

Panasonic®

INVERTER

Operating Instructions and Cookery Book

Microwave Oven

Model Number: NN-SF464M

For domestic use only



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

½ oz	–	15 g
1 oz	–	25 g
2 oz	–	50 g
3 oz	–	75 g
4 oz	–	100 g
5 oz	–	150 g
6 oz	–	175 g
7 oz	–	200 g
8 oz	–	225 g
9 oz	–	250 g
10 oz	–	275 g
11 oz	–	300 g
12 oz	–	350 g
13 oz	–	375 g
14 oz	–	400 g
15 oz	–	425 g
1lb/16 oz	–	450 g

Capacity

½ tsp	–	3 ml
1 tsp	–	5 ml
1 tbsp	–	15 ml
¼ pt	–	150 ml
½ pt	–	300 ml
¾ pt	–	450 ml
1 pt	–	600 ml
1¾ pt	–	1 litre

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

Important Notice



Microwave symbol

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.



Customer Communications Centre 0344 844 3899

Selected Spares and Accessories:

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

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

Alternatively visit our web site at 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
Berkshire
RG12 8FP**

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

Contents

Safety Information	8
Unpacking your oven	9
Care and Cleaning	10
Parts of your oven	11
Important Information	12-13
Microwaving Principles	14
General Guidelines	15-17
Containers to use	18-20
Control Panel	21
Operating Instructions	22-25
Auto Weight Defrost	25-26
Defrost Guidelines	27
Manual Defrost Charts	28-29
Auto Weight Cooking	30-37
Reheating Guidelines	38
Reheating Charts	39-42
Cooking Charts	43-48
Increasing/Decreasing Recipes	49

Recipes

Soups and Starters	50-51
Fish	52-54
Meat and Poultry	55-58
Pasta and Rice	59-60
Cheese and Egg Dishes	61-62
Vegetables and Vegetarian	63-66
Puddings and Desserts	67-70
Sauces	71
Baking	72-73
Preserves	74-75
Questions and Answers	76
Technical Specification	77
WEEE Directive	77
Index	78-79

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.

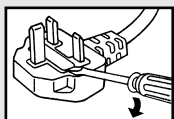
Should the fuse need to be replaced, please ensure that the replacement fuse has the correct rating for the type of mains plug fitted and that it is approved by ASTA or BSI to BSI362.

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.



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

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

Warning: this appliance must be earthed.

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

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

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

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

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

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

Voltage & Power

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

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

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

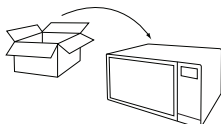
Unpacking your oven

1. Examine Your Oven

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

2. Guarantee

Your receipt is your guarantee, please keep 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.

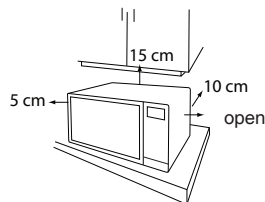
N.B. The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

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 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.
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.



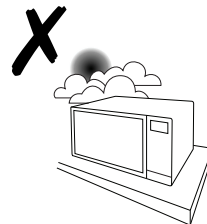
4. Do not use outdoors.
5. Only allow children to use oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe manner and understands the hazards of improper use.
6. This appliance is not intended to be operated by means of an external timer 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 web site (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. 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.

3. Oven Light

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

4. Selected Spares and Accessories

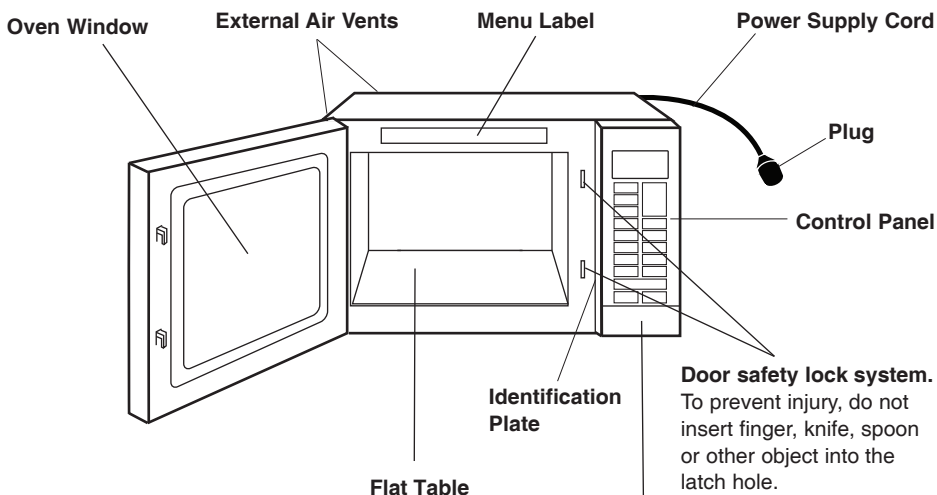
These may be ordered direct; on line at www.panasonic.co.uk or by telephoning the Customer Communications Centre 0344 844 3899. Most major credit and debit cards accepted. Ensure you quote the correct model number.

Parts of Your Oven

1. Do not 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.



Door Release Pad

Push to open the door. Opening the door during cooking will stop the cooking process without cancelling the program. Cooking resumes as soon as the door is closed and Start is pressed. The oven light will turn on and stay on whenever the door is opened.

Note: This illustration is for reference only.

Important Information – Read Carefully

Safety

If smoke is emitted or a fire occurs in the oven, press Stop/Cancel 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.

3. Christmas Pudding.

Christmas puddings and other foods high in fats or sugar, eg. jam, mince pies, must not be over heated. These foods must never be left unattended as with over cooking these foods can ignite. See page 38.

4. Boiled Eggs.

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.

