

# Panasonic®

## Operating Instruction and Cook Book Convection/Grill/Microwave Oven Household Use Only

**INVERTER**



**Model No. NN-CT56MB**

Please read these instructions carefully before using this product, and save this manual for future use.

We are glad you have chosen to purchase a PANASONIC microwave oven. Before operating this oven, please read these instructions carefully and completely, and keep them for further reference.

If you have only used a microwave oven for reheating and defrosting, with Panasonic's Inverter Technology you can be reassured of excellent results when cooking a variety of foods, as the 'soft' penetration of microwave energy to the centre of food helps prevent over cooking on edges and surfaces. Foods can now be gently simmered without the concern of boil over.

After reading the introductory chapter, we are sure you will be able to master the basic techniques and thereby develop a firm understanding of your new oven. This book includes recipes from starters to desserts. After trying our recipes be sure to adapt your favourite recipes to microwave methods.

Start experimenting now, and enjoy the first class results you will achieve by using your new microwave oven.

Panasonic Australia Pty Ltd  
1 Innovation Road  
Macquarie Park  
NSW 2113



Panasonic NZ Ltd  
Customer Care Centre  
18 Sir Woolf Fisher Drive  
Highbrook, Auckland  
Private Bag 14911  
Panmure, Auckland

Phone: (09) 272 0178  
Fax: (09) 272 0129

The serial number of this product may be found on the back of the oven. You should note the model number and serial number of this oven in the space provided and retain this book as a permanent record of your purchase for future reference.

MODEL NUMBER \_\_\_\_\_


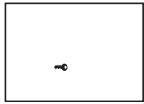

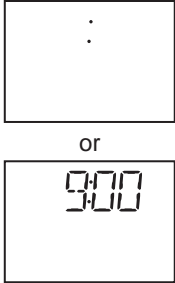

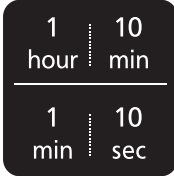


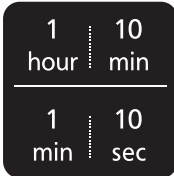







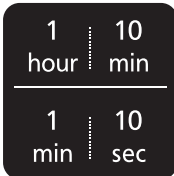

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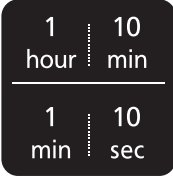



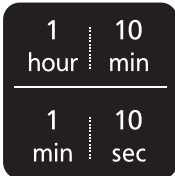




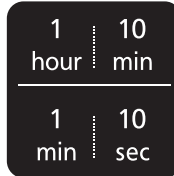

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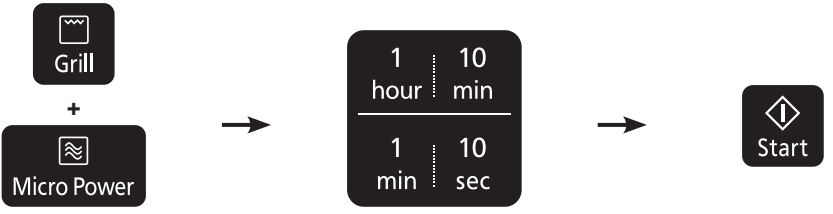
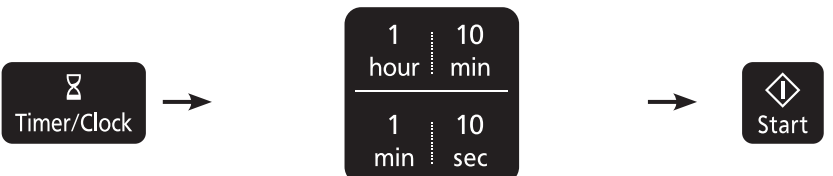
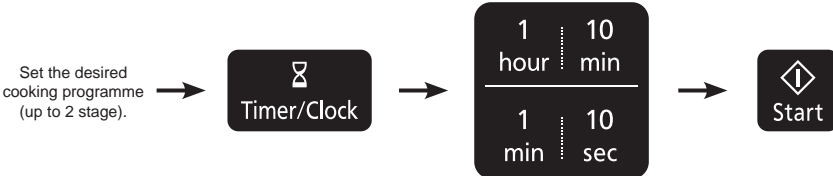

# Quick Guide to Operation

| Feature   | How to Operate  |   |
|---|---|---|
| <b>To Set/Cancel Child Safety Lock</b><br>(page 17) | <p><b>To set:</b></p>  → <br>Press 3 times  | <p><b>To Cancel:</b> <b>Display:</b></p>  → <br>Press 3 times |
| <b>To Set Clock</b><br>(page 18)                    |  →  → <br>Press twice                      Set time of day (12-hour)                      Press once   |   |
| <b>To Use Micro Power</b><br>(page 20)              |  →  → <br>Select Power level                      Set time                      Press once   |   |
| <b>To Use Turbo Defrost</b><br>(page 22-23)         |  →  → <br>Select Program                      Select desired weight                      Press once  |   |
| <b>To Use Quick 30</b><br>(page 24)                 |  → <br>Set time                      Press once   |   |
| <b>To Use Add Time</b><br>(page 24)                 |  →  → <br>After cooking, press Add Time pad                      Press time pads to add desired cooking time                      Press once |   |

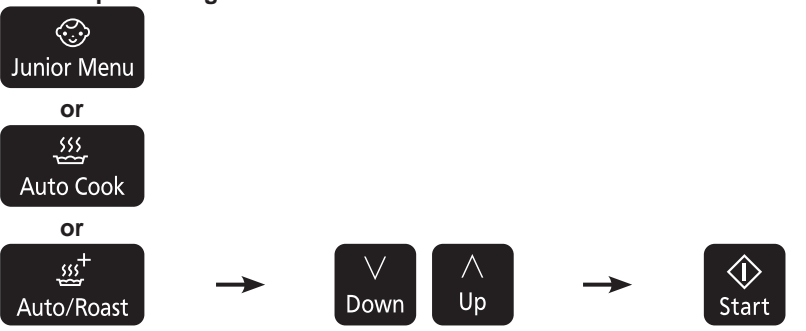
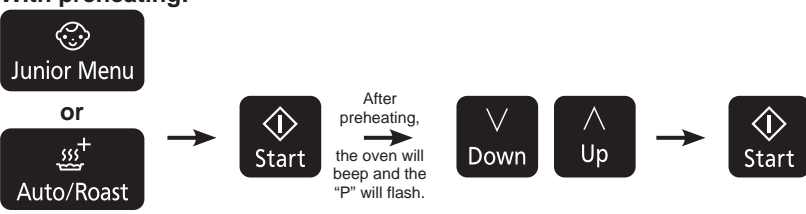
# Quick Guide to Operation (continued)

| Feature  | How to Operate  |
|--|---|
| <b>To Use Grill</b><br>(page 25-26)                                    |  →  →  <p>Select Power level                      Set time                      Press once</p>   |
| <b>To Use Convection</b><br>(page 27-28)                               | <p><b>Without preheating:</b></p>  →  →  <p>Select temperature                      Set time                      Press once</p> <p><b>With preheating:</b></p>  →  → <small>After preheating, the oven will beep and the "P" will flash.</small> →  →  <p>Select temperature                      Press once                      Set time                      Press once</p>   |
| <b>To Use Combination<br/>(Convection + Microwave)</b><br>(page 31-32) | <p><b>Without preheating:</b></p>  +  →  →  <p>Select Power level                      Set time                      Press once</p> <p><b>With preheating:</b></p>  +  →  → <small>After preheating, the oven will beep and the "P" will flash.</small> →  →  <p>Select Power level                      Press once                      Set time                      Press once</p> |

# Quick Guide to Operation (continued)

| Feature  | How to Operate   |
|--|--|
| <b>To Use Combination (Grill + Microwave)</b><br>(page 33) |  <p>Select Power level → Set time → Press once</p>   |
| <b>To Use as a Kitchen Timer</b><br>(page 35)              |  <p>Press once → Set time → Press once</p>   |
| <b>To Set Standing Time</b><br>(page 35)                   | <p>Set the desired cooking programme (up to 2 stage).</p>  <p>Press once → Set time → Press once</p> |
| <b>To Set Delay Start</b><br>(page 36)                     |  <p>Press once → Set time → Set the desired cooking programme (up to 2 stage). → Press once</p>     |

# Quick Guide to Operation (continued)

| Feature  | How to Operate  |
|--|---|
| <p><b>To Use Auto program</b><br/>(page 37-39)</p> | <p><b>Without preheating:</b></p>  <p>Select menu                      Select desired weight                      Press once</p>                              |
|  | <p><b>With preheating:</b></p>  <p>Select menu                      Press once                      Select desired weight                      Press once</p> |

# Important Safety Instructions

## READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

### Precautions to be taken when using Microwave Ovens for Heating Foodstuffs

#### INSPECTION FOR DAMAGE:

A microwave oven should only be used if an inspection confirms all of the following conditions:

1. The grille is not damaged or broken.
2. The door fits squarely, securely and opens and closes smoothly.
3. The door hinges are in good condition.
4. The metal plates of a metal seal on the door are neither buckled nor deformed.
5. The door seals are neither covered with food nor have large burn marks.

#### PRECAUTIONS:

Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g. fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. 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.
7. Always use the oven with the cookware recommended by the manufacturer.
8. Never operate the oven without a load (i.e., an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
9. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
10. Do not place sealed containers in the microwave oven. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.
11. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
12. Children should be supervised to ensure that they do not play with the appliance.
13. It is hazardous for anyone other than a competent person to carry out any service or repair operation

that involves the removal of a cover which gives protection against exposure to microwave energy.

14. The surfaces are liable to get hot during use.
15. The appliance must not be installed behind a decorative door in order to avoid overheating.

#### Practical Hints:

1. For initial use of GRILL, CONVECTION and COMBINATION, if you see white smoke arise, it is not a malfunction.
2. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during GRILL, CONVECTION and COMBINATION. Use care when opening or closing door and when inserting or removing food and accessories.



#### Caution! Hot surfaces

3. The oven has a heating element situated in the top of the oven. After using the GRILL, CONVECTION and COMBINATION functions, the ceiling will be very hot.
4. During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
5. The accessible parts may become hot when GRILL, CONVECTION and COMBINATION is in use. Children should be kept away.
6. Before using GRILL, CONVECTION and COMBINATION functions for the first time, operate the oven without food and accessories on CONVECTION 220 °C for 5 minutes. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated completely empty.

### Important Instructions

**WARNING**—To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

1. Read all instructions before using the microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) - may explode and should not be heated in the microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. Do not store or use this appliance outdoors.
7. Do not immerse cord or plug in water.
8. Keep cord away from heated surfaces.
9. Do not let cord hang over edge of table or counter.



# Important Safety Instructions (continued)

10. To reduce the risk of fire in the oven cavity:
  - (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
  - (b) Heating therapeutic wheat bags is not recommended. If heating, do not leave unattended and follow manufacturers' instructions carefully.
  - (c) Remove wire twist-ties from bags before placing bag in oven.
  - (d) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.
  - (e) Never leave microwave unattended while cooking or reheating.
11. Do not remove outer panel from oven.
12. Appliances are not intended to be operated by means of an external timer or separate remote-control system.
13. 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.

## Circuits

Your microwave ovens should be operated on a separate circuit from other appliances. The voltage used must be the same as specified on this microwave oven. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

## Earthing Instructions

This microwave oven must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This microwave oven is equipped with a cord having an earthing wire with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.

**WARNING**—Improper use of the earthing plug can result in a risk of electric shock.

WE CERTIFY THAT THIS MICROWAVE OVEN HAS BEEN INSPECTED AND COMPLIES WITH THE REQUIREMENTS OF REGULATION 3, SUBCLAUSE(2), OF THE MICROWAVE OVENS REGULATIONS 1982.

(This statement applicable only to New Zealand.)

We certify that this microwave oven has been inspected and complies with the safety requirements of government notice 466 of March 1981, and complies with the Radio Regulation of government notice 587 of March 1986.

(This statement applicable only to South Africa)

## Fan Motor Operation after Cooking

After using this oven the fan may rotate to cool the electric components. This is perfectly normal, and you can take out the food from the oven while the fan operates.

## WARNING

- a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a qualified service technician trained by the manufacturer.
- b) If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- c) It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.
- d) It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
- e) If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- f) Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
- g) Liquids or other foods must not be heated in sealed containers since they are liable to explode, at the same time it should avoid the boiling liquids splash.
- h) 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.
- i) When the appliance is operated in the GRILL, CONVECTION and COMBINATION modes, children should only use the oven under adult supervision due to the temperatures generated.
- j) Care should be taken not to displace the glass tray when removing containers from the appliance.

# Installation and General Instructions

## General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy. This can lead to damage to the microwave oven including arcing within the oven cavity.
2. If smoke is observed, press the **Stop/Cancel** Pad and leave door closed in order to stifle any flames. Disconnect the power cord, and/or shut off power at the fuse or circuit breaker panel.
3. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
4. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
5. Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
6. Do not use newspapers or paper bags for cooking.
7. Do not hit or strike control panel. Damage to controls may occur.
8. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the Glass Tray. The Glass Tray can be very hot after removing the cooking container from the oven.
9. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
10. Do not cook food directly on Glass Tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
11. **DO NOT** use this oven to heat chemicals or other non-food products. **DO NOT** clean this oven with any product that is labelled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**
12. If Glass Tray is hot, allow to cool before cleaning or placing in water.
13. When using the COMBINATION mode, never place any aluminum or metal container directly on the Wire Rack or Enamel tray. Always insert a heat-proof and microwave safe, glass plate or dish between the Wire Rack and the aluminum container. This will prevent sparking that may damage the oven.
14. It is recommended not to use the Wire Rack when cooking in the MICROWAVE mode only.
15. During cooking, some steam will condense inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cool down.
16. Do not leave the microwave unattended while reheating or cooking food in disposable containers made of plastic, paper or other combustible materials, as these types of containers can ignite if overheated.
17. Metallic containers for food and beverages are not allowed during microwave cooking.
18. Only use utensils that are suitable for use in microwave ovens.

## Placement of the Oven

1. The oven must be placed on a flat, stable surface, more than 85 cm above the floor. For correct operation, the oven must have sufficient air flow. **Allow 15 cm of space on the top of the oven, 10 cm at back. If one side of the oven is 5 cm at one side, the other side or top must not be blocked. Do not remove feet.**
  - (a) Do not block air vents. If they are blocked during operation, the oven may be overheated and damaged. When using any cloth over the oven, the air intake and exhaust should not be blocked. Do not place a cloth on top of the unit during GRILL, CONVECTION and COMBINATION cooking as the top of the oven gets very hot. Also allow sufficient space on back and both sides of the oven.
  - (b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
  - (c) Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only.
3. The appliance is freestanding type and shall not be placed in a cabinet.

## Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
4. Potatoes, apples, egg yolks, chicken wings, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over the hot liquid. To prevent this possibility the following steps should be taken:
  - (a) Avoid using straight-sided containers with narrow necks.
  - (b) Do not overheat.
  - (c) Stir the liquid before placing the container in the oven and again halfway through cooking time.
  - (d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
  - (e) Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

# Installation and General Instructions (continued)

6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the Cooking Guide section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. 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 recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. **NEVER** leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
11. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.

## Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB. They are similar to a television where the radio waves are converted to a picture on the screen. However, microwaves are much shorter than radio waves; approximately twelve centimetres wave length. Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).

From the magnetron tube, microwave energy is transmitted to the oven cavity. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food losing half of their power every two to three centimetres. Continued cooking to the centre occurs by conduction.

Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.

When microwaves come in contact with a substance, any one or **CRISPY GRILL** of three things may occur. They can be:

1. REFLECTED
2. TRANSMITTED
3. ABSORBED

### Reflection:

Metal substances **REFLECT** microwave energy and because there is no absorption, there is no heating. This is why the oven interior is either stainless steel or epoxy-coated steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the Glass Tray.

### Transmission:

Such substances as paper, glass and plastic **TRANSMIT** microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

### Absorption:

Food contains moisture and will **ABSORB** microwave energy, which causes the moisture molecules within the food to vibrate at an incredible rate (2,450,000,000 times per second). Friction, created by the vibration, produces heat energy which is conducted throughout the food.

# Cookware and Utensils Guide

It is important to use the correct container when cooking in a microwave oven. The following will help you make the right selection.

## How to Test a Container for Safe Microwave Oven Use

**TO TEST A CONTAINER FOR SAFE MICROWAVE OVEN USE:** Fill a 1-cup glass measure with cool water and place it in the microwave oven alongside the empty container to be tested; **heat one (1) minute at 1000 W.** If the container is microwave oven safe (transparent to microwave energy), the container should remain comfortably cool, the water in glass measure should be hot. If the container is hot, it has absorbed some microwave energy and should NOT be used. This test cannot be used for plastic containers.

## Paper Products and Freezer Wrap

Waxed paper, paper plates, cups and napkins should not be used for heating or cooking food. Freezer wrap should not be used as it is not heat resistant and may melt. Paper towel, greaseproof paper and bake paper may be safely used for short periods of time for covering or lining.

## Glass, Ceramic and China

**Heat-Resistant glass cookware** is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®.

**Dinnerware** can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting microwave dish test previously mentioned.

**Several types of glassware and dinnerware** are not recommended for use in the microwave oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating. Do not use delicate glassware. Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

## Plastic

**Plastic dishes, cups and some freezer containers** should be used with care in a microwave oven. Choose plastic containers carefully, as some plastic containers may become soft, melt and may scorch. The majority of plastic dishes, even those designed for use in the microwave oven, are not suitable for cooking foods with high fat or sugar content, or for lengthy cooking times. Most microwave plastic dishes should not be used for longer than 3 to 5 minutes on **1000 W.** These dishes, although not suitable for extended cooking, may be used successfully for defrosting or for use on lower power levels.

**Cooking Bags** designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. When cooking by microwave, **DO NOT** use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks). **DO NOT COOK IN PLASTIC FOOD STORAGE BAGS.** **Plastic Wrap** such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers", as well as any glass lid, be careful to remove it away from you to avoid steam burns. Loosen plastic but let dish stand, covered.

## Jars and Bottles

Jars and bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

## Metal

Metal cookware or utensils, or those with metallic trim, should **NOT** be used in the microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also a possibility of "arcing". Although metal utensils should be avoided in microwave cooking, some metal can be helpful when used correctly. Aluminum foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to shield areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven, otherwise arcing may occur. Foil lined containers, either cardboard or plastic, should **NOT** be used in the microwave oven as arcing could occur.

Metal twist-ties, either paper or plastic coated, should **NOT** be used in the microwave oven. Frozen dinner trays can be used in the microwave, if the container is no deeper than 2 cm and is filled with food. Metal skewers can not be used in microwave ovens as arcing may occur. Wooden skewers are readily available and give the same result.



**Shells:** Scalloped baking shells are best used during reheating and for short periods of cooking time only.

**Thermometers** are available for use in microwave ovens. **DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS** in food while cooking in the microwave oven.

## Straw, Wicker and Wood

Straw and wicker baskets may be used in the microwave oven for short periods of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should **NOT** be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

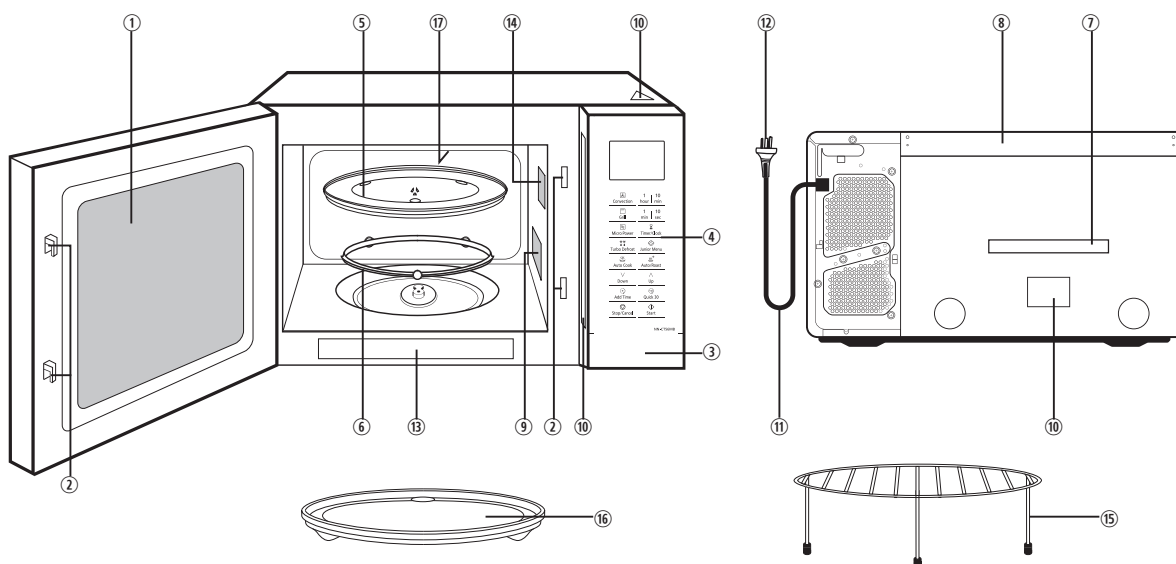
# Cookware and Utensil Chart

|   | Microwave     | Grill | Convection | Combination       |                        |
|---|---------------|-------|------------|-------------------|------------------------|
|   |               |       |            | Grill + Microwave | Convection + Microwave |
| <b>Enamel tray</b><br>(oven accessories)<br> | no            | yes   | yes        | yes               | yes                    |
| <b>Wire rack</b><br>(oven accessories)<br>   | no            | yes   | yes        | yes               | yes                    |
| Aluminium foil  | for shielding | yes   | yes        | for shielding     | for shielding          |
| Ceramic Plate   | yes           | yes   | yes        | yes               | yes                    |
| Browning Dish   | yes           | no    | no         | no                | no                     |
| Brown paper bags  | no            | no    | no         | no                | no                     |
| <b>Dinnerware</b><br>oven/microwave safe  | yes           | yes   | yes        | yes               | yes                    |
| non-oven/microwave safe   | no            | no    | no         | no                | no                     |
| <b>Disposable</b><br>paperboard containers  | yes*1         | yes*1 | yes*1      | yes*1             | yes*1                  |
| <b>Glassware</b><br>oven glassware & ceramic  | yes           | yes   | yes        | yes               | yes                    |
| non-heat resistant  | no            | no    | no         | no                | no                     |
| Metal cookware  | no            | yes   | yes        | no                | no                     |
| Metal twist-ties  | no            | yes   | yes        | no                | no                     |
| Oven cooking bag  | yes           | yes*1 | yes*1      | yes*1             | yes*1                  |
| Paper towels and napkins  | yes           | no    | no         | no                | no                     |
| Plastic defrosting rack   | yes           | no    | no         | no                | no                     |
| <b>Plastic dishes</b><br>microwave safe   | yes           | no    | no         | no                | no                     |
| non microwave safe  | no            | no    | no         | no                | no                     |
| Microwave safe plastic wrap   | yes           | no    | no         | no                | no                     |
| Straw, wicker, wood   | yes           | no    | no         | no                | no                     |
| <b>Thermometers</b><br>microwave safe   | yes           | no    | no         | no                | no                     |
| conventional  | no            | yes   | yes        | no                | no                     |
| Waxed paper   | yes           | yes   | yes        | yes               | yes                    |
| Silicon bakeware  | yes*1         | yes*1 | yes*1      | yes*1             | yes*1                  |

\*1 Check manufacturers' recommendation, must withstand heat or follow the recipe instructions.

\*2 Follow the Cooking Guide section.

# Feature Diagram



① **Oven Window**

② **Door Safety Lock System**

③ **Door Release Pad**

Push to open the door. Opening the door during cooking will stop the cooking process without cancelling the program. Cook resumes as soon as the door is closed and **Start Pad** is pressed. It is quite safe to open the door at any time during a cooking program and there is no risk of Microwave exposure.

④ **Control Panel**

⑤ **Glass Tray**

- DO NOT operate the oven without the Roller Ring and Glass Tray in place.
- Only use the Glass Tray specifically designed for this oven. Do not substitute any other Glass Tray.
- If the Glass Tray is hot, allow to cool before cleaning or placing in water.
- Do not cook foods directly on the glass tray, except when cooking jacket potatoes in microwave mode. Always place food on a microwave-safe dish, or on a rack set in a microwave-safe dish.
- If food or utensil on the Glass Tray touches oven walls, causing the tray to stop moving, the tray will automatically rotate in the opposite direction. This is normal.
- Glass Tray can rotate in either direction.

⑥ **Roller Ring**

- Roller Ring should be cleaned regularly to avoid excessive noise.
- Roller Ring and Glass Tray should be used at the same time.

⑦ **Identification Plate**

⑧ **Oven Air Vent**

⑨ **Waveguide Cover** (do not remove)

⑩ **Warning Symbol**

⑪ **Power Supply Cord**

⑫ **Power Supply Plug**

⑬ **Menu Label**

⑭ **Oven Light**

Oven light will turn on during cooking and also when door is opened.

⑮ **Wire Rack**

- The wire rack is used to facilitate browning of small dishes and help with the good circulation of the heat.
- Wire Rack should be cleaned regularly.
- When using Wire Rack in the manual GRILL, COMBINATION and CONVECTION cooking modes, be careful to choose heat-proof containers; Containers made of plastic or paper may melt or burn when exposed to the heat radiating from the grill.
- When using the COMBINATION mode, never place any aluminum or metal container directly on Wire Rack. Always insert a glass plate or dish between Wire Rack and the aluminum container. This will prevent sparking that may damage the oven.
- Do not use Wire Rack when cooking in the MICROWAVE mode only.

⑯ **Enamel Tray**

- The enamel tray is for cooking on grill, convection and combination modes.
- Do not use enamel tray in microwave mode only.
- The enamel tray must always be in place on the glass tray (unless stated).

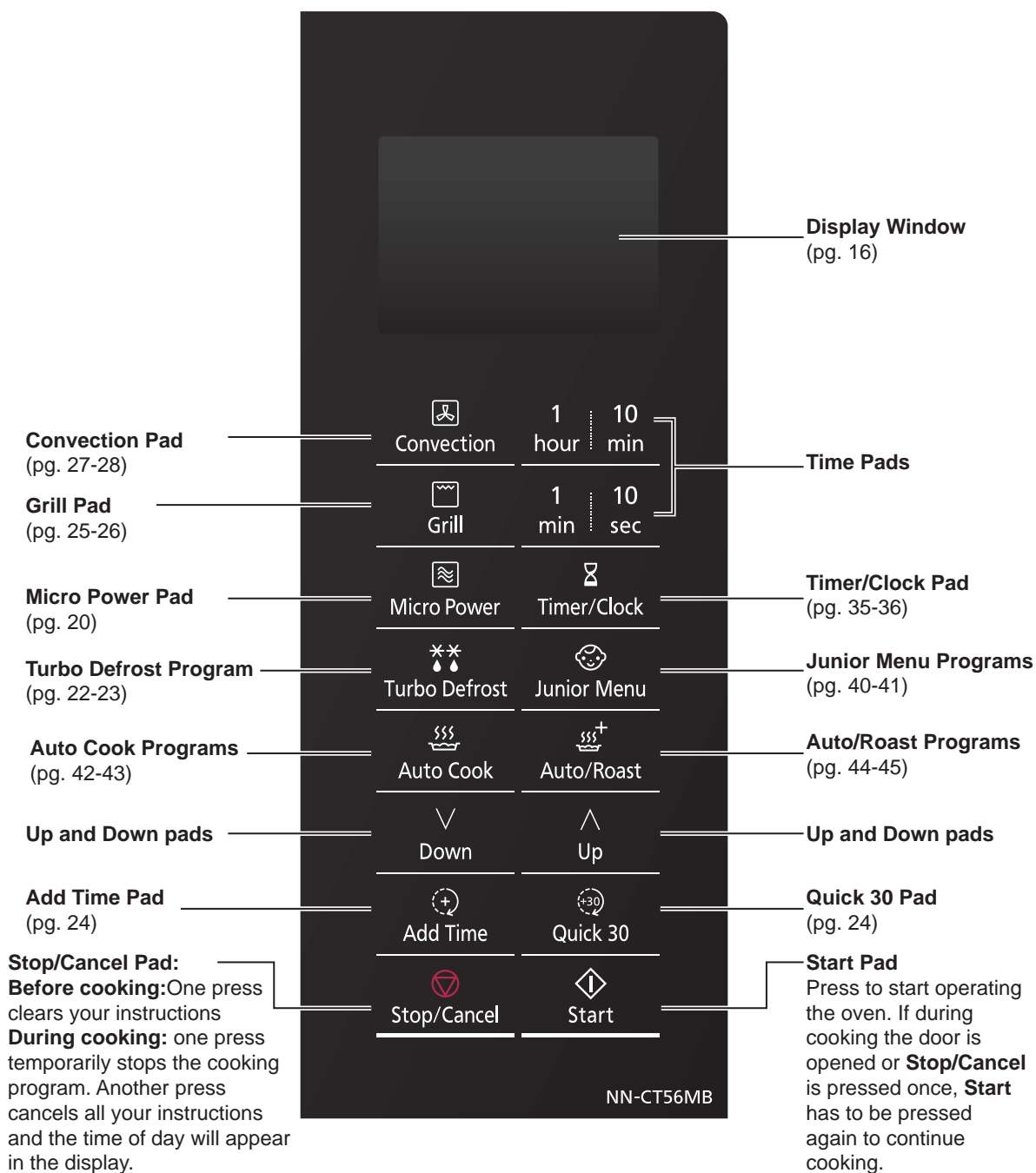
⑰ **Heating Elements**



## Notes

- The illustration is for reference only.
- The glass tray, wire rack and enamel tray are the only accessories with this oven. All other cooking utensils mentioned in this manual must be purchased separately.

# Control Panel



## Notes

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.

