

# Panasonic®

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

***INVERTER***



**Model No. NN-CS89LB**

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 side 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 \_\_\_\_\_

SERIAL NUMBER \_\_\_\_\_

DATE OF PURCHASE \_\_\_\_\_

# Table of Contents

## Before Operation

|   |       |
|---|-------|
| Important Safety Instructions .....         | 5-7   |
| Installation and General Instructions ..... | 7-9   |
| Microwaves and How They Work .....          | 9-10  |
| Oven Accessories .....                      | 11-12 |
| Parts of Your Oven .....                    | 13-14 |
| Control Panel .....                         | 15    |
| Display Window .....                        | 16    |
| Cooking Modes .....                         | 17-19 |
| Cookware and Utensil Chart .....            | 20-21 |
| Operation Guide in the Display Window ..... | 22    |
| Up/Down Selection .....                     | 22    |
| INGREDIENT CONVERSION CHART .....           | 36    |

## Operation and Hints

|   |       |
|---|-------|
| Setting the Clock .....                 | 23    |
| Child Safety Lock .....                 | 23    |
| Microwave Cooking and Defrosting .....  | 24    |
| Grilling .....                          | 25    |
| Convection Cooking .....                | 26-27 |
| Steam Cooking .....                     | 28-29 |
| Steam Shot .....                        | 30    |
| Combination Cooking with Steam .....    | 31-32 |
| Combination Cooking without Steam ..... | 33-34 |
| Using the Timer .....                   | 35-36 |
| Using the Add Time Function .....       | 37    |
| Multi-stage Cooking .....               | 38-39 |
| Sensor Reheat Program .....             | 40-41 |
| Turbo Defrost .....                     | 42    |
| Defrosting Tips and Techniques .....    | 43    |
| Auto Beverage Programs .....            | 44    |
| Re-Bake Bread Programs .....            | 45    |
| Auto Cook Programs .....                | 46-48 |
| Junior Menu Programs .....              | 49-50 |
| Tip for Auto Weight Programs .....      | 51    |
| Auto Sensor Programs .....              | 52-53 |
| Healthy Grill Programs .....            | 54    |
| Cleaning Programs .....                 | 55-56 |
| Cleaning the Water Tank .....           | 57    |
| Auto Steam Programs .....               | 58-60 |
| Defrosting Chart .....                  | 61    |
| Reheating Charts .....                  | 62    |
| Cooking Charts .....                    | 63    |

## Maintenance

|  |       |
|--|-------|
| Before Requesting Service .....            | 64-65 |
| Care of your Microwave Oven .....          | 66    |
| Technical Specifications .....             | 67    |
| Panasonic Warranty (for Australia) .....   | 68    |
| Panasonic Warranty (for New Zealand) ..... | 69    |

## **Cooking Guide**

|                                   |         |
|-----------------------------------|---------|
| Microwave Recipe Techniques ..... | 70-72   |
| Breakfast Basics .....            | 73-75   |
| Soups, Snacks and Starters .....  | 76-84   |
| Fish and Shellfish .....          | 85-92   |
| Poultry .....                     | 93-101  |
| Main Fare Meats .....             | 102-112 |
| Vegetable Varieties .....         | 113-120 |
| Rice, Pasta and Cereal .....      | 121-125 |
| Cakes, Slices and Biscuits .....  | 123-132 |
| Desserts and Pastries .....       | 133-139 |
| Micro - Made Extras .....         | 140-143 |

# 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 door fits squarely, securely and opens and closes smoothly.
2. The door hinges are in good condition.
3. The metal plates of a metal seal on the door are neither buckled nor deformed.
4. 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, 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 STEAM, 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 STEAM, 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 heating elements situated in the top of the oven a steamer boiler situated in the left side of the oven and a convection heater situated in the back 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 STEAM, 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 230 °C for 10 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.
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. This appliance is not intended to be operated by means of an external timer or separate remotecontrol 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 STEAM, GRILL, CONVECTION and COMBINATION modes, children should only use the oven under adult supervision due to the temperatures generated.

## 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, touch Stop/Cancel 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 keys, 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 oven. The oven 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 the base of oven 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. When using the COMBINATION with microwave mode, never place any aluminum or metal container directly on the wire shelf, grill tray or metal tray.
13. Do not use the wire shelf, grill tray or metal tray when cooking in the MICROWAVE mode only.
14. 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.
15. 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.
16. Metallic containers for food and beverages are not allowed during microwave cooking.
17. 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 STEAM, 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.

## Building-in your oven

1. This oven is intended for counter-top and built-in use only. It is not intended for use inside a cupboard. This oven may be built into a wall cabinet by using the proper trim kit (NN-TK81LCSCP) which may be purchased from your local Panasonic dealer.
2. In case of fitting into an oven housing, please use Panasonic's Trim Kit, NN-TK81LCSCP.
3. Microwave ovens should not be built into a unit directly above a top front venting conventional cooker. This may be a safety hazard and could result in damage to your oven. This will invalidate your one year guarantee.
4. A microwave which is built in must be more than 850 mm above floor level. Read Trim-Kit instructions carefully before installation. It is recommended that the microwave oven is placed below a conventional oven to avoid heat damage to the fascia of the microwave.

## 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 of the hot liquid. To prevent this possibility the following steps should be taken:
  - (a) Avoid using straight-sided containers with narrow necks.
  - (b) Do not overheat.
  - (c) Stir the liquid before placing the container in the oven and again halfway through 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.
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.

# Installation and General Instructions (continued)

- 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.
  - When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
  - 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 combination 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.

### 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.

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 twistties to close bag. They can act as an antenna and cause arcing (sparks).

**DO NOT COOK IN PLASTIC FOOD STORAGE BAGS. Cling Film** 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 cling film "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.

# Oven Accessories

## Accessories

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

### Metal Tray

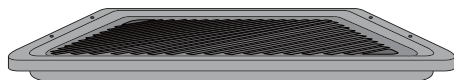
1. The metal tray is for cooking on **convection, grill** or **steam** mode only. Do not use on **microwave** or **combination** with microwave modes.
2. For 2 level **convection** cooking, the metal tray can be used as the lower level and the wire shelf can be used as the upper level.
3. The maximum weight that can be placed on the metal tray is 4 kg (this includes total weight of food and dish).



Metal Tray

### Grill Tray

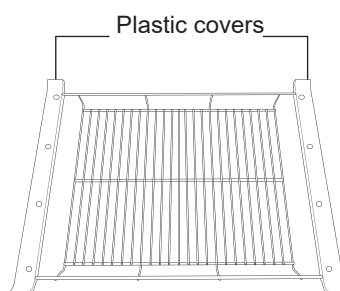
1. The grill tray is for cooking on **convection, grill, steam** mode or **combination 2-7** and **combination 10** only. Do not use on microwave modes.
2. Do not place it on the oven window. Otherwise, the oven window may be damaged.
3. Place it on the shelves when using.
4. When cooking food, place it in the middle of wavy range of the grill tray, avoiding letting the food into the groove around, so that food can't be completely baked.
5. The maximum weight that can be placed on the grill tray is 4 kg (this includes total weight of food and dish).



Grill Tray

### Wire Shelf

1. The wire shelf can be used in the upper or middle shelf position for **grilling** or **steaming** foods. It can be used in the upper, middle or lower shelf positions for **convection** or **combination** cooking.
2. Do not use any metal container directly on the wire shelf in combination with microwave.
3. Do not use the wire shelf in **microwave** mode only.
4. The maximum weight that can be placed on the wire shelf is 4 kg (this includes total weight of food and dish).






Wire Shelf



### Important User Information

**Please note the protective covers on the wire shelf are designed to remain on the shelf when in use. They are not packaging and must not be discarded.**

The following chart shows correct use of the accessories in the oven or you can follow the recipe instruction.

|  | Wire shelf  | Metal tray  | Grill tray  |
|--|---|---|---|
|  |  |  |  |
| <b>Microwave</b>                                   | x   | x   | x   |
| <b>Grill</b>                                       | ✓   | ✓   | ✓   |
| <b>Convection</b>                                  | ✓   | ✓   | ✓   |
| <b>Steam</b>                                       | ✓   | ✓   | ✓   |
| <b>Steam + Microwave</b><br>(Combi 1)              | ✓*  | x   | x   |
| <b>Steam + Convection</b><br>(Combi 2, 3, 4, 5)    | ✓   | ✓   | ✓   |
| <b>Steam + Grill</b><br>(Combi 6)                  | ✓   | ✓   | ✓   |
| <b>Grill + Convection</b><br>(Combi 7)             | ✓   | ✓   | ✓   |
| <b>Convection + Microwave + Grill</b><br>(Combi 8) | ✓*  | x   | x   |
| <b>Convection + Microwave</b><br>(Combi 9)         | ✓*  | x   | x   |
| <b>Grill + Microwave</b><br>(Combi 10)             | ✓*  | x   | ✓*  |

\*: Metal containers can not be placed directly on the accessory.

Either place food directly on the wire shelf or place a glass dish directly on the wire shelf.

# Parts of Your Oven

## 1 Door handle

Pull the door handle downwards to open. When you open the oven door during cooking, the cooking is stopped temporarily without clearing the programmed settings. The cooking is resumed as soon as the door is closed and Start/Set is touched.

## 2 Oven window

## 3 Door safety lock system

To prevent injury, do not insert finger, knife, spoon or other object into the latch hole.

## 4 Plug

## 5 Power supply cord

## 6 Bottom microwave feeding (refer to page 23)

## 7 Steam outlets

## 8 Warning symbol (hot surface)

## 9 Grill elements

## 10 Convection heater

## 11 LED lights

The oven lamp lights as soon as the oven door is opened or during cooking.

## 12 Shelf positions (lower, middle or upper)

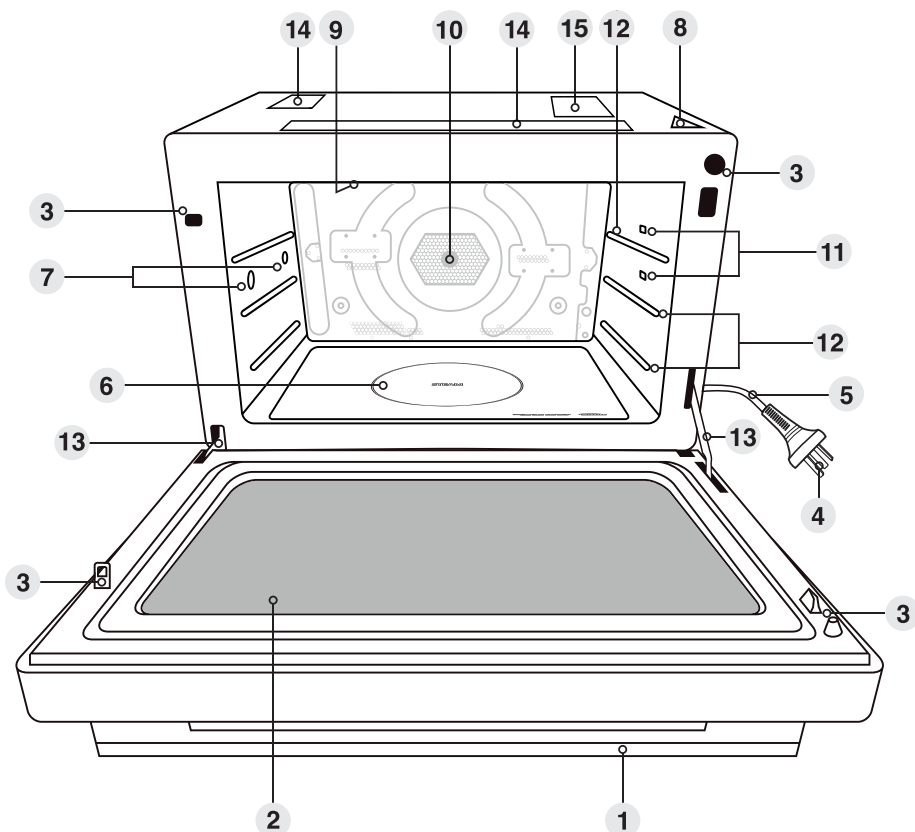
## 13 Door hinges

To prevent injury when opening or closing the door, keep fingers away from the door hinges.

## 14 Warning label

## 15. Menu label

Position your supplied Menu Label.

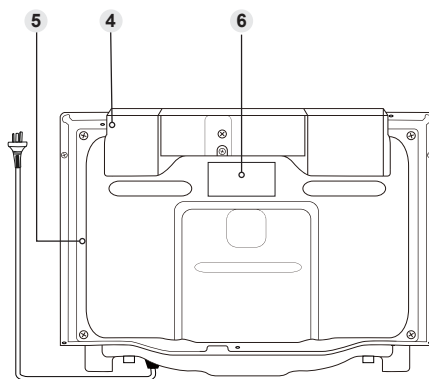
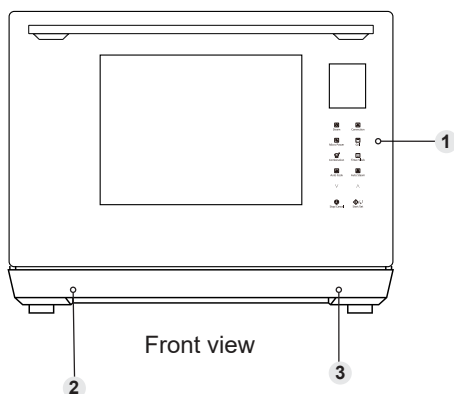


### Note

The illustration is for reference only.

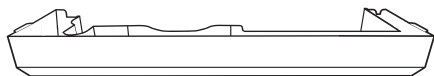
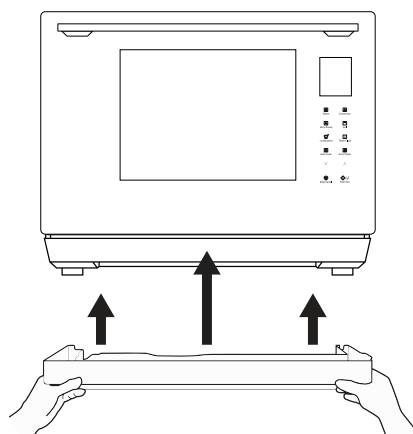
# Parts of Your Oven

- 1 Control panel
- 2 Drip tray
- 3 Water tank (behind drip tray)
- 4 Air vent exhaust (do not remove)
- 5 Identification label
- 6 Warning label



## Drip Tray

1. Before using the oven, the drip tray must be fitted as it collects excess water during cooking. The drip tray should be removed and cleaned on a regular basis.
2. Fit the drip tray by holding with both hands and clicking onto the front legs of the oven.
3. To remove the drip tray, hold with both hands and gently ease forward. Wash in warm soapy water. Reposition the drip tray by clicking back onto the legs.
4. **Do not use a dishwasher to clean the drip tray.**



## Water tank

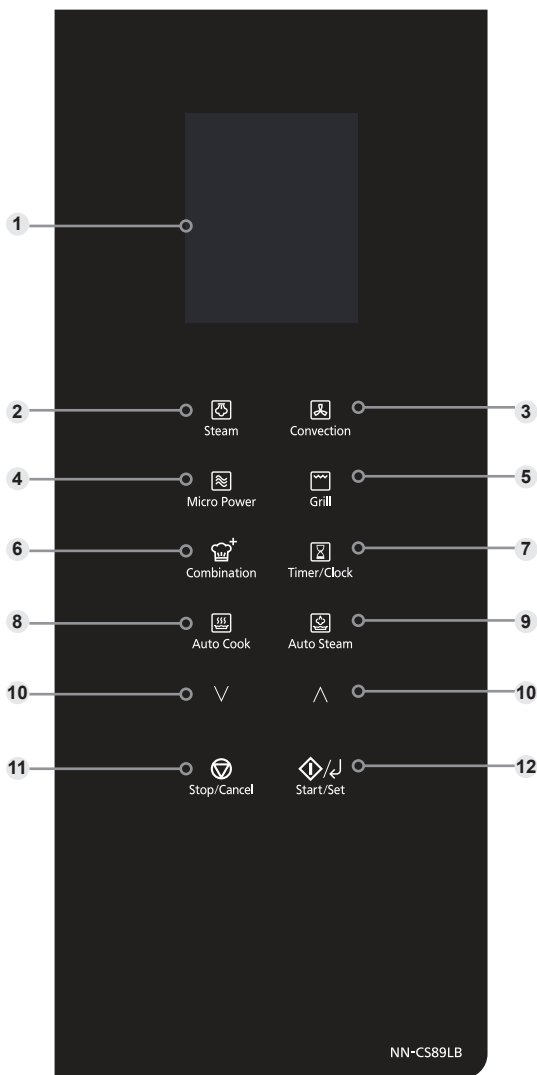
Guidelines for water tank on page 29.



### Note

The illustration is for reference only.

# Control Panel



## 1 Display Window

2 **Steam** (pages 28-30)

3 **Convection** (pages 26-27)

4 **Micro Power** (page 24)

5 **Grill** (pages 25)

6 **Combination** (pages 31-34)

7 **Timer/Clock** (page 23, 35-36)

8 **Auto Cook** (pages 40-56)

9 **Auto Steam** (pages 58-60)

10 **Up/Down Selection** (page 22)

Select the time, weight or auto menu by tapping .

11 **Stop/Cancel:**

**Before cooking:**

One touch clears your instructions

**During cooking:**

One touch temporarily stops the cooking program. Another touch cancels all your instructions and the time of day or a colon will appear in the display.

12 **Start/Set**

Touch to start operating the oven or

confirm the setting. If during cooking the door is opened or Stop/Cancel is touched once, Start/Set has to be touched again to continue cooking.

This oven is equipped with an energy saving function.



## Note

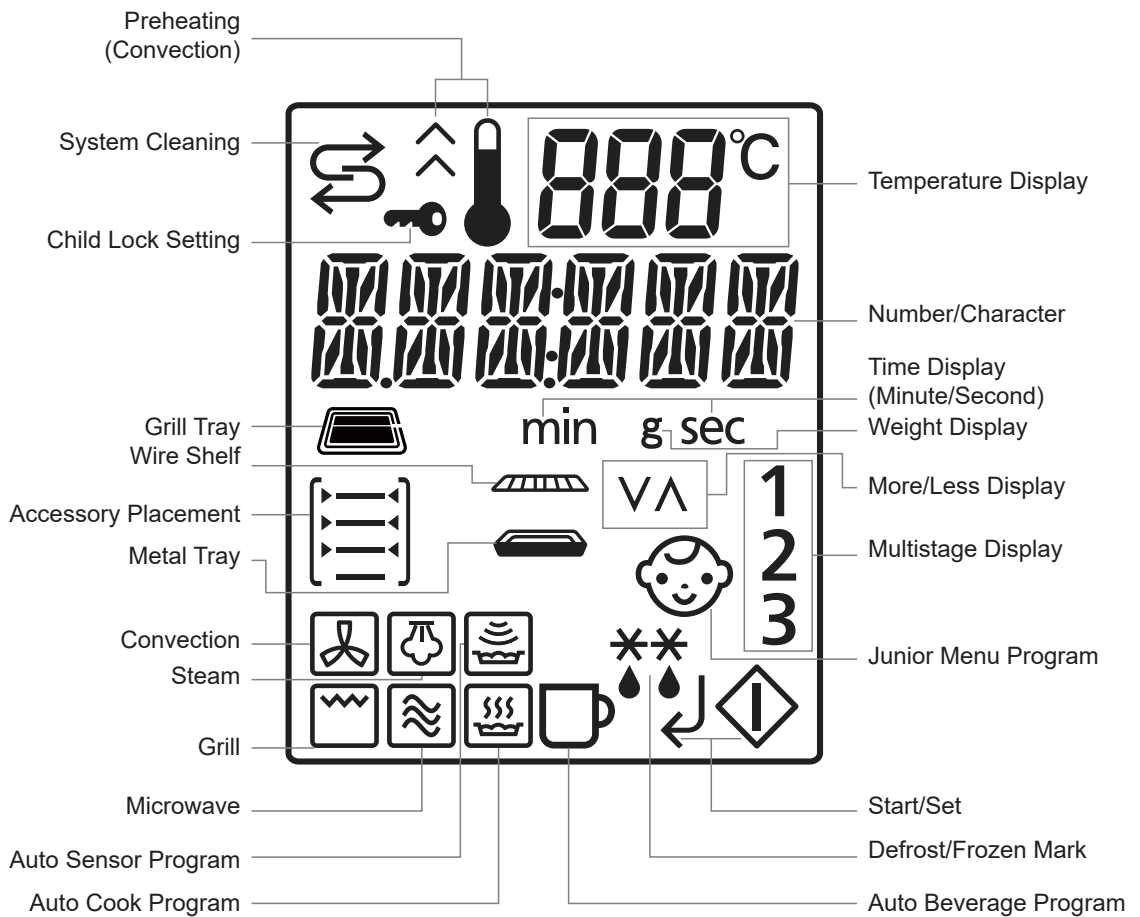
1. The oven will enter stand-by mode after the last operation has completed. When in stand-by mode, the brightness of the display will be reduced.
2. When in stand-by mode, it is necessary to open and close the oven door before operating the oven.
3. If an operation is set and Start/Set is not touched within 6 minutes, the oven will automatically cancel the operation. The display will revert back to colon or clock mode.




## Beep Sound

A beep sounds when a key is touched. If this beep does not sound, the setting is incorrect. When the oven changes from one function to another or an auto program reminds you to stir or turn food, two beeps sound. After the completion of the preheating on **convection** or **combination** mode, three beeps sound. After completion of cooking, the oven will beep 5 times.

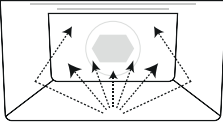
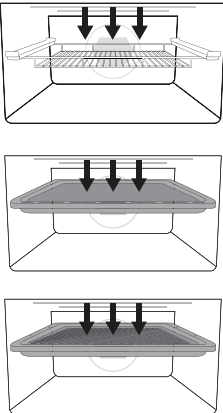
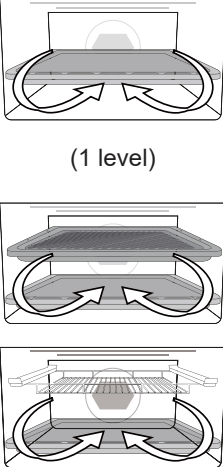
# Display Window



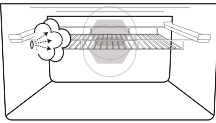
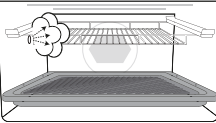
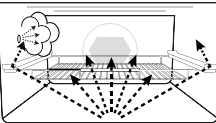
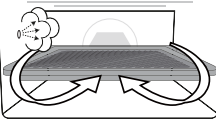
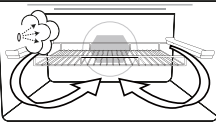
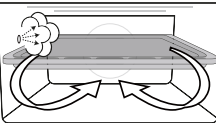
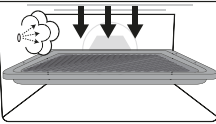
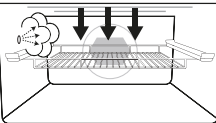
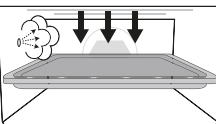
 : Fill the water tank.

# Cooking Modes

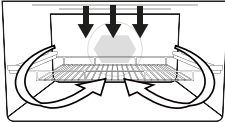
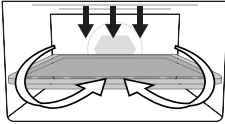
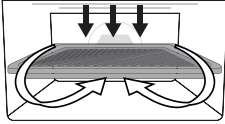
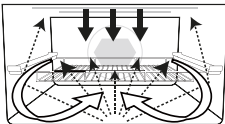
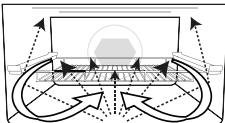
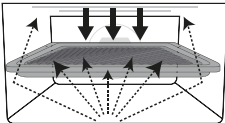
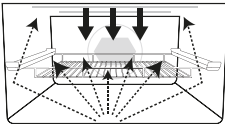
The diagrams shown below are examples of the accessories. It may vary depending on recipe/dish used.

| 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, pastry, caramel, meat, fish or vegetarian loaves.</li> <li>• Baking cakes with eggs and baking powder without colour (Victoria sandwich, clafoutis etc).</li> </ul> <p><b>No Preheating</b></p> | <p>Use your own dishes, plates or bowls, directly on the base of the oven.</p> | <p>Microwaveable, 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>• Browning of gratin dishes or meringue pies.</li> </ul> <p><b>No Preheating</b></p>  | <p>Wire shelf, metal tray or grill tray.</p>                                   | <p>Heatproof, metal tin can be used.</p> |
| <p><b>Convection</b></p>  <p>(1 level)</p> <p>(2 levels)</p> | <ul style="list-style-type: none"> <li>• Baking of small pastry items with short cooking times : puff pastry, cookies, choux, short pastry, roll cakes.</li> <li>• Special baking : souffles, meringues, vol-au-vent, small loaves of bread or brioches, sponge cake, meat pie, etc.</li> <li>• Baking of quiches, pizzas and tarts.</li> </ul> <p><b>Preheating advised</b></p>   | <p>Metal tray, wire shelf and grill tray.</p>                                  | <p>Heatproof, metal tin can be used.</p> |

# Cooking Modes

| Cooking modes  | Uses  | Accessories to use                                     | Containers  |
|--|---|--|---|
| <p><b>Steam</b></p>  <p>(1 level)</p>  <p>(2 levels)</p>   | <ul style="list-style-type: none"> <li>• Cooking fish, vegetables, chicken, rice, potatoes and sponge puddings.</li> </ul> <p><b>No Preheating</b></p>  | Wire shelf and grill tray.                             | Metal tin, Pyrex® and plastic containers suitable for steaming. |
| <p><b>Steam + Microwave (Combi 1)</b></p>   | <ul style="list-style-type: none"> <li>• Cooking fish, vegetables, chicken, rice, and potatoes.</li> </ul> <p><b>No Preheating</b></p>  | Wire shelf or your own dishes on the base of the oven. | Microwaveable, no metal.  |
| <p><b>Convection + Steam (Combi 2, 3, 4, 5)</b></p>    <p><b>Grill + Steam (Combi 6)</b></p>    | <ul style="list-style-type: none"> <li>• Cooking gratins</li> <li>• Kebabs</li> <li>• Baking cakes</li> <li>• Pastry tarts</li> <li>• Souffles</li> <li>• Whole fish</li> </ul> <p><b>Preheating advised for Combi 2-5</b><br/><b>No Preheating for Combi 6</b></p> | Metal tray, wire shelf and grill tray.                 | Heatproof, metal tin can be used.                               |

# Cooking Modes

| Cooking modes   | Uses  | Accessories to use                    | Containers                           |
|---|---|---------------------------------------|--------------------------------------|
| <b>Grill + Convection</b><br>(Combi 7)<br><br><br> | <ul style="list-style-type: none"> <li>• Roasting red meats, thick steak (rib of beef, T bone steaks)</li> <li>• Cooking of fish.</li> </ul> <p><b>Preheating advised</b></p>   | Wire shelf, grill tray or metal tray. | Heatproof, metal tin can be used.    |
| <b>Grill + Convection + Microwave</b><br>(Combi 8)<br><br><b>Convection + Microwave</b><br>(Combi 9)<br>                          | <ul style="list-style-type: none"> <li>• Roasting meat and poultry.</li> <li>• Defrosting and reheating crunchy foods (quiche, pizza, bread, viennoiserie, lasagne, gratin.)</li> <li>• Cooking lasagne, meat, potatoes or vegetable gratins.</li> <li>• Baking cakes and puddings with eggs or baking powder ingredients with browning, baking of quiches, pies and tarts.</li> </ul> <p><b>Preheating advised</b></p> | Wire shelf.                           | Microwaveable & heatproof. No metal. |
| <b>Grill + Microwave</b><br>(Combi 10)<br><br>  | <ul style="list-style-type: none"> <li>• Roasting chicken wings, seafood, fried foods, meat skewers, frozen potato fries, pizza etc.</li> </ul> <p><b>No Preheating</b></p>   | Grill tray or wire shelf.             | Microwaveable & heatproof. No metal. |



## Note

If using wire shelf only, your own glass dish can be placed on base of oven to catch fat and drips.

# Cookware and Utensil Chart

|  | Microwave     | Grill | Convection | Steam           | Combination                       |  |
|--|---------------|-------|------------|-----------------|-----------------------------------|--|
|  |               |       |            |                 | Combi 1<br>(Steam +<br>Microwave) | Combi 2, 3, 4, 5<br>(Steam+<br>Convection) |
| Aluminium foil                           | for shielding | yes   | yes        | yes             | for shielding                     | yes  |
| Ceramic Plate                            | yes           | yes   | yes        | yes             | yes                               | yes  |
| Browning Dish                            | yes           | no    | no         | no              | no                                | no   |
| Brown paper bags                         | no            | no    | no         | no              | no                                | no   |
| Dinnerware<br>oven/microwave<br>safe     | yes           | yes   | yes        | yes             | yes                               | yes  |
| non-oven/<br>microwave safe              | no            | no    | no         | no              | no                                | no   |
| Disposable<br>paperboard<br>containers   | yes*1         | yes*1 | no         | yes*1           | yes*1                             | no   |
| Glassware<br>oven glassware &<br>ceramic | yes           | yes   | yes        | yes             | yes                               | yes  |
| non-heat resistant                       | no            | no    | no         | no              | no                                | no   |
| Metal cookware                           | no            | yes   | yes        | yes             | no                                | yes  |
| Metal twist-ties                         | no            | yes   | yes        | yes             | no                                | yes  |
| Oven cooking bag                         | yes           | yes*1 | yes        | yes*1           | yes                               | yes  |
| Paper towels and<br>napkins              | yes           | no    | no         | no              | no                                | no   |
| Plastic defrosting<br>rack               | yes           | no    | no         | no              | no                                | no   |
| Plastic dishes<br>microwave safe         | yes           | no    | yes        | no              | yes                               | no   |
| non microwave safe                       | no            | no    | no         | no              | no                                | no   |
| Microwave safe<br>plastic wrap           | yes           | no    | no         | not<br>required | not required                      | no   |
| Straw, wicker, wood                      | yes           | no    | no         | no              | yes                               | no   |
| Thermometers<br>microwave safe           | yes           | no    | no         | no              | no                                | no   |
| conventional                             | no            | no    | no         | no              | no                                | no   |
| Waxed paper                              | yes           | yes   | yes        | yes             | yes                               | yes  |
| Silicon bakeware                         | yes*1         | yes*1 | yes*1      | yes*1           | yes*1                             | yes*1                                      |

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

|  | Combination                  |                                    |  |  |                                    |
|--|------------------------------|------------------------------------|--|--|------------------------------------|
|  | Combi 6<br>(Steam+<br>Grill) | Combi 7<br>(Convection +<br>Grill) | Combi 8<br>(Convection +<br>Grill + Microwave) | Combi 9<br>(Convection +<br>Microwave) | Combi 10<br>(Grill +<br>Microwave) |
| Aluminium foil                           | yes                          | yes                                | for shielding                                  | for shielding                          | for shielding                      |
| Ceramic Plate                            | yes                          | yes                                | yes  | yes                                    | yes                                |
| Browning Dish                            | no                           | no                                 | no   | no                                     | no                                 |
| Brown paper bags                         | no                           | no                                 | no   | no                                     | no                                 |
| Dinnerware<br>oven/microwave<br>safe     | yes                          | yes                                | yes  | yes                                    | yes                                |
| non-oven/<br>microwave safe              | no                           | no                                 | no   | no                                     | no                                 |
| Disposable<br>paperboard<br>containers   | yes*1                        | no                                 | no   | no                                     | yes*1                              |
| Glassware<br>oven glassware &<br>ceramic | yes                          | yes                                | yes  | yes                                    | yes                                |
| non-heat resistant                       | no                           | no                                 | no   | no                                     | no                                 |
| Metal cookware                           | yes                          | yes                                | no   | no                                     | no                                 |
| Metal twist-ties                         | yes                          | yes                                | no   | no                                     | no                                 |
| Oven cooking bag                         | yes                          | yes                                | yes  | yes                                    | no                                 |
| Paper towels and<br>napkins              | no                           | no                                 | no   | no                                     | no                                 |
| Plastic defrosting<br>rack               | no                           | no                                 | no   | no                                     | no                                 |
| Plastic dishes<br>microwave safe         | no                           | yes                                | no   | no                                     | no                                 |
| non microwave safe                       | no                           | no                                 | no   | no                                     | no                                 |
| Microwave safe<br>plastic wrap           | no                           | no                                 | no   | no                                     | no                                 |
| Straw, wicker, wood                      | no                           | yes                                | no   | no                                     | no                                 |
| Thermometers<br>microwave safe           | no                           | no                                 | no   | no                                     | no                                 |
| conventional                             | no                           | no                                 | no   | 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.

# Operation Guide in the Display Window

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.

If the Timer/Clock is tapped 4 times, this will turn off the operation guide. To turn the operation guide back on, tap the Timer/Clock 4 times.

**To turn off:**



OPERATION GUIDE OFF



Colon or time of day appears in the display window.

**Tap Timer/Clock** four times.

Display window.

**To turn on:**



OPERATION GUIDE ON



Colon or time of day appears in the display window.

**Tap Timer/Clock** four times.

Display window.

## Up/Down Selection

Select the time, weight or auto menu by tapping “√” / “^”. The time, weight or auto menu number appears in the display window. The time/weight can be adjusted quickly by holding “√” / “^” key.



- **Time Setting:**  
To set cooking time or clock. Use the key for the Add Time Function. (see page 37)
- **Weight Setting:**  
To set weight of food for auto cook and auto steam programs. (see pages 42-51, 54, and 58-60).
- **Auto Programs Setting:**  
To select auto menu.
- **More/Less Setting:**  
To set more/less for auto sensor programs (see page 40-41 and 52-53).

# Setting the Clock

When the oven is first plugged in “WELCOME TO PANASONIC MICROWAVE OVEN COOKING” appears in display window.



**Tap Timer/Clock twice.**

**Select the time by tapping “∨” / “∧”.** The time appears in the display and the colon blinks.

**Touch Timer/Clock.**

The colon stops blinking and time of day is now locked into the display.



## Note

1. To reset time of day, repeat step 1 through to step 3, as above.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. One tap will increase or decrease the time by 1 minute, you can also adjust the time quickly by holding “∨” / “∧”.
4. This is a 12 hour clock, there isn't a.m. or p.m. setting.

# Child Safety Lock

Using this system will make the oven controls inoperable; however, the door can be opened. Child Lock can be set when the display shows a colon or the time.

**To Set:**



**Tap Start/Set three times.** The time of day will disappear. Actual time will not be lost. ‘🔒’ is indicated in the display.

**To Cancel:**



**Tap Stop/Cancel three times.** The time of day will reappear in the display.



## Note

To activate or cancel child lock, Start/Set or Stop/Cancel must be tapped 3 times within a 10 second period.

# Microwave Cooking and Defrosting

There are 7 different Micro Power levels available (see the chart below).



**Tap Micro Power** to select desired power level.

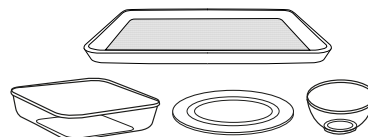
**Select the cooking time by tapping “∨” / “∧”.**

**Touch Start/Set.**  
The cooking program will start and the time in the display will count down

| Taps   | Display | Power       | Example of use  | Max time       |
|--------|---------|-------------|---|----------------|
| 1 tap  | 1000 W  | Max         | Boil water. Cook fresh fruits, vegetables, preserved fruit and candies. | 30 minutes     |
| 2 taps | 800 W   | Medium High | Cook fish and seafood, meat, poultry, eggs and cakes.                   | 1 h 30 minutes |
| 3 taps | 270 W   | Defrost ❄️  | Defrost meat, poultry or seafood.                                       | 1 h 30 minutes |
| 4 taps | 600 W   | Medium      | Cook cakes, stew food, and melt butter and chocolate.                   | 1 h 30 minutes |
| 5 taps | 440 W   | Low         | Cook tough meat, stew soup and soften butter.                           | 1 h 30 minutes |
| 6 taps | 300 W   | Simmer      | Simmer, stew.   | 1 h 30 minutes |
| 7 taps | 100 W   | Warm        | Keep food warm and soften ice cream.                                    | 1 h 30 minutes |

## Use of Dishes/Accessory:

Use your own Pyrex® dishes, plates or bowls covered with a lid or pierced cling film directly on the base of the oven. Do not place food directly on the base of the oven.



### Note

1. For multi-stage cooking refer to page 37.
2. Stand time can be programmed after Micro Power and time setting. Delay start cooking can be programmed before Micro Power and time setting. Refer to using the timer page 35.
3. You can change the cooking time during cooking if required. Tap “∨” / “∧” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
4. Maximum time that can be set on max power (1000 W) is 30 minutes. On all other power levels the maximum time that can be set is 1 hour 30 minutes.
5. **Do not** attempt to use **microwave** only with any metal accessory in the oven.

## Bottom Feeding Technology

Please note that this product uses bottom feeding technology for microwave distribution which differs from traditional turntable side feeding methods and creates more useable space for a variety of different sized dishes. This microwave feeding style can give a difference in heating times (in microwave mode) when compared against side feeding appliances. This is quite normal and should not cause any concern.

# Grilling

There are 3 different Grill settings available.

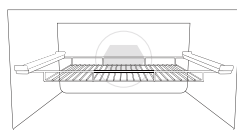


**Tap Grill** once, twice or three times to select the desired grill power.

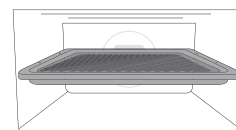
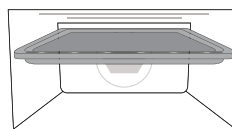
**Select the cooking time by tapping “√” / “^”.** Maximum cooking time is 1 h 30 minutes.

**Touch Start/Set.** Time in the display will count down.

| Taps   | Power Level      | Example of use               |
|--------|------------------|------------------------------|
| 1 tap  | Grill 1 (high)   | Garlic Bread, Toast          |
| 2 taps | Grill 2 (medium) | Seafood                      |
| 3 taps | Grill 3 (low)    | Slice meat or poultry pieces |



Place food on wire shelf on the upper or middle shelf position in the oven.



For grilling small foods use the metal tray or grill tray on the upper or middle shelf positions.

Place a glass dish on the base of the oven to catch fat and drips.



## Note

1. Never cover foods when grilling.
2. The grill will only operate with the oven door closed.
3. There is no Micro Power on the **grill** only program.
4. Most foods require turning halfway during cooking. When turning food, open oven door and **carefully** remove accessories using oven gloves.
5. After turning, return food to the oven and close door. After closing oven door, touch Start/Set. The oven display will continue to count down the remaining grilling time. It is quite safe to open the oven door at any time to check the progress of the food as it is grilling.
6. Always clean the oven after using the Grill.
7. You can change the cooking time during cooking if required. Tap “√” / “^” to increase or decrease the cooking time. Time can be increased/decreased “√” / “^” in 1 minute increments, up to 10 minutes.



## Caution

Use oven gloves when removing accessories. Never touch the outside window or inside metal parts of the door or oven when taking food in or out due to the high temperatures involved.

# Convection Cooking

This key offers a choice of convection temperatures 30-230 °C in 10 °C increments. For quick selection of the most commonly used cooking temperatures, the temperatures start at 150 °C and count up to 230 °C then 30 °C. The oven can not preheat at 30-60 °C.



**Set the desired convection temperature.**

**Touch Start/Set 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.*

**After preheating, place the food in the oven.**



**Select the cooking time by tapping "V" / "^" (up to 9 hours).**

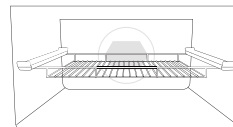
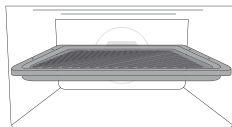
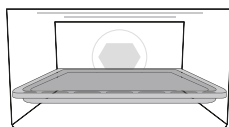
**Touch Start/Set.** Time in the display will count down.



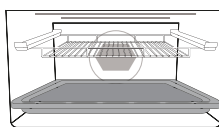
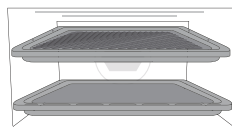
## Note

1. The oven can not preheat at 30 °C - 60 °C.
2. If 'HOT' appears in the display window, the oven temperature is too high from previous use and 30 °C - 40 °C can not be set. Cooking mode and time may still be set manually.

Use of Accessory:



For 1 level **Convection** cooking use the metal tray, wire shelf or grill tray the middle or lower shelf position. Place a glass dish on the base of the oven to catch fat and drips, if you use wire shelf.



For 2 levels **Convection** cooking, the metal tray can be used in the lower shelf position and the grill tray or wire shelf can be used as the upper shelf position.



## Note on Preheating

1. Do not open the door during preheating. After preheating 3 beeps will be heard and the "P" will flash in the display window. If the oven door is not opened after preheating, the oven will maintain the selected temperature. After 30 minutes, including preheating, the oven will shut off automatically and revert to a colon or time of day.
2. If you want to cook without preheating, after selecting the desired temperature, set the cooking time then touch Start/Set.