6. Liquids.

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

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

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

7. Lids.

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

8. Deep Fat Frying.

Do not attempt to deep fat fry in your oven. cleaning.

Important Information – Read Carefully

9. Meat Thermometer.

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.

10. Paper, Plastic.

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.

12. Standing Time.

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

13. Keeping Your Oven Clean.

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

14. Fan Motor Operation.

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.

16. Babies Bottles and Food Jars.

When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked. See page 38.

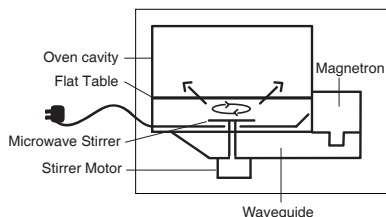
17. Arcing.

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.

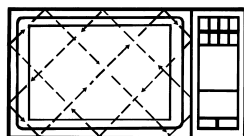
Microwaving Principles

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



Reflection

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



Transmission

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

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

Important notes

The dish used to cook or reheat the food will get warm during cooking, as the heat conducts from the food. Even 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

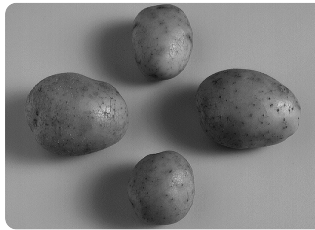
Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. However it should be pierced before cooking, to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot. Always purchase cling film that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



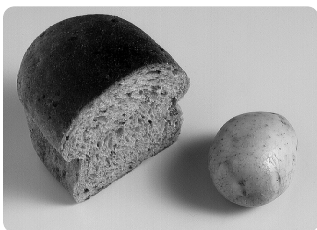
Spacing

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.



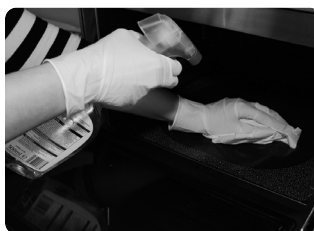
Liquids

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.

Containers to use

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

Testing Dishes for Suitability



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

1. Fill a microwave safe measuring jug with 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.



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.

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.

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

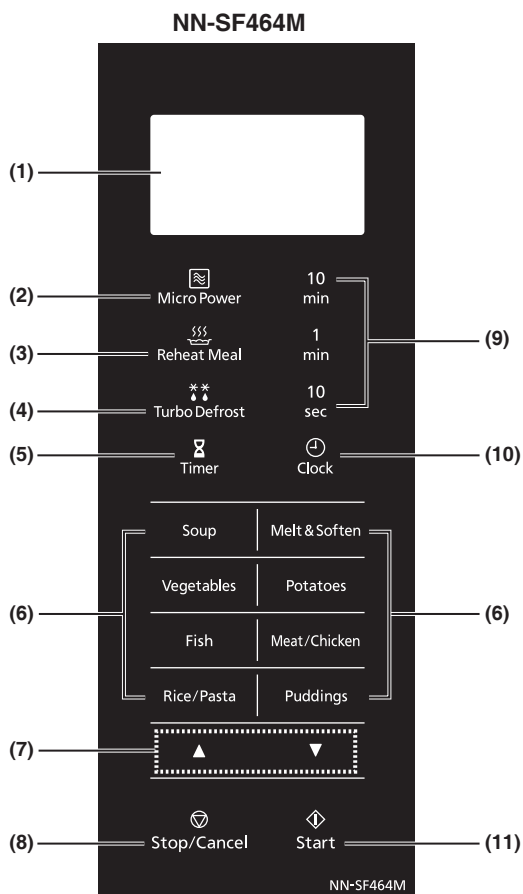
Roasting bags are useful when slit up one side to tent a joint for roasting by power and time. Do not use the metal twists supplied.



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



- (1) **Display Window**
- (2) **Microwave Power Pad**
- (3) **Reheat Meal Pad**
- (4) **Turbo Defrost Pad**
- (5) **Timer Pad**

This can be used to delay a cooking program for up to 99 minutes and 50 seconds, or used as a kitchen timer or for standing (non-cooking) time.

- (6) **Auto Weight Pads**
- (7) **Weight Selection Pad (Up & Down Pad)**
- (8) **Stop/Cancel Pad:**

Before Cooking:
one press clears your instructions.

During Cooking:
one press temporarily stops the cooking program. Another press cancels your instructions and the time of day will appear in the display.

- (9) **Time Pad**
- (10) **Clock Pad**

Press the clock pad. Using the Time pad to set the clock (24 hr clock). Press clock pad again to stop colons flashing.

- (11) **Start Pad:**
Press to start operating the oven. If during cooking the door is opened or Stop/Cancel Pad is pressed once, Start Pad has to be pressed again to continue cooking.

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

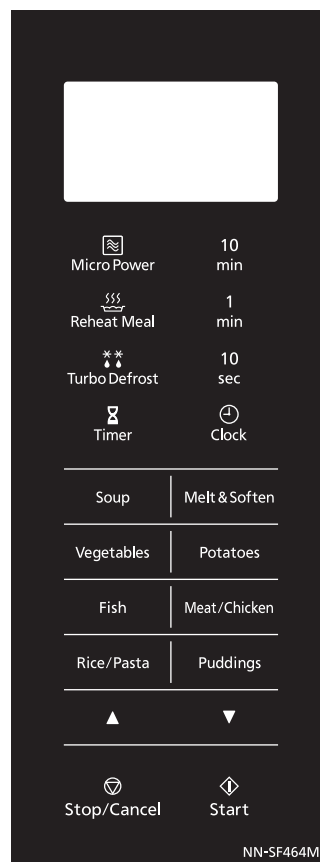
To set a cooking time eg. 1 minute, press 1 minute pad once.