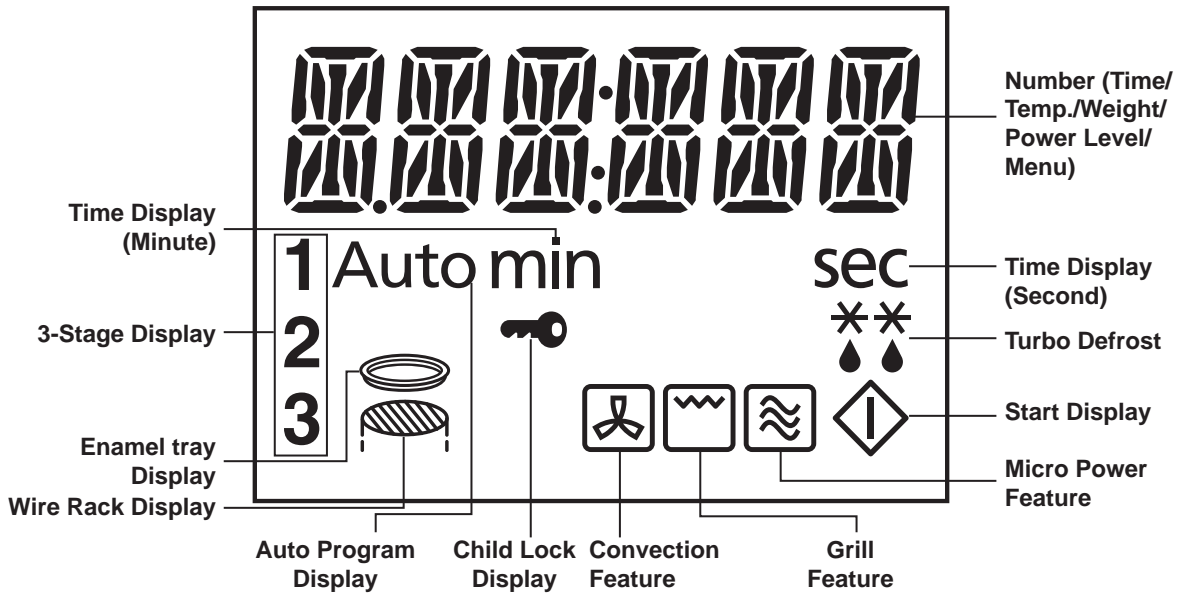


## Beep Sound

When a pad is pressed correctly, a beep sound will be heard. If a pad is pressed and no beep is heard, the unit does not or can not accept the instruction. The oven will beep twice between programmed stages. The oven will beep three times after preheating. At the end of any completed program, the oven will beep 5 times.

# Display Window

To help you operate the oven conveniently, the present state will appear in the display window.





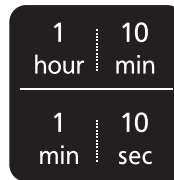
# Let's Start To Use Your Oven!

## Plug in

Plug into a properly earthed electrical outlet. "WELCOME TO PANASONIC MICROWAVE OVEN COOKING" will appear in the display window, then you can start to operate.



**Press Timer/Clock twice to set clock.**




Set clock as a 12 hour clock. Press time pads to select the time.



Press **Timer/Clock**. (See page 18 for details)



## Press Convection

"" will appear in the display window with the oven temperature. This procedure is to burn off the oil used for rust protection in the oven. Press **Convection** pad until 220 °C appears in the display window. Remove all accessories from the oven.

## Press Time pads

Press 1 min pad until 5 minutes is displayed in the window.

## Press Start pad

The time will be displayed in the window and count down. The oven will beep at the end of the program. The oven is now ready to use.

**Caution:** heating elements and oven will be hot.

# To Use Child Safety Lock

This feature allows you to prevent operation of the oven by a young child; however, the door will open. **This feature can be set when colon or time of day is displayed.**

## To set:



Press **Start** pad 3 times.  
▶ "" appears in the display window.

Press 3 times.

## To cancel:



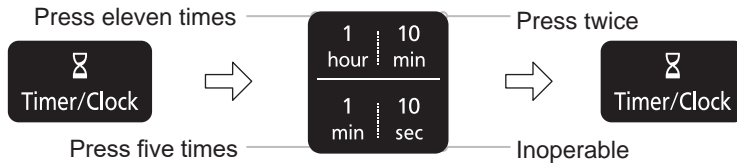
Press **Stop/Cancel** pad 3 times.  
▶ Colon or time of day appears in the display window.

Press 3 times.

To set or cancel child lock, **Start** pad or **Stop/Cancel** pad must be pressed 3 times within a 10 second period.

# To Set Clock

Example of how to set 11:25.



**Press Timer/Clock twice**  
“SET TIME” will appear in the display window, and the colon starts to blink.

**Press time pads**  
Enter time of day by pressing time pads. 10 sec pad is inoperable.

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

## Notes

1. If you want to reset time, please repeat step 1-3.
2. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.
3. Clock is a 12-hour display.
4. Oven will not operate while colon is still blinking.

# Operation Guide Setting

To assist you in programming your oven, the following operation will appear in the display window. When you become familiar with your oven, the operation guide can be turned off.

To turn off:



OPERATION GUIDE OFF



Colon or time of day appears in the display window.

Press **Timer/Clock** four times.

Display window.



OPERATION GUIDE ON



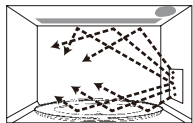
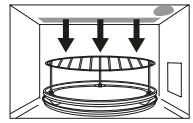

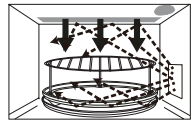

Colon or time of day appears in the display window.

Press **Timer/Clock** four times.

Display window.

# Cooking Modes

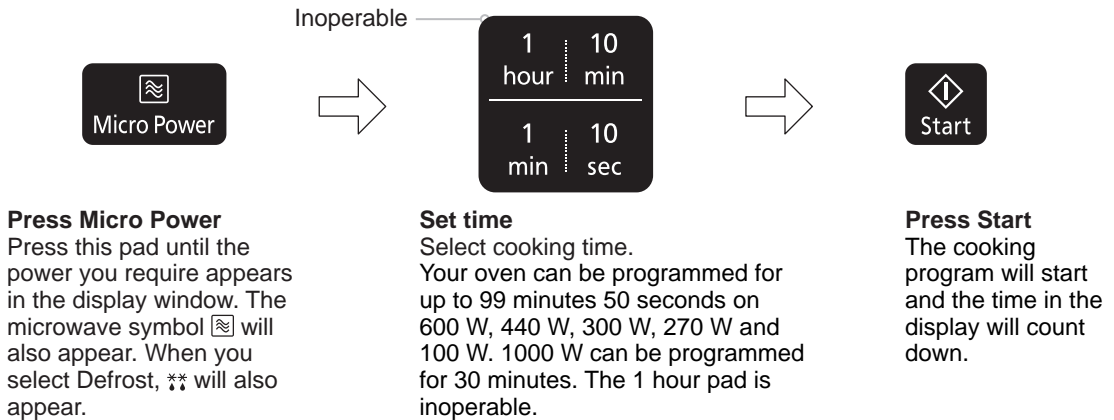
The diagrams shown below are examples of the accessories. It may vary depending on recipe/dish used. Further information can be found in the Cookbook.

| Cooking Modes  | Uses  | Accessories to use       | Containers   |
|--|---|--------------------------|--|
| <p><b>Microwave</b></p>                 | <ul style="list-style-type: none"> <li>Defrosting</li> <li>Reheating</li> <li>Melting: butter, chocolate, cheese.</li> <li>Cooking fish, vegetables, fruits, eggs.</li> <li>Preparing: stewed fruits, jam, sauces, custards, choux, pastry, caramel, meat, fish.</li> <li>Baking cakes without colour.</li> </ul> <p><b>No Preheating</b></p> | –                        | <p>Use your own Pyrex® dishes, plates or bowls, directly on the glass tray.</p> <p>No metal.</p>   |
| <p><b>Grill</b></p>                     | <ul style="list-style-type: none"> <li>Grilling of meat or fish.</li> <li>Toast grilling.</li> <li>Colouring of gratin dishes or meringue pies.</li> </ul> <p><b>No preheating</b></p>  | Wire rack on enamel tray | <p>Use your own Pyrex® dishes, heatproof plates or bowls, directly on the wire rack on enamel tray on glass tray.</p>                                |
| <p><b>Convection</b></p>               | <ul style="list-style-type: none"> <li>Baking of small items with short cooking times: puff pastry, cookies, roll cakes.</li> <li>Special baking: bread rolls or brioches, sponge cakes.</li> <li>Baking of pizzas and tarts.</li> </ul> <p><b>Preheating advised</b></p>   | Enamel tray              | <p>Heatproof, metal tin can be used on enamel tray.</p> <p><b>Do not place dishes directly on glass tray.</b></p>                                    |
| <p><b>Grill + Microwave</b></p>       | <ul style="list-style-type: none"> <li>Cooking lasagne, meat, potatoes or vegetable gratins.</li> </ul> <p><b>No Preheating</b></p>   | Wire rack on enamel tray | <p>Microwaveable and heatproof dishes placed directly on wire rack on enamel tray on glass tray.</p> <p>No metal.</p>                                |
| <p><b>Convection + Microwave</b></p>  | <ul style="list-style-type: none"> <li>Baking cakes</li> <li>Puff pastry tarts</li> </ul> <p><b>Preheating if necessary</b></p>   | Enamel tray              | <p>Microwaveable and heatproof dishes can be used on the enamel tray.</p> <p><b>Do not place dishes directly on glass tray.</b></p> <p>No metal.</p> |

# To Cook/Reheat/Defrost on Micro Power by Time Setting

This feature allows you to set the desired power and time for cooking by yourself. There are six different microwave power levels available.

| Press   | Power Level     | Example of Use  |
|---------|-----------------|---|
| Once    | 1000 W (High)   | Boil water. Cook fresh fruits, vegetables, preserved fruit and candies. |
| Twice   | 270 W (defrost) | Defrost meat, poultry or seafood.                                       |
| 3 times | 600 W (Medium)  | Cook fish and seafood, meat, poultry, eggs and cakes.                   |
| 4 times | 440 W (Low)     | Cook cakes, stew food, and melt butter and chocolate.                   |
| 5 times | 300 W (Simmer)  | Cook tough meat, stew soup and soften butter.                           |
| 6 times | 100 W (Warm)    | Keep food warm and soften ice cream.                                    |

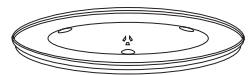


## Notes

1. Maximum time that can be set on **1000 W** is 30 minutes.
2. On all power levels, except **1000 W**, the maximum time that can be set is 99 minutes, 50 seconds. The 1 hour pad is inoperable.
3. You can increase the cooking time during cooking if required. Time can be increased in 1 minute increments, up to 10 minutes. Press 'Add time' pad once, then press '1 min' pad to a maximum of 10 minutes. After selecting 'Add Time' function, time should be added within a 5 second period. Cooking time can not be decreased during cooking.
4. Three stages can be set continuously. This feature allows you to set only once for some different stages without taking care during cooking. Please refer to page 34.
5. Do not attempt to use microwave only with any metal container in the oven.
6. Do not place food directly on the glass tray. Place in a microwaveable or glass dish. Foods reheated or cooked by microwave only should be covered with a lid or pierced cling film, unless otherwise stated.
7. Stand time can be programmed after microwave power and time setting. Refer to using the timer page 35.
8. For manual defrosting times, please refer to defrosting chart on page 21.

## Oven Accessories to Use

When using your oven on **microwave** only, the glass tray provided must always be in position.



# Defrosting Using Defrost Microwave and Time

Select 270 W. The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting.

For larger quantities adjust times accordingly. Food should not be covered during defrosting.

| Food                       | Defrosting Time   | Method  | Standing Time |
|----------------------------|-------------------|---|---------------|
| <b>Meat</b>                |                   |   |               |
| Beef/Lamb/Pork joint 450 g | 8-9 mins          | Place in a suitable dish or on an upturned saucer or use a microwave safe rack. Turn 3-4 times. Shield. | 60 mins       |
| Minced beef 450 g          | 7-8 mins          | Place in a suitable dish. Break up and turn 3-4 times.  | 15 mins       |
| Chops 450 g                | 6-7 mins          | Place in a suitable dish in a single layer. Turn twice. Shield if necessary                             | 15 mins       |
| Sausages 450 g             | 6 mins            | Place in a suitable dish in a single layer. Turn twice. Shield if necessary                             | 15 mins       |
| Bacon rashers 450 g        | 3-4 mins          | Place in a suitable dish. Turn and separate twice. Shield if necessary.                                 | 10 mins       |
| Stewing steak 450 g        | 6 mins            | Place in a suitable dish. Break up frequently.  | 15 mins       |
| Whole chicken 450 g        | 6-8 mins          | Place in a suitable dish on an upturned saucer or use a microwave safe rack. Turn 3-4 times. Shield.    | 60 mins       |
| Chicken portions 450 g     | 6-8 mins          | Place in a suitable dish in a single layer. Turn twice. Shield if necessary.                            | 30 mins       |
| <b>Fish</b>                |                   |   |               |
| Whole 450 g                | 7-9 mins          | Place in a suitable dish. Turn twice. Shield.   | 15 mins       |
| Fillet/Steak 450 g         | 6-7 mins          | Place in a suitable dish. Turn twice, separate and shield if necessary.                                 | 15 mins       |
| Prawns 450 g               | 4-6 mins          | Place in a suitable dish. Stir twice during defrosting.   | 15 mins       |
| <b>General</b>             |                   |   |               |
| Bread sliced 400 g         | 3 mins            | Place on a plate. Separate and rearrange during defrosting.   | 10 mins       |
| Slice of bread 30 g        | 20 secs - 30 secs | Place on a plate.   | 1-2 mins      |
| Pastry 500 g               | 3 mins 30 secs    | Place on a plate. Turn halfway.   | 15-30 mins    |
| Soft fruit 450 g           | 5-6 mins          | Place in a suitable dish. Stir twice during defrosting.   | 15 mins       |





## Notes

Opening the door and taking out the defrosted parts during the operating time is recommended. Turn over, stir or rearrange the parts which are still in icy.

# To Defrost Using Turbo Defrost

With this feature you can defrost frozen foods according to the weight. Select the category and set the weight of the food. The weight can be programmed in grams. The weight starts from the minimum weight for each category.



Select the desired program by pressing the microwave  and defrost  symbol will also appear.

Enter the weight by pressing the up and down pads. The “up” pad will start with the minimum weight for each food. Default weight is grams.

**Press Start**

| Press   | Menu No. | Program       | Weight Range   | Example of Use   |
|---------|----------|---------------|----------------|--|
| Once    | 1        | Bread         | 100 g - 900 g  | Bread and rolls. Turn at beep. Standing time 10-15 minutes.  |
| Twice   | 2        | Mince / chops | 200 g - 1200 g | Small pieces of meat, minced meat, chicken portions, steaks, chops. Turn at beeps and shield. Standing time 15-30 minutes. |
| 3 times | 3        | Meat joints   | 400 g - 2000 g | Whole chicken, meat joints. Turn at beeps and shield. Standing time of at least 1 hour.                                    |

This feature allows you to defrost minced meat, chops, chicken portions, meat joints and bread.

The **Turbo Defrost** pad should be pressed to select the correct category and then enter in the weight of the food in grams by using up/down pad.

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 and slices of bread should be placed in a single layer. It is not necessary to cover the foods. 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 pages 23). 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.

# To Defrost Using Turbo Defrost (continued)

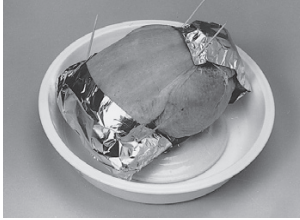
## 1st Beep

Turn



## 1st Beep

Or shield



## 2nd Beep

Turn or break up



## Category 1 Bread

The Bread Program is suitable for defrosting small items e.g. rolls, buns and slices of bread which are required for immediate use. Small items may feel warm immediately after defrosting. Loaves can also be defrosted on this program but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned halfway during defrosting. This program is not suitable for cream cakes or desserts e.g. cheesecake.

## Category 2 Mince / chops (mince/chops/chicken portions)

It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. Chops and chicken portions should be arranged in a single layer and turned frequently.

## Category 3 Meat joints/whole chickens

Meat joints and chickens will require shielding during defrosting especially if they are particularly fatty pieces. This is to prevent over defrosting on the outside edges. Smooth foil secured with cocktail sticks should be used. Do not allow the foil to touch the walls of the oven. Back fat of joints, legs, wings and breast bones need shielding. Standing time of at least 1 hour should be allowed (rolled joints may require longer) before cooking to ensure the centre is fully defrosted.

## Defrosting Guidelines

For Best Results:

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

# To Cook Using the Quick 30 Feature

This feature allows you to quickly set cooking time in 30 second increments.



Press **Quick 30** pad to set the desired cooking time (up to 5 minutes).

Each press is 30 seconds.

Time appears in the display. Power level is pre-set at 1000 W.

Press **Start** pad.

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

At the end of cooking, five beeps will sound.

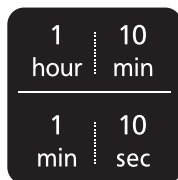


## Note

1. This feature is only available for **Micro Power** pad. If desired, you can use other Micro power levels. Select desired power level before pressing **Quick 30** pad.
2. After setting the time by **Quick 30** pad, you cannot use the time pads.
3. This feature will not operate for 1 minute after manual cooking because of 'Add Time' feature.
4. If you wish to operate within 1 minute, pressing **Stop/Cancel** pad will allow the operation.

# To Use the Add Time Feature

This feature allows you to add cooking time at the end of previous cooking.



After cooking, press **Add Time** pad

Press **time pads** to add extra cooking time.

Maximum cooking time:

Micro Power: 1000 W up to 30 minutes;

other microwave powers: up to 99

minutes 50 seconds;

Grill: 99 minutes 50 seconds,

Convection, Combination and timer: 9

hours 59 minutes.

Press **Start** pad.

Time will be added.

The time in the display window will count down.



## Note

1. This feature is only available for Micro Power, Grill, Convection, Combination and Timer feature and it is not available for Turbo Defrost and Auto Programs.
2. The Add Time feature will not operate after 1 minute cooking.
3. The Add Time feature can be used after the multi-stage cooking and during cooking.
4. The power level is the same as the last stage.



# To Cook on Grill by Time Setting


The grill system on the oven gives fast efficient cooking for a wide variety of foods e.g. chops, sausages, steaks, toast, etc. There are 3 different grill settings available. The glass tray must always be in position when using the oven.

## Do not preheat the grill before use.

The enamel tray must be on the glass tray when using.



### Select Grill power

Press once for Grill 1 (High), twice for Grill 2 (Medium) or three times for Grill 3 (Low). The grill symbol  will also appear.

### Press Time pads to enter cooking time.

Maximum time is 99 minutes 50 seconds, 1 hour pad is inoperable.

### Press Start

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

| Press   | Power Level      | Suitable kinds of foods                   |
|---------|------------------|---|
| Once    | Grill 1 (High)   | Toasting bread, muffins and teacakes etc. |
| Twice   | Grill 2 (Medium) | Thin seafood.                             |
| 3 times | Grill 3 (Low)    | Slice of poultry or meat.                 |



## Note

1. The Grill will only operate with the oven door closed, and there is no microwave power on the **grill** only program.
2. You can increase the cooking time during cooking if required. Time can be increased in 1 minute increments, up to 10 minutes. Press 'Add time' pad once, then press '1 min' pad to a maximum of 10 minutes. After selecting 'Add Time' function, time should be added within a 5 second period. Cooking time can not be decreased during cooking.

## Grilling Times

When using the grill to cook foods, the cooking times will be similar to traditional grilling. Most foods will require turning halfway through the cooking time (see section on oven accessories page 26).

The Grill has three variable settings, Grill 1 (High), Grill 2 (Medium) and Grill 3 (Low). Grill 1 will be the hottest.



## Caution!

The **accessories** and surrounding oven will get very hot. Use oven gloves.

# To Cook on Grill by Time Setting (continued)

## Oven Accessories to Use

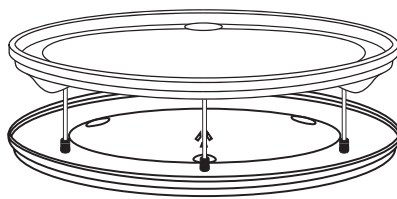
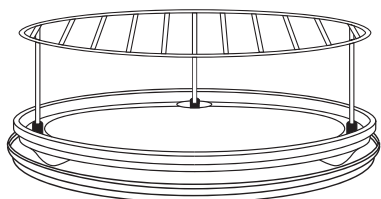
**When grilling foods the glass tray should be in position, with the enamel tray and the wire rack on top.**

Place food on wire rack on the enamel tray on the glass tray. The wire rack will allow fat to drip through into the enamel tray to reduce excess splatter and smoke when grilling steaks, chops and other fatty foods.

Most foods require turning halfway during cooking. When turning food, open oven door and **carefully** remove the enamel tray and wire rack by holding the accessories firmly. Use oven gloves when removing accessories as they will be very hot, and so will the roof and walls of the oven.

After turning, return food to the oven, close door and press **Start**. The oven will continue to count down the remaining cooking time. It is quite safe to open the oven door at any time to check the progress of the food as it is grilling.

If grilling fish or small items, place the enamel tray on top of the wire rack.



## Guidelines


1. There is no microwave power on the **Grill** only program.
2. Use the accessories provided, as explained.
3. The Grill will only operate with the oven door closed.
4. Most meat items e.g. bacon, sausages, chops can be cooked on the hottest setting - **Grill 1**. This setting is also suitable for toasting bread, muffins and teacakes etc.
5. **Grill 2** and **Grill 3** are used for more delicate foods or those that require a longer grill time e.g. fish or chicken portions.
6. **Do not preheat the grill.**
7. **Never cover the food when grilling.**
8. **Always use oven gloves when removing the food and accessories after grilling as the oven and accessories will be very hot.**
9. After grilling it is important that the grill accessories are removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. **Do not put accessories in dish washer.**

# To Cook on Convection by Time Setting

Your microwave oven can be used in convection mode which incorporates a heating element with a fan. For best results always place food in a preheated oven. The enamel tray must be on the glass tray when preheating.



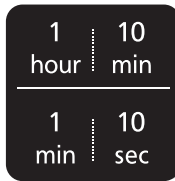
**Press to select oven temperature. There is a choice of convection temperatures 40 °C and 100 °C - 220 °C.**

For quick selection of the most commonly used cooking temperatures, the oven starts at 150 °C and then for each press the temperature will count up in 10 °C stages to 220 °C, then to, 40 °C, 100 °C, 110 °C etc. The convection symbol  will also appear.

**Press Start to preheat**

A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Then open the door and place the food inside.\*

(Skip this step when preheating is not required)





Inoperable

**Press time pads to enter cooking time**

Maximum cooking time is 9 hours, 59 minutes. The 10 sec pad is inoperable.

**Press Start**

Note: Check that only the convection symbol  is still in the display. If the microwave symbol  is displayed this is incorrect and the program should be cancelled. Reselect the convection setting.



## Note

- \* Open the door using the door release pad, because if the Stop/Cancel pad is pressed the program may be cancelled.
- The oven will maintain the selected temperature for approximately 30 minutes. If no food has been placed inside the oven, then it will automatically cancel the cooking program "OPEN DOOR" will appear in the display window. If no cooking time is set, oven will revert to time of day after 6 minutes.
- You can increase the cooking time during cooking if required. Time can be increased in 1 minute increments, up to 10 minutes. Press 'Add time' pad once, then press '1 min' pad to a maximum of 10 minutes. After selecting 'Add Time' function, time should be added within a 5 second period. Cooking time can not be decreased during cooking.
- After pressing Start, the selected temperature can be recalled and changed. Press convection pad once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature by pressing Convection pad.
- The oven cannot preheat to 40 °C.



## Caution!

The accessories and the surrounding oven will get very hot. Use oven gloves.

# To Cook on Convection by Time Setting (continued)

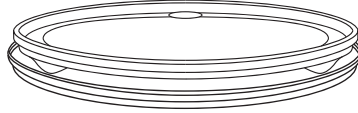
## Oven Accessories to Use

**When using the Convection oven the glass tray should be in position and must have the enamel tray placed on top.**

The food is then placed onto the enamel tray. Follow your individual recipe guidelines.

When using the oven as a convection oven, there is no microwave power, i.e. the oven is operating as a conventional oven and you can use all your standard metal baking tins and ovenware.

It is not recommended to cook on more than one level when using the convection oven. When cooking 2 trays of buns etc, cook in two batches.



# To Cook on Combination by Time Setting

Your oven has two methods of cooking by Combination.

1. Convection and Microwave (with and without preheat)
2. Grill and Microwave (preheat is not possible)

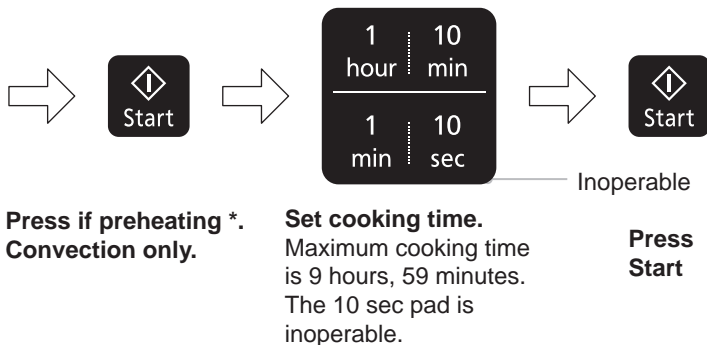
**Combination** cooking is ideal for many foods. The microwave power cooks them quickly, whilst the convection or grill gives the traditional browning and crispness.

All this happens simultaneously resulting in most foods being cooked in  $\frac{1}{2}$ -  $\frac{2}{3}$  of the conventional cooking time.

There is no need to preheat on **combination** programs, **except when cooking pastry**.

To cook successfully by **combination** you should always use a minimum of 200 g food. Small quantities should be cooked by Convection, or Grill.

Preheat if necessary (convection and microwave combination only)



Press if preheating \*.  
Convection only.

Set cooking time.  
Maximum cooking time  
is 9 hours, 59 minutes.  
The 10 sec pad  
is inoperable.

Press  
Start



## Caution!

Take care to use oven gloves when removing dishes from the oven - especially when turning or stirring foods as the oven walls and roof will be very hot



## \* Note

1. When placing food in the oven after preheating, just open the door using the door release pad, because if **Stop/Cancel** pad is pressed the program may be cancelled.
2. You can increase the cooking time during cooking if required. Time can be increased in 1 minute increments, up to 10 minutes. Press 'Add time' pad once, then press '1 min' pad to a maximum of 10 minutes. After selecting 'Add Time' function, time should be added within a 5 second period. Cooking time can not be decreased during cooking.
3. After pressing Start, the selected temperature can be recalled and changed. Press convection pad once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature by pressing Convection pad.

# To Cook on Combination by Time Setting (continued)

## Containers to Use

It is possible to use smooth seamed metal tins and foil containers on **combination** but they must be placed directly onto the enamel tray on the glass tray. They must not be placed directly onto the wire rack, or arcing will occur.

If you experience arcing, which is when you see blue sparks or hear crackling noises, the metal container is unsuitable or you have insufficient food in the oven. You should stop the program immediately and change the container or re-program to **convection** only.

**Do not** use plastic **microwave** containers on Combination programs (unless suitable for combination cooking). Dishes must be able to withstand the heat of the top grill. Do not put dishes on wire rack directly under the grill, place on enamel tray on glass tray.

## Oven Accessories

When using any Combination cooking program the glass tray should be in position and must have the enamel tray placed on top, unless otherwise stated.

# Combination 1. Convection and Microwave

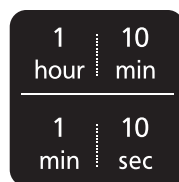
This is the most popular combination mode combining Convection heat with Micro Power. Casseroles, meat joints, jacket potatoes and pastries are very successful using this combination. Unsuitable foods are those which contain whisked eggs, meringues, rich fruit cakes, biscuits and yorkshire puddings.

It is not necessary to preheat on combination except when cooking pastry dishes. For pastry dishes preheat oven to 210 °C on Convection so that the oven is hot, and then select the desired combination program or follow recipe guidelines.



Press to select oven temperature. The oven starts at 150 °C, and then for each press the temperature will count up in 10 °C stages to 220 °C, then to 100 °C, 110 °C etc. 40 °C is not available in combination mode.

Press Micro Power pad to select microwave setting. **(1000 W, 600 W and 270 W are not available)**



Inoperable

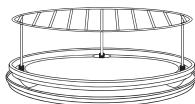
**Press if preheating.**  
After preheating, place the food in the oven  
**\* Skip this step when preheating is not required.**

**Press to enter required cooking time.**  
Maximum cooking time is 9 hours, 59 minutes.  
10 sec pad is inoperable.

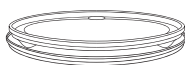
**Press Start**

## Oven Accessories to Use

When using Combination cooking the glass tray should be in position and must have the enamel tray on top, unless otherwise stated.



Items of food can be placed onto the wire rack on the enamel tray on the glass tray. Heatproof dishes of food should be placed directly onto the enamel tray on the glass tray.


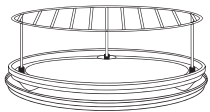
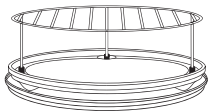



Joints and portions of meat should be placed on an upturned saucer on the enamel tray on the glass tray. Alternatively they can be placed in a heatproof dish on the enamel tray on the glass tray.

Recipes using foil or metal containers e.g. cakes and pastries should be placed directly onto the enamel tray on glass tray.

