.

   Do not attempt to deep fat fry in your oven. cleaning.
Important Information – Read Carefully

Use a meat thermometer to check the degree of cooking of meat 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. Due to the possibility of ignition, do not leave a conventional meat thermometer in the oven when microwaving.

Carefully attend the appliance if paper, plastic or other combustible materials are used as containers or for covering, 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, eg Kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.

11. Reheating.
It is essential that reheated food is served “piping hot”.

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

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

Standing time refers to the period at the end of cooking or reheating when food is left before being eaten, ie. it is a rest time which allows the heat in the food to continue to conduct to the centre, thus eliminating cold spots. See page 15.

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. The oven should be unplugged when cleaning.

After using the microwave the fan motor may rotate for 1 minute to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time.

15. Containers.
Only use utensils/containers that are suitable for use in microwave ovens. See pages 18-20.

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. See page 38.

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

Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II. Microwaves are present in the atmosphere all the time, both naturally and from manmade sources. Manmade sources include radar, radio, television, telecommunication links and mobile phones.

How microwaves cook food

In a microwave oven, electricity is converted into microwaves by the MAGNETRON. 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 15).
General Guidelines

Standing time

Dense foods e.g. meat, jacket potatoes and cakes, require a STANDING TIME (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely.

- MEAT JOINTS – Stand 15 mins. wrapped in aluminium foil.
- JACKET POTATOES – Stand 5 mins. wrapped in aluminium foil.
- LIGHT CAKES – Stand 5 mins. before removing from dish.
- FISH – Stand 2-3 mins.
- EGG DISHES – Stand 1-2 mins.
- PRECOOKED CONVENIENCE FOODS – Stand for 1-2 mins.
- PLATED MEALS – Stand for 1-2 mins.
- VEGETABLES – Boiled potatoes benefit from standing 1-2 mins., however most other types of vegetables can be served immediately. If food is not cooked after STANDING TIME, return to oven and cook for additional time.
- DEFROSTING – It is essential to allow standing time to complete the process. This can vary from 5 mins. e.g. raspberries, to up to 1 hour for a joint of meat.

Piercing

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

Moisture content

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

Cling film

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

Density
Porous airy foods heat more quickly than dense heavy foods.

Covering
Cover foods with microwave cling film or a self-fitting lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes, pastry items.
Arranging
Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are to the outside.

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

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 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 microwave spray cleaner, sprayed onto a soft cloth, always wipe the oven dry after cleaning. Avoid any plastic parts and door area.
Choosing the correct container is a very important factor in deciding the success or failure of your cooking.

Testing Dishes for Suitability

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

1. Fill a microwave safe measuring jug with 300 ml (½ pt) cold water.
2. Place it on the flat table 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 1000 W for 1 minute.

Result

If the dish is suitable for microwaving, it will remain cool, whilst the water in the jug will begin to feel warm. If the testing dish feels warm, do not use as it is obviously absorbing microwave energy.

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

Quick Check Guide to Cooking Utensils

Oven glass

Everyday glass that is heat resistant e.g. Pyrex®, is ideal. Do not use delicate glass which may crack due to the heat from the food. Do not use lead crystal which may crack or arc.

China and ceramic

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

Many plastic containers are designed for microwave use. Only use Tupperware® containers if they are designed for microwave use. Do not use Melamine – although it is heat resistant it absorbs microwave energy and scorches. Even if a container is microwave safe, do not use for cooking foods high in sugar or fat. Foods that require long cooking times e.g. brown rice, should not be cooked in plastic. Never cook in margarine cartons or yoghurt pots, as these will melt with the heat from the food. Many plastics that are not heatproof for cooking are suitable for defrosting.

Foil/metal containers

NEVER ATTEMPT TO COOK IN FOIL OR METAL containers – the microwaves cannot pass through and the food will not heat evenly – this may also damage your oven. Use wooden kebab sticks instead of metal skewers.

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.
Paper

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

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

Wicker, wood, straw baskets

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

Cling film

Microwave cling film can be used for covering food that is reheated by microwave. It is also useful for covering food to be cooked, but care should be taken to avoid the film being in direct contact with the food.

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.

Aluminium foil

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

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

**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.
Let’s Start to Use your Oven

1  Plug in
Plug into a 13 amp fused electrical socket. You will be reminded to read your operating instructions.

2  Press Clock Pad
Set clock as a 24hr clock. Set time using time pads. Press clock pad again. (See page 23 for details).

3a  Select Power
For example to select 1000 W, press Micro Power pad once.

3b  Press Time Pad
To set a cooking time eg. 1 minute, press 1 minute pad once.

3c  Press Start Pad
The time will be displayed in the window and count down. The oven will beep at the end of the cooking program.

4  Child Lock
To operate the child lock facility press the start pad three times, this will deactivate the microwave. “£” will appear in the display and none of the controls will operate. To clear child lock facility press Stop/Cancel Pad three times. Child Safety Lock can be set when colon or time of day is displayed. To set or cancel child safety lock, Start Pad or Stop/Cancel Pad must be pressed 3 times within 10 seconds.
Setting the Clock

Press 11 times

Press twice

Press 5 times

- Press Clock Pad
  
  " : " will appear in the display window, and the colon starts to blink.

- Press Time Pads
  
  Enter time of day by pressing Time Pads. e.g. 11.25am (24hr clock).

- Press Clock Pad
  
  Colon stops blinking. Time of day is now locked into the display.

N.B.
1. To reset time of day, repeat step 1 through to step 3.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. This is a 24 hour clock.

Microwave Cooking and Defrosting

There are 6 different microwave power levels available.

Selecting Microwave Power Level

1 Press High Power 1000 W
2 Presses Defrost Power 270 W
3 Presses Medium Power 600 W
4 Presses Low Power 440 W
5 Presses Simmer Power 250 W
6 Presses Warm Power 100 W

- Press Micro Power pad to select the desired power level

- Select Cooking Time.

- Press Start.

Note

The maximum time that can be set on 1000 W is 30 minutes. The maximum time that can be set on the other power levels is 99 mins 50 secs.
Using the Timer Feature

The Timer Pad is used as a timing pad either before, during or after a cooking program. When the Timer Pad is selected with a time, there is no microwave power in the oven during this time.

1. To Set a Standing Time: (Example: To stand for 5 minutes after cooking)

   - Set the desired Cooking Program, by selecting power level and time required. (up to 2 program stages)
   - Then Press the Timer Pad.
   - Set desired standing time (max 99 mins 50 secs). Press “minute” pad 5 times.
   - Press Start Pad. Cooking program will commence after which the standing time will count down.

2. To Set a Delay Start: (Example: To start cooking 5 minutes later)

   - Press the Timer pad.
   - Set Delay time. (max 99 mins 50 secs). Press “minute” pad 5 times.
   - Press Start Pad. Delayed time will count down then the cooking program will start.

**NB**

1. If the oven door is opened during the stand or delay time, the time in the display window will continue to count down.
2. Delay Start and Standing Time cannot be used before an Auto Program.
Microwave Cooking and Defrosting

Accessory to use:
DO NOT place food directly onto the flat table except in the case of Jacket Potatoes or Auto Program Jacket Potatoes.

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

Two Stage Cooking:
eg. 1000 W 10 minutes followed by 250 W 20 minutes; Select 1000 W and program 10 minutes then select second power (250 W) with second cooking time (20 minutes) then press Start.

Three Stage Cooking:
eg. 1000 W 5 minutes, Delay 5 minutes, 1000 W 2 minutes; Select first Power level and cooking time, then press TIMER and time, then select final power level and final cooking time. Then press Start. Turbo Defrost and Auto Program can not be used with Three Stage Cooking.

Turbo Defrost

With this feature you can defrost frozen foods according to the weight. Press turbo defrost pad and set the weight of the food. The weight is programmed in grams which starts from the minimum weight and add in 10 g increments.

- Press “TURBO DEFROST” pad once. Default minimum weight appears in the display window.
- Choose other weights by pressing the Up & Down pad. The “Up” pad will count up in 10 g steps. The weight can be set between 100 g to 3000 g.
- Press Start.
Turbo Defrost Programs

This feature allows you to defrost minced meat, chops, chicken portions, meat joints etc. Press the “turbo defrost” key directly and then enter in the weight by pressing “Up” & “Down” pad, then press start pad. (See page 25).

Foods should be placed in a suitable dish, whole chickens and joints of meat should be on an upturned saucer or on a rack. Chops, chicken portions should be placed in a single layer. It is not necessary to cover the foods.

The TURBO Theory principle is used in Auto Weight defrost programs to give you a quick and more even defrost. The TURBO system uses a random sequence of pulsing microwave energy which speeds up the defrosting process. During the program the oven will beep to remind you to check the food. IT IS ESSENTIAL THAT YOU TURN AND STIR THE FOOD FREQUENTLY AND SHIELD IF NECESSARY. (See page 27). On hearing the first beep you should TURN and SHIELD (if possible). On the second beep you should turn the food or break it up.

1st Beep 1st Beep 2nd Beep

Turn or Shield Turn or break up
Defrosting Guidelines

By selecting 270 W, from the microwave power pad, and setting a time, you can defrost food in your microwave. The biggest problem is getting the inside defrosted before the outside starts to cook.

For this reason a defrost program alternates between a defrost power and a standing time.

The name for this type of defrost is cyclic and during the standing stages there is not any microwave power in the oven, although the light will remain on. The automatic stand times ensure a more even defrost but it is still necessary to allow for standing time before use. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer.

Tips

1. Check foods during defrosting. Foods vary in their defrosting speed.
2. It is not necessary to cover the food.
3. Always turn or stir the food especially when the oven “beeps”. Shield if necessary (see point 5).
4. Minced meat/chops/chicken portions should be broken up or separated as soon as possible and placed in a single layer.
5. Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast/fat with smooth pieces of aluminium foil secured with cocktail sticks.
6. Allow standing time so that the centre of the food thaws out. (minimum 1 hour for joints of meat and whole chickens.)
Defrosting Foods Using Defrost Power & Time

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

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight</th>
<th>Defrost Time</th>
<th>Method</th>
<th>Standing Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef/Lamb/Pork Joint</td>
<td>700 g (1 lb 8 oz)</td>
<td>15 mins</td>
<td>Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times.</td>
<td>60 mins</td>
</tr>
<tr>
<td>Beef/Lamb/Pork Joint</td>
<td>1.0 Kg (2 lb 4 oz)</td>
<td>20 mins</td>
<td>Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times.</td>
<td>60 mins</td>
</tr>
<tr>
<td>Sirloin/Rump Steak</td>
<td>500 g (1 lb 2 oz)</td>
<td>10 mins</td>
<td>Place in a suitable dish. Separate and turn twice.</td>
<td>30 mins</td>
</tr>
<tr>
<td>Beef Burgers</td>
<td>100 g (x1)</td>
<td>4 mins</td>
<td>Place in a suitable dish. Turn.</td>
<td>10 mins</td>
</tr>
<tr>
<td></td>
<td>200 g (x2)</td>
<td>4-5 mins</td>
<td>Place in a suitable dish. Separate and turn twice.</td>
<td>10 mins</td>
</tr>
<tr>
<td></td>
<td>400 g (x4)</td>
<td>7-8 mins</td>
<td>Place in a suitable dish. Separate and turn twice.</td>
<td>10 mins</td>
</tr>
<tr>
<td>Minced Beef</td>
<td>500 g (1 lb 2 oz)</td>
<td>12 mins</td>
<td>Place in a suitable dish. Break up and turn 3-4 times.</td>
<td>15 mins</td>
</tr>
<tr>
<td>Stewing Steak</td>
<td>500 g (1 lb 2 oz)</td>
<td>15 mins</td>
<td>Place in a suitable dish in a single layer. Break up and turn twice.</td>
<td>20 mins</td>
</tr>
<tr>
<td>Lamb Chops</td>
<td>500 g (1 lb 2 oz)</td>
<td>8 mins</td>
<td>Place in a suitable dish in a single layer. Turn twice.</td>
<td>20 mins</td>
</tr>
<tr>
<td>Lamb Fillets</td>
<td>300 g (11 oz)</td>
<td>10 mins</td>
<td>Place in a suitable dish in a single layer. Turn twice.</td>
<td>10 mins</td>
</tr>
<tr>
<td>Pork Ribs</td>
<td>700 g (1 lb 8 oz)</td>
<td>10 mins</td>
<td>Place in a suitable dish. Separate and turn twice.</td>
<td>30 mins</td>
</tr>
<tr>
<td>Pork Chops</td>
<td>350 g (12 oz)</td>
<td>6-7 mins</td>
<td>Place in a suitable dish. Separate and turn twice.</td>
<td>20 mins</td>
</tr>
<tr>
<td>Bacon Rashers</td>
<td>1000 g (2 lb 4 oz)</td>
<td>7 mins</td>
<td>Place in a suitable dish. Separate and turn 2-3 times.</td>
<td>20 mins</td>
</tr>
<tr>
<td>Sausages</td>
<td>100 g (2)</td>
<td>3 mins</td>
<td>Place in a suitable dish. Separate and turn 2-3 times.</td>
<td>3 mins</td>
</tr>
<tr>
<td></td>
<td>500 g (9)</td>
<td>8-10 mins</td>
<td></td>
<td>10 mins</td>
</tr>
<tr>
<td>Whole chicken</td>
<td>1.5 Kg (3 lb 5 oz)</td>
<td>30 mins</td>
<td>Place in a suitable dish or an upturned saucer or use a rack. Turn 3-4 times. Shield if necessary</td>
<td>45 mins</td>
</tr>
<tr>
<td>Chicken Portions</td>
<td>x1 150 g (5 oz)</td>
<td>6 mins</td>
<td>Place in a suitable dish. Turn.</td>
<td>30 mins</td>
</tr>
<tr>
<td></td>
<td>x2 350 g (12 oz)</td>
<td>8-10 mins</td>
<td>Place in a suitable dish. Turn twice.</td>
<td>30 mins</td>
</tr>
<tr>
<td></td>
<td>x3/4 500 g (1 lb 2 oz)</td>
<td>13-14 mins</td>
<td>Place in a suitable dish. Turn.</td>
<td>30 mins</td>
</tr>
</tbody>
</table>
# Defrosting Foods Using Defrost Power & Time