3c Press Start Pad

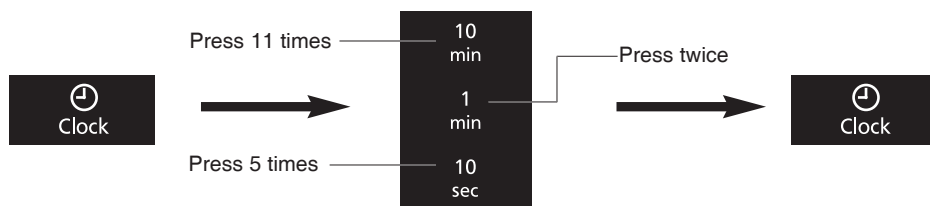
The time will be displayed in the window and count down. The oven will beep at the end of the cooking program.

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 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.

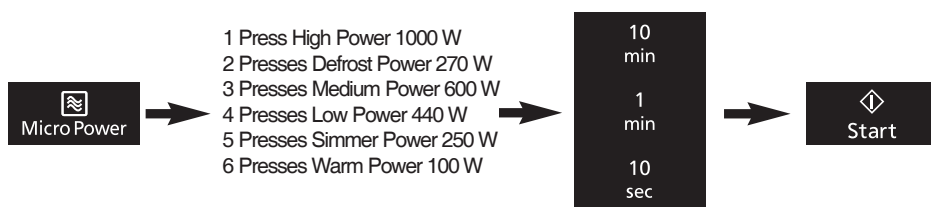
N.B.

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



- Press Micro Power pad to select the desired power level

- Select Cooking Time.

- Press Start.

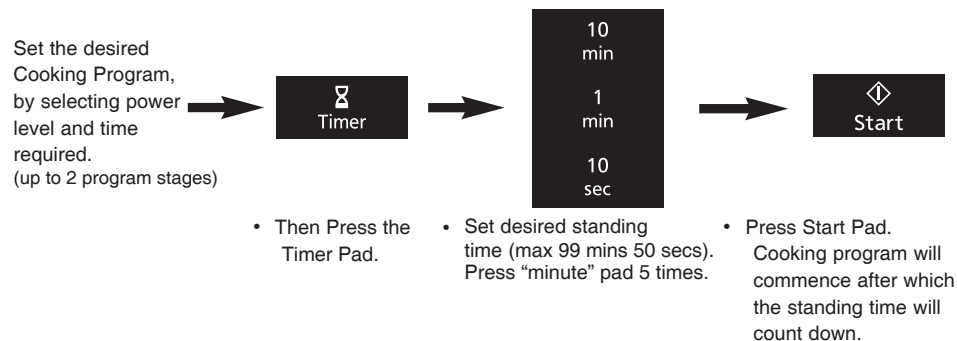
Note

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.

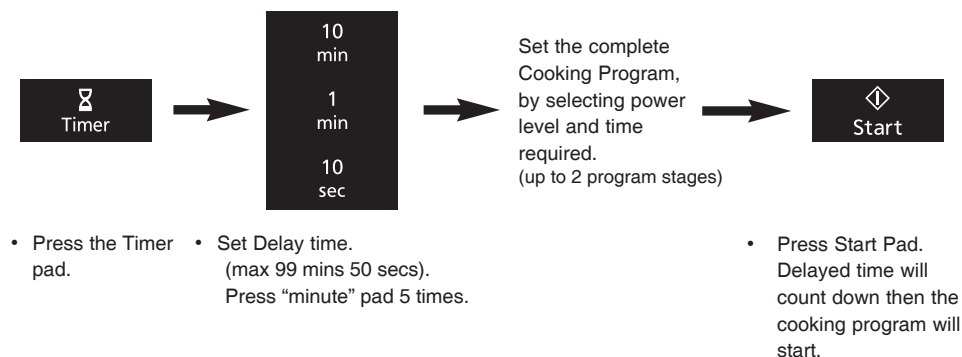
Using the Timer Feature

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)



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



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



Turn

1st Beep



or
Shield

2nd Beep



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.

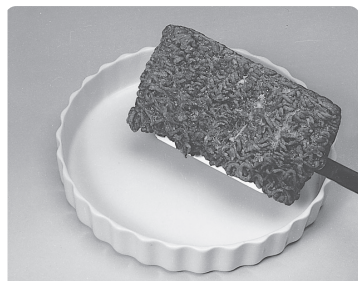
The automatic stand times ensure a more even defrost but it is still necessary to allow for standing time before use. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer.



Separate chops and small items e.g. bread slices where possible.



Chickens and joints of meat will require shielding during defrosting.



Turn dense foods and meat 2-3 times during defrosting.



Break up small items e.g. minced meat, frequently during defrosting.

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.

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

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.

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

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

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

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

1. Soup



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



Melt & Soften

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.

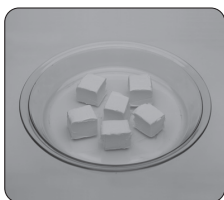
3. Butter



Melt & Soften

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



Melt & Soften

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



Melt & Soften

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



Fish

To cook **FRESH** fish. Shield the thinner portions. Place in a shallow container. Add 15 ml (1tbsp) 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



Fish

To cook **FROZEN** fish. Place in a shallow container, sprinkle with 15 ml (1tbsp) 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



Meat/Chicken

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 ($\frac{1}{2}$ 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.

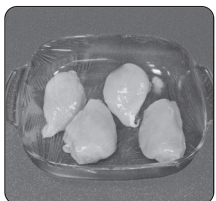
13. Casserole



Meat/Chicken

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 ($\frac{3}{4}$ 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.