## Note

1. When the selected cooking time is less than one hour, the time counts down second by second.
2. When the selected cooking time is over one hour, the time counts down minute by minute until only "1H 00" (1 hour) remains. The display then indicates minutes and seconds and counts down second by second.
3. You can change the cooking time during cooking if required. Tap "√" / "∧" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
4. When preheating, the selected temperature can be recalled and changed. Touch Convection once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature by tapping Convection.
5. Depending on the recipe, you can preheat with or without the shelves in position. See individual recipes for details. The shelves are ideal for batch baking and when cooking in a large dish.
6. When preheating, the screen displays the actual temperature of the oven cavity. The current temperature is not displayed until more than 70 °C is reached. To change the temperature during cooking, touch Convection.
7. Turn the accessories 180° halfway during cooking to ensure a more even cooking result.



## Caution

Always use oven gloves when removing the food and accessories after cooking as the oven and accessories will be very hot.

## Guideline to Oven Temperatures

For best results always place food in a preheated oven. Don't forget that for ease of programming of the most commonly used temperatures, your oven will start at 150 °C and count up in 10 °C stages to 230 °C, then back to down to 30 °C. Food is generally cooked uncovered - unless it is a casserole or if you wish to use roasting bags for joints.

| Level  | Temp °C       | Use  |
|--------|---------------|--|
| Low    | 30 / 40 °C    | Drying-oven temperature for bread or pizza dough to rise, making yogurt. |
|        | 50 °C         | Warming dishes.  |
|        | 60 °C - 70 °C | Dried fruits, beef jerky.  |
|        | 80 °C - 90 °C | Slow cooking.  |
|        | 100 °C        | Pavlova.   |
|        | 110 °C        | Meringues.   |
| Medium | 140 °C        | Rich fruit cake.   |
|        | 150 °C        | Lemon meringue, meringue roulade, cheesecake.                            |
|        | 160/170 °C    | Casseroles, gingerbread, small tarts, cookies.                           |
| High   | 180 °C        | Souffle, strudel, victoria sandwich, fairy cakes, meat joints.           |
|        | 190 °C        | Filo pastry, quiche, gratins, lasagne, pastry pies, chicken.             |
|        | 200 °C        | Stuffed peppers, scones, eclairs, swiss roll, muffins.                   |
|        | 220 °C        | Vegetable parcels, yorkshire puddings, bread.                            |
|        | 230 °C        | Garlic bread, roast potatoes, baking pizza                               |

# Steam Cooking

The oven can be programmed as a steamer to cook vegetables, fish, chicken and rice. There are 2 different steam settings available.



**Tap Steam** until the power you require appears in the display window.

**Select the cooking time by tapping “V” / “^”.**  
Maximum cooking time is 30 minutes.

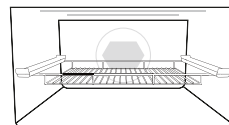
**Touch Start/Set.**  
The cooking program will start and the time in the display will count down.

| Taps   | Power Level       | Example of use                     |
|--------|-------------------|------------------------------------|
| 1 tap  | Steam 1 (Maximum) | Bun, Meat, Seafood, Chicken Breast |
| 2 taps | Steam 2 (Low)     | Soft-boiled egg, Prawn.            |

## Oven Accessories to Use:

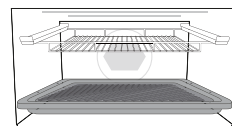
### Steam 1 level

When steaming food, the wire shelf is placed in the middle shelf position. Place a glass dish on the base of the oven to catch fat and drips.



### Steam 2 level

For the first level, place food on the grill tray in the lower shelf position. For the second level, place food on the wire shelf in the upper shelf position.



## Note

1. Fill the water tank before using the steam function.
2. The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, re-fill the water tank and repeat the above operation for the remaining time.
3. If during operation the water tank becomes empty, the oven will stop operation. The prompt in the display will ask you to re-fill the water tank. After re-filling the water tank and positioning back in the oven, touch Start/Set. The oven will not continue cooking until the water tank has been re-filled and Start/Set touched.
4. You can change the cooking time during cooking if required. Tap “V” / “^” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
5. It is possible to refill water tank at any time during cooking, without having to touch Stop/Cancel first.
6. It is necessary to wipe the excess water in the cavity after Steam cooking.



## Caution

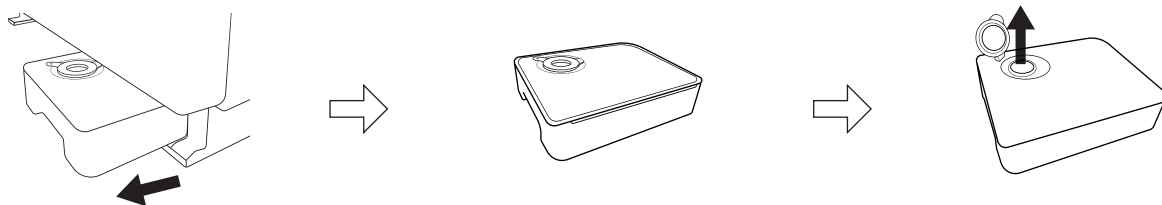
The accessories and surrounding oven will get very hot. Use oven gloves.

When removing the food or cooking accessories, hot water may drip from the oven top.

Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.

Take care when removing the drip tray. Wipe any water that drips from the inside of the oven. This is normal.

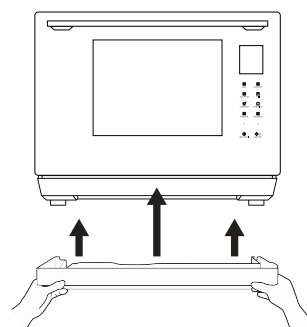
## Guidelines for Water Tank



Carefully remove the water tank from the oven. Remove the lid and fill with tap water (do not use mineral water). Replace the lid and position back in the oven. Ensure the lid is closed tightly and securely positioned, otherwise leakage may occur. It is recommended to clean the water tank in warm water once a week.

## Guidelines

1. There is no Micro Power on the **Steam** only program.
2. Use the accessories provided, as explained above.
3. The **Steam** will only operate with the oven door closed.
4. During and after cooking with steam function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.
5. Always use oven gloves when removing the food and accessories after steaming as the oven and accessories will be very hot.
6. After each steam operation carefully remove the drip tray from the front of the oven. Gently ease forwards, holding with both hands. After emptying, wash in warm soapy water. To re-position, click back into position on the oven legs.



Re-position the drip tray by clicking back onto the legs.

# Steam Shot

This feature allows you to add steam during cooking (up to 3 minutes). The following modes can use steam shot - microwave, grill, convection and combination 7-10. Adding steam during cooking enhances the heat distribution and aids the rising process of breads, cakes and pastries.

Set and operate the desired program.



Optional

As required during operation, hold steam for 2 seconds and 1 minute will be added.

If you want to add 2 or 3 minutes, tap Steam once or twice within 3 seconds after step 2. The remaining time displayed includes steam shot time.



## Note

1. Steam shot is not available during preheating mode.
2. Fill the water tank before use.
3. The original program still counts down when operating steam shot.
4. The steam shot time can not exceed the remaining cooking time.
5. If adding 2 or 3 minutes, steam must be tapped once or twice within a 3 second time period.
6. It is not possible to change the convection temperature and cooking time during steam shot.



## Cautions

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

**When removing the food or cooking accessories, hot water may drip from the oven top.**

**Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.**

| Food             | Cooking mode | Steam Shot                                      |
|------------------|--------------|---|
| Pastries         | Convection   | $\frac{2}{3}$ total time add 3 mins. Steam Shot |
| Breads           | Convection   | $\frac{2}{3}$ total time add 3 mins. Steam Shot |
| Sponge cakes     | Convection   | $\frac{1}{2}$ total time add 3 mins. Steam Shot |
| Part baked rolls | Combi 7      | $\frac{2}{3}$ total time add 3 mins. Steam Shot |

# Combination Cooking with Steam

Steam can be used to cook foods simultaneously with microwave, grill or convection mode. This can often reduce traditional oven cooking times and keep the food moist.



**Touch Combination.** Tap combination until the level you require appears in the display window. (see chart below)

**Touch if preheating**  
(only for Combi 2-5)

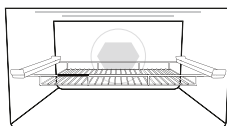
**Select the cooking time by tapping “V” / “^”.**  
Maximum cooking time is 30 minutes.



**Touch Start/Set.** The time counts down in the display.

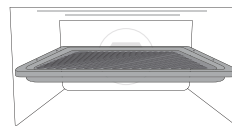
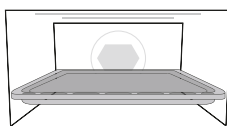
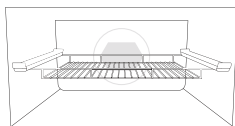
| Tap     | Combi Level | Max Time   | Combination Type               | Uses  |
|---------|-------------|------------|--------------------------------|---|
| Once    | Combi 1     | 30 minutes | Steam 1 +<br>MW 300 W (Simmer) | Fresh vegetables, frozen vegetables, fruits, mash, tinned vegetables, puddings. |
| Twice   | Combi 2     | 30 minutes | Steam 1 +<br>Convection 230 °C | Crusty bread.   |
| 3 times | Combi 3     | 30 minutes | Steam 1 +<br>Convection 210 °C | Homemade bread and choux pastry   |
| 4 times | Combi 4     | 30 minutes | Steam 1 +<br>Convection 190 °C | Brownie.  |
| 5 times | Combi 5     | 30 minutes | Steam 1 +<br>Convection 170 °C | Stuffed mushroom.   |
| 6 times | Combi 6     | 30 minutes | Steam 1 +<br>Grill 1 (High)    | Fish and chicken with skin  |

Use of Accessory:



### Combi 1

Wire shelf in middle shelf position. Place a glass dish on the base of the oven to catch fat and drips.



### Combi 2 - 6

Use wire shelf in middle or lower shelf position. Place a glass dish on the base of the oven to catch fat and drips.

For small food items, place them on metal tray or grill tray.



## Note

1. The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, re-fill the water tank and repeat the above operation for the remaining time.
2. If during operation the water tank becomes empty, the oven will stop operation. The prompt in the display will ask you to re-fill the water tank. After re-filling the water tank and positioning back in the oven, touch Start/Set. The oven will not continue cooking until the water tank has been re-filled and Start/Set touched.
3. Preheating is not available with Combi 1 or Combi 6.
4. You can change the cooking time during cooking if required. Tap “√” / “^” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
5. It is possible to refill water tank at any time during cooking, without having to touch Stop/Cancel first.
6. It is necessary to wipe the excess water in the cavity after Steam cooking.

## Guidelines

1. **During and after cooking with steam function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.**
2. **Always use oven gloves when removing the food and accessories after cooking as the oven and accessories will be very hot.**
3. **After each steam operation carefully remove the drip tray from the front of the oven. Gently ease forwards, holding with both hands. After emptying, wash in warm soapy water. To re-position, click back into position on the oven legs. (See page 14).**



## Cautions

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

**When removing the food or cooking accessories, hot water may drip from the oven top.**

**Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.**

# Combination Cooking without Steam

There are 4 combinations settings without steam. Combination cooking is ideal for many foods. The Micro Power cooks them quickly, whilst the convection or grill gives 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.



## Touch Combination.

Tap combination until the level you require appears in the display window (see chart below)

## Touch if preheating.

(only for Combi 7-9)



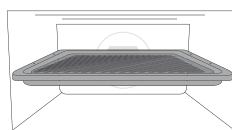
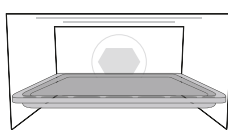
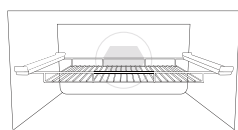
Select the cooking time by tapping "V" / "^".

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

| Tap      | Combi Level | Max Time              | Combination Type                                      | Uses  |
|----------|-------------|-----------------------|---|---|
| 7 times  | Combi 7     | 9 hours               | Convection 230 °C + Grill 1 (High)                    | Part baked bread, potato products, chicken pieces, steaks, chops                                    |
| 8 times  | Combi 8     | 9 hours               | Convection 230 °C + Grill 2 (Medium) + 300 W (Simmer) | Meat pies and pastries  |
| 9 times  | Combi 9     | 9 hours               | Convection 190 °C + 300 W (Simmer)                    | Whole chicken, fish steaks, whole fish, whole turkey  |
| 10 times | Combi 10    | 1 hour and 30 minutes | Grill 1 (High) + MW 300 W (Simmer)                    | Slice meat, fish, poultry pieces, reheat Fried foods Gratin, Potato Fries, Spring Rolls, Pizza etc. |

## Use of Accessory:

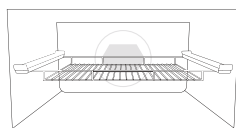
For combi 7:



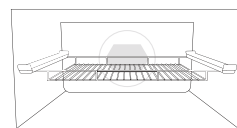
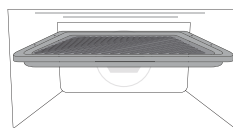
Use wire shelf in middle or lower shelf position. Place a glass dish on the base of the oven to catch fat and drips.

For small food items, place them on metal tray or grill tray.

For combi 8, 9:



For combi 10:



Place food directly on wire shelf. Place a glass dish on the base of the oven to catch fat and drips.

Place food directly on grill tray or wire shelf in upper or middle shelf position.

Place a glass dish on the base of the oven to catch fat and drips, if you use wire shelf.

# Combination Cooking without Steam (continued)



## Note on Preheating

The oven can be preheated on Combination with Convection or Grill/Convection cooking. Touch Start/Set before setting the cooking time and follow the **note on preheating** on page 26.

**No microwaves are emitted during combination preheating.**



## Note

1. When the selected cooking time is less than one hour, the time counts down second by second.
2. When the selected cooking time is over one hour, the time counts down minute by minute until only "1H 00" (1 hour) remains. The display then indicates minutes and seconds and counts down second by second.
3. You can change the cooking time during cooking if required. Tap "∨" / "∧" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.



## Caution!

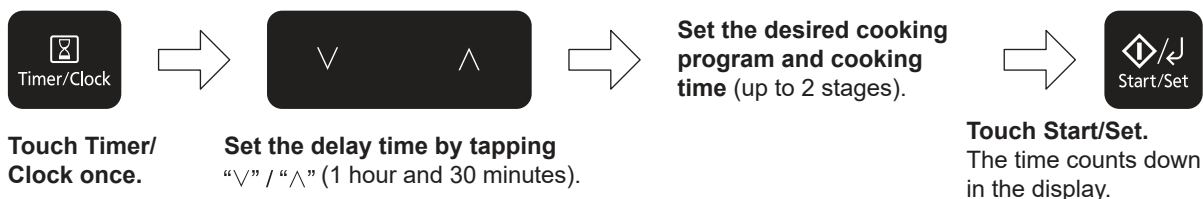
Use oven gloves when removing accessories. Never touch the outside window or inside metal parts of the door or oven when taking food in or out due to the high temperatures involved.

# Using the Timer

This feature allows you to program the oven as a kitchen timer. It can be also used to program a standing time after cooking is completed or to program a delay start.

## 1. Delay Start Cooking

By using the Timer, you are able to program Delay Start cooking.



### Note

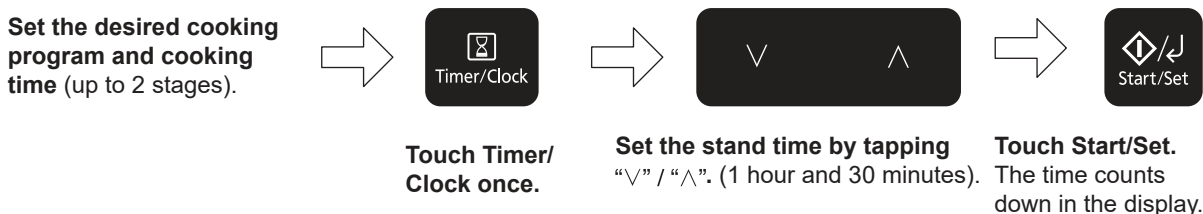
1. Three stage cooking can be programmed including Delay Start cooking.
2. If the programmed delay time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
3. Delay Start cannot be programmed before an auto program.

Example:



## 2. Stand Time

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



### Note

1. Three stage cooking can be programmed including stand time.
2. If the oven door is opened during the Stand Time Delay Start or Kitchen Timer, the time in the display window will continue to count down.
3. Stand time cannot be programmed after an auto program.

Example:



## 3. Kitchen Timer



**Touch Timer/  
Clock once.**

**Set the time by tapping “∨” / “∧”.**  
(1 hour and 30 minutes).

**Touch Start/Set.**  
The time counts down in the display.

## INGREDIENT CONVERSION CHART

|         |           |                |       |
|---------|-----------|----------------|-------|
| ¼ cup   | 60 ml     | ¼ teaspoon     | 1 ml  |
| 1/3 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   | 15 ml |
| 1¼ cups | 310 ml    | 1½ tablespoons | 23 ml |
| 1½ cups | 375 ml    | 2 tablespoons  | 30 ml |
| 2 cups  | 500 ml    | 3 tablespoons  | 45 ml |
| 3 cups  | 750 ml    | 4 tablespoons  | 60 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.

# Using the Add Time Function

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



After cooking, tap “^” to select Add Time function. Maximum cooking time:

**Touch Start/Set.**

Time will be added. The time in the display window will count down.

|  |                       |
|--|-----------------------|
| <b>Micro Power 1000 W</b>                                      | 30 minutes            |
| <b>Steam</b>   | 30 minutes            |
| <b>Combi 1-6</b>   | 30 minutes            |
| <b>Grill, Combi 10, Other microwave powers (100 W - 800 W)</b> | 1 hour and 30 minutes |
| <b>Convection</b>  | 9 hours               |
| <b>Combi 7-9</b>   | 9 hours               |
| <b>Timer</b>   | 1 hour and 30 minutes |



## Note

1. This function is only available for Micro Power, Grill, Convection, Steam, Combination and Timer functions and it is not available for Auto programs.
2. The Add Time function will not operate after 2 minutes cooking.
3. The Add Time function can be used after the multi-stage cooking. The power level is the same as the last stage.

# Multi-stage Cooking

## 2 or 3 Stage Cooking

Select desired power level.



Select desired power level.

Set the cooking time by tapping “√” / “^”.



Set the cooking time by tapping “√” / “^”.

Touch Start/Set.

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

## Example

To defrost (270 W) for 2 minutes and cook food on max power (1000 W) for 3 minutes.



Tap Micro Power 3 times to select defrost power (270 W).

Set the cooking time to 2 minutes by tapping “√” / “^”.

Tap Micro Power once to select max power (1000 W).



Set the cooking time to 3 minutes by tapping “√” / “^”.

Touch Start/Set.

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

# Multi-stage Cooking

## Example

To grill at low (Grill 3) for 4 minutes and cook food on low power (440 W) for 5 minutes.



Tap Grill Power 3 times to select Grill 3 (low).

Set the cooking time to 4 minutes by tapping "∨" / "∧".

Tap Micro Power five times to select low power (440 W).



Set the cooking time to 5 minutes by tapping "∨" / "∧".

**Touch Start/Set.**  
The cooking program will start and the time in the display will count down.



### Note

1. For 3 stage cooking, enter another cooking program before touching Start/Set.
2. During operation, touching Stop/Cancel once will stop the operation. Touching Start/Set will re-start the programmed operation. Tapping Stop/Cancel twice will stop and clear the programmed operation.
3. Whilst not operating, touching Stop/Cancel will clear the selected program.
4. Auto programs cannot be used with multi-stage cooking.

# Sensor Reheat Program





the Genius sensor

This unique feature 'the Genius' built in sensor allows you to simply reheat a chilled meal. It is not necessary to select the power level, weight or cooking time. The built-in sensor measures the humidity of the food and calculates the Micro Power level together with a cooking time.




Tap Auto Cook key once.

Touch Start/Set.

| Program  | Weight *       | Accessories   | Instructions  |
|--|----------------|---|---|
| <b>1. Sensor Reheat</b><br><br><br>Auto Cook<br><br>  | 200 g - 1000 g |  | To reheat a fresh pre-cooked meal. All foods must be pre-cooked. Foods should be at refrigerator temperature approx. + 5 °C. Reheat in container as purchased. Pierce covering film with a sharp knife once in the centre and four times around the edge. If transferring food to dish, cover with pierced cling film. Place container on base of oven. Select program number 1, Sensor Reheat. Touch Start/Confirmation. Stir at beeps. Stir again at end of program and allow a few minutes standing time. Large pieces of meat/ fish in a thin sauce may require longer cooking. This program is not suitable for starchy food such as rice, noodles or potatoes. Meals in irregular bowl shaped containers may need longer cooking. |

 Microwave

 Accessory Placement

 Sensor Program

\* Recommend weight range

## How it works

Once the Sensor Reheat Programs has been selected and Start/Set is touched the food is heating up. As food begins to get hot, steam is emitted. When the food reaches a certain temperature and begins to cook, an even greater amount of steam is released. The increase in steam emission is detected by a humidity sensor in the oven. This acts as a signal for the oven to calculate how much longer the food needs to reheat.

The remaining cooking time will appear in the display window after two beeps.

Whilst the Sensor program is still in the display window the oven door **should not be opened**. Wait until the cooking time appears in the window, and then open the door if required, to stir or turn the food.

## More / Less Control

The Sensor Reheat Programs reheat a chilled for average tastes. You are able to adjust the Sensor Reheat Programs to your own taste. After touching Start/Set, “√” / “^” symbol appears in the display, touch “^” for more time or “√” for less time. This operation should be completed within 14 seconds. Default mode is normal.



### Note

1. This feature is not suitable for foods that cannot be stirred eg. lasagne / macaroni cheese.
2. The oven automatically calculates the reheating time or the remaining reheating time.
3. The door should not be opened before the time appears in the display window.
4. To prevent any mistakes during Sensor Reheat Programs ensure that base of oven and the container are dry.
5. The room temperature should not be more than 35 °C and not less than 0 °C.
6. If the oven has previously been used and it is too hot to be used on Sensor Reheat Programs, 'HOT' will appear in the display window. After the 'HOT' disappears, the Sensor Reheat Programs may be used. If in a hurry, cook food manually by selecting the correct cooking mode and cooking time yourself.

# Turbo Defrost

With this feature you can defrost frozen food according to the weight. The weight is programmed in grams. The weight starts from the minimum weight for each category.



Tap Auto Cook key once.



Select desired menu by tapping “√” / “^” .







Touch to confirm the program.



Select the weight of the food by tapping “√” / “^” . The weight will count up in 10 g steps.




**Touch Start/Set.** The display reminds you which cooking modes are in use. Remember to turn or shield the food during defrosting.

| Program   | Weight *       | Accessories   | Instructions  |
|---|----------------|---|---|
| <b>2. Turbo Defrost</b><br><br>  | 100 g - 3000 g |  | To defrost many cuts of meat, poultry and fish. Place container on base of oven. Select program number 2, Turbo Defrost. Touch Start/Set to confirm the program. Select the weight and touch Start/Set. Turn over the food, remove defrosted food and shield thin ends/fat bones of roast with foil at beeps. |

 Microwave

 Defrost

 Accessory Placement

\* Recommend weight range



## Note

1. The shape and size of the food will determine the maximum weight the oven can accommodate.
2. Allow standing time to ensure the food is completely defrosted.
3. If 'HOT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

# Defrosting Tips and Techniques

## Preparation for Freezing

The quality of the cooked foods comes from the foods before freezing, freezing ways and defrosting tips and times. So it is important to purchase fresh and high quality foods. And freeze them immediately. Thick cling film, package, freezing wrap and the meat which has been sealed before selling are all able to be reserved in the refrigerator for some times.



### Note

1. Please remove the aluminum foil if the package is made of aluminum to prevent arcing.
2. The foods in the refrigerator should be kept under -18 °C. (At least 24 hours in freezer before defrosting.)
3. When freezing meats, poultry and fish or seafood, the foods should be arranged evenly and wrap as 2.5 cm - 5 cm square or a round shape.
4. Please clean the whole chicken before freezing. (The bowels can be frozen individually.) Clean the whole chicken and make it dry. Binding the leg and thigh.
5. Remove all air and seal securely. Label package with type and cut of meat, date and weight.

## Turbo Defrost

The Turbo defrost function is operated based on the weight of foods. Most cut foods such as chicken, meat and fish can be defrosted by using this function easily. Set weight based on the real weight of foods, and the microwave oven will set the power and time automatically. The display window will display the time of defrost after setting. The foods listed in the below table are the most suitable for using defrost function. The minimize weight is 100 g and the maximum is 3000 g for getting the best result.

| Foods  | The maximum weight for the foods |
|--|----------------------------------|
| Meat loaf, whole chicken, rib                | 3000 g                           |
| Beef, lamb, chicken portions                 | 2000 g                           |
| Whole fish, shellfish, prawn and fish fillet | 1000 g                           |

## Tips for Turbo defrost

Boneless meat always demands longer time to defrost than meat with bones, as to meat with bones, we recommend to subtract 500 g from total weight when it exceeds 2000 g, subtract 200 g - 300 g from total when it weights under 2000 g.

## Two buzz beeps

Turn over the meat, chicken, fish and shellfish. Separate the stewed meat, chicken pieces and meat loaf. Apart the meat loaf from the hamburger. Shield the edge of chicken wings, roast, fat or bones.

## Key to defrosting

For evenly defrosting, turn over the foods or move the position of the foods in the containers during the progress of defrosting.



Remove the package of the raw meat and place it on the plate.



Shield the front part of the chicken drumsticks by using aluminum foil.



Shield the head and tail of the whole fish by using aluminum foil.



Remove the package of the fish fillet and place it on the plate.

# Auto Beverage Programs



Tap Auto Cook key once.



Select desired menu by tapping “V” / “^”.











Touch to confirm the program.



Select the weight of the food by tapping “V” / “^”.




**Touch Start/Set.** The display reminds you which cooking modes are in use. Remember to stir the beverage before and after heating.

| Program   | Weight *       | Accessories   | Instructions   |
|---|----------------|---|--|
| <b>3. Tea/Coffee</b><br><br>                             | 200 g or 400 g |    | For reheating one beverage with a fixed weight of 200 g or two beverages of 200 g each (400 g total) from room temperature eg. tea, coffee. Select program number 3, Tea/Coffee. Place the mug/mugs on the base of the oven. Touch Start/Set to confirm the program. Select 200 g for 1 beverage or 400 g for two beverages and touch Start/Set. Stir before and after heating.  |
| <b>4. Milk/Hot Chocolate/White Coffee</b><br><br>  | 200 g or 600 g |  | For reheating one mug of milk with a fixed weight of 200 g or one jug of milk with a fixed weight of 600 g from fridge temperature. This program is suitable for full fat, semi-skimmed and skimmed milk. The hot milk can be used for making white coffee or hot chocolate. Place the mug or jug on the base of the oven. Select program number 4, Milk/Hot Chocolate/White Coffee. Touch Start/Set to confirm the program. Select 200 g for 1 mug or 600 g for 1 jug and touch Start/Set. Stir before and after heating for one mug of milk. Stir at beeps during heating for one jug of milk. |

 Microwave

 Beverage

 Accessory Placement

\* Recommend weight range

# Re-Bake Bread Programs



Tap Auto Cook key once




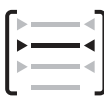



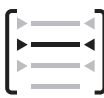
Select desired menu by tapping “∨” / “∧” .

Touch to confirm the program.



Select the weight of the food by tapping “∨” / “∧”. The weight will count up in 10 g steps.


Touch Start/Set. The display reminds you which accessory to use and which cooking modes are in use.

| Program  | Weight *      | Accessories  | Instructions   |
|--|---------------|--|--|
| <b>5. Baguette/ Crusty Rolls</b><br><br> | 100 g - 500 g | <br>     | To re-bake baguettes and crusty rolls. This program is suitable for reheating, browning and crisping pre-purchased baguettes and rolls from room temperature. Ensure height of baguette/rolls is no more than 5 cm. Place baguette/crusty rolls on wire shelf in middle shelf position. Select program number 5, Baguette/Crusty Rolls. Touch Start/Set to confirm the program. Select the weight and touch Start/Set. After cooking place on a wire rack for a few minutes. |
| <b>6. Croissants</b><br><br>          | 50 g - 350 g  | <br> | To re-bake croissants. This program is suitable for reheating, browning and crisping pre-purchased croissants from room temperature. Place croissants on wire shelf in middle shelf position. Select program number 6, Croissants. Touch Start/Set to confirm the program. Select the weight and touch Start/Set. After cooking place on a wire rack for a few minutes.  |

 Grill

 Microwave

 Wire Shelf

 Accessory Placement

\* Recommend weight range

# Auto Cook Programs



Tap Auto Cook key once.

Select desired menu by tapping “V” / “^”. (refer to pages 46-50)

Touch to confirm the program. For No. 7, oven will start to preheat after touch Start/Set.



Select the weight of the food by tapping “V” / “^”. The weight will count up in 10 g steps except No.17 and No.18.

Touch Start/Set. The display reminds you which accessory to use and which cooking modes are in use.

| Program                     | Weight *        | Accessories | Instructions   |       |       |             |       |       |       |       |       |       |       |       |       |       |       |       |
|-----------------------------|-----------------|-------------|--|-------|-------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| <b>7. Fresh Pizza</b><br>   | 200 g - 800 g   | <br>        | <p>Use for cooking fresh pizza either purchased or home made. See chart below for quantities.</p> <table border="1"> <thead> <tr> <th>Total</th> <th>Dough</th> <th>Ingredients</th> </tr> </thead> <tbody> <tr> <td>200 g</td> <td>100 g</td> <td>100 g</td> </tr> <tr> <td>400 g</td> <td>200 g</td> <td>200 g</td> </tr> <tr> <td>600 g</td> <td>300 g</td> <td>300 g</td> </tr> <tr> <td>800 g</td> <td>400 g</td> <td>400 g</td> </tr> </tbody> </table> <p>Place assembled pizza on the metal tray. Select program number 7, Fresh Pizza. Touch Start/Set to preheat with the empty oven. When the oven is preheated, place the metal tray in the lower shelf position. Select the weight of the pizza (total weight of base plus topping ingredients). Close door and touch Start/Set. Turn around the metal tray at beeps for above 400 g fresh pizza.</p> | Total | Dough | Ingredients | 200 g | 100 g | 100 g | 400 g | 200 g | 200 g | 600 g | 300 g | 300 g | 800 g | 400 g | 400 g |
| Total                       | Dough           | Ingredients |  |       |       |             |       |       |       |       |       |       |       |       |       |       |       |       |
| 200 g                       | 100 g           | 100 g       |  |       |       |             |       |       |       |       |       |       |       |       |       |       |       |       |
| 400 g                       | 200 g           | 200 g       |  |       |       |             |       |       |       |       |       |       |       |       |       |       |       |       |
| 600 g                       | 300 g           | 300 g       |  |       |       |             |       |       |       |       |       |       |       |       |       |       |       |       |
| 800 g                       | 400 g           | 400 g       |  |       |       |             |       |       |       |       |       |       |       |       |       |       |       |       |
| <b>8. Frozen Pizza</b><br>  | 200 g - 430 g   | <br>        | <p>For reheating and browning pre-purchased frozen pizza. Remove all packaging and place the pizza directly on the wire shelf in the upper shelf position. Select program number 8, Frozen Pizza. Touch Start/Set to confirm the program. Select the weight of the food and touch Start/Set. This program is not suitable for deep pan pizzas.</p>   |       |       |             |       |       |       |       |       |       |       |       |       |       |       |       |
| <b>9. Roast Chicken</b><br> | 1000 g - 1900 g | <br>        | <p>For cooking a whole fresh unstuffed chicken. Cook stuffing separately. Brush wire shelf with oil to prevent sticking. Place chicken on wire shelf in lower shelf position and place a microwave-safe dish on base of oven to catch drips and fat. Select program number 9, Roast Chicken. Touch Start/Set to confirm the program. Select the weight of the chicken, then touch Start/Set. Start cooking breast side down and turn at beeps, taking care with hot juices. Allow to stand for 5 minutes after cooking.</p>  |       |       |             |       |       |       |       |       |       |       |       |       |       |       |       |

Convection

Grill

Microwave

















Frozen foods

Wire Shelf

Metal Tray

Accessory Placement

\* Recommend weight range













| Program   | Weight * | Accessories  | Instructions  |
|---|----------|--|---|
| <b>10. Roast Pork</b><br><br>500 g - 2000 g<br>         |          | <br>     | For baking pork at one piece. In order to achieve the best results of piece of pork, where possible, should have the same thickness and even shaped or tied with string for making it compact. The thickness of piece has to be less than 6 cm. When need to roast the thicker one, it can be made in manual mode. In order to get softer and juicier pork, it is advisable to add salt and pepper or mustard before cooking. Place the pork on metal tray in lower position. Select program number 10, Roast Pork. Touch Start/Set to confirm the program. Select the weight of the pork, then touch Start/Set. Turn over at beeps. Before serving or slicing cover the meat with a foil and leave for 5-10 minutes. |
| <b>11. Roast Beef</b><br><br>500 g - 2000 g<br>         |          | <br>     | For cooking fresh roast beef, rare (topside, rump or silverside). Place on metal tray in lower shelf position. Select program number 11, Roast Beef. Touch Start/Set to confirm the program. Select the weight of the beef, then touch Start/Set. Turn over at beeps. Stand for 10-15 minutes.  |
| <b>12. Beef Medium</b><br><br>500 g - 2000 g<br>      |          | <br>     | For cooking fresh roast beef, medium (topside, rump or silverside). Place on metal tray in lower shelf position. Select program number 12, Beef Medium. Touch Start/Set to confirm the program. Select the weight of the food and touch Start/Set. Turn over at beeps. Stand for 10-15 minutes.   |
| <b>13. Beef Well Done</b><br><br>500 g - 2000 g<br> |          | <br> | For cooking fresh roast beef, well done (topside, rump or silverside). Place on metal tray in lower shelf position. Select program number 13, Beef Well Done. Touch Start/Set to confirm the program. Select the weight of the food and touch Start/Set. Turn over at beeps. Stand for 10-15 minutes.   |

 Convection

 Metal Tray

 Accessory Placement

\* Recommend weight range

| Program   | Weight *        | Accessories  | Instructions  |
|---|-----------------|--|---|
| <b>14. Roast Lamb</b><br><br>     | 1000 g - 2000 g | <br> | For roasting joints of lamb, legs, boned and rolled loin, rack of lamb and shoulder roasts, rare. Brush roast with oil and seasonings. Place lamb on metal tray in the lower shelf position. Select program number 14, Roast Lamb. Touch Start/Set to confirm the program. Select the weight of the beef, then touch Start/Set. Turn over at beeps. Stand for 10 to 20 minutes. |
| <b>15. Lamb Medium</b><br><br>    | 1000 g - 2000 g | <br> | For roasting joints of lamb, legs, boned and rolled loin, rack of lamb and shoulder roasts, medium. Brush roast with oil and seasonings. Place on metal tray in lower shelf position. Select program number 15, Lamb Medium. Touch Start/Set to confirm the program. Select the weight of the food and touch Start/Set. Turn over at beeps. Stand for 10 to 20 minutes.         |
| <b>16. Lamb Well Done</b><br><br> | 1000 g - 2000 g | <br> | For roasting joints of lamb, legs, boned and rolled loin, rack of lamb and shoulder roasts, well done. Brush roast with oil and seasonings. Place on metal tray in lower shelf position. Select program number 16, Lamb Well Done. Touch Start/Set to confirm the program. Select the weight of the food and touch Start/Set. Turn over at beeps. Stand for 10 to 20 minutes.   |

 Convection













 Metal Tray

 Accessory Placement

\* Recommend weight range

# Junior Menu Programs

The Junior Menu offers a range of programs catering for babies, toddlers and older children - great for time saving and convenience. For operation refer to top of page 46.



| Program  | Weight *                     | Accessories  | Instructions   |  |       |       |       |              |      |       |       |              |       |       |       |               |      |      |      |
|--|------------------------------|--|--|--|-------|-------|-------|--------------|------|-------|-------|--------------|-------|-------|-------|---------------|------|------|------|
| <b>17. Mug Cake</b><br><br>  | 1<br>(200 g)<br>or 2 (400 g) |   | For cooking one or two mug cakes, either Chocolate Brownie or Lemon. Prepare the mug cake as in the following recipes. Size of mug should be no smaller than 300 ml. Select program number 17, Mug Cake. Place the mug/mugs on the base of the oven. Touch Start/Set to confirm the program. Choose 1 (200 g) or 2 (400 g) mug cakes. Touch Start/Set to start the program. After cooking allow to stand for a few minutes and serve warm in the mug with ice cream, custard or cream.   |  |       |       |       |              |      |       |       |              |       |       |       |               |      |      |      |
| <b>ingredients</b><br><b>For 1 serving</b><br>4½ tablespoons flour<br>3 tablespoons sugar<br>2½ tablespoons cocoa powder<br>2 tablespoons melted butter<br>2 tablespoons milk<br>4 squares dark or milk chocolate, chopped<br><b>Decoration:</b> sprinkles or mini marshmallows  |                              | <b>Chocolate Brownie Mug Cake</b> <ol style="list-style-type: none"> <li>Mix flour, sugar and cocoa powder together in mug.</li> <li>Add melted butter and milk and mix.</li> <li>Add chopped chocolate. Mix thoroughly.</li> <li>After cooking decorate with sprinkles or mini marshmallows.</li> </ol> |  |  |       |       |       |              |      |       |       |              |       |       |       |               |      |      |      |
| <b>ingredients</b><br><b>For 1 serving</b><br>3 tablespoons flour<br>3 tablespoons sugar<br>¼ teaspoon baking powder<br>⅛ salt<br>2 tablespoons vegetable oil<br>2 tablespoons lemon juice, plus zest of ½ lemon<br>1 egg, beaten<br><b>Decoration:</b> strawberries, blueberries, sprinkles   |                              | <b>Lemon Mug Cake</b> <ol style="list-style-type: none"> <li>Mix flour, sugar, baking powder and salt together in mug.</li> <li>Add vegetable oil, lemon juice, lemon zest and beaten egg. Mix thoroughly.</li> <li>After cooking, decorate with strawberries, blueberries or sprinkles.</li> </ol>      |  |  |       |       |       |              |      |       |       |              |       |       |       |               |      |      |      |
| <b>18. Junior Pasta Bake</b><br><br> +  + <br> + <br> | 250 g<br>500 g<br><br>800 g  | <br>   | 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="683 1367 1256 1514"> <thead> <tr> <th></th> <th>250 g</th> <th>500 g</th> <th>800 g</th> </tr> </thead> <tbody> <tr> <td><b>Pasta</b></td> <td>90 g</td> <td>180 g</td> <td>300 g</td> </tr> <tr> <td><b>Sauce</b></td> <td>120 g</td> <td>270 g</td> <td>440 g</td> </tr> <tr> <td><b>Cheese</b></td> <td>40 g</td> <td>50 g</td> <td>60 g</td> </tr> </tbody> </table> <p>Other ingredients may be added such as ham, tuna and sweetcorn. In this case substitute some of the sauce for the chosen added ingredients. Place the wire shelf in middle shelf position. Select program number 18, Junior Pasta Bake. Touch Start/Set to confirm the program. Select the weight - 250 g, 500 g or 800 g. Touch Start/Set.</p> |  | 250 g | 500 g | 800 g | <b>Pasta</b> | 90 g | 180 g | 300 g | <b>Sauce</b> | 120 g | 270 g | 440 g | <b>Cheese</b> | 40 g | 50 g | 60 g |
|  | 250 g                        | 500 g  | 800 g  |  |       |       |       |              |      |       |       |              |       |       |       |               |      |      |      |
| <b>Pasta</b>   | 90 g                         | 180 g  | 300 g  |  |       |       |       |              |      |       |       |              |       |       |       |               |      |      |      |
| <b>Sauce</b>   | 120 g                        | 270 g  | 440 g  |  |       |       |       |              |      |       |       |              |       |       |       |               |      |      |      |
| <b>Cheese</b>  | 40 g                         | 50 g   | 60 g   |  |       |       |       |              |      |       |       |              |       |       |       |               |      |      |      |

 Convection















 Grill

 Microwave

 Wire Shelf

 Junior Menu program  Placement

\* Recommend weight range


| Program   | Weight *      | Accessories  | Instructions   |
|---|---------------|--|--|
| <b>19. Frozen Potato Products</b><br><br> + <br> ** | 200 g - 500 g | <br> | <p>For cooking frozen pre-purchased potato products that are suitable for grilling eg. French fries, home fries, croquettes, hash browns, potato waffles. Remove all packaging and spread potato products out on metal tray and place in middle shelf position. Select program number 19, Frozen Potato products.</p> <p>Touch Start/Set to confirm the program. Select the weight of the food and touch Start/Set. Turn and stir halfway during cooking at beeps. For best results cook in a single layer. Note: Potato products vary considerably. We suggest checking a few minutes before the end of cooking to assess levels of browning.</p>   |
| <b>20. Vegetable Purée</b><br><br>   | 100 g - 400 g |   | <p>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:</p> <p>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.</p> <p>Cover with lid and place dish on base of oven. Select program number 20, Vegetable Purée. Touch Start/Set to confirm the program. Select the weight of the vegetables. Touch Start/Set. Stir halfway during cooking at beeps. 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.</p> |
| <b>21. Fruit Purée</b><br><br>   | 100 g - 400 g |   | <p>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 on the base of the oven. Add the following quantities of water:</p> <p>100 g - 150 g fruit 50 ml water.<br/>           160 g - 300 g fruit 75 ml water.<br/>           310 g - 400 g fruit 125 ml water.</p> <p>Cover with lid. Select program number 27, Fruit Purée. Touch Start/Set to confirm the program. Select the weight of the fruit. Touch Start/Set. Stir halfway during cooking at beeps. 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.</p>  |

 Convection

 Grill

 Microwave

 Junior Menu program

 \*\* Frozen foods

 Metal Tray

 Accessory Placement

\* Recommend weight range

# Tip for Auto Weight Programs



## 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 (pages 42-50).
2. Only use the accessories as indicated on pages 42-50.
3. Refer to program information for cooking modes.
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.
8. If 'HOT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

A variety of food may be cooked without having to enter the cooking time, weight or the power level.