# Combination 1. Convection and Microwave (continued)

The chart below gives suggestions for Combination (Convection + Microwave) programs. For cooking times refer to cooking charts or a similar recipe in the book. It is not possible to use **1000 W, 600 W and 270 W** microwave power in this mode.

| Oven temperature | Microwave Power | Use   | Oven accessories to use  |
|------------------|-----------------|---|--|
| 220 °C           | 100 W           | Nuggets, sausage rolls, apple pie, bread and butter pudding.                        | <br>or<br> |
| 220 °C           | 300 W           | Quiche, frozen garlic baguette, part baked rolls, meat pies, cottage pie, fish pie. |   |
| 190 °C           | 300 W           | Whole chicken / turkey  |   |
| 180 °C           | 300 W           | Joints lamb   |  |
| 170 °C           | 300 W           | Joints beef   |  |
| 170 °C           | 440 W           | Joints pork   |  |
| 160 °C           | 100 W           | Casseroles  |  |



## Note

1. Food is usually cooked **uncovered**.
2. After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. **Do not put accessories in the dishwasher.**
3. Foods should always be cooked until browned and piping hot.



## Caution!

Always use oven gloves when removing dishes from the oven - Especially when turning or stirring foods, as the accessories and surrounding oven will get very hot.

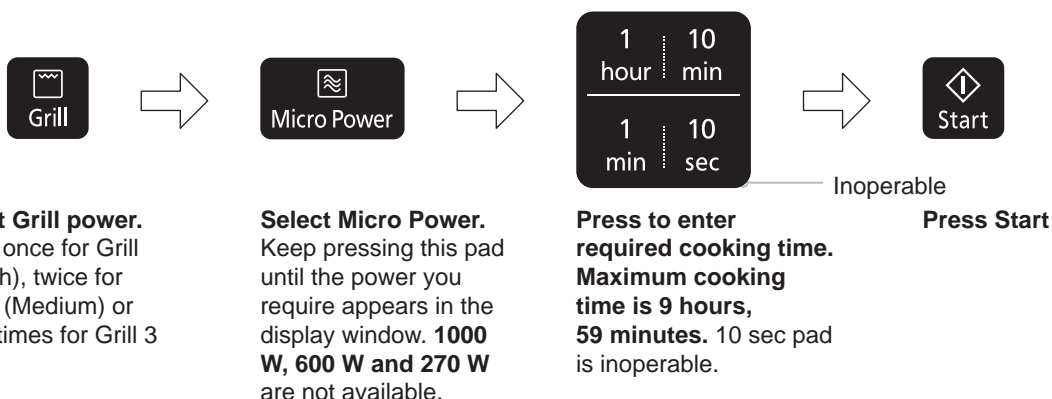


# Combination 2. Grill and Microwave

This combination mode is suitable for foods which are normally grilled and for reheating small savoury items. Do not use this program with less than 200 g of food.

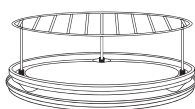
**It is not necessary to preheat when using this combination mode** and food should always be cooked uncovered.

The grill will glow on and off during cooking - this is normal.

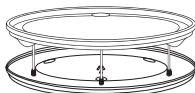


## Oven Accessories to Use

When using Combination cooking the glass tray should be in position and must have the enamel tray on top, unless otherwise stated.



Food should be placed directly onto the wire rack on the enamel tray. This is then placed on the glass tray.



When cooking fish or small items, food can be placed directly on the enamel tray on top of the wire rack.

## Guidelines

1. Food is usually cooked **uncovered**.
2. To turn food just press the door release pad, remove the enamel tray and wire rack, turn the food, return to the oven, close the door and press **Start** pad. The oven will continue to countdown the remaining cooking time.
3. After Grilling it is important that the Grill accessories are removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. **Do not put accessories in the dishwasher.**

For advice on cooking times, refer to cooking charts and recipes in this book. Foods should always be cooked until browned and piping hot.



### Caution!

Always use oven gloves when removing dishes from the oven - especially when turning or stirring foods, as the accessories and surrounding oven will get very hot.

## Containers to Use

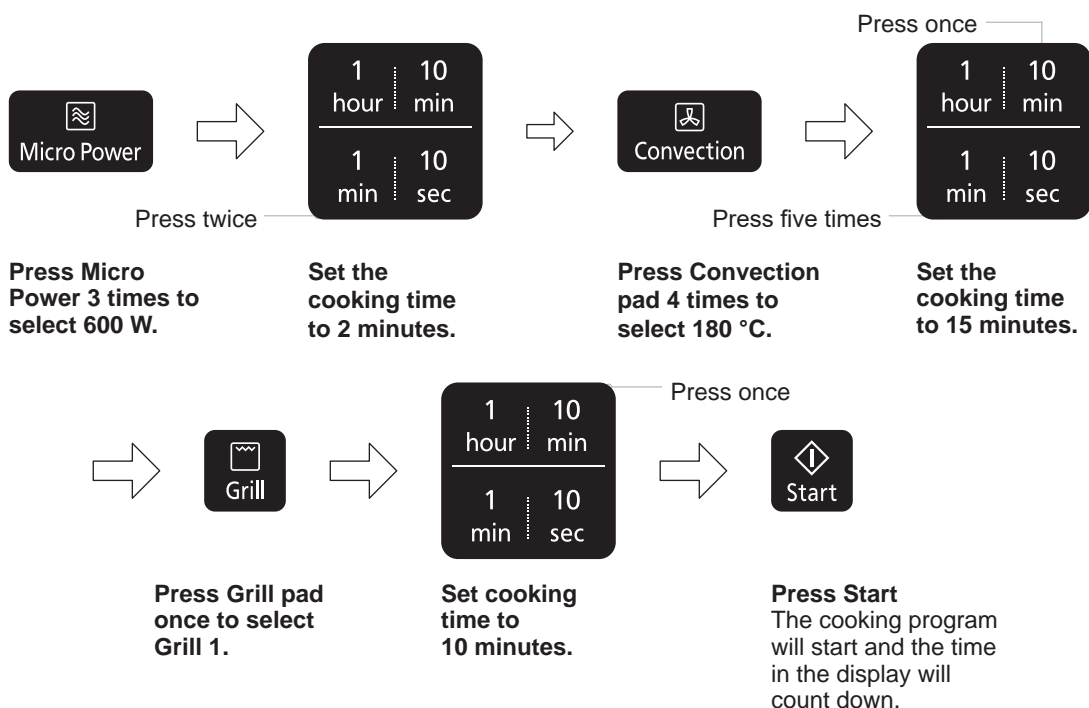
**Do not** use plastic **microwave** containers on Combination programs (unless suitable for combination cooking). Dishes must be able to withstand the heat of the top grill. Do not put dishes on wire rack directly under the grill, use the enamel tray.

# Multi-stage Cooking

## 2 or 3 Stage Cooking

Example:

To cook on 600 W for 2 minutes, cook on 180 °C for 15 minutes and cook on Grill 1 for 10 minutes.



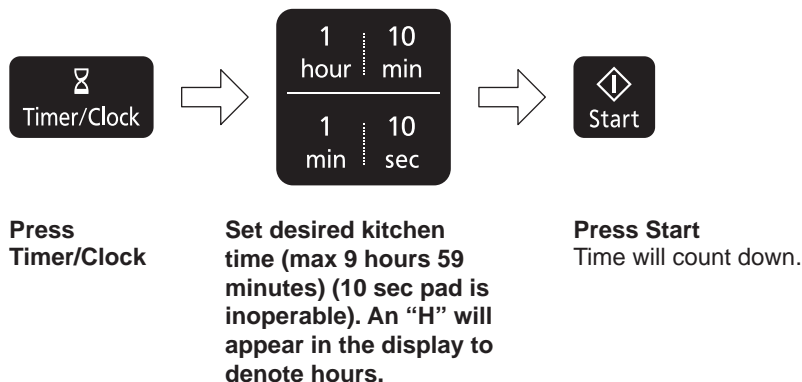
### Note

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

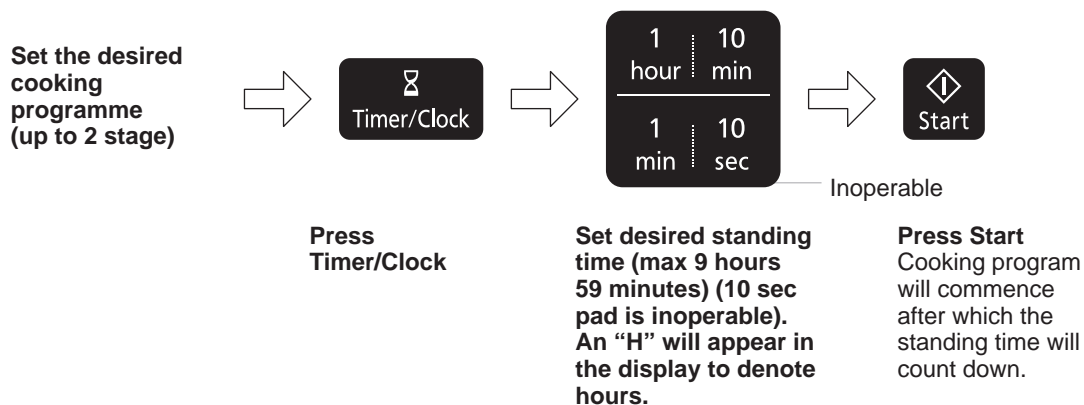
# Using the Timer

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

## 1. To Set a Kitchen Timer



## 2. To Set a Standing Time:

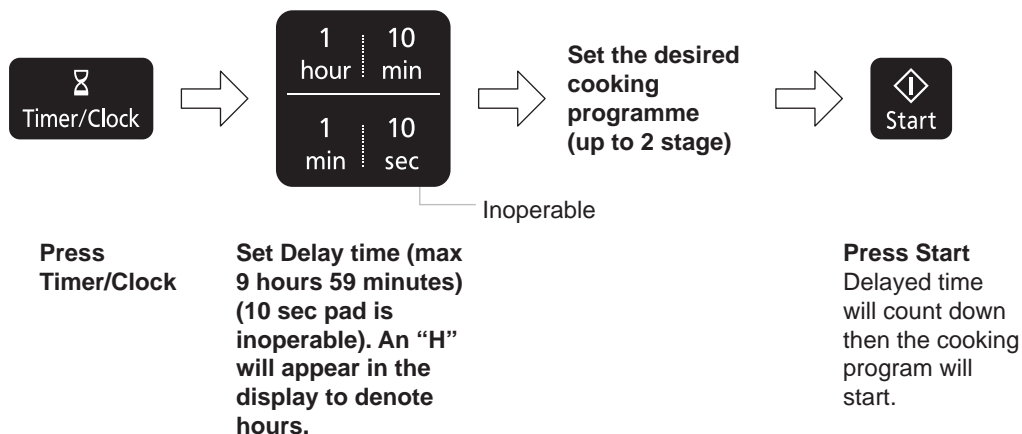


### Note

1. Three stage cooking can be programmed including standing time.
2. If the oven door is opened during the standing time or minute timer, the time in the display window will continue to count down.
3. This feature may also be used as a minute timer. In this case press Timer/Clock, set time and press Start.
4. Standing time cannot be programmed after an auto program and preheating.
5. If the programmed stand time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds.

# Using the Timer (continued)

## 3. To Set a Delay Start:



### Note

1. Three stage cooking can be programmed including delay start cooking.
2. If the programmed delay time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
3. Delay start cannot be programmed before an auto program and preheating.
4. If the oven door is opened during the delay time, the time in the display window will continue to count down.

# Auto Program Setting



This feature allows you to cook or reheat most of your favourite foods by setting the weight only. The oven determines the Microwave power level and/or Convection and/or Combination setting, then the cooking time automatically. Select the category of food and then just enter the weight.

## Auto Programs with Preheating

For menus No. 7 - No. 10 and No. 21 - No. 24, please operate as follows



Select the desired program by pressing the appropriate pad.

Press the Start pad to preheat the oven. Preheat with enamel tray on glass tray.



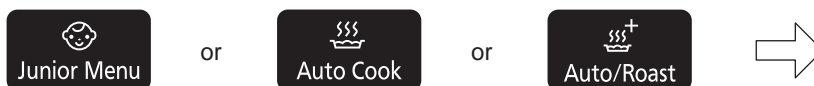
After preheating, beeps sound and 'P' will flash in the display. Then open the door and place the food in the oven and set weight using up and down pads. Take care when handling the hot enamel tray.

Press Start The cooking time appears in the display window and begins to count down.

# Auto Program Setting (continued)

For menus No. 4 - No. 6, No. 11 - No. 20 and No. 25 - No. 29, please operate as follows

## Auto Programs Without Preheating



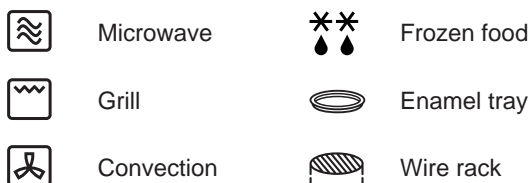
Select the desired Auto Weight program, by pressing the appropriate pad.



Enter the weight by pressing the up and down pads. To quickly select the weight, hold weight selection pads. For auto program flapjacks, please skip this step.

**Press Start The cooking time appears in the display window and begins to count down.**

When you select an automatic program, the symbols will appear in the display to show the cooking mode that will be used and the accessories that are needed, in addition to the glass tray. These are what they mean:



### Note

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 pages 39).
2. Only use the accessories as indicated on pages 40-45.
3. Junior programs 4-5 and all Auto Cook programs use Microwave power only. Junior programs 6-11 and Auto/Roast programs 20-24 use a combination of Microwave and Convection or Grill. Auto/Roast programs 25-29 use Convection.
4. **Do not** cover food unless stated, when using a Combination or Convection program, it will prevent the food browning. The heat will also melt any plastic covering.
5. Most foods benefit from a **standing** time after cooking on an auto program, to allow heat to continue conducting to the centre.
6. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
7. Always weigh the food rather than relying on the package weight information.

# Auto Program Setting (continued)

## Minimum/Maximum Weights for Auto Weight Programs



### Junior Menu

| Program                     | Minimum weight | Maximum weight |
|-----------------------------|----------------|----------------|
| 4. Purée vegetables         | 100 g          | 400 g          |
| 5. Purée fruits             | 100 g          | 400 g          |
| 6. Junior pasta bake        | 200 g          | 600 g          |
| 7. Chilled breaded products | 100 g          | 500 g          |
| 8. Frozen breaded products  | 100 g          | 500 g          |
| 9. Fresh vegetable fries    | 100 g          | 500 g          |
| 10. Frozen vegetable fries  | 100 g          | 500 g          |
| 11. Flapjacks               | N/A            | N/A            |



### Auto Cook

| Program                  | Minimum weight | Maximum weight |
|--------------------------|----------------|----------------|
| 12. Reheat curry         | 300 g          | 800 g          |
| 13. Reheat Chinese style | 300 g          | 450 g          |
| 14. Reheat pasta         | 300 g          | 1600 g         |
| 15. Reheat casserole     | 300 g          | 900 g          |
| 16. Fresh vegetables     | 100 g          | 800 g          |
| 17. Fresh fish           | 200 g          | 800 g          |
| 18. Porridge with milk   | 50 g           | 200 g          |
| 19. Porridge with water  | 50 g           | 200 g          |










### Auto/Roast


| Program                    | Minimum weight | Maximum weight |
|----------------------------|----------------|----------------|
| 20. Jacket potatoes        | 200 g          | 1500 g         |
| 21. Frozen pizza           | 130 g          | 450 g          |
| 22. Frozen potato products | 200 g          | 500 g          |
| 23. Fish and chips         | 200 g          | 500 g          |
| 24. Chicken                | 900 g          | 2000 g         |
| 25. Beef-rare              | 500 g          | 2000 g         |
| 26. Beef-medium            | 500 g          | 2000 g         |
| 27. Beef-well done         | 500 g          | 2000 g         |
| 28. Lamb-medium            | 1000 g         | 2000 g         |
| 29. Lamb-well done         | 1000 g         | 2000 g         |

# Junior Menu Programs

The Junior Menu offers a range of programs catering for babies, toddlers and older children - great for time saving and convenience. The fruit and vegetable purées are ideal first foods for weaning babies. Homemade purées taste like real food and cost less than jars or packets. Extra portions can be frozen in ice cube trays, then defrosted and reheated. Healthy vegetable fries and pasta bakes are perfect for smaller tummies. A healthier flapjack is perfect for lunch box snacks.



























| Program   | Weight                  | Accessory | Instructions  |  |       |       |       |              |      |       |       |              |       |       |       |               |      |      |      |
|---|-------------------------|-----------|---|--|-------|-------|-------|--------------|------|-------|-------|--------------|-------|-------|-------|---------------|------|------|------|
| <b>4. Purée vegetables</b><br><br><br>Junior Menu<br>1 Press<br><br>  | 100 g - 400 g           | -         | This program is suitable for cooking parsnips, potatoes, butternut squash, carrots, sweet potato and swede. The cooked vegetables are then puréed and suitable when weaning babies. Peel and chop the vegetables into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water:<br>100 g - 150 g vegetables 75 ml water.<br>160 g - 300 g vegetables 100 ml water.<br>310 g - 400 g vegetables 150 ml water.<br>Cover with lid. Press the Junior Menu pad once. Enter the weight of the vegetables. Press Start. Stir halfway during cooking. After cooking allow to stand for 10 minutes. Purée the vegetables with the cooking liquid using a blender. If necessary adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.   |  |       |       |       |              |      |       |       |              |       |       |       |               |      |      |      |
| <b>5. Purée fruits</b><br><br><br>Junior Menu<br>2 Presses<br><br>   | 100 g - 400 g           | -         | This program is suitable for cooking apples, pears, peaches, papaya and mango. The cooked fruit is then puréed and suitable when weaning babies. Peel and chop the fruit into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water:<br>100 g -150 g fruit 75 ml water.<br>160 g - 300 g fruit 100 ml water.<br>310 g - 400 g fruit 150 ml water.<br>Cover with lid. Press the Junior Menu pad twice. Enter the weight of the fruit. Press Start. Stir halfway during cooking. After cooking allow to stand for 10 minutes. Purée the fruit with the cooking liquid using a blender. If necessary adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.  |  |       |       |       |              |      |       |       |              |       |       |       |               |      |      |      |
| <b>6. Junior pasta bake</b><br><br><br>Junior Menu<br>3 Presses<br><br> +  | 200 g<br>400 g<br>600 g | -         | For cooking fresh pasta bake using fresh pasta (penne, spaghetti, fusilli), cheese or tomato based sauce and grated mild Cheddar cheese. Use a suitable square, shallow Pyrex® container. Use the following quantities: <table border="1" data-bbox="653 1387 1013 1528"> <thead> <tr> <th></th> <th>200 g</th> <th>400 g</th> <th>600 g</th> </tr> </thead> <tbody> <tr> <td><b>Pasta</b></td> <td>70 g</td> <td>150 g</td> <td>250 g</td> </tr> <tr> <td><b>Sauce</b></td> <td>115 g</td> <td>220 g</td> <td>300 g</td> </tr> <tr> <td><b>Cheese</b></td> <td>15 g</td> <td>30 g</td> <td>50 g</td> </tr> </tbody> </table> Other ingredients may be added such as ham, tuna and sweetcorn. In this case substitute some of the sauce for the chosen added ingredients. Press Junior Menu three times. Enter the weight - 200 g, 400 g or 600 g. Press Start. |  | 200 g | 400 g | 600 g | <b>Pasta</b> | 70 g | 150 g | 250 g | <b>Sauce</b> | 115 g | 220 g | 300 g | <b>Cheese</b> | 15 g | 30 g | 50 g |
|   | 200 g                   | 400 g     | 600 g   |  |       |       |       |              |      |       |       |              |       |       |       |               |      |      |      |
| <b>Pasta</b>  | 70 g                    | 150 g     | 250 g   |  |       |       |       |              |      |       |       |              |       |       |       |               |      |      |      |
| <b>Sauce</b>  | 115 g                   | 220 g     | 300 g   |  |       |       |       |              |      |       |       |              |       |       |       |               |      |      |      |
| <b>Cheese</b>   | 15 g                    | 30 g      | 50 g  |  |       |       |       |              |      |       |       |              |       |       |       |               |      |      |      |

 = Microwave

 = Grill



# Junior Menu Programs (continued)

| Program  | Weight        | Accessory   | Instructions   |
|--|---------------|---|--|
| <b>7. Chilled breaded products</b><br><br><b>Junior Menu</b><br>4 Presses<br>  +   | 100 g - 500 g |    | For preparing chilled breaded products such as breaded chicken strips, fish goujons, popcorn chicken, chicken bites or breaded chicken fillets. Press Junior Menu four times. Press the Start pad to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Remove all packaging and place the chilled breaded products on the enamel tray on the wire rack. Enter weight of food and press Start. Turn halfway during cooking.      |
| <b>8. Frozen breaded products</b><br><br><b>Junior Menu</b><br>5 Presses<br>   +            | 100 g - 500 g |    | For preparing frozen breaded products such as frozen popcorn chicken, frozen chicken nuggets, frozen turkey drummers, frozen fish fingers, frozen scampi. Press Junior Menu five times. Press the Start to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Remove all packaging and place the frozen breaded products on the enamel tray on the wire rack. Enter weight of food and press Start. Turn halfway during cooking. |
| <b>9. Fresh vegetable fries</b><br><br><b>Junior Menu</b><br>6 Presses<br>  +    | 100 g - 500 g |    | For preparing fresh vegetable fries such as sweet potato, white potato, carrots, parsnips and courgettes. Peel and cut the vegetables into baton shapes. Toss in a tablespoon of vegetable oil. Press Junior Menu six times. Press the Start pad to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Place the vegetables on the enamel tray on the wire rack. Enter weight of food and press Start. Turn/Stir halfway.        |
| <b>10. Frozen vegetable fries</b><br><br><b>Junior Menu</b><br>7 Presses<br>   +  | 100 g - 500 g |  | For preparing frozen pre-purchased vegetable fries such as sweet potato, carrots and parsnips. Press Junior Menu seven times. Press the Start pad to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Remove all packaging and place the frozen vegetable fries on the enamel tray on the wire rack. Enter weight of food and press start. Turn/Stir halfway.  |
| <b>11. Flapjacks</b><br><br><b>Junior Menu</b><br>8 Presses<br> +   | -             |  | Prepare the flapjacks as detailed in the recipe below. Place the Pyrex® dish on the enamel tray. Press Junior Menu eight times. Press Start.   |

## ingredients

### For 8 servings

150 g dates, chopped  
 100 g low-fat spread  
 3 tbsp (45 ml) honey  
 50 g apricots, chopped  
 3 tbsp (45 ml) mixed seeds  
 150 g oats


Dish: Large Pyrex® mixing bowl  
 Square Pyrex® dish 18 cm x 18 cm (7 x 7 inch)

1. Place the chopped dates, low fat margarine and honey in a Pyrex® mixing bowl.
2. Put the bowl onto the glass tray and cook on **600 W** for 3-4 minutes.
3. Add the remaining ingredients to the date mixture. Stir well until all combined.
4. Grease the square Pyrex® dish and line with baking paper.
5. Spoon the mixture into the dish and press down firmly with a metal spoon.









 = Microwave

 = Convection

 = Preheating is required

 = frozen

# Auto Cook Programs









| Program   | Weight         | Accessory | Instructions   |
|---|----------------|-----------|--|
| <b>12. Reheat curry</b><br><br>Auto Cook<br>1 Press<br>           | 300 g - 800 g  | -         | This program is for reheating a chilled curry convenience meal that can be stirred *. Foods must be in a suitable microwaveable container and have the film pierced. Place on glass tray, press the Auto Cook pad once. Enter the weight then press Start. Stir halfway. Allow to stand for 1 minute. Ensure that the food is piping hot. Stir the food before serving.        |
| <b>13. Reheat Chinese style</b><br><br>Auto Cook<br>2 Presses<br> | 300 g - 450 g  | -         | This program is for reheating a chilled Chinese style convenience meal *. Foods must be in a suitable microwaveable container and have the film pierced. Press the Auto Cook pad twice. Enter the weight. Press Start. Stir halfway. Allow to stand for 1 minute. Ensure food is piping hot. Stir again before serving.  |
| <b>14. Reheat pasta</b><br><br>Auto Cook<br>3 Presses<br>       | 300 g - 1600 g | -         | This program is for reheating a chilled pasta convenience meal that can be stirred *. Foods must be in a suitable microwaveable container and have the film pierced. Place on glass tray, press the Auto Cook pad three times. Enter the weight then press Start. Stir halfway. Allow to stand for 1 minute. Ensure that the food is piping hot. Stir the food before serving. |
| <b>15. Reheat casserole</b><br><br>Auto Cook<br>4 Presses<br> | 300 g - 900 g  | -         | This program is for reheating a chilled casserole convenience meal *. Foods must be in a suitable microwaveable container and have the film pierced. Press the Auto Cook pad four times. Enter the weight. Press Start. Stir halfway. Allow to stand for 1 minute. Ensure food is piping hot. Stir again before serving.   |



## \* Note









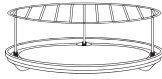















These programs are not suitable for foods that cannot be stirred e.g. lasagne / shepherds pie.

# Auto Cook Programs (continued)

| Program   | Weight        | Accessory | Instructions   |
|---|---------------|-----------|--|
| <b>16. Fresh vegetables</b><br><br>5 Presses<br>        | 100 g - 800 g | -         | To cook fresh vegetables. Place prepared vegetables into a shallow container on glass tray. Add 15 ml (1 tbsp) of water per 100 g vegetables. Cover with pierced cling film or lid. Press the Auto Cook pad five times. Enter the weight. Press Start. Stir halfway.   |
| <b>17. Fresh fish</b><br><br>6 Presses<br>              | 200 g - 800 g | -         | To cook fresh fish. Shield the thinner portions. Place in a shallow container on glass tray. Add 15-45 ml (1-3 tbsp) water. Cover with pierced cling film or lid. Press the Auto Cook pad six times. Enter the weight. Press Start.  |
| <b>18. Porridge with milk</b><br><br>7 Presses<br>      | 50 g - 200 g  | -         | This program is suitable for cooking porridge using plain oats. Use back of pack instructions for quantity of oats to milk. Use whole or semi-skimmed milk. This program is not suitable for making porridge with water or skimmed milk. Use a large round bowl. Do not cover. Place on the glass tray. Press the Auto Cook pad seven times. Enter the weight of oats used. Press Start. Stir at beeps. Allow to stand for 2 minutes. Stir before serving. |
| <b>19. Porridge with water</b><br><br>8 Presses<br> | 50 g - 200 g  | -         | This program is suitable for cooking porridge using plain oats. Use back of pack instructions for quantity of oats to water. This program is not suitable for making porridge with milk. Use a large round bowl. Do not cover. Place on the glass tray. Press the Auto Cook pad eight times. Enter the weight of oats used. Press Start. Stir at beeps. Allow to stand for 2 minutes. Stir before serving.   |

 = Microwave


# Auto/Roast Programs

| Program  | Weight         | Accessory   | Instructions  |
|--|----------------|---|---|
| <b>20. Jacket potatoes</b><br><br>Auto/Roast<br>1 Press<br> +   | 200 g - 1500 g |    | To cook jacket potatoes with a crisper drier skin. Choose medium sized potatoes 200 g - 250 g, for best results. Wash and dry potatoes and prick with a fork several times. Place on enamel tray on glass tray. Press the Auto/Roast pad once. Enter total weight of potatoes, then press Start.  |
| <b>21. Frozen pizza</b><br><br>Auto/Roast<br>2 Presses<br>**   +               | 130 g - 450 g  |    | For reheating and browning frozen, purchased pizza. Press the Auto/Roast pad twice. Press the Start pad to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Remove all packaging and place pizza on wire rack on enamel tray on glass tray. Enter weight and press Start.   |
| <b>22. Frozen potato products</b><br><br>Auto/Roast<br>3 Presses<br>**   +  | 200 g - 500 g  |    | To cook frozen potato products, e.g. hash browns, croquettes, etc., that are suitable for grilling. Press the Auto/Roast pad three times. Press the Start pad to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Spread potato products out on enamel tray on wire rack on glass tray. Enter the weight. Press Start. Turn/Stir at beeps. For best results cook in a single layer.<br><b>Note:</b> Potato products vary considerably. We suggest checking a few minutes before the end of cooking to assess levels of browning.  |
| <b>23. Fish and chips</b><br><br>Auto/Roast<br>4 Presses<br>**   +     | 200 g - 500 g  |  | This program is suitable for pre-purchased frozen battered or breaded fish and pre-purchased frozen oven chips. This program is suitable for 1 portion of fish and chips. The fish must weigh between 100 g - 250 g and the chips must weigh between 100 g - 300 g. Press the Auto/Roast pad four times. Press the Start pad to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Spread the fish and chips out on the enamel tray on wire rack on glass tray. Enter the weight of the fish and chips. Press Start. Turn/Stir at the beeps. For best results cook in a single layer. |
| <b>24. Chicken</b><br><br>Auto/Roast<br>5 Presses<br>  +               | 900 g - 2000 g |  | To cook whole fresh unstuffed chickens. Cook stuffing separately. Press Auto/Roast pad five times. Press the Start pad to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Place chicken on enamel tray and place on glass tray. Enter in the weight of the chicken, then press Start. Start cooking breast side down and turn at beeps, taking care with hot juices. Stand for 5 minutes.  |
















 = Microwave

 = Convection

 = Preheating is required

\*\*  = frozen

# Auto/Roast Programs (continued)

| Program   | Weight          | Accessory   | Instructions   |
|---|-----------------|---|--|
| <b>25. Beef rare</b><br><br>Auto/Roast<br>6 Presses<br>           | 500 g - 2000 g  |    | For cooking rare fresh roast beef (top side, rump or silverside). Place on enamel tray on the glass tray. Press the Auto/Roast pad six times, enter the weight of the food and press Start. After cooking stand for 10 to 20 minutes.        |
| <b>26. Beef medium</b><br><br>Auto/Roast<br>7 Presses<br>         | 500 g - 2000 g  |    | For cooking medium fresh roast beef (top side, rump or silverside). Place on enamel tray on the glass tray. Press the Auto/Roast pad seven times, enter the weight of the food and press Start. After cooking stand for 10 to 20 minutes.    |
| <b>27. Beef well done</b><br><br>Auto/Roast<br>8 Presses<br>      | 500 g - 2000 g  |    | For cooking well done fresh roast beef (top side, rump or silverside). Place on enamel tray on the glass tray. Press the Auto/Roast pad eight times, enter the weight of the food and press Start. After cooking stand for 10 to 20 minutes. |
| <b>28. Lamb medium</b><br><br>Auto/Roast<br>9 Presses<br>     | 1000 g - 2000 g |  | For cooking medium fresh roast leg of lamb with bone. Place on enamel tray on the glass tray. Press the Auto/Roast pad nine times, enter the weight of the food and press Start. After cooking stand for 10 to 20 minutes.                   |
| <b>29. Lamb well done</b><br><br>Auto/Roast<br>10 Presses<br> | 1000 g - 2000 g |  | For cooking well done fresh roast leg of lamb with bone. Place on enamel tray on the glass tray. Press the Auto/Roast pad ten times, enter the weight of the food and press Start. After cooking stand for 10 to 20 minutes.                 |

 = Convection

# INGREDIENT CONVERSION CHART

| INGREDIENT CONVERSION CHART |           |                |       |
|-----------------------------|-----------|----------------|-------|
| ¼ cup                       | 60 ml     | ¼ teaspoon     | 1 ml  |
| ⅓ cup                       | 85 ml     | ½ teaspoon     | 2 ml  |
| ½ cup                       | 125 ml    | 1 teaspoon     | 5 ml  |
| ⅔ cup                       | 165 ml    | 2 teaspoons    | 10 ml |
| ¾ cup                       | 190 ml    | 3 teaspoons    | 15 ml |
| 1 cup                       | 250 ml    | 1 tablespoon   | 20 ml |
| 1¼ cups                     | 310 ml    | 1½ tablespoons | 30 ml |
| 1½ cups                     | 375 ml    | 2 tablespoons  | 40 ml |
| 2 cups                      | 500 ml    | 3 tablespoons  | 60 ml |
| 3 cups                      | 750 ml    | 4 tablespoons  | 80 ml |
| 3½ cups                     | 875 ml    |                |       |
| 4 cups                      | 1 litre   |                |       |
| 6 cups                      | 1.5 litre |                |       |
| 8 cups                      | 2 litre   |                |       |

All recipes are tested using standard measurement that appear in the above chart.