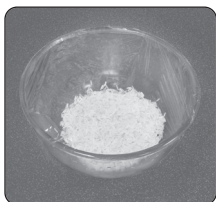
14. Chicken Breasts



Meat/Chicken

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



Rice/Pasta

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 $\frac{1}{2}$ 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.

Quantity of Rice	Easy Cook White/Brown	Long Grain White	Basmati
Volume of boiling water in mls.			
150 g	300 ml	250 ml	300 ml
200 g	300 ml	300 ml	350 ml
300 g	500 ml	500 ml	600 ml
400 g	700 ml	600 ml	650 ml
450 g	800 ml	800 ml	700 ml

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 1tsp salt, 1tbsp 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.

100 g - 290 g (4 oz-10 oz) pasta	1 litre boiling water
300 g - 450 g (11 oz-1 lb) pasta	1½ litres boiling water

Rice/Pasta

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

17. Steamed Pudding



Puddings

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



Puddings

Peel, core and slice fruit. Add 15 ml (1tbsp) 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.



Microwave symbol

The IEC (60705) power output (watts)*

The heating category for small packs of food

Food	Weight/Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Babies bottles – caution				
For 7-8 fl.oz of milk from fridge temperature, remove top and teat. Heat on 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.				
Bread - Precooked - Fresh - N.B. Breads reheated by Microwave will have a soft base.				
Croissants	1	1000 W	10-15 secs	Place on a micro-safe plate on base of oven. Do not cover.
	4	1000 W	25-30 secs	Place on a micro-safe plate on base of oven. Do not cover
Canned Pasta				
Ravioli	400 g	1000 W	3 mins	Place in a heatproof bowl and cover. Place on base of oven and stir halfway.
Macaroni	410 g	1000 W	2½-3 mins	Place in a heatproof bowl and cover. Place on base of oven and stir halfway.
Spaghetti	205 g	1000 W	1½ mins	Place in a heatproof bowl and cover. Place on base of oven and stir halfway.
	410 g	1000 W	2½-3 mins	Place in a heatproof bowl and cover. Place on base of oven and stir halfway.
Canned Puddings				
Rice puddings	213 g	1000 W	1½ min	Place in a heatproof bowl and cover. Place on base of oven and stir halfway.
	425 g	1000 W	2-2½ mins	Place in a heatproof bowl and cover. Place on base of oven and stir halfway.
Sponge pudding	300 g	1000 W	1½-2 mins	Place in a heatproof bowl on base of oven.

Points for checking

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

Reheating Charts

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

Reheating Charts

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

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Ready meals - chilled - Transfer food from foil container to a smaller sized heatproof dish.				
Fish/Veg Bake	450 g	1000 W	4½-5 mins	Pierce lid. Place on base of oven.
Lasagne	400 g	1000 W	5-5½ mins	Pierce lid. Place on base of oven.
Chilled Mashed Potato	450 g	1000 W	3½-4 mins	Pierce lid and place on base of oven. Stir halfway.
Ready meals - frozen - Transfer food from foil container to a smaller heatproof dish. Remove any covering / film lid.				
Cauliflower Cheese	450 g	1000 W	7½-8½ mins	Pierce lid. Place on base of oven.
Cottage/Fish/Shepherds Pie	400 g	1000 W	8½-9 mins	Pierce lid. Place on base of oven.
Lasagne/Cannelloni	400 g	1000 W	7-7½ mins	Pierce lid. Place on base of oven.
Macaroni Cheese	450 g	1000 W	7-7½ mins	Pierce lid. Place on base of oven.
Pastry products - precooked - N.B. Pastries reheated by microwave will have a soft base.				
Pasties/Slices	150-165 g	1000 W	1½ -2 mins	Place on heatproof plate on base of oven.
Meat Pies	150 g	1000 W	1½ -2 mins	Place on heatproof plate on base of oven.
Sausage/Cheese and Onion rolls	150 g	1000 W	1-1½ mins	Place on heatproof plate on base of oven.

Cooking Charts

Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Bacon - From Raw Caution: Hot Fat! Remove with care				
Rashers	250 g (8)	1000 W	4-6 mins or 45 secs per rasher	Place on micro-safe rack or plate on base of oven and cover with kitchen towel to minimise splatter.
Gammon Joint	750 g	1000 W followed by 600 W	20 mins 25 mins	Place in a large casserole dish, cover with water, and place on base of oven.
Beans & 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				
Black Eyed Beans	250 g	1000 W then 250 W	10 mins then 25 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on base of oven. Stir after 1st stage.
Chick peas	250 g	1000 W then 250 W	10 mins then 40-42 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on base of oven. Stir after 1st stage.
Haricot Beans	250 g	1000 W then 250 W	10 mins then 12-14 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on base of oven. Stir after 1st stage.
Red Lentils	250 g	600 W	10 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on base of oven. Stirred halfway.
Marrowfat peas	250 g	1000 W then 250 W	3 mins then 18-25 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on base of oven. Stir after 1st stage.
Red Kidney Beans	250 g	1000 W then 250 W	15 mins then 38-40 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on base of oven. Stir after 1st stage.
Split Yellow peas	250 g	1000 W then 250 W	10 mins then 20 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover, and place on base of oven. Stir after 1st stage.
Beef - Caution: hot fat! remove with care.				
Mince	250 g	600 W then 440 W	12 mins then 15 mins per 450 g	Place in micro-safe dish with 380ml stock and seasonings. Cover, place on base of oven and stir halfway.
Stewing Steak (chop up before cooking)	450-675 g	1000 W then 250 W	5 mins then 16 mins	Place in micro-safe dish with 380ml stock and seasonings. Cover, place on base of oven and stir halfway.
Chicken from raw - Caution: Hot Fat! Remove with care.				
Breast, boneless and skinless	300 g (2)	600 W	5½-6 mins	Place in shallow dish. Cover, and place on base of oven.
	700 g (4-6)	600 W	11-12 mins	Place in shallow dish. Cover, and place on base of oven.

Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Chicken - From Raw Caution : Hot Fat! Remove with care				
Chicken Legs	1.0 kg	600 W	15-16 mins	Place in shallow dish. Cover and place on base of oven and stir halfway.
Drumstick/Thighs	650 g	600 W	10-13 mins	Place in shallow dish. Cover and place on base of oven and stir halfway.
Eggs - Poached				
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				
Filletts	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

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Fruit - Peel, slice, chop into even sized pieces. Place in shallow heatproof dish on base of oven.				
Baked Apple - cored	200 g	600 W	3-3½ mins	Place in shallow heatproof dish on base of oven.
Apples - stewed	500 g	1000 W	5-6 mins	Add 15 ml (1 tbsp) water. Cover and place on base of oven.
Apricots - stewed	300 g	600 W	6 mins	Add 15 ml (1 tbsp) water. Cover and place on base of oven.
Pears - stewed	500 g	1000 W	5-7½mins	Add 15 ml (1 tbsp) water. Cover and place on base of oven.
Plums - Poached	400 g	1000 W	6-7 mins	Add 300 ml (½ pt) water. Cover and place on base of oven.
Plums - stewed	500 g	1000 W	5-6 mins	Add 15 ml (1 tbsp) water. Cover and place on base of oven.
Rhubarb - stewed	500 g	1000 W	6-6½ mins	Add 15 ml (1 tbsp) water. Cover and place on base of oven.
Pasta - NB: use a 3 litre (6pt) bowl.				
Fusilli/Macaroni/ Penne	250 g	1000 W	12 mins	Use 700 ml (1¼ pt) boiling water. Add 15 ml (1 tbsp) oil. Cover, place on base of oven and stir halfway.
Lasagne	250 g	1000 W	8 mins	Use 550 ml (1 pt) boiling water. Add 15 ml (1 tbsp) oil . Cover, place on base of oven and gently turn and separate sheets.
Linguine/ Tagliatelle	250 g	1000 W	13 mins	Use 700 ml (1¼ pt) boiling water. Add 15 ml (1 tbsp) oil. Cover, place on base of oven and stir halfway.
Spaghetti	250 g	1000 W	11 mins	Use 700 ml (1¼ pt) boiling water. Add 15 ml (1 tbsp) oil. Cover, place on base of oven and stir halfway.
Porridge - NB: use a large bowl.				
1 serving	25 g (1 oz) Oats 140 ml (¼ pt) milk	1000 W	1½-1¾ mins	Place bowl on base of oven and stir halfway.
2 servings	50 g (2 oz) Oats 275 ml (½ pt) milk	1000 W	3-3¾ mins	Place bowl on base of oven and stir halfway.
4 servings	100 g (4 oz) Oats 500 ml (1 pt) milk	1000 W	6½-7 mins	Place bowl on base of oven and stir halfway.

Cooking Charts

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

Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Fresh vegetables - Place in shallow dish (except jacket potatoes).				
Cabbage - sliced	300 g	1000 W	4 mins	Add 3 tbsp (45 ml) water. Cover and place on base of oven.
Carrots - sliced	200 g	1000 W	4-5 mins	Add 3 tbsp (45 ml) water. Cover and place on base of oven.
Cauliflower - florets	400 g	1000 W	4-5 mins	Add 3 tbsp (45 ml) water. Cover and place on base of oven.
Courgettes	250 g	1000 W	5-6 mins	Add 3 tbsp (45 ml) water. Cover and place on base of oven.
Corn on the Cob	x2	1000 W	12 mins	Add 3 tbsp (45 ml) water. Cover and place on base of oven.
Leeks - Sliced	400 g (4)	1000 W	5-5½ mins	Add 3 tbsp (45 ml) water. Cover and place on base of oven.
Mushrooms	250 g	1000 W	5 mins	Add 3 tbsp (45 ml) water. Cover and place on base of oven.
Parsnips - par boiled for roasting	300 g	1000 W	3 mins	Add 3 tbsp (45 ml) water. Cover and place on base of oven.
Sliced	300 g	1000 W	4½ mins	
Peas	200 g	1000 W	3½-4 mins	Add 3 tbsp (45 ml) water. Cover and place on base of oven.
Potatoes - boiled	500 g	1000 W	10½ mins	Add 3 tbsp (45 ml) water. Cover and place on base of oven.
Potatoes - par - boiled	500 g	1000 W	4-5 mins	Add 3 tbsp (45 ml) water. Cover and place on base of oven.
Jacket Potatoes 200-250g each	x1	1000 W	7-10 mins	Place directly on base of oven.
	x2	1000 W	12-15 mins	Place directly on base of oven.
	x4	1000 W	19-22 mins	Place directly on base of oven.
	x6	1000 W	30-36 mins	Place directly on base of oven. Wash and dry potatoes. Prick with a fork several times. After cooking wrap in foil and stand for 5 mins. Turn halfway.

Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Fresh Vegetables - place in shallow dish (except jacket potatoes).				
Spinach	300 g	1000 W	3-3½ mins	Add 3 tbsp (45 ml) water. Cover and place on base of oven.
Sugar Snap peas	300 g	1000 W	5 mins	Add 3 tbsp (45 ml) water. Cover and place on base of oven.
Swede - cubed	450 g	1000 W	7-8 mins	Add 3 tbsp (45 ml) water. Cover and place on base of oven.
Swede - diced for mashing	450 g	1000 W	12 mins	Add 3 tbsp (45 ml) water. Cover and place on base of oven.
Sweet Potato	400 g	1000 W	7 mins	Add 3 tbsp (45 ml) water. Cover and place on base of oven.
Turnip	300 g	1000 W	10 mins	Add 3 tbsp (45 ml) water. Cover and place on base of oven.
Frozen Vegetables - place in a shallow dish.				
Beans - broad	200 g	1000 W	6 mins	Add 30 ml (2 tbsp) water. Cover and place on base of oven.
Beans - Green	250 g	1000 W	5-5½ mins	Add 30 ml (2 tbsp) water. Cover and place on base of oven.
Broccoli - florets	250 g	1000 W	5 mins	Add 30 ml (2 tbsp) water. Cover and place on base of oven.
Carrots - sliced	200 g	1000 W	6-6½ mins	Add 30 ml (2 tbsp) water. Cover and place on base of oven.
Cauliflower	250 g	1000 W	5 mins	Add 30 ml (2 tbsp) water. Cover and place on base of oven.
Mixed Vegetables	250 g	1000 W	5-5½ mins	Add 30 ml (2 tbsp) water. Cover and place on base of oven.
Peas	200 g	1000 W	5 mins	Add 30 ml (2 tbsp) water. Cover and place on base of oven.
Soya Beans	200 g	1000 W	2½ mins	Add 30 ml (2 tbsp) water. Cover and place on base of oven.
Spinach	250 g	1000 W	5½-6 mins	Add 30 ml (2 tbsp) water. Cover and place on base of oven.
Sweetcorn	200 g	1000 W	4-5 mins	Add 30 ml (2 tbsp) water. Cover and place on base of oven.

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

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
seasoning

Garlic Mushrooms with Herbs

Serves 4

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.

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

Coarse Pork Pâtés

Serves 4

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.

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

Cream of Mushroom Soup

Serves 4

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.

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

Wild Mushroom and Basil Risotto**Serves 6****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

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

Broccoli and Stilton Soup**Serves 4****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

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

Smoked Haddock Pâté**Serves 4****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).

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.



Arranging

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



Liquid

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



Noise

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

Ingredients

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

Serves 4

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.

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 (oz) butter
 75 g (3 oz) fresh white
 breadcrumbs
 15 ml (1 tbsp) chopped
 fresh parsley
 pinch paprika

Ingredients

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

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

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.
4. Melt extra butter in a small bowl on **1000 W** for approx. 15-20 secs. Stir in breadcrumbs, parsley and paprika. Sprinkle over vegetable mixture.
5. Cook on **600 W** for 7-8 mins. or until piping hot.

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.

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.

Ingredients

1 onion, diced
 1 clove of garlic, crushed
 1 green pepper, diced
 30 ml (2 tbsp) oil
 100 g (4 oz) mushrooms, sliced
 225 g (8 oz) lean minced beef
 150 ml (¼ pt) red wine
 15 ml (1 tbsp) mixed herbs
 100 g (4 oz) garlic sausage or bacon, diced
 396 g (14 oz) can chopped tomatoes
 30 ml (2 tbsp) tomato puree
 salt and pepper

Bolognese Sauce**Serves 4****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.

Ingredients

3-4 cloves garlic
 1 cm (¼ ") piece fresh ginger, grated
 50 g (2 oz) ground almonds
 3x15 ml (3 tbsp) water
 3 whole cardamom pods
 2 cloves
 2.5 cm (1") stick of cinnamon
 1 onion chopped
 2x15 ml (2 tbsp) oil
 450 g (1 lb) boned lamb, trimmed and cut into cubes
 1x5 ml (1 tsp) ground coriander
 1x5 ml (1 tsp) ground cumin
 1.5 ml (¼ tsp) garam masala
 1.5 ml (¼ tsp) cayenne pepper
 150 ml (¼ pt) single cream
 salt and pepper

Lamb in a Spicy Cream and Almond Sauce**Serves 4****Dish: large casserole dish**

1. Mix together the garlic, ginger, almonds and water to make a thick paste.
2. Place the cardamom pods, cloves, cinnamon, onion and oil in the casserole dish. 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.

Ingredients

675 g (1½ lb) shoulder of lamb, cubed
 1 large onion, chopped
 450 ml (¾ pt) hot chicken stock
 15 ml (1 tbsp) dried rosemary
 450 g (1 lb) potatoes, peeled and coarsely chopped
 salt and pepper
 10 ml (2 tsp) cornflour
 50 g (2 oz) tasty cheese
 grated

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.

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

Ingredients**Filling:**

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

Pudding:

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

Ingredients

100 g (4 oz) creamed
coconut
90 ml (6 tbsp) crunchy
peanut butter
45 ml (3 tbsp) lemon juice
30 ml (2 tbsp) soy sauce
large pinch of chilli powder
4 chicken breast fillets,
skinned
approx 600 g (1lb 5oz)
30 ml (2 tbsp) vegetable oil
2 garlic cloves, crushed
5 ml (1 tsp) ground
turmeric
5 ml (1 tsp) five-spice
powder
5 ml (1 tsp) coriander
seeds
5 ml (1 tsp) cumin seeds

Belgian Beef Casserole**Serves 4****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.

Steak and Kidney Pudding**Serves 4****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. Mix flour, salt and suet together. Mix to a firm dough with cold water.
3. Roll out ¾ of pastry to line basin.
4. Remove meat with a slotted spoon and fill basin. Mix cornflour with water and stir into the gravy. 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.

Chicken Satay**Serves 4****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.