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

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight</th>
<th>Defrost Time</th>
<th>Method</th>
<th>Standing Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meat</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turkey Breast Fillets</td>
<td>500 g (1lb 2 oz)</td>
<td>15 mins</td>
<td>Place in a suitable dish. Separate and turn twice.</td>
<td>26 mins</td>
</tr>
<tr>
<td>Duck Breast Fillets</td>
<td>450 g (1lb)</td>
<td>9 mins</td>
<td>Place in a suitable dish. Turn twice.</td>
<td>20 mins</td>
</tr>
<tr>
<td><strong>Fish</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole Fish x 1</td>
<td>450 g (1lb)</td>
<td>11-12 mins</td>
<td>Place in a suitable dish. Turn twice.</td>
<td>30 mins</td>
</tr>
<tr>
<td>Whole Fish x 2</td>
<td>750 g (1 lb 11 oz)</td>
<td>14-15 mins</td>
<td>Place in a suitable dish. Turn twice separate if necessary.</td>
<td>30 mins</td>
</tr>
<tr>
<td>Whole Fish x 2</td>
<td>100-150 g (4-5 oz)</td>
<td>2-3 mins</td>
<td>Place in a suitable dish in a single layer. Turn twice.</td>
<td>4-5 mins</td>
</tr>
<tr>
<td>Fish Steaks</td>
<td>100 g (4 oz)</td>
<td>3-4 mins</td>
<td>Place in a suitable dish. Turn.</td>
<td>10 mins</td>
</tr>
<tr>
<td></td>
<td>250 g (9 oz)</td>
<td>7-8 mins</td>
<td>Place in a suitable dish. Separate if necessary and turn twice.</td>
<td>30 mins</td>
</tr>
<tr>
<td></td>
<td>400 g (14 oz)</td>
<td>11-12 mins</td>
<td>Place in a suitable dish. Separate if necessary and turn twice.</td>
<td>30 mins</td>
</tr>
<tr>
<td>Prawns</td>
<td>450 g (1lb)</td>
<td>11-12 mins</td>
<td>Place in a suitable dish. Stir twice during defrosting.</td>
<td>25 mins</td>
</tr>
<tr>
<td><strong>General</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sliced bread</td>
<td>400 g (14 oz)</td>
<td>5 mins</td>
<td>Place on a plate. Separate and arrange during defrosting.</td>
<td>10 mins</td>
</tr>
<tr>
<td>Slice of bread</td>
<td>28 g (1 oz)</td>
<td>30-50 secs</td>
<td>Place on a plate. Turn once.</td>
<td>1 min</td>
</tr>
<tr>
<td>Soft fruit</td>
<td>500 g (1lb 2 oz)</td>
<td>9-10 mins</td>
<td>Place in a suitable dish. Stir twice during defrosting.</td>
<td>20 mins</td>
</tr>
<tr>
<td>Gateau</td>
<td>350 g (12 oz)</td>
<td>6 mins</td>
<td>Place on a plate.</td>
<td>20 mins</td>
</tr>
<tr>
<td>Cheesecake</td>
<td>500 g (1lb 2 oz)</td>
<td>7 mins</td>
<td>Place on a plate.</td>
<td>10 mins</td>
</tr>
<tr>
<td>Meringue dessert</td>
<td>350 g (12 oz)</td>
<td>3-5 mins</td>
<td>Place on a plate.</td>
<td>15 mins</td>
</tr>
<tr>
<td>Shortcrust/Puff pastry</td>
<td>500 g (1lb 2 oz)</td>
<td>5-6 mins</td>
<td>Place on a plate. Turn halfway.</td>
<td>15 mins</td>
</tr>
</tbody>
</table>
Auto Weight Reheat and Cook Programs

This feature allows you to cook or reheat foods by setting the weight only. The oven determines the Microwave power level and then the cooking time automatically. Select the category of food and then just enter the weight. The weight is entered in grams. There are 18 auto weight cook programs. Select corresponding menu and number on P32.

- Select the desired Auto Weight Program, by pressing the menu pad, corresponding food number will appear in the display window.
- Enter the weight by pressing the “Up” & “Down” pad. Either pad will start with the minimum weight for each food.
- Press Start.

Guidelines for Use

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

1. Only cook foods within the weight ranges described (see table on page 32).
2. Always choose a container size that is suitable for the quantities of food, ie. do not allow a large headspace or food may not cook correctly.
3. Always cover the dish with pierced cling film or a lid, this helps keep the food moist. Exceptions to this rule are chocolate, jacket potatoes, ice cream and steamed pudding.
4. Most foods benefit from a STANDING time after cooking on an Auto Program, to allow heat to continue conducting to the centre.
5. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
6. During the program, the oven will beep two times to remind you to STIR/TURN the food. It is essential that you turn or stir for better results.
Auto Weight Reheat Program

Auto Weight Reheat program must ONLY be used for the foods described below.

Reheat meal

This program is for reheating a chilled convenience meal that can be stirred.* Foods must be in a suitable shallow microwaveable container and have the film pierced. Place food on base of oven, press the reheat meal pad once and the minimum weight starts from 300 g. Select other weight by pressing up & down pad until your desired weight (up to 600 g) appears in the display window then press START. Stir at beep. Allow to stand for 2 minutes. Ensure that the food is piping hot, stir before serving. Note: Large pieces of fish/meat in a thin sauce, may require longer cooking.

*Important note: This program is not suitable for foods that cannot be stirred e.g. Lasagne/Shepherds Pie. These foods can be cooked manually, by entering the microwave power and time. Refer to packet instructions or reheating charts on pages 39-42. Meals in bowl shaped containers may need extra cooking time.
### Auto Weight Cook Programs

<table>
<thead>
<tr>
<th>Program Key</th>
<th>Program Number</th>
<th>Menu</th>
<th>Minimum Weight</th>
<th>Maximum Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;Soup&quot; Key</td>
<td>1)</td>
<td>Soup</td>
<td>200 g</td>
<td>1200 g</td>
</tr>
<tr>
<td>2)</td>
<td>Chocolate</td>
<td>50 g</td>
<td>300 g</td>
<td></td>
</tr>
<tr>
<td>3)</td>
<td>Butter</td>
<td>50 g</td>
<td>300 g</td>
<td></td>
</tr>
<tr>
<td>4)</td>
<td>Cheese</td>
<td>50 g</td>
<td>300 g</td>
<td></td>
</tr>
<tr>
<td>5)</td>
<td>Ice Cream</td>
<td>200 g</td>
<td>2000 g</td>
<td></td>
</tr>
<tr>
<td>&quot;Melt &amp; Soften&quot;</td>
<td>6)</td>
<td>Fresh Vegetables</td>
<td>200 g</td>
<td>1000 g</td>
</tr>
<tr>
<td>7)</td>
<td>Frozen Vegetables</td>
<td>200 g</td>
<td>1000 g</td>
<td></td>
</tr>
<tr>
<td>&quot;Vegetables&quot; Key</td>
<td>8)</td>
<td>Jacket Potatoes</td>
<td>200 g</td>
<td>1500 g</td>
</tr>
<tr>
<td>9)</td>
<td>Boiled Potatoes</td>
<td>200 g</td>
<td>1000 g</td>
<td></td>
</tr>
<tr>
<td>&quot;Potatoes&quot; Key</td>
<td>10)</td>
<td>Fresh Steam Fish</td>
<td>200 g</td>
<td>1000 g</td>
</tr>
<tr>
<td>11)</td>
<td>Frozen Fish</td>
<td>100 g</td>
<td>800 g</td>
<td></td>
</tr>
<tr>
<td>&quot;Fish&quot; Key</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12)</td>
<td>Meat Sauce</td>
<td>450 g</td>
<td>2000 g</td>
<td></td>
</tr>
<tr>
<td>13)</td>
<td>Casserole</td>
<td>800 g</td>
<td>2000 g</td>
<td></td>
</tr>
<tr>
<td>14)</td>
<td>Chicken Breast</td>
<td>300 g</td>
<td>800 g</td>
<td></td>
</tr>
<tr>
<td>&quot;Meat / Chicken&quot;</td>
<td>15)</td>
<td>Rice</td>
<td>150 g</td>
<td>450 g</td>
</tr>
<tr>
<td>16)</td>
<td>Pasta</td>
<td>100 g</td>
<td>450 g</td>
<td></td>
</tr>
<tr>
<td>&quot;Rice / Pasta&quot; Key</td>
<td>17)</td>
<td>Steamed Pudding</td>
<td>100 g</td>
<td>500 g</td>
</tr>
<tr>
<td>18)</td>
<td>Stewed Fruits</td>
<td>100 g</td>
<td>800 g</td>
<td></td>
</tr>
</tbody>
</table>

Auto Weight Cook programs must ONLY be used for the foods described below.

#### 1. Soup

This program is for reheating chilled and tinned soup. Place soup into a microwave-able bowl or container stir first and cover with lid or pierced cling film. Place on base of oven, press the soup pad once. Enter weight. Press START. Stir the soup halfway during reheating. Allow to stand for 2 minutes. Ensure that the soup is piping hot, stir again before serving.
Auto Weight Cook Programs

Auto Weight Cook programs must ONLY be used for the foods described below.

2. Chocolate

To melt chocolate. Separate chocolate into chips, and place it into a shallow container on base of oven, do not cover. Press the melt&soften pad once. Enter weight. Press START, stir halfway.

3. Butter

To melt butter. Cut butter into cubes and place it in a shallow container. Cover with pierced cling film or lid and place on base of oven. Press the melt&soften pad twice. Enter weight. Press START.

4. Cheese

Cut cheese into cubes and place it in a shallow container. Cover with pierced cling film or lid and place on base of oven. Press the melt&soften pad three times. Enter weight. Press START.

5. Ice Cream

To soften Ice Cream. Remove the cap and place directly on the base of oven. Press the melt&soften pad four times. Enter weight. Press START.
Auto Weight Cook Programs

Auto Weight Cook programs must ONLY be used for the foods described below.

6. Fresh Vegetables

**Vegetables**

To cook FRESH vegetables eg. carrots, cauliflower, not suitable for potatoes. Place prepared vegetables into a shallow container. Add 1 tbsp (15 ml) of water per 100 g vegetables. Cover with pierced cling film or lid and place on base of oven. Press the vegetables pad once. Enter weight. Press START, stir halfway.

7. Frozen Vegetables

**Vegetables**

To cook FROZEN vegetables. Place in a shallow container, sprinkle with 15 ml (1tbsp) of water per 100 g vegetables. Cover with pierced cling film or lid and place on base of oven. Press the vegetables pad twice. Enter weight. Press START, stir halfway.

8. Jacket Potatoes

**Potatoes**

To cook jacket potatoes choose medium sized potatoes 200 g-250 g (7-9 oz) for best results. Wash and dry, prick with a fork several times. Arrange on base of oven. Press the potatoes pad once. Enter weight. Press START, turn over at half time. DO NOT COVER. After cooking, wrap in foil and stand for 5 mins.

9. Boiled Potatoes

**Potatoes**

Cut into even size pieces. Add 15 ml (1tbsp) water per 100 g potatoes. Cover with pierced cling film or a lid. Place on base of oven. Press the potatoes pad twice. Enter weight. Press START, stir halfway.
Auto Weight Cook Programs

Auto Weight Cook programs must ONLY be used for the foods described below.

10. Fresh steam Fish

To cook FRESH fish. Shield the thinner portions. Place in a shallow container. Add 15 ml (1 tbsp) liquid. Cover with pierced cling film or lid and place on base of oven. Press the fish pad once. Enter weight. Press START.

11. Frozen Fish

To cook FROZEN fish. Place in a shallow container, sprinkle with 15 ml (1 tbsp) of water. Cover with pierced cling film or lid and place on base of oven. Press the fish pad twice. Enter weight. Press START. Thicker pieces of frozen fish may require longer cooking.

12. Meat Sauce

To cook raw mince beef based sauce, i.e. Bolognese sauce, and also very finely diced chicken or pork fillet to be cooked in a sauce. Ensure a minimum quantity of 300 ml (½ pt) liquid or sauce is used. If using cook-in sauce add equal quantities of water to cook-in sauce. Cover with pierced cling film or a lid. Place on base of oven. Press the meat/chicken pad once, enter weight. Press START, stir halfway.
Auto Weight Cook Programs

Auto Weight Cook programs must ONLY be used for the foods described below.

13. Casserole

To cook braising steak or neck of lamb etc. For chicken casserole - use power and time or meat sauce program. Use a minimum of 450 ml (¾ pt) of liquid per 450 g (1lb) of meat. If using cook-in sauce add equal quantities of water to cook-in sauce. Add vegetables as desired e.g. carrots, onions or mushrooms. Place a small plate over the meat to keep it submerged in the liquid. This program will operate for over 60 minutes. Cover with pierced cling film or a lid. Place on base of oven. Press the meat/chicken pad twice. Enter weight. Press START, stir halfway.

14. Chicken Breasts

For cooking fresh skinless chicken breasts without bone. DO NOT use for drumsticks, leg quarters or thighs. Place chicken in a dish. Cover with a lid or pierced cling film. Place on base of oven. Press the meat/chicken pad three times. Enter weight. Press START.

15. Rice

For cooking rice for savoury dishes not puddings. Rinse the rice thoroughly before cooking. Use a very large bowl i.e. 3 litres (6pts). Add ½ tsp salt and boiling water, according to the chart below. Cover with pierced cling film or a lid. Place on base of oven. Press the rice/pasta pad once. Enter weight. Press START, stir halfway.

<table>
<thead>
<tr>
<th>Quantity of Rice</th>
<th>Easy Cook White/Brown</th>
<th>Long Grain White</th>
<th>Basmati</th>
</tr>
</thead>
<tbody>
<tr>
<td>150 g</td>
<td>300 ml</td>
<td>250 ml</td>
<td>300 ml</td>
</tr>
<tr>
<td>200 g</td>
<td>300 ml</td>
<td>300 ml</td>
<td>350 ml</td>
</tr>
<tr>
<td>300 g</td>
<td>500 ml</td>
<td>500 ml</td>
<td>600 ml</td>
</tr>
<tr>
<td>400 g</td>
<td>700 ml</td>
<td>600 ml</td>
<td>650 ml</td>
</tr>
<tr>
<td>450 g</td>
<td>800 ml</td>
<td>800 ml</td>
<td>700 ml</td>
</tr>
</tbody>
</table>
Auto Weight Cook Programs

Auto Weight Cook programs must ONLY be used for the foods described below.