# Before Requesting Service

## ALL THESE THINGS ARE NORMAL:

The oven causes interference with my TV.

Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment interference might occur when you cook with the oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.

Steam accumulates on the oven door and warm air comes from the oven vents.

During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cool down.

I accidentally operate my microwave oven without any food in it.

Operating the oven empty for a short time will not damage the oven. However, we do not recommend this to be done.

There are humming and clicking noises from my oven when I cook by Combination.

These noise occur as the oven automatically switches from **microwave** power to **Convection/Grill** to create the combination setting.

The oven has an odour and generates smoke when using Combination, Convection and Grill function.

It is essential that your oven is wiped out regularly particularly after cooking by Combination, Convection and Grill function. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.

Some smoke will be given off from the cavity when using Grill, Combination, or Convection for the first time.

It caused by the excessive oil in the cavity and oil used for rust protection volatilizing.

# Before Requesting Service (continued)

| PROBLEM   | POSSIBLE CAUSE   | REMEDY   |
|---|--|--|
| Oven will not turn on.  | The oven is not plugged in securely.                                   | Remove plug from outlet, wait 10 seconds and re-insert.  |
|   | Circuit Breaker or fuse is tripped or blown.                           | Reset circuit breaker or replace fuse.   |
|   | There is a problem with the outlet.                                    | Plug another appliance into the outlet to check if the outlet is working.                                  |
| Oven will not start cooking.  | The door is not closed completely.                                     | Close the oven door securely.  |
|   | <b>Start</b> pad was not pressed after programming.                    | Press <b>Start</b> pad.  |
|   | Another program has already been entered into the oven.                | Press <b>Stop/Cancel</b> pad to cancel the previous program and program again.                             |
|   | The program has not been entered correctly.                            | Program again according to the Operating Instructions.   |
|   | <b>Stop/Cancel</b> pad has been pressed accidentally.                  | Program oven again.  |
| When the oven is turning on, there is noise coming from Glass Tray. | The roller ring and oven bottom are dirty.                             | Clean these parts according to care of your oven (See next page).  |
| "H97" or "H98", "H00" appears in the display window.                | This display indicates a problem with the microwave generation system. | Contact the authorised service centre.   |
| "DEMO MODE PRESS ANY KEY" or "D" appears in the display window.     | The oven is under demonstration mode.                                  | Press <b>Micro Power</b> pad once, then press <b>Start</b> pad 4 times and <b>Stop/Cancel</b> pad 4 times. |
| The "🔒" appears in the Display Window.                              | The Child Lock was activated by pressing <b>Start</b> pad 3 times.     | Deactivate Lock by pressing <b>Stop/Cancel</b> pad 3 times.  |
| "COOL" appears in the display window.                               | The fan is operating to cool the electric components.                  | The word "COOL" will disappear after the fan stops.  |

Demonstration mode is designed for retail store display. Cooking and other functions will not operate during the demonstration mode. If it seems there is a problem with the oven, contact an authorized Service Centre.



# Care of your Microwave Oven

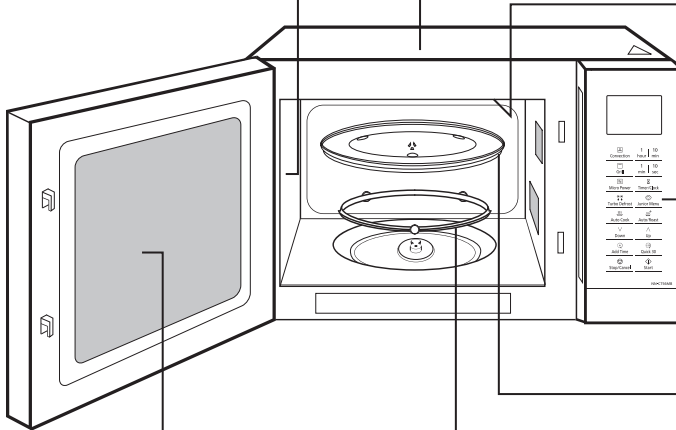
The oven should be cleaned regularly and any food deposits removed.

Turn the oven off and remove the power plug from the wall socket before cleaning.

Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.

The outside oven surfaces 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.

Clean the upper heater after it is completely cold. Wipe with a soft and damp cloth carefully to avoid breaking the heater and hurting your fingers by the broken heater.



Do not allow the Control Panel to become wet. Clean with a soft, damp cloth. Do not use detergents, abrasives or spray on cleaners on the Control Panel. When cleaning the Control Panel, leave oven door open to prevent oven from accidentally turning on. After cleaning press **Stop/Cancel** pad to clear display window.

It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water.

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 malfunction of the unit.

The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent, water or window cleaner and dry. The roller ring may be washed in mild sudsy water or dish washer. Cooking vapors collect during repeated use but in no way affect the bottom surface or roller ring wheels. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.

After using, clean it with a mild detergent.



Enamel Tray



Wire Rack



## Note

1. When using the Grill, Convection or Combination mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to “smoke” during use. These marks will be more difficult to clean later.
2. After Grill, Convection or Combination cooking, the ceiling and walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by Grill, Combination. Stubborn spots inside the oven can be removed by using a small amount of microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. This method can not be used to clean the oven door.  
DO NOT SPRAY DIRECTLY INSIDE THE OVEN.  
A steam cleaner is not to be used for cleaning.
3. 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.
4. When it becomes necessary to replace the oven light, please consult the service center specified by Panasonic.

# Technical Specifications

|  |                    |                          |
|--|--------------------|--------------------------|
| <b>Model</b>                               |                    | <b>NN-CT56MB</b>         |
| <b>Power Supply:</b>                       |                    | 230 - 240 V, 50 Hz       |
| <b>Power Consumption*:</b>                 | <b>Microwave</b>   | 4.7 A 1090 W             |
|  | <b>Grill</b>       | 5.8 A 1370 W             |
|  | <b>Combination</b> | 8.8 A 2100 W             |
|  | <b>Convection</b>  | 5.8 A 1390 W             |
| <b>Power Requirement: (Maximum)</b>        |                    | 2380 W                   |
| <b>Output power*:</b>                      | <b>Microwave</b>   | 1000 W                   |
|  | <b>Grill</b>       | 1300 W                   |
|  | <b>Convection</b>  | 1300 W                   |
| <b>Outside Dimensions (W x H x D):</b>     |                    | 520 mm x 310 mm x 395 mm |
| <b>Oven Cavity Dimensions (W x H x D):</b> |                    | 359 mm x 217 mm x 352 mm |
| <b>Overall Cavity Volume:</b>              |                    | 27 L                     |
| <b>Operating Frequency:</b>                |                    | 2450 MHz                 |
| <b>Uncrated Weight:</b>                    |                    | Approx. 13.8 kg          |

\* IEC Test Procedure

Specifications subject to change without notice.

As for the voltage requirement, the production date, manufactory and serial number, please refer to the name plate on the microwave oven.

# Panasonic Warranty (for Australia)

## Home Appliance 12 Month Warranty from Date of Purchase

1. Subject to the conditions of this warranty Panasonic or its Authorised Service Centre will perform necessary service on the product without charge for parts or labour, if in the opinion of Panasonic, the product is found to be faulty within the warranty period. For Communications products (i.e. Cordless Phones, etc) the genuine battery(s) has a 3 month warranty.
2. This warranty only applies to Panasonic products purchased in Australia and sold by Panasonic Australia or its Authorised Distributors or Dealers and only where the products are used and serviced within Australia or its territories. Warranty cover only applies to service carried out by a Panasonic Authorised Service Centre and only if valid proof of purchase is presented when warranty service is requested.
3. This warranty only applies if the product has been installed and used in accordance with the manufacturer's recommendations (as noted in the operating instructions) under normal use and reasonable care (in the opinion of Panasonic). The warranty covers normal domestic use only (also Clip & Trim Professional use) and does not cover damage, malfunction or failure resulting from use of incorrect voltages, incorrect installation, accident, misuse, neglect, build-up of dirt or dust, abuse, maladjustment of customer controls, mains supply problems, thunderstorm activity, infestation by insects or vermin, tampering or repair by unauthorised persons (including unauthorised alterations), exposure to abnormally corrosive conditions or any foreign object or matter having entered the product.
4. This warranty does not cover the following items unless the fault or defect existed at the time of purchase:
  - (a) Cabinet Parts
  - (b) Microwave Oven Plates.
  - (c) User replaceable Batteries
  - (d) Kneader Mounting Shaft, Shaver Heads, Cutters, Foils, Blades
  - (e) Accessories
  - (f) Noise or vibration that is considered normal
5. To claim warranty service, when required, you should:
  - Contact Panasonic's Customer Care Centre on 132600
  - Send or take the product to a Panasonic Authorised Service Centre together with your purchase receipt as a proof of purchase date. Please note that freight and insurance to and / or from your nearest Authorised Service Centre must be arranged by you.
6. The warranties hereby conferred do not extend to, and exclude, any costs associated with the installation, de-installation or re-installation of a product, including costs related to the mounting, de-mounting or remounting of any screen, (and any other ancillary activities), delivery, handling, freighting, transportation or insurance of the product or any part thereof or replacement of and do not extend to, and exclude, any damage or loss occurring by reason of, during, associated with, or related to such installation, de-installation, re-installation or transit.

Panasonic Authorised Service Centres are located in major metropolitan areas and most regional centres of Australia, however, coverage will vary dependant on product. For advice on exact Authorised Service Centre locations for your product, please telephone our Customer Care Centre on 132600.

In addition to your rights under this warranty, Panasonic products come with consumer guarantees that cannot be excluded under the Australian Consumer Law. If there is a major failure with the product, you can reject the product and elect to have a refund or to have the product replaced or if you wish you may elect to keep the goods and be compensated for the drop in value of the goods. You are also entitled to have the product repaired or replaced if the product fails to be of acceptable quality and the failure does not amount to a major failure.

If there is a major failure in regard to the product which cannot be remedied then you must notify us within a reasonable period by contacting the Panasonic Customer Care Centre. If the failure in the product is not a major failure then Panasonic may choose to repair or replace the product and will do so in a reasonable period of time from receiving notice from you.

**THIS WARRANTY CARD AND THE PURCHASE DOCKET (OR SIMILAR PROOF OF PURCHASE)  
SHOULD BE RETAINED BY THE CUSTOMER AT ALL TIMES**

If you require assistance regarding warranty conditions or any other enquiries, please visit the **Panasonic Australia** website [www.panasonic.com.au](http://www.panasonic.com.au) or contact by phone on **132 600**  
*If phoning in, please ensure you have your operating instructions available.*

**Panasonic Australia Pty. Limited**

ACN 001 592 187 ABN 83 001 592 187

1 Innovation Road, Macquarie Park NSW 2113  
[www.panasonic.com.au](http://www.panasonic.com.au)

PRO-031-F01 Issue: 6.0

02-10-2013

# Panasonic Warranty (for New Zealand)

## Built In Kitchen Appliance 24 Month from Date of Purchase Home Appliance 24 Month Warranty from Date of Purchase

1. Subject to the conditions of this warranty Panasonic or its Authorised Service Centre will perform necessary service on the product without charge for parts or labour, if in the opinion of Panasonic, the product is found to be faulty within the warranty period. For Line Communications products (i.e. Cordless Phones, etc.) the genuine battery(s) has a 3 month warranty.
2. This warranty only applies to Panasonic products purchased in New Zealand and sold by Panasonic New Zealand or its authorised Distributors or Dealers and only where the products are used and serviced within New Zealand or its territories. Warranty cover only applies to service carried out by a Panasonic Authorised Service and only if valid proof of purchase is presented when warranty service is requested.
3. This warranty only applies if the product has been installed and used in accordance with the manufacturer's recommendations (as noted in the operating instructions) under normal use and reasonable care (in the opinion of Panasonic). The warranty covers normal domestic use only (also Clip & Trim Professional use) and does not cover damage, malfunction or failure resulting from use of incorrect voltages, incorrect installation, accident, misuse, neglect, build-up of dirt or dust, abuse, maladjustment of customer controls, mains supply problems, thunderstorm activity, infestation by insects or vermin, tampering or repair by unauthorised persons (including unauthorised alterations), exposure to abnormally corrosive conditions or any foreign object or matter having entered the product.
4. This warranty does not cover the following items unless the fault or defect existed at the time of purchase:
  - (a) Cabinet Parts
  - (b) Microwave Oven cook plates
  - (c) User replaceable Batteries from wear and tear in normal use
  - (d) Kneader mounting shaft unit and Heads, Cutters, Foils, Blades and other accessories
  - (e) Noise or vibration that is considered normal
  - (f) Correcting the installation (e.g. removal of transit bolts, levelling and locking feet)
  - (g) Damage caused by water pressure exceeding 1MPa
  - (h) Water on floor due to incorrect loading, excessive suds, foreign matter on door seals
  - (i) Blocked pumps and removal filters, removal of foreign objects from the machine (e.g. bra wires, bread tags, nails, screws, coins, grit etc.)
  - (j) Replaceable lint filters
  - (k) Damage to surfaces caused by liquid or solid spillages, impact or lack of maintenance & cleaning products other than that recommended in the operating instructions
  - (l) Consumables (light bulbs, filters)
5. To claim warranty service, when required, you should:
  - Telephone Panasonic's Customer Care Centre on 09 272 0178 or visit our website referred to below and use the Service Centre Locator for the name/address of the nearest Authorised Service Centre.
  - Send or take the product to a Panasonic Authorised Service Centre together with your proof of purchase receipt as a proof of purchase date. Please note that freight and insurance to and / or from your nearest Authorised Service Centre must be arranged by you.
6. The warranties hereby conferred do not extend to, and exclude, any costs associated with the installation, de-installation or re-installation of a product, including costs related to the mounting, de-mounting or remounting of any screen, (and any other ancillary activities), delivery, handling, freighting, transportation, or insurance of the product or any part thereof or replacement of and do not extend to, and exclude, any damage or loss occurring by any reason of, during, associated with, or related to such installation, de-installation, re-installation or transit.

Panasonic Authorised Service Centres are located in major metropolitan areas and most regional centres of New Zealand, however, coverage will vary dependant on product. For advice on exact Authorised Service Centre locations for your product, please telephone our customer Care Centre on 09 272 0178 or visit our website and use the Service Centre locator.

Unless otherwise specified to the consumer the benefits conferred by this express warranty are additional to all other conditions, warranties, guarantees, rights and remedies expressed or implied by the Consumer Guarantees Act of New Zealand and all other obligations and liabilities on the part of the manufacturer or supplier and nothing contained herein shall restrict or modify such rights, remedies, obligations and liabilities.

**THIS WARRANTY CARD AND THE PURCHASE DOCKET (OR SIMILAR PROOF OF PURCHASE)  
SHOULD BE RETAINED BY THE CUSTOMER AT ALL TIMES**

If you require assistance regarding warranty conditions or any other enquiries, please visit the **Panasonic New Zealand** website [www.panasonic.co.nz](http://www.panasonic.co.nz) or contact by phone on **09 272 0178**  
*If phoning in, please ensure you have your operating instructions available.*

### PANASONIC NEW ZEALAND CUSTOMER CARE CENTRE

Phone: 09 272 0178

Fax: 09 272 0129

Email: [customerservice@nz.panasonic.com](mailto:customerservice@nz.panasonic.com)

Website: [www.panasonic.co.nz/support](http://www.panasonic.co.nz/support)

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. 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 54-67 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food you are cooking or reheating.

Remember to stir or turn food wherever possible during cooking or reheating.

This ensures even cooking or reheating on the outside and in the centre.

## When is Food Reheated?

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

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

## Plated Meals

Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. An average plated meal will take 4-5 minutes on **1000 W** to reheat. Do not stack meals.

## Canned Foods

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

## Soups

Place soup in a bowl. Stir before heating and at least once during reheat time and again at the end.

## Casseroles

Stir halfway through and again at the end of heating.

## Caution!

### Mince Pies

**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

Take great care when reheating these items.

**Do not leave unattended.**

**Do not add extra alcohol.**

### Babies Bottles

Milk or formula **must** be shaken thoroughly before heating and again at the end and tested carefully before feeding a baby. For 7-8 fl. oz. of milk from fridge temperature, remove top and teat. Heat on **1000 W** for 20-30 seconds. **Check carefully.**

For 3 fl. oz. of milk from fridge temperature, remove top and teat. Heat on **1000 W** for 10-20 seconds. **Check carefully.**

Liquid at the top of bottle will be much hotter than at the bottom. The bottle must be shaken thoroughly and tested before use.

**We do not recommend that you use your microwave to sterilise babies' bottles.** If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

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

| Food  | Weight/Quantity | Power Level | Time to Select (approx) | Instructions/Guidelines                                |
|---|-----------------|-------------|-------------------------|--|
| <b>Bread – Precooked – Fresh – N.B. Breads reheated by microwave will have a soft base.</b> |                 |             |                         |  |
| Croissants  | 1               | 1000 W      | 10-20 secs              | Place on micro-safe plate on glass tray. Do not cover. |
|   |                 | or Grill 1  | 2-3 mins                | Place on micro-safe plate on glass tray. Do not cover. |
|   | 4               | 1000 W      | 30-40 secs              | Place on micro-safe plate on glass tray. Do not cover. |
|   |                 | or Grill 1  | 3-5 mins                | Place on micro-safe plate on glass tray. Do not cover. |
| Rolls   | 1               | 1000 W      | 10-20 secs              | Place on micro-safe plate on glass tray. Do not cover. |
|   |                 | or Grill 1  | 3-4 mins                | Place on micro-safe plate on glass tray. Do not cover. |
|   | 4               | 1000 W      | 30-40 secs              | Place on micro-safe plate on glass tray. Do not cover. |
|   |                 | or Grill 1  | 3-4 mins                | Place on micro-safe plate on glass tray. Do not cover. |
| <b>Canned beans, pasta</b>  |                 |             |                         |  |
| Baked beans   | 220 g           | 1000 W      | 2 mins                  | Place in a micro-safe bowl on glass tray. Cover.       |
|   | 415 g           | 1000 W      | 3 mins                  |  |
| Baked beans & sausages/ burgers   | 415 g           | 1000 W      | 3-4 mins                |  |
| <b>Canned beans, pasta</b>  |                 |             |                         |  |
| Ravioli in sauce  | 200 g           | 1000 W      | 2 mins 30 secs          | Place in a micro-safe bowl on glass tray. Cover.       |
|   | 400 g           | 1000 W      | 3-4 mins                |  |
| Spaghetti in tomato sauce   | 200 g           | 1000 W      | 1 min 30 secs - 2 mins  |  |
| <b>Canned meat</b>  |                 |             |                         |  |
| Hot dogs (drained)  | 400 g           | 1000 W      | 2-3 mins                | Place in a micro-safe bowl on glass tray. Cover.       |
| Stewed steak  | 400 g           | 1000 W      | 3-4 mins                |  |



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| Food   | Weight/<br>Quantity | Power<br>Level | Time to Select<br>(approx) | Instructions/Guidelines  |
|--|---------------------|----------------|----------------------------|--|
| <b>Canned soups</b>  |                     |                |                            |  |
| Cream of mushroom  | 400 g               | 1000 W         | 3-4 mins                   | Place in a micro-safe bowl on glass tray. Cover. Stir halfway. |
| Minestrone   | 400 g               | 1000 W         | 2 mins 30 secs             |  |
| <b>Canned puddings</b>   |                     |                |                            |  |
| Custard  | 400 g               | 1000 W         | 2 mins                     | Place in a micro-safe bowl on glass tray. Cover. Stir halfway. |
| Sponge pudding   | 400 g               | 1000 W         | 2 mins 30 secs             | Place in a micro-safe bowl on glass tray. Cover.               |
| <b>Canned vegetables - Drain where appropriate</b>                                       |                     |                |                            |  |
| Carrots, whole   | 300 g               | 1000 W         | 2 mins                     | Place in a micro-safe bowl on glass tray. Cover. Stir halfway. |
| Peas, mushy  | 300 g               | 1000 W         | 2 mins                     |  |
| Peas, garden   | 290 g               | 1000 W         | 2 mins -<br>2 mins 30 secs | Place in a micro-safe bowl on glass tray. Cover.               |
| Potatoes new   | 567 g               | 1000 W         | 4 mins                     |  |
| Sweetcorn  | 198 g               | 1000 W         | 1 min 30 secs              | Place in a micro-safe bowl on glass tray. Cover. Stir halfway. |
|  | 325 g               | 1000 W         | 2-3 mins                   |  |
| Tomatoes, whole  | 400 g               | 1000 W         | 3 mins 30 secs             | Place in a micro-safe bowl on glass tray. Cover.               |
| Christmas puddings – do not leave unattended as overheating can cause the food to ignite |                     |                |                            |  |
| Mini   | 100 g               | 1000 W         | 30 secs                    | Place in a micro-safe dish on glass tray. Cover.               |
| Small  | 454 g               | 1000 W         | 2 mins                     |  |
| Medium   | 907 g               | 1000 W         | 3 mins                     |  |
| Large  | 1.1 kg              | 1000 W         | 3 mins 30 secs             |  |
| <b>Drinks — Coffee - at room temperature</b>   |                     |                |                            |  |
| 1 mug  | 235 ml              | 1000 W         | 1 min 30 secs -<br>2 mins  | Place in a micro-safe mug on glass tray.                       |
| 2 mugs   | 470 ml              | 1000 W         | 2 mins 30 secs             |  |
| <b>Drinks — Milk - from the fridge</b>   |                     |                |                            |  |
| 1 mug  | 235 ml              | 600 W          | 2 mins-<br>2 mins 30 secs  | Place in a micro-safe mug or jug on glass tray.                |
| 1 jug  | 600 ml              | 600 W          | 4-5 mins                   |  |



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| Food   | Weight/Quantity | Power Level                   | Time to Select (approx) | Instructions/Guidelines  |
|--|-----------------|-------------------------------|-------------------------|--|
| <b>Homemade meat dishes</b>  |                 |                               |                         |  |
| Casserole for 2  | 700 g           | 1000 W                        | 6-8 mins                | Place in a micro-safe dish on glass tray. Cover. Stir halfway. |
| Casserole for 4  | 1 kg            | 1000 W                        | 10-15 mins              |  |
| Bolognese sauce  | 250 g           | 1000 W                        | 3 mins                  |  |
|  | 1 kg            | 1000 W                        | 8 mins                  |  |
| <b>Pastry products – precooked – N.B. Pastries reheated by microwave will have a soft base. For combination cooking, if pie comes in foil container place directly onto enamel tray.</b> |                 |                               |                         |  |
| Cornish pastie   | 140 g (1)       | 1000 W                        | 1-2 mins                | Place in micro-safe dish on glass tray. Do not cover.          |
|  |                 | or Combi<br>200 °C +<br>100 W | 7-9 mins                | Place on wire rack on enamel tray on glass tray. Do not cover. |
|  | 300 g (2)       | 1000 W                        | 2-3 mins                | Place in micro-safe dish on glass tray. Do not cover.          |
|  |                 | or Combi<br>200 °C +<br>100 W | 8-10 mins               | Place on wire rack on enamel tray on glass tray. Do not cover. |
| <b>Pastry products – precooked – N.B. Pastries reheated by microwave will have a soft base. If pie comes in foil container place directly onto enamel tray.</b>                          |                 |                               |                         |  |
| Meat pies  | 300 g (2)       | Combi<br>200 °C +<br>300 W    | 6-7 mins                | Place on enamel tray on glass tray                             |
| Steak and kidney Shortcrust pie  | 210 g (1)       | Combi<br>200 °C +<br>100 W    | 12 mins                 |  |
| Quiche   | 400 g (1)       | 1000 W                        | 3-4 mins                | Place in micro-safe dish on glass tray. Do not cover.          |
|  |                 | or Combi<br>220 °C +<br>300 W | 7-8 mins                | Place on wire rack on enamel tray on glass tray. Do not cover. |
| Sausage roll   | 330 g (2)       | Combi<br>220 °C +<br>100 W    | 9-10 mins               |  |
| Xmas mince pies  | 110 g (2)       | 1000 W                        | 10-20 secs              | Place in micro-safe dish on glass tray. Do not cover.          |



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| Food  | Weight/<br>Quantity | Power<br>Level                | Time to Select<br>(approx) | Instructions/Guidelines  |
|---|---------------------|-------------------------------|----------------------------|--|
| <b>Plated meals – homemade – chilled</b>  |                     |                               |                            |  |
| Child size  | 1                   | 1000 W                        | 2-3 mins                   | Place on a micro-safe plate on glass tray.<br>Cover.                         |
| Adult size  | 1                   | 1000 W                        | 4-5 mins                   |  |
| <b>Puddings and desserts- Transfer puddings to a micro-safe/heatproof dish</b>  |                     |                               |                            |  |
| Apple pie<br>(chilled)  | 700 g               | 1000 W                        | 3-4 mins                   | Place in micro-safe dish on glass tray. Do not cover.                        |
|   |                     | or Combi<br>220 °C<br>+ 100 W | 13-14 mins                 | Place on enamel tray on glass tray. Do not cover.                            |
| Apple and<br>blackcurrant<br>pies (room<br>temperature)                         | x 6                 | Convection<br>220°C           | 6-7 mins                   | Place in foil cases on wire rack on enamel tray on glass tray. Do not cover. |
| Bread<br>and butter<br>pudding<br>(chilled)                                     | 500 g               | 1000 W                        | 3-4 mins                   | Place on glass tray. Do not cover.   |
|   |                     | or 220 °C +<br>100 W          | 15-17 mins                 | Place on enamel tray on glass tray. Do not cover.                            |
| Custard<br>(chilled)  | 300 ml              | 1000 W                        | 2 mins -<br>2 mins 30 secs | Place in large jug. Stir during reheating.                                   |
| <b>Puddings and desserts – Transfer puddings to a micro-safe/heatproof dish</b> |                     |                               |                            |  |
| Fruit<br>crumble<br>(chilled)   | 500 g               | 1000 W                        | 2 mins -<br>2 mins 30 secs | Place on glass tray. Do not cover.   |
|   |                     | or Combi<br>220 °C +<br>100 W | 10-15 mins                 | Place on enamel tray on glass tray. Do not cover.                            |
| Jam roly<br>poly (chilled)  | 480 g               | 1000 W                        | 2-4 mins                   | Place on glass tray. Do not cover.   |