**Tap Auto Cook key once**



**Select desired menu by tapping “∨” / “∧”.**



**Touch Start/Set.**



























## More / Less Control

Preferences for degree of cooking vary for each individual. After having used Auto Sensor Programs a few times, you may decide you would prefer your food cooked to a different degree of cooking. By using More/Less control, the programs can be adjusted to cook food for a longer or shorter time. Touch “∨” / “∧” after touching Start/Set within 14 seconds. If you are satisfied with the result of the Auto Sensor Programs, you do not have to use this control.



### Note

1. The oven automatically calculates the cooking time or the remaining cooking time.
2. The door should not be opened before the time appears in the display window.
3. To prevent any mistakes during Auto Sensor Programs ensure that the base of the oven and the container are dry.
4. The room temperature should not be more than 35 °C and not less than 0 °C.
5. Only cook foods within the recommended weight range described on page 53.
6. If the oven has previously been used and it is too hot to be used on an Auto program, 'HOT' will appear in the display window. After the 'HOT' disappears, the Auto Sensor Programs may be used. If in a hurry, cook food manually by selecting the correct cooking mode and cooking time yourself.

| Program  | Weight * | Accessories  | Instructions  |
|--|----------|--|---|
| <b>22. Jacket Potatoes</b><br><br>200 g - 1500 g<br> +     |          | <br> | To cook jacket potatoes with a crisper drier skin. Choose medium sized potatoes 200 g -250 g per potato, for best results. Wash and dry potatoes and prick with a fork several times. Place on wire shelf in lower shelf position. Select program number 22, Jacket Potatoes. Touch Start/Set. Turn over at beeps.  |
| <b>23. Roast Potatoes</b><br><br>400 g - 800 g<br> +     |          | <br> | To cook roast potatoes. Peel and cut potatoes into even sized pieces. Mix well with 15 ml - 45 ml vegetable oil. Place potato pieces on wire shelf in middle shelf position. Place a microwave-safe dish on the base for dropping oil. Select program number 23, Roast Potatoes. Touch Start/Set.   |
| <b>24. Roast Vegetables</b><br><br>400 g - 700 g<br> +  +   |          | <br> | To roast assorted vegetables (e.g. peppers, mushrooms, courgettes, onions). Cut vegetables into even sized chunks and toss with 15-45 ml vegetable oil. Place vegetables on wire shelf in middle shelf position. Place a microwave-safe dish on the base for dropping oil. Select program number 24, Roast Vegetables. Touch Start/Set. Turn/Stir at beeps.                               |
| <b>25. Casserole</b><br><br>900 g - 2000 g<br> +     |          |   | To cook casserole from raw ingredients. For cubed meat (e.g. braising steak, lamb, pork, not chicken) and vegetables. Place in a suitable sized casserole dish with stock. Use a minimum of 400 ml of stock. If you use a cook-in sauce, also add the same quantity of water. Cover with lid. Place on base of oven. Select program number 25, Casserole. Touch Start/Set. Stir at beeps. |

 Convection

 Grill

 Microwave

 Sensor Program

 Wire Shelf

 Accessory Placement

\* Recommend weight range

# Healthy Grill Programs



Tap Auto Cook key once.

Select desired menu by tapping “∨” / “∧”.

Touch to confirm the program.



Select the weight of the food by tapping “∨” / “∧”. The weight will count up in 10 g steps.

Touch Start/Set. The display reminds you which cooking modes are in use. Remember to turn or shield the food during defrosting.



## Note

If ♠ flash, please fill the water tank.

| Program                            | Weight *      | Accessories | Instructions   |
|------------------------------------|---------------|-------------|--|
| <b>26. Chicken Breasts</b><br><br> | 300 g - 800 g | <br><br>    | To steam and grill chicken breasts to give moist juicy meat and brown crispy skin. Each chicken breast should be 150 g - 200 g. Fill water tank. Place chicken breasts skin side up on wire shelf in the middle shelf position. Place grill tray in lower shelf position for dropping water. Select program number 26, Chicken Breasts. Touch Start/Set to confirm the program. Select the weight of the chicken breasts. Touch Start/Set. |
| <b>27. Salmon Fillets</b><br><br>  | 250 g - 500 g | <br><br>    | To steam and grill salmon fillets to give moist juicy fish and crispy skin. Each salmon fillet should weigh 125 g. Fill water tank. Place salmon fillets skin side down on wire shelf in the middle shelf position. Place grill tray in lower shelf position for dropping water. Select program number 27, Salmon Fillets. Touch Start/Set to confirm the program. Select the weight of the salmon fillets. Touch Start/Set.               |
| <b>28. Vegetable Fries</b><br><br> | 100 g - 500 g | <br>        | 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. Place vegetable fries on grill tray in middle shelf position. Select program number 28, Vegetable Fries. Touch Start/Set to confirm the program. Select the weight. Touch Start/Set. Turn/ Stir at beeps.                                  |

Convection

Steam

Grill

Microwave

Wire Shelf

Grill Tray

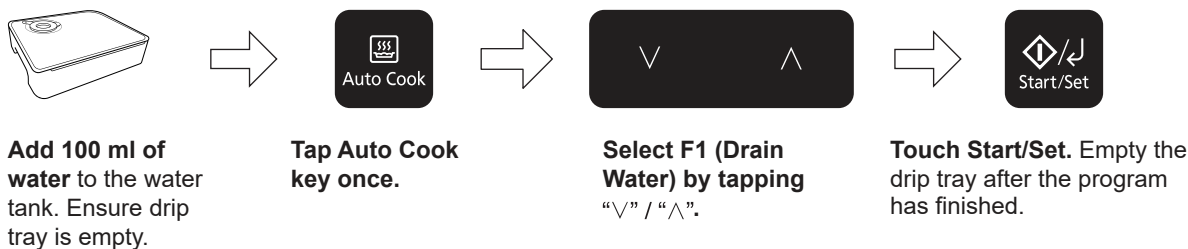
Accessory Placement

\* Recommend weight range

# Cleaning Programs

## F1. Drain Water

Water is pumped through the system to clean the pipes. The water is drained into the drip tray.



### Note

1. Only run this program with 100 g of water in the tank.
2. Do not remove the drip tray during the drain water program.
3. Empty the drip tray and rinse with running water after the program has finished.

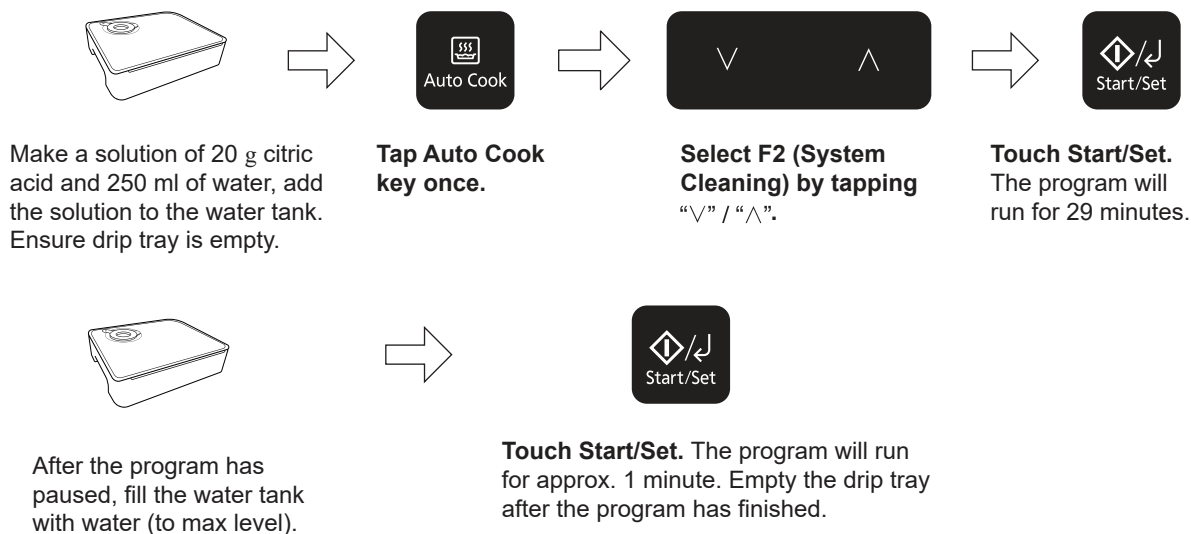


### Caution!


If the Drain Water program is used directly after a steam cooking program, hot water may be drained into the drip tray.

## F2. System Cleaning

The first stage of this program cleans the system with a citric acid solution. The second stage runs water through the system to rinse the pipes.



### Note

1. When  is displayed, run the ‘system cleaning’ program.
2. If the system cleaning program is not used regularly, the pipe will get blocked and the steaming performance will be less effective.
3. Do not remove the drip tray during the drain program.
4. Empty the drip tray and rinse with running water after the program has finished.

## F3. Deodorization

This feature is recommended for eliminating any odours from the oven.



Tap Auto Cook key once.



Select F3 (Deodorization) by tapping “∨” / “∧”.



Touch Start/Set. The program time appears in the display window and begins to count down. The program will run for 30 minutes.

## F4. Cavity Cleaning

This feature is suitable for removing the build up of fat or grease in the cavity.



Tap Auto Cook key once.



Select F4 (Cavity Cleaning) by tapping “∨” / “∧”.



Touch Start/Set. The program time appears in the display window and begins to count down. The program will run for 20 minutes.

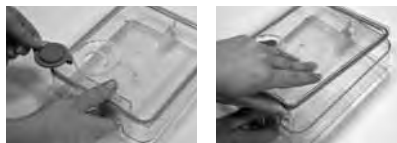
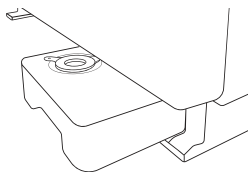


### Note

1. Fill the tank with water before using.
2. After cleaning, open the door, wipe with a damp cloth and empty the drip tray.

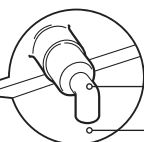
# Cleaning the Water Tank

Clean with a soft sponge in water.



Remove the water tank and clean the compartment where the water tank is inserted.

Open the water supply cap, remove the lid and pipe cap and clean.



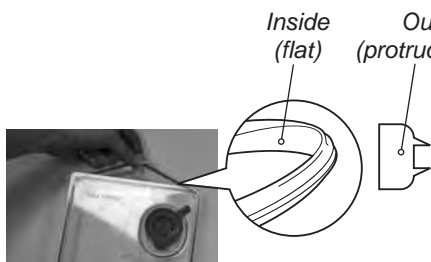
Pipe cap

Ensure it faces downwards

If the pipe cap is difficult to remove, wiggle from side to side.  
When re-fitting, make sure that the pipe faces down (see diagram).

**The rubber seal of the tank can also be removed for cleaning.**

Removing the Rubber Seal



Ensure that the rubber seal is not inside out when re-fitting. If the seal is not fitted correctly the lid will not close securely and it will leak.



## Note

1. Clean the water tank at least once a week to prevent build up of limescale.
2. Do not use a dishwasher to clean the water tank or parts of the water tank.

# Auto Steam Programs

This feature allows you to steam some of your favourite foods by setting the weight only. The oven determines the steam level and the cooking time automatically. Select the category and set the weight of the food. The weight is programmed in grams. For quick selection, the weight starts from the minimum weight for each category.



Tap Auto Steam Key once.



Select desired menu by tapping “∨” / “∧”.



Touch Start/Set to confirm the program. (skip this step for programs 35, 36)



Select the weight of the food by tapping “∨” / “∧”. The weight counts in 10 g steps. (skip this step for programs No. 35, 36)












Touch Start/Set. The display reminds you which accessory to use and which cooking modes are in use.



## Note


























1. The auto steam programs must **only** be used for foods described.
2. Only cook foods within the weight ranges described.
3. Always weigh the food rather than relying on the package weight information.
4. Only use the accessories as indicated on pages 59-60.
5. Do not cover foods on the auto steam programs.
6. Most foods benefit from a **standing** time after cooking on an auto program, to allow heat to continue conducting to the centre.
7. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
8. If 'HOT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.
9. If ♠♠ flash, please fill the water tank.

| Program  | Weight *                          | Accessories   | Instructions  |
|--|-----------------------------------|---|---|
| <b>29. Fresh Vegetables</b><br>   | <b>1 Level</b><br>200 g - 500 g   |    | <b>To steam fresh vegetables up to 500 g.</b> Fill water tank. Place prepared vegetables onto wire shelf in the middle shelf position. Place grill tray in lower shelf position for dropping water. Select program number 29, Fresh Vegetables. Touch Start/Set to confirm the program. Select the weight of the fresh vegetables. Touch Start/Set.   |
|  | <b>2 Levels</b><br>510 g - 1000 g |    | <b>To steam fresh vegetables 510 - 1000 g.</b> Fill water tank. Place half of prepared vegetables onto wire shelf in upper shelf position. Place remaining half of prepared vegetables on grill tray in the lower shelf position. Small vegetables are not suitable for 2 level cooking. Select program number 30, Fresh Vegetables. Touch Start/Set to confirm the program. Select the weight of the fresh vegetables. Touch Start/Set.  |
| <b>30. Frozen Vegetables</b><br>  | <b>1 Level</b><br>200 g - 500 g   |    | <b>To steam frozen vegetables up to 500 g e.g. carrots, broccoli, cauliflower, green beans.</b> Fill water tank. Place vegetables onto wire shelf in the middle shelf position. Place grill tray in lower shelf position for dropping water. Select program number 30, Frozen Vegetables. Touch Start/Set to confirm the program. Select the weight of the frozen vegetables. Touch Start/Set.  |
|  | <b>2 Levels</b><br>510 g - 1000 g |   | <b>To steam frozen vegetables 510 - 1000 g. e.g. carrots, broccoli, cauliflower, green beans.</b> Fill water tank. Place half of prepared vegetables onto wire shelf in upper shelf position. Place remaining half of prepared vegetables on grill tray in the lower shelf position. Small vegetables are not suitable for 2 level cooking. Select program number 31, Frozen Vegetables. Touch Start/Set to confirm the program. Select the weight of the frozen vegetables. Touch Start/Set. |
| <b>31. Steamed Potatoes</b><br> | <b>1 Level</b><br>200 g - 650 g   |  | <b>To steam potatoes up to 650 g.</b> Fill water tank. Peel potatoes and cut into even sized pieces. Place prepared potatoes onto wire shelf in the middle shelf position. Place grill tray in lower shelf position for dropping water. Select program number 31, Steamed Potatoes. Touch Start/Set to confirm the program. Select the weight of potatoes. Touch Start/Set.   |
|  | <b>2 Levels</b><br>660 g - 1000 g |  | <b>To steam potatoes 660 - 1000 g.</b> Fill water tank. Peel potatoes and cut into even sized pieces. Place half of prepared potatoes onto wire shelf in upper shelf position. Place remaining half of prepared potatoes on grill tray in the lower shelf position. Select program number 31, Steamed Potatoes. Touch Start/Set to confirm the program. Select the weight of the potatoes. Touch Start/Set.   |



\* Recommend weight range



| Program  | Weight *  | Accessories   | Instructions   |
|--|---|---|--|
| <b>32. Rice</b><br><br>  | 100 g - 200 g   | <br>  | To cook rice. Fill water tank. Place rice in a Pyrex® bowl. Add 3 parts water to 2 parts rice. Do not cover. Place dish on grill tray in the middle shelf position. Select program number 32, Rice. Touch Start/confirmation to confirm the program. Select the weight of the rice only.   |
| <b>33. Fresh Fish Fillets</b><br><br>  | 200 g - 600 g   | <br><br>       | To cook fresh fish fillets. Fill water tank. Place fresh fish onto wire shelf in the middle shelf position. Place grill tray in lower shelf position for dropping water. Select program number 33, Fresh Fish Fillets. Touch Start/Set to confirm the program. Select the weight of the fresh fish. Touch Start/Set.   |
| <b>34. Frozen Fish Fillets</b><br><br>  | 200 g - 600 g   | <br><br>       | To cook frozen fish fillets. Fill water tank. Place frozen fish onto wire shelf in the middle shelf position. Place grill tray in lower shelf position for dropping water. Select program number 34, Frozen Fish Fillets. Touch Start/Set to confirm the program. Select the weight of the fish. Touch Start/Set.  |
| <b>35. Fish Fillets and Green Vegetables</b><br><br>   | approx. 210 g - 250 g fish fillets and 200 g green vegetables | <br><br>   | <b>To steam fresh fish fillets (salmon, cod, plaice) and green vegetables (broccoli, green beans or asparagus) at the same time.</b> Fill the water tank. Place 2 fish fillets approximately 210 g - 250 g (for 2 fillets) on grill tray in the lower shelf position. Prepare the green vegetables and place approximately 200 g on the wire shelf in the upper shelf position. Select program number 35, Fish Fillets and Green Vegetables. Touch Start/Set to start the program.                           |
| <b>36. Whole Fish and Green Vegetables</b><br><br>   | approx. 200 g - 300 g whole fish and 200 g green vegetables   | <br><br> | <b>To steam fresh whole fish (Sea bass or Mackerel) and green vegetables (broccoli, green beans or asparagus) at the same time.</b> Fill the water tank. Oil the grill tray to prevent the fish sticking. Place whole fish approximately 200-300 g on the grill tray in the lower shelf position. Prepare the green vegetables and place approximately 200 g on the wire shelf in the upper shelf position. Select program number 36, Whole Fish and Green Vegetables. Touch Start/Set to start the program. |

 Steam

 Frozen foods

 Grill Tray

 Wire Shelf

 Accessory Placement

\* Recommend weight range

# Defrosting Chart

## Preparation for Freezing:

1. Heavy-duty plastic wraps, bags and freezer wrap are suitable.
2. Freeze meats, poultry and fish in packages with only 1 or 2 layers of food. To aid in separating layers, place two pieces of wax paper between them.
3. REMOVE ALL AIR and seal securely.
4. LABEL package with type and cut of meat, date and weight.
5. Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer maintained at -18 °C or lower).

## Defrosting Technique:

1. Remove from wrapper and set on a defrosting rack in a dish on flat table.
2. On Turbo Defrost, the oven will beep during the defrosting time. At "beep", turn over all meat, poultry, fish and shellfish. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties. Shield thin ends of roasts, poultry legs and wings, fat or bones with foil.
3. Throughout the defrosting time, remove any defrosted portions of mince or cubed meat, etc.
4. After defrosting, large roasts may still be icy in the centre. Let stand, 15 to 30 minutes, in refrigerator to complete defrosting.

## Defrosting Chart (by setting Micro Power at Defrost):

| FOOD                        | APPROX. TIME<br>(minutes per 500 g) | INSTRUCTION  |
|-----------------------------|-------------------------------------|--|
| <b>Meat</b>                 |                                     |  |
| <b>Beef</b>                 |                                     |  |
| Minced Beef                 | 6 - 8                               | Halfway through the defrost cycle, break apart minced beef, separate chops and remove meat that is defrosted.  |
| Roast: Topside              | 7 - 9                               |  |
| Roast: Beef Tenderloin      | 7 - 9                               |  |
| Roast: Chuck or Rump        | 6 - 8                               |  |
| Roast: Sirloin, rolled      | 7 - 9                               |  |
| Steak                       | 6 - 7                               |  |
| Miscellaneous               | 6 - 8                               |  |
| <b>Lamb</b>                 |                                     |  |
| Roast                       | 6 - 8                               | Large roasts may still be icy in centre. Let stand.  |
| Chops                       | 5 - 7                               |  |
| Ribs                        | 5 - 7                               |  |
| <b>Poultry</b>              |                                     |  |
| Chicken/whole               | 7 - 9                               | Turn poultry over two to four times during defrosting. Halfway through the defrost cycle, shield end of drumsticks, wings, breast bones and ends of poultry with foil. |
| Chicken/pieces              | 6 - 8                               |  |
| Chicken/fillets             | 6 - 8                               | Break apart chicken pieces and remove small pieces such as wings, which may be defrosted before larger pieces.   |
| Duck                        | 6 - 8                               |  |
| Turkey                      | 7 - 9                               |  |
| <b>Fish &amp; shellfish</b> |                                     |  |
| Fish Fillets                | 6 - 8                               | Halfway through the defrost cycle, turn whole fish or blocks of fillets over. Also, break apart prawns or scallops. Remove any pieces that are defrosted.              |
| Whole Fish                  | 6 - 8                               |  |
| Crabmeat                    | 5 - 7                               |  |
| Lobster Tails               | 5 - 7                               |  |
| Sea Scallops                | 4 - 6                               | Let stand, 5 to 10 minutes, before cooking.  |
| Green Prawns                | 5 - 7                               |  |

# Reheating Charts

The times given in the charts below are a guideline only, and will vary depending on STARTING temperature, dish size and quantity. Pastry or bread items reheated by microwave will be soft not crisp.

| Food   | Weight / Quantity | Power Level | Time to Select (approx) | Instructions /Guidelines  |
|--|-------------------|-------------|-------------------------|---|
| <b>Canned vegetables</b>   |                   |             |                         |   |
| Baked beans  | 200 g             | 1000 W      | 1 min 30 secs           | Place in a heatproof bowl and cover.<br>Place on base and stir halfway.<br>Uncovered when cooking at Combi 1. |
|  | 415 g             |             | 2 mins 30 secs          |   |
| Baked beans with sausages  | 415 g             |             | 2 mins 30 secs          |   |
| Broad beans  | 300 g             |             | 2 mins                  |   |
| Butter beans   | 210 g             |             | 1 min 30 secs           |   |
| Carrots, baby  | 300 g             | Combi 1     | 4 mins                  |   |
| Green beans  | 400 g             |             | 5 mins                  |   |
| Mushrooms  | 285 g             | 1000 W      | 2 mins                  |   |
| Peas, mushy  | 300 g             |             | 2 mins                  |   |
| Peas, petit pois   | 290 g             |             | 2 mins                  |   |
| Peas, garden   | 290 g             |             | 2 mins                  |   |
| Peas, marrowfat  | 300 g             | Combi 1     | 6 mins                  |   |
| Sweetcorn  | 200 g             |             | 3 mins                  |   |
|  | 330 g             |             | 5 mins                  |   |
| Tomatoes   | 400 g             |             | 5 mins                  |   |
| <b>Plated meal - Chilled</b>   |                   |             |                         |   |
| Small - child portion  | 1                 | Combi 1     | 4-5 mins                | Uncovered and place on base.  |
| Large - adult portion  |                   |             | 7 mins                  |   |
| <b>Drinks</b>  |                   |             |                         |   |
| 1 Mug cold milk  | 235 ml            | 1000 W      | 2 mins 30 secs          | Place in a heatproof mug/jug on base.<br>Stir halfway and after reheating.                                    |
| 1 Jug cold milk  | 568 ml (1 pint)   |             | 4 mins                  |   |
| 1 Mug cold coffee/tea / milky coffee   | 235 ml            |             | 1 min 20 secs           |   |
| <b>Savoury pastry products - precooked pastries reheated by microwave will have a soft base.</b> |                   |             |                         |   |
| Pasties/slices   | 150 g             | 1000 W      | 1 min 30 secs           | Place in glass dish on base.  |
|  | 150 g             | Combi 6     | 7-8 mins                | Place on wire shelf in lower shelf position.  |
|  | 300 g (2)         | Combi 5     |                         |   |



## Points for Checking

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

# Cooking Charts

| Food  | Weight/<br>Quantity | Power Level                     | Time to Select (approx.)   | Instructions   |
|---|---------------------|---------------------------------|--|--|
| <b>Meat</b>                                   |                     |                                 |  |  |
| Lamb joint                                    | 450 g               | 180 °C                          | Medium: 25 mins<br>per 450 g plus 15 mins<br><br>or Well done: 30 mins<br>per 450 g plus 20-25 mins. | Preheat oven. Place joint on metal tray in lower shelf position. Once cooked allow the joint to stand for 10 minutes - this will make the joint easier to carve. |
| Chops/cutlets                                 | 340 g (4)           | Grill 1                         | Medium: 10-12 mins<br>Well Done: 14-16 mins  | Place on metal tray in upper shelf position. Turn halfway.   |
| Beef Joint                                    | -                   | 230 °C<br>followed by<br>180 °C | 20 mins per 450 g followed<br>by Rare: 15 mins<br>Medium: 25 mins<br>Well done: 35-40 mins           | Preheat oven. Place on metal tray in lower shelf position. Turn halfway.   |
| Rump/sirloin                                  | 195 g               | Grill 1                         | Medium: 9 mins<br>Well done: 14 mins   | Place on metal tray in upper shelf position. Turn halfway.   |
| <b>Fish- fresh from raw</b>                   |                     |                                 |  |  |
| Fillets                                       | 280 g               | 600 W                           | 7 mins   | Place in glass dish. Add 1<br>tablespoon (15 ml) water. Cover<br>with pierced cling film and place on<br>base of oven  |
|   | 700 g               | 600 W                           | 8-9 mins   |  |
| Steaks  | 300 g (4)           | Combi 9                         | 10 mins  | Place on wire shelf in lower shelf<br>position.  |
| Whole x 1                                     | 225 g -<br>300 g    | 1000 W                          | 4 mins   | Place in glass dish and pierce skin.<br>Add 30 ml of liquid. Cover with pierced<br>cling film and place on base of oven.   |
| <b>Fish - frozen from raw.</b>                |                     |                                 |  |  |
| Breaded fillets                               | 220 g (2)           | Combi 8                         | 10 mins  | Place on wire shelf in lower shelf<br>position. Turn halfway.  |
| Boil in the bag                               | 150 g               | 1000 W                          | 6 mins   | Place bag sauce side down in a<br>glass dish. Pierce top. Shake bag<br>halfway through.  |
| <b>Poultry</b>                                |                     |                                 |  |  |
| Chicken breasts<br>(boneless and<br>skinless) | 250 g               | Steam 1                         | 30 mins  | <b>Fill the water tank.</b> Place on Grill<br>Tray in middle shelf position.   |
| Chicken legs                                  | 1.0 kg              | Combi 7                         | 35-40 mins   | Place on metal tray in lower shelf<br>position. Turn halfway.  |
| Whole chicken                                 | -                   | Combi 9                         | 14-15 mins per 450 g   | Place chicken breast side down on<br>an upturned saucer in glass dish on<br>base of oven. Turn halfway.  |
| <b>Fresh vegetables - Steamed</b>             |                     |                                 |  |  |
| Broccoli                                      | 250 g               | Steam 1                         | 12 mins  | <b>Fill the water tank.</b> Place on grill<br>tray in middle shelf position.   |
| Peas  | 200 g               |                                 | 5-6 mins   |  |
| Potatoes-boiled                               | 500 g               |                                 | 25 mins  |  |
| Spinach                                       | 200 g               |                                 | 5-6 mins   |  |
| <b>Rice</b>                                   |                     |                                 |  |  |
| Long grain white                              | 250 g               | 1000 W                          | 11-13 mins   | Use 550 ml boiling water. Cover and<br>stir halfway.   |
| <b>Pasta</b>                                  |                     |                                 |  |  |
| Fusilli                                       | 200 g               | 1000 W                          | 12 mins  | Use 550 ml boiling water. Add 15 ml<br>oil. Cover. Stir halfway.   |
| Spaghetti                                     | 250 g               | 1000 W                          | 8-10 mins  | Use 700 ml boiling water. Add 15 ml<br>oil. Cover. Stir halfway.   |

# 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 microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.

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.

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

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

The fan motor continue operating after cooking is over.

After using the microwave oven, the fan motor will operate for several minutes to cool the electric components.

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.

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

The noises occur as the oven automatically switches from one power to another to create the combination setting. This is normal.

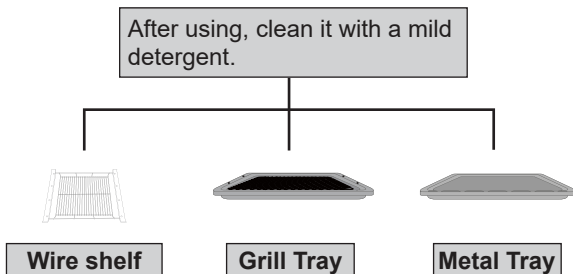
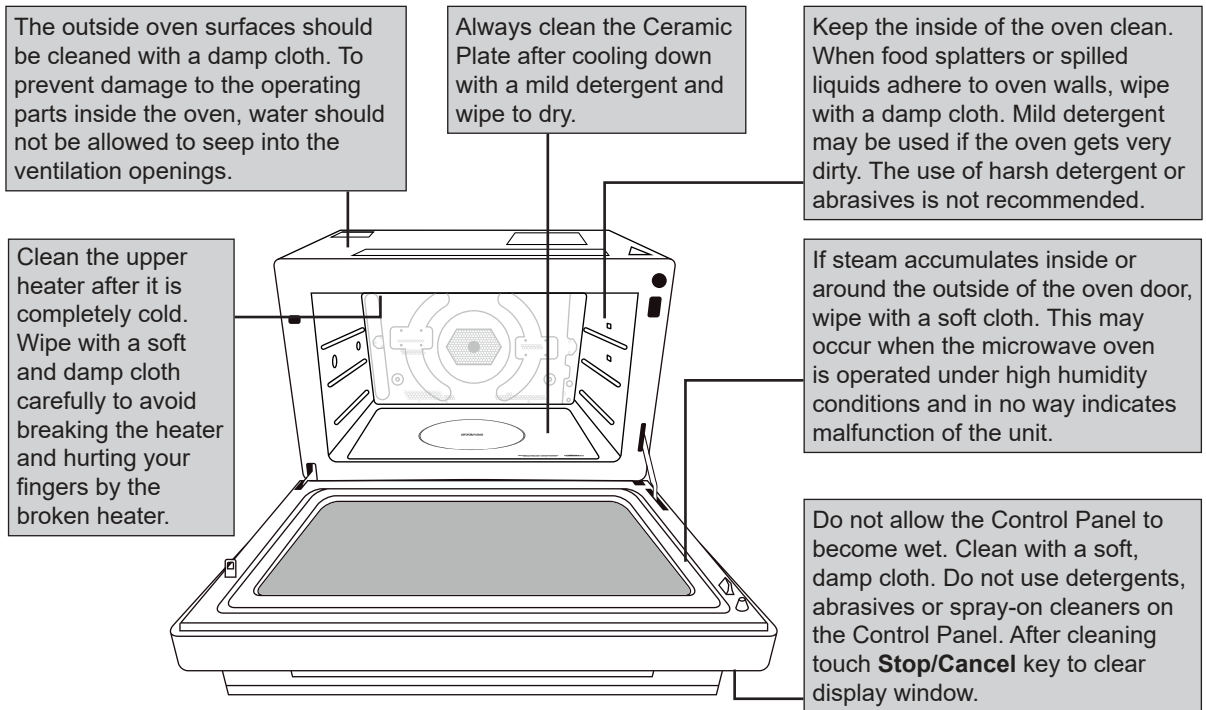
# Before Requesting Service

| 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.                           | Contact the specified service center.   |
|   | 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/Set</b> key was not touched after programming.                | Touch <b>Start/Set</b> key.   |
|   | Another program has already been entered into the oven.                | Touch <b>Stop/Cancel</b> key 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> key has been touched accidentally.                  | Program oven again.   |
| "HOT" appears in the display window.                            | The cavity is overheated.  | Operate again after it cools down.  |
| "COOL" appears in the display window.                           | The fan is operating to cool the electric components.                  | The word "COOL" will disappear after the fan stops.   |
| The "🔒" appears in the display Window.                          | The Child Lock was activated by tapping <b>Start/Set</b> key 3 times.  | Deactivate Lock by tapping <b>Stop/Cancel</b> key 3 times.                                      |
| "H97", "H98" or "H00" appears in the display window.            | This display indicates a problem with the microwave generation system. | Contact the authorised service center.  |
| "DEMO MODE PRESS ANY KEY" or "D" appears in the display window. | The oven is under demonstration mode.                                  | Tap <b>Micro Power</b> key once, <b>Start/Set</b> key 4 times, <b>Stop/Cancel</b> key 4 times.  |
| The control panel keys do not respond when tapped.              | The oven may be in stand-by mode.                                      | Ensure the oven is plugged in. Open and close the door to activate.                             |
| "U14" appears in the display window.                            | The water tank is empty.   | Re-fill the water tank, position back in the oven and touch <b>Start/Set</b> to resume cooking. |

If it seems there is a problem with the oven, contact an authorized Service Center.

# Care of your Microwave Oven

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



**Drip Tray**

Always keep the drip tray clean. Clean and wipe dry after use. After cleaning, re-connect the drip tray to the plastic feet. **DO NOT USE A DISHWASHER TO CLEAN THE DRIP TRAY.**

## Notes:

1. When using the Grill, Combination, Convection mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to "smoke" during use. These marks will be more difficult to clean later.
2. After Grill, Combination or Convection 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.**

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. A steam cleaner is not to be used.

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

|                                     |                     |                                  |
|-------------------------------------|---------------------|----------------------------------|
| Power Supply:                       |                     | 230 - 240 V, 50 Hz               |
| Power Consumption*:                 | Microwave           | 4.2 A, 960 W                     |
|                                     | Heater (Grill)      | 5.7 A, 1350 W                    |
|                                     | Heater (Convection) | 5.8 A, 1380 W                    |
|                                     | Heater (Steam)      | 5.6 A, 1330 W                    |
|                                     | Combination         | 8.1 A, 1960 W                    |
| Power Requirement (Maximum) :       |                     | 8.1 A, 1960 W                    |
| Output*:                            | Microwave           | 1000 W                           |
|                                     | Heater (Grill)      | 1300 W                           |
|                                     | Heater (Convection) | 1350 W                           |
|                                     | Heater (Steam)      | 1300 W                           |
| Outside Dimensions (W x H x D):     |                     | 500 mm x 391 mm x 437 (480)** mm |
| Oven Cavity Dimensions (W x H x D): |                     | 410 mm x 240 mm x 320 mm         |
| Overall Cavity Volume:              |                     | 31 L                             |
| Operating Frequency:                |                     | 2450 MHz                         |
| Net Weight:                         |                     | Approx. 21.5 kg                  |

\*\* 437 mm is the dimension without handle  
480 mm is the dimension with handle

## Trim Kit

|                              |                          |
|------------------------------|--------------------------|
| Model Number                 | NN-TK81LCSCP             |
| Outside Dimensions (W x H):  | 596 mm x 494 mm          |
| Cabinet Opening (W x H x D): | 562 mm x 479 mm x 550 mm |

\* IEC Test Procedure

Specifications subject to change without notice.

As for the voltage requirement, the production month, country and serial number, please refer to the identification 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 it's 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 it's 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

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

Fax: 09 272 0129

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

Microwaves penetrate the surface of the food to a depth of about two to three centimetres and then the heat is gradually conducted in a random pattern. Some parts of food matter cook faster than others. Special microwave techniques are used to promote fast and even cooking. Some of these techniques are similar to those used in conventional cooking, but because microwaves produce heat very quickly these following techniques are extremely important. It's a must for you to be familiar with the following tips.

## Food Characteristics

### Size and Quantity

Small portions cook faster than large portions. As you increase the quantity of food you put into the microwave oven, you must also increase your cooking time. The microwave oven has the same power regardless of quantity; thus the power is divided between more items and so it takes longer to cook. As a general guide, if you double the quantity of food suggested in the recipe, add half the time suggested again.

### Liquid Content

Low moisture foods take a shorter time to cook than foods with a lot of moisture.

### Shape

Uniform sizes cook more evenly. To compensate for irregular shapes, place thin pieces towards the centre of the dish and thicker pieces towards the outer edge of the dish.

### Bone and Fat

Bones conduct heat and cause the meat next to them to be heated more quickly. Large amounts of fat absorb microwave energy and the meat next to these areas may overcook.

### Starting Temperature

Food which has been sitting at room temperature takes less time to cook than refrigerated or frozen food.

### Density and Composition

Porous, airy foods (cakes and breads) take less time to cook than heavy compacted foods (meat and vegetables). Recipes high in fat and sugar content cook more quickly.

## Symbols Used in Recipes

|           |                |
|-----------|----------------|
| <b>G</b>  | Grill          |
| <b>C</b>  | Convection     |
| <b>SO</b> | Steam only     |
| <b>CO</b> | Combination    |
| <b>SS</b> | Steam shot     |
| <b>A</b>  | Auto Cook      |
| No symbol | Microwave only |

## Techniques for Preparation

### Timing

A range of cooking times is given in each recipe for two reasons. First, to allow for the uncontrollable differences in food shapes, starting temperatures and personal preferences. Secondly, these allow for the differences in electrical voltage input which changes during peak load periods. Always remember that it is easier to add time to undercooked food. Once the food is overcooked, nothing can be done. For each recipe, an approximate cooking time is given.

### Stirring

Stirring is often necessary during microwave cooking. We have noted when stirring is helpful in the recipes. Always bring the outside edges towards the centre and the centre portions to the outside.

### Rearranging or Turning

Some foods should be turned in the container during cooking. For example, because of the different thicknesses in the breast and back sections of poultry, it is a good idea to turn poultry over once to ensure more even cooking. Rearranging or turning over uneven shaped food in the dish should be done as suggested to ensure a satisfactory result. Rearrange small items such as chicken pieces, prawns, hamburger patties, steak or chops. Rearrange pieces from the centre to the edge of the dish.

### Cooking in Layers

This microwave oven is not designed to cook more than 1 layer of food. Cooking in 2 layers may not always be successful, it takes longer and may be uneven. You can successfully reheat two dinner plates of food at one time but remember to increase the reheating time and use a microwave warming rack.

### Piercing of Foods

Pierce the skin or membrane of foods such as whole potatoes when cooked whole in the microwave oven. This allows steam to escape. If the skin has not been pierced, food may burst.

### Cured Meats

Cured meats may overcook in some areas due to the high concentration of salts used in the curing process. So take care when cooking different brands of bacon as cooking times may vary slightly.

### Soups

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

## Techniques for Preparation

### Covering

Covering food minimizes the microwave cooking time.

Because microwave cooking is done with time and not direct heat, the rate of evaporation cannot be easily controlled. However, this can be corrected by using different materials to cover dishes. Plastic wrap is the best substitute for a lid as it creates a tighter seal and so it retains more heat and steam. Wax paper and paper towels hold the heat in but not the steam. These materials also prevent splattering. Use a paper towel, wax paper or no cover when steam is not needed for tenderising.

### Browning

Meats and poultry, when cooked longer than 10 to 15 minutes, will brown from their own fat. Foods cooked for shorter periods of time can be aided with the help of a browning sauce, worcestershire sauce or soy sauce. Simply brush one of these sauces over meat or poultry before cooking. Baked goods do not need long cooking time and therefore, do not brown. When cakes or cupcakes are iced, no one will notice the visual difference. For cakes or cupcakes, brown sugar can be used in the recipe in place of caster sugar or the surface can be sprinkled with dark spices before baking.

### Standing Time

The moisture molecules continue to vibrate in the food when the microwave oven has turned itself off. After all, the molecules were vibrating at 2,450,000,000 times per second during cooking. So cooking continues even after the food is no longer being exposed to the microwaves whether in or outside your microwave oven.

Standing time refers to the time it takes (after the microwave time is completed) to allow the interior of the food to finish cooking.

The amount of standing time varies with the size and density of the food. In meat cookery, the internal temperature will rise between 5 °C and 10 °C if allowed to stand covered for ten to fifteen minutes. Casserole and vegetables need shorter standing time, but this time is necessary to allow foods to complete cooking in the centre without overcooking on the edges.

The power level used in microwave cooking also determines the standing time. For example, when using a lower power level the standing time is shorter because of a lower concentration of heat in the food. Foods should always be kept covered while standing in order to retain the heat. If a longer standing time is required (while you cook another food to serve with the first, for instance), cover with aluminum foil.