16. Pasta

For cooking dried pasta. Use a very large bowl i.e. 3 litres (6pts). Add 1 tsp salt, 1 tbsp oil and boiling water. Cover with pierced cling film or a lid. It is important to add the correct amount of water as listed below. Place on base of oven.

<table>
<thead>
<tr>
<th>Pasta Weight</th>
<th>Water Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 g - 290 g (4 oz-10 oz)</td>
<td>1 litre boiling water</td>
</tr>
<tr>
<td>300 g - 450 g (11 oz-1 lb)</td>
<td>1½ litres boiling water</td>
</tr>
</tbody>
</table>

Press the rice/pasta pad twice. Enter weight. Press START, stir halfway.

17. Steamed Pudding

For a standard sponge mixture (see recipe page 70). Put mixture in a 1.2 litre (2pt) basin or divide between individual ramekins. The mixture must completely cover any topping (see note on page 70). DO NOT COVER. Place on base of oven. Press the puddings pad once. Enter weight. Press START. Allow to stand for 5 mins before turning out.

18. Stewed fruits

Peel, core and slice fruit. Add 15 ml (1 tbsp) water per 100 g fruits and cover with pierced cling film or use a dish with a lid. Omit water for soft fruit and rhubarb. Place on base of oven. Press the puddings pad twice. Enter weight. Press START. After cooking, sweeten to taste whilst hot.

Note:
When cooking soft fruit, use large bowl. Stewed fruit - use ripe fruit.
Cooking and Reheating Guidelines

Most foods reheat very quickly in your oven by 1000 W. Meals can be brought back to serving temperature in just minutes and will taste freshly cooked and NOT leftover. Always check food is piping hot and return to oven if necessary.

As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals. Do not cover dry foods e.g. bread rolls, mince pies, sausage rolls etc.

The charts on pages 39-48 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food.

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

When is food reheated?

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

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

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

Plated meals

Everyone’s appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. Between 3-5 mins. on 1000 W will reheat an average portion.

Not suitable for use on reheat program.

Mince pies - CAUTION

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

Christmas puddings and liquids - CAUTION

Take great care when reheating these items. See Page 12.

Do not leave unattended.
Do not add extra alcohol.

Babies’ bottles - CAUTION

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

See page 39 for details.

WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILISE BABIES’ BOTTLES. If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

Canned foods

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

Soups

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

Casseroles

Stir halfway through and again at the end of heating.
Reheating Charts

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

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

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight/Quantity</th>
<th>Power Level</th>
<th>Time to Select (approx)</th>
<th>Instructions/Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Babies bottles – caution</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>For 7-8 fl.oz of milk from fridge temperature, remove top and teat. Heat on 1000 W for 25-30 secs. CHECK CAREFULLY. For 3 fl.oz of milk from fridge temperature, remove top and teat. Heat on 1000 W for 10-15 secs. CHECK CAREFULLY. N.B. Liquid at the top of the bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature. When testing the temperature of the milk, squirt a little onto your inner wrist. The milk droplets on your skin should feel warm, not hot.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread - Precooked - Fresh - N.B. Breads reheated by Microwave will have a soft base.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Croissants</td>
<td>1 4</td>
<td>1000 W</td>
<td>10-15 secs</td>
<td>Place on a micro-safe plate on base of oven. Do not cover. Place on a micro-safe plate on base of oven. Do not cover</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1000 W</td>
<td>25-30 secs</td>
<td></td>
</tr>
<tr>
<td>Canned Pasta</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ravioli</td>
<td>400 g</td>
<td>1000 W</td>
<td>3 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Macaroni</td>
<td>410 g</td>
<td>1000 W</td>
<td>2½-3 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>205 g</td>
<td>1000 W</td>
<td>1½ mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td></td>
<td>410 g</td>
<td>1000 W</td>
<td>2½-3 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Canned Puddings</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice puddings</td>
<td>213 g</td>
<td>1000 W</td>
<td>1½ min</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td></td>
<td>425 g</td>
<td>1000 W</td>
<td>2-2½ mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Sponge pudding</td>
<td>300 g</td>
<td>1000 W</td>
<td>1½-2 mins</td>
<td>Place in a heatproof bowl on base of oven.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight/Quantity</th>
<th>Power Level</th>
<th>Time to Select (approx)</th>
<th>Instructions/Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Canned puddings</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Custard</td>
<td>150 g</td>
<td>1000 W</td>
<td>1 min</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td></td>
<td>500 g</td>
<td>1000 W</td>
<td>2½ - 3 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td><strong>Canned Soups</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Condensed</td>
<td>295 g</td>
<td>1000 W</td>
<td>3 mins</td>
<td>Place in a heatproof bowl and stir in one can of water. Cover and place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Healthy option</td>
<td>415 g</td>
<td>1000 W</td>
<td>2½-3 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Luxury/Vegetable/</td>
<td>400/415 g</td>
<td>1000 W</td>
<td>3 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td><strong>Canned Vegetables</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked Beans</td>
<td>200 g</td>
<td>1000 W</td>
<td>1½ - 2 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td></td>
<td>415 g</td>
<td>1000 W</td>
<td>2½ - 3 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Baked Beans with</td>
<td>420 g</td>
<td>1000 W</td>
<td>2½ mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Sausages</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broad Beans</td>
<td>300 g</td>
<td>1000 W</td>
<td>2-2½ mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven.</td>
</tr>
<tr>
<td>Butter Beans</td>
<td>215 g</td>
<td>1000 W</td>
<td>1½ mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven.</td>
</tr>
<tr>
<td>Carrots, Sliced</td>
<td>300 g</td>
<td>1000 W</td>
<td>2 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven.</td>
</tr>
<tr>
<td>Kidney Beans</td>
<td>420 g</td>
<td>1000 W</td>
<td>2½-3 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>290 g</td>
<td>1000 W</td>
<td>1½ -2 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven.</td>
</tr>
<tr>
<td>Peas, mushy</td>
<td>140 g</td>
<td>1000 W</td>
<td>1½ min</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td></td>
<td>300 g</td>
<td>1000 W</td>
<td>2½ mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Peas, petit pois</td>
<td>200 g</td>
<td>1000 W</td>
<td>2½ -3 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven.</td>
</tr>
<tr>
<td>Peas, garden</td>
<td>300 g</td>
<td>1000 W</td>
<td>2 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven.</td>
</tr>
<tr>
<td>Peas, marrowfat</td>
<td>300 g</td>
<td>1000 W</td>
<td>2 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Sweetcorn</td>
<td>200 g</td>
<td>1000 W</td>
<td>1-1½ mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven.</td>
</tr>
<tr>
<td></td>
<td>325 g</td>
<td>1000 W</td>
<td>2 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven.</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>400 g</td>
<td>1000 W</td>
<td>3 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
</tbody>
</table>
# Reheating Charts

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight/Quantity</th>
<th>Power Level</th>
<th>Time to Select (approx)</th>
<th>Instructions/Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chilled Soup</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Portion</td>
<td>250 ml</td>
<td>1000 W</td>
<td>2½ - 3 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>2 Portion</td>
<td>500 ml</td>
<td>1000 W</td>
<td>4 - 5 mins</td>
<td>Place in a heatproof bowl and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td><strong>Plated Meal - room temperature</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Small-child portion</td>
<td>1</td>
<td>1000 W</td>
<td>1½ - 2 mins</td>
<td>Place on a heatproof plate and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Large-adult portion</td>
<td>1</td>
<td>1000 W</td>
<td>4½ - 5 mins</td>
<td>Place on a heatproof plate and cover. Place on base of oven and stir halfway.</td>
</tr>
<tr>
<td><strong>Drinks</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Mug Cold Milk</td>
<td>235 ml</td>
<td>1000 W</td>
<td>1 min 30 secs</td>
<td>Place in a heatproof mug on base of oven. Stir halfway and after heating.</td>
</tr>
<tr>
<td>1 Jug Cold Milk</td>
<td>568 ml (1 pt)</td>
<td>1000 W</td>
<td>3½ mins</td>
<td>Place in a heatproof jug on base of oven. Stir halfway and after heating.</td>
</tr>
<tr>
<td>1 Mug Cold Coffee /Tea</td>
<td>235 ml</td>
<td>1000 W</td>
<td>1 min 40 secs</td>
<td>Place in a heatproof mug on base of oven. Stir halfway and after heating.</td>
</tr>
<tr>
<td>1 Mug Cold Milky Coffee</td>
<td>235 ml</td>
<td>1000 W</td>
<td>1½ mins</td>
<td>Place in a heatproof mug on base of oven. Stir halfway and after heating.</td>
</tr>
<tr>
<td><strong>Puddings and desserts</strong></td>
<td></td>
<td></td>
<td></td>
<td>Where microwave only is involved transfer food from foil container to a similar sized heatproof dish.</td>
</tr>
<tr>
<td>Chilled Custard</td>
<td>500 g</td>
<td>1000 W</td>
<td>3½ mins</td>
<td>Place in a large jug on base of oven. Cover and stir halfway.</td>
</tr>
<tr>
<td>Chilled Rice Pudding</td>
<td>150 g</td>
<td>1000 W</td>
<td>70-80 secs</td>
<td>Place on base of oven stir halfway.</td>
</tr>
<tr>
<td>Fruit Pie - Individual</td>
<td>x1</td>
<td>1000 W</td>
<td>20-30 secs</td>
<td>Place on micro-safe plate on base of oven.</td>
</tr>
<tr>
<td>Mince Pies</td>
<td>x2</td>
<td>1000 W</td>
<td>25-30 secs</td>
<td>Place on micro-safe plate on base of oven.</td>
</tr>
<tr>
<td>Sweet Pancakes x2</td>
<td>120 g</td>
<td>1000 W</td>
<td>35-40 secs</td>
<td>Place on micro-safe plate on base of oven.</td>
</tr>
<tr>
<td>Spotted Dick /Sponge puddings</td>
<td>120 g</td>
<td>1000 W</td>
<td>30-40 secs</td>
<td>Place on micro-safe plate on base of oven.</td>
</tr>
<tr>
<td><strong>Christmas pudding</strong></td>
<td></td>
<td></td>
<td></td>
<td>Do not leave unattended as overheating can cause the food to ignite.</td>
</tr>
<tr>
<td>Small/Slice</td>
<td>100 g</td>
<td>1000 W</td>
<td>20 secs</td>
<td>Pierce film lid and place on base of oven.</td>
</tr>
<tr>
<td>Medium</td>
<td>227 g</td>
<td>1000 W</td>
<td>30-40 secs</td>
<td>Pierce film lid and place on base of oven.</td>
</tr>
<tr>
<td>Large</td>
<td>454 g</td>
<td>1000 W</td>
<td>1 min 10 secs</td>
<td>Pierce film lid and place on base of oven.</td>
</tr>
<tr>
<td><strong>Ready Meal - chilled</strong></td>
<td></td>
<td></td>
<td></td>
<td>Transfer food from foil container to a smaller sized heatproof dish.</td>
</tr>
<tr>
<td>Cottage/ Shepherds Pie</td>
<td>450 g</td>
<td>1000 W</td>
<td>4½-5 mins</td>
<td>Place on base of oven. Pierce lid.</td>
</tr>
</tbody>
</table>
## Reheating Charts

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight/Quantity</th>
<th>Power Level</th>
<th>Time to Select (approx)</th>
<th>Instructions/Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ready meals - chilled</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish/Veg Bake</td>
<td>450 g</td>
<td>1000 W</td>
<td>4½-5 mins</td>
<td>Pierce lid. Place on base of oven.</td>
</tr>
<tr>
<td>Lasagne</td>
<td>400 g</td>
<td>1000 W</td>
<td>5-5½ mins</td>
<td>Pierce lid. Place on base of oven.</td>
</tr>
<tr>
<td>Chilled Mashed Potato</td>
<td>450 g</td>
<td>1000 W</td>
<td>3½-4 mins</td>
<td>Pierce lid and place on base of oven. Stir halfway.</td>
</tr>
<tr>
<td><strong>Ready meals - frozen</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cauliflower Cheese</td>
<td>450 g</td>
<td>1000 W</td>
<td>7½-8½ mins</td>
<td>Pierce lid. Place on base of oven.</td>
</tr>
<tr>
<td>Cottage/Fish/Shepherds Pie</td>
<td>400 g</td>
<td>1000 W</td>
<td>8½-9 mins</td>
<td>Pierce lid. Place on base of oven.</td>
</tr>
<tr>
<td>Lasagne/Cannelloni</td>
<td>400 g</td>
<td>1000 W</td>
<td>7-7½ mins</td>
<td>Pierce lid. Place on base of oven.</td>
</tr>
<tr>
<td>Macaroni Cheese</td>
<td>450 g</td>
<td>1000 W</td>
<td>7-7½ mins</td>
<td>Pierce lid. Place on base of oven.</td>
</tr>
<tr>
<td><strong>Pastry products - precooked</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pasties/Slices</td>
<td>150-165 g</td>
<td>1000 W</td>
<td>1½ -2 mins</td>
<td>Place on heatproof plate on base of oven.</td>
</tr>
<tr>
<td>Meat Pies</td>
<td>150 g</td>
<td>1000 W</td>
<td>1½ -2 mins</td>
<td>Place on heatproof plate on base of oven.</td>
</tr>
<tr>
<td>Sausage/Cheese and Onion rolls</td>
<td>150 g</td>
<td>1000 W</td>
<td>1-1½ mins</td>
<td>Place on heatproof plate on base of oven.</td>
</tr>
</tbody>
</table>
## Cooking Charts