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| Food   | Weight/<br>Quantity | Power<br>Level                | Time to Select<br>(approx) | Instructions/Guidelines  |
|--|---------------------|-------------------------------|----------------------------|--|
| <b>Purchased convenience foods – chilled N.B. Transfer food from foil container to a similar sized micro-safe/heatproof dish.</b>  |                     |                               |                            |  |
| Breaded mushrooms  | 300 g               | Convection:<br>220 °C         | 13-15 mins                 | Place on enamel tray on wire rack on glass tray.               |
| Cottage pie  | 400 g               | 1000 W                        | 4-5 mins                   | Place on glass tray. Uncovered.                                |
|  |                     | or Combi<br>220 °C +<br>300 W | 13-15 mins                 | Place on enamel tray on glass tray. Do not cover.              |
| Lasagne  | 400 g               | 600 W                         | 5-7 mins                   | Place on glass tray. Uncovered.                                |
|  |                     | or Combi<br>200 °C +<br>440 W | 11-13 mins                 | Place on enamel tray on glass tray. Do not cover.              |
| Onion bhajis, pakora & felaful   | 360 g (12)          | Convection:<br>220 °C         | 10-12 mins                 | Place on enamel tray on wire rack on glass tray. Turn halfway. |
| Spring rolls or samosas  | 240 g               | Convection:<br>220 °C         | 13-15 mins                 | Place on wire rack on enamel tray on glass tray. Turn halfway. |
| Potato wedges  | 385 g               | Convection:<br>220 °C         | 10-15 mins                 | Place on enamel tray on wire rack on glass tray. Turn halfway. |
| Vegetable bake   | 450 g               | 1000 W                        | 6-8 mins                   | Place on glass tray.   |
|  |                     | or Combi<br>200 °C +<br>300 W | 12-14 mins                 | Place on enamel tray on glass tray. Do not cover.              |
| <b>Purchased convenience foods – frozen – N.B. Transfer food from foil container to a similar sized micro-safe/heatproof dish. Plastic dishes designed for microwave and conventional ovens may be used with care.</b> |                     |                               |                            |  |
| Golden drummers  | 340 g (6)           | Grill 1                       | 16-18 mins                 | Place on enamel tray on wire rack on glass tray. Turn halfway. |
| Lasagne  | 400 g               | 270 W then<br>1000 W          | 4 mins<br>8-9 mins         | Place on glass tray.   |
|  |                     | or Combi<br>220 °C +<br>300 W | 18-20 mins                 | Place on enamel tray on glass tray.                            |
| Breaded onion rings  | 250 g               | Grill 1                       | 10-12 mins                 | Place on enamel tray on wire rack on glass tray. Turn halfway. |
| Fish pie   | 340 g               | 1000 W                        | 7-8 mins                   | Place on glass tray.   |
|  |                     | or Combi<br>220 °C +<br>300 W | 15-17 mins                 | Place on enamel tray on glass tray.                            |
| Shepherd's pie   | 400 g               | 270 W then<br>1000 W          | 5 mins<br>6-8 mins         | Place on glass tray.   |
|  |                     | or Combi<br>220 °C +<br>300 W | 20-22 mins                 | Place on enamel tray on glass tray.                            |



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|---|---------------------|--------------------------------|------------------------------------|--|
| <b>Bread – Frozen</b>   |                     |                                |                                    |  |
| Part-baked rolls  | 200 g (4)           | Combi 220 ° C<br>+ 300 W       | 8-12 mins                          | Place on enamel tray on glass tray.  |
| Part-baked garlic baguette  | 170 g (1)           | Combi 220 ° C<br>+ 300 W       | 8-10 mins                          |  |
| <b>Bacon – from raw</b>   |                     |                                |                                    |  |
| Rashers   | 300 g (8)           | 1000 W                         | 4-6 mins or<br>1 min<br>per rasher | Place on micro-safe rack or plate on glass tray and cover with kitchen towel to minimise splatter.     |
|   |                     | or Grill 1                     | 11-13 mins                         | Place on enamel tray on wire rack on glass tray. Turn halfway.   |
| Steaks  | 250 g (2)           | 1000 W                         | 4-5 mins                           | Place on micro-safe rack or plate on glass tray. Cover.  |
|   |                     | or Grill 1                     | 28-30 mins                         | Place on wire rack on enamel tray on glass tray. Turn halfway.   |
| <b>Beans &amp; pulses – should be pre-soaked (except lentils)</b>   |                     |                                |                                    |  |
| Black eyed beans  | 225 g               | 1000 W<br>then 300 W           | 10 mins<br>25-30 mins              | Use 600 ml boiling water in a large bowl. Cover.   |
| Chick peas  | 225 g               | 1000 W<br>then 300 W           | 10 mins<br>40 mins                 |  |
| Lentils   | 225 g               | 600 W                          | 10-15 mins                         |  |
| Red kidney beans  | 225 g               | 1000 W<br>then 300 W           | 15 mins<br>35-40 mins              |  |
| <b>Beef - Joints from raw – Caution: Hot fat! Remove dish with care. For Guidelines see Meat chapter page 74.</b> |                     |                                |                                    |  |
| Topside, Forerib, Sirloin   | -                   | Combi:<br>170 °C +<br>300 W    | 14-16 min<br>per 450 g             | Place on an upturned saucer on enamel tray on glass tray. Turn halfway.                                |
| Mince   | 450 g               | 1000 W<br>then 600 W           | 10 mins<br>15 mins                 | Place in micro-safe dish with stock and seasonings on glass tray. Stir halfway. Cover.                 |
| <b>Beef - Joints from raw – Caution: Hot fat! Remove dish with care. For Guidelines see Meat chapter page 74.</b> |                     |                                |                                    |  |
| Rump/<br>sirloin  | 380 g (2)           | 600 W                          | 3-5 mins                           | Place on micro-safe rack or plate on glass tray. Cover.  |
|   |                     | or Grill 1                     | 12-14 mins                         | Place on wire rack on enamel tray on glass tray. Turn halfway.   |
| Stewing<br>steak  | 450 g - 675 g       | 1000 W<br>then 300 W           | 10 mins<br>60 mins                 | Place in micro-safe dish with stock and vegetables on glass tray. Stir halfway. Cover.                 |
|   |                     | or Combi:<br>160 °C +<br>100 W | 1 hr 10 mins -<br>1 hr 40 mins     | Place in casserole dish with stock and vegetables with lid on enamel tray on glass tray. Stir halfway. |



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| Food  | Weight/<br>Quantity | Power<br>Level                  | Time to Select<br>(approx) | Instructions/Guidelines  |
|---|---------------------|---------------------------------|----------------------------|--|
| <b>Beefburgers – Fresh from raw – Caution: Hot fat! Remove oven accessories with care.</b>                              |                     |                                 |                            |  |
| -   | 226 g (2)           | 1000 W                          | 3-4 mins                   | Place on micro-safe rack or plate on glass tray. Cover.  |
|   |                     | or Grill 1                      | 18-20 mins                 | Place on wire rack on enamel tray on glass tray. Turn halfway.   |
| <b>Beefburgers – Frozen from raw – Caution: Hot fat! Remove oven accessories with care.</b>                             |                     |                                 |                            |  |
| -   | 227 g (4)           | 1000 W                          | 5-7 mins                   | Place on micro-safe rack or plate on glass tray. Cover.  |
|   |                     | or Grill 1                      | 12-16 mins                 | Place on wire rack on enamel tray on glass tray. Turn halfway.   |
| <b>Chicken from raw – Caution: Hot Fat! Remove oven accessories with care. For Guidelines see meat chapter page 74.</b> |                     |                                 |                            |  |
| Breasts,<br>boneless  | 600 g (4)           | 600 W                           | 12-14 mins                 | Place on micro-safe rack or plate on glass tray. Cover.  |
|   |                     | or Grill 1 +<br>300 W           | 16-18 mins                 | Place on wire rack on enamel tray on glass tray. Turn halfway.   |
| Drumsticks  | 800 g (8)           | 600 W                           | 12-14 mins                 | Place on micro-safe rack or plate on glass tray. Cover.  |
|   |                     | or<br>Convection<br>220 °C      | 25-30 mins                 | Place on wire rack on enamel tray on glass tray. Turn halfway.   |
| <b>Chicken from raw – Caution: Hot Fat! Remove oven accessories with care. For Guidelines see meat chapter page 74.</b> |                     |                                 |                            |  |
| Kiev (fresh)  | 300 g (2)           | Convection<br>220 °C +<br>100 W | 14-16 mins                 | Place on wire rack on enamel tray on glass tray.   |
|   | 600 g (4)           |                                 | 16-18 mins                 |  |
| Nuggets<br>(frozen)   | 500 g               | Combi:<br>220 °C +<br>100 W     | 15-20 mins                 | Place on enamel tray on wire rack on glass tray.   |
|   |                     | or Grill 1                      | 15-20 mins                 | Place on enamel tray on wire rack on glass tray. Turn halfway.   |
| Nuggets<br>(fresh)  | 360 g               | Combi:<br>220 °C +<br>100 W     | 12-14 mins                 | Place on enamel tray on wire rack on glass tray.   |
| Chicken<br>legs   | 1 kg (4)            | 600 W                           | 15-18 mins                 | Place on micro-safe rack or plate on glass tray. Cover.  |
|   |                     | or Combi:<br>220 °C +<br>300 W  | 25-35 mins                 | Place on wire rack on enamel tray on glass tray.   |
| Whole   | -                   | 600 W                           | 9-11 mins<br>per 450 g     | Place in micro-safe dish on glass tray. Cover.   |
|   |                     | or Combi:<br>190 °C +<br>300 W  | 14-16 mins<br>per 450 g    | Place on upturned saucer on enamel tray on glass tray. Start cooking breast side down. Turn halfway. Do not cover. |



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| Food  | Weight/<br>Quantity | Power<br>Level  | Time to Select<br>(approx) | Instructions/Guidelines   |
|---|---------------------|-----------------|----------------------------|---|
| <b>Eggs – Poached</b>   |                     |                 |                            |   |
| Water   | 45 ml               | 1000 W          | 40 secs                    | Place water in a small bowl and heat for 1st cooking time.<br>Add medium egg (size 3).<br>Pierce yolk and white.<br>Cover.<br>Cook for 2nd cooking time.<br>Then leave to stand for 1 minute. |
| Egg   | 1                   | 600 W           | 40 secs                    |   |
| Water   | 90 ml               | 1000 W          | 1 min                      |   |
| Eggs  | 2                   | 600 W           | 1 min                      |   |
| Water   | 135 ml              | 1000 W          | 1 min 30 secs              |   |
| Eggs  | 3                   | 600 W           | 1 min 10 secs              |   |
| Water   | 180 ml              | 1000 W          | 2 mins                     |   |
| Eggs  | 4                   | 600 W           | 1 min 30 secs              |   |
| <b>Eggs – Scrambled</b>   |                     |                 |                            |   |
| Egg   | 1                   | 1000 W          | 30 secs                    | Add 1 tablespoon of milk for each egg used.<br>Beat eggs, milk and knob of butter together.<br>Cook for 1st cooking time then stir.<br>Cook for 2nd cooking time then stand for 1 minute.     |
|   |                     | 1000 W          | 20 secs                    |   |
| Eggs  | 2                   | 1000 W          | 50 secs                    |   |
|   |                     | 1000 W          | 30 secs                    |   |
| Eggs  | 3                   | 1000 W          | 1 min 20 secs              |   |
|   |                     | 1000 W          | 30 secs                    |   |
| <b>Fish – Fresh from raw – For Guidelines see Fish Chapter page 71.</b> |                     |                 |                            |   |
| Breaded fillets   | 235 g (2)           | Grill 1         | 10-15 mins                 | Place on enamel tray on wire rack on glass tray. Turn halfway.  |
| Cakes   | 280 g (2)           | Grill 1 + 100 W | 12-14 mins                 | Place on enamel tray on wire rack on glass tray. Turn halfway.  |
| Fillets   | 260 g (2)           | 1000 W          | 3-4 mins                   | Place in micro-safe dish. Add 30 ml of liquid. Cover.   |
|   |                     | or Grill 1      | 12-14 mins                 | Place on enamel tray on wire rack on glass tray. Turn halfway.  |
| Steaks  | 220 g (2)           | 1000 W          | 3-4 mins                   | Place in micro-safe dish. Add 30 ml of liquid. Cover.   |
|   |                     | or Grill 2      | 12-16 mins                 | Place on enamel tray on wire rack on glass tray. Turn halfway.  |
| Whole   | 260 g (1)           | 1000 W          | 3-4 mins                   | Place in micro-safe dish. Add 30 ml of liquid. Cover.   |
|   |                     | or Grill 2      | 16 mins                    | Place on enamel tray on wire rack on glass tray. Turn halfway.  |



## Notes

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| Food   | Weight/<br>Quantity | Power<br>Level                    | Time to Select<br>(approx)   | Instructions/Guidelines  |
|--|---------------------|-----------------------------------|------------------------------|--|
| <b>Fish - Frozen from raw - For Guidelines see Fish chapter page 71.</b>   |                     |                                   |                              |  |
| Breaded fillets  | 260 g (2)           | Grill 1 +<br>100 W                | 15-17 mins                   | Place on enamel tray on wire rack on glass tray. Turn halfway. |
|  |                     | or Combi:<br>200 °C +<br>100 W    | 14-16 mins                   |  |
| Cakes  | 400 g (4)           | Grill 1                           | 18-22 mins                   | Place on enamel tray on wire rack on glass tray. Turn halfway. |
| Fish fingers   | 230 g (8)           | 1000 W                            | 3-4 mins                     | Place on micro-safe dish.<br>Do not cover.                     |
|  |                     | or Grill 1                        | 12-14 mins                   | Place on enamel tray on wire rack on glass tray. Turn halfway. |
| <b>Fish - Frozen from raw - For Guidelines see Fish chapter page 71.</b>   |                     |                                   |                              |  |
| Haddock fillets  | 300 g (3)           | 1000 W                            | 4-5 mins                     | Place in micro-safe dish.<br>Add 30 ml of liquid. Cover.       |
|  |                     | or Grill 1                        | 15-20 mins                   | Place on enamel tray on wire rack on glass tray. Turn halfway. |
| Scampi   | 300 g               | Grill 1                           | 15 mins                      | Place on enamel tray on wire rack on glass tray. Turn halfway. |
|  |                     | or Combi:<br>220 °C<br>+ 300 W    | 9-10 mins                    |  |
| Whole  | 500 g (2)           | 1000 W                            | 12-15 mins                   | Place in micro-safe dish. Add 30 ml of liquid. Cover.          |
| Steaks   | 220 g (2)           | 1000 W                            | 4-6 mins                     | Place in micro-safe dish. Add 30 ml of liquid. Cover.          |
| Boil in the bag  | 150 g-<br>170 g     | 270 W<br>then stand<br>then 600 W | 2 mins<br>2 mins<br>4-5 mins | Place bag sauce side down on a plate. Slash top.               |
| <b>Fruit – Peel, slice, chop into even sized pieces. Place in shallow micro-safe/heatproof dish on glass tray.</b> |                     |                                   |                              |  |
| Apples – poached   | 450 g               | 1000 W                            | 6-7 mins                     | Add 300 ml of water. Only half fill dish. Cover.               |
| Apples – stewed  | 450 g               | 1000 W                            | 5-6 mins                     | Only half fill dish. Cover.                                    |
| Peaches – poached  | 450 g               | 1000 W                            | 5-6 mins                     | Add 300 ml of water. Only half fill dish. Cover.               |
| Pears – poached  | 450 g               | 1000 W                            | 6-7 mins                     |  |
| Plums – poached  | 450 g               | 1000 W                            | 4-6 mins                     |  |
| Plums – stewed   | 450 g               | 1000 W                            | 3-4 mins                     | Add 30 ml of water. Only half fill dish. Cover.                |
| Rhubarb – stewed   | 450 g               | 1000 W                            | 4-6 mins                     | Only half fill dish. Cover.                                    |



### Notes

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| Food  | Weight/<br>Quantity | Power<br>Level                                  | Time to Select<br>(approx) | Instructions/Guidelines   |
|---|---------------------|---|----------------------------|---|
| <b>Lamb – from raw – Caution: Hot Fat! Remove accessory with care. For Guidelines see Meat chapter page 74.</b> |                     |   |                            |   |
| Chops, cutlets  | 300 g (4)           | 600 W   | 4-6 mins                   | Place in micro-safe dish or rack on glass tray. Cover.  |
|   |                     | or Grill 1                                      | 14-16 mins                 | Place on wire rack on enamel tray on glass tray. Turn halfway.  |
| Chops, loin   | 500 g (4)           | 600 W   | 5-7 mins                   | Place in micro-safe dish or rack on glass tray. Cover.  |
|   |                     | or Grill 1                                      | 22-24 mins                 | Place on wire rack on enamel tray on glass tray. Turn halfway.  |
| Joints  | -                   | Combi:<br>180 °C +<br>300 W                     | 12-15 mins<br>per 450 g    | Place on enamel tray on glass tray. Turn halfway.   |
| Stewing lamb  | 450 g               | 1000 W<br>then 440 W                            | 10 mins<br>40 mins         | Place in micro-safe dish with stock and vegetables on glass tray. Stir halfway. Cover.                        |
|   |                     | or Combi:<br>160 °C +<br>100 W                  | 1 hr                       | Place in casserole dish, add stock and vegetables, cover with lid on enamel tray on glass tray. Stir halfway. |
| Casseroling lamb i.e. diced shoulder  | 450 g               | 1000 W<br>then 440 W                            | 10 mins<br>60 mins         | Place in micro-safe dish on glass tray. Stir halfway. Cover.  |
|   |                     | or Combi:<br>160 °C +<br>100 W                  | 1 hr                       | Place in casserole dish with lid on enamel tray on glass tray. Stir halfway.                                  |
| <b>Pasta - Place in a large 3 litre microwave safe bowl.</b>  |                     |   |                            |   |
| Twists  | 225 g               | 1000 W  | 8-10 mins                  | Use 1 litre boiling water. Add 15 ml oil. Cover. Stir halfway.  |
| Macaroni  | 225 g               | 1000 W  | 10-12 mins                 |   |
| Spaghetti / tagliatelle   | 225 g               | 1000 W  | 8-10 mins                  | Use 1 ½ litres boiling water. Add 15 ml oil. Cover. Stir halfway.   |
| Pasta shells - i.e. conchiglie  | 225 g               | 1000 W  | 10-12 mins                 |   |
| <b>Pastry – uncooked</b>  |                     |   |                            |   |
| Shortcrust flan case  | 23 cm               | 1000 W  | 3-4 mins                   | Prick base of pastry and chill well. Lay piece of kitchen towel in base. Place on glass tray.                 |
|   |                     | or Combi:<br>220 °C +<br>300 W                  | 7-8 mins                   | Prick base of pastry and chill well. Do not cover. Place on enamel tray on glass tray.                        |
| All butter croissants   | 350 g (6)           | Convection:<br>Preheat<br>200 °C then<br>200 °C | 8-10 mins                  | Place on baking sheet on enamel tray on glass tray.   |



## Notes

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| Food   | Weight/<br>Quantity | Power<br>Level                 | Time to Select<br>(approx)         | Instructions/Guidelines  |
|--|---------------------|--------------------------------|------------------------------------|--|
| <b>Pizza – fresh chilled – N.B. Remove all packaging. Pizzas will have a soft base if cooked by microwave only.</b>    |                     |                                |                                    |  |
| Deep pan,<br>ham   | 410 g               | 1000 W                         | 4-6 mins                           | Place on micro-safe plate on glass tray. Do not cover.   |
|  |                     | or<br>Convection<br>220 °C     | 8-12 mins                          | Place directly on wire rack on enamel tray on glass tray. Do not cover.  |
| Thin and<br>crispy   | 300 g               | Combi:<br>220 °C +<br>100 W    | 6-8 mins                           | Place on wire rack on enamel tray on glass tray. Do not cover.   |
|  |                     | or<br>Convection<br>220 °C     | 8 mins                             |  |
| <b>Pizza - frozen - N.B. remove all packaging.</b>   |                     |                                |                                    |  |
| French<br>bread  | 250 g (2)           | Combi:<br>220 °C +<br>300 W    | 7-8 mins                           | Place on wire rack on enamel tray on glass tray. Do not cover.   |
| Pepperoni  | 340 g               | Combi:<br>220 °C +<br>300 W    | 8-10 mins                          | Place on wire rack on enamel tray on glass tray. Do not cover.   |
| <b>Pork – from raw – Caution: Hot Fat! Remove oven accessories with care. For Guidelines see Meat Chapter page 74.</b> |                     |                                |                                    |  |
| Chops  | 425 g (5)           | Grill 1                        | 20-25 mins                         | Place on wire rack on enamel tray on glass tray. Turn halfway.   |
| <b>Pork – from raw – Caution: Hot Fat! Remove oven accessories with care. For Guidelines see Meat Chapter page 74.</b> |                     |                                |                                    |  |
| Joints   | -                   | 600 W                          | 13-14 mins<br>per 450 g            | Place on upturned saucer in micro-safe dish on glass tray. Turn joint over halfway during cooking. Drain off fat during cooking. |
|  |                     | or Combi:<br>170 °C +<br>440 W | 16-18 mins<br>per 450 g            | Place on enamel tray. Turn halfway.  |
| Gammon<br>covered<br>with water  | -                   | 1000 W<br>then 600 W           | 15 mins<br>25-30 mins<br>per 450 g | Place in large casserole dish with lid and cover with water.   |
| Tenderloin,<br>whole   | -                   | Combi:<br>190 °C +<br>100 W    | 25-30 mins<br>per 450 g            | Place on upturned saucer on enamel tray on glass tray.   |



### Notes

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| Food   | Weight/<br>Quantity | Power<br>Level                 | Time to Select<br>(approx) | Instructions/Guidelines  |
|--|---------------------|--------------------------------|----------------------------|--|
| <b>Porridge – N.B: Use a large bowl.</b>   |                     |                                |                            |  |
| 1 serving  | ½ cup of<br>oats    | 600 W                          | 3 mins -<br>3 mins 30 secs | Add 1 cup of water or milk. Stir halfway.                      |
| 2 servings   | 1 cup of<br>oats    | 1000 W                         | 4-5 mins                   | Add 2 cups of water or milk. Stir halfway.                     |
| 4 servings   | 2 cups of<br>oats   | 1000 W                         | 8-9 mins                   | Add 4 cups of water or milk. Stir halfway.                     |
| <b>Potato products part cooked – frozen</b>  |                     |                                |                            |  |
| Croquettes   | 300 g               | Grill 1 +<br>300 W             | 11-13 mins                 | Place on enamel tray on wire rack on glass tray. Turn halfway. |
| Hash browns  | 300 g (7)           | Grill 1                        | 12-15 mins                 | Place on enamel tray on wire rack on glass tray. Turn halfway. |
| Oven chips & associated products   | 300 g               | Grill 1                        | 10-12 mins                 | Place on enamel tray on wire rack on glass tray. Turn halfway. |
|  | 450 g               | or Combi:<br>150 °C +<br>440 W | 11-12 mins                 | Place on enamel tray on wire rack on glass tray. Turn halfway. |
| <b>Rice - Place in a large 3 litre microwave safe bowl</b>   |                     |                                |                            |  |
| Basmati  | 250 g               | 600 W                          | 13-16 mins                 | Use 600 ml cold water. Cover. Stir halfway.                    |
| Easycook white   | 250 g               | 1000 W                         | 16-17 mins                 |  |
| Easycook brown   | 250 g               | 1000 W                         | 20-24 mins                 |  |
| Long grain white   | 250 g               | 600 W                          | 14-18 mins                 |  |
| Brown basmati  | 250 g               | 600 W                          | 20-25 mins                 |  |
| <b>Milk pudding – Use large bowl, cover. Stir halfway.</b>   |                     |                                |                            |  |
| Flaked rice  | 50 g                | 300 W                          | 35-45 mins                 | Add 600 ml milk and 30 ml sugar.                               |
| Pudding rice   | 50 g                | 1000 W<br>then 300 W           | 5 mins<br>40 mins          | Add 450 ml milk and 30 ml sugar.                               |
| <b>Sausages from raw – caution: Hot Fat! Remove oven accessories with care. For guidelines see Meat Chapter page 74.</b> |                     |                                |                            |  |
| Thick  | 454 g (8)           | Grill 1                        | 17-18 mins                 | Place on wire rack on enamel tray on glass tray. Turn halfway. |
| <b>Turkey from raw- Caution: Hot fat! Remove oven accessories with care. For guidelines see Meat Chapter page 74.</b>    |                     |                                |                            |  |
| Turkey, crown  | -                   | Combi:<br>190 °C +<br>300 W    | 13-15 mins<br>per 450 g    | Place on enamel tray on glass tray. Turn halfway.              |



## Notes

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| Food   | Weight/<br>Quantity | Power<br>Level | Time to Select<br>(approx) | Instructions/Guidelines |
|--|---------------------|----------------|----------------------------|-------------------------|
| <b>Fresh vegetables – place in shallow micro-safe dish</b> |                     |                |                            |                         |
| Asparagus  | 450 g               | 1000 W         | 5-8 mins                   | Add 90 ml water. Cover. |
| Broad beans  | 450 g               | 1000 W         | 5-6 mins                   |                         |
| Runner beans   | 450 g               | 1000 W         | 7-8 mins                   |                         |
| Beetroot   | 450 g               | 600 W          | 12-15 mins                 |                         |
| Broccoli   | 450 g               | 1000 W         | 6-8 mins                   |                         |
| Brussel sprouts  | 450 g               | 1000 W         | 8-9 mins                   |                         |
| Cabbage - sliced   | 450 g               | 1000 W         | 7-9 mins                   |                         |
| Carrots - sliced   | 450 g               | 1000 W         | 6-8 mins                   |                         |
| Cauliflower - florets                                      | 450 g               | 1000 W         | 10-12 mins                 |                         |
| <b>Fresh vegetables – place in shallow micro-safe dish</b> |                     |                |                            |                         |
| Courgettes   | 450 g               | 1000 W         | 5 mins                     | Add 90 ml water. Cover. |
| Corn on the cob  | 450 g               | 1000 W         | 6-7 mins                   |                         |
| Leeks - sliced   | 450 g               | 1000 W         | 7-8 mins                   |                         |
| Mushrooms  | 450 g               | 1000 W         | 5 mins                     |                         |
| Parsnips - sliced  | 450 g               | 1000 W         | 5-6 mins                   |                         |
| Peas   | 450 g               | 1000 W         | 4-6 mins                   |                         |
| Potatoes - boiled  | 450 g               | 1000 W         | 7-9 mins                   |                         |
| Potatoes, par-boiled                                       | 450 g               | 1000 W         | 5-6 mins                   |                         |



## Notes

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| Food   | Weight/<br>Quantity            | Power<br>Level                                  | Time to Select<br>(approx) | Instructions/Guidelines   |
|--|--------------------------------|---|----------------------------|---|
| Potatoes<br>- jacket<br>(225 g)                              | 1                              | 1000 W  | 5 mins                     | Wash and prick skins<br>several times. Place directly on glass tray<br>if cooking by microwave. If cooked by<br>combination place directly on enamel tray on<br>glass tray. Allow to stand for 5 minutes. Or use<br>Auto program jacket potatoes. |
|  |                                | or Combi:<br>220 °C +<br>300 W                  | 15 mins                    |   |
|  | 2                              | 1000 W  | 8 mins                     |   |
|  |                                | or Combi:<br>220 °C +<br>300 W                  | 20 mins                    |   |
|  | 4                              | 1000 W  | 13 mins                    |   |
|  |                                | or Combi:<br>220 °C +<br>300 W                  | 25 mins                    |   |
| 6  | 1000 W                         | 18-20 mins                                      |                            |   |
|  | or Combi:<br>220 °C +<br>300 W | 30 mins   |                            |   |
| Spinach  | 450 g                          | 1000 W  | 6 mins                     | Add 90 ml water. Cover.   |
| Swede<br>- cubed   | 450 g                          | 1000 W  | 8-12 mins                  |   |
| <b>Frozen vegetables - place in shallow micro-safe dish.</b> |                                |   |                            |   |
| Beans<br>- broad   | 450 g                          | 1000 W  | 8 mins                     | Add 30 ml water. Cover.   |
| Beans<br>- green   | 450 g                          | 1000 W  | 8-9 mins                   |   |
| Broccoli   | 450 g                          | 1000 W  | 8-9 mins                   |   |
| Brussels<br>sprouts  | 450 g                          | 1000 W  | 9-10 mins                  |   |
| Cabbage<br>- shredded  | 450 g                          | 1000 W  | 6-7 mins                   | Add 30 ml water. Cover.   |
| Carrots<br>- sliced  | 450 g                          | 1000 W  | 8 mins                     |   |
| Cauliflower  | 450 g                          | 1000 W  | 9-10 mins                  |   |
| Peas   | 450 g                          | 1000 W  | 6-7 mins                   |   |
| Spinach<br>- nuggets   | 450 g                          | 1000 W  | 8-9 mins                   |   |
| Sweetcorn  | 450 g                          | 1000 W  | 7 mins                     |   |
| <b>Miscellaneous</b>   |                                |   |                            |   |
| Frozen<br>yorkshire<br>puddings                              | 370 g                          | Convection:<br>Preheat<br>220 °C then<br>220 °C | 15-20 mins                 | Place directly onto enamel tray.  |



## Notes

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## Increasing and Decreasing Recipes

### Increasing Recipes

- To increase a recipe from 4-6 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 minutes per 450 g.
- Always check the recipe during cooking.
- When increasing the ingredients to 6 servings, add an extra one third of the original cooking time, i.e. 30 minutes on **600 W** for 4 servings will become 40 minutes on **600 W** for 6 servings.
- When doubling a recipe from 4-8, add on half the original cooking time, i.e. 30 minutes on **600 W** for 4 servings will become 45 minutes 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, i.e. 30 minutes on **600 W** for 4 servings will become 15-20 minutes 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.

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.

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## CARROT AND ORANGE SOUP

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**Ingredients:**

Serves 4

|         |                                |
|---------|--------------------------------|
| 25 g    | butter                         |
| 1       | medium onion, coarsely chopped |
| 700 g   | carrots, thickly sliced        |
| 1 litre | vegetable stock                |
| ½       | orange, grated zest            |
| 90 ml   | orange juice                   |
| 60 ml   | crème fraiche                  |
|         | salt and pepper                |
| 15 ml   | fresh chives, chopped          |

**Dish:** 1 x 3 litre Pyrex® casserole dish**Accessory:** none**Method:**

1. Place the butter and onion into casserole dish. Cover and cook on **1000 W** for 3-4 minutes or until soft.
2. Add the carrots. Cover and cook on **1000 W** for 8-10 minutes or until the vegetables are softened. Stir halfway.
3. Add stock and orange zest. Cover and cook on **1000 W** for 5 minutes then **440 W** for 15 minutes or until the carrots are soft.
4. Place into a liquidiser and purée until smooth.
5. Return purée to the bowl and add orange juice. Stir in the crème fraiche and season to taste. Cover and cook on **600 W** for 3-4 minutes or until piping hot.
6. Garnish with fresh chives.