Ingredients

15 ml (1 tbsp) sunflower oil
 450 g (1 lb) pork, cubed
 1 onion, sliced
 1 clove garlic, crushed
 1 green pepper, deseeded and cut into strips
 15 ml (1 tbsp) paprika
 3 ml (½ tsp) ground cumin
 396 g (14 oz) can chopped tomatoes
 15 ml (1 tbsp) tomato puree
 150 ml (¼ pt) hot pork or chicken stock
 175 g (6 oz) button mushrooms
 black pepper
 10 ml (2 tsps) cornflour
 30 ml (2 tbsp) crème fraîche

Ingredients

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

Ingredients**Sauce**

15 ml (1 tbsp) cornflour
 15 ml (1 tbsp) caster sugar
 15 ml (1 tbsp) white wine vinegar
 15 ml (1 tbsp) orange juice
 15 ml (1 tbsp) tomato sauce
 15 ml (1 tbsp) sherry
 juice from pineapple
 seasoning to taste

450 g (1 lb) pork fillet, diced and trimmed
 ½ green pepper sliced
 225 g (8 oz) can pineapple chunks, drained (reserve juice)

Paprika Pork Casserole**Serves 4****Dish: large casserole with lid**

1. Place all the ingredients except the cornflour and crème fraîche 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 fraîche 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.
4. Mix cornflour with a little water. Remove chicken from casserole, skim off excess fat and stir in cornflour paste. Cook on **1000 W** for 2 mins. Serve chicken with sauce poured over.

N.B.

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

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

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

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

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

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 60ml (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.

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.

Kedgerie

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

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

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 ($\frac{1}{2}$ oz) butter
 salt and pepper
 8-10 black olives, stoned
 100 g (4 oz) mozzarella, diced
 30 ml (2 tbsp) parmesan cheese, grated

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 ($\frac{1}{2}$ tsp) cinnamon
 salt
 1 clove garlic, crushed
 300 ml ($\frac{1}{2}$ pt) hot vegetable stock
 350 g (12 oz) couscous

Fruity Chicken Risotto**Serves 4****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**Serves 4****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**Serves 4****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 ($\frac{3}{4}$ 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

Piercing

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

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.

Ingredients

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

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**. Season with pepper and nutmeg.
6. Sprinkle with Paprika, if desired. Serve with chunks of french bread, or vegetables.

Ingredients

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

Cheesy Risotto

Serves 4

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.

Ingredients

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

Piperade

Serves 2

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.

Ingredients

675 g (1½ lb) new potatoes
 225 g (8 oz) broccoli florets
 150 ml (¼ pt) soured cream
 75 g (3 oz) Gruyère cheese,
 grated seasoning

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 ½ 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

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

Macaroni Cheese**Serves 4****Dish: large dish + jug**

1. Place macaroni in 450 ml (¾ 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.

Vegetables and Vegetarian



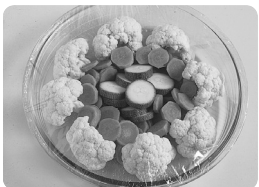
- Root vegetables. i.e. carrots, swede, should be cut into slices, strips or cubes.
- Do not mix fresh and frozen vegetables as the cooking times may be different.



- 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.

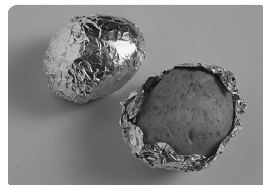
Jacket Potatoes

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.

Ingredients

1 aubergine, sliced
 5 ml (1 tsp) salt
 1 courgette, sliced
 1 onion, sliced
 1 green pepper, trimmed and sliced
 1 clove of garlic, peeled and crushed
 396 g (14 oz) can of tomatoes
 30 ml (2 tbsp) olive oil
 salt and pepper to taste

Ratatouille**Serves 4****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.

Ingredients

1 clove of garlic, halved
 675 g (1½ lb) potatoes, sliced very thinly
 pinch nutmeg
 pepper and salt
 150 ml (¼ pt) double cream
 25 g (1 oz) butter

Gratin Dauphinois**Serves 4****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.

Ingredients

1 large onion, chopped
 25 g (1 oz) butter
 1 clove of garlic, crushed
 225 g (8 oz) each of diced carrots, diced leeks, diced courgettes
 1 green pepper, chopped
 150 ml (¼ pt) hot vegetable stock
 salt and pepper to taste
 300 ml (½ pt) prepared tomato sauce
 175 g (6 oz) fresh lasagne
 225 g (8 oz) Mozzarella cheese

Vegetable Lasagne**Serves 4-6****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.

Ingredients

2 medium sweet potatoes
1 large tomato, sliced
50 g (2 oz) spicy sausage,
sliced
30 ml (2 tbsp) coriander,
chopped
75 g (3 oz) cheddar
cheese, grated
salt and pepper

Stuffed Sweet Potatoes**Serves 4****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.

Ingredients

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

Topping:

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

Cauliflower Cheese**Serves 4****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.
2. Melt butter on **1000 W** in jug for 15-30 secs. Stir in flour and mustard. Cook for a further 15 secs. Add milk gradually. Stir well and season. Cook on **1000 W** for 2-3 mins. or until sauce is thick and bubbling. Stir once halfway during cooking.
3. Stir in 50 g (2 oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Place on base of oven and cook on **1000 W** for 1-2 mins. or until piping hot.

Ingredients

2 onions, chopped
15 ml (1 tbsp) olive oil
2 cloves garlic, crushed
1 large aubergine, chopped
2 courgettes, sliced
1 large red pepper,
deseeded and sliced
1 large green pepper,
deseeded and sliced
400 g (14 oz) can chopped
tomatoes
300 ml (½ pt) vegetable
stock
5 ml (1 tsp) chopped
rosemary
10 ml (2 tsp) chopped
thyme
100 g (4 oz) red lentils

Red Lentil Casserole**Serves 4****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.