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight / Quantity</th>
<th>Power Level</th>
<th>Time to Select (approx)</th>
<th>Instructions/Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bacon - From Raw Caution: Hot Fat! Remove with care</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rashers</td>
<td>250 g (8)</td>
<td>1000 W</td>
<td>4-6 mins or 45 secs per rasher</td>
<td>Place on micro-safe rack or plate on base of oven and cover with kitchen towel to minimise splatter.</td>
</tr>
<tr>
<td>Gammon Joint</td>
<td>750 g</td>
<td>1000 W</td>
<td>20 mins</td>
<td>Place in a large casserole dish, cover with water, and place on base of oven.</td>
</tr>
<tr>
<td><strong>Beans &amp; pulses - Should be pre-soaked in cold water overnight (boiling water split yellow peas) except lentils which do not need to be pre-soaked. Place in a large 3 litre (6pt) bowl</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black Eyed Beans</td>
<td>250 g</td>
<td>1000 W then 250 W</td>
<td>10 mins then 25 mins</td>
<td>Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on base of oven. Stir after 1st stage.</td>
</tr>
<tr>
<td>Chick peas</td>
<td>250 g</td>
<td>1000 W then 250 W</td>
<td>10 mins then 40-42 mins</td>
<td>Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on base of oven. Stir after 1st stage.</td>
</tr>
<tr>
<td>Haricot Beans</td>
<td>250 g</td>
<td>1000 W then 250 W</td>
<td>10 mins then 12-14 mins</td>
<td>Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on base of oven. Stir after 1st stage.</td>
</tr>
<tr>
<td>Red Lentils</td>
<td>250 g</td>
<td>600 W</td>
<td>10 mins</td>
<td>Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on base of oven. Stirred halfway.</td>
</tr>
<tr>
<td>Marrowfat peas</td>
<td>250 g</td>
<td>1000 W then 250 W</td>
<td>3 mins then 18-25 mins</td>
<td>Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on base of oven. Stir after 1st stage.</td>
</tr>
<tr>
<td>Red Kidney Beans</td>
<td>250 g</td>
<td>1000 W then 250 W</td>
<td>15 mins then 38-40 mins</td>
<td>Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on base of oven. Stir after 1st stage.</td>
</tr>
<tr>
<td>Split Yellow peas</td>
<td>250 g</td>
<td>1000 W then 250 W</td>
<td>10 mins then 20 mins</td>
<td>Use 600 ml (1 pt) boiling water in a large bowl. Cover, and place on base of oven. Stir after 1st stage.</td>
</tr>
<tr>
<td><strong>Beef - Caution: hot fat! remove with care.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mince</td>
<td>250 g</td>
<td>600 W then 440 W</td>
<td>12 mins then 15 mins per 450 g</td>
<td>Place in micro-safe dish with 380ml stock and seasonings. Cover, place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Stewing Steak (chop up before cooking)</td>
<td>450-675 g</td>
<td>1000 W then 250 W</td>
<td>5 mins then 16 mins</td>
<td>Place in micro-safe dish with 380ml stock and seasonings. Cover, place on base of oven and stir halfway.</td>
</tr>
<tr>
<td><strong>Chicken from raw - Caution: Hot Fat! Remove with care.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast, boneless and skinless</td>
<td>300 g (2)</td>
<td>600 W</td>
<td>5½-6 mins</td>
<td>Place in shallow dish. Cover, and place on base of oven.</td>
</tr>
<tr>
<td></td>
<td>700 g (4-6)</td>
<td>600 W</td>
<td>11-12 mins</td>
<td>Place in shallow dish. Cover, and place on base of oven.</td>
</tr>
</tbody>
</table>
## Cooking Charts

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight/Quantity</th>
<th>Power Level</th>
<th>Time to Select (approx)</th>
<th>Instructions/Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chicken - From Raw</strong></td>
<td></td>
<td></td>
<td></td>
<td><strong>Caution : Hot Fat! Remove with care</strong></td>
</tr>
<tr>
<td>Chicken Legs</td>
<td>1.0 kg</td>
<td>600 W</td>
<td>15-16 mins</td>
<td>Place in shallow dish. Cover and place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Drumstick/Thighs</td>
<td>650 g</td>
<td>600 W</td>
<td>10-13 mins</td>
<td>Place in shallow dish. Cover and place on base of oven and stir halfway.</td>
</tr>
<tr>
<td><strong>Eggs - Poached</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| 1 egg         | 100 ml water    | 1000 W then 600 W | 1 min 35secs - soft 40secs - firmer | • Place water in a shallow dish. Place on base of oven and heat for 1st cooking time.  
• Add egg (size 3).  
• Pierce yolk and white.  
• Cover.  
• Cook for 2nd cooking time.  
• Then leave to stand for 1 min. |
| 2 eggs        | 200 ml water    | 1000 W then 600 W | 3 min 1min - soft 1min 15sec - firmer |                                                              |
| 4 eggs        | 400 ml water    | 1000 W then 600 W | 5 min 1min 30sec - soft 1min 50sec - firmer |                                                              |
| **Eggs - Scrambled. Use microwave safe bowl** |                 |             |                         |                                                              |
| 1 egg         | 1000 W          | 40secs 30secs |                         | • Add 1 tbsp of milk for each egg used.  
• Beat eggs, milk and knob of butter together.  
• Place bowl on base.  
• Cook for 1st cooking time then stir.  
• Cook for 2nd cooking time stirring halfway then stand for 1 min. |
| 2 eggs        | 1000 W          | 1min 20secs 30secs |                         |                                                              |
| 4 eggs        | 1000 W          | 1 min 2 mins |                         |                                                              |
| **Fish - Fresh from raw** |                 |             |                         |                                                              |
| Fillets       | 300 g           | 600 W       | 5 mins                  | Place in shallow dish. Add 30 ml (2 tbsp) of liquid. Cover and place on base of oven. |
| Steaks        | 350 g           | 600 W       | 5½ mins                 | Place in shallow dish. Add 30 ml (2 tbsp) of liquid. Cover and place on base of oven. |
|               | 700 g           | 600 W       | 8-9 mins                | Place in shallow dish. Add 30 ml (2 tbsp) of liquid. Cover and place on base of oven. |
| Whole x1      | 250 g           | 600 W       | 4-5 mins                | Place in shallow dish. Add 30 ml (2 tbsp) of liquid. Cover and place on base of oven. |
| Whole x2      | 500-600 g       | 600 W       | 7-8 mins                | Place in shallow dish. Add 30 ml (2 tbsp) of liquid. Cover and place on base of oven. |
| **Fish - Frozen from raw** |                 |             |                         |                                                              |
| Fillets       | 200 g           | 600 W       | 6½-7 mins               | Place in shallow dish. Add 30 ml (2 tbsp) of liquid. Cover and place on base of oven. |
| Boil in the Bag | 150 g           | 600 W       | 5½-6 mins               | Snip corner of the bag and place bag sauce side down in micro-safe dish on base of oven. Shake bag halfway. |
### Cooking Charts

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight/Quantity</th>
<th>Power Level</th>
<th>Time to Select (approx)</th>
<th>Instructions/Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit - Peel, slice, chop into even sized pieces. Place in shallow heatproof dish on base of oven.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked Apple - cored</td>
<td>200 g</td>
<td>600 W</td>
<td>3-3½ mins</td>
<td>Place in shallow heatproof dish on base of oven.</td>
</tr>
<tr>
<td>Apples - stewed</td>
<td>500 g</td>
<td>1000 W</td>
<td>5-6 mins</td>
<td>Add 15 ml (1 tbsp) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Apricots - stewed</td>
<td>300 g</td>
<td>600 W</td>
<td>6 mins</td>
<td>Add 15 ml (1 tbsp) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Pears - stewed</td>
<td>500 g</td>
<td>1000 W</td>
<td>5-7½ mins</td>
<td>Add 15 ml (1 tbsp) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Plums - Poached</td>
<td>400 g</td>
<td>1000 W</td>
<td>6-7 mins</td>
<td>Add 300 ml (½ pt) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Plums - stewed</td>
<td>500 g</td>
<td>1000 W</td>
<td>5-6 mins</td>
<td>Add 15 ml (1 tbsp) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Rhubarb - stewed</td>
<td>500 g</td>
<td>1000 W</td>
<td>6-6½ mins</td>
<td>Add 15 ml (1 tbsp) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Pasta - NB: use a 3 litre (6pt) bowl.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fusilli/Macaroni/ Penne</td>
<td>250 g</td>
<td>1000 W</td>
<td>12 mins</td>
<td>Use 700 ml (1¼ pt) boiling water. Add 15 ml (1 tbsp) oil. Cover, place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Lasagne</td>
<td>250 g</td>
<td>1000 W</td>
<td>8 mins</td>
<td>Use 550 ml (1 pt) boiling water. Add 15 ml (1 tbsp) oil. Cover, place on base of oven.</td>
</tr>
<tr>
<td>Linguine/ Tagliatelle</td>
<td>250 g</td>
<td>1000 W</td>
<td>13 mins</td>
<td>Use 700 ml (1½ pt) boiling water. Add 15 ml (1 tbsp) oil. Cover, place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>250 g</td>
<td>1000 W</td>
<td>11 mins</td>
<td>Use 700 ml (1½ pt) boiling water. Add 15 ml (1 tbsp) oil. Cover, place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Porridge - NB: use a large bowl.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serving</td>
<td>25 g (1 oz) Oats 140 ml (¼ pt) milk</td>
<td>1000 W</td>
<td>1½-1¾ mins</td>
<td>Place bowl on base of oven and stir halfway.</td>
</tr>
<tr>
<td>2 servings</td>
<td>50 g (2 oz) Oats 275 ml (½ pt) milk</td>
<td>1000 W</td>
<td>3-3½ mins</td>
<td>Place bowl on base of oven and stir halfway.</td>
</tr>
<tr>
<td>4 servings</td>
<td>100 g (4 oz) Oats 500 ml (1 pt) milk</td>
<td>1000 W</td>
<td>6½-7 mins</td>
<td>Place bowl on base of oven and stir halfway.</td>
</tr>
</tbody>
</table>
Cooking Charts

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight/Quantity</th>
<th>Power Level</th>
<th>Time to Select (approx)</th>
<th>Instructions/Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quorn ® Burgers</td>
<td>227 g (2)</td>
<td>1000 W</td>
<td>2½-3 mins</td>
<td>Place on micro-safe dish on base of oven.</td>
</tr>
<tr>
<td>Rice N.B - Use a 3 litre (6pt) bowl.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basmati</td>
<td>250 g</td>
<td>1000 W then 440 W</td>
<td>5 mins 11 mins</td>
<td>Use 550 ml (1 pt) boiling water. Cover, place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Basmati - Brown</td>
<td>250 g</td>
<td>1000 W then 440 W</td>
<td>5 mins 12 mins</td>
<td>Use 600 ml (1¼ pt) boiling water. Cover, place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Easy Cook long Grain</td>
<td>250 g</td>
<td>1000 W then 440 W</td>
<td>5 mins 11-12 mins</td>
<td>Use 550 ml (1 pt) boiling water. Cover, place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Long Grain White</td>
<td>250 g</td>
<td>1000 W then 440 W</td>
<td>5 mins 11 mins</td>
<td>Use 550 ml (1 pt) boiling water. Cover, place on base of oven and stir halfway.</td>
</tr>
<tr>
<td>Turkey caution: Hot Fat! Remove with care.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breasts, boneless and skinless</td>
<td>500 g</td>
<td>600 W</td>
<td>9-10 mins</td>
<td>Place in shallow dish. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Fresh vegetables - Place in shallow dish (except jacket potatoes).</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>200 g</td>
<td>1000 W</td>
<td>2½ - 3 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Baby Corn</td>
<td>200 g</td>
<td>1000 W</td>
<td>6-7 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Broad Beans</td>
<td>200 g</td>
<td>1000 W</td>
<td>3-4 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Runner Beans</td>
<td>200 g</td>
<td>1000 W</td>
<td>5-6 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Beetroot</td>
<td>450 g</td>
<td>1000 W</td>
<td>12 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>250 g</td>
<td>1000 W</td>
<td>5-5½ mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Brussel Sprouts</td>
<td>200 g</td>
<td>1000 W</td>
<td>4½ mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Butternut Squash</td>
<td>400 g</td>
<td>1000 W</td>
<td>8 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
</tbody>
</table>
## Cooking Charts