## Converting Your Favourite Conventional Recipes for Microwave Cooking

When adapting conventional recipes for microwave cooking, time are reduced considerably.

For example, a chicken which takes 1 hour to cook in a moderate oven will take 15 to 20 minutes on 800 W in your microwave oven.

Use similar microwave recipes to help you adapt conventional recipes. Remember, it is always best to undercook a recipe and then add an extra minute or two to finish it off.

Here are some other tips that may help:

- Reduce liquids in a conventional recipe by one half to two thirds, e.g. 1 cup (250 ml) should be reduced to ½ cup (125 ml).
- Add more thickening such as flour or cornflour to sauces and gravies if you do not reduce the liquid.
- Reduce seasonings slightly in a recipe where ingredients do not have time to simmer by microwave.
- Do not salt meats, poultry or vegetables before cooking; otherwise, they will toughen and dry out.
- If one ingredient takes longer to cook than the others, pre-cook it in the microwave oven first. Onion, celery and potato are examples.
- When cooking meat or vegetables, omit any oil or fat that would have been used in a conventional recipe for browning.
- Reduce leavening agents for cakes by one quarter and increase liquids by one quarter.
- Biscuits require a stiff dough. Increase flour by about 20 percent. Substitute brown sugar for white sugar and use biscuit recipes that have dark spices or require icing. Because of the short cooking time, biscuits don't have time to brown. Chill dough for half an hour before baking. This produces a crisper biscuit. Bake biscuits on a glass tray lined with greaseproof paper.
- Since microwaves penetrate foods about two centimetres from the top, bottom and sides, mixtures in round shapes and rings cook more evenly. Corners receive more energy and may overcook.
- Items with a lot of water, such as rice and pasta, cook in about the same time as they would on a conventional stove. (Refer to Rice and Pasta chapter.)

Select recipes that convert easily to microwave cooking such as casserole, stews, baked chicken, fish and vegetable dishes. The results from foods such as grilled meats, cooked souffles or two-crust pies could be less than satisfactory. Never attempt to deep fry in your microwave oven.

## Menu Planning for Microwave Cooking

### How to Keep Everything Hot at The Same Time

Plan your meals so that the food will not all need last minute cooking or attention at the same time. The special features of microwave cookery make it easy to serve meals with everything piping hot. Cooking of some foods may be interrupted while you start others, without harming the nutritional value or flavour of either.

A recipe which requires standing time can be microwaved first and another food cooked while it stands. Dishes prepared in advance can be reheated briefly before serving.

It does take some experience and time to cook with confidence. Microwaves are fast so you will have to do some experimenting. You might find you will use your conventional range in conjunction with your microwave oven. For example, while cooking the roast in the microwave oven, you can be cooking the vegetables and gravy on the range top. This can also be done the other way around. Prepare your meals as follows.

1. Firstly, cook the most dense item (roast or casserole). Drain and retain meat juice from joints then cover with foil.
2. Cook the potatoes, rice or pasta.
3. Cover with foil for standing.
4. Cook greens and other vegetables.
5. Cover with foil for standing.
6. Cook the gravy with the retained meat juices, stock and thickening.
7. Carve the roast and serve the vegetables and gravy.

While you are learning to plan meals, you may get a bit behind time. Don't worry. Dinner servings may be suitably reheated on 800 W, for 1 to 2 minutes per serving.

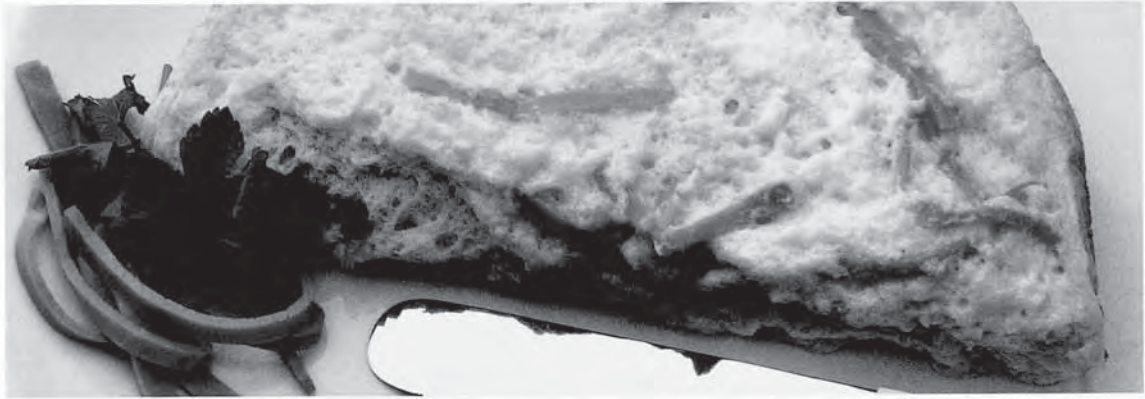
If you prefer not to use foil, cover food with saucepan lids. A metal lid will retain the heat for at least 15 minutes.

Meanwhile, how can you cook all the vegetables at the same time? Simply place potatoes and pumpkin in one dish and less dense vegetables such as broccoli, cabbage, cauliflower, beans and peas in another. Sprinkle greens with water. Cover with a lid or plastic wrap. Cook on 1000 W for approximately 10 to 15 minutes for a serving for four people. Remember, if you increase the quantity of vegetables, increase the cooking time. Fresh and frozen vegetables can be mixed on a vegetable platter, but remember the latter are not as dense as fresh vegetables, as they have been blanched before freezing.

If vegetables are cut to a similar size, they can be cooked in separate ramekins or small dishes at the same time.

## Handy Hints and Tips

- To blanch (1 cup) nuts, place in a pie plate. Cover with hot tap water and heat on 1000 W for 2 to 3 minutes. Rinse in cold water and rub between sheets of paper towel to remove skins.
- To toast coconut, place half a cup on a paper towel, and cook on 1000 W for 1 to 2 minutes, stirring occasionally.
- To make buttered breadcrumbs, combine 1 cup breadcrumbs and 2 tablespoon butter and heat on 1000 W for 1 to 2 minutes, stirring occasionally.
- When heating 100 g baby food, select 1000 W for 15 to 30 seconds, depending on the amount of food or liquid and the starting temperature of it. Test temperature before serving or further heating.
- For an added touch at dinner parties, steam your own hand towels. Saturate in cold water, wring and place on a plate. Heat on 1000 W for 1 to 2 minutes.
- To soften cream cheese or butter, place in oven on 270 W for ½ to 1 minutes per ½ cup.
- Refrigerated cheese (250 g) can be heated to room temperature on 600 W for ½ to 1 minute, depending on size.
- When having a barbecue, partially cook food in the microwave, season and finish cooking on the barbecue.
- To melt chocolate, place 100 g broken chocolate in a 4 cup glass jug and heat on 600 W for 2 to 3 minutes. As chocolate holds its shape after heating, stir and stand before adding extra time to cooking.
- To remove oven odours, combine ½ teaspoon vanilla essence with 1 cup water in a small bowl and heat on 1000 W 4 to 5 minutes. Wipe oven interior with a damp cloth.
- To toast 1 cup almonds place onto a plate and heat on 1000 W for 2 to 3 minutes, stirring every minute.
- To dry herbs, arrange ½ cup of leaves evenly on paper towel. Place a mug of water into the oven next to the herbs and cook on 1000 W for 1 to 3 minutes, or until dry and crumbly. Check herbs frequently as timing may vary with different herbs. Please note that herbs dry and crumble on standing outside the microwave oven.
- To soften dried fruit, place 1 cup of dried fruit into a small bowl. Add 2 tablespoon of water, cover with plastic wrap and cook on 1000 W for 2 to 3 minutes.
- To skin tomatoes, place 1 cup of hot tap water in a 2 to 3 cup jug or bowl and heat on 1000 W for 1½ minutes or until boiling. Add 1 tomato and heat for a further 20 to 30 seconds, remove and repeat procedure with remaining tomatoes. The skin will be loosened and easily removed.
- To dry fresh breadcrumbs (1 cup), spread on the base of a plate and heat on 1000 W for 2 to 3 minutes, stirring twice during heating.



Cheesy Ham Omelette

### BACON

Serves: 1 to 2

#### Ingredients:

2 rashers bacon

#### Method:

1. Place rashers between two sheets of paper towel on a dinner plate.
2. Cook on 1000 W for 1½ to 2 minutes.

### BACON AND EGG IN A CUP

Serves: 1

#### Ingredients:

2 rashers bacon  
1 × 60 g egg  
1 tablespoon grated cheddar cheese

#### Method:

1. Place bacon on a dinner plate between 2 sheets of paper towel cook on 1000 W for 40 seconds to 1 minute.
2. Wrap bacon around the inside of a 1-cup ramekin dish. Crack egg into centre of dish and pierce with tooth pick. Cover and cook on 600 W for 50 seconds to 1 minute 10 seconds. Sprinkle with grated cheese.

### MUESLI

Serves: 4 cups

#### Ingredients:

½ cup honey  
2 tablespoon butter  
2 cups rolled oats  
½ cup unprocessed bran  
½ cup shredded coconut  
½ cup nuts, chopped  
½ cup sunflower seeds  
½ cup dried mixed fruit

#### Method:

1. Warm honey and butter in a large dish on 1000 W for 1 to 1½ minutes.
2. Add dry ingredients except dried fruit and mix well. Cook on 1000 W for 5 to 6 minutes, stir halfway through cooking.
3. Stir in dried fruit and allow to cool completely before storing in an airtight container.

### CHEESY HAM OMELETTE

Serves: 1 to 2

#### Ingredients:

3 eggs, separated  
2 tablespoons milk  
salt and pepper  
¼ cup grated cheese  
50 g ham, cut into strips  
40 g onion, finely sliced  
butter for greasing

#### Method:

1. Beat egg yolks, with milk and salt and pepper in a bowl. In a separate bowl, beat egg whites until soft peaks form. Gently fold egg whites through yolk mixture with cheese, ham and onion.
2. Place onto a well greased dinner plate. Cook on 600 W for 5 to 6 minutes. Stand for 2 minutes before folding in half to serve.

### POACHED EGGS

Serves: 2

#### Ingredients:

2 × 60 g eggs  
¼ cup hot tap water  
dash of vinegar  
pinch of salt

#### Method:

1. Place ¼ cup of water, dash of vinegar and pinch of salt into 2 small ramekin dishes or small glass bowls. Cook water on 1000 W for 40 seconds.
2. Break egg into boiling water and with a toothpick pierce egg yolk twice and egg white several times. Cover dish with plastic wrap and cook on 800 W for 40 seconds to 1 minute.
3. Stand covered for 1 minute before serving.

**Note:** The size of the egg will alter cooking time.

#### CAUTION!

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

**SCRAMBLED EGGS**

Serves: 2

**Ingredients:**

2 × 60 g eggs  
 2 tablespoons milk  
 pinch salt

**Method:**

1. In a 1-litre dish, beat eggs lightly with a whisk. Add milk and salt and whisk until well combined.
2. Cover dish with plastic wrap and cook on 800 W for 1 minute.
3. Stir eggs and cook for a further 1 to 1½ minutes. Stand covered for 1 minute before serving.

**PORRIDGE**

Serves: 1

**Ingredients:**

¼ cup quick cooking oats  
 ⅔ cup water  
 ¼ teaspoon salt

**Method:**

1. Combine all ingredients in a breakfast bowl. Cook on 1000 W for 1 minute, stir, then cook on 600 W for 1 minute.
2. Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.

**HOT LEMON AND HONEY DRINK**

Serves: 1

**Ingredients:**

½ lemon, juiced  
 1 tablespoon honey  
 1 cup (250 ml) water

**Method:**

1. Mix all ingredients in a 2-cup heatproof jug. Cook on 1000 W for 2 to 3 minutes. Stir well.

**TEA**

Serves: 1

**Ingredients:**

1 cup (250 ml) tap water  
 1 tea bag

**Method:**

1. Pour water into a heatproof cup. Cook on 1000 W for 1 to 2 minutes. Stir, then submerge tea bag in water. Stand until desired strength is reached. Remove tea bag. Add milk and sugar if desired. Stir.

**COFFEE**

Serves: 1

**Ingredients:**

1 cup (250 ml) water  
 1 teaspoon instant coffee

**Method:**

1. Pour water into a heatproof cup. Add coffee. Stir. Cook on 1000 W for 1 to 2 minutes. Add milk and sugar if desired. Stir.

**HOT CHOCOLATE**

Serves: 1

**Ingredients:**

2 teaspoons drinking chocolate  
 1 teaspoon sugar (optional)  
 2 tablespoons water  
 ¾ cup (185 ml) milk

**Method:**

1. Combine chocolate, sugar and water in a heatproof cup. Cook on 1000 W for 10 to 20 seconds.
2. Stir in milk. Cook on 800 W for about 1 minute.

**SEAFOOD TOAST ****Ingredients:**

50 g prawns (peeled)  
 50 g cuttlefish (small cut)  
 certain amount salt, aginomoto,  
 green onion and butter  
 2 pieces sliced bread  
 4 teaspoons tomato sauce  
 50 g mozzarella cheese

**Method:**

1. Put prawns, cuttlefish, salt, butter, aginomoto and green onion into a microwave safe container and stir, cook for 1½ minutes on 1000 W, put aside after dehydrated.
2. Apply tomato sauce on the top of the bread, spread mozzarella cheese evenly on it, add some peeled prawns and cuttlefish cut, and add the rest cheese.
3. Put the bread at the center of the metal tray in upper shelf position. Select Grill 1, and cook for 6 to 7 minutes or until the cheese are completely melted.

## FRENCH TOAST G

### Ingredients:

|          |                  |
|----------|------------------|
| 1 bar    | french loaf      |
| 70 g     | butter (melted)  |
| 10 g     | garlic (chopped) |
| 3 g      | dried caraway    |
| a little | salt             |

### Method:

1. Cut the french loaf into 2 cm slices. Stir butter, garlic, caraway and salt in a dish and mix them well.
2. Apply garlic sauce on the top of the bread and put it on the metal tray in upper shelf position. Select Grill 1, cook for 5 to 6 minutes to golden brown.

## GRILLED CHEESE ON TOAST G

Serves: 2 to 4

### Ingredients:

|          |                      |
|----------|----------------------|
| 4 slices | bread                |
|          | butter for spreading |
| 4 slices | tasty cheese         |

### Method:

1. Place bread on metal tray in upper shelf position and cook one side of bread on Grill 1 for 5 minutes.
2. Spread untoasted side with butter and top with cheese slices. Cook on Grill 1 for 3 to 5 minutes.

## FRENCH-STYLE STEAMED EGG WITH BACON AND VEGETABLES SO CO

### Ingredients:

|          |   |
|----------|---|
| 20 g     | spinach                                   |
| 2        | small tomatoes                            |
| 1 rasher | bacon                                     |
| 2        | eggs (100 g without shells)               |
| ½ cup    | milk                                      |
| moderate | salt, pepper                              |
| 200 g    | natural cheese<br>(mozzarella, for pizza) |

### Method:

1. Cut the spinach into 1 cm wide pieces. Remove the stalks of small tomatoes, and cut vertically into 4 equal parts. Cut bacon into 5 mm wide pieces.
2. Put eggs into a bowl, add milk, salt and pepper, then stir and sieve well.
3. Place half of 1 with natural cheese into each of the 2 heat-resistant containers with a diameter of approximately 9 cm, and then add egg mixture prepared in 2.
4. Pour water into the tank before cooking. Place onto the grill tray as shown in the illustration; place the grill tray in the middle shelf position. Select steam 1 for 9 minutes, and then select Combi 1 for 2 to 2½ minutes.



## HANDMADE SAUSAGES SO CO

### Ingredients:

|       |                                  |
|-------|----------------------------------|
| 200 g | meat mince                       |
| 4     | sheets baking paper (30 x 10 cm) |

### A:

|                |                        |
|----------------|------------------------|
| 200 g          | onion (chopped)        |
| ½ teaspoon     | ground garlic          |
| 1½ tablespoons | milk                   |
| 1 tablespoon   | corn starch            |
| ½ teaspoon     | salt                   |
| moderate       | common sage            |
| moderate       | coarsely ground pepper |
| 1 teaspoon     | olive oil              |

### Method:

1. Place meat and A into the bowl, stir until it becomes sticky, and then divide into 4 equal parts.
2. Grease hands with butter (not listed in the ingredients), place ingredient from 1 onto plastic wrap strip by strip, shape into strips of 20 cm thick. Remove the plastic wrap, wrap with baking paper, and then twist both ends tight.
3. Pour water into the tank before cooking. Place 2 on the center of the grill tray in the middle shelf position. Select Steam 1 for 7 minutes, and then select Combi 1 for 4-6 minutes.
4. Remove the baking paper after heating.



French-style Steamed Egg with Bacon and Vegetables

## PEA AND HAM SOUP

Serves: 6

### Ingredients:

|              |                       |
|--------------|-----------------------|
| 2½ cups      | green split peas      |
| 850 g        | smoked ham hock       |
| 1            | medium onion, chopped |
| 1 tablespoon | fresh thyme leaves    |
| 1            | bay leaf              |
| 6 cups       | chicken stock         |
| ½ cup        | frozen peas           |

### Method:

1. Wash split peas and place in a 2-litre bowl with 1-litre of water. Cover and allow soaking for 8 hours or overnight.
2. Remove rind from ham hock and discard. Cut meat away from the bone and roughly chop. Reserve bone.
3. Drain peas and place into a 5-litre microwave-safe dish. Add ham bone, chopped ham, onion, thyme, bay leaf and chicken stock. Cook uncovered on 1000 W for 15 minutes. Reduce power to 600 W and cook for 15 minutes. Skim top of soup and cook on 600 W for a further 30 minutes.
4. Remove ham bone and bay leaf and stir in frozen peas. Cook on 600 W for 10 minutes. Blend half the soup and return to the bowl, stirring through the remaining soup. Serve hot with crusty bread.

### Tip:

Substitute 500 g bacon bones and 250 g of diced bacon rashers for the ham hock. Do not add salt when cooking lentils or pulses, as they will toughen. Add salt after cooking if desired.

## MUSHROOM SOUP

Serves: 4

### Ingredients:

|              |                   |
|--------------|-------------------|
| 1 tablespoon | butter            |
| 250 g        | mushrooms, sliced |
| 1 tablespoon | flour             |
| 4 cups       | stock             |
| ¼ cup        | white wine        |
| 1 teaspoon   | mustard           |
| ½ cup        | cream             |

### Method:

1. Place butter and mushrooms in a 2-litre casserole dish. Cover partly and cook on 1000 W for 5 minutes.
2. Add flour, stock, wine and mustard to mushrooms and mix well. Cover and cook on 1000 W for 6 to 8 minutes, stirring halfway through cooking.
3. Add cream and cook on 1000 W for a further 2 minutes. This soup can be pureed if preferred.

## CHICKEN AND VEGETABLE SOUP

Serves: 4

### Ingredients:

|          |                        |
|----------|------------------------|
| 1 medium | onion, diced           |
| 1 clove  | garlic, crushed        |
| 750 g    | soup vegetables, diced |
| 1-litre  | chicken stock          |
| ½ cup    | arborio rice           |
| 1        | bay leaf               |
| 400 g    | cooked chicken meat    |

### Method:

1. Place onion and garlic into a 3-litre microwave-safe bowl. Cook on 1000 W for 1 minute.
2. Add vegetables, cover and cook on 1000 W for 10 minutes, stir halfway through cooking.
3. Remove covering and add chicken stock and bay leaf. Cook on 1000 W for 10 minutes.
4. Stir in rice and cook for a further 10 minutes.
5. Remove bay leaf and add diced chicken. Heat on 1000 W for 5 minutes.

## PUMPKIN SOUP

Serves: 2 to 4

### Ingredients:

|            |               |
|------------|---------------|
| 1 kg       | pumpkin       |
| 1          | diced onion   |
| 1 teaspoon | curry powder  |
| 2 cups     | chicken stock |

### Method:

1. Peel pumpkin and remove seeds. Dice pumpkin into 3 cm pieces.
2. Place pumpkin, onion and curry powder in a 3-litre casserole dish. Cover and cook on 1000 W for 15 minutes.
3. Add stock. Cover and cook on 1000 W for 15 minutes.
4. Cool slightly. Puree pumpkin and liquid in a blender or food processor.



Pumpkin Soup

**SHORT AND LONG SOUP**

Serves: 4

**Ingredients:**

|               |                                   |
|---------------|-----------------------------------|
| 200 g         | fresh Singapore noodles           |
| 12 (200 g)    | frozen mini dim sims              |
| 4             | green onions, sliced              |
| 1-litre       | chicken stock                     |
| 1 teaspoon    | crushed garlic                    |
| ½ teaspoon    | chopped fresh ginger              |
| 2 tablespoons | soy sauce                         |
| 1             | chicken breast, cooked and sliced |
| 4             | baby bok choy, quartered          |
| 1 cup         | bean sprouts                      |
| 2 tablespoons | dried onion (optional)            |

**Method:**

1. Place all ingredients except bok choy, bean sprouts and dried onion in a 4-litre casserole dish and cook on 1000 W for 16 to 18 minutes, stir half way.
2. Add bok choy and cook on 1000 W for 2 minutes. Serve in individual bowls topped with bean sprouts and dried onion.

**Hints:**

1. To cook a single chicken breast. Place onto a dinner plate. Cover and cook on 800 W for 3 to 4 minutes.
2. To reheat a single portion of soup. Place in a microwave-safe dish and cook on 800 W for 2 to 3 minutes.

**POTATO AND LEEK SOUP**

Serves: 4 to 6

**Ingredients:**

|            |                               |
|------------|-------------------------------|
| 4 (1 kg)   | large potatoes, peeled, diced |
| 2          | medium leeks, thinly sliced   |
| 2 teaspoon | dried thyme                   |
| 3 cups     | hot chicken stock             |
| 1 teaspoon | salt and pepper               |
| 250 ml     | cream                         |

**Method:**

1. Place potatoes, leeks, thyme and chicken stock in a 3-litre casserole dish. Cover and cook on 1000 W for 22 to 25 minutes.
2. Cool slightly. Puree potato mixture in a food processor or blender, adding salt, pepper and cream. Return to dish. Cook on 800 W for 4 to 6 minutes. Serve hot, in individual bowls.

**CRAB AND CORN SOUP**

Serves: 4 to 6

**Ingredients:**

|               |                             |
|---------------|-----------------------------|
| 1 tablespoon  | oil                         |
| 1             | onion, finely chopped       |
| 425 ml        | boiling chicken stock       |
| 300 g         | can creamed corn            |
|               | salt and pepper             |
| 170 g         | can crabmeat, drained       |
| 150 ml        | milk                        |
| 3 tablespoons | cream                       |
|               | chopped parsley for garnish |

**Method:**

1. Place oil and onion in a 3-litre casserole dish. Cover and cook on 1000 W for 3 to 4 minutes.
2. Add chicken stock, corn, salt and pepper. Cook on 1000 W for 5 minutes.
3. Add crabmeat and milk and mix well. Cook on 1000 W for 3 minutes.
4. Stir in cream and sprinkle with parsley. Serve.

**SPICY TOMATO SOUP**

Serves: 4

**Ingredients:**

|              |                             |
|--------------|-----------------------------|
| 1            | onion, sliced               |
| 2            | small red chillies, chopped |
| 2 cloves     | garlic, crushed             |
| 800 g        | can tomato pieces           |
| 1 tablespoon | tomato paste                |
| 1½ cups      | chicken stock               |
| 1 teaspoon   | dried oregano               |
|              | salt and pepper             |

**Method:**

1. Place onion, garlic and chillies in a 3-litre dish and cook on 1000 W for 1 to 2 minutes.
2. Add tomatoes and tomato paste and cook on 1000 W for 8 to 10 minutes.
3. Pour in the stock and oregano. Cover and cook on 1000 W for 15 minutes.
4. Purée in a food processor or blender if desired. Season to taste with salt and pepper. Serve in individual soup bowls.

**HEALTHY PEAR SOUP****Ingredients:**

|         |                                  |
|---------|----------------------------------|
| 350 g   | pork rib (blanched in hot water) |
| 3       | pears (cut, with skin)           |
| 20 g    | sweet almond                     |
| 10 g    | bitter almond                    |
| 30 g    | dried scallop (soaked)           |
| 1       | honey date                       |
| 10 g    | wolfberry                        |
| 10 g    | ginger (sliced)                  |
| 1 litre | water                            |
|         | salt to taste                    |

**Method:**

1. Place above ingredients in a microwave safe casserole, covered partially. Set to 800 W for 20 minutes.
2. Continue to cook on 440 W for 90 minutes. (Stir at ½ total time) Lastly add salt to taste.

## POTATO AND CORN SOUP

Serves: 6 to 8

### Ingredients:

|               |                                  |
|---------------|----------------------------------|
| 6 rashers     | bacon, rind removed              |
| 1             | onion, thinly sliced             |
| 500 g         | potatoes, peeled and diced       |
| 4 cups        | chicken stock                    |
| 1 can (440 g) | creamed corn                     |
| 2 tablespoons | flour, mixed with a little stock |
| ½ teaspoon    | thyme                            |
|               | pepper                           |

### Method:

1. Chop bacon and place in a 4-litre dish. Cook on 1000 W for 4 minutes. Remove bacon from dish, and set aside.
2. Add onion and potatoes to dish and cook on 1000 W for 10 to 12 minutes.
3. Add stock and cook on 1000 W for a further 8 to 10 minutes.
4. Mix flour with 2 tablespoon of cold water to make a thin paste, and add to dish with corn, thyme and bacon. Cook on 1000 W for 6 to 8 minutes. Stir halfway through cooking. Season with pepper.



Potato and Corn Soup

## BRIE AND CRANBERRY CROSTINI G CO

Serves 4

### Ingredients:

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

### Method:

1. Place the slices of baguette on wire shelf on the upper shelf position and toast on Grill 1 for 2-3 minutes or until lightly toasted.
2. Turn the slices over and spread each slice with cranberry sauce. Top with a slice of brie and sprinkle with sesame seeds. Cook on Combi 7 for 6-8 minutes or until cheese has started to melt and sesame seeds turn golden.

## STEAM ROASTED BEEF AND BEAN SOUP SO CO

Serves: 2

### Ingredients:

|            |  |
|------------|--|
| 100 g      | thinly sliced beef                             |
| 60 g       | boiled white kidney beans (or boiled soybeans) |
| 30 g       | sweet pepper                                   |
| 30 g       | (½) onion (thinly sliced)                      |
| 40 g       | celery (thinly sliced)                         |
| 40 g       | cheese(Camembert cheese)                       |
| moderate   | powdered cheese                                |
| <b>A:</b>  |  |
| 2 pieces   | garlic (thinly sliced)                         |
| 1 piece    | rosemary                                       |
| 1 teaspoon | Chinese spirits                                |
| 1 teaspoon | olive oil                                      |
| ¼ teaspoon | salt   |
| moderate   | roughly ground pepper                          |
| <b>B:</b>  |  |
| ⅓ teaspoon | dried stock powder                             |
| 50 ml      | hot water                                      |
| ¼ teaspoon | salt   |
| moderate   | pepper   |

### Method:

1. Marinate beef with A (let it sit for 10 minutes to flavor). Wash the white kidney beans quickly with water and chop sweet peppers into 1 cm cubes.
2. Put the onion, celery, beef (try not to overlap), white kidney beans, sweet pepper, in the microwave safe casserole, and then spread on shredded cheese.
3. Pour water into the tank before cooking. Put 2 into B, and sprinkle on cheese powder. Place the casserole on the center of the grill tray into the middle shelf position. Select Steam 1 for 3 minutes, and then select Combi 1 for 3 minutes. Finally, select 800 W for 4 minutes.

**CRISPY FOCACCIA FINGERS** **G**

Serves: 4 to 6

**Ingredients:**

- 1 focaccia bread  
(approximately 20 cm square)
- 50 g butter, softened
- 1 tablespoon mixed dried herbs

**Method:**

1. Cut the focaccia through the centre. Spread with combined butter and herbs. Cut into 2 cm wedge shaped pieces.
2. Place on metal tray into upper shelf position. Cook on Grill 1 for 4 to 5 minutes or until crisp and brown.

**CROUTONS** **G**

Serves: 4 to 6

**Ingredients:**

- 4 tablespoons butter
- 12 slices bread, crusts removed
- 1 teaspoon mixed herbs (optional)

**Method:**

1. Melt butter on 600 W for 1 minute. Cut bread into 1 cm cubes. Combine melted butter and herbs, pour over bread cubes.
2. Mix well and place onto metal tray in middle shelf position. Cook on Grill 1 for 10 to 12 minutes, turning halfway through cooking.

**PITA CHIPS** **C**

Serves: 4 to 6

**Ingredients:**

- 2 lebanese bread rounds
- 2 tablespoons olive oil
- ½ teaspoon dried oregano
- ½ teaspoon dried basil

**Method:**

1. Preheat oven to 180 °C.
2. Split bread in half horizontally, cut into triangles. Combine remaining ingredients in a small bowl. Brush one side of the bread with this mixture.
3. Place bread slices on metal tray in lower shelf position. Bake for 6 to 8 minutes, or until lightly browned.
4. Cool chips on metal tray. Store in an airtight container. Serve with dips or as an alternative to potato chips.

**POPCORN**

Serves: 2 to 4

**Ingredients:**

- 2 teaspoons butter
- 3 tablespoons popping corn

**Method:**

1. Place all ingredients in a loosely twisted oven bag.
2. Place oven bag on an inverted microwave-safe plate. Cook on 1000 W for 2 minutes.
3. Remove from bag and serve sprinkled with salt.

**PIZZA SUPREME** **A**

Serves: 4

**Ingredients:**

- 325 g pizza base
- ¼ cup tomato paste
- 60 g diced ham
- 40 g sliced cabanossi
- 60 g sliced salami
- ¼ red capsicum, sliced
- 2 mushrooms, sliced
- ¼ cup pitted black olives
- ½ cup grated pizza cheese

**Method:**

1. Spread pizza base with tomato paste. Evenly sprinkle with remaining ingredients, finishing with cheese.
2. Select Auto Cook 7, Fresh Pizza, touch Start/Set to preheat. After oven preheated, place pizza onto metal tray in lower shelf position and select weight 600 g then touch Start/Set. Turn around the metal tray at beeps.

**SEAFOOD PIZZA** **A**

Serves: 4

**Ingredients:**

- 325 g pizza base
- ¼ cup tomato paste
- 200 g seafood mix (marinara) chopped
- ¼ cup sun dried tomatoes, chopped
- 2 tablespoon sour cream
- 2 tablespoon sweet chilli sauce
- ½ cup grated pizza cheese

**Method:**

1. Spread pizza base with tomato paste. Evenly sprinkle with remaining ingredients, finishing with cheese.
2. Select Auto Cook 7, Fresh Pizza, touch Start/Set to preheat. After oven preheated, place pizza onto metal tray in lower shelf position and select weight 800 g then touch Start/Set. Turn around the metal tray at beeps.



Pizza

**CITY SPECIAL PIZZA** A

Serves: 4

**Ingredients:**

|              |                              |
|--------------|------------------------------|
| 325 g        | pizza base                   |
| ¼ cup        | tomato paste                 |
| 1 clove      | garlic, crushed              |
| 100 g        | bacon                        |
| 100 g        | cooked chicken breast, diced |
| 100 g        | green prawn meat             |
| ¼ cup        | sun dried tomatoes, chopped  |
| 2 tablespoon | sweet chilli sauce           |
| ½ cup        | grated pizza cheese          |

**Method:**

1. Spread pizza base with tomato paste. Evenly sprinkle with remaining ingredients, finishing with cheese.
2. Select Auto Cook 7, Fresh Pizza, touch Start/ Set to preheat. After oven preheated, place pizza onto metal tray in lower shelf position and select weight 800 g then touch Start/Set. Turn around the metal tray at beeps.

**TROPICAL CHICKEN PIZZA** A

Serves: 4

**Ingredients:**

|          |                              |
|----------|------------------------------|
| 325 g    | pizza base                   |
| ¼ cup    | tomato paste                 |
| 200 g    | cooked chicken breast, diced |
| ½ cup    | creamed sweet corn           |
| 1 slices | pineapple, diced             |
| ½        | mango, sliced                |
| 1 cup    | grated pizza cheese          |

**Method:**

1. Spread pizza base with tomato paste. Evenly sprinkle with remaining ingredients, finishing with cheese.
2. Select Auto Cook 7, Fresh Pizza, touch Start/ Set to preheat. After oven preheated, place pizza onto metal tray in lower shelf position and select weight 800 g then touch Start/Set. Turn around the metal tray at beeps.

**MINI PIZZA** C

Serves: 2 to 4

**Ingredients:**

|              |                          |
|--------------|--------------------------|
| 4            | small round pita breads  |
| 2 tablespoon | tomato paste             |
| ¾ cup        | grated Mozzarella cheese |
| ¾ cup        | chopped salami           |
| 50 g         | mushrooms, chopped       |
| 2            | tomatoes, chopped        |
| 1 teaspoon   | dried herbs              |

**Method:**

1. Place pita bread onto greased metal tray. Spread each piece with tomato paste, then sprinkle with remaining ingredients.
2. Preheat oven at 200 °C, after preheat put metal tray in lower shelf position cook for 10 minutes.

**PIZZA ITALIANO** A

Serves: 4

**Ingredients:**

|              |                     |
|--------------|---------------------|
| 325 g        | pizza base          |
| ¼ cup        | tomato paste        |
| 1 clove      | garlic, crushed     |
| 1 tablespoon | pesto               |
| 60 g         | sliced salami       |
| 40 g         | sliced pepperoni    |
| ¼            | onion, sliced       |
| ¼            | capsicum, sliced    |
| ¼ cup        | pitted black olives |
| 6            | anchovy fillets     |
| 1 cup        | grated pizza cheese |

**Method:**

1. Spread pizza base with tomato paste. Evenly sprinkle with remaining ingredients, finishing with cheese.
2. Select Auto Cook 7, Fresh Pizza, touch Start/ Set to preheat. After oven preheated, place pizza onto metal tray in lower shelf position and select weight 800 g then touch Start/Set. Turn around the metal tray at beeps.

**HOME MADE PIZZA** C SS

Serves: 2 to 4

**Ingredients:**

|              |                        |
|--------------|------------------------|
| 2            | onions, finely sliced  |
| 3            | garlic cloves, crushed |
| 1 tablespoon | olive oil              |
| 1            | roll of pizza dough    |
| 100 ml       | tomato sauce           |
| 1 tablespoon | oregano                |
| 100 g        | ricotta                |
|              | salt, pepper           |

**Method:**

1. Cook the finely sliced onions and garlic in a bowl, with the olive oil, for 3 to 4 minutes on 1000 W. Leave to cool.
2. Using your hands, spread out the dough in the greased metal tray without making a raised edge.
3. Spread on the sauce, onions, oregano and season, covering all the dough well.
4. Fill water tank. Preheat on Convection 220 °C. Place metal tray in middle shelf position and cook on Convection 220 °C for 15 minutes.
5. Then add other ingredients according to taste, cheese, anchovies, olives, bacon pieces etc. and continue cooking on Convection 220 °C for 8 to 10 minutes with a Steam shot for 3 minutes at the start of this cooking stage.

**ZUCCHINI SLICE**

Serves: 4 to 6

**Ingredients:**

|              |                       |
|--------------|-----------------------|
| 4 rashers    | bacon, diced          |
| 1            | onion, diced          |
| 2 cups       | grated zucchini       |
| 2 cups       | grated carrot         |
| 1 cup        | grated tasty cheese   |
| 1 cup        | self raising flour    |
| 5            | eggs, lightly beaten  |
| 125 ml       | vegetable oil         |
| 1 tablespoon | fresh chopped parsley |
|              | Salt and pepper       |

**Method:**

1. Lightly grease a 25 cm square microwave-safe dish. Place bacon and onion in a 2-litre casserole dish and cook on 1000 W for 2 to 3 minutes. Allow to cool slightly.
2. Stir in zucchini, carrot and cheese and flour in a 1-litre bowl whisk together remaining ingredients and stir until combined. Pour into prepared dish. Cook on 600 W for 18 minutes.

**ROASTED RED CAPSICUM & MUSHROOM BRUSCHETTA** C

Serves: 4

**Ingredients:**

|                   |                                  |
|-------------------|----------------------------------|
| 200 g (4 to 5)    | large flat mushrooms             |
| 1 tablespoon      | olive oil                        |
| 12 (340 g) slices | Turkish bread                    |
| 1½ tablespoon     | butter, softened                 |
| 1 clove           | garlic, minced                   |
| 50 g              | jar roasted red capsicum, sliced |
| 100 g             | firm goats cheese                |

**Method:**

1. Mix together butter and garlic to form garlic butter. Slice the mushrooms and drizzle with olive oil. Cook on 1000 W for 3 minutes. Set aside.
2. Preheat oven on Convection 220 °C. Spread one side of the bread with garlic butter and place in a single layer on the metal tray in upper shelf position. Cook for 6 minutes.
3. Turn the bread slices over. Layer the mushrooms and red capsicums on the top of the bread slices. Crumble the goats cheese and sprinkle evenly over each slice. Cook for 200 °C a further 8 to 10 minutes in lower shelf position.

**CHEESE AND RED PESTO TARTLETS** C

Serves: 12

**Ingredients:**

|            |   |
|------------|---|
| 180 g      | ready rolled short crust pastry sheets      |
| 65 g       | red pesto or sun dried tomato paste         |
| 1          | medium tomatoes, peeled, seeded and chopped |
| 25 g       | black olives, chopped                       |
| 125 g      | mozzarella cheese, grated                   |
| 1 clove    | garlic                                      |
| 1 teaspoon | dried oregano                               |
| ¼ cup      | grated parmesan                             |

**Method:**

1. Cut out 12 × 7 cm (approx) circles of pastry to fit into the base of 1 greased 12 holed tartlet tins. Chill for 30 minutes.
2. Preheat the oven at 200 °C.
3. Mix the red pesto, tomatoes, black olives, mozzarella and garlic in a bowl.
4. Fill the tartlet shells with mixture. Sprinkle with Parmesan and oregano. Place tin on metal tray in lower shelf position and cook on 200 °C for 14 to 16 minutes or until golden brown.

**NUTS AND BOLTS**

Serves: 6 to 8

**Ingredients:**

|               |                            |
|---------------|----------------------------|
| 60 g          | butter                     |
| 2 teaspoons   | curry powder               |
| 2 tablespoons | worcestershire sauce       |
| ½ teaspoon    | salt                       |
| ¼ teaspoon    | garlic powder              |
| 125 g         | packet mixed rice crackers |
| 200 g         | salted peanuts             |
| 125 g         | packet pretzel sticks      |
| 1 cup         | nutri- Grain               |
| 100 g         | changes fried noodles      |

**Method:**

1. Place butter, curry, Worcestershire sauce, salt and garlic powder in a 3-litre casserole dish. Cook on 1000 W for 2 minutes.
2. Add remaining ingredients, mix well and cook on 1000 W for 5 to 6 minutes, stirring twice through cooking. Cool. Serve in a bowl with drinks.

**QUICHE LORRAINE** [C]

Serves: 4 to 6

**Ingredients:****Pastry:**

2 sheets ready rolled short crust pastry

**Filling:**

4 rashers bacon, rind removed and bacon chopped

 $\frac{1}{2}$  cup grated tasty cheese

3 eggs

150 ml cream

150 ml milk

 $\frac{1}{2}$  teaspoon nutmeg**Method:****Pastry:**

1. Grease and line a 23 cm pie plate with short crust pastry sheets.
2. Preheat oven at 180 °C.
3. Place plate on metal tray in lower shelf position and cook for 15 to 17 minutes at 180 °C. Allow to cool slightly.

**Filling:**

1. Place bacon between two sheets of paper towel on a dinner plate. Cook on 1000 W for 2 minutes to 2½ minutes.
2. Sprinkle bacon and cheese on cooked pie shell. Beat eggs, cream, milk and nutmeg and pour over bacon and cheese.
3. Place on metal tray in lower shelf position and Bake at 180 °C for 22 minutes or until set.

**MINI QUICHES** [C]

Serves: 9 serves

**Ingredients:**

3 sheets ready rolled puff pastry

1 egg, beaten

 $\frac{1}{2}$  cup milk

2 rashers bacon, rind removed bacon chopped

2 green onions, finely chopped

salt and pepper

paprika

 $\frac{1}{2}$  cup grated tasty cheese**Method:**

1. Preheat oven at 180 °C.
2. Cut pastry with a scone cutter and fit into 9 cm diameter greased patty tins.
3. Beat together eggs and milk and seasoning. Place small amount of bacon and green onion in the base of each pastry case.  $\frac{3}{4}$  fill each pastry case with egg mixture. Sprinkle with cheese and paprika.
4. Put tins on metal tray in lower shelf position. Cook on 180 °C for 18 to 20 minutes.