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## SWEET POTATO SOUP

---

**Ingredients:**

Serves 4

|         |  |
|---------|--|
| 15 ml   | olive oil                              |
| 1       | medium onion, coarsely chopped         |
| 2 clove | garlic, crushed                        |
| 700 g   | sweet potatoes, peeled and chopped     |
| 1       | large red pepper, deseeded and chopped |
| 725 ml  | vegetable stock                        |
| 150 ml  | coconut milk                           |
|         | salt and pepper                        |

**Dish:** 1 x 3 litre Pyrex® casserole dish with lid**Accessory:** none**Method:**

1. Place the oil, onion and garlic into casserole dish, cover. Cook on **600 W** for 3 minutes or until soft.
2. Add the sweet potato and pepper and cook on **600 W** for 5 minutes. Add stock, cover and cook on **600 W** for 15 minutes, or until the potatoes are soft, stirring halfway.
3. Cool. Place in a liquidiser and purée until smooth. Stir in the coconut milk and season to taste.
4. Cover and cook on **600 W** for 3 minutes or until piping hot.

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## GOAT'S CHEESE & BASIL CIABATTA

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**Ingredients:**

Serves 4

|         |                                    |
|---------|------------------------------------|
| 2       | ciabatta rolls                     |
| 1 clove | garlic, halved                     |
| 1       | beef tomato, sliced                |
| 100 g   | goats cheese                       |
| 8       | black olives, stoned and quartered |
| 15 ml   | olive oil                          |
|         | fresh basil, chopped pepper        |

**Dish:** none**Accessory:** Enamel tray and wire rack**Method:**

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

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## ONION AND FETA CHEESE TARTLETS

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**Ingredients:**

Serves 6

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

**Dish:** 1 x 3 litre Pyrex® casserole dish with lid,  
1 x 32 x 23 cm greased baking sheet

**Accessory:** Enamel tray

**Method:**

1. Roll out the puff pastry and cut into 6 circles each 7 ½ cm in diameter. Chill pastry for 30 minutes.
2. Put oil and onions into casserole dish, cover and cook on **1000 W** for 10-13 minutes or until slightly browned. Cool for 5 minutes.
3. Preheat oven on **Convection** 200 °C with enamel tray.
4. Stir nuts, cheese, olives, sun-dried tomatoes and capers into onion mixture. Season well.
5. Place pastry circles on the baking sheet and prick with a fork.
6. Divide the onion mixture among the pastry circles.
7. Cook on **Convection** 220 °C for 10-15 minutes.
8. Garnish with fresh oregano sprigs.

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## MINISTRONE SOUP

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**Ingredients**

Serves 6

|        |                                |
|--------|--------------------------------|
| 30 ml  | olive oil                      |
| 1      | carrot, finely diced           |
| 1      | celery stick, finely diced     |
| 1      | red onion, finely diced        |
| 1      | garlic clove, crushed          |
| 400 g  | canned chopped tomatoes        |
| 15 ml  | tomato purée                   |
| 900 ml | vegetable stock                |
| 100 g  | green cabbage, finely shredded |
| 6      | basil leaves, roughly chopped  |
| 50 g   | small pasta shapes             |
| 400 g  | canned baked beans             |
|        | salt and pepper                |
|        | Parmesan                       |

**Dish:** 1 x large Pyrex® casserole dish with lid

**Accessory:** none

**Method:**

1. Place the olive oil, carrot, celery, onion and garlic into large casserole dish, cover with a lid and cook on **1000 W** for 5 minutes.
2. Add the tomatoes, tomato purée and stock and cook on **1000 W** for 5 minutes then **300 W** for 15 minutes.
3. Stir in the cabbage, basil, pasta, baked beans and seasoning and cook on **300 W** for 35 minutes. Serve sprinkled with Parmesan

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## QUINOA TABBOULEH WITH MINT

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**Ingredients**

Serves 6-8

|        |                            |
|--------|----------------------------|
| 300 g  | quinoa                     |
| 2      | courgettes, finely chopped |
| 300 g  | frozen peas                |
| 1      | bunch mint, chopped        |
| 100 ml | olive oil                  |
| 2      | lemons, juiced             |
|        | salt and pepper            |

**Dish:** 1 x large Pyrex® bowl, 1 x medium Pyrex® bowl, 1 x small Pyrex® bowl

**Accessory:** none

**Method:**

1. Place the quinoa and 600 ml of salted hot water in a large bowl, cover and cook on **1000 W** for 5 minutes then **300 W** for 15 minutes. Drain and leave to cool.
2. Place the courgettes and peas in a medium bowl with 30 ml cold water and cook on **1000 W** for approx. 6-7 minutes. Drain well.
3. Mix the mint, olive oil and lemon juice in a small bowl. Add this mixture to the quinoa, courgette and peas. Season and leave to rest for several hours before serving.

## Guidelines

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 of boiling water and 1 sliced lemon in a large bowl, cook on **300 W** for 20 minutes. 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 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.

## TUNA FISH CAKES

### Ingredients:

Serves 4

|       |                           |
|-------|---------------------------|
| 350 g | potatoes, peeled          |
| 25 g  | butter                    |
| 1     | small onion, chopped      |
| 200 g | canned tuna, drained      |
| 1     | egg, hard boiled, chopped |
| 30 ml | fresh parsley, chopped    |
| 10 ml | lemon juice               |
|       | salt and pepper           |
| 1     | egg, beaten               |
| 100 g | breadcrumbs               |

**Dish:** 1 x large Pyrex® casserole dish, 1 x large Pyrex® bowl

**Accessory:** Enamel tray + wire rack

### Method:

1. Cook potatoes with 45 ml water, covered on **1000 W** for 6-8 minutes or until cooked. Drain.
2. Place butter and onion in a bowl, cover and cook on **1000 W** for 4 minutes or until soft. Add potatoes and mash.
3. Stir in tuna, hard boiled egg, parsley and lemon juice, season well.
4. Shape into 8 cakes and coat in beaten egg and breadcrumbs.
5. Place on enamel tray on wire rack and cook on **Combination: Convection 220 °C + 100 W** for 15-25 minutes or until brown, turning halfway.

## SPECIAL OCCASION FISH PIE

### Ingredients:

Serves 4

|        |                        |
|--------|------------------------|
| 450 g  | white fish             |
| 50 g   | butter                 |
| 50 g   | flour                  |
| 450 ml | milk                   |
| 300 ml | white wine             |
| 450 g  | mixed seafood          |
| 6      | gherkins, diced        |
| 15 ml  | fresh parsley, chopped |
| 10 ml  | dill, chopped          |
|        | salt and pepper        |
| 450 g  | potatoes, peeled       |
| 15 ml  | capers                 |
| 50 g   | butter, melted         |
| 50 g   | Cheddar cheese, grated |

**Dish:** 1 x large Pyrex® gratin dish

**Accessory:** Enamel tray

### Method:

1. Place the white fish with 30 ml water in a shallow dish. Cover and cook on **1000 W** for 4-5 minutes or on **auto program fresh fish** (see page 43). Drain, skin, bone and flake.
2. Make the sauce by melting the butter in a large jug on **600 W** for 1 minute. Add the flour and stir well. Mix in the milk and wine and cook on **1000 W** for 4-5 minutes. Stir halfway. Mix in the fish, mixed seafood, gherkins and herbs. Season and pour into the dish.
4. Grate the potatoes and mix in the capers, melted butter and grated cheese. Place lightly on the fish sauce without pressing firmly to keep the grated form. Place on enamel tray and cook on **Combination: Convection 220 °C + 300 W** for 35-40 minutes or until piping hot and golden.

## SALMON AND VEGETABLE MORNAY

### Ingredients:

Serves 4

|        |                                       |
|--------|---------------------------------------|
| 100 g  | broccoli                              |
| 100 g  | cauliflower                           |
| 1      | medium red pepper, deseeded and diced |
| 198 g  | canned salmon, drained                |
| 25 g   | butter                                |
| 30 ml  | plain flour                           |
| 300 ml | milk                                  |
| 50 g   | Cheddar cheese, grated                |
| 150 ml | cream, optional                       |
|        | salt and pepper                       |
| 15 g   | butter                                |
| 75 g   | fresh white breadcrumbs               |
| 15 ml  | fresh parsley, chopped                |
|        | pinch of paprika                      |

**Dish:** 1 x 20 x 25 cm Pyrex® dish, 1 x large Pyrex® jug, 1 x small Pyrex® bowl

**Accessory:** Enamel tray

### Method:

1. Break broccoli and cauliflower into florets, add red pepper and 30 ml water. Cover and cook on **1000 W** for 5-6 minutes or until soft. Drain.
2. Flake salmon and mix with vegetables.
3. Melt butter in jug on **1000 W** for approx. 20-30 seconds. Stir in flour then milk. Cook on **1000 W** for 2 minutes 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 10-20 seconds. Stir in breadcrumbs, parsley and paprika. Sprinkle over vegetable mixture.
5. Place on enamel tray and cook on **Combination: 220 °C + 440 W** for 10-12 minutes or until golden brown.



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## BOUILLABAISSE

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### Ingredients:

Serves 6

|        |                                 |
|--------|---------------------------------|
| 225 g  | tomatoes                        |
| 125 ml | olive oil                       |
| 30 ml  | tomato purée                    |
| 2      | onions, chopped                 |
| 1      | large leek, sliced              |
| 4      | garlic cloves, crushed          |
| 1.2 L  | fish stock                      |
|        | salt and black pepper           |
| 150 ml | dry white wine                  |
| 4      | sprig thyme                     |
|        | small piece orange peel         |
| 4      | strands saffron                 |
| 5 ml   | chilli sauce                    |
| 450 g  | cod, haddock or coley           |
| 450 g  | mixed seafood                   |
| 4      | large fresh prawns              |
|        | bunch dill, chopped, to garnish |

**Dish:** 1 x 3 litre Pyrex® casserole dish

**Accessory:** none

### Method:

1. Skin the tomatoes and cut into four pieces, removing the cores. Place the oil and tomato purée in a large bowl, heat on **1000 W** for 1 minute and mix well. Add the onions and leek, cook on **1000 W** for 3-4 minutes or until soft.
2. Add the garlic, tomatoes, stock, seasoning, wine, thyme, orange peel, saffron and chilli sauce. Heat on **1000 W** for 3-4 minutes. Skin the fish, cut into chunks and add to the tomato liquid. Cook on **1000 W** for 3-4 minutes or until the fish is cooked. Add the mixed seafood and prawns and heat again for 2-3 minutes on **1000 W** or until hot, taking care not to overcook the fish.
3. Serve garnished with dill.

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## THAI TROUT

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### Ingredients:

Serves 2

|          |                                  |
|----------|----------------------------------|
| 2        | trout fillets, approx 150 g each |
| 2 cloves | garlic, finely chopped           |
| 1-2      | small red chilli, finely chopped |
| 1        | lime, zest and juice             |
| 4        | spring onions, finely chopped    |
| 30 ml    | light soy sauce                  |

**Dish:** 1 x Pyrex® shallow dish

**Accessory:** none

### Method:

1. Place fish fillets into a shallow dish, sprinkle the remaining ingredients on the top of the fish. Cover and cook on **600 W** for 4-5 minutes, or until the fish is cooked through.

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## COD AND LEEK BAKE

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### Ingredients

Serves 6

|        |                            |
|--------|----------------------------|
| 800 g  | cod, fillets               |
| 2      | large leeks, finely sliced |
| 300 ml | single cream               |
| 500 g  | potatoes, quartered        |
| 50 g   | Cheddar cheese, grated     |
|        | salt and pepper            |

**Dish:** 1 x shallow dish, 1 x 27 cm Pyrex® casserole dish with lid, 1 x large Pyrex® dish, 1 x 27 cm round dish

**Accessory:** Enamel tray

### Method:

1. Place the cod in a shallow dish, add 45 ml water. Cover and cook on **1000 W** for 5-6 minutes. Drain the cod and break into pieces, taking care to remove all the bones and the skin.
2. Place leeks in a casserole dish, cover and cook on **1000 W** for 10 minutes. Mix together the fish pieces, leeks, cream, cheese, salt and pepper.
3. Place the potatoes in a large dish, cover and cook on **1000 W** for 9-10 minutes. Place the potatoes in a round buttered dish, cover with the fish, leeks and cheese mixture.
4. Preheat the oven with the enamel tray on **Convection 200 °C**. Place the dish in the oven and cook on **Convection 200 °C + 440 W** for 10-15 minutes, until it is golden brown on top.

## Guidelines

### Defrosted Joints

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

### Fat

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



### Standing Time

Meat and poultry require a minimum of 15 minutes **standing time** wrapped in aluminium foil after cooking by microwave. Roast meat is always easier to carve after **standing** and the meat will continue to cook during the **stand time**.

### Bone

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

### Turning

Joints and poultry should be turned over halfway through cooking.

### Shielding

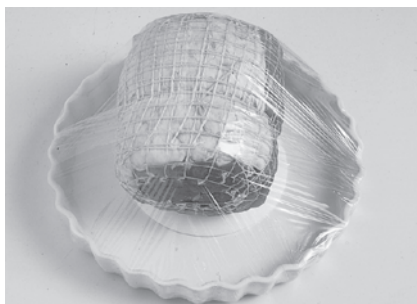
Large joints may need shielding with pieces of smooth aluminium foil after half the cooking time to avoid overcooking on the outside edges. Turkeys and large chickens should have their breast meat, legs and wings protected. Secure foil with cocktail sticks and do not allow foil to touch the walls of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

### How to Roast a Joint by Combination

Place the joint on enamel tray and place on glass tray.

### How to Roast a Joint by Microwave

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



### Roasting Bags

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

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

#### Tips

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

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

### How to Cook Small Cuts of Meat by Microwave

Some cuts of meat can be cooked successfully by microwave although due to their short cooking times and no heat source, they will not crisp and brown. They should always be cooked on a microwave safe rack to lift them out of their juices.



### Crispy Bacon

Place on a microwave safe rack (optional extra obtainable from cookware shops). Cover with a plain piece of kitchen towel to minimise splatter. Cook on **1000 W** for approx. 1 minute per rasher, or until desired crispness is achieved.

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## COQ AU VIN

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**Ingredients:**

Serves 4

|         |                             |
|---------|-----------------------------|
| 1.2 kg  | chicken portions, approx. 4 |
| 5 ml    | mixed herbs                 |
|         | salt and pepper             |
| 100 g   | streaky bacon               |
| 100 g   | button mushrooms            |
| 1 clove | garlic, crushed             |
| 450 g   | whole shallots              |
| 30 ml   | brandy                      |
| 300 ml  | red wine                    |
| 300 ml  | chicken stock               |
| 15 ml   | cornflour                   |

**Dish:** 1 x large Pyrex® casserole dish with lid**Accessory:** Enamel tray**Method:**

- Place all ingredients, apart from the cornflour, in casserole dish and cover.
- Place on enamel tray and cook on **Combination: Convection 160 °C + 100 W** for 1 hour 10 minutes or until cooked through. Stir halfway during cooking.
- Remove skin from chicken pieces and skim off any excess fat. Thicken using a little cornflour mixed with water. Serve sprinkled with chopped parsley.

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## CHICKEN SATAY

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**Ingredients:**

Serves 4-6

|       |   |
|-------|---|
| 4     | chicken breast fillets, skinned and chopped into small chunks |
| 100 g | creamed coconut   |
| 45 ml | lemon juice   |
| 30 ml | soy sauce   |
| 30 ml | vegetable oil   |
| 2     | garlic cloves, crushed  |
| 5 ml  | ground turmeric   |
| 5 ml  | five-spice powder   |
| 5 ml  | coriander seeds   |
| 5 ml  | cumin seeds   |
| 90 ml | peanut butter   |
|       | large pinch chilli powder                                     |

**Dish:** 1 x small mixing bowl, 8 x wooden skewers**Accessory:** Enamel tray + wire rack**Method:**

- Place chicken, 50 g creamed coconut, 30 ml lemon juice and 15 ml soy sauce into a blender or food processor. Add the oil, garlic, turmeric, five spice, coriander and cumin and blend until smooth.
- Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.
- For the serving sauce: Pour 50 g of creamed coconut into a large jug. Add the peanut butter, 15 ml of the lemon juice, 15 ml of the soy sauce, the chilli powder and 80 ml water. Cook on **1000 W** for 3-4 minutes or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
- Thread the chicken onto wooden skewers. Place on wire rack on enamel tray and cook on **Combination: Convection 220 °C + 100 W** for 26-30 minutes or until cooked through, turning occasionally. Serve hot with sauce for dipping.

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## BARBEQUE SPARE RIBS

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**Ingredients:**

Serves 4

|        |                    |
|--------|--------------------|
| 675 g  | pork ribs          |
| 30 ml  | white wine vinegar |
| Sauce: |                    |
| 45 ml  | tomato sauce       |
| 45 ml  | soy sauce          |
| 45 ml  | honey              |
| 5 ml   | dry mustard powder |
| 45 ml  | plum jam           |

**Dish:** 1 x large Pyrex® casserole dish with lid, 1 x Pyrex® bowl, 1 x Pyrex® shallow dish**Accessory:** Enamel tray**Method:**

- Place ribs into large casserole dish, cover with water and add the vinegar.
- Cover and cook on **1000 W** for 6-8 minutes then **300 W** for 20 minutes. Drain.
- Combine all sauce ingredients together in a Pyrex® bowl and heat on **600 W** for 2 minutes. Mix thoroughly.
- Toss ribs in sauce. Arrange on the base of shallow dish on the enamel tray and cook on **Combination: Convection 190 °C + 300 W** for 15-20 minutes or until ribs are dark brown and crispy.

## CASSEROLE PORK WITH HERBY DUMPLINGS

### Ingredients:

Serves 4

|        |                                    |
|--------|------------------------------------|
| 30 ml  | oil                                |
| 1      | medium onion, chopped              |
| 1      | green pepper, deseeded and chopped |
| 225 g  | carrots, sliced                    |
| 450 g  | lean pork, cubed                   |
| 30 ml  | seasoned flour                     |
| 5 ml   | ground bay leaves                  |
| 5 ml   | dried sage                         |
|        | salt and pepper                    |
| 300 ml | dry cider                          |

### Dumplings:

|        |                        |
|--------|------------------------|
| 175 g  | self raising flour     |
| 75 g   | suet                   |
|        | pinch of salt          |
| 5 ml   | mustard powder         |
| 15 ml  | fresh parsley, chopped |
| 150 ml | cold water             |

**Dish:** 1 x large Pyrex® casserole dish with lid

**Accessory:** Enamel tray

### Method:

- Place oil, onion, green pepper and carrots in casserole dish, cover and cook on **1000 W** for 5 minutes or until soft.
- Toss pork in seasoned flour and add to onion mixture. Stir in all other ingredients, cover, place on enamel tray and cook on **Combination: Convection 160 °C + 100 W** for 1 hour or until pork is tender.
- Whilst cooking make the dumplings by combining the flour, suet, salt, mustard and parsley. Add the water to make a stiff dough. Shape dough into 8 round dumplings.
- When pork is cooked, uncover and place dumplings around the edge of dish. Cook uncovered on the enamel tray on **Combination: Convection 160 °C + 100 W** for 15 minutes or until dumplings are cooked through.

## TOAD IN THE HOLE

### Ingredients:

Serves 4

|        |                |
|--------|----------------|
| 150 g  | plain flour    |
| 3 ml   | salt           |
| 2      | eggs           |
| 300 ml | milk and water |
| 25 g   | oil            |
| 450 g  | sausages       |

**Dish:** 1 x mixing bowl, 1 x 25 x 18 cm oblong rectangular tin

**Accessory:** Enamel tray

### Method:

- Preheat oven with enamel tray on **Convection 220 °C**.
- Sift flour and salt in a bowl. Add eggs and half the liquid. Beat until smooth. Gradually stir in remaining liquid.
- Put oil in tin with sausages on enamel tray. Cook on **Convection 220 °C** for 15 minutes.
- Pour in the batter and cook for 15-20 minutes on **Convection 220 °C** or until the batter is well risen and golden brown.

## CREAMY CHICKEN GRATIN

### Ingredients:

Serves 4

|        |                            |
|--------|----------------------------|
| 350 g  | leeks, trimmed and sliced  |
| 25 g   | butter                     |
| 30 ml  | plain flour                |
| 300 ml | milk                       |
| 225 g  | cooked chicken, chopped    |
| 100 g  | ham, chopped               |
| 175 g  | Gruyere cheese, grated     |
| 4      | frozen garlic bread slices |

**Dish:** 1 x large Pyrex® bowl, 1 x 26 cm gratin dish

**Accessory:** Enamel tray

### Method:

- Slice the leeks and place in a large bowl with the butter. Cover and soften on **1000 W** for 3-4 minutes or until softened.
- Add the flour and mix well. Stir in the milk and heat, uncovered on **1000 W** for 4-5 minutes or until thickened. Stir halfway. Add the chicken, ham and cheese then season and mix well.
- Pour into the gratin dish and top with the garlic bread slices. Place on enamel tray and cook on **Combination: Convection 220 °C + 440 W** for 10-15 minutes or until piping hot and golden.

## BELGIAN BEEF CASSEROLE

Ingredients

Serves 4

|         |                             |
|---------|-----------------------------|
| 675 g   | braising steak, cubed       |
| 3       | large onions, thinly sliced |
| 1 clove | garlic, crushed             |
| 30 ml   | seasoned flour              |
| 15 ml   | brown sugar                 |
| 300 ml  | hot beef stock              |
| 300 ml  | light ale                   |
| 15 ml   | wine vinegar                |
| 5 ml    | mixed herbs                 |
| 2       | bay leaves                  |

Topping:

|         |                  |
|---------|------------------|
| 15 ml   | french mustard   |
| 60 ml   | butter, softened |
| 1 clove | garlic, crushed  |

8 x 2.5 cm french bread, sliced

**Dish:** 1 x large Pyrex® casserole dish with lid,  
1 x mixing bowl

**Accessory:** Enamel tray

**Method:**

- Combine all the casserole ingredients in dish. Cover with lid and cook on enamel tray on **Combination: Convection** 160 °C + **100 W** for 1 hour, or until meat is tender. Remove bay leaves.
- For topping**, blend mustard, butter and garlic in a mixing bowl. Spread over one side of each bread slice.
- Uncover casserole and arrange bread on top. Return to oven and cook uncovered on **Combination: Convection** 160 °C + **100 W** for a further 10 minutes. The casserole is ready when the bread slices are crisp and golden.

## SAVOURY MINCE

Ingredients:

Serves 4

|         |                         |
|---------|-------------------------|
| 1       | onion, diced            |
| 1 clove | garlic, crushed         |
| 15 ml   | oil                     |
| 400 g   | canned chopped tomatoes |
| 15 ml   | tomato purée            |
| 5 ml    | mixed herbs             |
| 450 g   | mince                   |
|         | salt and pepper         |

**Dish:** 1 x large Pyrex® casserole dish with lid

**Accessory:** none

**Method:**

- Place onion, garlic and oil in casserole dish, cover and cook on **1000 W** for 2 minutes or until soft.
- Place all other ingredients in casserole dish. Stir well.
- Cover and cook on **1000 W** for 10 minutes then **600 W** for 15-20 minutes or until cooked.

**Variation: Chilli con carne**

Add 400 g canned red kidney beans drained, 5-10 ml chilli powder, 1 diced green pepper to the ingredients above.

## SHEPHERD'S PIE

Ingredients:

Serves 4

|        |                        |
|--------|------------------------|
| 1      | medium onion, chopped  |
| 2      | carrots, chopped       |
| 25 g   | butter                 |
| 350 g  | lamb or beef mince     |
| 300 ml | hot lamb or beef stock |
| 3 ml   | Worcestershire sauce   |
| 5 ml   | tomato purée           |
| 15 ml  | cornflour              |
|        | salt and pepper        |
| 675 g  | potatoes, cubed        |
| 135 ml | water                  |
| 30 ml  | milk                   |
| 25 g   | cheese                 |

**Dish:** 1 x medium Pyrex® casserole dish with lid,  
1 x large Pyrex® casserole dish with lid,  
1 x square Pyrex® dish 22 x 22 cm

**Accessory:** Enamel tray

**Method:**

- Place onion, carrots and butter in medium casserole dish. Cover and cook on **1000 W** for 3-5 minutes or until soft.
- Add mince to vegetables and mix well. Mix together stock, Worcestershire sauce and tomato purée, pour over mince and season to taste. Cook on **1000 W** for 5 minutes. Add cornflour, cook on **1000 W** for 5-7 minutes or until thickened. Transfer to square Pyrex® dish.
- Cook potatoes with water in large casserole dish, covered on **1000 W** for 7-8 minutes. Drain and mash well with the milk and spread on top of the meat, using a fork to make a pattern on top.
- Sprinkle with cheese, place on enamel tray and cook on **Combination: Convection** 190 °C + **100 W** for approx. 15-20 minutes or until top is crisp and golden.

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**LASAGNE**

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**Ingredients:**

Serves 4

|           |  |
|-----------|--|
| 2         | quantities of white sauce (refer to page 88) |
| 5 ml      | mustard                                      |
| 100 g     | grated cheese                                |
|           | salt and pepper                              |
| 1         | quantity of savoury mince (refer to page 77) |
| 12 sheets | pre-cooked lasagne                           |
| 60 ml     | Parmesan cheese                              |

**Dish:** 1 x large Pyrex® rectangular dish**Accessory:** Enamel tray**Method:**

1. Add mustard, cheese and seasoning to the hot white sauce.
2. Cover the base of the dish with a layer of cheese sauce, then a layer of lasagne, followed by a layer of hot meat mixture. Continue with a layer of lasagne then meat, ending with a layer of cheese sauce.
3. Sprinkle Parmesan cheese over the top, place on enamel tray and cook on **Combination: Convection 190 °C + 300 W** for 15-20 minutes or until the pasta is tender and the top is crispy and golden brown.

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**HUNGARIAN GOULASH**

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**Ingredients:**

Serves 4

|        |                       |
|--------|-----------------------|
| 600 g  | braising steak, cubed |
| 45 ml  | seasoned flour        |
| 600 ml | hot beef stock        |
| 45 ml  | tomato purée          |
| 30 ml  | paprika               |
| 5 ml   | sugar                 |
| 60 ml  | soured cream          |

**Dish:** 1 x large Pyrex® casserole dish with lid**Accessory:** Enamel tray**Method:**

1. Toss meat in the flour. Combine all ingredients except the soured cream in casserole dish, cover.
2. Place on enamel tray and cook on **Combination: Convection 160 °C + 100 W** for 1 hour 15 minutes, or until the meat is tender.
3. Remove from oven and immediately stir in the soured cream. Serve with ribbon noodles.

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**MOUSSAKA**

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**Ingredients:**

Serves 4

|          |                         |
|----------|-------------------------|
| 30 ml    | olive oil               |
| 2 cloves | crushed garlic          |
| 1        | medium onion, chopped   |
| 1        | aubergine, sliced       |
| 400 g    | canned chopped tomatoes |
| 350 g    | lamb mince              |
| 30 ml    | tomato purée            |
|          | salt and pepper         |

Topping:

|        |                         |
|--------|-------------------------|
| 2      | eggs                    |
| 150 ml | single cream            |
| 100 g  | cheese, grated          |
| 25 g   | Parmesan cheese, grated |

**Dish:** 1 x 20 cm shallow dish**Accessory:** Enamel tray**Method:**

1. Place oil, garlic, onion and aubergine in dish. Cover and cook on **1000 W** for 2 minutes or until softened.
2. Add tomatoes and lamb mince and purée and cook re-covered on **1000 W** for 7 minutes. Season and mix well.
3. Whisk eggs, cream and cheese together and pour over lamb. Sprinkle with Parmesan cheese, place on enamel tray and cook on **Combination: Convection 190 °C + 300 W** for 15-20 minutes or until topping is puffed and golden.

## KEDGEREE

### Ingredients:

Serves 4

|        |  |
|--------|--|
| 175 g  | easy cook brown rice                   |
| 450 ml | hot chicken stock                      |
| 450 g  | smoked haddock                         |
| 30 ml  | lemon, juiced                          |
| 1      | medium onion, chopped                  |
| 15 ml  | oil                                    |
| 150 ml | soured cream                           |
| 15 ml  | curry paste                            |
| 100 g  | frozen peas                            |
| 30 ml  | parsley, chopped                       |
| 2      | boiled eggs, chopped into small chunks |

**Dish:** 1 x large Pyrex® casserole dish with lid,  
1 x Pyrex® shallow dish,  
1 x small Pyrex® dish

**Accessory:** none

### Method:

1. Place the rice and chicken stock in casserole dish, cover and cook on **1000 W** for 15-20 minutes or until tender.
2. Place the fish in a shallow dish, sprinkle with lemon juice, cover and cook on **1000 W** for 5-6 minutes or until cooked. Skin and flake.
3. Place onion and oil in a small dish, cover and cook on **1000 W** for 3-4 minutes or until softened.
4. Combine the soured cream with curry paste. Mix into rice then stir in flaked fish, onion, peas, parsley, eggs and seasoning. Cover and cook on **1000 W** for 5 minutes or until piping hot.

## WILD MUSHROOM AND BASIL RISOTTO

### Ingredients:

Serves 4

|         |                             |
|---------|-----------------------------|
| 40 g    | dried cep mushrooms         |
| 50 g    | butter                      |
| 1 clove | garlic, finely chopped      |
| 1       | small onion, finely chopped |
|         | freshly ground black pepper |
| 250 g   | arborio rice                |
| 300 ml  | hot vegetable stock         |
| 12      | basil leaves, torn          |

**Dish:** 1 x Pyrex® shallow dish,  
1 x large casserole dish with lid

**Accessory:** none

### Method:

1. In shallow dish, soak mushrooms in 300 ml warm water.
2. Place the butter, garlic and onion in a large casserole dish, cover and cook on **1000 W** for 3 minutes, 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 minutes on **1000 W**.
4. Stir the mushrooms into the rice mixture. Cover and cook for a further 5 minutes on **1000 W**.
5. Stir and add the basil. Continue to cook for the final 5 minutes on **1000 W**. Leave to stand for approx. 10 minutes and then stir with a fork.