<table>
<thead>
<tr>
<th>Food</th>
<th>Weight/Quantity</th>
<th>Power Level</th>
<th>Time to Select (approx)</th>
<th>Instructions/Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh vegetables - Place in shallow dish (except jacket potatoes).</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage - sliced</td>
<td>300 g</td>
<td>1000 W</td>
<td>4 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Carrots - sliced</td>
<td>200 g</td>
<td>1000 W</td>
<td>4-5 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Cauliflower - florets</td>
<td>400 g</td>
<td>1000 W</td>
<td>4-5 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Courgettes</td>
<td>250 g</td>
<td>1000 W</td>
<td>5-6 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Corn on the Cob x2</td>
<td></td>
<td>1000 W</td>
<td>12 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Leeks - Sliced</td>
<td>400 g (4)</td>
<td>1000 W</td>
<td>5-5½ mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>250 g</td>
<td>1000 W</td>
<td>5 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Parsnips - par boiled for roasting</td>
<td></td>
<td>1000 W</td>
<td>3 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Sliced</td>
<td>300 g</td>
<td>1000 W</td>
<td>4½ mins</td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td>200 g</td>
<td>1000 W</td>
<td>3½-4 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Potatoes - boiled</td>
<td>500 g</td>
<td>1000 W</td>
<td>10½ mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Potatoes - par - boiled</td>
<td>500 g</td>
<td>1000 W</td>
<td>4-5 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Jacket Potatoes 200-250g each</td>
<td></td>
<td>1000 W</td>
<td>7-10 mins</td>
<td>Place directly on base of oven.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12-15 mins</td>
<td>Place directly on base of oven.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>19-22 mins</td>
<td>Place directly on base of oven.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>30-36 mins</td>
<td>Wash and dry potatoes. Prick with a fork several times. After cooking wrap in foil and stand for 5 mins. Turn halfway.</td>
</tr>
<tr>
<td>Food</td>
<td>Weight/Quantity</td>
<td>Power Level</td>
<td>Time to Select (approx)</td>
<td>Instructions/Guidelines</td>
</tr>
<tr>
<td>-----------------------</td>
<td>-----------------</td>
<td>------------</td>
<td>-------------------------</td>
<td>--------------------------------------------------------------</td>
</tr>
<tr>
<td>Fresh Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>300 g</td>
<td>1000 W</td>
<td>3-3½ mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Sugar Snap peas</td>
<td>300 g</td>
<td>1000 W</td>
<td>5 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Swede - cubed</td>
<td>450 g</td>
<td>1000 W</td>
<td>7-8 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Swede - diced for mashing</td>
<td>450 g</td>
<td>1000 W</td>
<td>12 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Sweet Potato</td>
<td>400 g</td>
<td>1000 W</td>
<td>7 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Turnip</td>
<td>300 g</td>
<td>1000 W</td>
<td>10 mins</td>
<td>Add 3 tbsp (45 ml) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Frozen Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beans - broad</td>
<td>200 g</td>
<td>1000 W</td>
<td>6 mins</td>
<td>Add 30 ml (2 tbsp) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Beans - Green</td>
<td>250 g</td>
<td>1000 W</td>
<td>5-5½ mins</td>
<td>Add 30 ml (2 tbsp) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Broccoli - florets</td>
<td>250 g</td>
<td>1000 W</td>
<td>5 mins</td>
<td>Add 30 ml (2 tbsp) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Carrots - sliced</td>
<td>200 g</td>
<td>1000 W</td>
<td>6-6½ mins</td>
<td>Add 30 ml (2 tbsp) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>250 g</td>
<td>1000 W</td>
<td>5 mins</td>
<td>Add 30 ml (2 tbsp) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Mixed Vegetables</td>
<td>250 g</td>
<td>1000 W</td>
<td>5-5½ mins</td>
<td>Add 30 ml (2 tbsp) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Peas</td>
<td>200 g</td>
<td>1000 W</td>
<td>5 mins</td>
<td>Add 30 ml (2 tbsp) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Soya Beans</td>
<td>200 g</td>
<td>1000 W</td>
<td>2½ mins</td>
<td>Add 30 ml (2 tbsp) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Spinach</td>
<td>250 g</td>
<td>1000 W</td>
<td>5½-6 mins</td>
<td>Add 30 ml (2 tbsp) water. Cover and place on base of oven.</td>
</tr>
<tr>
<td>Sweetcorn</td>
<td>200 g</td>
<td>1000 W</td>
<td>4-5 mins</td>
<td>Add 30 ml (2 tbsp) water. Cover and place on base of oven.</td>
</tr>
</tbody>
</table>
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, ie. 30 mins. on 600 W for 4 servings will become 40 mins. on 600 W for 6 servings.
• **When doubling a recipe from 4 to 8** add on half the original cooking time, ie. 30 mins. on 600 W for 4 servings will become 45 mins. on 600 W 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, ie. 30 mins. on 600 W for 4 servings will become 15-20 mins. on 600 W 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 650 W 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. 1000 W or 600 W 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**

**Garlic Mushrooms with Herbs**

**Ingredients**
- 8 field mushrooms, approx. 250 g (5 oz) total weight
- 50 g (2 oz) butter
- 10 ml (2 tsp) chopped mixed herbs
- 1 garlic clove, crushed

**Dish:** large flan dish

1. Arrange the mushrooms in a large flan dish. Dot with butter and sprinkle with the herbs and garlic.
2. Cover, place on base of oven and cook on **1000 W** for 4-5 mins. or until mushrooms are just tender. Season and serve.

**Coarse Pork Pâtés**

**Ingredients**
- 8 rashers streaky bacon, stretched and halved
- 450 g (1 lb) minced pork
- 60 ml (4 tbsp) breadcrumbs
- 5 ml (1 tsp) sage
- 1 onion, finely chopped
- 15 ml (1 tbsp) lemon juice
- 30 ml (2 tbsp) parsley, chopped
- salt and pepper to taste

**Dish:** 4 ramekin dishes 8 cm (3”) diameter

1. Line each ramekin with 4 half rashers of bacon.
2. Mix all ingredients together and press into ramekins.
3. Place 4 ramekins on base of oven and cook on **600 W** for 12-14 mins. or until cooked through. Pour off excess liquid, and serve hot or cold with crusty French bread.

**Cream of Mushroom Soup**

**Ingredients**
- 125 g (4 ½ oz) onion, chopped
- 1 clove garlic, crushed
- 225 g (8 oz) mushrooms, sliced
- 25 g (1 oz) butter
- 25 g (1 oz) plain flour
- 300 ml (½ pint) milk
- 450 ml (¾ pint) hot vegetable stock
- 2.5 ml (½ tsp) dried marjoram
- 2.5 ml (½ tsp) dried basil
- salt and pepper to taste
- 150 ml (¼ pint) double cream

**Dish:** large bowl

1. Place the onion, garlic, mushrooms and butter in a large bowl, cover, place on base of oven and cook on **1000 W** for 3 minutes.
2. Stir in the flour to form a paste, gradually add the milk and stock.
3. Stir in the marjoram, basil, salt and pepper to taste. Place on base of oven and cook on **1000 W** uncovered, for 8 minutes, stir after 4 minutes.
4. Blend and add the cream, cook on **1000 W** for 6 minutes.
Wild Mushroom and Basil Risotto

**Dish:** large bowl

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 place on base of oven and cook on **1000 W** 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 **1000 W**.
4. Stir the mushrooms into the rice mixture. Cover and cook for a further 5 mins on **1000 W**.
5. Stir and add the basil. Continue to cook for the final 5-7 mins. on **1000 W**. Leave to stand for approx. 5 mins. and then stir with a fork.

**Serving suggestion:**
Place the cooked risotto in greased dariole moulds, press in firmly. Then turn out and serve garnished with shavings of Parmesan cheese.

**Ingredients**
- 40 g (1½ oz) dried mixed 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
- Parmesan cheese shavings to garnish

---

Broccoli and Stilton Soup

**Dish:** large bowl

1. Place the butter, oil and onion in a large bowl. Place on base of oven, cover and cook on **1000 W** for 3 mins. or until soft.
2. Add the potatoes, cover and cook on **1000 W** for 3-4 mins. or until softened.
3. Add the broccoli, hot vegetable stock and nutmeg. Cover and cook on **600 W** for 8-12 mins. or until the broccoli is cooked.
4. Allow to cool and then blend in a food processor until smooth.
5. Stir in the milk and stilton cheese. Season to taste. Reheat the soup on **1000 W** for 4-5 mins. or until hot and smooth. Stir frequently.

**Ingredients**
- 25 g (1 oz) butter
- 15 ml (1 tbsp) olive oil
- 1 onion, finely chopped
- 350 g (12 oz) potatoes, diced
- 500 g (1 lb 2 oz) broccoli, cut into florets
- 850 ml (1½ pts) vegetable stock
- 3 ml (½ tsp) grated nutmeg
- 150 ml (¼ pt) semi skimmed milk
- 100 g (4 oz) stilton cheese, cubed
- Salt and pepper

---

Smoked Haddock Pâté

**Dish:** shallow dish + 4 x 3” diameter ramekins

1. Place haddock and lemon juice in dish. Place on base of oven, cover and cook on **1000 W** for 2 mins. or until fish flakes easily. Remove bones and flake.
2. Blend the fish with all other ingredients to form a smooth pâté. Divide mixture between 4 ramekins. Smooth over top.
3. Decorate with lemon twists and parsley. (Pâté can be topped with 30 ml (2 tbsp) of melted butter if desired).

**Ingredients**
- 225 g (8 oz) smoked haddock
- 30 ml (2 tbsp) lemon juice
- 15 ml (1 tbsp) single cream
- 15 ml (1 tbsp) horseradish
- 100 g (4 oz) cream cheese
- 15 ml (1 tbsp) parsley, chopped

**Garnish:**
- 4 slices of lemon
- sprigs of parsley
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 250 W 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.

Ingredients
200 g (7 oz) white long grain rice
600 ml (1 pint) hot chicken stock
2.5 ml (½ tsp) paprika
salt and pepper to taste
1 red pepper, seeded and sliced
100 g (4 oz) prawns, peeled and cooked
100 g (4 oz) peas
100 g (4 oz) cockles, cooked
100 g (4 oz) mussels, cooked
100 g (4 oz) whole baby sweet corn, halved
225 g (8 oz) chicken, cooked and chopped
400 g (14 oz) can chopped tomatoes

Paella

Dish: large bowl
1. Place the rice in a large bowl and add the stock, paprika and seasoning.
2. Cover, place on base of oven and cook on 600 W for 14-15 minutes, until the rice is tender, stir 2-3 times during cooking. Drain.
3. Cook peppers in 1 tbsp water. Place on base of oven, cover and cook on 1000 W for 3 mins.
4. Stir in the pepper, prawns, peas, cockles, mussels, baby corn, chicken and tomatoes into the rice.
5. Cook on 1000 W for 8 mins. stirring halfway through cooking.

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.

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.

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.
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 (2 oz) grated tasty cheese
150 ml (¼ pt) cream (optional)
salt and pepper to taste
15 g (1 oz) butter
75 g (3 oz) fresh white breadcrumbs
15 ml (1 tbsp) chopped fresh parsley
pinch paprika

Salmon and Vegetable Mornay
Serves 4

Dish: 20 x 25 cm (8” x 10”) dish
1. Break broccoli and cauliflower into florets, add red pepper and 2 tbsp (30 ml) water. Cover, place on base of oven and cook on 1000 W for 5 mins. or until soft. Drain.
2. Flake salmon and mix with vegetables.
3. Melt butter in a jug on 1000 W for approx. 20-30 secs. Stir in flour then milk. Cook on 1000 W for 2 mins. or until mixture boils and thickens; stir halfway. Stir in cheese, cream and seasoning. Pour cheese sauce over vegetables and salmon.
5. Cook on 600 W for 7-8 mins. or until piping hot.

Ingredients
450 g (1 lb) smoked haddock cut into 4 portions
300 ml (½ pt) milk
knob of butter

Poached Smoked Haddock
Serves 4

Dish: casserole dish
1. Place haddock in single layer in casserole dish and cover with milk and butter. Cover, place on base of oven, and cook on 1000 W for 5-6 mins. Serve on its own or with poached eggs on top.

Ingredients
450 g (1 lb) smoked haddock
30 ml (2 tbsp) lemon juice
15 ml (1 tbsp) oil
1 large onion, sliced
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
600 g (1¼ lb) cooked jacket potatoes, sliced (see page 28 or 40)
75 g (3 oz) wholemeal breadcrumbs

Family Fish Pie
Serves 4

Dish: shallow dish
1. Arrange fish in a shallow dish. Add lemon juice, cover, place on base of oven and cook on 1000 W for 3 mins. or until it flakes easily.
2. Place oil and onion in a bowl and cover. Place on base of oven and cook on 1000 W for 3 mins. or until the onion is soft.
3. Melt the butter on 1000 W for 20 secs. Stir in the flour and mustard and cook for a further 15 secs. Add milk and seasoning, gradually stirring to a smooth paste. Cook on 1000 W for 5 mins. 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. Place on base of oven and cook on 600 W for 8-10 mins. or until the mixture has been completely reheated.
Ingredients
25 g (1 oz) butter
2 onions, peeled and quartered
1 clove of garlic, crushed
2 courgettes, sliced
1 yellow pepper, sliced
3 ml (½ tsp) cumin
3 ml (½ tsp) paprika
15 ml (1 tbsp) tomato puree
400 g (14 oz) can tomatoes
8 plaice fillets
15 ml (1 tbsp) lemon juice

Plaice Provencal
Serves 4
Dish: large bowl, oval dish
1. Place the butter, onions and garlic in a large bowl. Place on base of oven, cook on 1000 W for 2 mins or until softened.
2. Add the courgettes and yellow pepper. Cover and cook on 1000 W for 2 mins. or until softened. Add the spices, puree and tomatoes. Cover and cook on 1000 W for 4 mins. or until piping hot. Pour into serving dish.
3. Roll each fillet and arrange on top of the sauce. Sprinkle with lemon juice. Place on base of oven, cover and cook on 1000 W for 9-10 mins. or until the fish is cooked. Garnish with parsley and serve with French bread.

Ingredients
1 red pepper, cut into chunks
350 g (12 oz) cod or huss, cubed
8 button mushrooms
1 small sweetcorn, cooked and cut into slices
Marinade:
½ small onion, grated
60 ml (4 tbsp) olive oil
60 ml (4 tbsp) lemon juice
2 cloves of garlic, crushed
30 ml (2 tbsp) parsley, chopped

Fish Kebabs
Serves 4
Dish: shallow dish + wooden skewers
1. Place pieces of red pepper in a bowl with 30 ml (2 tbsp) of water. Cover, place on base of oven and cook on 1000 W for 1-2 mins, or until slightly softened.
2. Prepare 4 kebabs by threading fish and vegetables alternately. Place in a shallow dish.
3. Mix together the marinade ingredients. Pour over the kebabs, cover and leave to marinate in the fridge for at least 2 hours.
4. Place dish on base of oven and cook on 1000 W for 6-7 mins. or until cooked. Rearrange the kebabs halfway through cooking. Fish should be white and flake easily when cooked. Serve on a bed of wild rice.

Ingredients
15 ml (1 tbsp) oil
1 onion, finely chopped
175 g (6 oz) okra, topped and tailed
1 green pepper, deseeded and sliced
30 ml (2 tbsp) Balti curry paste
400 g (14 oz) can chopped tomatoes
75 ml (5 tbsp) water
350 g (12 oz) cod fillet, cubed
12 large king prawns, cooked

Fish Balti
Serves 4
Dish: 3 litre (6 pt) casserole dish
1. Place the oil and onion in a dish. Place on base of oven and cook on 1000 W for 3 mins. or until the onion is softened.
2. Add the okra and pepper and cook on 1000 W for 3 mins. or until softened.
3. Stir in the curry paste, tomatoes and the water. Cover and cook on 1000 W for 5 mins. or until boiling.
4. Add the cod and cook on 1000 W for 3 mins. Stir in the prawns and cook on 1000 W for a further 2 mins. or until the fish is cooked.
Meat and Poultry

Cooking Guidelines

Defrosted joints
If the meat has previously been frozen, ensure it is properly thawed before cooking by microwave. Defrosted joints of meat must be allowed to **STAND** for a **minimum of 30 mins.** before cooking to ensure the centre is fully defrosted.