**CHEESE STRAWS** [C]

Serves: 10

**Ingredients:**

1 sheet ready rolled puff pastry

1 egg, beaten

1 cup parmesan cheese

2 teaspoons paprika

**Method:**

1. Preheat oven at 200 °C.
2. Cut the pastry sheet into 10 equal strips (approx. 2 cm wide). Brush pastry with egg. Mix cheese and paprika together and sprinkle over each strip.
3. Twist pastry strips and place on the greased metal tray in lower shelf position. Cook on 200 °C for 10 to 11 minutes or until golden.

**LEMON PEPPER CHICKEN WINGS** [G]

Serves: 4

**Ingredients:** $\frac{1}{3}$  cup lemon juice $\frac{1}{4}$  cup olive oil

2 cloves garlic, crushed

1 teaspoon whole grain mustard

2 tablespoons chopped parsley

1 teaspoon cracked black peppercorns

600 g chicken wings (16 pcs)

**Method:**

1. Combine first six ingredients. Place chicken in a flat dish and pour over remaining combined ingredients. Marinate over night or for at least three hours.
2. Arrange marinated chicken on metal tray. Put the metal tray in upper shelf position and cook on Grill 1 for 27 minutes, turning once after 22 minutes.



Lemon Pepper Chicken Wings

**NACHOS SUPREME**

Serves: 4 to 6

**Ingredients:**

|            |                              |
|------------|------------------------------|
| 500 g      | topside mince                |
| 1          | onion, chopped               |
| 35 g       | taco seasoning mix           |
| 140 g      | tomato paste                 |
| 1 teaspoon | mexican chilli powder        |
| 310 g      | red kidney beans with liquid |
| 180 g      | corn chips                   |
| 1          | avocado                      |
| ½ cup      | sour cream                   |
| ½ cup      | grated cheese                |
|            | paprika                      |

**Method:**

1. Place meat and onion in a 2-litre dish. Cook on 800 W for 6 minutes. Mix with a fork breaking up any large pieces of meat.
2. Add taco mix, tomato paste, chilli powder and kidney beans. Cook on 800 W for a further 10 minutes, stirring halfway through cooking.
3. Place corn chips in a 3-litre microwave suitable serving dish. Pile meat sauce in the centre. In a small bowl, mash avocado and mix in sour cream. Spoon this mixture over meat sauce and top with grated cheese. Sprinkle on paprika. Cook on 800 W for 3 to 4 minutes.

**CHICKEN SAN CHOY BAU**

Serves: 4

**Ingredients:**

|              |                                 |
|--------------|---------------------------------|
| 10           | dried Chinese mushrooms         |
| 2 teaspoon   | sesame oil                      |
| 1 clove      | garlic, chopped                 |
| 500 g        | minced chicken                  |
| 10           | water chestnuts, finely chopped |
| 227 g        | bamboo shoots, chopped          |
| ¼ cup        | soy sauce                       |
| 1 tablespoon | oyster sauce                    |
| 2 tablespoon | sherry                          |
| 1            | iceberg lettuce                 |

**Method:**

1. Cover mushrooms with boiling water, stand for 30 minutes. Drain, remove stems and chop finely.
2. Place oil and garlic in a 2-litre casserole dish, cook on 1000 W for 50 to 60 seconds.
3. Add chicken and cook on 600 W for 6 to 7 minutes, stirring twice through cooking.
4. Add remaining ingredients except lettuce and cook on 600 W for 6 to 7 minutes. Stir twice through cooking.
5. Separate lettuce leaves, place tablespoon of mixture into each lettuce leaf serve immediately.

**VEGETABLE FRITTATA** **G**

Serves: 4

**Ingredients:**

|       |                         |
|-------|-------------------------|
| 250 g | potatoes                |
| 250 g | pumpkin                 |
| 250 g | carrots                 |
| 1     | red capsicum, sliced    |
| 6     | eggs                    |
| ½ cup | sour cream              |
|       | salt and pepper         |
| 2     | medium tomatoes, sliced |
| ⅔ cup | grated cheddar cheese   |

**Method:**

1. Peel and thinly slice potatoes, pumpkin and carrots. Layer vegetables and capsicum into a deep microwave-safe pie plate. Cover and cook on 1000 W for 7 minutes, stirring halfway through cooking.
2. Beat together eggs, sour cream, salt and pepper, pour over vegetables. Stir. Cook uncovered on 600 W for 8 minutes. Layer tomato across the top of frittata and sprinkle with cheese. Cook on 600 W for 3 minutes and Grill 1 for 6 to 8 minutes. Serve with salad and bread.

**VEGETABLE BAKE** **G**

Serves: 4 to 6

**Ingredients:**

|            |                                    |
|------------|------------------------------------|
| 250 g      | cauliflower, cut into small pieces |
| 250 g      | broccoli, cut into small pieces    |
| 3          | carrots, sliced                    |
| ¼ cup      | water                              |
| ½ cup      | cottage cheese                     |
| 1          | egg                                |
| ½ cup      | cream                              |
| ½ teaspoon | lemon pepper                       |
| ½ teaspoon | seasoned herbs                     |
| ½ cup      | grated tasty cheese                |

**Method:**

1. Place vegetables and water in a 3-litre casserole dish. Cover and cook on 1000 W for 8 to 10 minutes. Drain well.
2. Place remaining ingredients except tasty cheese in a bowl and mix well. Pour over vegetables. Cook on 800 W for 12 to 14 minutes.
3. Sprinkle with tasty cheese. Place on metal tray in middle shelf position and cook on Grill 1 for 6 to 8 minutes.

**SPINACH AND FILO PIE** C

Serves: 4 to 6

**Ingredients:**

|              |                     |
|--------------|---------------------|
| 1 bunch      | spinach             |
| 250 g        | fetta cheese        |
| 4            | eggs                |
| 1 cup        | cream               |
| 1 tablespoon | flour               |
| ½ teaspoon   | nutmeg              |
|              | ground black pepper |
| 1 clove      | garlic, crushed     |
| 8 sheets     | filo pastry         |
| 40 g         | butter, melted      |
| 2 teaspoons  | sesame seeds        |

**Method:**

1. Wash spinach and remove leaves from stalks. Cut leaves finely and place into a 3-litre casserole dish. Cover and cook on 1000 W for 3 to 5 minutes. Drain well. Crumble in Fetta cheese.
2. Preheat oven to 200 °C.
3. In a small bowl, beat eggs lightly and combine with cream, flour, nutmeg, pepper and garlic.
4. Place 4 buttered sheets of filo pastry in base of pie dish. Place spinach and cheese into pie dish, and pour over egg mixture. Fold one sheet of filo in half widthwise and lay over top of spinach mixture. Brush with melted butter and repeat method with remaining sheets of filo, brushing with butter between each layer of filo. Trim off excess filo around edges and press down at the sides of the dish. Brush with butter and sprinkle with sesame seeds. With a sharp knife cut a diamond pattern in top of filo pastry.
5. Place pie dish on metal tray in lower shelf position and cook on 200 °C for 20 to 25 minutes.



Spinach and Filo Pie

**ROASTED NUTS**

Serves: 2 to 4

**Ingredients:**

|             |   |
|-------------|---|
| 1 cup       | raw peanuts (with or without skins, and unsalted) |
| 2 teaspoons | salad oil   |
|             | salt to taste                                     |

**Method:**

1. Place peanuts in a single layer on a pie plate. Cook on 1000 W for 4 to 6 minutes, stirring every 2 minutes during cooking until golden brown.
2. Drizzle nuts with oil and sprinkle with salt. Stir well. Cook on 1000 W for 30 to 40 seconds. Stir. Serve hot or cold in a small bowl.

**CRUSTLESS CHEESE AND SPINACH PIE** C

Serves: 4

**Ingredients:**

|              |                             |
|--------------|-----------------------------|
| 1 bunch      | spinach                     |
| 6            | green onions, thinly sliced |
| 500 g        | ricotta                     |
| 2            | eggs                        |
| 1 tablespoon | plain flour                 |
| ½ teaspoon   | nutmeg                      |
| ½ cup        | grated cheddar              |
| 2            | tomatoes, sliced (optional) |

**Method:**

1. Wash and trim thick stalks from spinach. Chop leaves roughly. Pile onto a microwave-safe dinner plate and cover with plastic wrap. Microwave on 1000 W for 2 minutes. Set aside to cool slightly.
2. Place green onions into a small bowl cover and cook on 1000 W for 3 minute.
3. Squeeze out excess moisture from cooked spinach. Place ricotta, eggs, spinach, green onions, flour and nutmeg in a large bowl, season to taste and fold with a spatula until well combined.
4. Preheat oven to 200 °C.
5. Lightly grease a round (25 cm) microwave-safe pie dish. Spread mixture evenly into prepared dish and sprinkle with grated cheddar.
6. Place dish on metal tray in lower shelf position and cook on 200 °C for 18 minutes. Remove and stand for 2 minutes before cutting. Serve topped with sliced tomato.

## Directions for Cooking Fish and Shellfish by Micro Power



Clean fish before starting the recipe. Arrange fish in a single layer, do not overlap edges. Prawns and scallops should be placed in a single layer.

### To Cook by Time:

Cover dish with plastic wrap. Cook on the power level and for the minimum time recommended in the chart below. Halfway through cooking rearrange or stir prawns or scallops.

### Cooking Fish and Shellfish by Micro Power

| FISH OR SHELLFISH                              | AMOUNT         | POWER APPROX. | COOKING TIME (in minutes) |
|--|----------------|---------------|---------------------------|
| Fish Fillets                                   | 500 g          | 600 W         | 6 to 8                    |
| Scallops (sea)                                 | 500 g          | 600 W         | 5 to 7                    |
| Green Prawns medium size (shelled and cleaned) | 500 g          | 600 W         | 5 to 6                    |
| Whole Fish (stuffed or unstuffed)              | 500 g to 600 g | 600 W         | 6 to 8                    |

### SOY & HONEY SALMON

Serves: 4

#### Ingredients:

4 salmon fillets, each 100 to 150 g

#### Marinade:

15 ml honey  
 30 ml dark soy sauce  
 15 ml sherry  
 1 garlic clove, crushed  
 5 ml fresh root ginger, grated

#### Method:

- Mix the marinade ingredients together. Pour marinade over salmon in dish and leave to marinate for 2 to 3 hours in the fridge.
- Cover salmon with pierced cling film and place on base of oven. Cook salmon on 600 W for 7 to 8 minutes.

NOTE: For 2 fillets the marinade quantities should be halved and total cooking time on 600 W should be reduced to 4 to 6 minutes.

### SALMON IN TERIYAKI

#### Ingredients:

300 g salmon fillets, cut slit or pierce fillets with fork  
 80 g fresh mushroom, sliced  
 2 tablespoons teriyaki sauce  
 ½ tablespoon oyster sauce  
 40 g garlic, minced  
 10 g ginger, shredded  
 ¼ teaspoon black pepper  
 3 tablespoons oil  
 1 stalk chinese parsley, for garnishing

#### Method:

- Cook garlic with oil in a bowl, on 1000 W for about 2 to 2½ minutes in a microwave safe casserole, do not cover with lid (stir-in-between).
- Mix half garlic oil, teriyaki sauce, oyster sauce and black pepper together.
- Put salmon on the dish, place mushroom and ginger on top of salmon, follow by teriyaki mixture, cook on 600 W for 7 to 8 minutes, cover with lid. When ready serve with remaining garlic and chinese parsley.

**SALMON WITH HOLLANDAISE SAUCE**

Serves: 4

**Ingredients:**

|       |   |
|-------|---|
| 4     | salmon fillets or steaks, each 100 to 150 g |
| 30 ml | white wine                                  |
| Sauce |   |
| 3     | egg yolks                                   |
| 30 ml | white wine vinegar                          |
| 150 g | chilled, unsalted butter, cut into cubes    |

pepper

**Method:**

1. Place salmon in dish with wine. Place on base of oven, cover and cook on 600 W for 8 minutes. Leave to stand and make sauce.
  2. Place egg yolks and vinegar in a jug. Beat well. Drop cubes of butter on top. Place jug on base of oven and cook on 1000 W for 30 seconds. Whisk. Cook on 1000 W for 10 seconds. Whisk again and cook on 1000 W for 10 seconds. Repeat 10 seconds stages until sauce is thick and creamy.
  3. Season and serve immediately with the salmon.
- NOTE: This sauce must not boil or the eggs will curdle.

**SALMON WITH MANGO SALSA** SO

Serves: 4

**Ingredients:**

|   |                                   |
|---|-----------------------------------|
| 4 | salmon fillets, each 100 to 150 g |
|---|-----------------------------------|

**Marinade:**

|        |                                  |
|--------|----------------------------------|
| 45 ml  | white wine                       |
| 1      | garlic clove, crushed            |
| 2.5 cm | fresh root ginger, finely grated |

**Mango Salsa:**

|       |  |
|-------|--|
| 2     | red chillies, seeds removed, thinly sliced |
| 100 g | peeled, cooked prawns                      |
| 4     | spring onions, thinly sliced               |
| 1     | small garlic clove, finely chopped         |
| 1     | ripe but firm avocado, peeled and chopped  |
| ½     | ripe mango, peeled and chopped             |
| 1     | juice of lime                              |

**Method:**

1. Mix the marinade ingredients together. Pour marinade over salmon in dish and leave to marinate for 2 to 3 hours in the fridge.
2. Mix all the salsa ingredients together and chill in fridge.
3. Place the salmon in the glass dish directly on base of oven. Fill water tank. Cook salmon on Steam 1 for 15 minutes. Serve salmon with the salsa.

**BUTTERED SALMON STEAMED WITH VEGETABLES IN PAPER WRAP** SO CO

Serves: 2

**Ingredients:**

|      |   |
|------|---|
| 2    | fresh salmon slices (approximately 80 g each) |
| 40 g | cabbage                                       |
| 30 g | enoki mushroom                                |
| 10 g | Chinese chives                                |
| 20 g | butter  |
| 2    | sheets baking paper (30 x 30 cm)              |

**A:**

|              |                    |
|--------------|--------------------|
| 2 tablespoon | miso               |
| 2 teaspoon   | cooking wine       |
| 2 teaspoon   | castor sugar       |
| 1 teaspoon   | sweet cooking sake |
| ½ teaspoon   | vegetable oil      |
| moderate     | stock powder       |

**Method:**

1. Prepare A for use as sauce.
2. Remove big fishbone from salmon, cut each piece into 4-5 equal parts. Use 1 tablespoon of sauce from 1 to stir well.
3. Cut cabbage into shreds of 1 cm wide, cut enoki mushroom in half. Cut Chinese chives into 4 cm long pieces. Stir the vegetables with 1 tablespoon of sauce well.
4. Place salmon meat separately on the 2 sheets of baking paper, with fish skin facing upwards, and then place 2 equal parts of 3 around each. Sprinkle on the rest of the sauce, place in 2 equal parts of butter and then wrap up. Pour water into the tank before cooking.
5. Place onto the grill tray in middle shelf position. Select steam 1 for 2-3 minutes and then select Combi 1 for 2 minutes. Finally, place it into a dish select 800 W for 4-4½ minutes.



Buttered Salmon Steamed with Vegetables in Paper Wrap

## SALMON STEAMED WITH VANILLA SO CO

### Ingredients:

|          |  |
|----------|--|
| 3 pieces | salmon fish (fishbone removed, approximately 80 g per piece) |
| 1 twig   | thyme  |
| 1 twig   | parsley  |
| 3 sticks | baby corn  |
| moderate | salt   |
| 20 g     | sweet pepper (red)   |
| 20 g     | sweet pepper (yellow)  |

### A:

|              |                       |
|--------------|-----------------------|
| 1 tablespoon | Chinese spirits       |
| 1 teaspoon   | olive oil             |
| ½ teaspoon   | salt                  |
| moderate     | pepper, mashed garlic |

### Method:

1. Rip thyme and parsley, then sprinkle on salmon together with A and set aside.
2. Cut sweet pepper into thin slices, cut baby corn into halves, and then sprinkle on salt.
3. Pour water into the tank before cooking. Place salmon onto casserole with a diameter of approximately 23 cm, with the fish skin facing upwards, place in 2 while avoiding overlapping with salmon. Place the casserole on the grill tray in middle shelf position. Select Steam 1 for 8 minutes, then select Combi 1 for 3 minutes.



Salmon Steamed with Vanilla

## LEMON PEPPER FISH

Serves: 2

### Ingredients:

|            |                               |
|------------|-------------------------------|
| 500 g      | fish fillets                  |
| ¼ cup      | lemon juice                   |
| 1 teaspoon | cracked black (ground) pepper |

### Method:

1. In a 1-litre dish place all ingredients. Set on 600 W for 7 to 9 minutes. Stand for 3 minutes.

## THAI FISH CAKES C G

Serves: 9

### Ingredients:

|               |                       |
|---------------|-----------------------|
| 500 g         | white fish fillets    |
| 1 tablespoon  | red curry paste       |
| 2 tablespoons | cornflour             |
| 1 teaspoon    | chopped chilli        |
| 1 tablespoon  | fish sauce            |
| 3             | green onions, chopped |
| ¼ cup         | coriander leaves      |
|               | oil for greasing      |

### Method:

1. Place all ingredients except oil in a food processor and blend until smooth. Grease 9 round tins (Φ=6 cm). Add mixture into tins and place onto the metal tray.
2. Preheat the oven on 180 °C. Put the metal tray in upper shelf position and cook for 20 minutes. Cook on Grill 1 for 3 to 4 minutes. Then serve with sweet chilli sauce.

## PROVENÇAL FISH CUTLETS CO

Serves 4

### Ingredients

|       |                   |
|-------|-------------------|
| 800 g | Salmon Cutlets    |
|       | salt and pepper   |
|       | olive oil         |
| 4     | tomatoes, sliced  |
|       | Herbs de Provence |
| 1     | courgette, sliced |
| 12    | black olives      |

### Method:

1. Wash and dry fish cutlets. Sprinkle with salt, pepper and oil. Place the fish and the vegetables in a glass dish and sprinkle with olive oil and Herbs de Provence.
2. Fill water tank. Place the dish on the wire shelf in the lower shelf position and cook on Combi 1 for about 15-20 minutes. Shortly before the end of the cooking time, add the olives to the dish.

**COCONUT FISH CURRY**

Serves: 4 to 5

**Ingredients:**

|        |                                  |
|--------|----------------------------------|
| 1      | onion                            |
| 1      | red pepper                       |
| 200 ml | coconut milk                     |
| 1      | tomato                           |
| 1      | tablespoon curry paste           |
|        | juice of ½ lemon                 |
| 600 g  | coley or pollock, cut into cubes |
|        | salt and pepper                  |

**Method:**

1. Sweat the chopped onion with the cubed pepper in the dish, covered, for 4 to 5 minutes on 1000 W.
2. Add the coconut milk, the peeled and chopped tomato, the curry paste and lemon juice; Cook on 1000 W for 3 minutes.
3. Add fish. Cover and cook on 1000 W for 6 to 7 minutes, stirring halfway through cooking time. Season to taste before serving.

Note: If you use 4 frozen fish fillets, cook approx. 13 minutes on 1000 W, turning halfway through cooking time.

**SMOKED FISH**

Serves: 2 to 4

**Ingredients:**

|                |                                     |
|----------------|-------------------------------------|
| 2 medium sized | smoked fish fillets (approx. 500 g) |
| 1 tablespoon   | butter, melted                      |
|                | freshly ground black pepper         |

**Method:**

1. Place all ingredients in a 3-litre casserole dish. Cover and cook on 600 W for 5 to 6 minutes or until cooked. Stir at half time.

**THAI STEAMED TROUT**

Serves: 2

**Ingredients:**

|          |                                  |
|----------|----------------------------------|
| 2        | trout fillets, approx 140 g each |
| 2 cloves | garlic, finely chopped           |
| 1 to 2   | small red chilli, finely chopped |
| 1        | lime, zest and juice             |
| 4        | spring onions, finely chopped    |
| 30 ml    | light soy sauce                  |

**Method:**

1. Place fish fillets into a shallow dish, sprinkle the remaining ingredients on the top of the fish.
2. Cover, place on base of the oven and cook on 600 W for 4 to 5 minutes, or until the fish is cooked through. Serve with rice.

**COD EN PAPILLOTE WITH BULGHUR AND HERB PILAF** **SO** **CO**

Serves 4

**Ingredients:**

|              |  |
|--------------|--|
| 280 g        | mixed Asian greens, such as pak choy, and Chinese cabbage, chopped |
| 4            | cod fillets  |
| ½            | orange, zest and juiced  |
| 3 tablespoon | basil, shredded  |
| 2            | garlic, finely chopped   |
| 120 ml       | dry white wine   |
| 1 tablespoon | olive oil  |
| ½            | fennel, thinly sliced  |
| 1            | carrot, cut into thin strips                                       |

**Pilaf**

|              |                       |
|--------------|-----------------------|
| 200 g        | bulghur wheat         |
| 1 tablespoon | olive oil             |
| ½            | lemon, juiced         |
| 1            | garlic, crushed       |
| 2 tablespoon | basil, shredded       |
| 2 tablespoon | coriander, chopped    |
| 3            | spring onions, sliced |
|              | Salt and pepper       |

**Ingredients**

1. Cut out four 30 cm square or baking parchment. Arrange ¼ of the chopped Asian greens in the middle of each paper square. Top with fish, and sprinkle over the orange zest, juice, basil, garlic, wine, oil, carrot, and season. Fold over the paper to form a parcel, leaving a little air inside so the ingredients can steam, and twist the edges to seal.
2. Place parcels on the base of the oven. Fill water tank. Cook on Steam 1 for 30 to 40 minutes. The oven can only be set to cook for a maximum 30 minutes at a time. The water tank will need refilling every 30 minutes during the cooking time. Reset time and fill water tank every 30 minutes. Open one of the parcels to check that the fish is cooked, it should flake easily.
3. Combine the bulghur wheat with 800 ml boiling water in a shallow dish. Place on the base of the oven, check the water level of the water tank, and cook Combi 1 for 8 to 12 minutes. or until the bulghur is just tender. Drain the bulghur if necessary.
4. Fork through the cooked bulghur and mix in the olive oil, lemon juice, garlic, basil, coriander and spring onions. Season with salt and pepper to taste.

### CREAMY COD & LEEK CHOWDER

Serves: 4

**Ingredients:**

- 500 g potatoes, peeled and cut into 1 cm cubes
- 25 g butter
- 2 large leeks, thickly sliced
- 15 ml plain flour
- 568 ml hot fish stock
- bay leaf
- 275 ml milk
- 250 g cod fillet, cubed
- 10 tiger prawns, peeled

**Method:**

1. Place potatoes in a large shallow dish with 3 tablespoon water and cover. Place on base of oven and cook on 600 W for 7 minutes.
2. Place the butter and leeks in a large bowl. Place on the base of oven and cook on 1000 W for 2 to 3 minutes and then add the potatoes.
3. Stir in the flour and gradually add the fish stock and bay leaf. Cook on 1000 W for 8 to 10 minutes or until the potato is tender. Stir halfway.
4. Then stir in the milk, cod and prawns. Cook on 600 W for 7 to 8 minutes or until the fish is cooked. Remove the bay leaf and season to taste. Serve immediately.

### PESTO BAKED COD [C]

Serves 4

**ingredients**

- 1 aubergine, cubed
- 1 red onion, chopped
- 1 orange pepper, cut into chunks
- 1 courgette, sliced
- 30 ml oil
- 2 lemons
- 4 x 175 g cod fillets
- 60 ml pesto
- 250 g cherry tomatoes

**Method:**

1. Preheat on Convection 200 °C. Scatter the aubergine on the metal tray and cook on Convection 200 °C for 5 minutes in the middle shelf position.
2. Add the red onion, pepper, courgette, olive oil and the juice of 1 lemon to the metal tray. Season and shake well to coat. Cook Convection 200 °C for a further 15 minutes in the middle shelf position.
3. Meanwhile, slice the remaining lemon thinly. Brush the tops of each of the cod fillets with pesto and arrange the lemon slices on top.
4. Remove the metal tray from the oven, add the tomatoes and place the cod on top of the vegetables. Bake for a final 15 minutes on Convection 200 °C until the fish is cooked through.

### MEDITERRANEAN FISH BAKE [CO]

**ingredients**

Serves 4

- juice ½ lemon
- 100 g fresh pesto sauce
- salt and pepper
- 4 x 175 g thick cut haddock or cod fillets
- 700 g waxy new potatoes (such as charlotte)
- 2 medium red onions
- 1 red pepper, seeded
- 1 yellow pepper, seeded
- 1 orange pepper, seeded
- 2 garlic cloves, crushed
- 1 tablespoon extra virgin olive oil
- 100 g black olives, chopped (optional)
- lemon wedges and crisp green salad, to serve

**Method:**

1. Mix lemon juice, pesto and seasoning together and spoon over the fish in a large Pyrex® rectangular dish. Leave to marinade in the fridge for 1-2 hours.
2. Cut vegetables into even sized chunks and toss with the garlic and oil. Place in dish on the wire shelf in lower shelf position and cook on Combi 3 for 30 minutes. Refill water tank. Cook on Combi 3 for a further 10 minutes.
3. Scatter the black olives over the vegetables and place the fish and marinade on top of the vegetables. Cook on Combi 6 for 15-20 minutes or until cooked through.

**STEAMED WHITEFISH WITH MUSHROOM** CO**Ingredients:**

|               |   |
|---------------|---|
| 2 pieces      | Whitefish (fishbone removed, 80 g each piece) |
| Assorted 60 g | honshimeji mushroom, enoki mushroom           |
| moderate      | salt, pepper                                  |
| 1 tablespoon  | cooking wine                                  |
| moderate      | honewort                                      |
| moderate      | vinegar                                       |
| 2 sheets      | baking paper (30 x 30 cm)                     |

**Method:**

- Season fish with salt and pepper. Cut open honshimeji mushroom and enoki mushroom.
- Place the fish separately on the 2 sheets of baking paper, with fish skin facing upwards. Place 2 equal parts of honshimeji mushroom and enoki mushroom around each, sprinkle on cooking wine and wrap up.
- Pour water into the tank before cooking.
- Place onto the grill tray, and then place the grill tray on middle shelf. Select Combi 1 for 10 minutes.
- Remove to plate after heating, relish with honewort, and sprinkle on sour citrus vinegar according to individual preference.

**GARLIC & CHILI PRAWNS**

Serves: 4

**Ingredients:**

|              |  |
|--------------|--|
| 1 kg         | uncooked king prawns                                 |
| 1            | small red onion, thinly sliced                       |
| 40 g         | butter   |
| 3            | garlic cloves, crushed                               |
| 2            | fresh bird's eye chillies, deseeded & finely chopped |
| ½            | small red capsicum, finely sliced                    |
| 100 g        | snow peas, trimmed                                   |
| 1 tablespoon | lemon juice  |
| 80 ml        | thickened cream                                      |
| ¼ cup        | coriander leaves, chopped                            |
|              | cooked jasmine rice, to serve                        |

**Method:**

- Peel and de-vein prawns leaving tails in tact, set aside.
- Place onion, butter, garlic and chilli into 3-litre microwave-safe dish. Cook on 1000 W for 4 minutes, stir halfway through cooking.
- Add prawns and mix to combine. Cook on 800 W for 3 minutes. Stir in capsicum and snow peas, cover and cook on 800 W for a further 3 minutes.
- Stir through lemon juice, cream and coriander, season and cook on 1000 W for 1 minute. Serve immediately with cooked rice.

**STEAMED GARLIC PRAWNS CHINESE-STYLE** SO

Serves: 4

**Ingredients**

|               |                    |
|---------------|--------------------|
| 240 g         | large tiger prawns |
| 2 tablespoons | light soy sauce    |
| 5 cloves      | garlic, crushed    |
| 1 teaspoon    | brandy             |

**Method:**

- Wash prawns thoroughly. In a bowl, mix the soy sauce, garlic and brandy. Arrange the prawns in a shallow dish, and cover with the soy sauce mixture.
- Fill water tank. Cook on base of oven on Steam 1 for 10 to 15 minutes, until opaque. Serve hot.

**MAYONNAISE SHRIMP BALLS** CO**Ingredients:**

|               |                    |
|---------------|--------------------|
| 300 g         | shrimp (24 pieces) |
| 2 tablespoons | corn starch        |
| 40 g          | vegetable oil      |
| moderate      | cashew             |

**A:**

|            |                                  |
|------------|----------------------------------|
| 1 teaspoon | hard liquor (or Chinese spirits) |
| moderate   | salt                             |
| moderate   | pepper                           |

**B:**

|               |              |
|---------------|--------------|
| 6 tablespoons | mayonnaise   |
| 1 tablespoon  | ketchup      |
| 1 teaspoon    | custar sugar |

**Method:**

- Cut open the shrimps with shells and remove the intestines. Wash thoroughly and wipe dry the water. Add A, corn starch, and vegetable oil for flavor in order.
- Lay out 1 in the center of the grill tray in the upper shelf position. Select Combi 10, and cook for 12 to 14 minutes.
- Mix B in the bowl, add 2 and stir evenly. Before serving, sprinkle with roughly-grinded cashews.

---

**THAI LEMON SHRIMP** SO

---

Serves: 12

**Ingredients:**

500 (about 12) g white shrimp  
10 g cayenne pepper  
10 g chopped garlic  
5 g minced parsley  
moderate salt, pepper

**Method:**

1. Devein the shrimp, cut off its long feelers, wash, drain and place on the heat-proof shallow dish.
2. Mix the cayenne pepper, chopped garlic, minced parsley and all seasonings into a sauce and pour over the shrimp.
3. Place the shallow dish on grill tray in the middle shelf position.
4. Fill water tank, select Steam 2, set for 9 to 10 minutes and press Start.
5. After cooking, leave the food in the cavity for 2 minutes before removing.

---

**SEAFOOD MARINARA**

---

Serves: 4

**Ingredients:**

250 g scallops  
250 g prawns, shelled and deveined  
1 squid, approx. 275 g, cleaned and sliced  
2 tablespoons butter  
1 clove garlic, crushed  
2 tomatoes, peeled and chopped  
1 tablespoon tomato paste  
¼ cup white wine  
1 tablespoon basil, chopped  
pepper  
chopped parsley

**Method:**

1. Place cleaned seafood into a 2-litre dish. Set aside.
2. Place butter and garlic in a 1-litre dish. Cook on 1000 W for 1 minute 30 seconds.
3. Add remaining ingredients except seafood to dish and cook on 1000 W for 3 minutes.
4. Purée tomato mixture in a blender or food processor and pour over seafood. Cook on 800 W for 6 to 7 minutes. Stand for 5 minutes. Serve with pasta or salad.

---

**STEAMED MUSSELS WITH GARLIC** SO

---

Serves: 2

**Ingredients:**

900 g mussels, weight in shells  
15 ml olive oil  
1 onion finely chopped  
2 garlic cloves, crushed  
150 ml dry white wine  
1 bunch flat-leaf parsley, finely chopped

**Method:**

1. Scrub mussels and pull off any beards discarding any broken or open shells.
2. Place oil, onion and garlic in a dish, cover with pierced cling film. Place on base of oven and cook on 1000 W for 2 minutes.
3. Add wine and cook on 1000 W for 3 minutes.
4. Fill water tank. Add the mussels, uncovered and cook on grill tray in middle shelf position on Steam 1 for 8 to 10 minutes. Discard any unopened shells. Add the parsley and stir before serving.



Seafood Marinara

**STEAMED PUMPKIN WITH SEAFOOD AND BUTTER** **CO**

Serves: 2

**Ingredients:**

|          |  |
|----------|--|
| 120 g    | shrimp (6 pieces)                      |
| 100 g    | scallop (6 pieces)                     |
| 80 g     | pumpkin                                |
| 2 spears | green asparagus*                       |
| 40 g     | natural cheese (mozzarella, for pizza) |
| 10 g     | butter                                 |
| moderate | olive oil                              |
| moderate | pepper                                 |
| 2 sheets | baking paper (30 x 35 cm)              |

**A:**

|          |                               |
|----------|-------------------------------|
| 4 cloves | garlic (cut into thin slices) |
| 2 pieces | basil (ripped)                |
| moderate | salt                          |

**B:**

|              |              |
|--------------|--------------|
| 2 tablespoon | milk         |
| ½ teaspoon   | stock powder |
| moderate     | salt         |

**Method:**

1. Remove heads and intestines from shrimp, then sprinkle A on together with the scallop and set aside. Cut pumpkin into 5 mm thick pieces, and randomly pare peel off from few spots. Cut green asparagus diagonally.  
\* Cut thick green asparagus spears into halves.
2. Pour water into the tank before cooking. Place pumpkin on the 2 sheets of baking paper at the bottom most layer, place on half of each of the ingredients, and then sprinkle on prepared B. Place in cheese and butter then wrap up; place onto the grill tray in upper shelf position. Select steam 1 for 2½ minutes, and then select Combi 1 for 3 minutes. Finally, select 800 W for 4½ minutes.
3. Sprinkle on olive oil after heating, and then sprinkle on pepper.

**GOLDEN SEAFOOD PIE** **C**

Serves: 4

**Ingredients:**

|              |                      |
|--------------|----------------------|
| 400 g        | white fish fillets   |
| 200 g        | peeled green prawns  |
| 100 g        | calamari rings       |
| 1 cup        | water                |
| 1 tablespoon | lemon juice          |
| 30 g         | butter               |
| 1            | onion, sliced        |
| 1 clove      | garlic, crushed      |
| 2 tablespoon | flour                |
| 1 teaspoon   | French mustard       |
| 125 ml       | cream                |
| 8 sheets     | filo pastry          |
| 30 g         | butter melted, extra |

**Method:**

1. Cut fish into 3 cm cubes and place into a 2-litre dish with prawns and calamari. Pour over water and lemon juice. Cook on 600 W for 8 to 10 minutes or until seafood is just tender. Set aside.
2. Place butter and onion into a 1-litre dish. Cook on 1000 W for 2 minutes.
3. Blend in flour and mustard and cooking liquid from the seafood. Cook on 1000 W for 5 minutes, stirring every minute until sauce boils and thickens. Stir in cream and gently fold in seafood.
4. Preheat oven to 200 °C.
5. Divide seafood mixture between 4 × 2 cup ramekin dishes. Lay out sheets of filo pastry and brush with butter. Gently scrunch 2 sheets of filo onto the top of each ramekin dish, ensure all sauce mixture is covered.
6. Place ramekins onto the metal tray in lower shelf position and cook 200 °C for 20 to 30 minutes or until golden brown.

## Directions for Cooking Whole Poultry by Microwave

### Cooking

Season as desired, but salt after cooking. Browning sauce (e.g. soy, Worcestershire) mixed with equal parts of butter will enhance the appearance.



Poultry may be stuffed or unstuffed. Tie legs together with cotton string. Place on microwave rack set in a rectangular dish. Place poultry breast-side down: turn over halfway through cooking. Cover with wax paper to prevent splattering. If the poultry is not cooked enough return it to the oven and cook a few more minutes at the recommended power level.

### DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN.

Let stand, covered with foil, 10 to 15 minutes after cooking. Standing time allows the temperature to equalise throughout the food and finishes the cooking process.

If a large amount of juice accumulates in the bottom of the baking dish occasionally drain it. If desired, reserve for making gravy. Less-tender birds should be cooked in liquid such as soup or broth. Use  $\frac{1}{4}$  cup per 500 g of poultry. Use an oven cooking bag or covered casserole. Select a covered casserole dish deep enough so that bird does not touch the lid.



After cooking, check the internal temperature of the bird with a microwave or conventional meat thermometer, inserted into the thigh muscle. Check temperature in both muscles. The thermometer should not touch bone. If it does, the reading could be inaccurate. A thermometer cannot be accurately inserted into a small bird. To check desired cooking of a small bird, juices should be clear and the drumsticks should readily move up and down.



During cooking it may be necessary to shield legs, wings and the breast bone to prevent overcooking. Wooden toothpicks can be used to hold foil in place.

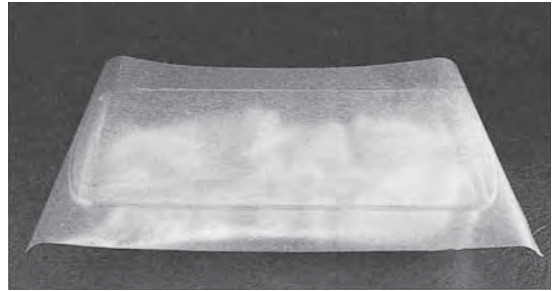


If an oven cooking bag is used, prepare according to package directions. Do not use wire twist-ties to close bag. Use only nylon tie, a piece of cotton string, or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag. Multiply the weight of the poultry by the minimum recommended minutes per 500 g. Programme Power and Time.

## Directions for Cooking Poultry Pieces by Microwave



Arrange pieces skin-side up, and evenly spread in a shallow dish.



Cover with wax paper, or paper towel. Multiply the weight by the minimum time recommended in the chart.

### Cooking Poultry by Micro Power

| POULTRY          | POWER | TEMPERATURE AFTER COOKING | APPROX. COOKING TIME (minutes per 500 g) |
|------------------|-------|---------------------------|--|
| Chickens         | 800 W | 87 °C                     | 10 to 12                                 |
| Chicken (pieces) | 800 W | 87 °C                     | 8 to 9                                   |
| Turkey           | 800 W | 87 °C                     | 10 to 15                                 |
| Duck             | 800 W | 87 °C                     | 10 to 15                                 |

#### ITALIAN CHICKEN CASSEROLE C

Serves: 4 to 6

##### Ingredients:

1 tablespoon oil  
 1 clove garlic, crushed  
 1.2 kg chicken pieces  
 250 g baby onions  
 peeled and left whole  
 400 g can tomatoes  
 ¼ cup tomato paste  
 ½ teaspoon marjoram  
 ½ teaspoon oregano  
 100 g button mushrooms  
 20 black olives  
 2 tablespoons chopped parsley  
 salt and pepper

##### Method:

- Place all ingredients into a 3-litre casserole dish and mix well. Cover. Place on the base of oven and cook on 600 W for 30 minutes, stir halfway through cooking and cooking Convection 180 °C for 20 minutes.

#### CHICKEN PASANDA

Serves: 4

##### Ingredients:

3 cardamom pods  
 ½ cinnamon stick  
 3 ml cumin seeds  
 5 ml garam masala  
 5 ml chilli flakes  
 2.5 cm fresh root ginger, grated  
 1 garlic clove, crushed  
 25 g ground almonds  
 45 ml natural yoghurt  
 600 g skinless chicken breast, cut into chunks  
 15 ml olive oil  
 2 onions, finely chopped  
 150 ml single cream  
 30 ml coriander, chopped

##### Method:

- Place the cardamom, cinnamon, cumin, garam masala, chilli, ginger, garlic, almonds and yoghurt into a non metallic bowl. Add chicken and stir well. Leave to marinate in the fridge for 2 to 3 hours.
- Place oil and onions in casserole. Place on base of oven and cook on 1000 W for 2 minutes. Stir chicken into onions. Place casserole on base of oven, cover and cook on 600 W for 15 minutes. Stir. Cook for a further 10 to 15 minutes on 300 W.
- Stir in cream and coriander and cook on 600 W for 3 minutes or until hot.

**CHICKEN CACCIATORE** [C]

Serves: 4

**Ingredients:**

|            |                      |
|------------|----------------------|
| 1 kg       | chicken drumsticks   |
| 400 g      | can tomatoes, diced  |
| ¼ cup      | tomato paste         |
| 1 teaspoon | minced garlic        |
| 1          | onion, sliced        |
| 2 teaspoon | dried oregano        |
| ¼          | red capsicum, sliced |

**Method:**

- In a 3-litre dish mix all the ingredients. Cover. Please on base of oven and cook on 600 W for 30 minutes. Stir, uncover and cook on Convection 200 °C for 15 minutes.

**LAYERED CHICKEN** [C]

Serves: 4

**Ingredients:**

|              |                                       |
|--------------|---------------------------------------|
| 2            | boneless and skinless chicken breasts |
| 1 tablespoon | lemon juice                           |
| 1 teaspoon   | fresh thyme                           |
| ½ tablespoon | olive oil                             |
|              | salt and pepper                       |
| 400 g        | ready made puff pastry                |
| 125 g        | jar of red peppers, drained           |
| 100 g        | ripe brie                             |
| 1            | egg, beaten to glaze                  |
| 2 tablespoon | freshly grated parmesan               |

**Method:**

- Slice the chicken breasts into strips and place between plastic film and flatten using a rolling pin. Put chicken in a shallow dish with lemon juice, thyme, olive oil and seasoning. Allow to marinate for a couple of hours in the fridge.
- Preheat on Convection 200 °C.
- Spread the chicken out on the metal tray in the lower shelf position. Cook on Convection 200 °C for 10 to 15 minutes or until cooked through, turning halfway.
- Remove chicken from the shelf and allow to cool slightly. Wash metal tray.
- Roll out pastry to a 25 x 25 cm square. Place ½ of the chicken on the centre third of the pastry. Cover with ½ of the peppers, then all of the brie followed by the rest of the peppers and finally the remaining chicken. Brush the edges of the pastry with beaten egg and draw up the two longer sides together over the filling and press the edges firmly together to seal. Flute the edges.
- Preheat the oven on Convection 200 °C.
- Transfer the pastry onto the metal tray and brush with beaten egg. Sprinkle with parmesan cheese. Place metal tray in lower shelf position. Cook on Convection 200 °C for 20 to 25 minutes until the pastry is crisp and golden.