## VEGETABLE AND CHICK PEA CASSEROLE

### Ingredients:

Serves 4

|          |  |
|----------|--|
| 1        | medium onion, chopped                              |
| 10 ml    | vegetable oil                                      |
| 2        | medium courgettes, thickly sliced                  |
| 1        | red pepper, deseeded and chopped                   |
| 2        | medium carrots, peeled and sliced                  |
| 1        | small cauliflower, divided into florets            |
| 100 g    | dried apricots, halved                             |
| 2 cloves | garlic, crushed                                    |
| 425 g    | canned chick peas, drained                         |
| 3 ml     | ground turmeric                                    |
| 3 ml     | ground coriander                                   |
| 3 ml     | ground cumin                                       |
| 5 ml     | paprika  |
| 2.5 cm   | piece fresh root ginger, peeled and finely chopped |
|          | salt and pepper                                    |
| 450 ml   | hot vegetable stock                                |
|          | parsley, chopped                                   |

**Dish:** 1 x large casserole dish with lid,  
1 x Pyrex® shallow dish

**Accessory:** none

### Method:

1. Place the onion and oil in a large casserole dish. Cover and cook on **1000 W** for 3 minutes or until starting to soften.
2. Add the prepared vegetables, apricots, garlic, chick peas and stir in the spices, salt, pepper and stock.
3. Cover and cook on **1000 W** for 20-25 minutes or until vegetables are soft. Stir two or three times during cooking. Serve with couscous or rice and garnish with parsley.

### N.B.

To prepare couscous: Place 300 ml vegetable stock in a shallow dish and 1.2 ml turmeric. Cook on **1000 W** for 4 minutes or until boiling. Add 175 g couscous and allow to stand for 5 minutes. Fluff up with a fork before serving.

**TAGLIATELLE TOSCANA****Ingredients:**

Serves 4

|         |                         |
|---------|-------------------------|
| 400 g   | fresh tagliatelle       |
| 1       | large onion, chopped    |
| 1 clove | garlic, crushed         |
| 15 ml   | olive oil               |
| 1       | large aubergine, cubed  |
| 400 g   | canned chopped tomatoes |
| 5 ml    | basil                   |
| 15 ml   | tomato purée            |
| 15 g    | butter                  |
|         | salt and pepper         |
| 8-10    | black olives, stoned    |
| 100 g   | mozzarella, diced       |
| 30 ml   | Parmesan cheese, grated |

**Dish:** 2 x large Pyrex® casserole dish with lid**Accessory:** Enamel tray**Method:**

1. Cook the pasta in casserole dish with 600 ml boiling water, covered, on **1000 W** for 4 minutes or until tender. Drain.
2. Place onion, garlic and oil in a casserole dish, cover and cook on **1000 W** for 2 minutes or until soft. Add the aubergine, chopped tomatoes, basil, tomato purée, butter, seasoning and olives. Cover and cook on **1000 W** for 6-8 minutes.
3. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top. Sprinkle with Parmesan. Place on enamel tray and cook on **Combination: Convection 220 °C + 100 W** for 6-8 minutes or until golden brown and piping hot.

**ROAST VEGETABLE AND PASTA GRATIN****Ingredients:**

Serves 4

|              |                        |
|--------------|------------------------|
| 1            | aubergine, diced       |
| 2            | leeks, sliced          |
| 1            | red pepper, chopped    |
| 1            | green pepper, chopped  |
| 1            | onion, chopped         |
| 1 clove      | garlic, crushed        |
| 45 ml        | olive oil              |
| 225 g        | pasta shapes           |
| 225 g        | fresh spinach          |
| White sauce: |                        |
| 40 g         | butter                 |
| 40 g         | flour                  |
| 600 ml       | milk                   |
| 15 ml        | mustard                |
| 50 g         | Cheddar cheese, grated |
| 150 g        | Boursin® cheese        |
|              | salt and pepper        |

**Dish:** 1 x small roasting dish, 1 x large casserole dish with lid, 1 x large Pyrex® shallow dish**Accessory:** Enamel tray**Method:**

1. Preheat oven with enamel tray on **Convection 220 °C**. Chop all the vegetables except spinach into bite sized pieces and put in roasting dish with the oil. Cook on **Convection 220 °C** 25-30 minutes.
2. Cook the pasta shapes in a casserole dish with 450 ml boiling water on **1000 W** for 5-6 minutes or until soft. Drain. Wash the spinach and tear into small pieces.
3. Make the white sauce as per instructions on page 88, add the mustard, Cheddar, Boursin® cheese and stir thoroughly until smooth. Season well.
4. Mix the pasta, spinach and roast vegetables with the sauce and place in a large shallow dish. Sprinkle the top with cheese.
5. Cook on enamel tray on **Combination: Convection 220 °C + 440 W** for 10-15 minutes or until golden brown.

**LENTIL BIRYANI****Ingredients:**

Serves 4-6

|         |                              |
|---------|------------------------------|
| 15 ml   | oil                          |
| 1       | large onion, sliced          |
| 5 ml    | ginger root, grated          |
| 1 clove | garlic, crushed              |
| 3 ml    | tumeric                      |
| 5 ml    | chilli powder                |
| 10 ml   | curry powder                 |
| 150 ml  | natural yoghurt              |
| 100 g   | mushrooms, sliced            |
| 2       | tomatoes, peeled and chopped |
| 100 g   | canned green lentils         |
| 300 ml  | hot water                    |
| 50 g    | cashew nuts                  |
| 450 g   | cooked basmati rice          |

**Garnish:**

|   |                         |
|---|-------------------------|
| 1 | hard boiled egg, sliced |
|   | corriander leaves       |

**Dish:** 1 x large Pyrex® casserole dish with lid**Accessory:** none**Method:**

1. Place the oil and onion in a large casserole dish. Cover and cook on **1000 W** for 3 minutes or until softened.
2. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on **1000 W** for 2 minutes.
3. Add the yoghurt, mushrooms, tomatoes, lentils and water. Cover and cook on **1000 W** for 30 minutes or until the lentils are tender and the liquid has evaporated.
4. Add the cooked rice and cashew nuts to the lentil mixture and mix thoroughly. Reheat on **1000 W** if necessary. Garnish and serve.



## STUFFED CROISSANTS

### Ingredients:

Makes 8

|        |                              |
|--------|------------------------------|
| 100 g  | Cheddar cheese, grated       |
| 100 g  | smoked ham, diced            |
| 1      | tomato, deseeded and chopped |
| 60 ml  | sour cream                   |
| 15 ml  | mayonnaise                   |
| 10 ml  | wholegrain mustard           |
| pepper | 8 croissants                 |

**Dish:** 1 x medium Pyrex® mixing bowl

**Accessory:** Enamel tray + wire rack

### Method:

1. Combine all the filling ingredients in mixing bowl.
2. Slice in back of each croissant and fill with mixture.
3. Place 4 croissants on enamel tray on wire rack and cook on **Combination: Grill 1 + 300 W** for 5-6 minutes. Repeat with the remaining 4 croissants.

## MUFFIN PIZZAS

### Ingredients:

Serves 4

|         |                        |
|---------|------------------------|
| 150 ml  | Passata                |
| 100 g   | garlic sausage, cubed  |
| 1 clove | garlic, crushed        |
| 1       | small onion, diced     |
| 4       | large muffins, halved  |
| 100 g   | cheese, grated         |
| 50 g    | canned anchovy fillets |
|         | black olive garnish    |

**Dish:** 1 x Pyrex® mixing bowl

**Accessory:** Enamel tray + wire rack

### Method:

1. Place Passata, sausage, garlic and onion in a bowl and mix well.
2. Arrange muffin halves, 4 at a time on wire rack on enamel tray and toast on **Grill 1** for 4-6 minutes or until browned.
3. Spread muffins with the mixture. Top with cheese, anchovies and olives.
4. Cook on **Combination: Grill 1 + 100 W** for 4-6 minutes or until cheese has melted and is beginning to brown.

## CHEESE, ONION AND OLIVE SCONES

### Ingredients:

Serves 4

|       |                                  |
|-------|----------------------------------|
| 1     | medium onion, finely chopped     |
| 15 ml | olive oil                        |
| 175 g | self-raising flour               |
| 3 ml  | salt                             |
| 3 ml  | mustard powder                   |
| 3 ml  | cayenne pepper                   |
|       | salt and pepper                  |
| 25 g  | butter                           |
| 40 g  | strong Cheddar cheese, grated    |
| 40 g  | Parmesan cheese                  |
| 25 g  | black olives, stoned and chopped |
| 1     | egg, beaten                      |
| 45 ml | milk                             |
| 1     | egg for glazing                  |

**Dish:** 1 x small Pyrex® bowl, 1 x Pyrex® mixing bowl, small baking sheet

**Accessory:** Enamel tray

### Method:

1. Place onion and oil in a bowl. Cover and cook on **1000 W** for 3 minutes or until softened. Drain.
2. Preheat oven on **Convection 200 °C** with enamel tray.
3. Sift together the flour, salt, mustard and cayenne with seasoning. Rub in the butter.
4. Mix in onion, cheeses and olives. Beat egg and milk together. Pour into flour mixture and bring to a soft dough.
5. On a floured surface roll out dough to approx. 2 cm thick. Cut out rounds using a 6 cm pastry cutter and brush with beaten egg.
6. Place the dough rounds on a lightly greased baking sheet. Place on the enamel tray and cook on **Convection 200 °C** for 16-20 minutes or until cooked and golden brown.

**BRIE AND CRANBERRY CROSTINI****Ingredients:**

Serves 4

|       |                                   |
|-------|-----------------------------------|
| 1     | small baguette, cut into 8 slices |
| 60 ml | cranberry sauce                   |
| 175 g | brie, sliced                      |
|       | sesame seeds                      |

**Dish:** none**Accessory:** Enamel tray + wire rack**Method:**

1. Place the slices of baguette on the wire rack on enamel tray and cook on **Grill 1** for 2-3 minutes or until lightly toasted.
2. Turn the slices over and spread each slice with cranberry sauce.
3. Top with a slice of brie and sprinkle with sesame seeds.
4. Cook on wire rack on enamel tray on **Combination: Grill 1 + 300 W** for 3-4 minutes or until cheese has started to melt and sesame seeds turn golden.

**CROQUE MONSIEUR****Ingredients:**

Serves 2

|       |                        |
|-------|------------------------|
| 4     | slices bread, buttered |
| 5 ml  | dijon mustard          |
| 2     | slices smoked ham      |
| 100 g | sliced cheese          |

**Dish:** none**Accessory:** Enamel tray + wire rack**Method:**

1. Place the bread, buttered side up on wire rack on enamel tray and cook on **Grill 1** for approx. 3-4 minutes or until browning.
2. On 2 slices of the bread, spread the untoasted sides with mustard and top with ham and cheese. Cover with the other slices, browned side up.
3. Place back on the wire rack on enamel tray and cook on **Combination: Grill 1 + 300 W** for 1-2 minutes or until the cheese has melted.

**MACARONI CHEESE****Ingredients:**

Serves 4

|        |                             |
|--------|-----------------------------|
| 175 g  | quick cooking macaroni      |
| 175 g  | butter                      |
| 1      | small onion, finely chopped |
| 100 g  | bacon, chopped              |
| 40 g   | flour                       |
| 600 ml | milk                        |
|        | salt and pepper             |
| 5 ml   | french mustard              |
| 150 g  | red cheese, grated          |
| 30 ml  | fresh brown breadcrumbs     |

**Dish:** 1 x large Pyrex® casserole dish,  
1 x large Pyrex® jug,  
1 x large shallow Pyrex® dish

**Accessory:** Enamel tray**Method:**

1. Cook macaroni in large casserole dish in 450 ml boiling water. Cover and cook on **1000 W** for 5-6 minutes or until soft. Drain.
2. Place butter, onion and bacon in a jug. Cover. Cook on **1000 W** for 5 minutes or until onion is soft. Stir halfway through cooking.
3. Stir in flour and cook for 30 seconds on **1000 W**.
4. Gradually add milk, stir well and season. Cook on **1000 W** for 5-6 minutes or until sauce is thick and bubbling. Stir twice during cooking.
5. Add mustard and 100 g grated cheese. Place the macaroni in a large shallow dish. Add sauce and mix well. Sprinkle with breadcrumbs and remaining cheese.
6. Place on enamel tray and cook on **Combination: Convection 220 °C + 440 W** for 10-12 minutes or until cheese starts to melt.

## Guidelines



- Root vegetables. i.e. carrots, swede, should be cut into slices, strips or cubes.
- Cabbage should be shredded and cooked by **1000 W**. Approx. 500 g for 12-14 minutes with 75 ml water.
- Do not mix fresh and frozen vegetables as the cooking times may be different.
- Fresh vegetables require 15 ml of water per 100 g vegetables. Cover with pierced cling film or lid and stir halfway.



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



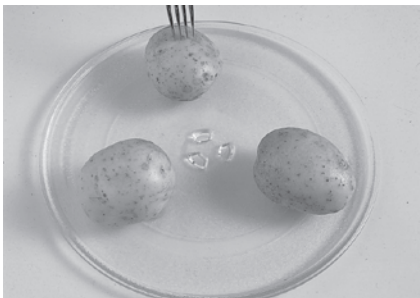
- Certain vegetables i.e. broccoli and asparagus, should be arranged so that the tips are in the centre of the dish as these require less cooking.
- Whole cauliflower should be cooked upside down on **600 W** for 10 minutes. approx. with 90 ml water.

## 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.

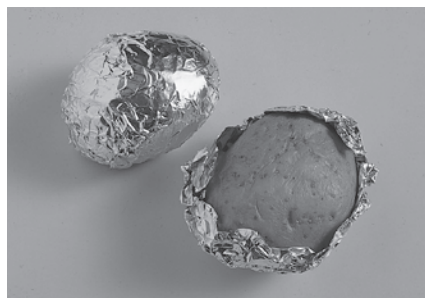
### Before Cooking

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



### After Cooking

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



## VEGETABLE CHILLI

### Ingredients:

Serves 4

|        |                                  |
|--------|----------------------------------|
| 15 ml  | olive oil                        |
| 1      | onion, finely chopped            |
| 1      | green pepper, deseeded, chopped  |
| 1      | chilli, chopped                  |
| 2      | carrots, diced                   |
| 5 ml   | chilli powder                    |
| 3 ml   | cumin                            |
| 175 g  | bulgar wheat                     |
| 400 g  | canned chopped tomatoes          |
| 30 ml  | tomato purée                     |
| 400 g  | canned red kidney beans, drained |
| 450 ml | water                            |

**Dish:** 1 x large Pyrex® casserole dish with lid

**Accessory:** none

### Method:

1. Place oil, onion, pepper, chilli and carrots in a large casserole, cover and cook on **1000 W** for 4-5 minutes or until softened.
2. Add chilli powder and cumin. Stir in bulgar wheat, chopped tomatoes, tomato purée, red kidney beans and water. Cover and cook on **1000 W** for 10-15 minutes.

## LEEK AND POTATO GRATIN

### Ingredients:

Serves 4

|       |                               |
|-------|-------------------------------|
| 450 g | leeks deseeded, thinly sliced |
| 450 g | potatoes, thinly sliced       |
| 150 g | blue cheese                   |
| 225 g | Greek yoghurt                 |
| 75 ml | double cream                  |
| 50 g  | brown breadcrumbs             |
|       | salt and pepper               |

**Dish:** 1 x large Pyrex® bowl, 1 x small mixing bowl, 1 x 25 cm Pyrex® flan dish

**Accessory:** Enamel tray

### Method:

1. Place the vegetables in large bowl. Add 90 ml of water, cover and cook on **1000 W** for 10-12 minutes or until the vegetables are softened.
2. Crumble or finely chop the cheese into a bowl and gradually blend in the yoghurt and the double cream.
3. Drain the vegetables and arrange in a flan dish. Season and pour over the blue cheese cream mixture. Sprinkle with breadcrumbs, place on enamel tray and cook on **Combination: Convection 220 °C + 440 W** for 10-12 minutes or until golden brown.

## ROAST VEGETABLE PARCELS

### Ingredients:

Serves 4

|         |   |
|---------|---|
| 450 g   | mixed vegetable e.g. sweet potato, red pepper, leeks, aubergine, courgettes, onion, chopped |
|         | garlic, crushed   |
| 1 clove | olive oil   |
| 30 ml   | canned chopped tomatoes   |
| 200 g   | tomato purée  |
| 10 ml   | pine nuts   |
| 25 g    | Gruyère cheese, grated  |
| 50 g    | Boursin® cheese   |
| 100 g   | single cream  |
| 15 ml   | ready made puff pastry  |
| 225 g   | egg for glazing   |

**Dish:** 1 x large mixing bowl, 1 x large Pyrex® bowl, 1 x small mixing bowl

**Accessory:** Enamel tray

### Method:

1. Preheat oven **Convection 220 °C** with enamel tray. Chop vegetables into 2 ½ cm chunks.
2. Add garlic and oil, mix thoroughly with mixed vegetables. Place onto enamel tray.
3. Cook on **Convection 220 °C** for 20-25 minutes until vegetables are browned and al dente.
4. Place the chopped tomatoes and purée in a heatproof bowl uncovered and cook on **1000 W** for 5 minutes then **600 W** for 5 minutes or until mixture is reduced in volume and thickened.
5. Mix the tomato sauce with the cooked vegetables and pine nuts.
6. Mix together the Gruyère cheese, Boursin® and single cream.
7. Roll out pastry until it measures approx 40 cm square. Divide into 4 equal squares.
8. Place ¼ of the vegetable mixture in the centre of the square and top with ¼ of the cheese mixture.
9. Bring the corners of the pastry to the centre, pressing the edges together. Seal with water. Glaze with beaten egg.
10. Cook in a preheated oven on **Convection 220 °C** for 15-20 minutes or until golden and cooked through.

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## VEGETABLE LASAGNE

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**Ingredients:**

Serves 4-6

|         |                       |
|---------|-----------------------|
| 1       | large onion, chopped  |
| 25 g    | butter                |
| 1 clove | garlic, crushed       |
| 225 g   | carrots, diced        |
| 225 g   | leeks, chopped        |
| 225 g   | courgettes, diced     |
| 1       | green pepper, chopped |
| 150 ml  | hot vegetable stock   |
|         | salt and pepper       |
| 300 ml  | prepared tomato sauce |
| 175 g   | fresh lasagne sheets  |
| 225 g   | Mozzarella cheese     |

**Dish:** 1 x large Pyrex® casserole dish with lid,  
1 x Pyrex® rectangular dish

**Accessory:** Enamel tray**Method:**

- Place onion and butter in a casserole dish, cover and cook on **1000 W** for 3 minutes. Add vegetables and stock, cover and cook on **1000 W** for 8-10 minutes or until vegetables are soft, drain. Season to taste.
- Cover base of rectangular 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 of the cheese and layer on top of vegetables. Continue layering until ingredients are all used ending with a tomato sauce layer.
- Grate remaining cheese and arrange over top. Cook on enamel tray on **Combination: Convection 190 °C + 300 W** for 20-25 minutes or until the pasta is cooked.

---

## GOAT'S CHEESE TART WITH ROASTED VEGETABLES

---

**Ingredients:**

Serves 4

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

**Dish:** 1 x large mixing bowl, 1 x 23 cm flan dish,  
1 x Jug

**Accessory:** Enamel tray**Method:**

- Preheat the oven on **Convection 200 °C**.
- Rub the butter into the flour until the mixture resembles fine breadcrumbs. Stir in the parmesan, add 30-45 ml cold water and mix to a firm dough.
- Roll out and line the flan dish. Prick the base with a fork and allow to rest for 15 minutes.
- Cover the pastry with greaseproof, add baking beans and cook on enamel tray on **Convection 200 °C** for 10 minutes. Remove the paper and beans and cook for a further 5 minutes or until cooked. Allow to cool.
- Place the prepared vegetables on enamel tray and drizzle with olive oil. Cook on **Combination: Grill 1 + 300 W** for 10-12 minutes or until lightly browned. Turn halfway during cooking.
- Place the vegetables in the flan case and dot teaspoons of the goat's cheese around the vegetables.
- Beat together the eggs and creme fraiche until smooth, add the parsley and seasoning. Pour carefully over the filling.
- Place on enamel tray and cook on **Combination: Convection 190 °C + 100 W** for 20-23 minutes or until set and lightly browned.

---

## ROAST POTATOES

---

**Ingredients:**

Serves 4

|       |           |
|-------|-----------|
| 450 g | potatoes, |
| 25 g  | butter    |
| 30 ml | oil       |

**Dish:** none**Accessory:** Enamel tray**Method:**

- Peel and cut potatoes into quarters. Par boil and drain (see page 66).
- Place potatoes, oil and butter on enamel tray.
- Cook on **Combination: Convection 220 °C + 100 W** for 27 minutes turning and basting potatoes during cooking, or until crisp and brown.

## STUFFED PEPPERS

### Ingredients:

Serves 6

|           |                                      |
|-----------|--------------------------------------|
| 3         | red peppers                          |
| 3         | yellow peppers                       |
| 1         | bunch spring onions, thinly sliced   |
| 30 ml     | olive oil                            |
| 50 g      | pine nuts                            |
| 2 cloves  | garlic, crushed                      |
| 100 g     | long grain rice                      |
| 300 ml    | hot vegetable stock                  |
| 100 g     | cherry tomatoes, halved              |
| 100 g     | mozzarella, diced                    |
| 100 g     | gorgonzola or any blue cheese, diced |
| 1 handful | parsley, finely shredded             |
| 1 handful | basil, finely shredded               |

**Dish:** 1 x large Pyrex® casserole dish,  
1 x large Pyrex® rectangular dish

**Accessory:** Enamel tray

### Method:

1. Slice the tops off the peppers and put to one side. Remove the seeds and rinse out.
2. Place the spring onions, oil, garlic and pine nuts into in a casserole dish and stir together. Cook on **1000 W** for 2 minutes.
3. Add rice and hot stock. Cover and cook on **1000 W** for 10 minutes.
4. Allow to cool slightly and then stir in the cherry tomatoes, mozzarella, gorgonzola, parsley and basil. Season well.
5. Spoon the stuffing into the peppers and arrange them closely together in the rectangular dish.
6. Place on enamel tray and cook on **Combination: Convection 220 °C + 300 W** for 10 minutes.
7. Place tops back on peppers and cook on **Combination: Grill 1 + 300 W** for a further 8-10 minutes.

## CAULIFLOWER CHEESE

### Ingredients:

Serves 4

|        |                 |
|--------|-----------------|
| 1      | cauliflower     |
| 90 ml  | water           |
| 25 g   | butter          |
| 25 g   | flour           |
| 3 ml   | french mustard  |
| 300 ml | milk            |
|        | salt and pepper |

Topping:

|       |                    |
|-------|--------------------|
| 75 g  | red cheese, grated |
| 15 ml | brown breadcrumbs  |

**Dish:** 1 x large Pyrex® casserole dish with lid,  
1 x Pyrex® jug, 1 x medium Pyrex® gratin dish

**Accessory:** Enamel tray

### Method:

1. Place cauliflower florets in a bowl. Add water. Cover and cook on **600 W** for 10 minutes or until tender. Drain.
2. Melt butter on **1000 W** for 30-50 seconds in a Pyrex® jug. Stir in flour and mustard. Cook for a further 30 seconds. Add milk gradually. Stir well and season.
3. Cook on **1000 W** for 2-3 minutes or until sauce is thick and bubbling. Stir once halfway during cooking. Stir in 60 g grated cheese.
4. Place cauliflower in gratin dish and pour over sauce. Top with remaining cheese and breadcrumbs.
5. Place on enamel tray and cook on **Combination: Convection 220 °C + 100 W** for 15-17 minutes or until golden brown.

## SPICY POTATOES

### Ingredients:

Serves 4

|       |                  |
|-------|------------------|
| 350 g | potatoes         |
| 45 ml | natural yoghurt  |
| 10 ml | mango chutney    |
| 3 ml  | cumin            |
| 3 ml  | corriander       |
| 3 ml  | tumeric          |
| 3 ml  | garam marsala    |
| 10 ml | fresh corriander |
| pinch | chilli powder    |
| 15 g  | sultanas         |
|       | salt and pepper  |

**Dish:** 1 x 1.5 litre Pyrex® casserole dish with lid,  
1 x Pyrex® mixing bowl

**Accessory:** none

### Method:

1. Cut the potatoes into large cubes and place in a large bowl with 90 ml water. Cover and cook on **1000 W** for 6-8 minutes or until soft. Drain and set aside.
2. Mix the remaining ingredients together. Add the potatoes and mix well. Serve either hot or cold.

## Guidelines

### 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.



### Caution!

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.

## 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.

---

## WHITE SAUCE

---

### Ingredients:

30 g butter, room temperature  
30 g flour  
600 ml whole milk

### Variations:

15 ml parsley, onion, cheese  
15 ml lemon juice

**Dish:** 1 x 1 litre Pyrex® jug

**Accessory:** none

### Method:

1. Melt butter in jug on **1000 W** for 20-40 seconds.
2. Stir in the flour to make a roux.
3. Add the milk gradually stirring continuously until well combined.
4. Cook for 2 minutes on **1000 W**. Stir and cook for a further 3 minutes. Sauce should be smooth and glossy and coat the back of a spoon.

### Variations of White Sauce:

#### Parsley

Stir 60 ml chopped parsley and 15 ml lemon juice into sauce halfway through cooking time.

#### Onion

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

#### Cheese

Stir in 75 g grated cheese at the end of cooking time.

---

## CUSTARD

---

### Ingredients:

30 ml custard powder  
15 ml sugar  
600 ml whole milk

**Dish:** 1 x 1 litre Pyrex® jug

**Accessory:** none

### Method:

1. Mix together the custard powder, sugar and a little milk to form a smooth paste.
2. Blend in the remaining milk, whisking well.
3. Cook on **1000 W** for 4-6 minutes. Whisk well halfway through cooking time and again at the end.

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## HOLLANDAISE SAUCE

---

### Ingredients:

3 egg yolks  
30 ml white wine vinegar  
100 g unsalted butter  
chilled and cubed pepper

**Dish:** 1 x 1 litre Pyrex® jug

**Accessory:** none

### Method:

1. Place egg yolks and vinegar in a jug. Beat well.
2. Drop cubes of butter on top. Cook on **1000 W** for 20 seconds.
3. Whisk. Cook on **1000 W** for 10 seconds.
4. Whisk again and cook on **1000 W** for 10 seconds. Repeat in 10 second stages until sauce is thick and creamy.
5. Season and serve immediately with salmon steaks or asparagus spears.

**N.B.** This sauce must not boil or eggs will curdle.



---

## CHOCOLATE SAUCE

---

**Ingredients:**

|        |                  |
|--------|------------------|
| 25 g   | butter           |
| 75 g   | caster sugar     |
| 75 g   | soft brown sugar |
| 50 g   | cocoa powder     |
| 3 ml   | vanilla essence  |
| 300 ml | milk             |

**Dish:** 1 x 1 litre Pyrex® jug**Accessory:** none**Method:**

1. Melt butter in a Pyrex® jug on **1000 W** for 30-50 seconds.
2. Stir in sugars, cocoa powder and vanilla essence.
3. Gradually add milk, stirring well.
4. Cook on **1000 W** for 2 minutes. Stir well. Repeat this again three more times or until you achieve a smooth and glossy consistency that coats the back of a spoon.

---

## PEPPER SAUCE

---

**Ingredients:**

|        |                  |
|--------|------------------|
| 1      | onion, chopped   |
| 40 g   | butter           |
| 30 g   | flour            |
| 2      | stock cubes      |
| 15 ml  | tarragon vinegar |
| 10 ml  | white pepper     |
| 15 ml  | cognac           |
| 200 ml | crème fraîche    |

**Dish:** 1 x large Pyrex® bowl**Accessory:** none**Method:**

1. Cook the onion in the bowl with butter for 2-3 minutes on **1000 W**.
2. Add flours, mix, cook again for 1 minute on **1000 W** and add 400 ml of hot water, 2 stock cubes, vinegar and white pepper. Cook uncovered at **1000 W** for 3 minutes.
3. Remove from the oven and add cognac and crème fraîche. Mix well.

---

## ROQUEFORT SAUCE

---

**Ingredients:**

|        |                  |
|--------|------------------|
| 50 g   | Roquefort cheese |
| 200 ml | single cream     |
| 30 ml  | cornflour        |
|        | salt and pepper  |

**Dish:** 1 x 500 ml Pyrex® bowl**Accessory:** none**Method:**

1. Cut the Roquefort into pieces, place in a bowl and melt using **600 W** for 1 minute 30 seconds.
2. Add the cream and cornflour mixed with 15 ml water. Cook on **1000 W** for 3-3 minutes 30 seconds, whisk halfway through the cooking time. Check the seasoning before serving.

---

## SUETCRUST PASTRY

---

### Ingredients:

|        |                    |
|--------|--------------------|
| 225 g  | self-raising flour |
| 3 ml   | salt               |
| 100 g  | shredded suet      |
| 105 ml | cold water         |

**Dish:** 1 x large Pyrex® mixing bowl

**Accessory:** none

### Method:

1. In Pyrex® mixing bowl, mix together flour, salt and suet.
2. Add water and mix to a soft dough. Knead lightly until smooth.

---

## BAKED JAM ROLY POLY PUDDING

---

### Ingredients:

Serves 4

|       |                                    |
|-------|------------------------------------|
| 1     | quantity of suet pastry (as above) |
| 75 ml | seedless raspberry jam             |
|       | milk to glaze                      |

**Dish:** 1 x 1 kg Pyrex® loaf dish

**Accessory:** Enamel tray

### Method:

1. Roll out pastry to approx. 23 x 32 cm.
2. Spread the jam over the pastry leaving 1 cm border all round. Brush the edges with milk and roll the pastry up evenly, starting at one short side and sealing the edges.
3. Brush top with milk and place in loaf dish. Preheat oven with enamel tray on **Convection** 210 °C. Cook on **Combination: Convection** 220 °C + **300 W** for 15-18 minutes or until golden.