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

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

Ingredients

100 g (4 oz) black-eye beans, soaked overnight
 100 g (4 oz) adzuki beans, soaked overnight
 15 ml (1 tbsp) vegetable oil
 1 garlic clove, crushed
 1 yellow pepper, chopped
 10 ml (2 tsp) caraway seeds, lightly crushed
 15 ml (1 tbsp) paprika
 397 g (14 oz) can chopped tomatoes
 175 g (6 oz) mushrooms, thickly sliced
 60 ml (4 tbsp) natural yoghurt
 salt and pepper

Garnish:

fresh parsley, chopped

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.

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.

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

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

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

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

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

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

Butterscotch sauce

45 g (1¼ oz) butter
120 ml (8 tbsp) soft brown
sugar
200 ml (7 fl. oz) whipping
cream
15 ml (1 tbsp) vanilla
essence

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.

Ingredients

grated rind of 2 lemons
500 ml (18 fl oz.) full fat milk
1 cinnamon stick
grated nutmeg
4 medium egg yolks
50 g (2 oz) caster sugar
30 ml (2 tbsp) cornflour
100 g (4 oz) demerara sugar

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

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

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.

Ingredients

175 g (6 oz) butter, softened
 175 g (6 oz) light brown sugar
 few drops vanilla essence
 4 eggs, beaten
 200 g (7 oz) self raising wholemeal flour
 25 g (1 oz) cocoa powder
 75 g (3 oz) white chocolate, roughly chopped
Sauce: 75 g (3 oz) white chocolate
 105 ml (7 tbsp) single cream

Hot Chocolate Cake**Serves 4-6**

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.

Ingredients

150 g (5 oz) self-raising flour
 pinch of salt
 50 g (2 oz) caster sugar
 50 g (2 oz) suet
 1 egg
 150 ml (¼ pt) milk
 30 ml (2 tbsp) jam or golden syrup
 Optional:
 add 1 tbsp of sultanas to dry ingredients

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.

Ingredients

1 cooking apple, peeled and grated
 1 carrot, peeled and grated
 1 orange, juice and grated rind of
 400 g (14 oz) mixed dried fruit
 45 ml (3 tbsp) brandy
 15 ml (1 tbsp) black treacle
 50 g (2 oz) self-raising flour
 pinch of salt
 15 ml (1 tbsp) cocoa
 5 ml (1 tsp) mixed spice
 3 ml (½ tsp) nutmeg
 100 g (4 oz) shredded suet
 150 g (5 oz) fresh breadcrumbs
 50 g (2 oz) mixed peel
 50 g (2 oz) flaked almonds
 2 eggs, beaten

Christmas Pudding**Serves 6-8**

Dish: 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.
 2. Stir in juice, rind and mixed fruit. Cook on **1000 W** for 2 mins. Stir in brandy and treacle. Stand for 5 mins. Beat in rest of ingredients.
 3. Press into the pudding basin. Cover, with greaseproof paper 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.

Reheating

Sauces can be made in advance and reheated by microwave. Reheat on 1000 W and stir halfway.

Power level

Most sauces require 1000 W for cooking. Sauces containing eggs should be cooked on 250 W.

Wooden spoons

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

Ingredients

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

Variations of White Sauce

Parsley

Onion

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.

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

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.

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.
3. Whisk. Cook on **1000 W** for 10 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.

Ingredients

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

Ingredients

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

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.

Ingredients

2 eggs beaten
150 ml (1/4 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

Dish size

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

Mixing/beating

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

Eggs

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

Sponge Cake*

Dish: 18 cm (7") soufflé 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.

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

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

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

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.

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.

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.

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.

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

Ingredients

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

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

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.

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.

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

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

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.**Ingredients**

675 g (1½ lb) tomatoes
225 g (8 oz) cooking apples, peeled and sliced
1 medium onion, chopped
100 g (4 oz) granulated sugar
30 ml (2 tbsp) tomato puree
5 ml (1 tsp) salt
200 ml (7 fl. oz) white distilled vinegar
10 ml (2 tsp) ground ginger
2 ml (¼ tsp) cayenne pepper
3 ml (½ tsp) mustard powder

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.

Ingredients

675 g (1½ lb) plums or damsons
200 ml (7 fl. oz) water
675 g (1½ lb) jam sugar
15 ml (1 tbsp) lemon juice
5 ml (1 tsp) butter

Plum Jam**Makes approx 2-2½ lbs****Dish: large bowl**

1. Prick the plums and place in a large 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 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** Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.
- Q** The oven stops cooking by microwave and 'H97' or 'H98' appears in the display. Why?
- Q** Sometimes warm air comes from the oven vents. Why?
- A** The heat given off from the cooking food warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There isn't an airtight seal to the air therefore steam can escape. There are no microwaves in the air, or steam. The oven vents should never be blocked during cooking.
- A** The display indicates a problem with the microwave generation system. Please contact an authorised Service Center.

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.

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

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



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

For business users in the European Union

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

Information on Disposal in other Countries outside the European Union

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

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
-----------------	----

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

G

Gammon	43
General Guidelines	15-17

H

Hollandaise Sauce	71
-------------------------	----

J

Jacket Potatoes	34,47,63
Jam	74,75

K

Kedgeree	59
----------------	----

L

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

O

Orange Marmalade	75
------------------------	----

P

Parts of your Oven	11
Pasta Cooking	36,45
Pasta and Rice recipes	
Kedgerree	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 Brûlée	68
Orange and Chocolate Drop Pudding	69
Steamed Suet Sponge Pudding	70

R

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

S

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

T

Technical Specifications	77
Turkey, cooking	46

V

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

W

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.

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