**COQ AU VIN** [C]

Serves: 4 to 6

**Ingredients:**

|            |   |
|------------|---|
| 12         | pickling onions                             |
| 4 slices   | streaky bacon, rinds removed, bacon chopped |
| 1.2 kg     | chicken pieces                              |
| 125 g      | button mushrooms, washed and dried          |
| ¾ cup      | hot chicken stock                           |
| ¼ cup      | red wine                                    |
| 2 cloves   | garlic, crushed                             |
| 20 g       | butter, cut into pieces                     |
| 1 teaspoon | mixed herbs                                 |
|            | freshly ground black pepper                 |

**Method:**

- Place onion and bacon into a 3-litre casserole dish and cook on 1000 W for 2 to 3 minutes. Add remaining ingredients and combine well.
- Cover and cook on 600 W for 30 to 35 minutes. Remove lid, stir and rearrange chicken pieces. Continue to cook on Convection 180 °C for 20 to 25 minutes. Stand 10 minutes before serving.

**PARMESAN CRUSTED CHICKEN** [C]

Serves: 4

**Ingredients:**

|          |                              |
|----------|------------------------------|
| 1 kg     | chicken breast fillets       |
| 40 g     | butter                       |
| 2 cloves | garlic, crushed              |
| 1 cup    | fresh breadcrumbs            |
| ¼ cup    | chopped parsley              |
| ½ cup    | grated fresh Parmesan cheese |

**Method:**

- Trim chicken fillets and place in a single layer onto metal tray. Set aside.
- Place butter into a small dish and melt on 600 W for 1 minute.
- Preheat oven to 180 °C.
- Brush butter over chicken fillets and sprinkle with combined remaining ingredients. Put metal tray in upper shelf position. Cook at 180 °C for 30 minutes or until cooked through and golden brown.

**GREEN PEPPER CHICKEN**

Serves: 4

**Ingredients:**

|              |                                |
|--------------|--------------------------------|
| 20 g         | butter                         |
| 500 g        | chicken breast fillets, sliced |
| 2 tablespoon | green pepper corns             |
| 1 teaspoon   | chicken stock powder           |
| 1 tablespoon | seeded mustard                 |
| 2 tablespoon | lemon juice                    |
| ½ cup        | cream                          |

**Method:**

1. Place butter in a 3-litre dish. Cook on 1000 W for 20 seconds.
2. Add chicken and cook on 800 W for 8 to 10 minutes, stirring halfway through cooking.
3. Mix together remaining ingredients and pour over chicken. Cook on 1000 W for 2 to 3 minutes.

**PEPPER AND SESAME FRIED NUGGETS** C

Serves: 2

**Ingredients:**

|              |                        |
|--------------|------------------------|
| 400 g        | (2 pieces) chicken leg |
| 7 tablespoon | corn starch            |
| 3 tablespoon | cooked sesame          |

**A:**

|              |              |
|--------------|--------------|
| 1 tablespoon | cooking wine |
| 1 tablespoon | soy sauce    |
| 30 g         | beaten egg   |
| ⅔ tablespoon | salt         |
| moderate     | pepper       |

**Method:**

1. The thickness of the chicken must be even, and cut into 4 cm blocks (approximately 30 g each). Put into the container with A, stir evenly (leave it standing for 10 minutes for a stronger flavor). Put corn starch and meat into the bowl, rub thoroughly until there is no powder left.
2. Sprinkle sautéed sesame onto 1. Place onto the metal tray with the skin side up in lower shelf position. Choose 230 °C and cook for 16 to 18 minutes.



Pepper and Sesame Fried Nuggets

**CHICKEN PIE** C

Serves: 4 to 6

**Ingredients:**

|            |                              |
|------------|------------------------------|
| 500 g      | chicken thigh fillets, diced |
| 60 g       | butter                       |
| 1          | onion, chopped               |
| 100 g      | mushrooms, sliced            |
| ¼ cup      | flour                        |
| 1 cup      | milk                         |
| 1 teaspoon | mixed herbs                  |
| 1 teaspoon | French mustard               |
|            | pepper to taste              |
| ½ cup      | grated Swiss cheese          |
| 2 sheets   | ready rolled puff pastry     |

**Method:**

1. Place chicken into a 3-litre casserole dish and cook on 800 W for 5 to 6 minutes, stirring halfway through cooking.
2. Place butter and onion into a 2-litre dish and cook on 1000 W for 4 minutes. Stir in flour, cook on 1000 W for 1 minute and gradually add milk. Stirring constantly. Cook on 1000 W for 2 to 3 minutes stir every minute or until thick.
3. Add herbs, mustard, pepper, cheese and mushrooms, mix well. Stir through chicken and set aside.
4. Preheat oven to 200 °C.
5. Grease a 25 cm pie dish, line with one sheet of pastry. Add chicken filling and cover with other sheet of pastry. Trim edges. Place on metal tray in lower position and cook on 200 °C for 32 to 35 minutes.

**APRICOT NECTAR CHICKEN** C

Serves: 4 to 6

**Ingredients:**

|         |                           |
|---------|---------------------------|
| 40 g    | pkt French onion soup mix |
| 400 ml  | apricot nectar            |
| 1 kg    | chicken drumsticks        |
| 1 clove | garlic                    |
| 1       | onion, diced              |
| ½ cup   | dried apricots            |

**Method:**

1. In a 3-litre dish mix apricot nectar and French onion soup mix. Add chicken drumsticks and mix to coat with sauce, stir in remaining ingredients.
2. Cook with lid on 800 W for 18 to 20 minutes, turning halfway through cooking. Then cook on 600 W for another 18 to 20 minutes. Remove lid and put dish on wire shelf in lower shelf position. Cook on Convection 170 °C on 15 minutes.

**CHICKEN CURRY**

Serves: 4 to 6

**Ingredients:**

- 1 onion, chopped
- 2 tablespoons red curry paste
- 500 g chicken fillets
- 1 cup coconut milk
- 2 cups finely sliced vegetables
- 1 tablespoon fish sauce
- 1 tablespoon brown sugar

**Method:**

1. In a 3-litre dish mix onion and curry paste. Cook on 1000 W for 4 minutes with lid, stirring halfway.
2. Add chicken. Cook on 600 W for 4 minutes. Stir. Cook on 600 W for 4 minutes,
3. Add coconut milk, vegetables, fish sauce and brown sugar. Cover. Cook on 1000 W for 6 to 8 minutes and stir every 2 minutes.

**INDONESIAN SHISH KABOB** CO

Serves: 2

**Ingredients:**

- 400 g chicken leg (dice into chunks of 1 cm)
- 4-6 long sticks

**A:**

- 3 tablespoons peanut butter
- 2 tablespoons soy sauce
- 2 tablespoons coconut milk (or milk)
- 2 tablespoons ketchup
- 2 teaspoons curry powder
- 2 teaspoons mashed garlic
- 2 teaspoons mashed ginger
- 2 teaspoons custer sugar
- 1 teaspoon chili powder
- 1 teaspoon cumin powder

**Method:**

1. Put A into a bowl and stir, add the chicken in (leave it standing for 20 minutes for a stronger flavor). Poke through the chicken chunks with long sticks.
2. Place 1 in the center of the grill tray in middle shelf position, choose Combi 10 and cook for 14 minutes.



Indonesian Shish Kabob

**SOY CHICKEN AND VEGETABLES**

Serves: 4

**Ingredients:**

- 1 tablespoon cornflour
- 1/3 cup oyster sauce
- 2 tablespoon soy sauce
- 1/4 cup sherry
- 2 teaspoon minced ginger
- 500 g chicken fillets, sliced
- 2 cups sliced stir fry vegetables
- 1 tablespoon oil

**Method:**

1. In a 3-litre dish mix cornflour, sauces, sherry, oil and ginger. Cook on 1000 W for 2 minutes.
2. Add chicken fillets and mix to coat with sauce. Cook on 800 W for 5 to 6 minutes stirring halfway through cooking.
3. Mix in sliced vegetables. Cook on 1000 W for 2 minutes. Stir and cook for a further 3 minutes on 1000 W.

**LEMON & THYME STEAMED CHICKEN** SO

Serves: 4 to 5

**Ingredients:**

- 2 lemons, thinly sliced
- 1 bunch thyme
- 4 chicken breasts
- 6 cloves garlic, peeled
- Salt, pepper
- 200 ml natural yogurt
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- Salt, pepper
- 2 small courgettes, thickly sliced Broccoli, cut into small florettes

**Method:**

1. Place the sliced lemons on grill tray and scatter the thyme over. Place the chicken breasts between two sheets of cling film and bash with a meat mallet or rolling pin until thin.
2. Remove the cling film and place chicken on the lemon and thyme. In a small bowl add the whole garlic and seasoning, lemon juice and finely chopped thyme, mix. Spoon over the chicken.
3. Fill water tank. Cook chicken on Steam 1 for 20 minutes on middle shelf position.
4. To make the Yogurt dressing. Crush 2-3 steamed garlic cloves (as prepared above) into a small bowl. Add yogurt, honey and mustard, and stir well. Serve dressing with chicken. Serve with steamed broccoli and courgettes.

**GRILLED SWEET CHILLI AND LIME CHICKEN** G

Serves: 6

**Ingredients:**

|               |                               |
|---------------|-------------------------------|
| 1 clove       | garlic, crushed               |
| 1 tablespoon  | chopped coriander             |
| ¼ cup         | sweet chilli sauce            |
| 2 tablespoons | lime juice                    |
| 6             | chicken thigh fillets, halved |

**Guacamole:**

|              |                          |
|--------------|--------------------------|
| 1            | medium size ripe avocado |
| 1 clove      | garlic, crushed          |
| 1 tablespoon | lime juice               |
| ½ cup        | lite sour cream          |
|              | cracked black pepper     |

**Method:**

1. Combine garlic, coriander, chilli sauce, lime juice and chicken fillets in a 2-litre bowl. Cover. Marinate for 1 to 2 hours in the refrigerator.
2. Arrange marinated chicken on the metal tray in upper shelf position. Cook on Grill 1 for 12 to 14 minutes, turn over and cook for a further 6 to 8 minutes. Serve with guacamole.

**To prepare guacamole:**

1. In a small bowl mash avocado and stir in garlic, lime juice, sour cream and cracked black pepper to taste.

**WARM CHICKEN SALAD** G

Serves: 4

**Ingredients:**

|               |                               |
|---------------|-------------------------------|
| 1 tablespoon  | sesame oil                    |
| 2 tablespoons | soy sauce                     |
| 4             | single chicken breast fillets |
| 2 cups        | snow pea sprouts              |
| 1 punnet      | cherry tomatoes               |
| 200 g         | mixed salad leaves            |

**Dressing:**

|               |               |
|---------------|---------------|
| 1 tablespoon  | peanut butter |
| 1 tablespoon  | lemon juice   |
| 1 tablespoon  | soy sauce     |
| 1 tablespoon  | honey         |
| 2 tablespoons | sesame seeds  |

**Method:**

1. Combine sesame oil and soy sauce. Brush chicken fillets with this mixture and place on the metal tray. Cook on Grill 1 on upper position for 12 minutes, turn over and brush with any remaining soy mixture and cook a further 8 to 10 minutes.
2. Slice into strips and toss with remaining salad ingredients and dressing. Serve immediately.

**To prepare dressing:**

1. Place all ingredients in a screw top jar. Shake until combined.

**MARINATED CHICKEN BREASTS**

Serves: 4

**Ingredients:**

|   |  |
|---|--|
| 4 | chicken breasts 600 g, boneless and skinless |
|---|--|

**Suggested Marinades:**

|       |                           |
|-------|---------------------------|
| 10 ml | sesame oil                |
| 30 ml | light soy sauce           |
| 15 ml | white wine                |
| 1     | garlic clove, crushed     |
| 5 ml  | fresh root ginger, grated |

**Lemon and Honey:**

|       |                        |
|-------|------------------------|
| 2     | lemons, juice and zest |
| 30 ml | honey                  |
| 1     | garlic clove, crushed  |

**Lemon and Thyme:**

|        |                       |
|--------|-----------------------|
| 1      | lemon, juice and zest |
| 45 ml  | white wine            |
| 4 to 5 | sprigs thyme          |

**Sesame and Honey:**

|       |                      |
|-------|----------------------|
| 30 ml | honey                |
| 15 ml | dark soy sauce       |
| 25 g  | toasted sesame seeds |

**Method:**

1. Mix the selected marinade ingredients together. Pour marinade over chicken directly in dish and leave to marinate for 2 to 3 hours in the fridge.
2. Place the chicken in an oven proof dish. Pour over half the marinade and cover. Place on base of oven. Cook chicken on 270 W for 7 minutes.
3. Pour the remaining marinade over the chicken and continue cooking on 270 W for 9 to 10 minutes.

**CHINESE CHICKEN WINGS**

Serves: 16

**Ingredients:**

|               |                        |
|---------------|------------------------|
| 16            | chicken wings          |
| ½ cup         | bottled teriyaki sauce |
| 2 tablespoons | tomato sauce           |
| 1 tablespoon  | worcestershire sauce   |
| 1 clove       | garlic, crushed        |
| 2 tablespoons | honey                  |

**Method:**

1. Place chicken wings in a 3-litre dish. Add all remaining ingredients. Stir well. Cover and leave to marinate over night.
2. Remove marinade and cook on 800 W for 20 to 25 minutes. Stir halfway through cooking.

**PLUM GLAZED QUAILS**

Serves: 2 to 4

**Ingredients:**

|               |   |
|---------------|---|
| 4             | quails  |
| ½ cup         | cooked long grain rice                          |
| 1             | green onion, chopped                            |
| 1 tablespoon  | finely chopped basil                            |
| 2 tablespoons | chopped shelled pistachio nuts                  |
| pinch         | thyme   |
| pinch         | cayenne pepper                                  |
| ¼ teaspoon    | minced ginger                                   |
| 1 teaspoon    | milk  |
| 1 tablespoon  | plum jam  |
| 1 tablespoon  | Hoi-sin sauce                                   |
| 250 g         | can satsuma plums,<br>drained and seeds removed |
| ¼ cup         | red wine  |
| 30 g          | butter  |

**Method:**

1. Wash, clean and pat dry quails. In a 1-litre dish, combine rice, onions, basil, pistachio nuts, thyme, cayenne pepper, ginger and milk. Mix well and place a ¼ of the mixture into the cavity of each quail.
2. Tie the legs together and place quails into a shallow 2-litre dish. Set aside.
3. In a 2-cup jug, combine plum jam, hoi-sin sauce and butter. Cook on 1000 W for 30 to 40 seconds.
4. Brush jam mixture over quails and cook on 800 W for 20 to 25 minutes, brush with glaze halfway through cooking. Cover and allow to stand for 5 minutes whilst preparing the sauce.
5. Puree plums with wine and heat in a 2-cup jug on 1000 W for 1 to 2 minutes. Pour sauce over quails and serve with vegetables or salad garnished with extra pistachio nuts.

**CHICKEN FILLET WITH VANILLA** SO CO

Serves: 2

**Ingredients:**

|               |                |
|---------------|----------------|
| 200-220 g     | chicken fillet |
| 2 tablespoons | cheese powder  |

**A:**

|             |                        |
|-------------|------------------------|
| 30 g        | onion (ground)         |
| 2 twigs     | thyme                  |
| 2 teaspoons | Chinese spirits        |
| 2 teaspoons | olive oil              |
| ½ teaspoon  | salt                   |
| moderate    | mashed garlic          |
| moderate    | coarsely ground pepper |

**Method:**

1. Marinate chicken fillet with prepared A (leave it standing for 10 minutes for stronger flavor). Pour water into the tank before cooking.
2. Sprinkle cheese powder on chicken fillet, place in the center of the grill tray, and then place the grill tray on the middle shelf. Select steam 1 for 2 minutes, then select Combi 1 for 3 minutes. Finally, select 800 W for 4½ minutes.

**STEAMED CHICKEN AND NOODLES** SO

Makes approx.

**Ingredients:**

|               |                                   |
|---------------|-----------------------------------|
| 2             | large chicken breasts             |
| 3 tablespoon  | chopped fresh coriander           |
| 2.5 cm        | piece ginger, cut into strips     |
| 6 to 8        | spring onions, finely chopped     |
| 2             | garlic cloves, peeled and crushed |
| 1             | red chilli, finely chopped        |
| 50 ml         | light soy sauce                   |
| 30 ml         | rice vinegar                      |
| 1 teaspoon    | soft brown sugar                  |
| 2 tablespoons | groundnut oil                     |
| 1 tablespoon  | vegetable oil                     |
| 1 teaspoon    | sesame oil                        |
| 200 g         | egg noodles                       |

**Method:**

1. Place the chicken breasts between two sheets of cling film and bash with a meat mallet or rolling pin until thin.
2. Remove the cling film, place the chicken breasts onto grill tray and season well.
3. Fill water tank. Place grill tray in middle shelf position of oven and cook on Steam 1 for 15 to 20 minutes, or until the chicken is cooked through.
4. Place the chopped coriander, ginger, spring onions, crushed garlic, red chilli, soy sauce, rice vinegar and light brown sugar into a bowl and mix well.
5. Place the three different oils into a bowl and heat on base of oven on 600 W for 1 minute 30 seconds.
6. Pour over the spring onion mixture and mix to combine. In a large bowl place noodles and cover with boiling water. Cook on the base of the oven on Steam 1 for 8 mins. Drain. To serve, pile the cooked egg noodles into shallow serving bowl. Slice the cooked chicken and spoon over the spring onion mixture and drizzle over the juices from the bowl.



Chicken Fillet with Vanilla

**ROAST HERB CHICKEN** C

Serves: 4

**Ingredients:**

|              |                  |
|--------------|------------------|
| 1.5 kg       | chicken          |
| 60 g         | butter           |
| 1 tablespoon | chopped rosemary |
| 1 tablespoon | parsley          |

**Method:**

1. Place butter in a 2 cup jug. Cook on 800 W for 40 seconds.
2. Add rosemary and parsley. Tie legs of chicken together with string. Brush with butter mixture.
3. Place chicken in a dish and cook on 600 W for 15 minutes turn over and cook on 600 W for further 10 minutes. Place breast side up on metal tray in middle shelf position, and cook on Convection 190 °C for 20 to 25 minutes until the chicken golden brown.

**ROAST HONEY DUCK WITH ORANGE SAUCE** C

Serves: 4 to 6

**Ingredients:**

|               |                |
|---------------|----------------|
| 1.2 kg        | duck           |
| 3 tablespoons | honey          |
| 1 tablespoon  | orange liqueur |
| 1 tablespoon  | vinegar        |

**Sauce:**

|              |                         |
|--------------|-------------------------|
| 2            | oranges, juiced         |
|              | grated rind of 1 orange |
| ¼ cup        | water                   |
| 1 tablespoon | brown sugar             |
| 1 tablespoon | vinegar                 |
| 1 tablespoon | orange liqueur          |

**Method:**

1. Clean and pat dry duck with paper towel. Pierce skin at 2 cm intervals with a fork.
2. Place duck on a dish. Cook on 600 W for 20 minutes.
3. Brush the combined honey, liqueur and vinegar over the duck, place duck on metal tray in lower shelf position and cook on Convection 190 °C for 13 minutes or until duck is golden brown. Stand while preparing sauce.

**To Cook Sauce:**

1. Place all ingredients except rind, vinegar and liqueur in a 2-cup jug. Cook on 1000 W for 2 minutes.
2. Add vinegar and liqueur and cook on 300 W for a further 3 minutes. Pour sauce over duck, sprinkle with rind and serve.

**STUFFED ROAST CHICKEN** C

Serves: 4 to 6

**Ingredients:**

|              |                 |
|--------------|-----------------|
| 1.5 kg       | chicken         |
| 2 tablespoon | melted butter   |
|              | salt and pepper |

**Stuffing:**

|              |   |
|--------------|---|
| 1 tablespoon | butter  |
| 1            | small onion, finely chopped                   |
| 2 rashers    | bacon, rind removed and bacon, finely chopped |
| 1 tablespoon | parsley, finely chopped                       |
| 1 teaspoon   | mixed herbs                                   |
| 1½ cups      | cooked rice                                   |
| 1            | egg   |
|              | salt and pepper                               |

**Method:**

1. Clean and pat dry chicken with paper towel. Brush chicken with melted butter. Season chicken. Set aside.
2. To prepare stuffing, melt butter in a 1-litre casserole dish on 600 W for 1 minutes.
3. Add onion and bacon and cook on 1000 W for 2 minutes.
4. Add all remaining ingredients and mix well. Place stuffing into chicken. Secure opening with tooth picks.
5. Tie legs together with string. Place chicken on a dish, and Cook on 600 W for 30 minutes turn half way. Then, put breast side up on metal tray in lower shelf position and cook for Convection 190°C for 20 minutes.



Roast Turkey

## ROAST TURKEY C

Serves: 6 to 8

### Ingredients:

|              |   |
|--------------|---|
| 2.5 kg       | turkey                                  |
| 60 g         | butter                                  |
| 1            | stick celery, finely sliced             |
| 1            | small onion, finely chopped             |
| 2            | small cooking apples, peeled and grated |
| 2 cups       | fresh breadcrumbs                       |
| 2 tablespoon | brandy                                  |
| 1 tablespoon | parsley, finely chopped                 |
| 1            | egg                                     |
|              | salt and pepper                         |
| 2 tablespoon | brandy, extra                           |
| 1 tablespoon | oil                                     |
|              | lemon pepper or seasoned salt           |

### Method:

1. Clean and pat dry turkey with paper towel. Melt butter in a 1-litre casserole dish on 1000 W for 30 to 40 seconds.
2. Add celery, onion and apples and cook on 1000 W for 5 minutes. Add brandy, breadcrumbs, parsley, egg, salt and pepper. Mix well and stuff mixture into cleaned turkey.
3. Pierce skin of turkey with a fork. Secure legs of turkey with string. Brush with oil. Sprinkle with extra brandy, lemon pepper or seasoned salt.
4. Prepare turkey with stuffing as above. Place turkey on a dish, cook on 600 W for 50 to 55 minutes turn over halfway. Then place turkey on metal tray in lower shelf position, and cook on Convection 180°C for 20 minutes. Stand 15 minutes before serving.

## ROAST CHICKEN IN SPINACH C

### Ingredients:

1.2 kg chicken (cut open from breast, cut slit at the thigh area)

300 g spinach

### Sauce:

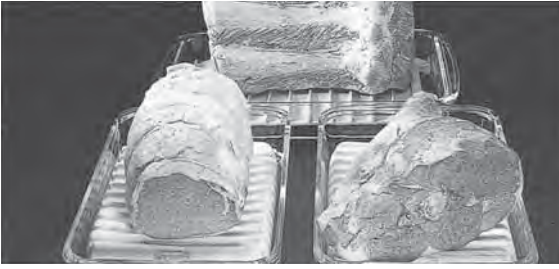
|              |                     |
|--------------|---------------------|
| 40 g         | garlic              |
| 15 g         | oregano leaves      |
| 30 ml        | lemon juice         |
| 30 ml        | vegetable oil       |
| 30 g         | oyster sauce        |
| 1 teaspoon   | sesame oil          |
| 1 teaspoon   | salt                |
| ½ tablespoon | dark soya sauce     |
| 2 teaspoon   | coarse black pepper |

### Method:

#### To Make Sauce:

1. Mix garlic, oregano leaves, lemon juice, vegetable oil, oyster sauce, sesame oil, salt, dark soya sauce and coarse black pepper well.
2. Seasoned chicken with sauce for about 2 to 3 hours. Leave aside.
3. Place chicken on dish on base of oven. Cook on 600 W for 25 minutes and Cook on Convection 200 °C for 20 minutes.
4. Remove chicken from dish, next add spinach into the chicken sauce, cook on 800 W for 4 minutes. (stir at ½ time). Serve the chicken with the spinach.

**Directions for Cooking Tender Cuts of Meat by Microwave**



For best results, select roasts that are uniform in shape. Place meat on a microwave suitable rack in a rectangular dish. Beef rib roast should be placed outside down. Other bone-in roasts should be placed fat-side down. Boneless roasts should be placed fatside up. Halfway through cooking turn roasts.



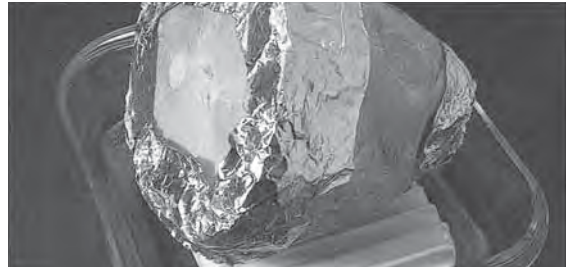
Meats can be shielded at the beginning of cooking or halfway through cooking. If you wish to shield at the beginning of cooking, remove foil halfway through the cooking time. Beef and pork rib roasts should be shielded by the bones. Foil should extend about 5 cm down from bones. The shank, thin ends of boneless roasts should also be shielded.



Loosely cover baking dish with wax paper or paper towel to prevent splatter. If a large amount of juice accumulates in the bottom of the dish, drain occasionally. If desired, reserve for making gravy. Multiply the weight of the roast by the minimum recommended times per 500 g. Programme Power and Time.



After heating, check temperature using a meat thermometer. The thermometer should not touch bone or fat. If it does, the reading could be inaccurate. Lower temperatures are found in the centre of the roast and in the muscle close to a large bone, such as a pork loin centre rib roast. If the temperatures are low, return meat to the oven and cook a few more minutes at the recommended power level. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN.** Let stand, covered with foil, 10 to 15 minutes. During standing time the internal temperature equalises and the temperature rises 5 °C to 10 °C.



Half hams should be shielded by wrapping an 8 cm wide strip of foil around the large end of the ham. Secure to the body of the ham with wooden toothpicks. Fold 3 cm over cut surface. For shank ham halves, shield shank bone by cupping it with foil. One third of the way through cooking, remove ham from oven and cut off skin. Turn fat-side up and re shield edges. If desired, glaze last 10 to 20 minutes of cooking.



Canned hams should be shielded on the top cut-edge with a 3 cm strip of foil. Wrap strip of foil around ham and secure to body of ham with wooden toothpicks. Fold 2 cm over cut surface. If desired, glaze last 10 to 20 minutes of cooking.

## Directions for Cooking Less-Tender Cuts of Meat by Microwave

Less-tender cuts of meat such as pot roasts should be cooked in liquid. Use ½ to 1 cup of soup, broth, etc per 500 g of meat. Use an oven cooking bag or covered casserole when cooking less-tender cuts of meat. Select a covered casserole deep enough so that the meat does not touch the lid.

If an oven cooking bag is used, prepare the bag according to package directions. Do not use wire or metal twist-ties. Use the nylon tie provided, otherwise, use a piece of cotton string or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag to allow steam to escape.



Arrange pieces skin-side up, and evenly spread in a shallow dish.



Multiply the weight of the roast by the minimum recommended minutes per 500 g. Programme Power and Time. Turn meat over halfway through cooking.

### Cooking Meat by Microwave Power

| MEAT  | POWER                            | APPROX. COOKING TIME<br>(minutes per 500 g) |                             |
|---|----------------------------------|---|-----------------------------|
| Beef<br>Roasts<br>Rare<br>Medium<br>Well<br>Pot Roast               | 800 W<br>800 W<br>800 W<br>600 W | 8 to 10<br>9 to 10<br>10 to 12<br>25 to 30  | turn over during<br>cooking |
| Pork<br>Leg of Pork<br>Loin of Pork<br>Ham Canned<br>(fully cooked) | 800 W<br>800 W<br>800 W          | 13 to 15<br>12 to 15<br>5 to 7              |                             |
| Lamb<br>Medium<br>Well  | 800 W<br>800 W                   | 10 to 12<br>12 to 14                        |                             |

**RACK OF LAMB** C

Serves: 4

**Ingredients:**

2 racks            lamb (approx. 450 g each)  
 2 cloves            garlic, cut into slices  
                           rosemary

**Method:**

1. Score rack of lamb and insert slices of garlic under skin.
2. Place lamb fat up on metal tray in lower shelf position. Sprinkle with rosemary. Cook on 180 °C for 35 to 40 minutes. Stand for 5 minutes before serving.

**SEASONED ROAST LAMB** C

Serves: 4 to 6

**Ingredients:**

1.6 kg            lamb leg  
 1 tablespoon    seeded mustard  
 1 tablespoon    rosemary

**Method:**

1. Brush lamb with mustard and sprinkle with rosemary.
2. Place lamb on metal tray in middle shelf position. Cook on 180 °C for 90 minutes.

**GREEK LAMB STEW**

Serves: 4

**Ingredients:**

700 g            lamb fillet, cut into chunks  
 2                onions, chopped  
 1                red chilli  
 2 cloves        garlic, crushed  
 1                sprig rosemary  
 275 ml        white wine  
 400 g        can chopped tomatoes  
 45 ml        sliced black olives  
 100 g        linguine, broken into small pieces  
 150 g        feta cheese cubed  
 15 g        fresh mint chopped

**Method:**

1. Place the lamb and onion in casserole dish and cover. Place on base of the oven and cook on 600 W for 10 minutes.
2. Split the chili along its length leaving the top intact, (remove seeds) - this adds flavour to the stew without too much heat.
3. Stir the chilli, garlic, rosemary, wine and tomatoes into the lamb, with the lid on. Cook on 270 W for 40 minutes stirring halfway.
4. Stir in the black olives and linguine and continue to cook on 270 W for a further 15 minutes or until the linguine is cooked.
5. Remove the chilli and rosemary, and discard. Stir in feta cheese and mint before serving.



Rack of Lamb

**ROSEMARY AND LAMB KEBABS** C

Serves: 4

**Ingredients:**

500 g            lamb back strap  
 ¼ cup            lemon juice  
 1 tablespoon    olive oil  
 1 clove        garlic, crushed  
 1 tablespoon    rosemary leaves  
 ½ teaspoon    ground cumin  
 ½ teaspoon    ground cardamom

**Method:**

1. Trim and cut lamb into 3 cm cubes. Combine all remaining ingredients in a medium sized bowl. Add lamb, cover and marinate for 2 hours.
2. Thread lamb cubes onto bamboo skewers. Preheat the oven on 180 °C. After preheat, place skewers on the metal tray in lower shelf position and cook on Convection 180 °C for 15 to 20 minutes.

**LAMB ROGAN JOSH**

Serves: 4

**Ingredients:**

1                large onion, diced  
 2 cloves        garlic, crushed  
 120 g        rogan josh curry paste  
 600 g        diced lamb  
 400 ml        coconut milk  
 250 ml        beef stock

**Method:**

1. Place onion and garlic into a 2-litre microwave-safe casserole dish. Cook on 1000 W for 2 minutes.
2. Stir in curry paste and cook for a further 2 minutes.
3. Add lamb and stir until coated with curry paste. Cook on 1000 W for 4 minutes, stirring halfway through cooking.
4. Pour in coconut milk and stock, stir well and cook on 600 W for 40 minutes, stirring every 10 minutes on 600 W. Serve with basmati rice, pappadums and mango chutney.

**GOULASH**

Serves: 4

**Ingredients:**

|               |   |
|---------------|---|
| 750 g         | diced lamb                                |
| 1             | onion, finely chopped                     |
| 1 clove       | garlic, crushed                           |
| 1 tablespoon  | butter                                    |
| 1 tablespoon  | flour                                     |
| 2 tablespoons | tomato paste                              |
| 1 teaspoon    | paprika                                   |
| 1             | small red capsicum, cut into 2.5 cm cubes |
| 1 cup         | beef stock                                |
| 2 tablespoons | sour cream                                |

**Method:**

1. Place onion, garlic and butter in a 3-litre casserole dish. Cook on 1000 W for 2 to 3 minutes.
2. Add Flour, tomato paste and paprika and cook on 1000 W for a further 1 minute.
3. Add lamb, capsicum, stock. Cover and cook on 600 W for 24 to 26 minutes. Stir in sour cream and serve with vegetables.

**LAMB CHOPS WITH SPICY SAUCE**

Serves: 4

**Ingredients:**

|   |                                 |
|---|---------------------------------|
| 8 | lamb loin chops (approx. 800 g) |
|---|---------------------------------|

**Marinade:**

|               |                                      |
|---------------|--------------------------------------|
| ¼ cup         | medium or dry sherry                 |
| 3 tablespoons | tomato paste                         |
| 2 tablespoons | lemon juice                          |
| 2 cloves      | garlic, crushed                      |
| 1 teaspoon    | chilli powder                        |
| 1 teaspoon    | ground coriander                     |
| 1 teaspoon    | ground ginger                        |
| 1 tablespoon  | finely chopped fresh parsley         |
|               | freshly ground black pepper to taste |

**Method:**

1. Combine all marinade ingredients to form a thick mixture.
2. Place chops in a single layer in a shallow dish and pour marinade mixture over. Allow to marinate for 6 to 8 hours.
3. Remove chops from marinade (reserving this mixture) and place in a bowl with lid. Cook on 800 W for 8 to 10 minutes, turning over halfway through cooking.
4. Place reserved marinade mixture into a jug and heat on 1000 W for 1 to 2 minutes. Arrange chops on serving plate then pour the sauce over. Serve garnished with parsley or watercress.

**ROAST BEEF** **C**

Serves: 6

**Ingredients:**

|      |                |
|------|----------------|
| 2 kg | roast beef     |
|      | seasoned flour |

**Method:**

1. Sprinkle beef with seasoned Flour.
2. Place beef in a dish cook on 600 W for 20 minutes. Then put beef on metal tray in lower shelf position and cook on convection 180 °C for 30 minutes medium result. Stand covered for 10 minutes before serving.

**CORNERED BEEF**

Serves: 4

**Ingredients:**

|               |                    |
|---------------|--------------------|
| 1.5 to 1.7 kg | corned silverside  |
| 1 tablespoon  | brown sugar        |
| 1 tablespoon  | white vinegar      |
| 1             | onion, cut in half |
| 4             | cloves             |
| 6             | peppercorns        |
| 1             | bay leaf           |
| 5 cups        | water              |

**Method:**

1. Rinse corned silverside under cold running water to remove excess salt. Place corned silverside in a 4-litre casserole dish.
2. Add remaining ingredients. Cover and cook on 1000 W for 10 minutes. Turn meat, cover and cook on 600 W for 1½ to 1½ hours. Stand corned silverside in cooking liquid for 10 minutes before serving.

**Note:**

Depending on the shape of the silverside, it may require a further 10 to 15 minutes on 440 W.

**BEEF ROLL WITH SPINACH AND SPRING ONION STUFFING**

Serves: 4 to 6

**Ingredients:**

2 thick skirt steaks (approx. 500 g each), pounded

**Stuffing:**

1 tablespoon butter  
 1 clove garlic, crushed  
 ½ bunch spinach, washed and roughly chopped  
 4 green onions, finely sliced  
 ¼ cup fresh breadcrumbs  
 salt and pepper  
 1 egg, lightly beaten  
 1 tablespoon slivered almonds

**Sauce:**

400 g tomato puree  
 1 clove garlic, crushed  
 ½ cup dried oregano  
 ½ teaspoon dried thyme  
 ½ teaspoon dried basil  
 pinch of pepper

**Method:**

- Using a sharp knife, score the smooth side of the steaks to form a diamond pattern. Place steaks scored side down. Set aside.
- Place butter and garlic into a 2-litre casserole dish. Cook on 1000 W for 1 minute.
- Add spinach and green onions and cook on 1000 W for 3 to 4 minutes. Allow to cool slightly.
- Add breadcrumbs, salt and pepper, egg and almonds to mixture. Mix until well combined.
- Place stuffing onto steaks and roll up lengthwise to form two long rolls. Secure rolls with string.
- Place beef rolls in a 3-litre casserole dish, cook on 800 W for 25 to 30 minutes, turning halfway through cooking. Allow to stand before carving into slices.

**Sauce:**

- Place all ingredients into a 1-litre pyrex jug and mix well. Cook on 1000 W for 8 to 10 minutes, or until the sauce is a thick pouring consistency. Pour over beef and serve.

**MINI MEATBALLS** C

Serves: 4

**Ingredients:**

500 g topside mince  
 1 onion, finely chopped  
 1 clove garlic, crushed  
 ½ cup fresh breadcrumbs  
 1 tablespoon tomato sauce  
 freshly ground black pepper

**Sauce:**

½ cup pineapple pieces, reserve juice  
 ½ cup brown sugar  
 1 tablespoon cornflour  
 ½ cup beef stock  
 ¼ cup vinegar  
 2 teaspoon soy sauce

**Method:**

- Place mince, onion, garlic, breadcrumbs, tomato sauce and pepper in a large bowl and mix well. Roll mixture into 2.5 cm balls.
- Place half of balls onto a paper towel lined metal tray evenly spread. Put in middle shelf position. Cook on Convection 180 °C for 24 to 26 minutes. Set aside. Repeat with remaining mixture.

**Sweet and Sour Sauce:**

- Drain pineapple and reserve pineapple juice. In a jug, combine sugar and cornflour. Add reserved pineapple juice, beef stock, vinegar and soy sauce. Mix well. Cook on 1000 W for 4 minutes.
- Stir and add pineapple pieces. Cook on 1000 W for a further 2 to 3 minutes. Stir well. Spoon sauce over meatballs and serve.



Beef Roll with Spinach and Spring Onion Stuffing

## BARBECUE GLAZED MEATLOAF **C** **G**

Serves: 4

### Ingredients:

Barbecue Glaze:

|              |                  |
|--------------|------------------|
| ¼ cup        | water            |
| 1 tablespoon | tomato paste     |
| 1 tablespoon | red wine vinegar |
| 1 tablespoon | brown sugar      |

Meatloaf:

|              |  |
|--------------|--|
| 1            | small red capsicum                     |
| 400 g        | beef mince                             |
| 150 g        | sausage mince                          |
| 1            | medium brown onion, diced              |
| 2 cloves     | garlic, crushed                        |
| ¼ cup        | dried breadcrumbs                      |
| 1            | egg lightly beaten                     |
| ¼ cup        | chopped fresh basil leaves             |
| 1 tablespoon | fresh oregano leaves, chopped          |
| 8 rashers    | bacon, rind removed, sliced lengthways |

### Method:

1. Make barbecue glaze by combining all ingredients in a small jug. Cook on 1000 W for 3 minutes, stirring occasionally.
2. Quarter capsicum and remove seeds and membrane. Place skin side up on metal tray in upper shelf position and cooking on Grill 1 for approx. 10 minutes until skin blisters and blackens. Remove, cover with plastic wrap and stand for 5 minutes. Peel away blackened skin and discard. Slice into thin strips. Set aside.
3. Preheat oven to 180 °C.
4. Line an 8 cm × 25 cm bar tin with plastic wrap and lightly grease a 25 cm × 30 cm swiss roll pan. Using your hands, combine minces, onion, garlic breadcrumbs, egg, basil, and oregano in a large bowl.
5. Press half the mixture into the bar pan. Lay capsicum strips over the top and press remaining meat mixture over the capsicum.
6. Turn the bar pan onto the Swiss roll pan and remove the plastic wrap.
7. Cover the top and sides of meatloaf with bacon slices, ensure bacon overlaps. Cook at 180 °C uncovered for 15 minutes.
8. Pour off excess fat from meatloaf, brush with glaze and cook uncovered for a further 15 minutes or until meatloaf is cooked through. Allow standing for 10 minutes before slicing.

## HERBED BEEF AND MOZZARELLA ROLL-UP **C**

Serves: 4

### Ingredients:

|              |                           |
|--------------|---------------------------|
| 750 g        | topside mince             |
| 1            | onion, finely chopped     |
| 1 clove      | garlic, crushed           |
|              | black pepper              |
| 2 tablespoon | chopped parsley           |
| 1 tablespoon | Italian herbs             |
| 1            | egg, lightly beaten       |
| 250 g        | Mozzarella cheese, grated |

### Tomato Sauce:

|              |                   |
|--------------|-------------------|
| 400 g        | can tomato pieces |
| 1 tablespoon | tomato paste      |
| 1 teaspoon   | dried basil       |

### Method:

1. Preheat oven to 190 °C.
2. Mix all ingredients (except cheese) until well combined. Lay a large sheet of greaseproof paper onto a work surface. Place meat on paper and press out firmly to measure 35 × 25 cm.
3. Sprinkle cheese over meat mixture leaving a 2 cm border around all sides. Tightly roll up meat mixture. Place in a 23 × 13 cm loaf tin. Place on metal tray. Cook on metal tray in lower shelf position 190 °C for 50 to 55 minutes.
4. Drain well after cooking. Stand for 5 minutes before slicing.

### Method for Sauce:

1. Combine all ingredients in a food processor and process until smooth. Pour into 4-cup jug. Cover with plastic wrap. Cook on 1000 W for 5 to 7 minutes. Stir halfway.