---

## APPLE STRUDEL

---

### Ingredients:

Serves 4

|       |  |
|-------|--|
| 600 g | granny smiths apples, peeled, cored and sliced |
| ½     | lemon, juiced                                  |
| 50 g  | golden caster sugar                            |
| 50 g  | walnuts, roughly chopped                       |
| 50 g  | sultanas                                       |
| 5 ml  | ground cinnamon                                |
| 50 g  | ground almonds                                 |
| 6     | sheets filo pastry                             |
| 50 g  | butter, melted                                 |
|       | icing sugar to serve                           |

**Dish:** 1 x Pyrex® mixing bowl, baking sheet

**Accessory:** Enamel tray

### Method:

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

## Guidelines

### Covering

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

### Dish Size/Shape

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

### Eggs

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

### 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.

### Combination Cooking

**Do not** use spring form tins, use smooth, and preferably seamless metal cake tins.

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## CARROT CAKE

---

### Ingredients:

2 eggs, beaten  
 150 ml vegetable oil  
 150 g self raising wholemeal flour  
 100 g soft light brown sugar  
 10 ml cinnamon  
 75 g raisins  
 100 g carrots, grated

### Icing:

50 g cream cheese  
 50 g butter  
 100 g icing sugar  
 10 ml lemon, juiced  
 50 g walnuts, chopped

**Dish:** 1 x large mixing bowl, 1 x 18 cm souffle dish lined with greaseproof paper, 1 x medium mixing bowl

**Accessory:** Enamel tray

### Method:

1. Mix eggs and oil together.
2. Combine flour, sugar, cinnamon, raisins and carrots in a mixing bowl and pour egg mix into flour and stir well.
3. Pour into dish and cook on the enamel tray on **Combination: Grill 3 + 440 W** for 8 minutes.
4. **For the icing:** beat cream cheese and butter together and gradually add icing sugar and lemon juice. Decorate the cake with icing and sprinkle with walnuts.

---

## GINGER CAKE

---

### Ingredients:

100 g butter  
 100 g golden syrup  
 100 g black treacle  
 75 g soft brown sugar  
 100 g self raising flour  
 100 g plain flour  
 5 ml mixed spice  
 10 ml ground ginger  
 5 ml bicarbonate of soda  
 pinch salt  
 150 ml milk  
 2 eggs, beaten

**Dish:** 1 x small Pyrex® bowl, 1 x large mixing bowl, 1 x 20 cm square Pyrex® dish

**Accessory:** none

### Method:

1. Place butter, syrup, treacle and sugar in a bowl and heat on **1000 W** for 1-2 minutes or until fat has melted.
2. Place flour, spices, bicarbonate of soda 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 square dish and cook on **600 W** for 8-9 minutes or until set around the edges. The cake will appear slightly wet in the centre, but will continue cooking as it cools.

## CHOCOLATE AND ALMOND CAKE

### Ingredients:

|        |                      |
|--------|----------------------|
| 100 g  | butter               |
| 100 g  | caster sugar         |
| 2      | eggs, lightly beaten |
| 100 g  | self raising flour   |
| 50 g   | cocoa powder         |
| 50 g   | ground almonds       |
| 100 ml | whole milk           |
| 60 ml  | golden syrup         |

### Topping:

|       |                      |
|-------|----------------------|
| 50 g  | butter               |
| 25 g  | cocoa powder, sifted |
| 200 g | icing sugar          |
| 5 ml  | milk                 |

**Dish:** 1 x 20 cm Pyrex® souffle dish, greased and lined, 2 x large Pyrex® mixing bowls

**Accessory:** none

### Method:

1. Cream together butter and sugar. Gradually add egg. Add flour, cocoa powder, ground almond, milk then syrup.
2. Pour into a Pyrex® dish. Cook on **600 W** for 8 minutes.
3. Cream butter until soft and gradually add cocoa powder and icing sugar. Lastly adding milk as required.

## FRUIT CAKE

### Ingredients:

|       |                    |
|-------|--------------------|
| 175 g | butter             |
| 175 g | dark brown sugar   |
| 1     | lemon, grated      |
| 3     | eggs, beaten       |
| 225 g | plain flour        |
| 10 ml | ground spice       |
| 225 g | raisins            |
| 225 g | sultanas           |
| 50 g  | glace cherries     |
| 50 g  | chopped mixed nuts |
| 15 ml | treacle            |
| 45 ml | brandy             |

**Dish:** 1 x Pyrex® mixing bowl, 1 x 20 cm soufflé dish greased and lined

**Accessory:** none

### Method:

1. Cream butter and sugar until light and fluffy. Mix in the lemon rind. Beat in the eggs.
2. Fold in the flour, spice and the rest of the ingredients. Spoon mixture into souffle dish.
3. Cook on **440 W** for 20 minutes.

## PINEAPPLE, CINNAMON AND RAISIN MUFFINS

### Ingredients:

Makes 12

|         |                                  |
|---------|----------------------------------|
| 100 g   | self raising flour               |
| 100 g   | wholemeal self-raising flour     |
| 3.75 ml | bicarbonate of soda              |
|         | pinch salt                       |
| 5 ml    | ground cinnamon                  |
| 150 ml  | sunflower oil                    |
| 2       | eggs                             |
| 75 g    | golden caster sugar              |
| 125 g   | carrots, grated                  |
| 225 g   | canned pineapple chunks, crushed |
| 100 g   | raisins                          |

**Dish:** 2 x medium Pyrex® bowls, 2 x 6 hole muffin tin, 12 muffin cases

**Accessory:** Enamel tray

### Method:

1. Preheat the oven on **Convection** 180 °C with enamel tray.
2. Sieve the flours, bicarbonate of soda, salt and cinnamon into a bowl.
3. In a separate bowl, beat together the oil, eggs and sugar. Add the grated carrot, crushed pineapple and raisins.
4. Pour the oil mixture into the flour mixture and stir together until just blended.
5. Put the mixture into the individual muffin tins lined with muffin cases, cook on enamel tray in two separate batches on **Convection** 180 °C for 20-25 minutes per batch.

## CHOCOLATE SAUCY PUDDING WITH TOFFEE SAUCE

### Ingredients:

|       |                         |
|-------|-------------------------|
| 75 g  | plain chocolate         |
| 30 ml | milk                    |
| 175 g | margarine               |
| 175 g | light muscovado sugar   |
| 2     | eggs                    |
| 150 g | fresh white breadcrumbs |
| 30 ml | cocoa powder            |

### Sauce:

|        |                           |
|--------|---------------------------|
| 225 g  | vanilla flavoured toffees |
| 150 ml | milk                      |
| 15 g   | butter                    |

**Dish:** 1 x 1.2 litre pudding basin, 1 x small Pyrex® bowl, 1 x large mixing bowl, 1 large Pyrex® jug

**Accessory:** none

### Method:

1. Line the base of a 1.2 litre pudding basin with a circle of greaseproof paper.
2. Melt the chocolate with the milk in a small Pyrex® bowl on **600 W** for 2-3 minutes and mix until smooth.
3. Mix the margarine and sugar together, add the cooled chocolate and eggs.
4. Add the breadcrumbs and cocoa powder and mix well. Fill the basin with the mixture and cook on **1000 W** for 6-7 minutes or until cooked. Leave to stand for 5 minutes before turning out.
5. Meanwhile, prepare the sauce by combining all ingredients in a large jug and cook on **1000 W** for 2-3 minutes or until smooth. Stir vigorously and pour over the pudding.

## PLUM AND OAT LAYER

### Ingredients:

Makes 8 slices

|       |                                 |
|-------|---------------------------------|
| 100 g | butter or margarine             |
| 50 g  | light brown sugar               |
| 30 ml | golden syrup                    |
| 225 g | rolled oats                     |
| 450 g | plums, stoned and thinly sliced |
| 5 ml  | ground cinnamon                 |

**Dish:** 1 x large Pyrex® bowl, 1 x 20 cm ceramic flan dish

**Accessory:** Enamel tray

### Method:

1. Place the butter, sugar and syrup in a bowl. Cook on **1000 W** for 1-2 minutes or until melted. Stir in the rolled oats.
2. Spread half the oat mixture into the dish. Arrange the plums over the top in overlapping rows and sprinkle with cinnamon.
3. Sprinkle the remaining oat mixture over the plums and gently press down.
4. Cook on enamel tray on **Combination: Convection 220 °C + 440 W** for 8-10 minutes or until the mixture is firm and golden brown.
5. Cut into slices while hot, then allow to cool in the dish.

## STEAMED SUET SPONGE PUDDING

### Ingredients:

Serves 4

|        |                     |
|--------|---------------------|
| 150 g  | self-raising flour  |
|        | pinch salt          |
| 50 g   | caster sugar        |
| 50 g   | suet                |
| 1      | egg                 |
| 150 ml | milk                |
| 30 ml  | jam or golden syrup |

### Optional:

|       |                    |
|-------|--------------------|
| 10 ml | sultanas, optional |
|-------|--------------------|

**Dish:** 1 x Pyrex® mixing bowl, 1 x 1 litre Pyrex®, pudding basin

**Accessory:** none

### Method:

1. In a mixing bowl, sift together the flour and salt. Stir in sugar and suet. Add the sultanas if desired.
2. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency.
3. Put the jam in the base of the greased pudding basin and pour pudding mixture over. Cook on **1000 W** for 5-5 minutes and 30 seconds or until firm.

## BREAD AND BUTTER PUDDING

### Ingredients:

Serves 4

|        |   |
|--------|---|
| 6      | slices bread, buttered and cut in half diagonally |
| 75 g   | mixed dried fruit                                 |
| 450 ml | milk  |
| 3      | eggs  |
| 25 g   | caster sugar                                      |
| 3 ml   | nutmeg  |

**Dish:** 1 x Pyrex® dish 20 x 25 cm greased, 1 x large Pyrex® bowl, 1 x mixing bowl

**Accessory:** Enamel tray

### Method:

1. Arrange the bread and fruit in the prepared dish.
2. Warm the milk for 3 minutes on **600 W** but do not allow to boil.
3. Beat together the eggs and sugar, add the milk, stirring well.
4. Pour the mixture over the bread, sprinkle with nutmeg and leave to stand for 15 minutes. Cook on enamel tray on **Combination: Convection** 190 °C + **300 W** for 20-25 minutes or until set and browned.

## CHRISTMAS PUDDING

### Ingredients:

Serves 6-8

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

**Dish:** 1 x large Pyrex® bowl, 1 x 1.3 litre Pyrex® pudding basin lightly greased

**Accessory:** none

### Method:

1. Place apple and carrot in a large bowl. Cover and cook on **1000 W** for 5 minutes. Beat well to make a thick purée.
2. Stir in juice, rind and mixed fruit. Cook on **1000 W** for 2 minutes. Stir in brandy and treacle. Stand for 5 minutes. Beat in rest of ingredients.
3. Press into a lightly greased pudding basin. Cover with greaseproof paper and cook on **1000 W** for 4 minutes. Stand for 5 minutes. Cook on **1000 W** for another 2 minutes 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.

## BAKED APPLES

### Ingredients:

Serves 4

|         |                     |
|---------|---------------------|
| 4       | medium sized apples |
| 30 ml   | caster sugar        |
| 25-50 g | mixed dried fruit   |
| 25 g    | butter              |

**Dish:** 1 x Pyrex® mixing bowl, 1 x 20 cm Pyrex® shallow dish

**Accessory:** none

### Method:

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 shallow dish and cook on **1000 W** for 5 minutes 30 seconds - 7 minutes. Stand for 5 minutes before serving.

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

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## CHOCOLATE BROWNIES

---

**Ingredients:**

Serves 9

|       |                                    |
|-------|------------------------------------|
| 125 g | butter                             |
| 200 g | dark chocolate (72 % cocoa solids) |
| 175 g | soft brown muscovado               |
| 2     | eggs, beaten                       |
|       | sugar                              |
|       | a few drops vanilla essence        |
| 50 g  | plain flour                        |
| 5 ml  | baking powder                      |

**Dish:** 1 x small Pyrex® bowl, 1 x Pyrex® mixing bowl, 23 cm Pyrex® square dish

**Accessory:** Enamel tray

**Method:**

1. Melt the butter with 50 g of the chocolate in a small bowl on **600 W** for 2 minutes.
2. Put the eggs, sugar and vanilla essence in a bowl, then sift in the flour and baking powder.
3. Stir in the melted chocolate and butter mixture and mix well.
4. Chop the remaining chocolate into rough chunks and stir into the brownie mixture.
5. Spoon into the dish, spread evenly and cook on enamel tray, **Combination: Convection 220 °C + 300 W** for 9-12 minutes or until firm.

---

## FRUIT SCONES

---

**Ingredients:**

Serves 10

|        |                    |
|--------|--------------------|
| 225 g  | self-raising flour |
| pinch  | salt               |
| 5 ml   | baking powder      |
| 50 g   | butter             |
| 25 g   | caster sugar       |
| 50 g   | sultanas           |
| 100 ml | whole milk         |
| 1      | egg for glazing    |

**Dish:** 1 x Pyrex® mixing bowl, 1 x small baking sheet

**Accessory:** Enamel tray

**Method:**

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

---

## RED FRUIT COMPOTE

---

**Ingredients:**

Serves 4

|       |                      |
|-------|----------------------|
| 225 g | plums, halved        |
| 225 g | cherries, stoned     |
| 225 g | blueberries          |
| 225 g | strawberries, halved |
| 225 g | raspberries, halved  |
| 50 g  | golden caster sugar  |

**Dish:** 1 x large Pyrex® shallow dish

**Accessory:** none

**Method:**

1. Place the plums, cherries and blueberries in a shallow dish. Cook on **440 W** for 10 minutes.
2. Stir in the strawberries and cook on **440 W** for a further 5-6 minutes.
3. Stir the raspberries and sugar into the hot fruit and allow to cool before serving.

## STREUSEL TOPPED FRUIT MUFFINS

### Ingredients:

Makes 12

#### Streusel topping:

|       |                    |
|-------|--------------------|
| 50 g  | butter             |
| 75 g  | plain flour        |
| 30 ml | granulated sugar   |
| 15 ml | ground mixed spice |

#### Muffins:

|        |   |
|--------|---|
| 225 g  | plain flour   |
| 10 ml  | baking powder                                       |
| 150 g  | caster sugar  |
| 2.5 ml | salt  |
| ½      | lemon, grated zest                                  |
| 175 g  | fresh or frozen berries, raspberries or blueberries |
| 75 g   | butter  |
| 110 ml | buttermilk  |
| 1      | egg, lightly beaten                                 |
| 2.5 ml | vanilla essence                                     |

**Dish:** 1 x small Pyrex® bowl, 1 x large mixing bowl,  
1 x large Pyrex® bowl, 2 x 6 hole muffin tin,  
12 paper muffin cases

**Accessory:** Enamel tray

### Method:

1. Preheat oven on **Convection** 180 °C with enamel tray.
2. Melt the butter on **600 W** for 1 minute. Combine the streusel topping ingredients to make a soft dough and reserve. Chill.
3. Sift together the flour, baking powder, sugar and salt. Add the lemon rind and the fruit.
4. Melt the butter on **1000 W** for 30 second to 1 minute mix in the buttermilk, egg and vanilla essence. Lightly stir in the flour mixture and divide between 12 muffin cases.
5. Crumble small amounts of streusel topping over each muffin and cook in two batches on **Convection** 180 °C for 22 minutes, until browned and well risen.

### Method:

1. Place the rice, milk and sugar into the bowl. Add the cinnamon stick and vanilla pod. Do not cover.
2. Bring to the boil by heating on **1000 W** for 11-12 minutes on the base of the oven, paying close attention to ensure that the milk does not boil over.
3. Cook covered with a lid on **300 W** for 1 hour. Remove the cinnamon stick and vanilla pod. Leave to cool, serve hot or cold.

## APPLE CRUMBLE

### Ingredients:

Serves 4-6

|        |   |
|--------|---|
| 700 g  | cooking apples, peeled, cored and roughly chopped |
| 2.5 ml | ground cinnamon                                   |
| 75 g   | ground almonds                                    |
| 75 g   | caster sugar                                      |
| 75 g   | butter  |
| 75 g   | plain flour                                       |
| 40 g   | brown sugar                                       |

**Dish:** 1 x 24 cm rectangular dish, 1 x Pyrex® mixing bowl

**Accessory:** Enamel tray + wire rack

### Method:

1. Place the apples in the dish with brown sugar and cinnamon and cook on **1000 W** for 6-9 minutes, uncovered, stirring halfway through the cooking time. Leave to cool.
2. In a bowl mix ground almonds, butter, flour and caster sugar, until you obtain a mixture that looks like breadcrumbs. Spread this mixture over the pre-cooked apples.
3. Place the dish on the wire rack on enamel tray and cook on **Combination: Convection** 180 °C + **300 W** for 5-7 minutes, or until golden.

## RICE PUDDING

### Ingredients:

Serves 4

|         |                               |
|---------|-------------------------------|
| 100 g   | short grain rice              |
| 1 litre | whole milk                    |
| 75 g    | caster sugar                  |
|         | small piece cinnamon stick    |
| 1       | vanilla pod, split lengthways |

**Dish:** 1 x large Pyrex® casserole dish with lid

**Accessory:** none



## Guidelines

### 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 minutes. for 2 jars). Empty and drain upside down on kitchen paper. The jars should be warm when filled with jam.

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

### Dish Size

Always use a very large Pyrex® bowl. **Do not** attempt to use jam pans or saucepans in your microwave.

**Do not leave jams unattended during cooking because of the high sugar content.**

### Covering

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

**We do not recommend that you use your microwave to sterilise babies' bottles.**

(See details on page 53)

**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.

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## SOFT FRUIT JAM

---

### Ingredients:

Makes approx. 675 g

450 g soft fruit, washed  
450 g caster sugar  
30 ml lemon, juiced  
5 ml butter

**Dish:** 1 x large Pyrex® bowl

**Accessory:** none

### Method:

1. Place all ingredients in a large bowl and stir. Cook on **1000 W** for 5 minutes (10-15 minutes 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. 10-20 minutes. Test regularly for setting point.

---

## LEMON CURD

---

### Ingredients:

Makes approx. 900 g

4 lemons, juice and grated rind  
450 g caster sugar  
4 eggs, beaten  
100 g butter

**Dish:** 1 x large Pyrex® bowl

**Accessory:** none

### Method:

1. Place all ingredients in bowl. Mix well.
2. Cook on **1000 W** for 1 minute. Stir. Continue to cook in 1 minute stages until mixture starts to thicken, then cook for 30 seconds 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.

---

## ORANGE MARMALADE

---

### Ingredients:

Makes approx. 675-900 g

450 g seville oranges  
1 lemon  
900 ml water  
450 g sugar  
knob of butter

**Dish:** 2 x large Pyrex® bowl

**Accessory:** none

### Method:

1. Grate oranges and lemon ensuring all the pith is left on the fruit. Set the rind aside.
2. Peel the fruit and put it in a food processor and chop until the pips are broken.
3. Place the chopped mixture in a large bowl and pour over boiling water. Cover with pierced cling film and cook on **1000 W** for 10 minutes.
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 minutes until rind is tender, stirring occasionally. Stir in the sugar until dissolved.
6. Cook on **1000 W** for 8 minutes covered with pierced cling film. Stir in the butter and cook uncovered until setting point is reached, approx. 18-20 minutes.
7. Leave to stand for 10 minutes then pour into warmed sterilized jars.

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

---

## PLUM JAM

---

### Ingredients:

Makes approx. 1.5 kg

675 g plums or damsons, halved, stoned  
200 ml cold water  
675 g jam sugar  
30 ml lemon juice  
5 ml butter

**Dish:** 1 x large Pyrex® mixing bowl

**Accessory:** none

### Method:

1. Place plums in a large Pyrex® bowl with water.
2. Cook on **600 W** for 10 minutes or until fruit is soft.
3. Add the remaining ingredients, stir and cook on **1000 W** for 5 minutes stirring frequently.
4. Wash down any sugar crystals from around the bowl.
5. Bring mixture to the boil on **1000 W**, approx. 4-5 minutes.
6. Continue to cook on **1000 W** until setting point is reached approx. 20-25 minutes. Test regularly for setting point.

## Guidelines

This section of recipes are designed to satisfy children or may be shared with the whole family.

Note: If a child is using a microwave oven they should be supervised at all times.

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### TOMATO SOUP

---

**Ingredients:**

Serves 4

|         |                             |
|---------|-----------------------------|
| 30 ml   | olive oil                   |
| 1       | onion, chopped              |
| 1       | garlic clove, crushed       |
| 200 g   | carrots, peeled and chopped |
| 400 g   | canned chopped tomatoes     |
| 200 ml  | passata                     |
| 400 ml  | vegetable stock             |
| 1       | bay leaf                    |
| 1 sprig | fresh thyme                 |
| 100 ml  | single cream, optional      |
|         | salt and pepper             |

**Dish:** 1 x large Pyrex® casserole dish with lid

**Accessory:** none

**Method:**

1. Place the oil, onion, garlic and carrots in a large casserole dish, cover and cook on **1000 W** for 5 minutes.
2. Stir in the tomatoes, passata, stock, bay leaf and thyme and cook covered on **1000 W** for 10 minutes then **300 W** for 30 minutes.
3. Remove the bay leaf and thyme, add the cream (if desired) and seasoning, blend in a food processor until smooth.

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### FRITTATTA

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**Ingredients:**

|      |                              |
|------|------------------------------|
| 25 g | butter                       |
| 25 g | ham, chopped                 |
| 25 g | green pepper, finely chopped |
| 1    | spring onion, sliced         |
| 4    | eggs, beaten                 |
| 50 g | Cheddar cheese, grated       |

**Dish:** 1 x 24 cm flan dish

**Accessory:** none

**Method:**

1. Place the butter in the flan dish. Melt on **600 W** for 1 minute.
2. Add the ham, green pepper and spring onions. Cook on **1000 W** 1-2 minutes.
3. Pour the beaten egg over the top, sprinkle with the cheese.
4. Cook on **1000 W** for 2 minutes. Leave to stand for 2 minutes before serving.

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### QUESADILLAS

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**Ingredients:**

|      |                        |
|------|------------------------|
| 2    | flour tortillas        |
| 50 g | Cheddar cheese, grated |
| 25 g | cooked ham, chopped    |
| 1    | spring onion, sliced   |

**Dish:** 1 x dinner plate

**Accessory:** none

**Method:**

1. Place a tortilla on the plate, place the cheese, ham and onion onto the tortilla. Place the other tortilla on top.
2. Cover with a piece of kitchen roll cook on **1000 W** for 1-2 minutes.

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### TERYAKI SALMON

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**Ingredients:**

Serves 2-4

|       |  |
|-------|--|
| 200 g | salmon fillets, skinned and cut into bite sized pieces |
| 1 cm  | piece fresh ginger, grated                             |
| 15 ml | clear honey  |
| 20 ml | soy sauce  |
| 15 ml | sesame seeds   |

**Dish:** 1 x 23 shallow Pyrex® square dish,  
1 x small Pyrex® mixing bowl,  
4 bamboo kebab skewers

**Accessory:** Enamel tray + wire rack

**Method:**

1. Thread the salmon onto the wooden skewers, place into a shallow dish.
2. Place all the remaining ingredients, except the sesame seeds into a bowl and pour over the salmon, turn the skewers to coat all sides in the sauce.
3. Place the dish onto the wire rack on the enamel tray and cook on **Grill 1** for 12 minutes. Turn the skewers during cooking.
4. Sprinkle the salmon with the sesame seeds once cooked.

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## SPAGHETTI BOLOGNESE

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**Ingredients:**

Serves 6

|       |                               |
|-------|-------------------------------|
| 15 ml | olive oil                     |
| ½     | onion, chopped                |
| 1     | small celery, finely diced    |
| 1     | small courgette, finely diced |
| 1     | small carrot, finely diced    |
| 1     | small apple, grated finely    |
| 1     | clove of garlic, crushed      |
| 225 g | lean beef mince               |
| 200 g | passata                       |
| 15 g  | tomato purée                  |
| 175 g | beef or vegetable stock       |

**Dish:** 1 x large Pyrex® casserole dish with lid**Accessory:** none**Method:**

1. Place the oil, vegetables, apple and garlic into the casserole dish, cover and cook on **1000 W** for 5 minutes, add the mince, stir and cook on **1000 W** for another 5 minutes.
2. Add the passata, purée and stock to the dish. Mix well and cook on **1000 W** for 10 minutes then **300 W** for a further 10 minutes.
3. Purée if necessary to suit the age of the child.

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## STUFFED SWEET POTATOES

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**Ingredients:**

Serves 2-4

|       |                               |
|-------|-------------------------------|
| 4     | rashers streaky bacon         |
| 4     | sweet potatoes each 200-250 g |
| 15 ml | olive oil                     |
| 60 ml | Crème fraiche                 |
| 3     | spring onions, finely sliced  |
| 250 g | Cheddar cheese, grated        |

**Dish:** 1 x microwavable plate, 1 x mixing bowl**Accessory:** Enamel tray + wire rack**Method:**

1. Place the bacon on a microwavable plate, cover with kitchen roll and cook on **1000 W** for 2 minutes. Leave to one side.
2. Cook the sweet potatoes on the **auto program jacket potatoes** (see page 44). Leave them to cool.
3. Slice the sweet potatoes in half lengthways, scoop out the flesh and place into a bowl, add the crème fraiche, spring onions and half the cheese to the bowl, mix together well.
4. Spoon the filling back into the potato halves. Chop the bacon and place some on top, followed by the remaining cheese.
5. Place the potato halves onto the wire rack on the enamel tray and cook on **Grill 1** for 3-6 minutes or until golden brown.

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## GRANOLA

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### Ingredients:

Serves 6-8

|         |                                |
|---------|--------------------------------|
| 175 g   | oats                           |
| 120 g   | soft brown sugar               |
| 1.25 ml | salt                           |
| 50 g    | sunflower seeds                |
| 25 g    | desiccated coconut             |
| 30 g    | sunflower oil                  |
| 60 g    | maple syrup                    |
| 25 g    | dried cranberries              |
| 25 g    | raisins                        |
| 25 g    | dried apricots, finely chopped |

**Dish:** 1 x medium mixing bowl

**Accessory:** Enamel tray

### Method:

1. Preheat the oven on **Convection** 150 °C with the enamel tray.
2. Mix together the oats, sugar, salt, sunflower seeds and coconut. Mix the oil and maple syrup together and stir thoroughly into the oat mixture.
3. Carefully grease the enamel tray and spread the oat mixture evenly across the tray.
4. Cook on **Convection** 150 °C for 40-45 minutes, stirring every 10 minutes.
5. Pour the cooked mixture into a bowl and stir in the cranberries, raisins and apricots.

### Serving suggestion:

Ideal for breakfast with milk, on its own as a snack or layered with yoghurt, honey and fruit.

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## INDIVIDUAL PEAR, APPLE AND RASPBERRY CRUMBLES

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### Ingredients:

Serves 8

Topping:

|       |                           |
|-------|---------------------------|
| 100 g | butter, chilled and cubed |
| 150 g | plain flour               |
| 75 g  | golden caster sugar       |
| pinch | salt                      |
| 50 g  | oats                      |

Fruit:

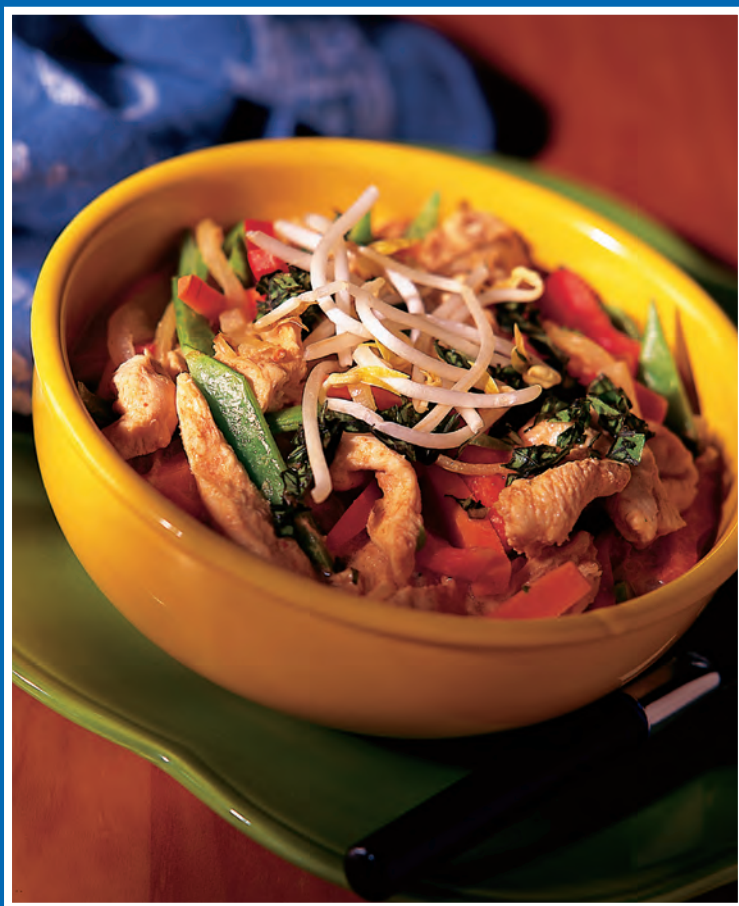
|       |                                  |
|-------|----------------------------------|
| 1     | apple, peeled and finely chopped |
| 1     | pear, peeled and finely chopped  |
| 125 g | raspberries                      |
| 30 ml | caster sugar                     |

**Dish:** 2 x medium mixing bowl, 8 x 8 cm ramekins

**Accessory:** Enamel tray

### Method:

1. Make the crumble topping by rubbing the butter into the flour until it resembles fine breadcrumbs. Mix the golden caster sugar, salt and oats into the crumble topping.
2. Mix the apple, pear and raspberries with the caster sugar and divide equally between the ramekin dishes and top with the crumble mixture.
3. Place the ramekins onto the enamel tray and cook on **Combination:** 180 °C + **300 W** for 15-20 minutes.



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