Fat
Large amounts of fat absorb microwave energy and can cause the meat next to it to over-cook. Always choose joints that aren’t excessively fatty.

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.

**Crispy Bacon** - Cover with a plain piece of kitchen towel to minimise splatter. Cook on 1000 W for approx. 45 secs. per rasher, or until desired crispness is achieved.

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 or upturned saucer to lift them out of their juices.
Bolognese Sauce

Dish: large bowl

1. Mix onion, garlic, pepper and oil in a bowl. Cover, place on base of oven and cook on 1000 W for 2 mins. or until the onion is soft.
2. Stir in all the other ingredients. Cover and cook on 1000 W for 10 mins. then 600 W for 15-20 mins. or until vegetables are soft.

Lamb Casserole

Dish: 3 litre (6 pt) casserole dish

1. Place all the ingredients except cheese and cornflour into casserole dish. Place plate on top of meat to prevent meat drying out during cooking.
2. Cover, place on base of oven and cook on 1000 W for 10 mins., then 250 W for 40 mins. or until meat is tender.
3. Mix cornflour with a little water and stir into casserole to thicken gravy.
4. Sprinkle with cheese and reheat on 1000 W for 2 mins. or until cheese melts.

Lamb in a Spicy Cream and Almond Sauce

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. Place on base of oven and cook on 1000 W for 2 mins.
3. Add the lamb and cook for 5 mins. on 1000 W 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 250 W for 40-50 mins. 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.

Lamb Casserole

Serves 4

Dish: 3 litre (6 pt) casserole dish

1. Place all the ingredients except cheese and cornflour into casserole dish. Place plate on top of meat to prevent meat drying out during cooking.
2. Cover, place on base of oven and cook on 1000 W for 10 mins., then 250 W for 40 mins. or until meat is tender.
3. Mix cornflour with a little water and stir into casserole to thicken gravy.
4. Sprinkle with cheese and reheat on 1000 W for 2 mins. or until cheese melts.
Chicken Satay

**Ingredients**
- 500 g (1 lb 2 oz) braising steak, cubed
- 2 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

1. **For the serving sauce:** Crumble 50 g (2 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 300 ml (½ pt) water. Place on base of oven and cook on **1000 W** for 5-6 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.

2. Cut the chicken into small chunks and place in a bowl.

3. Put the remaining creamed coconut, lemon juice and soy sauce into a blender or food processor. Add the remaining ingredients and blend until smooth.

4. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.

5. Thread the chicken onto wooden skewers. Place on a shallow dish, cover with any remaining marinade. Place on base of oven and cook covered on **1000 W** for 9-10 mins. or until cooked, turn and baste frequently. Serve hot with the sauce for dipping.

**Belgian Beef Casserole**

**Dish: large casserole with lid**

1. Combine all the casserole ingredients in dish. Cover with lid, place on base of oven and cook on **1000 W** for 10 mins. Stir then use **250 W** for 90 mins. or until meat is tender, stir every 30 mins. Remove bay leaves.

2. Mix flour, salt and suet together. Mix to a firm dough with cold water.

3. Roll out ⅔ of pastry to line basin.

4. Remove meat with a slotted spoon and fill basin. Mix cornflour with water and stir into the gravy. Place on base of oven and cook on **1000 W** for 2 mins., stirring once, or until gravy has thickened. Pour 60 ml (4 tbsp) of gravy over the meat and reserve the rest for serving. Roll the remaining pastry to form a lid, moisten the edges and seal over the top of meat.

5. Place on base of oven and cook on **600 W** for 10-12 mins. or until pastry looks dry.

**Steak and Kidney Pudding**

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

1. Combine all filling ingredients in casserole. Place upturned plate on top of meat, cover, place on base of oven and cook on **1000 W** for 10 mins., then **250 W** for 60 mins., or until meat is tender. Remove plate.

2. Roll out ⅔ of pastry to line basin.

3. Remove meat with a slotted spoon and fill basin. Mix cornflour with water and stir into the gravy. Place on base of oven and cook on **1000 W** for 2 mins., stirring once, or until gravy has thickened. Pour 60 ml (4 tbsp) of gravy over the meat and reserve the rest for serving. Roll the remaining pastry to form a lid, moisten the edges and seal over the top of meat.

4. Place on base of oven and cook on **600 W** for 10-12 mins. or until pastry looks dry.

**Chicken Satay**

**Dish: large jug, bowl, 4-8 wooden skewers + large shallow dish**

1. For the serving sauce: Crumble 50 g (2 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 300 ml (½ pt) water. Place on base of oven and cook on **1000 W** for 5-6 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.

2. Cut the chicken into small chunks and place in a bowl.

3. Put the remaining creamed coconut, lemon juice and soy sauce into a blender or food processor. Add the remaining ingredients and blend until smooth.

4. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.

5. Thread the chicken onto wooden skewers. Place on a shallow dish, cover with any remaining marinade. Place on base of oven and cook covered on **1000 W** for 9-10 mins. or until cooked, turn and baste frequently. Serve hot with the sauce for dipping.
Paprika Pork Casserole

**Serves 4**

**Dish: large casserole with lid**

1. Place all the ingredients except the cornflour and crème frâiche in a casserole. Cover, place on base of oven, and cook on **1000 W** for 10 mins.

2. Stir the casserole, cover and cook on **250 W** for 50 mins., or until the meat is cooked. Stir once during cooking.

3. Blend the cornflour with a little water and stir into the casserole. Cover and cook for a further 5 mins. on **250 W** or until thickened.

4. Swirl in the crème frâiche and serve immediately.

Chicken Casserole

**Serves 4**

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

1. Place vegetables and butter in casserole. Cover, place on base of oven and cook on **1000 W** for 2-3 mins. or until soft.

2. Place chicken on top of vegetables, cover with stock and tomatoes and add salt and pepper to taste.

3. Cover and cook on **1000 W** for 5 mins. then **250 W** for 35-40 mins. or until well cooked through.


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

Sweet and Sour Pork

**Serves 4**

**Dish: 20 cm (8”) casserole**

1. Mix all sauce ingredients together.

2. Layer pork, pepper and pineapple in casserole, pour over sauce.

3. Cover, place casserole on base of oven and cook on **1000 W** for 5 mins. then **440 W** for 10-15 mins. or until meat is tender. Stir halfway through cooking time.
Pasta and Rice

Pesto Spaghetti  
**Serves 4**

**Dish: large bowl**

1. Place spaghetti in a large bowl, add 1 litre (1¾ pt) of boiling water. Cover, place on base of oven and cook on **1000 W** for 10-13 mins. or until cooked. Drain and keep warm.

2. Place the potatoes in a bowl with 90 ml (6 tbsp) of water, cover, place on base of oven and cook on **1000 W** for 5-6 mins, add the green beans and cook for a further 3-4 mins. or until tender.

3. Combine the spaghetti and vegetables together with 60 ml (4 tbsps) of the liquid, from the potatoes and beans.

4. Stir in the fresh pesto, season to taste and serve drizzled with a little olive oil.

---

**Ingredients**

- 275 g (10 oz) spaghetti
- 400 g (14 oz) new potatoes, cubed
- 225 g (8 oz) green beans, halved
- 120 g (4½ oz) tub fresh pesto
- olive oil, for drizzling
- salt and fresh ground black pepper

---

Tuna Pasta Bake  
**Serves 4**

**Dish: large bowl, shallow dish, jug**

1. Place pasta in large bowl with water with oil and salt. Cover, place on base of oven and cook on **1000 W** for 10-12 mins. (or Sensor Pasta) or until soft. Leave to stand for 2-3 mins. Drain.

2. Place butter in small dish on base of oven and melt on **1000 W** for approx. 45 secs. Add mushrooms and cook on **1000 W** for 3-4 mins. or until soft.

3. To make sauce, melt butter in a jug on base of oven on **1000 W** for 30-40 secs. Stir in flour to make a roux. Gradually whisk in milk until well combined. Cook on **1000 W** for 3-5 mins. or until smooth and glossy. Stir halfway through cooking. Add Vermouth and season.

4. Combine pasta, tuna and mushrooms in dish. Pour sauce over and stir to mix thoroughly. Garnish with prawns.

---

**Ingredients**

- 225 g (8 oz) mixed dried pasta i.e. tagliatelle, twists, shells
- 1½ litre (3 pt) boiling water
- 15 ml (1 tbsp) oil
- 3 ml (½ tsp) salt
- 25 g (1 oz) butter
- 100 g (4 oz) mushrooms, peeled and sliced
- 198 g (7 oz) can tuna, drained
- **Sauce:**
  - 40 g (1½ oz) butter
  - 40 g (1½ oz) flour
  - 600 ml (1 pt) milk
  - 30 ml (2 tbsp) dry Vermouth (optional)
  - salt & pepper
  - 100 g (4 oz) prawns to garnish

---

Kedgeree  
**Serves 2**

**Dish: large casserole, shallow dish, small bowl**

1. Place the rice and chicken stock in casserole. Cover, place on base of oven and cook on **1000 W** for 20-25 mins. or until cooked.

2. Place the fish in a shallow dish, sprinkle with lemon juice, cover place on base of oven and cook on **1000 W** for 5-6 mins. or until cooked. Skin and flake.

3. Place onion and oil in a small bowl, cover, place on base of oven and cook on **1000 W** for 3-4 mins. or until softened.

4. Combine sour cream with curry paste. Mix into rice then stir in flaked fish, onion, peas, parsley, eggs and seasoning. Cover and cook on **1000 W** for 5 mins. until piping hot.

---

**Ingredients**

- 175 g (6 oz) easycook brown rice
- 600 ml (1 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 (¼ pt) sour cream
- 15 ml (1 tbsp) curry paste
- 100 g (4 oz) frozen peas
- 30 ml (2 tbsp) parsley, chopped
- 2 hardboiled eggs, chopped
Fruity Chicken Risotto

**Ingredients**
- 30 ml (2 tbsp) olive oil
- 1 onion, finely chopped
- 2 cm (¾”) fresh root ginger, peeled and chopped
- 10 ml (2 tsp) cumin seeds
- 3 ml (½ tsp) turmeric
- 1 cinnamon stick, broken in half
- 4 boneless chicken breasts, cubed
- 275 g (10 oz) risotto rice
- 1 litre (1 pt) hot chicken stock
- 75 g (3 oz) ready to eat dried apricots, chopped
- 50 g (2 oz) sultanas
- salt and pepper

**Dish**: large bowl

1. Place the oil, onion and ginger in a large bowl. Cover, place on base of oven, and cook on **1000 W** for 3 mins. or until softened.
2. Add the cumin, turmeric, cinnamon and chicken. Cover and cook on **1000 W** for 1 minute.
3. Add the rice, stock, apricots and sultanas. Cover and cook on **1000 W** for 10 mins. and then **600 W** for 8 mins. or until the chicken and rice are cooked.
4. Season to taste, cover and allow to stand 5 mins. before serving.

Tagliatelle Toscana

**Ingredients**
- 1 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

**Dish**: large bowl

1. Sprinkle the aubergine with salt and leave for 20 mins. then rinse and dry.
2. Place the pasta in a large bowl with 600 ml (1 pt) boiling water. Cover, place on base of oven and cook on **1000 W** for 4 mins. or until tender. Drain.
3. Place onion, garlic and oil in a bowl, cover, place on base of oven and cook on **1000 W** for 2 mins. or until soft. Add the remaining ingredients except the mozzarella and parmesan cheese, cover and cook on **1000 W** for 6 mins.
4. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top. Sprinkle with parmesan. Cover and cook on **1000 W** for 4-5 mins. until piping hot.

Vegetable Couscous

**Ingredients**
- 1 large onion, sliced
- 225 g (8 oz) courgettes, thickly sliced
- 225 g (8 oz) green beans, chopped
- 225 g (8 oz) carrots, thickly sliced
- 1 small cauliflower, broken into florets
- 396 g (14 oz) can chick peas, drained
- 5 ml (1 tsp) turmeric
- 3 ml (½ tsp) cinnamon salt
- 1 clove garlic, crushed
- 300 ml (½ pt) hot vegetable stock
- 350 g (12 oz) couscous

**Dish**: large casserole

1. Place all the vegetables in a large casserole with the spices, salt, garlic and chick peas. Add the hot vegetable stock. Cover, place on base of oven and cook on **1000 W** for 16-18 mins. or until the vegetables are tender. Drain.
2. Pour 450 ml (¾ pt) of boiling water over the couscous. Allow to stand for 10 mins. Cover and cook on **600 W** for 5 mins. or until warm and fluffed. Separate the grains with a fork and stir in the vegetables.
Cheese and Egg Dishes

**Boiled eggs in shells**
Never attempt to cook a boiled egg by microwave. They can explode dangerously.

**Quiches**
Always cook quiches on 250 W to avoid curdling the egg filling.

---

**Swiss Cheese Fondue**
Dish: large 2 litre (4 pt) bowl

1. Place garlic and wine in the bowl. Place on base of oven and cook on 1000 W for 4 mins., or until wine is just boiling.
2. In another bowl mix the cheese and flour together, until evenly combined.
3. Remove the garlic from the wine and discard. Add half of the cheese mixture, stirring constantly until the cheese melts.
4. Cook on 1000 W for 1 minute, then stir in the rest of the cheese mixture.
5. Return to the microwave and cook again for 1 minute on 1000 W.
6. Season with pepper and nutmeg. Sprinkle with Paprika, if desired. Serve with chunks of french bread, or vegetables.

---

**Cheesey Risotto**
Dish: large casserole

1. Place the onions and butter in a large casserole. Cover, place on base of oven and cook on 1000 W for 3 mins. or until softened.
2. Stir in the rice, cover and cook on 1000 W for 1 minute.
3. Add the hot stock and tomatoes, cover and cook on 1000 W for 5 mins. and then 600 W for 20 mins. or until the rice is cooked. Stir halfway during cooking.
4. Season and stir in 75 g (3 oz) cheese. Cover and leave to stand for 5 mins. (this enables the rice to absorb any excess stock).
5. Serve the Risotto sprinkled with remaining cheese and chives.