Herbed Beef and Mozzarella Roll-up

**LASAGNE** **C**

Serves: 4 to 6

**Ingredients:**

250 g precooked lasagne noodles  
 3 tablespoons Parmesan cheese, extra  
 3 tablespoons grated Mozzarella cheese, extra

**Meat Sauce:**

750 g topside mince  
 2 onions, finely chopped  
 410 g tomato puree  
 400 g diced tomatoes  
 ¼ cup red wine  
 2 cloves garlic, crushed  
 1 tablespoon dried mixed herbs  
 3 beef stock cubes  
 salt and pepper

**Cheese Sauce:**

60 g butter  
 3 tablespoons flour  
 500 ml milk  
 ¼ cup Parmesan cheese  
 ¼ cup grated Mozzarella Cheese  
 ground black pepper

**Method:**

1. Place all meat sauce ingredients into a 3-litre casserole dish and mix well. Cover and cook on 1000 W for 20 to 22 minutes, stirring halfway through cooking.
2. Melt butter in a 1-litre casserole dish on 1000 W for 30 seconds. Add flour, stir and cook on 1000 W for 1 minute.
3. Add milk, stirring, cook on 1000 W for 6 minutes, stirring halfway through cooking.
4. Add cheese and pepper and mix well. Place half of the meat sauce into a 4-litre casserole dish. Layer 5 sheets of lasagne noodles over meat sauce. Top with remaining meat sauce and another 5 sheets of lasagne noodles.
5. Spread cheese sauce evenly over the noodles and sprinkle with extra Parmesan and Mozzarella cheese.
6. Preheat oven to 180 °C. Place lasagne in oven and cook on 180 °C for 35 to 40 minutes. Serve hot with a green salad and garlic bread.

**CHILLI BEEF**

Serves: 4 to 6

**Ingredients:**

500 g beef mince  
 1 diced onion  
 1 teaspoon minced garlic  
 35 g packet chilli seasoning mix  
 400 g can tomato puree  
 440 g can kidney beans, drained

**Method:**

1. Place mince, onion, garlic, chilli seasoning and tomato puree in a 3-litre dish. Mix well. Cook on 1000 W for 10 minutes. Stir halfway through cooking.
2. Add kidney beans and cook on 1000 W for a further 10 minutes. Stir halfway through cooking.
3. Serve in taco shells with chopped tomatoes and shredded lettuce or with a salad and crusty bread.

**BEEF STROGANOFF**

Serves: 4

**Ingredients:**

1 tablespoon butter  
 1 onion, sliced  
 750 g rump steak sliced thinly  
 2 tablespoon tomato sauce  
 2 tablespoon Worcestershire sauce  
 200 g sliced button mushrooms  
 1 tablespoon cornflour  
 ½ cup hot beef stock  
 ½ cup sour cream  
 1 tablespoon chopped parsley

**Method:**

1. Place butter, onion, meat, sauces and mushrooms into a 3-litre dish. Cook on 800 W for 8 to 10 minutes.
2. Combine stock and cornflour in a small bowl, then add to meat mixture. Stir well. Cook on 800 W for a further 3 to 5 minutes.
3. Add sour cream and parsley. Stir and cook on 800 W for 2 minutes. Serve with egg noodles or rice.

**CHINESE BEEF AND VEGETABLES**

Serves: 4 to 6

**Ingredients:**

|               |  |
|---------------|--|
| 400 g         | rump steak, sliced   |
| 1 teaspoon    | chopped ginger   |
| 1 teaspoon    | chopped garlic   |
| 1 tablespoon  | soy sauce  |
| 2 tablespoons | Hoi sin sauce  |
| ¼ cup         | beef stock   |
| 3 cups        | sliced vegetables of your choice<br>(e.g. snow peas, broccoli, capsicum) |

**Method:**

1. Place rump steak, ginger and garlic in a 3-litre dish. Cook on 1000 W for 1 minute.
2. In a 1-cup jug mix soy sauce, Hoi sin sauce and beef stock. Mix into beef. Cook on 1000 W for 2 minutes.
3. Mix in vegetables. Cook on 1000 W for 5 to 7 minutes stirring halfway through cooking time.

**MINI BOEUF EN CROUTE** 

Serves: 4

**Ingredients:**

|        |  |
|--------|--|
| 15 g   | dried porcini mushrooms                |
| 15 g   | butter                                 |
| 225 g  | mushrooms                              |
| 1      | large onion, peeled and finely chopped |
| 150 ml | red wine                               |
| 4      | fillet steaks, roughly 150 g           |
| 375 g  | puff pastry                            |
| 1      | large egg, beaten<br>salt and pepper   |

**Method:**

1. Soak porcini mushrooms in boiling water for 20 minutes. Drain and finely chop.
2. Put the butter, all the mushrooms and onions in a bowl and cover. Place on the base of the oven and cook on 1000 W for 3 minutes.
3. Add wine and seasoning to the mushroom mixture and cook on 1000 W for 7 to 8 minutes.
4. Preheat on Convection 200 °C. Place the fillets on the metal tray in the middle shelf position and cook on Convection 200 °C for 10 to 15 minutes. Allow to cool.
5. Cut the pastry into 4 pieces and roll each piece out of a 15 cm x 15 cm square and brush with beaten egg.
6. Place a ¼ of the mushroom mixture into the centre of each pastry square and place a fillet on top. Season.
7. Bring the corners of the pastry to the centre and place on greased metal tray. Brush with beaten egg. Place in the lower shelf position and cook on Convection 220 °C for 15 to 20 minutes for medium and 25 to 30 minutes for well done.

**SAVOURY MINCE**

Serves: 4

**Ingredients:**

|         |                            |
|---------|----------------------------|
| 1       | onion, chopped             |
| 1 clove | garlic, crushed            |
| 5 ml    | oil                        |
| 400 g   | can chopped tomatoes       |
| 150 ml  | red wine                   |
| 30 ml   | tomato puree               |
| 5 ml    | mixed herbs                |
| 500 g   | beef mince salt and pepper |

**Method:**

1. Place onion, garlic and oil in casserole. Place on base of oven and cook on 600 W for 3 minutes.
2. Place all other ingredients in casserole. Stir well. Cover, cook on 1000 W for 10 minutes. Then 600 W for 15 to 20 minutes or until cooked.

**Variation:**

Chilli con carne add 400 g can red kidney beans drained, 5 to 10 ml chilli powder and 1 diced green pepper with the onion, garlic and oil.

**VEAL PAPRIKA**

Serves: 4

**Ingredients:**

|              |                         |
|--------------|-------------------------|
| 750 g        | diced veal              |
| 250 g        | mushrooms, sliced       |
| 1 cup        | chicken stock           |
| 1            | onion, finely chopped   |
| 1 teaspoon   | paprika salt and pepper |
| 2 tablespoon | flour                   |
| 1 tablespoon | tomato paste            |
| ½ cup        | sour cream              |

**Method:**

1. In a 3-litre casserole dish combine veal, mushrooms, ½ cup of the chicken stock, onion, paprika and salt and pepper. Cook on 1000 W for 10 minutes. Stir halfway.
2. Blend flour with remaining stock. Stir into veal with tomato paste and cook on 1000 W for 2 to 3 minutes. Blend in sour cream. Serve.

**FRENCH ONION BEEF CASSEROLE**

Serves: 4

**Ingredients:**

|            |                       |
|------------|-----------------------|
| 1          | onion, chopped        |
| 1 teaspoon | minced garlic         |
| 200 g      | diced potatoes        |
| 600 g      | beef, diced           |
| 2          | carrots, diced        |
| ½ cup      | tomato paste          |
| 1½ cups    | beef stock            |
| 100 g      | whole button mushroom |
| ¼ cup      | frozen peas           |

**Method:**

- Place onion and garlic in 3-litre casserole dish. Cook on 1000 W for 1 to 2 minutes.
- Add remaining ingredients, except mushrooms and peas. Stir until combined. Cover and cook on 1000 W for 8 minutes. Stir and cook on 440 W for 28 to 30 minutes.
- Add mushrooms and frozen peas. Stir cook on 440 W for 14 to 15 minutes.

**MUSSAMAN BEEF CURRY**

Serves: 4

**Ingredients:**

|              |                      |
|--------------|----------------------|
| 500 g        | round steak diced    |
| ½ cup        | mussaman curry paste |
| 400 g        | potato diced         |
| 250 ml       | coconut milk         |
| 250 ml       | beef stock           |
| 1 tablespoon | brown sugar          |

**Method:**

- Place steak, curry paste and potato in a 3-litre casserole dish cook on 1000 W for 6 minutes.
- Add coconut milk, stock and brown sugar, stir, cook on 600 W for 40 minutes. Stir once during cooking serve with jasmine rice.



Grilled Beef and Pineapple

**GRILLED BEEF AND PINEAPPLE** **CO**

6 series

**Ingredients:**

|       |                     |
|-------|---------------------|
| 300 g | pineapple           |
| 400 g | beef (for barbecue) |

**Seasoning:**

|      |                 |
|------|-----------------|
| 40 g | light soy sauce |
| 10 g | castor sugar    |
| 8 g  | minced garlic   |
| 5 g  | sesame oil      |
| 1 g  | ground pepper   |

**Method:**

- Cut the pineapple into 3 cm pieces and set aside, 12 pieces in total; cut the beef into 2.5 cm pieces, 18 pieces in total, and marinate with seasoning for 10 minutes.
- String the beef cubes and pineapple pieces to the bamboo sticks at intervals.
- Fill water tank. Select Combi 3 and start preheating.
- After preheating, lay the meat skewers on the grill tray, and put in the lower shelf position. Set for 10 to 12 minutes and start cooking.

**ISTEAMED BEEF WITH BLACK VINEGAR** **CO** **SO**

Serves: 2

**Ingredients:**

|              |                                     |
|--------------|-------------------------------------|
| 300 g        | short loin (chunk)                  |
| ½            | stick scallion stalk                |
| 1            | small green pepper                  |
| moderate     | vanilla (fresh coriander leaves)    |
| A:           |                                     |
| 1 tablespoon | corn starch m                       |
| oderate      | salt, pepper                        |
| B:           |                                     |
| 2 teaspoons  | rice wine (or Chinese spirits)      |
| 2 teaspoons  | black vinegar                       |
| 2 teaspoons  | soy sauce                           |
| ¾ teaspoon   | sesame oil                          |
| ¾ teaspoon   | castor sugar                        |
| ¾ teaspoon   | stock powder                        |
| 1 teaspoon   | garlic (chopped)                    |
| moderate     | mustard powder (or Szechuan pepper) |

**Method:**

- Cut meat into 1 cm cubic strips. Sprinkle on A, then marinate with B. Cut scallion stalk into strips of 2 cm long. Slice green pepper. Pour water into the tank before cooking.
- Place 1 in the center of the grill tray, and then place the grill tray in the middle shelf position. Select steam 1 for 8 minutes, and then select Combi 1 for 4 minutes.
- Remove to plate after heating, relish with vanilla.

---

**BACON ROLL** **G**

---

Serves: 2

**Ingredients:**

200 g streaky bacon (8 pieces)  
200 g enoki mushroom  
8 cocktail sticks

**Sauce:**

30 g melted butter  
1 tablespoon black coarse pepper  
a pinch of salt

**Method:**

1. Mix butter, black coarse pepper and salt together. Wrap enoki mushroom with streaky bacon, secure ends with cocktail sticks.
2. Brush wrap bacon with sauce. Place bacon in a dish cook on 600 W for 5 minutes. Then place bacon on the metal tray in middle shelf position, Grill 1 for 8 to 10 minutes. Turn over. Set to Grill 1 for another 5 to 7 minutes.

---

**PORK WITH LENTILS**

---

Serves: 4

**Ingredients:**

250 g brown lentils  
1 large onion, chopped  
4 rashers smoked bacon, diced  
thyme, pinch  
1 stock cube  
4 smoked sausages salt  
freshly ground black pepper

**Method:**

1. Whiten the lentils: cover in cold water, bring to the boil on 1000 W for 7 to 8 minutes, drain and allow to cool.
2. Place in the dish with the chopped onion, the diced smoked bacon, a pinch of thyme and the stock cube. Cover with water. Place dish on base of oven. Cook on 1000 W, covered, for 12 minutes then 40 to 50 minutes on 300 W. 20 minutes before the end of the cooking add the smoked sausages. Adjust seasoning before serving.



Bacon Roll

---

**BARBECUED SPARE RIBS** **C**

---

Serves: 4

**Ingredients:**

1 kg pork spare ribs  
½ cup fruit chutney  
½ cup tomato sauce  
1 tablespoon soy sauce  
1 tablespoon Worcestershire sauce

**Method:**

1. Place all ingredients into a large pyrex bowl and mix well. Allow the spare ribs to marinate for several hours or overnight.
2. Preheat oven to 200 °C. Place spare ribs on metal tray in lower shelf position and cook for 23 to 25 minutes. Turn halfway through cooking. Serve with rice.

---

**SOUR PLUM PORK RIB**

---

Serves: 2

**Ingredients:**

250 g pork rib (cut into pieces, pierce meat with fork)

**Sauce:**

1 tablespoon oil  
8 pieces sour plum  
1 tablespoon wine or Hua Teow chiew  
2 tablespoon sour plum powder  
1 tablespoon cornflour  
¼ teaspoon coarse black pepper  
3 tablespoon water

**Method:**

1. Seasoned pork rib with sauce for 1 hour. Cook pork rib with sauce on 1000 W for 4 to 5 minutes in a microwave safe casserole, covered with lid. (Stir at ½ time)

**SWEET & SOUR PORK**

Serves: 4

**Ingredients:**

450 g pork fillet, diced  
 ½ green pepper, chopped  
 225 g can pineapple chunks

**Sauce:**

30 ml cornflour  
 15 ml caster sugar  
 15 ml white wine vinegar  
 15 ml orange juice  
 15 ml tomato puree  
 15 ml sherry juice from can of pineapple  
 below seasoning to taste

**Method:**

- Mix all sauce ingredients together. Layer pork, pepper and pineapple in casserole. Pour over sauce, cover and cook on 440 W for 15 minutes. Or until meat is tender, stirring occasionally.

**ITALIAN SAUSAGE AND PEPPER CASSEROLE** **C**

Serves: 4

**Ingredients:**

4 cups boiling water  
 250 g pasta shapes  
 500 g Italian sausages or chipolatas  
 2 large onions, diced  
 2 green capsicums, diced  
 410 g tomato purée  
 ½ teaspoon salt  
 ½ teaspoon pepper  
 1 clove garlic, crushed  
 1 teaspoon Italian herbs  
 ⅓ cup Parmesan cheese

**Method:**

- Place water in a 4-litre casserole dish. Add pasta and cook on 1000 W for 8 to 10 minutes. Stand covered for 5 minutes. Drain.
- Place sausages in a 3-litre casserole dish. Cover and cook on 1000 W for 4 to 6 minutes. Drain, slice into 3 cm pieces. Set aside.
- Place onion and capsicum in a large casserole dish. Cover and cook on 1000 W for 4 to 6 minutes.
- Stir in pasta, sliced sausages, tomato purée, salt and pepper, garlic, herbs and half the Parmesan cheese. Cover and cook on 600 W for 15 minutes. Remove lid, stir, sprinkle over remaining Parmesan cheese. Cook on Convection 180 °C for 20 minutes.

**SWEET AND SOUR GREEN PEPPER WITH MEAT** **CO**

Serves: 2

**Ingredients:**

4 pieces green pepper (approximately 90 g each)  
 moderate corn starch (thicken with same amount of water)

**A:**

200 g ground meat  
 50 g onion (mashed)  
 10 tablespoons bread flour  
 2 eggs (90 g without shells)  
 1 teaspoon salt  
 moderate pepper  
 moderate nutmeg

**B:**

10 tablespoons soup  
 1 tablespoon custer sugar  
 4 teaspoons sweet cooking sake  
 4 teaspoons vinegar  
 2 teaspoons soy sauce

**Method:**

- Vertically cut the green peppers into two, get rid of the seeds, and coat the inside with corn starch (not listed in the ingredients). Put A into a bowl and stir until it becomes sticky, then put into the green peppers.
- Lay 1 in the middle of the grill tray, put tray onto the upper shelf, choose Combi 10 and cook for 11 to 13 minutes.
- Place B into a small pot, and thicken it with corn starch liquid.
- Serve 2 in a plate dripped with the soup from 3.

## Directions for Cooking Vegetables by Microwave

### Fresh Vegetables

Place vegetables in a casserole dish. Add 2 to 3 tablespoon of water per 500 g of vegetables. Add salt to water or add after cooking. Do not place salt directly on vegetables. Cover dish with glass lid or plastic wrap.

Cook on 1000 W according to time recommended in charts. Halfway through cooking, stir, turn vegetables over or rearrange, if required.

Vegetables that are to be cooked whole and unpeeled, need to be pierced to allow steam to escape. Place vegetables on a paper towel lined dinner plate.

Allow to stand covered according to the time indicated in the charts.

### Frozen Vegetables

Remove vegetables from package and place in an appropriate sized container. Vegetables frozen in pouch should be placed in a dish and the top pierced. Cook on 1000 W according to directions given in chart. Vegetables should be cooked covered with a lid or plastic wrap.

### Dried Beans or Peas

Place hot tap water, in a 4-litre dish. Bring hot water to the boil on 1000 W for 10 to 12 minutes.

#### To Cook by Time:

Add beans and 2 tablespoon oil to water. Cook according to directions in chart. Stir.

**Note:** Beans such as red kidney beans and lima beans should be soaked overnight before cooking. 250 g of dried beans equals about 3 cups cooked. Use in place of canned beans. Allow to stand, covered, for 15 to 20 minutes after cooking.

### Cooking Frozen Vegetables by Micro Power

| VEGETABLE         | QUANTITY | COOKING PROCEDURE             | APPROX. COOKING TIME (in minutes) on 800 W power |
|-------------------|----------|-------------------------------|--|
| Beans             | 250 g    | Cook in covered 2-litre dish. | 6 to 7   |
| Broad Beans       | 250 g    | Cook in covered 2-litre dish. | 6 to 7   |
| Broccoli (spears) | 350 g    | Cook in covered 2-litre dish. | 6 to 7   |
| Brussels Sprouts  | 250 g    | Cook in covered 2-litre dish. | 6 to 7   |
| Carrots (baby)    | 250 g    | Cook in covered 2-litre dish. | 6 to 8   |
| Cauliflower       | 250 g    | Cook in covered 2-litre dish. | 6 to 7   |
| Corn (½ cob)      | 75 g     | Cook in covered 2-litre dish. | 1½ to 2  |
| Corn (cobs)       | 250 g    | Cook in covered 2-litre dish. | 4½ to 5  |
| Mixed Vegetables  | 250 g    | Cook in covered 2-litre dish. | 5 to 6   |
| Peas              | 250 g    | Cook in covered 2-litre dish. | 6 to 7   |
| Spinach           | 250 g    | Cook in covered 2-litre dish. | 6 to 7   |

### Cooking Dried Beans and Peas by Micro Power

| ITEM                              | CONTAINER    | AMOUNT OF HOT WATER | APPROX. TIME TO BOIL HOT WATER on 1000 W (in minutes) COVERED | TO COOK BEANS on 440 W (in minutes) COVERED |
|-----------------------------------|--------------|---------------------|---|---|
| Lentils (250 g)                   | 4-litre dish | 2 litres            | 10 to 12  | 15 to 20                                    |
| Soup Mix (250 g)                  | 4-litre dish | 2 litres            | 10 to 12  | 15 to 20                                    |
| Split Peas or Lentils (250 g)     | 4-litre dish | 2 litres            | 10 to 12  | 20 to 25                                    |
| Beans (250 g)<br>Soaked overnight | 4-litre dish | 2 litres            | 10 to 12  | 35 to 40                                    |

## Cooking Fresh Vegetables by Micro Power

Vegetables should be covered and cooked on 1000 W for best results. Weights given are trimmed weights.

| VEGETABLE                  | QUANTITY                               | COOKING PROCEDURE  | APPROX. COOKING TIME (in minutes) on 800 W |
|----------------------------|--|--|--|
| Asparagus                  | 250 g                                  | Covered dish with ¼ cup water  | 3 to 4                                     |
| Beans (finely sliced)      | 250 g                                  | Covered dish with ¼ cup water  | 6 to 8                                     |
| Beetroot                   | 4 whole (1 kg)                         | Covered with 1 cup water in 4-litre dish. Stand after cooking - 5 minutes.                 | 13 to 15                                   |
| Broccoli                   | 250 g                                  | Covered dish with ¼ cup water.   | 6 to 7                                     |
| Brussels Sprouts           | 500 g                                  | Covered dish with ¼ cup water.   | 7 to 9                                     |
| Cabbage                    | 500 g                                  | Shredded, with ¼ cup water in covered dish.  | 7 to 9                                     |
| Carrots                    | 4 (sliced finely)<br>250 g             | With ¼ cup water in covered dish.  | 6 to 8                                     |
| Cauliflower                | 500 g                                  | With ¼ cup water in covered dish.  | 7 to 9                                     |
| Celery                     | 6 stalks (400 g)<br>cut in 1 cm pieces | With ¼ cup water in covered dish.  | 6 to 8                                     |
| Corn                       | 2 cobs (500 g)<br>4 cobs (1 kg)        | Brush with melted butter and cook in covered dish.   | 7 to 9<br>12 to 14                         |
| Eggplant                   | 1 (500 g)                              | Dice with ¼ cup water in covered dish.   | 7 to 9                                     |
| Mushrooms                  | 250 g (sliced)                         | Cook with 2 tablespoon butter in covered dish.   | 4 to 6                                     |
| Onions                     | 3 (200 g)                              | Cut in quarters with ¼ cup water in covered dish.  | 4 to 6                                     |
| Peas                       | 250 g                                  | Shell peas and place with ¼ cup water in covered dish.                                     | 4 to 6                                     |
| Potatoes-Mashed<br>-Jacket | 3 (500 g)                              | Peeled and quartered with ¼ cup water. Covered. Cook uncovered on paper towel lined plate. | 7 to 9                                     |
| Pumpkin                    | 500 g                                  | Peeled and cut into uniform pieces with ¼ cup water in covered dish.                       | 7 to 9                                     |
| Spinach/Silver<br>Beef     | 250 g                                  | Remove stem, cut leaves into small pieces. Cook with ¼ cup water in covered dish.          | 4 to 6                                     |
| Sweet Potato               | 500 g                                  | In serving size pieces with 2 tablespoon water in covered dish.                            | 2 to 4                                     |
| Turnips                    | 500 g                                  | Peeled and sliced finely with ¼ cup water in covered dish.                                 | 5 to 7                                     |
| Tomatoes                   | 2 (300 g)                              | Sliced and cooked covered.   | 2 to 4                                     |
| Zucchini                   | 500 g                                  | Cut in 2 cm pieces in covered dish.  | 5 to 7                                     |

**QUINOA TABBOULEH WITH MINT**

Serves: 6 to 8

**Ingredients:**

|        |                   |
|--------|-------------------|
| 300 g  | quinoa            |
| 2      | courgettes        |
| 300 g  | frozen peas       |
| 1      | bunch of mint     |
| 100 ml | olive oil         |
|        | juice of 2 lemons |
|        | salt and pepper   |

**Method:**

1. To be prepared the day before it is eaten. Weigh out the quinoa in a large bowl and cook it with twice the volume of salted hot water, firstly for 5 minutes on 1000 W then on 300 W for 10 to 15 minutes. Drain and leave to cool.
2. Meanwhile chop the courgettes finely. Cover the chopped courgettes and frozen peas with water in a bowl and cook on 1000 W for 6 to 8 minutes. Drain well and leave to cool.
3. Remove the mint leaves from the stalk and mix with the olive oil and lemon juice. Add this mixture to the quinoa, courgette and pea mixture. Check the seasoning and leave to rest for several hours before serving.

**HERBED VEGETABLES**

Serves: 6 to 8

**Ingredients:**

|               |                  |
|---------------|------------------|
| 200 g         | sliced snow peas |
| 200 g         | sliced carrots   |
| 200 g         | sliced zucchini  |
| 2 tablespoons | chopped parsley  |

**Method:**

1. In a 2-litre dish combine all vegetables. Cover and cook on 1000 W for 3 minutes. Stir and Cook on 1000 W for a further 3 minutes.

**RATATOUILLE**

Serves: 4

**Ingredients:**

|       |                                     |
|-------|-------------------------------------|
| 1     | aubergine, sliced                   |
| 1     | courgette, sliced                   |
| 1     | onion, sliced                       |
| 1     | green pepper, cut into chunks       |
| 1     | red pepper, cut into chunks         |
| 1     | clove of garlic, peeled and crushed |
| 400 g | can of tomatoes                     |
|       | salt and pepper to taste            |

**Method:**

1. Combine all ingredients in a casserole. Cover, place on base of the oven and cook on 1000 W for 12 to 14 minutes or until vegetables are soft. Stir halfway through cooking time.

**VEGETABLE CURRY**

Serves: 4 to 6

**Ingredients:**

|               |                         |
|---------------|-------------------------|
| 1             | onion sliced            |
| 2 tablespoons | green curry paste       |
| 3 cups        | sliced vegetables       |
| 440 g         | can chick peas, drained |
| 1 cup         | coconut milk            |
| 1 tablespoon  | lemon juice             |
| 1 tablespoon  | soy sauce               |
| ½ cup         | chopped nuts            |

**Method:**

1. In a 3 litre dish place onion and curry paste. Cook on 1000 W for 2 minutes.
2. Add vegetables, chick peas, coconut milk, lemon juice and soy sauce. Cook on 1000 W for 12 to 14 minutes. Sprinkle with nuts.

**ORIENTAL VEGETABLES**

Serves: 4 to 6

**Ingredients:**

|              |                              |
|--------------|------------------------------|
| 1 tablespoon | oil                          |
| 1 cup        | diagonally sliced celery     |
| 1            | large onion, cut into eights |
| 1            | green capsicum, diced        |
| 1            | red capsicum, diced          |
| 1 cup        | sliced mushrooms             |
| 1 tablespoon | Hoi Sin sauce                |
| 2 teaspoons  | soy sauce                    |

**Method:**

1. Add oil and vegetables to a 3-litre dish and stir well. Cook on 1000 W for 4 to 5 minutes, stirring halfway through cooking.
2. Mix together sauces in a 1-cup glass jug and cook on 1000 W for 1 minute. Pour over hot vegetables and mix well.

**SPICY POTATOES**

Serves: 4

**Ingredients:**

|       |  |
|-------|--|
| 350 g | potatoes, cubed                            |
| 45 ml | natural yoghurt                            |
| 10 ml | mango chutney                              |
| 3 ml  | cumin, tumeric, coriander and garam masala |
| 10 ml | fresh coriander                            |
| pinch | chilli powder                              |
| 15 g  | sultanas                                   |
|       | salt and pepperr                           |

**Method:**

1. Place potatoes in dish with 45 ml water. Cover, place on base of the oven and cook on 1000 W for 8 minutes or until cooked. Drain.
2. Mix the remaining ingredients together. Add the potatoes, mix well and cook on 600 W for 2 to 3 minutes.

**CHEESY MASHED POTATOES**

Serves: 4

**Ingredients:**

|              |                                |
|--------------|--------------------------------|
| 500 g        | potatoes, peeled and quartered |
| ¼ cup        | water                          |
| ¼ cup        | milk                           |
| 1 tablespoon | butter                         |
| ¼ cup        | grated cheese                  |
| pinch        | nutmeg                         |

**Method:**

1. Place potatoes and water into a 2-litre casserole dish. Cover and cook on 1000 W for 10 to 13 minutes. Drain.
2. Mash potatoes with a potato masher. Add remaining ingredients except nutmeg. Mix well. Cook on 1000 W for 1 minute, sprinkle with nutmeg. Stir well before serving.



Cheese and Ham Filled Potatoes

**BACON AND VEGETABLE BROILED EGG** [SO] [CO]

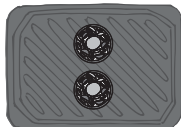
Serves: 4

**Ingredients:**

|              |                                       |
|--------------|---------------------------------------|
| 20 g         | cabbage                               |
| 10 g         | sweet pepper                          |
| 2            | cherry tomatoes                       |
| 1 piece      | bacon                                 |
| 2            | eggs (100 g after removing the shell) |
| 1 tablespoon | milk                                  |
| moderate     | salt                                  |
| moderate     | pepper                                |
| 10 g         | cheese (mozzarella)                   |
| moderate     | butter                                |

**Method:**

1. Cut the cabbage, sweet peppers, and bacon into 5 mm wide strips and quarter the cherry tomatoes.
2. Butter the heat-resistant casserole molds and place half of 1 in each mold. Crack one egg in the center of each mold and sprinkle with salt and pepper. Drizzle the milk on the egg yolk and sprinkle with cheese. Place the mold on the grill tray as illustrated and put the grill tray on the middle shelf position.
3. Pour water into the tank before cooking. Select steam 1 for 7 minutes, then select Combi 1 for 2½ to 3½ minutes.

**POTATO CASSEROLE** [C]

Serves: 4 to 6

**Ingredients:**

|           |                      |
|-----------|----------------------|
| 750 g     | sliced potatoes      |
| 1 cup     | sour cream           |
| ¼ cup     | milk                 |
| 3         | green onions, sliced |
| 2 rashers | bacon, chopped       |
| ½ cup     | grated cheese        |

**Method:**

1. In a 2-litre dish place potatoes, sour cream and milk. Cook on 600 W for 20 minutes.
2. Top with green onions, bacon and cheese. Cook on Convection 200 °C for 20 minutes.

**CHEESE AND HAM FILLED POTATOES** [C]

Serves: 4

**Ingredients:**

|              |                       |
|--------------|-----------------------|
| 4 (800 g)    | large sized potatoes  |
| 100 g        | ham, finely diced     |
| 3 tablespoon | snipped chives        |
| 40 g         | butter                |
| ½ cup        | grated Cheddar cheese |

**Method:**

1. Place potatoes on a dinner plate. Cook on 1000 W for 5 to 7 minutes. Allow to stand for 4 minutes.
2. Cut off tops of potatoes and scoop out filling. Mash filling with remaining ingredients. Spoon filling into potatoes. Put on metal tray in lower shelf position. Cook on Convection 200 °C for 25 minutes.

## BAKED CHEESE POTATO CO

Serves: 2

### Ingredients:

100 g natural cheese (for pizza)  
4 tablespoon cheese powder

A:

400 g potato (cut into 2 mm slices)  
4 tablespoons water  
20 g butter  
moderate pepper

### Method:

1. Place A inside a deeper heat-resistant container, wrap with a plastic wrap and place in the center of the oven. Cook on 600 W for 8 to 10 minutes.
2. After heated, crush with a wooden shovel. Add in natural cheese, 1 tablespoon cheese powder and stir evenly. Divide it into 4 equal sizes, and lay each at the center of the grill tray with a diameter of approximately 8-10 cm with a total of 4 pieces. Sprinkle with the remaining cheese powder. Put the grill tray in the upper shelf position, select Combi 10 and cook for 13 minutes.

## STUFFED TOMATOES C

Serves: 2

### Ingredients:

2 large tomatoes  
¼ cup fresh breadcrumbs  
¼ cup grated cheese  
4 green onions, finely sliced  
1 tablespoon finely chopped parsley  
salt and pepper  
¼ cup extra grated cheese

### Method:

1. Cut tops off tomatoes. Scoop out pulp of tomato with a teaspoon.
2. Mix with remaining ingredients, except extra cheese. Place tomatoes in a 1-litre dish. Cook on 1000 W for 2 minute.
3. Spoon mixture back into tomato shells. Sprinkle tomatoes with extra cheese. Place tomatoes into a 2-litre casserole dish cook on 1000 W for 3 minutes, then put on metal tray in middle shelf position and cook on Convection 200 °C for 15 minutes.

### Tip:

To cook 4 stuffed tomatoes, cook on 1000 W for 6 to 8 minutes.



French Seasonable Vegetables

## FRENCH SEASONABLE VEGETABLES

Serves: 2

### Ingredients:

1 medium size eggplant  
½ piece sweet pepper  
½ piece zucchini  
½ piece garlic  
moderate salt  
moderate pepper

A:

50 g tomato  
1 tablespoon olive oil

### Method:

1. Cut the eggplant, sweet pepper, and zucchini into 2 cm cubes. Slice the garlic.
2. Put 1 and A into a deeper heat-resistant container, stir evenly. Put the container at the center of the oven with the lid, select 600 W and cook for 7 to 8 minutes.
3. After heated, flavor with salt and pepper.

## CABBAGE HAM AND ONION

Serves: 6

### Ingredients:

500 g cabbage, shredded  
2 tablespoon water  
1 onion, finely chopped  
1 tablespoon butter  
125 g ham, finely chopped  
salt and pepper

### Method:

1. Place cabbage and water in a 3-litre casserole dish. Cover and cook on 1000 W for 7 to 9 minutes. Drain and set aside.
2. Place onion and butter in a 1-litre casserole dish and cook on 1000 W for 3 to 4 minutes.
3. Add onion mixture and ham to cabbage and mix well. Return to oven and cook on 1000 W for 2 to 3 minutes. Season with salt and pepper and serve.

**TOMATO AND ONION**

Serves: 4

**Ingredients:**

600 g (approx. 3) tomatoes, thinly sliced  
 1 onion, thinly sliced  
 ½ teaspoon basil  
 salt and pepper to taste

**Method:**

1. Place all ingredients in a 2-litre casserole dish. Cook covered on 1000 W for 7 to 10 minutes. Serve with barbecued steak or grilled meat.

**GOATS CHEESE & ONION TART** C

Serves: 4

**Ingredients:**

375 g ready rolled puff pastry  
 30 ml olive oil  
 500 g red onions, peeled & thinly sliced  
 15 ml fresh thyme  
 45 ml balsamic vinegar  
 10 ml muscovado sugar  
 salt and pepper  
 balsamic glaze for decoration  
 soft goats cheese, cut into slices

**Method:**

1. Place pastry on the greased metal tray and make an incision 2 cm from each edge all the way round the pastry. Prick the base with a fork and chill for 15 minutes in the fridge.
2. Place the oil, onions and thyme into a large bowl. Place on base of oven and cook on 1000 W for 5 minutes. Add balsamic vinegar and muscovado sugar, stir and cook on 1000 W for 10 minutes. Stir halfway and season.
3. Preheat oven on Convection 200 °C. Place the onions on the pastry on metal tray. Decorate with cheese and cook in lower shelf position on Convection 200 °C for 20 minutes.

**CURRIED CREAMY BEANS**

Serves: 4

**Ingredients:**

2 cups frozen green beans  
 2 tablespoons cream cheese  
 2 tablespoons sour cream  
 2 green onions, finely sliced  
 ½ teaspoon curry powder  
 ¼ teaspoon salt

**Method:**

1. Place beans in a 2-litre casserole dish. Cover and cook on 1000 W for 4 to 6 minutes. Drain and allow to stand, covered.
2. Mix remaining ingredients in a jug or a small bowl. Pour over beans and mix well. Cook on 1000 W for 30 to 60 seconds. Serve hot.

**MINTED PEAS**

Serves: 4

**Ingredients:**

1 kg fresh peas, shelled  
 1 teaspoon water  
 1 teaspoon butter  
 1 tablespoon chopped mint  
 salt and pepper

**Method:**

1. Combine all ingredients in a 3 litre casserole dish. Cover and cook on 1000 W for 6 to 8 minutes. Stir and serve.

**Tip:**

Frozen Peas can be substituted for fresh. 250 g of frozen peas will take 5 to 7 minutes on 1000 W.

**SAUTE MUSHROOMS**

Serves: 4 to 6

**Ingredients:**

1 tablespoon butter  
 400 g mushrooms  
 1 clove garlic, crushed  
 salt and pepper  
 1 tablespoon chopped parsley

**Method:**

1. Place Butter in a 2-litre dish and cook on 1000 W for 30 to 40 seconds.
1. Add mushrooms, garlic, salt, pepper and parsley. Cover and cook on 1000 W for 4 to 5 minutes. Stir halfway through cooking.

**STEAM ROASTED MUSHROOMS WITH CHEESE** CO

Serves: 2

**Ingredients:**

320 g mushrooms  
 (honshimeji, brown swordbelt, fresh and button mushrooms, etc.)  
 4 pieces bacon  
 180 g tomatoes  
 70 g (4 slices) cheese (meltable)

**A:**

40 g butter  
 moderate salt and pepper  
 moderate parsley and oregano (dried)

**Method:**

1. Cut mushrooms into bite sized pieces and bacon into 1 cm wide strips. De-seed the tomatoes and cut into 5 mm cubes.
2. Pour water into the tank before cooking. Place 1 and A in the microwave safe casserole pan and place pan in the center of the grill tray. Place grill tray in the middle shelf position. Select Combi 1 for 5 minutes.
3. Open the microwave door and take out the grill tray with thermal gloves. Place cheese slices on top and place the grill tray back in the middle shelf position. Select Combi 10 and cook for 15 minutes.

**BROCCOLI AND CHEESE SAUCE** C

Serves: 2 to 3

**Ingredients:**250 g broccoli, washed,  
trimmed and cut into pieces

2 tablespoons water

**Cheese Sauce:**

2 tablespoons butter

2 tablespoons flour

1 cup milk

 $\frac{3}{4}$  cup grated cheese $\frac{1}{4}$  teaspoon mustard

salt and pepper

**Method:**

1. Place broccoli and water in a covered 2-litre casserole dish. Cook on 1000 W for 3 to 5 minutes. Drain and set aside.
2. Place butter in a 2-cup jug and cook on 1000 W for 20 seconds.
3. Add flour and mix well. Cook on 1000 W for 20 to 30 seconds.
4. Add milk gradually and stir well. Cook on 1000 W for 2 to 3 minutes, stirring halfway through cooking.
5. Add cheese, mustard, salt and pepper. Mix well. Pour sauce over broccoli and cook Convection 150 °C for 15 minutes.

**CAULIFLOWER AU GRATIN** G

Serves: 2 to 4

**Ingredients:**500 g cauliflower,  
trimmed and cut into pieces

2 tablespoons water

2 tablespoons butter

1 small onion, finely chopped

2 tablespoon flour

1 cup milk

 $\frac{1}{2}$  cup grated tasty cheese

2 tablespoons fresh bread crumbs

**Method:**

1. Place cauliflower and water in a covered shallow casserole dish. Cook on 1000 W for 7 to 9 minutes. Stand covered while making sauce.

**To Make Sauce:**

1. Place butter and onion in a 4-cup glass jug. Cook on 1000 W for 2 to 3 minutes.
2. Stir in flour and cook on 1000 W for 1 minute.
3. Add milk gradually. Stir well. Cook on 1000 W for 2 to 3 minutes, stirring halfway through cooking.

**To Complete:**

1. Drain cauliflower and pour over sauce. Sprinkle with cheese and breadcrumbs. Place a dish on metal tray in lower shelf position and cook on Grill 1 for 3 to 5 minutes.

**VEGETARIAN CHILLI**

Serves: 4

**Ingredients:**

15 ml oil

1 onion, finely chopped

1 green pepper, chopped

1 chilli, chopped

2 carrots, diced

5 ml chilli powder

3 ml cumin

175 g bulgar wheat

400 g can chopped tomatoes

30 ml tomato puree

450 ml water

400 g can red kidney beans, drained

**Method:**

1. Place oil, onion, pepper, chilli and carrots in a large casserole. Cover, place on base of the oven and cook on 1000 W for 4 to 5 minutes or until softened.
2. Add chilli and cumin. Stir in bulgar wheat, chopped tomatoes, tomato puree and water. Cover and cook on 1000 W for 10 minutes.
3. Stir in red kidney beans, cover and cook on 1000 W for 2 to 3 minutes.

**HONEY GLAZED CARROTS**

Serves: 4 to 6

**Ingredients:**

500 g carrots (approx. 4)

2 tablespoons brown sugar

2 teaspoons butter

2 tablespoons honey

**Method:**

1. Peel and thinly slice carrots.
2. Combine all ingredients in a 2-litre casserole dish. Cover and cook on 1000 W for 6 to 8 minutes. Serve.

**CORN ON THE COB**

Serves: 4

**Ingredients:**

4 cobs corn

2 tablespoons butter

salt and pepper

**Method:**

1. Place corn cobs in a 3-litre casserole dish with butter. Cook covered on 1000 W for 12 to 14 minutes.
2. Stand covered for 5 minutes. Season with salt and pepper.

**CREAMED SPINACH**

Serves: 4

**Ingredients:**

|               |                              |
|---------------|------------------------------|
| 1 bunch       | spinach, roughly chopped     |
| 4             | green onions, finely chopped |
| 1 clove       | garlic, crushed              |
| 2 tablespoons | sour cream                   |
|               | salt and pepper              |

**Method:**

1. Wash and drain spinach leaves. Place spinach green onions and garlic in a covered 3-litre casserole dish. Cook on 1000 W for 7 to 8 minutes. Drain well by squeezing between two dinner plates.
2. Toss through remaining ingredients. Season to taste. Cook on 1000 W for 1 minute. Serve.