---

**Piperade**
Dish: bowl, 22 cm (9”) Pyrex® plate

1. Place oil and vegetables in a bowl. Cover, place on base of oven and cook on 1000 W for 3-4 mins. or until soft.
2. Grease the plate and spread with vegetables. Beat the eggs with salt and pepper and pour over the vegetables.
3. Cook on 1000 W for 4-5 mins. or until eggs are softly set, but still moist, beating with a fork several times during cooking. Allow to stand covered for 2 mins. before serving.

---

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

---

**Ingredients**

- **Swiss Cheese Fondue**
  - 1 garlic clove, halved
  - 300 ml (½ pt) dry white wine
  - 450 g (1 lb) Gruyère cheese, grated
  - 25 g (1 oz) plain flour
  - Pinch of pepper
  - Pinch of grated nutmeg
  - Paprika for sprinkling

- **Cheesey Risotto**
  - 2 onions, finely chopped
  - 50 g (2 oz) butter or margarine
  - 225 g (8 oz) long grain rice
  - 600 ml (1 pt) hot chicken stock
  - 800 g (1½ lb) tin tomatoes
  - 100 g (4 oz) mature cheddar cheese, grated
  - 25 g (1 oz) Parmesan cheese, grated
  - salt and pepper
  - 1 bunch of chives, chopped

- **Piperade**
  - 15 ml (1 tbsp) olive or vegetable oil
  - ½ red pepper, deseeded & diced
  - ½ green pepper, deseeded & diced
  - 1 onion finely chopped
  - 4 eggs
  - 3 ml (½ tsp) basil
  - salt and pepper to taste
Macaroni Cheese  
Serves 4

Dish: large dish + jug

1. Place macaroni in 450 ml (3/4 pt) boiling water. Cover, place on base of oven and cook on 1000 W for 7-8 mins. or until soft. Drain.
2. Place butter, onion and bacon in a jug. Cook on 1000 W for 5 mins. or until onion is soft. Stir halfway through cooking.
3. Stir in flour and cook for 30 secs. on 1000 W.
4. Gradually add milk stir well and season. Cook on 1000 W for 5 mins. or until sauce is thick and bubbling. Stir twice during cooking.
5. Add mustard and 100 g (4 oz) grated cheese. Place the macaroni in a large dish and pour over the sauce. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on 1000 W for 2-3 mins. until the cheese starts to melt.

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

Creamy Cheese, Potato & Broccoli Bake  
Serves 4

Dish: large bowl + shallow oval dish

1. Cut potatoes in half (or quarters if large). Place in a bowl with 90 ml (6 tbsp) of water. Cover, place on base of oven and cook on 1000 W for 8-10 mins.
2. Add the broccoli to the potatoes and cook for a further 4-6 mins on 1000 W or until tender.
3. Mix together 1/2 the cheese and the cream.
4. Arrange the potato and broccoli in a heatproof dish in a single layer, pour the cream mixture over them and sprinkle the rest of the cheese on top.
5. Cook on 1000 W for 2-3 mins. until cheese melts.

Ingredients
675 g (1 1/2 lb) new potatoes
225 g (8 oz) broccoli florets
150 ml (1/4 pt) soured cream
75 g (3 oz) Gruyère cheese, grated
seasoning
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 45 ml (3 tbsp) water.

- Potatoes can be cooked 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 600 W 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 oz-9 oz).

**Before Cooking**
Wash potatoes and prick skins several times. Place on base of oven.

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

Dish: 20 cm (8") casserole

1. In a colander sprinkle aubergine slices with salt and leave for 30 mins. to remove bitter juices. Rinse with cold water.

2. Combine all ingredients in a casserole. Cover, place on base of oven and cook on 1000 W for 15 mins. or until vegetables are soft. Stir halfway through cooking time.

Gratin Dauphinois

Dish: 20 cm (8") shallow dish

1. Rub halves of garlic around inside of dish and discard.

2. Layer the potato slices in the dish, seasoning with salt and pepper and nutmeg between each layer.

3. Pour the cream evenly over the top of the potatoes and dot with butter. Place on base of oven, cook on 600 W for 15-18 mins.

Vegetable Lasagne

Dish: large bowl, large shallow rectangular or Pyrex® heatproof dish

1. Place onion, butter and garlic in a bowl, cover, place on base of oven and cook on 1000 W for 3 mins. Add vegetables and stock, re-cover and cook on 1000 W 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 1000 W for 20 mins. or until piping hot. Brown under a preheated grill if desired.
**Stuffed Sweet Potatoes**

*Dish: shallow heatproof dish*

1. Wash and prick the potato skins. Cook on the Jacket Potato program.
2. Split the potatoes horizontally, keeping the edge joined. Place in dish.
3. Layer the tomatoes and the sausage alternately over the potatoes. Season and sprinkle with coriander and the grated cheese.
4. Place on base of oven and cook on 1000 W for 2-3 mins. until the cheese melts.

**Cauliflower Cheese**

*Dish: large bowl, shallow casserole, jug*

1. Place cauliflower in a bowl. Add water. Cover, place on base of oven and cook on 600 W for 10 mins. or until tender. Drain and place in casserole.
3. Stir in 50 g (2 oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Place on base of oven and cook on 1000 W for 1-2 mins. or until piping hot.

**Red Lentil Casserole**

*Dish: large casserole + lid*

1. Place onions, oil, and garlic in the casserole. Place on base of oven and cook on 1000 W for 3 mins.
2. Add chopped aubergine, courgettes, and peppers to the casserole. Cook on 1000 W for 4-5 mins.
3. Add the tomatoes, vegetable stock, herbs and lentils. Cook on 1000 W for 5 mins.
4. Stir and then cook covered on 250 W for 18-20 mins. or until lentils are tender.
**Vegetable Chilli**

*Serves 4-6*

**Dish: large bowl**

1. Place the oil, onion, garlic and tomato purée in a large bowl. Place on base of oven and cook on **1000 W** for 2-3 mins.
2. Add the carrots, red and green pepper and sweetcorn, mix well. Cover and cook on **1000 W** for 5 mins.
3. Stir in the remaining ingredients (apart from the cornflour), mix well.
4. Cook on **600 W** for 35 minutes, stir 3 - 4 times during cooking.
5. Add the blended cornflour, mix well and cook on **1000 W** for 5 mins.

**Ingredients**

- 30 ml (2 tbsp) olive oil
- 175 g (6 oz) onion, chopped
- 2 cloves garlic, crushed
- 75 g (3 oz) tomato purée
- 225 g (8 oz) carrot, chopped
- 1 red and 1 green pepper, seeded and sliced
- 150 g (5 oz) baby sweetcorn, chopped into pieces
- 4 sticks celery, sliced
- 225 g (8 oz) courgette, sliced
- 5 ml (1 tsp) ground cumin
- 10 ml (2 tsp) mild chilli powder
- 2.5 ml (½ tsp) cayenne pepper
- 400 g (14 oz) canned, chopped tomatoes
- 225 g (8 oz) canned haricot beans, drained
- 400 g (14 oz) canned red kidney beans in chilli sauce
- 300 ml (½ pint) hot vegetable stock
- 15 ml (1 tbsp) cornflour blended with water

---

**Rosemary Potatoes**

*Serves 4-6*

**Dish: (8") 20cm square baking dish**

1. Place the butter and garlic in baking dish
2. Place on base of oven and cook on **600 W** for 45 seconds or until the butter melts.
3. Add rosemary, salt, black pepper and potatoes and toss well.
4. Cover and cook on **1000 W** for 15 minutes or until potatoes are tender.

**Ingredients**

- 15 ml (1 tbsp) butter
- 2 cloves garlic, crushed
- 5 ml (1 tsp) dried rosemary
- 3 ml (½ tsp) salt
- 1.5 ml (¼ tsp) black pepper
- 700 g (1 ½ lbs) red potatoes

---

**Spicy Bean Goulash**

*Serves 4-6*

**Dish: large bowl**

1. Drain the beans, rinse well and place in a large bowl. Add 600 ml (1 pt) boiling water. Cover, place on base of oven and cook on **1000 W** for 15 mins. then **440 W** for 30 mins. or until tender.
2. Place the oil, garlic, yellow pepper, caraway seeds and paprika in a large casserole. Cover and cook on **1000 W** for 2 mins. or until softened.
3. Add drained, rinsed beans, tomatoes and mushrooms. Cover and cook on **1000 W** for 8-10 mins. or until piping hot and the mushrooms are soft. Stir once during cooking.
4. Stir in 30 ml (2 tbsp) yoghurt and season to taste. Drizzle remaining yoghurt on top and sprinkle with parsley.
Puddings and Desserts

Almond Eve’s Pudding  
**Serves 4**

**Dish:** 22 cm (8½”) Pyrex® or microwave safe dish

1. Arrange the apple slices in the base of the dish.
2. Beat together the remaining ingredients except the flaked almonds until smooth.
3. Spread over the top of the apples and sprinkle with flaked almonds.
4. Place dish on base of oven and cook on 600 W for 14 mins or until cooked. Test with a skewer to ensure the middle is cooked.

**Ingredients**
- 385 g (13 oz) can apple slices
- 100 g (4 oz) margarine
- 100 g (4 oz) light muscovado sugar
- 2 eggs, beaten
- 50 g (2 oz) ground almonds
- 50 g (2 oz) self raising flour
- 5 ml (1 tsp) ground mixed spice
- 60 ml (4 tbsp) flaked almonds

Apple Crisp  
**Serves 4**

**Dish:** 20 cm (8”) square dish, bowl

1. Spread the apples evenly over the base of the dish.
2. Melt the butter in bowl on base of oven on 600 W for 1 min. Add the sugar, oats, flour and spices and mix.
3. Sprinkle the topping mixture over the apples.
4. Cook on 1000 W for 10 to 12 minutes until the apples can be easily pierced with a knife.

**Ingredients**
- 3 Granny Smith Apples, peeled, cored and sliced
- 125 g (4½ oz) butter,
- 175 g (6 oz) Light brown sugar
- 175 g (6 oz) Porridge oats
- 125 g (4½ oz) plain flour
- 5 ml (1 tsp) ground cinnamon
- 2.5 ml (½ tsp) mixed spice
Date Puddings and Butterscotch Sauce  Serves 6

**Dish: 1 pudding basin, large jug.**

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 six moulds on base of oven and cook on **1000 W** for 7 mins. and leave to stand for 10 mins.

**Sauce**

1. Place butter in a large jug, place on base of oven and melt on **1000 W** for 45 sec. to 1 minute, or until bubbling.
2. Add sugar and stir until it has dissolved cooking for 1 minute at a time on **1000 W**. Continue to cook until liquid is foaming and bubbling 30 sec. at a time on **1000 W**.
3. Slowly pour in the cream and bring to the boil on **1000 W** for 2-3 mins. Add essence. Stir, continue to boil on **1000 W** 30 sec. at a time until it starts to thicken.

**Lemon Brulee**  Serves 4

**Dish: 4 individual heatproof ramekins, large jug**

1. Place the grated rind of the lemons with the milk, cinnamon and nutmeg in a large jug, place on base of oven and cook on **1000 W** for 4 mins. Allow to cool.
2. Whisk the egg yolks and caster sugar until pale and foamy, then stir in the cornflour.
3. Strain the milk into the egg mixture, place on base of oven, then cook on **1000 W** for 4-5 mins. or until thickened. Stir frequently.
4. Pour into 4 ovenproof dishes and allow to cool for 4 hours or overnight.
5. Sprinkle with remaining sugar and place under a hot grill to caramelise the top.
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

Dish: 20 cm (8") shallow dish
Serves 4

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, place on base of oven and cook on 1000 W for 5-7 mins. before serving.

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.

Ingredients
1 whole orange
175 g (6 oz) self-raising flour, sifted
100 g (4 oz) soft margarine
100 g (4 oz) caster sugar
1 orange, juice and grated rind of
2 eggs, beaten
100 g (4 oz) chocolate drops

Orange and Chocolate Drop Pudding

Dish: 1.2 litre (2 pt) pudding basin
Serves 4-6

1. Cut one orange into slices and arrange around the sides of the basin.
2. Mix flour, margarine, sugar, grated rind and orange juice and eggs and beat well until thoroughly mixed. Stir in chocolate drops. Spoon mixture into pudding basin, place on base of oven and cook on 1000 W for 7-8 mins. or until just set.
Hot Chocolate Cake

Dish: 675 g (1 – 1 ½ lb), oven proof loaf dish, greased, medium sized bowl

1. Cream the butter, sugar and vanilla essence together until light and fluffy, then gently beat in the eggs and half the flour. Fold in remaining flour and cocoa. Stir in the chopped chocolate and spoon mixture into a dish.

2. Place on base of oven and cook on 600 W for 9 – 10 minutes. The cake is cooked when a skewer inserted into the centre of the cake comes out clean.

3. Leave to stand, covered while sauce is made.

For the sauce: place the chocolate and cream into a bowl. Cook on 600 W for 2 – 3 minutes, stirring well after each minute, until chocolate has melted. Allow to cool a little. Serve the cake sliced with a little of the sauce poured over.

Steamed Suet Sponge Pudding

Serves 4

Dish: 1 litre (2 pt) pudding basin, greased

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. Place on base of oven, cook on 1000 W for 5½-6 mins. until firm.

Christmas Pudding

Serves 6-8

Dish: large bowl, 1.3 litre (2½ pt) pudding basin lightly greased

1. Place apple and carrot in a large bowl. Cover, place on base of oven and cook on 1000 W for 5 mins. Beat well to make a thick puree.


3. Press into the pudding basin. Cover, with greaseproof paper place on base of oven with and cook on 1000 W for 4 mins. Stand for 5 mins. Cook on 1000 W 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.
**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.

**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**
1. Place butter in jug, place on base of oven and cook on 1000 W 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 1000 W. Whisk until smooth and cook for a further 3 mins. Sauce should be smooth and glossy and coat the back of a spoon.

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

**Variations of White Sauce**

**Parsley**
Cook 1 small onion in the butter for 30 secs. on 1000 W before adding the flour and milk.

**Onion**

**Variations of White Sauce**

**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. Place jug on base of oven and cook on 1000 W for 4-6 mins. Whisk well halfway through cooking time and again at the end.

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

**Hollandaise Sauce**

**Dish: 1 litre (2 pt) jug**
1. Place egg yolks and vinegar in a jug. Beat well.
2. Drop cubes of butter on top. Place on base of oven cook on 1000 W for 15 secs.
4. Whisk again and cook on 1000 W 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.
Baking Guidelines

Dish shape
Ring moulds are ideal for baking cakes in, especially dense cakes. They help prevent the outside edge of the cake overcooking before the dense centre is cooked through.

Keeping quality
Light sponge type cakes cook very quickly by microwave and so should be cooked as required, since their keeping quality is not as long as those baked traditionally.

Consistency
Generally cakes to be cooked by microwave should have a softer consistency than those baked traditionally. As a general rule add 15-30 ml (1-2 tbsp) of milk or water to the mixture.

Covering
Just as you wouldn’t cover a cake baked in a traditional oven, NEVER cover your cakes cooked by microwave.

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

*N.B. When using this recipe for sponge pudding program, omit the 30 ml (2 tbsp) milk. Flavourings can be mixed in e.g. dried fruit, or toppings (Max. 30 ml/2 tbsp) can be placed in the bottom of the bowl e.g. jam/treacle/pineapple rings. It is important not to use too much as this will cause the pudding to undercook.

Sponge Cake*

Dish: 18 cm (7”) souffle dish, based lined with greaseproof paper

1. Combine all ingredients together in a large bowl. Mix well until smooth. Tip into prepared dish and smooth the top.

2. Place on base of oven and cook on 600 W for 6-6½ mins. Cool for 10 mins. before turning out onto a rack. The cake is cooked when it has just dried on the top. Do not overcook as overcooked cakes stale quickly.

Ingredients
2 eggs beaten
150 ml (¼ pt) vegetable or corn oil
150 g (5 oz) self-raising wholemeal flour
100 g (4 oz) soft light brown sugar
10 ml (2 tsp) cinnamon
75 g (3 oz) raisins
100 g (4 oz) carrots, grated

Icing
50 g (2 oz) cream cheese
50 g (2 oz) butter
100 g (4 oz) icing sugar
10 ml (2 tsp) lemon juice
50 g (2 oz) walnuts, chopped

Carrot Cake

Dish: 25 cm (10”) ring mould, based lined with greaseproof paper

1. Mix eggs and oil together.

2. Combine flour, sugar, cinnamon, raisins and carrots in a mixing bowl. Pour egg mixture into flour and stir well until well combined.

3. Pour into ring mould place on base of oven and cook on 600 W for 7-8 mins. or until firm. Stand for 10 mins. before turning out.

4. Beat cream cheese and butter until smooth. Gradually beat in icing sugar and lemon juice. Spread over sides and top of cake and sprinkle with walnuts.
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

Chewy Flapjacks
Makes: 8 slices
Dish: bowl, 20 cm (8”) round flan dish,
1. Place butter, syrup and sugar in a bowl, place on a base of oven and cook on 1000 W for 1-2 mins. or until melted.
2. Stir in the oats and raisins. Press into dish. Place on base of oven and cook on 600 W for 2-3 mins or until firm. Allow to cool slightly then cut into pieces.

Ingredients
100 g (4 oz) butter or margarine
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 wholemeal flour
5 ml (1 tsp) mixed spice
30 ml (2 tsp) ground ginger
5 ml (1 tsp) bicarbonate of soda
pinch salt
150 ml (¼ pt) milk
2 eggs beaten

Ginger Cake
Dish: bowl, 20 cm (8”) Soufflé dish base lined with greaseproof
1. Place butter, syrup, treacle and sugar in a bowl and heat on 1000 W for 1-2 mins. or until fat has melted.
2. Place flours, spices, bicarbonate 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 dish, place on base of oven and cook on 600 W for 8-9 mins. or until set around edges. The cake will appear slightly wet in centre, but will continue cooking as it cools.

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

Boston Brownies
Dish: 20 cm (8”) square dish (white lasagne dish) base lined with greaseproof
1. Place chocolate and butter in a bowl, place on base of oven and cook on 1000 W for 1 minute or until chocolate has melted.
2. Stir in all other ingredients and beat well.
3. Pour into dish, place on base of oven and cook on 600 W for 6-7 mins. or until just slightly sticky. Allow to cool and then cut into squares.
### Preserves

#### Sterilizing jars
Jam jars can be sterilized by microwave ready for your jams. Half fill with water and heat them on 1000 W 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.**

### Recipes

#### Soft Fruit Jam
Makes approx 1½ lbs jam

**Dish: large bowl**

1. Place all ingredients in a large bowl and stir. Place on base of oven, cook on 1000 W 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) soft fruit, washed
- 450 g (1 lb) jam sugar
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) butter

#### Lemon Curd
Makes 2 lbs

**Dish: large bowl**

1. Place all ingredients in bowl. Mix well.
2. Place on base of oven, cook on 1000 W 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.

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

#### Red Onion Chutney
Makes approx 1½ – 2 lbs

**Dish: large bowl**

1. Put oil in bowl with onions. Place on base of oven and soften on 1000 W for 10 minutes, stirring halfway.
2. Add all other ingredients and mix well.
3. Cook on 600 W for 20 mins, or until onions are soft.
4. Cool slightly, then pour into a jar.
5. Allow to cool thoroughly before chilling.

**Ingredients**
- 45 ml (3 tbsp) olive oil
- 4 large red onions halved and thinly sliced
- 50 g (2 oz) demerara sugar
- 100 g (4 oz) sultanas
- 300 ml (½ pint) red wine
- 125 ml (4 fl.oz) red wine vinegar

---

**Covering**

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

**WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILIZE 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.

---

**Sterilizing jars**

Jam jars can be sterilized by microwave ready for your jams. Half fill with water and heat them on 1000 W 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.**
**Orange Marmalade**

Makes approx 1½ - 2 lbs

**Dish:** 6 pt bowl

1. Grate oranges and lemon ensuring all the pith is left on the fruit. Set the rind aside.
2. Place the peeled fruit 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. Place on base of oven, cover and cook on 1000 W 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 1000 W for 10 mins. until rind is tender, stirring occasionally. Stir in the sugar until dissolved.
6. Cook on 1000 W for 8 mins covered. Stir in the butter and cook for 18-20 mins or until setting point.
7. Leave to stand for 10 mins then pour into warmed sterilized jars.

NB: Do not double this recipe because it will boil over.

**Tomato Chutney**

Makes approx 2 lbs

**Dish:** large bowl

1. Prick the tomatoes and place in a bowl. Cover with boiling water and leave for 5 mins. Drain. Peel off skin and roughly chop flesh.
2. Blend apple and onion in a food processor to a thick puree.
3. Combine all ingredients together in a bowl. Place on base of oven and cook on 1000 W for 35-40 mins., stirring occasionally, or until the mixture is thick with no excess liquid.
4. Leave to stand covered for 10 mins. then stir and pour into sterilised jars. Cover and label.

**Plum Jam**

Makes approx 2-2½ lbs

**Dish:** large bowl

1. Prick the plums and place in a bowl with the water. Place on base of oven, cook on 1000 W for 4-9 mins. or until the fruit is soft. Add the rest of ingredients. Cook on 1000 W for 5 mins. stirring frequently.
2. Wash down any sugar crystals from around the bowl and bring to the boil on 1000 W. Continue to cook. Do not cover until until setting point is reached - approx. 24-28 mins, opening the door and testing regularly. Leave to cool slightly, remove the stones, then pot, seal and label.
Questions and Answers

Q  My microwave oven causes interference with my TV, is this normal?

A  Sometimes warm air comes from the oven vents. Why?

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

A  The display indicates a problem with the microwave generation system. Please contact an authorised Service Center.

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.
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.

Technical Specifications

Rated Voltage: 230-240 V 50 Hz
Operating Frequency: 2,450 MHz
Input Power: Microwave 850 W
Output Power: Microwave 1000 W (IEC-60705)
Outer Dimensions: 529 (W) x 422 (D) x 326 (H) mm
Oven Cavity Dimensions: 354 (W) x 338 (D) x 230 (H) mm
Weight: 11.8 kg
Noise: 50dB
Weight and Dimensions are approximate.

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

This symbol on the products and/or accompanying documents means that used electrical and electronic products should not be mixed with general household waste. For proper treatment, recovery and recycling, please take these products to designated collection points, where they will be accepted on a free of charge basis. Alternatively, in some countries you may be able to return your products to your local retailer upon the purchase of an equivalent new product. Disposing of this product correctly will help to save valuable resources and prevent any potential negative effects on human health and the environment which could otherwise arise from inappropriate waste handling. Please contact your local authority for further details of your nearest designated collection point. Penalties may be applicable for incorrect disposal of this waste, in accordance with national legislation.

For business users in the European Union
If you wish to discard electrical and electronic equipment, please contact your dealer or supplier for further information.

Information on Disposal in other Countries outside the European Union
This symbol is only valid in the European Union. If you wish to discard this product, please contact your local authorities or dealer and ask for the correct method of disposal.

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

A
Adapting Recipes ........................................49
Apples, poached/stewed ........................37,45
Arcing ..........................................................13
Auto Weight ..................................................30-37

B
Bacon ..........................................................43
Baked Apples .........................................45,69
Baking guidelines ........................................72
Beans, cooking chart ..................................43
Beef guidelines ............................................55
cooking charts .............................................43
Belgian Beef Casserole ...............................57
Bolognese Sauce ........................................56
Steak and Kidney Pudding ..........................57
Boil in the bag fish ......................................44

C
Cakes
Boston Brownies ..........................................73
Carrot Cake ..................................................72
Chewy Flapjacks .........................................73
Ginger Cake ..................................................73
Casserole ....................................................36
Sponge Cake ................................................72
Turbo defrost ................................................25
Cheese and Egg Dishes
Cheesey Risotto ..........................................61
Creamy Cheese, Potato & Broccoli Bake ...62
Macaroni Cheese .........................................62
Piperade ......................................................61
Swiss Cheese Fondue ..................................61
Chicken
guidelines ..................................................55
cooking charts .............................................36,43-45
Chicken Casserole .....................................58
Chicken Satay .............................................57
Fruity Chicken Risotto ................................60
Child Lock ..................................................22
Christmas Pudding .....................................12,51,70
Cleaning your Microwave ..........................10,13,17
Cling Film..................................................15,16,20
Clock, setting the time...............................23
Containers to use .........................................18-20
Control Panel .............................................21
Cooking Charts ..........................................38,43-48
Custard ......................................................40,41,71

D
Defrosting
Turbo ..........................................................25-26
guidelines ..................................................27
charts ..........................................................28-29
Delay/Stand ................................................24
Demo Mode ................................................22

E
Eggs ...........................................................44

F
Fan Motor ....................................................13

G
Fish
guidelines ..................................................52
cooking charts ..........................................32,44
Family Fish Pie ...........................................53
Fish Balti ....................................................54
Fish Kebabs ................................................54
Plaice Provencale .......................................54
Poached Smoked Haddock ..........................53
Salmon and Vegetable Mornay .................53
Paella .........................................................52
Fruit, poached and stewing ..........................37,45
Gammon .....................................................43
General Guidelines .....................................15-17

H
Hollandaise Sauce ..........................................71

J
Jacket Potatoes ...........................................34,47,63
Jam ............................................................74,75

K
Kedgeree .....................................................59
Lamb guidelines .................................................55
Lamb Casserole .......................................56
Lamb in a spicy cream & almond sauce ....56
Lemon Curd....................................................74

M
Meat and Poultry recipes ...............................55-58
Meat sauce ...............................................35
Microwave power levels ..............................23
Microwave principles ...................................14
Mince pies, reheating ........................12,38,41

Orange Marmalade........................................75

Parts of your Oven ....................................11
Pasta Cooking ........................................36,45
Pasta and Rice recipes
Kedgeree ....................................................59
Fruity Chicken Risotto ................................60
Pesto Spaghetti ..........................................59
Tagliatelle Toscana ....................................60
Tuna Pasta Bake ........................................59
Vegetable Couscous .....................................60

Pork
 guidelines .................................................55
cooking .....................................................43
Rashers .....................................................43
Paprika Pork Casserole ................................58
Sweet and Sour Pork .....................................58
Porridge .....................................................45

Preserves
Soft Fruit Jam..........................................74
Lemon Curd ............................................74
Orange Marmalade ....................................75
Plum Jam ..................................................75
Red onion Chutney ....................................74
Tomato Chutney ..........................................75
Pulses, cooking ...........................................43

Puddings and Desserts
Almond Eve’s Pudding ..................................67
Apple Crisp ..............................................67
Baked Apples ............................................69
Christmas Pudding.......................................70
Date Puddings and Butterscotch Sauce ..........68
Hot Chocolate Cake ....................................70
Lemon Brûléé ..............................................68
Orange and Chocolate Drop Pudding ...........69
Steamed Suet Sponge Pudding .....................70

Reheating ....................................................38
Reheating Charts .......................................39-42
Rice, cooking .............................................36,46

Sauces .......................................................71
Service ......................................................10
Shielding ..................................................26-27

Soups and Starters
Reheating ..................................................31
Broccoli & Stilton Soup ..............................51
Coarse Pork Pâtés .......................................50
Cream of Mushroom Soup ...........................50
Garlic Mushrooms with Herbs ......................50
Smoked Haddock Pâté ..................................51
Wild Mushroom and Basil Risotto ...............51
Standing Time ............................................13, 15
Steamed Pudding ........................................37,39,41

Technical Specifications ..............................77

Turkey, cooking .........................................46

Vegetables + Vegetarian
 guidelines ..................................................63
cooking .....................................................32,43-48
Cauliflower cheese ....................................65
Gratin Dauphinois ......................................64
Ratatouille ................................................64
Vegetable Chilli ..........................................66
Red Lentil Casserole ..................................65
Spicy Bean Goulash ....................................66
Stuffed Sweet Potatoes ...............................65
Rosemary Potatoes .....................................66
Vegetable Lasagne .....................................64

White Pouring Sauce ...................................71
Cookery Advice Line

For COOKERY ADVICE call: 01344 862108

Open Monday to Wednesday 9am–12pm

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

the ideas kitchen

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

www.theideaskitchen.co.uk

PHONE OUR CUSTOMER COMMUNICATIONS CENTRE

0344 844 3899

For service or spares.

Or order spares direct on line at

www.panasonic.co.uk