**CELERIAC PUREE** **SO**

Serves: 4

**Ingredients:**

|       |                      |
|-------|----------------------|
| 400 g | celeriac             |
| 1     | potatoes             |
| 20 g  | butter               |
| 75 ml | milk                 |
| pinch | salt, pepper, nutmeg |

**Method:**

1. Peel and cut the celeriac and potatoes into small chunks. Place the vegetables on grill tray. Fill water tank. Cook on middle shelf position Steam 1 for 10 to 15 minutes. Until soft.
2. Place the vegetables in a processor and add butter and milk. Process until the desired consistency is attained. Adjust seasoning and add a pinch of grated nutmeg.



Grilled Eggplant Stuffed with Tuna

**STUFFED COURGETTES** **SO** **C**

Serves: 4

**Ingredients:**

|             |                               |
|-------------|-------------------------------|
| 2           | courgettes, halved lengthways |
| 2 teaspoons | extra virgin olive oil        |

**For the stuffing:**

|            |  |
|------------|--|
| 30 g       | dried white breadcrumbs                  |
| 20 g       | pine nuts                                |
| 3          | spring onions, trimmed and finely sliced |
| 1          | garlic clove, crushed                    |
| 1 teaspoon | dried thyme leaves                       |
| 20 g       | Parmesan, finely grated                  |

**Method:**

1. Fill water tank. Place courgettes on grill tray in lower shelf position and cook on Steam 1 for 15 minutes.
2. For the stuffing mix all the ingredients together in a bowl. Sprinkle the mixture on the top of the courgettes and drizzle with the remaining olive oil.
3. Return to the oven and bake on metal tray in lower position for 10 to 15 minutes on Convection 200 °C.

**GRILLED EGGPLANT STUFFED WITH TUNA** **CO**

Serves: 1

**Ingredients:**

|            |                              |
|------------|------------------------------|
| 300 g (1)  | eggplant                     |
| 60 g       | chopped onion                |
| 80 g       | canned tuna in oil (drained) |
| 15 g       | breadcrumbs                  |
| 5 g        | cheese powder                |
| 10 g       | olive oil                    |
| taste      | salt                         |
| taste      | black pepper                 |
| 100 g (10) | cherry tomato                |

**Method:**

1. Cut the eggplant in half and lay on the heat-proof shallow dish, put the shallow dish on the grill tray in the middle shelf position.
2. Select Steam 2, set for 8-9 minutes and press Start.
3. After cooking, take out the eggplant that has been softened, dig it into a boat shape, and cut the eggplant meat into thick chunks. Mix well with salt, black pepper, chopped onion and tuna meat.
4. Fill 3 back into the eggplant. Mix breadcrumbs, cheese powder and olive oil and sprinkle over the eggplant.
5. Select 210 °C and preheat .
6. Line the metal tray with baking paper, place the eggplant on the metal tray and cherry tomatoes all around.
7. After preheating, put the metal tray in the lower shelf position. Set for 15 minutes and press Start.

## Directions for Cooking Rice and Other Grains by Microwave

Follow directions in chart on page 122 for recommended dish size, amounts of water and cooking time. Add grain to cold water. Add salt and butter according to package directions.



Cook on 1000 W for time recommended in chart. Allow to stand covered before serving.



For special rice, substitute beef or chicken stock for water. Add cooked onion, mushrooms or crumbled bacon before serving.

## Directions for Cooking Pasta by Microwave

Follow directions in the chart on page 122 for recommended dish size, amount of water and cooking time. Boil water, with 1 teaspoon salt and 1 tablespoon oil. Add pasta and cook for times recommended in the chart. Cook on 1000 W. Test pasta for desired cooking before adding more time. Slightly under cook pasta that will be heated again in casserole. Stir and let stand, uncovered for 5 minutes.



Drain and rinse before serving.

## Directions for Cooking Hot Cereal by Microwave

Combine  $\frac{1}{4}$  cup of quick cooking oats, pinch salt and  $\frac{1}{2}$  cups hot tap water in a breakfast bowl.



Cook on 1000 W for 1 to 2 minutes, stirring halfway through cooking.



Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.

## Directions for Cooking Rice and Other Grains by Microwave

| ITEM                                | CONTAINER    | AMOUNT OF WATER | APPROX. TIME TO COOK RICE on 1000 W UNCOVERED (in minutes) | STANDING TIME (in minutes) |
|-------------------------------------|--------------|-----------------|--|----------------------------|
| RICE<br>Quick Cook Brown<br>(1 cup) | 2-litre dish | 1½ cups         | 10 to 12   | 5                          |
| Brown (1 cup)                       | 3-litre dish | 3 cups          | 25 to 30   | 10                         |
| Long Grain (1 cup)                  | 2-litre dish | 2 cups          | 12 to 14   | 5                          |
| Short Grain (1 cup)                 | 2-litre dish | 2 cups          | 12 to 14   | 5                          |
| Jasmine (1 cup)                     | 3-litre dish | 2 cups          | 12 to 14   | 5                          |

## Directions for Cooking Dried Pasta by Microwave

| ITEM                                    | CONTAINER    | AMOUNT OF BOILING WATER | APPROX. TIME TO COOK RICE on 1000 W UNCOVERED (in minutes) | STANDING TIME (in minutes) |
|---|--------------|-------------------------|--|----------------------------|
| Dried Fettuccine<br>(250 g)             | 4-litre dish | 6 cups                  | 10 to 12   | 5                          |
| Elbow Macaroni,<br>shells, etc. (250 g) | 3-litre dish | 4 cups                  | 12 to 14   | 5                          |
| Fresh Spaghetti,<br>Fettuccine (375 g)  | 4-litre dish | 6 cups                  | 6 to 8   | 5                          |
| Dried Spaghetti<br>(250 g)              | 4-litre dish | 4 cups                  | 12 to 14   | 5                          |
| Fresh Tortellini,<br>Ravioli (250 g)    | 4-litre dish | 4 cups                  | 7 to 9   | 5                          |
| Fresh Gnocchi<br>(375 g)                | 4-litre dish | 6 cups                  | 6 to 8   | 5                          |

**MACARONI AND CHEESE** C

Serves: 4 to 6

**Ingredients:**

60 g butter  
 2 onions, finely chopped  
 2 tablespoons flour  
 2 cups milk  
 1 cup grated tasty cheese  
 6 cups cooked macaroni, drained well  
 ½ cup extra grated tasty cheese  
 paprika

**Method:**

- Place butter and onions in a 2-litre casserole dish and cook on 1000 W for 5 minutes.
- Add flour, mix well and cook on 1000 W for 1 minute. Blend in milk and cook on 1000 W for 6 to 7 minutes, stirring halfway through cooking.
- Add cheese and macaroni and pour into a deep 20 cm round dish. Top with extra cheese and sprinkle with paprika. Cook on 600 W for 5 minutes and cook convection 200 °C for 10 minutes.

**PESTO AND EGG NOODLES**

Serves: 4 to 6

**Ingredients:**

6 cups boiling water  
 250 g packet egg noodles  
 2 cloves garlic, crushed  
 ½ cup chopped fresh basil leaves  
 ¼ cup pine nuts, finely chopped  
 ½ cup grated Parmesan cheese  
 1 cup olive oil  
 salt and black pepper

**Method:**

- Place water in a 3-litre casserole dish. Add egg noodles. Cook on 1000 W for 6 to 8 minutes stir halfway through cooking time.
- Mix together garlic, basil, nuts and cheese in a blender. Gradually pour in olive oil, pulsing constantly. Season and stir through drained noodles.

**SPICY TUNA PASTA BAKE** [G]

Serves: 4

**Ingredients:**

|            |                                 |
|------------|---------------------------------|
| 250 g      | fusilli                         |
| 1 litre    | boiling water                   |
| 5 ml       | olive oil                       |
| 1          | red and 1 yellow pepper, sliced |
| 2 cloves   | of garlic, crushed              |
| 5 ml       | crushed dried chillies          |
| 2 x 400 g  | tins chopped tomatoes           |
| 1 teaspoon | granulated sugar                |
| 2 x 200 g  | tins tuna, drained and flaked   |
| 25 g       | fresh breadcrumbs               |
| 30 ml      | grated parmesan                 |

**Method:**

1. Place fusilli in water. Cover, place on the base of oven and cook on 1000 W for 10 minutes, or until soft. Leave to stand for 2 to 3 minutes. Drain.
2. Place the oil and peppers in the casserole dish and cook on 1000 W for 5 minutes, until the peppers have slightly softened.
3. Add the garlic and chilli to the pepper mixture and cook on 1000 W for 1 minute.
4. Add the tomatoes and sugar, stir and cook on 1000 W for a further 5 minutes.
5. Stir tuna and fusilli into the tomato and pepper mixture until coated. Top with breadcrumbs and parmesan. Place the dish on metal tray in lower shelf position and cook on Grill 1 for 5 to 7 minutes, or until golden.

**SPAGHETTI WITH BACON IN TOMATO SAUCE**

Serves: 2

**Ingredients:**

|                     |  |
|---------------------|--|
| moderate            | salt, pepper                               |
| 160 g               | spaghetti                                  |
| A:                  |  |
| 150 g               | water boiled tomato (tomato can)           |
| 60 g                | bacon slice (into slices)                  |
| 50 g                | ( $\frac{1}{3}$ piece) onion (into slices) |
| $\frac{1}{2}$ piece | garlic (into slices)                       |
| $\frac{1}{2}$       | chili (into round slices)                  |
| 1 tablespoon        | olive oil                                  |

**Method:**

1. Pour 700 ml of boiling water and spaghetti into a heat-resistant container. Cook on 1000 W for 10 minutes. After 2 minutes, submerge the spaghetti completely. Stir after 6 minutes without lid. Take the spaghetti out after heated and be ready to serve.
2. Put A into the container and stir evenly. Put the container at the center of the oven with lid, cook on 600 W for 8 to 10 minutes.
3. After heated, add salt and pepper and mix evenly with 1.

**MIXED MUSHROOM CANNELONI** [C]

Serves: 4

**Ingredients:**

|       |                                     |
|-------|-------------------------------------|
| 6     | fresh lasagne sheets                |
| 45 ml | olive oil                           |
| 1     | small onion, finely chopped         |
| 3     | garlic cloves, sliced               |
| 25 g  | pack fresh thyme, finely chopped    |
| 225 g | chestnut mushrooms, roughly chopped |
| 100 g | button mushrooms                    |
| 250 g | goats cheese                        |
| 350 g | tub cheese sauce                    |

**Method:**

1. Put the lasagna sheets in a bowl with 1 litre of boiling water. Cover, place on the base of the oven and cook on 1000 W for 5 minutes. Drain and keep covered in cold water until ready to use.
2. Place the oil, onion and garlic in a bowl. Place on the base of the oven and cook on 1000 W for 4 minutes.
3. Add the mushrooms and thyme to the onions and cook, uncovered on 1000 W for 5 minutes. Drain, season and cool slightly.
4. Preheat the oven on Convection 180 °C.
5. Crumble half of the goats cheese logs into the cooled mushroom mixture and stir. Drain the lasagna sheets and spoon 2 to 3 tablespoon of the mushroom mixture along the edge of each lasagna sheet, leaving a 1 cm border. Roll up the pasta sheets.
6. Put the pasta in a shallow oven proof dish and spoon over the cheese sauce. Slice the remaining goats cheese into thick rounds and arrange across the middle of the pasta rolls. Place dish on metal tray in lower shelf position cook on Convection 180 °C for 25 to 30 minutes.



Spaghetti with Bacon in Tomato Sauce

**CREAMY SUN-DRIED TOMATO PENNE**

Serves: 4

**Ingredients:**

|        |                               |
|--------|-------------------------------|
| 250 g  | penne                         |
| 5 cups | boiling water                 |
| ½ cup  | sliced ham                    |
| ¼ cup  | grated parmesan cheese, extra |

**Sauce:**

|        |                                    |
|--------|------------------------------------|
| ½ cup  | sun-dried tomatoes in oil, drained |
| 1 cup  | basil leaves                       |
| ¼ cup  | toasted pinenuts                   |
| ⅓ cup  | grated parmesan cheese             |
| 300 ml | cream                              |

**Method:**

1. Place pasta and water in a 4-litre casserole dish. Cook on 1000 W for 14 to 16 minutes stir halfway through cooking time.
2. While pasta is cooking, prepare sauce. Place all ingredients in a blender, process until smooth.
3. Drain pasta and add sauce. Serve topped with ham and extra parmesan cheese.

**FRAGRANT COCONUT RICE**

Serves: 4 to 6

**Ingredients:**

|            |                       |
|------------|-----------------------|
| 1          | onion, finely chopped |
| 2 cups     | long grain rice       |
| 600 ml     | chicken stock         |
| 300 ml     | coconut milk          |
| 1 teaspoon | turmeric              |
| 1 teaspoon | cumin                 |

**Method:**

1. Combine all ingredients in a 4.5-litre dish. Cook on 1000 W for 10 minutes. Stir and cook on 600 W for a further 11 to 13 minutes. Allow to stand for 10 minutes.

**SEASONED RICE**

Serves: 6 to 8

**Ingredients:**

|            |                           |
|------------|---------------------------|
| 1          | onion chopped             |
| 1 cup      | long grain rice           |
| 1 teaspoon | thyme                     |
| 2½ cups    | chicken stock             |
| ¼ cup      | slivered almonds, toasted |
| ¼ cup      | sultanas                  |

**Method:**

1. In a 3-litre dish place onion, rice, thyme and chicken stock. Cook on 1000 W for 15 minutes. Stir. Cover. Stand for 10 minutes.
2. Add almonds, and sultanas, and serve.

**LEMON & ASPARAGUS RISOTTO**

Serves: 4

**Ingredients:**

|        |                                      |
|--------|--------------------------------------|
| 1      | bunch asparagus (approx. 250 g)      |
| 450 ml | hot vegetable stock                  |
| 2      | leeks, trimmed and finely sliced     |
| 40 g   | butter                               |
| 200 g  | risotto rice                         |
| 100 g  | frozen peas                          |
|        | finely shredded zest and juice lemon |
|        | salt & pepper                        |
|        | fresh parmesan cheese                |
|        | fresh basil                          |

**Method:**

1. Cut asparagus into 2.5 cm pieces. Add 30 ml stock and place in bowl. Cover, place on base of oven and cook on 1000 W power for 2 minutes.
2. Place leeks and 25 g butter in a large bowl. Place on base of oven and cook on 1000 W for 2 minutes.
3. Add the rice to the leeks and stir in the hot vegetable stock. Cover and cook on 1000 W for 10 minutes.
4. Stir in the peas, lemon zest and juice, salt and pepper and cook on 600 W for 2 minutes.
5. Stir in the cooked asparagus, basil, remaining butter and 25 g Parmesan cheese. Cook on 600 W for 2 minutes. Serve in warmed bowls sprinkled with a few whole basil leaves and the rest of the Parmesan cheese.

**PRAWN RISOTTO**

Serves: 4

**Ingredients:**

|        |                                |
|--------|--------------------------------|
| 1      | onion, finely chopped          |
| 1      | garlic clove, crushed          |
| 25 g   | butter                         |
| 225 g  | brown cap mushrooms, quartered |
| 225 g  | Arborio (risotto) rice         |
|        | juice and rind of 1 lemon      |
|        | saffron strands, crushed       |
| 300 ml | hot vegetable stock            |
| 300 ml | white wine                     |
| 100 g  | frozen peas                    |
| 300 g  | cooked peeled prawns           |
| 30 ml  | finely chopped chives          |

**Method:**

1. Put the onion, garlic, butter and mushrooms in a large bowl. Place on base of the oven and cook on 1000 W for 5 minutes.
2. Add rice, juice and rind of the lemon, saffron, stock and wine to the mushroom mixture. Cover and cook on 1000 W for 8 minutes.
3. Stir risotto. Add peas, re-cover and cook on 1000 W for 4 minutes.
4. Add the prawns and chives and cook on 600 W for 3 to 4 minutes. Leave to stand for 2 to 3 minutes and serve.

**LENTIL BIRYANI**

Serves: 4 to 6

**Ingredients:**

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

**Method:**

- Place rice in bowl with 550 ml boiling water. Cover, place on the base of the oven and cook on 1000 W for 8 to 10 minutes and stir halfway.
- Place the oil and onion in casserole. Place on base of oven and cook on 1000 W for 3 minutes or until softened.
- Add the ginger, garlic, turmeric, chilli and curry powder and cook on 1000 W for 2 minutes.
- Add the yoghurt, mushrooms, tomatoes and lentils. Cover and cook on 600 W for 20 minutes or until the lentils are tender and the liquid has evaporated.
- Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Heat on 600 W for 3 to 4 minutes. Garnish and serve.

**SPANISH OMELET** CO

Serves: 2

**Ingredients:**

|                |                   |
|----------------|-------------------|
| 150 g          | beaten eggs       |
| 400 g          | potato            |
| ½              | small piece onion |
| 2½ tablespoons | water             |
| 2 tablespoons  | olive oil         |
| moderate       | butter            |
| moderate       | salt, pepper      |

**Method:**

- Add salt, pepper into the beaten egg and put under room temperature. Cut the potato and onion into slices of 5 mm, put into a deep heat-resistant container, add salt, pepper, and then add water and olive oil. Loosely wrap in a plastic wrap, and then put at the center of the oven. Cook on 800 W for 8 to 10 minutes.
- Before 1 cools off, stir with a fork, and then blend evenly with the beaten egg.
- Grease a 20 cm heat-resistant container with butter, pour 2 into it. Place container on the middle of the grill tray in the middle shelf position. Choose Combi 10, and cook for 17 to 18 minutes.

**HUMMUS****Ingredients:**

|               |                               |
|---------------|-------------------------------|
| 1 cup         | chick peas, water for soaking |
| 3 cups        | boiling water                 |
| 2 tablespoons | lemon juice                   |
| 2 teaspoon    | turmeric                      |
| ¼ cup         | tahini (sesame paste)         |
| 1 tablespoon  | minced garlic                 |
| 2 tablespoons | olive oil                     |

**Method:**

- Place chick peas and water into a 4-litre casserole dish and soak overnight. Drain.
- Place chickpeas and boiling water into a 3-litre casserole dish and cook on 600 W for 25 to 30 minutes, Drain, process with remaining ingredients.

**VEGETABLE & CHICK PEA CASSEROLE**

Serves: 4

**Ingredients:**

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

**Method:**

- Place the onion and oil in the casserole. Place on base of the oven and cook on 1000 W for 2 minutes or until starting to soften.
- Add the prepared vegetables, apricots, garlic, chick peas and stir in the spices, salt, pepper and stock. Cover and cook on 600 W for 20 minutes, or until vegetables are soft. Stir two or three times during cooking. Serve with couscous or rice and garnish with parsley.

**Tip:**

To prepare couscous: Place 300 ml vegetable stock in a bowl and 1.5 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.

**CELEBRATION CAKE** [C]

Serves: 8

**Ingredients:**

|        |                                 |
|--------|---------------------------------|
| 200 g  | butter or margarine             |
| 200 g  | dark muscovado sugar            |
| 4      | eggs, beaten                    |
| 200 g  | plain flour                     |
| 50 g   | ground almonds                  |
| 100 ml | sherry                          |
| 75 g   | candied peel                    |
| 75 g   | glace cherries, roughly chopped |
| 250 g  | currants                        |
| 250 g  | raisins                         |
| 100 g  | pecan nuts, broken into pieces  |
|        | finely grated zest of 1 lemon   |
| 7.5 ml | mixed spice                     |
| 2.5 ml | vanilla extract                 |
| 2.5 ml | baking powder                   |

**Method:**

1. Prepare 20 cm round tin by lining with a double layer of greaseproof paper on the inside and tie a double band of greaseproof paper around the outside. Cream the butter and sugar until pale and fluffy. Add the eggs one at a time, beating well after each addition. Fold in half the flour using a metal spoon, then fold in the rest. Stir in the almonds. Mix in the sherry, and then add the peel, cherries, raisins, currants, nuts, lemon zest, spice and vanilla. Stir in the baking powder. Spoon mixture into the tin and spread evenly, removing all air pockets. Make a small dip in the centre.
2. Preheat oven on Convection 140 °C. Place tin on metal tray in the lower shelf position and cook on Convection 140 °C for 2 hours or until a skewer inserted in the middle comes out clean.
3. Leave cake to cool in tin. When completely cold wrap well in cling film and foil to store until ready to decorate. The cake will keep for several months.

**CHOCOLATE CAKE** [C]

Serves: 8

**Ingredients:**

|       |                    |
|-------|--------------------|
| 100 g | plain chocolate    |
| 100 g | butter             |
| 4     | eggs               |
| 100 g | icing sugar        |
| 50 g  | self raising flour |
| 50 g  | ground almonds     |

**Topping:**

|       |              |
|-------|--------------|
| 50 g  | butter       |
| 25 g  | cocoa powder |
| 30 ml | milk         |
| 225 g | icing sugar  |

**Method:**

1. Place chocolate and butter in a bowl. Place on the base of the oven and melt on 1000 W for 1 to 2 minutes. Cool slightly.
2. Whisk eggs and sugar until pale and fluffy and then fold in the chocolate mixture. Fold in the flour and almonds. Spoon the mixture into 23 cm round tin lined with greaseproof paper.
3. Preheat oven on Convection 180 °C. Place tin on metal tray in lower shelf position and cook on Convection 180 °C for 40 minutes or until cooked. Leave to cool.
4. To make the topping, place butter in a bowl on the base of the oven and melt on 1000 W for 30 to 40 seconds. Stir in the remaining ingredients and beat well until smooth. Spread the topping over the top of the cake.



Chocolate Cake

**STEAMED VANILLA SPONGE WITH CUSTARD** **SO**

Serves: 6 to 8

**Ingredients:**

|            |                                 |
|------------|---------------------------------|
| 250 g      | butter, Plus extra for greasing |
| 250 g      | caster sugar                    |
| 4          | eggs                            |
| 1 teaspoon | vanilla extract                 |
| 250 g      | flour                           |
| 1 teaspoon | baking powder                   |
| 50 ml      | milk                            |

**Custard:**

|             |                           |
|-------------|---------------------------|
| 250 ml      | milk                      |
| 2 egg       | yolks                     |
| 25 g        | caster sugar              |
| 2 teaspoons | cornflour                 |
|             | few drops vanilla extract |

**Method:**

1. Butter a 1.5-litre pudding basin. To make the sponge, cream the butter and the sugar in a mixing bowl until pale and fluffy. Add the eggs, one at a time, mixing well between each addition, then add the vanilla extract. Stir the flour and baking powder in the bowl and fold into the sponge mixture. Finally, stir the milk into the mixture. Fill the basin with the sponge mixture.
2. Fill water tank. Place basin on grill tray in lower shelf position on Steam 1. The sponge pudding will take 1½ to 2 hours cooking; the oven can only be set to cook for a maximum 30 minutes at a time. The water tank will need refilling every 30 minutes during the cooking time. Reset time and fill water tank every 30 minutes.

**To make the custard:**

1. Bring the milk to the boil, this should take 2 minutes on the base of the oven and cook on 1000 W.
2. In a bowl, beat together the yolks, sugar, cornflour and vanilla extract. Pour the scalded milk over the egg mix and whisk well. Cook on 600 W for 1 minute, whisk, then cook for another 1 minute, the mix should have thickened. Serve over the sponge.



Chiffon Cake

**SMALL CAKES** **CO**

Serves: 12 little cakes

**Ingredients:**

|       |                                  |
|-------|----------------------------------|
| 100 g | butter, kept at room temperature |
| 100 g | sugar                            |
| 2     | eggs, beaten                     |
| 100 g | plain flour                      |
| 5 g   | baking powder                    |

**Method:**

1. Preheat the oven on Convection 170 °C with the wire shelf in the lower shelf position.
2. Beat the butter and the sugar until a mousse-like consistency is achieved. Add the eggs one at a time, beating well after each egg is added. Mix in the flour and baking powder. Fill individual paper cases two thirds full with the mixture. Cook on Convection 170 °C for 15-20 minutes.

**CHIFFON CAKE** **C**

Serves: 21 cm Chiffon cake

**Ingredients:**

|              |                        |
|--------------|------------------------|
| 100 g        | plain flour (sieved)   |
| ¼ teaspoon   | baking powder (sieved) |
| 4            | egg white              |
| 3            | egg yolk               |
| 100 ml       | coconut milk           |
| 20 g         | corn oil               |
| 120 g        | castor sugar           |
| ¼ teaspoon   | cream of tartar        |
| ¼ tablespoon | pandan juice           |
| a drop       | green colouring        |

**Method:**

1. Beat egg white for 30 seconds. Next add cream of tartar and sugar, beat till stiff on high speed. Leave aside.
2. Beat flour, baking powder, oil, coconut milk, pandan juice, colouring and egg yolk for about 1 to 2 minutes, till smooth.
3. Slowly fold flour mixture into egg white.
4. Pour batter into a 21 cm chiffon cake tin, bake in a preheated oven at 150 °C for about 1 hour by lower shelves.

**Note:**

Do not grease tin before baking.

**FAIRY CUP CAKE** C

Serves: 6

**Ingredients:**

60 g brown sugar  
 60 g egg (beaten)  
 certain amount dried raisin

**A:**

70 g plain flour  
 20 g matcha tea powder  
 1 g baking powder

**B:**

35 g unsalted butter (chopped)  
 80 g white chocolate (small pieces)

**Mold:**

6 sets 6 cm cup cake mold

**Method:**

- Mix and sieve ingredients A. Put ingredients B in a microwave safe casserole and cook on 440 W for 1 minute to 1 minute 30 seconds with cover. Stir B and gradually add brown sugar, and then add beaten egg by three times to mix them well. Add sieved A and mix using wooden spoon. Cut the mixture into 6 equal parts, and fit into a 6-diameter cup cake mold respectively, spread some dried raisin on top.
- Preheat oven on Convection 180 °C.
- After preheating, put the cup cake on the metal tray and put the tray on the lower shelves to cook for about 19-20 minutes.

**STREUSEL MUFFINS** C

Serves: 6

**Streusel topping:**

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

**Muffins:**

200 g plain flour  
 3 ml bicarbonate of soda  
 10 ml baking powder  
 pinch salt  
 75 g caster sugar  
 75 g butter  
 200 ml buttermilk  
 1 medium egg, beaten  
 100 g fresh berries

**Method:**

- Make streusel topping by melting the butter on 1000 W for 10 to 20 seconds.
- Add the remaining topping ingredients and combine to make a soft dough. Chill. Sift together the flour, bicarbonate of soda, baking powder and salt. Stir in the sugar. Melt butter for the muffins on 1000 W for 30 seconds to 1 minute. Cool slightly then mix in the buttermilk and egg.
- Preheat oven on Convection 170 °C.
- Lightly stir the buttermilk mixture into the flour mixture. Fold fruit in gently. Divide mixture equally between 6 muffin cases. Crumble small amounts of streusel topping over each muffin.
- Place muffin tin on metal tray in lower shelf position and cook on Convection 170 °C for 20 to 25 minutes or until browned and well risen.

**FRUIT SCONES** C

Serves: 10

**Ingredients:**

225 g self-raising flour  
 pinch salt  
 5 ml baking powder  
 50 g butter  
 25 g caster sugar  
 50 g sultanas  
 75 ml milk  
 beaten egg to glaze

**Method:**

- Sift the flour, salt and baking powder together. Rub in fat until the mixture resembles fine breadcrumbs. Add sugar and sultanas. Make a well in the centre and stir in enough milk to form a soft dough. Knead lightly. Pat out to 2 cm thick and cut into 10 rounds with a 5 cm cutter.
- Preheat oven on Convection 210 °C.
- Place the rounds on greased grill tray and metal tray and brush with beaten egg. Place metal tray in lower shelf position and grill tray in upper shelf position. Cook on Convection 210 °C for 12 to 15 minutes or until cooked and golden brown.

**CHOCOLATE PEANUT BUTTER CHEESECAKE** C

Serves: 6 to 8

**Ingredients:****Base:**

250 g peanut cookies, finely crushed  
 125 g butter

**Filling:**

500 g cream cheese, softened  
 ½ cup brown sugar  
 1 cup crunchy peanut butter  
 2 eggs  
 1 teaspoon vanilla essence  
 ½ cup sour cream

**Topping:**

150 g chocolate  
 ¼ cup sour cream

**Method:**

- Melt butter in a 1 litre casserole dish on 1000 W for 30 to 40 seconds.
- Add crushed biscuits and combine. Press biscuit mixture evenly over base and sides of a greased 23 cm spring form tin. Refrigerate until firm.
- Preheat oven to Convection 170 °C.
- Place filling ingredients into a mixing bowl, beat until mixture is combined. Pour mixture into chilled biscuit base. Place on metal tray in lower position, cook on Convection 170 °C for 55 to 60 minutes. Allow to cool and spread with topping.

**Topping:**

- Melt chocolate in a 2-cup jug on 800 W for 1 to 2 minutes. Stir in sour cream. Spread over cheesecake.

**FRUITY SWISS ROLL** **C**

Serves: 26 cm x 16 mm fruity roll mold

**Ingredients:**

|         |  |
|---------|--|
| 150 g   | egg  |
| 60 g    | castor sugar (sieved)                      |
|         | a little vanilla extracts                  |
| 60 g    | plain flour (sieved)                       |
| 20 g    | unsalted butter (melted)                   |
| 250 ml  | cream                                      |
|         | certain amount various fruits (garnishing) |
| 1 piece | baking paper                               |

**Mold:**

|   |                              |
|---|------------------------------|
| 1 | 26 cm×16 cm fruity roll mold |
|---|------------------------------|

**Method:**

1. Preheat oven on Convection 150 °C.
2. Mix the beaten eggs and castor sugar well the same way as making chocolate cake, and then add vanilla extracts.
3. Pour in sieved plain flour and mix them well using wooden spoon, add melted butter and mix quickly.
4. Cover the mold with baking paper and pour the mixture into a 26 cm×16 cm standardized cake mold, discharge the air between in the cake. Place the mold onto the metal tray, and put the metal tray on the lower shelves and bake for 30 minutes after preheating.
5. After the cake cooling down, remove the baking paper, grease some cream and put some fruits on the surface of the cake, spare 2 cm clearance to roll the cake up, and then fix the joint well. Grease some cream and spread various fruits on the top of the roll.

**CHOCOLATE CHEESECAKE** **C**

Serves: 6

**Ingredients:**

|       |                             |
|-------|-----------------------------|
| 100 g | butter                      |
| 250 g | digestive biscuits, crushed |
| 150 g | plain chocolate             |
| 30 ml | milk                        |
| 450 g | soft cheese                 |
| 100 g | soft brown sugar            |
| 2     | large eggs                  |
| 5 ml  | vanilla essence             |

**Method:**

1. Place butter in bowl on the base of the oven and melt on 1000 W for 40 to 50 seconds.
2. Stir in biscuits and press into base of greased 23 cm deep flan tin.
3. Melt chocolate with milk on 600 W for 1 to 2 minutes. Leave to cool slightly.
4. Preheat oven on Convection 150 °C.
5. Mix all the remaining ingredients and stir in chocolate. Pour over biscuit base. Place tin on metal tray in lower shelf position and cook on Convection 150 °C for 30 to 35 minutes. Chill before serving.



Scone Cake

**SCONE CAKE** **CO** **SO**

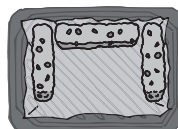
Serves: 3

**Ingredients:**

|             |                             |
|-------------|-----------------------------|
| 160 g       | plain flour (sieved)        |
| 2 teaspoons | baking powder (sieved)      |
| 40 g        | castor sugar                |
| moderate    | salt                        |
| 60 g        | unsalted butter             |
| 1 egg       | (50 g without shell)        |
| moderate    | vegetable oil               |
| 1           | parchment paper (30 x 21cm) |
| A:          |                             |
| 20 g        | dried fruit                 |
| 20 g        | corn flakes                 |
| 20 g        | walnut                      |
| moderate    | cinnamon                    |

**Method:**

1. Beat the egg and cut butter into 1 cm cubes. Crush dried fruit, corn flakes and walnut into coarse grains.
2. Put sieved cake flour and baking powder in bowl and add in castor sugar and salt. Add butter and use hand to rub butter until it mixes with other ingredients.
3. Add in beaten egg, A and mix gently with rubber knife. Apply vegetable oil on hand and mix the ingredients into the dough.
4. Divide the dough of step 3 into 3 portions and make each into a 3 cm in diameter and 15 cm long stick.
5. Pour water into the tank before cooking. Put parchment paper on the grill tray. Arrange 4 as shown below and place the tray on the middle shelf. Select Steam 1 for 3 minutes, and then select Combi 1 for 3 minutes. Finally, select 800 W for 4 minutes.



**LACE BISCUITS** [C]

Serves: 18 to 20 biscuits

**Ingredients:**

|               |                         |
|---------------|-------------------------|
| 2 tablespoons | liquid glucose          |
| ¼ cup         | brown sugar             |
| 60 g          | butter, melted          |
| ⅓ cup         | plain flour             |
| 60 g          | almonds, finely chopped |

**Method:**

1. Combine glucose and sugar in a 1-litre casserole dish. Cook on 600 W for 1 minute 30 seconds to 2 minutes.
2. Add melted butter to glucose mixture. Stir in flour and almonds. Mix well.
3. Preheat oven to 180 °C.
4. Place small teaspoonful of mixture 8 cm apart onto the greased metal tray. Place into lower shelf position and cook on 180 °C for 8 to 10 minutes. Stand for 1 minute before removing biscuits from metal tray, to allow edges to firm for easier removal.

**Tip:**

To make brandy snaps wrap hot biscuits around the handle of a wooden spoon and allow to cool. Fill centers with whipped cream.

**Note:**

Liquid glucose is available at most health food shops.

**ANZAC BISCUITS** [C]

Serves: 24 biscuits

**Ingredients:**

|               |                     |
|---------------|---------------------|
| 125 g         | butter, melted      |
| 2 tablespoons | golden syrup        |
| 1 teaspoon    | bicarbonate of soda |
| 2 tablespoons | hot water           |
| 1 cup         | rolled oats         |
| 1 cup         | coconut             |
| 1 cup         | plain flour         |
| 1 cup         | brown sugar         |

**Method:**

1. Preheat oven to 160 °C.
2. Combine bicarbonate of soda and water in a small bowl. Add dry ingredients and water mixture to butter and syrup. Mix well. Place tablespoon of mixture on the greased metal tray in lower shelf position, allowing room for spreading. Cook on 160 °C for 14 to 16 minutes.
3. Leave on the shelf for a few minutes, then transfer to wire cake rack until biscuits are cool. Repeat with remaining mixture.

**CHOCOLATE CHIP COOKIES** [C]

Serves: 30 large cookies

**Ingredients:**

|            |                    |
|------------|--------------------|
| 250 g      | butter             |
| ½ cup      | brown sugar        |
| ½ cup      | caster sugar       |
| 1 teaspoon | vanilla essence    |
| 2          | eggs               |
| 3 cups     | self-raising flour |
| 250 g      | chocolate bits     |

**Method:**

1. Preheat oven to 180 °C.
2. Cream butter and sugar together until light and fluffy. Beat in vanilla and eggs until well combined. Fold in flour and chocolate bits.
3. Place tablespoon of mixture onto greased metal tray in lower shelf position. Cook on 180 °C for 12 to 14 minutes or until golden brown.

**LEMON POPPY SEED COOKIES** [C]

Serves: Approximately 25

**Ingredients:**

|               |                    |
|---------------|--------------------|
| 125 g         | butter             |
| 1 cup         | caster sugar       |
| 2 tablespoons | lemon zest         |
| 1 tablespoon  | poppy seeds        |
| 2 tablespoons | lemon juice        |
| 1             | eggs               |
| 2 cups        | self-raising flour |

**Method:**

1. Preheat oven to 180 °C.
2. Cream butter and sugar together until light and fluffy. Beat in lemon zest, poppy seeds, lemon juice, and eggs until well combined. Fold in flour.
3. Place tablespoon of mixture onto greased metal tray in lower shelf position. Cook on 180 °C for 13 to 16 minutes or until golden in color.

**CINNAMON CRISPS** [C]

Serves: Approximately 25

**Ingredients:**

|             |                    |
|-------------|--------------------|
| 125 g       | butter             |
| 1 cup       | caster sugar       |
| 1 teaspoon  | vanilla essence    |
| 2           | egg                |
| 2½ cups     | self-raising flour |
| 2 teaspoons | cinnamon           |

**Method:**

1. Preheat oven to 180 °C.
2. Cream butter and sugar together until light and fluffy. Beat in vanilla and eggs until well combined. Fold in flour and cinnamon.
3. Place tablespoon of mixture onto greased metal tray in lower shelf position. Cook on 180 °C for 10 to 12 minutes or until golden brown.

**HONEY OATY SLICE** C

Serves: 27 × 17 cm Swiss roll pan

**Ingredients:**

|               |                     |
|---------------|---------------------|
| 1 cup         | rolled oats         |
| 1 cup         | plain flour         |
| ¾ cup         | coconut             |
| ¾ cup         | sugar               |
| 125 g         | butter              |
| 3 tablespoons | honey               |
| 2 tablespoons | water               |
| ½ teaspoon    | bicarbonate of soda |

**Method:**

1. Grease and paper line a 27 cm × 17 cm slice pan.
2. Combine oats, flour, coconut and sugar in a large bowl.
3. In a 2-litre pyrex bowl, place butter, honey and water and cook on 800 W for 1 to 2 minutes, stir in bicarbonate of soda.
4. Pour over dry ingredients, stir until well combined. Press into pan.
5. Preheat Convection to 180 °C. Place on metal tray in the lower shelf position and cook on Convection 180 °C for 23 to 25 minutes, cool before cutting.

**LEMON COCONUT MERINGUE SLICE** C

Serves: 19 × 28 cm pan

**Ingredients:**

|             |                     |
|-------------|---------------------|
| 90 g        | butter              |
| ¼ cup       | caster sugar        |
| ¾ cup       | plain flour         |
| ⅓ cup       | cornflour           |
| 400 g       | condensed milk      |
| 2           | eggs, separated     |
| 2 teaspoons | grated lemon rind   |
| ½ cup       | lemon juice         |
| ¼ cup       | caster sugar, extra |
| ½ cup       | desiccated coconut  |
| ½ cup       | slivered almonds    |

**Method:**

1. Grease and paper line a 19 × 28 cm lamington pan.
2. Cream together butter and sugar. Gradually add sifted flours and knead lightly until combined. Spread over base of prepared pan. Combine condensed milk, egg yolks, lemon rind and juice in a bowl, cook on 800 W for 3 to 4 minutes, stirring 3 times. Spread over base.
3. Preheat oven to Convection 180 °C.
4. Beat egg whites in a small bowl until soft peaks form, gradually add extra sugar. Add desiccated coconut, spread over filling and sprinkle with slivered almonds.
5. Place pan on metal tray in the lower shelf position. Cook on Convection 180 °C for 35 to 40 minutes.

**CARAMEL COCONUT SLICE** C

Serves: 19 × 28 cm pan

**Ingredients:**

|       |                    |
|-------|--------------------|
| 100 g | butter             |
| ½ cup | plain flour        |
| ½ cup | self-raising flour |
| ½ cup | coconut            |
| ½ cup | caster sugar       |

**Filling:**

|               |                          |
|---------------|--------------------------|
| 400 g         | sweetened condensed milk |
| 2 tablespoons | golden syrup             |
| ⅓ cup         | brown sugar              |
| 40 g          | butter                   |

**Topping:**

|        |              |
|--------|--------------|
| 2      | eggs         |
| ⅓ cup  | caster sugar |
| 2 cups | coconut      |

**Method:**

1. Grease and paper line a 19 × 28 cm lamington pan.
2. Melt butter in a bowl on 600 W for 2 minutes to 2 minutes 30 seconds. Preheat oven to 180 °C. Sift flours into bowl, stir in coconut, sugar and butter. Press over base of prepared pan.
3. To prepare filling, place all ingredients in a bowl and cook on 800 W for 3 to 5 minutes, stirring three times during cooking.
4. To prepare topping, combine all ingredients and mix well.
5. Spread filling over base and sprinkle with topping. Place pan on metal tray in the lower shelf position. Cook on Convection 180 °C for 30 to 35 minutes.

**APRICOT HONEY SLICE**

Serves: 20 squares

**Ingredients:**

|               |                              |
|---------------|------------------------------|
| 185 g         | butter                       |
| 2 tablespoons | honey                        |
| 250 g         | ginger nut biscuits, crushed |
| ½ cup         | chopped pecans               |
| ½ cup         | coconut                      |
| 1 cup         | chopped dried apricots       |

**Method:**

1. Grease and line an 18 × 28 cm dish.
2. In a 2-litre dish place butter and honey. Cook on 800 W for 2 minutes to 2 minutes 30 seconds.
3. Stir in biscuits, pecans, coconut and dried apricots. Press into the prepared dish. Chill until firm cut into squares.

**MUESLI SLICE**

Makes : 20 squares

**Ingredients:**

|               |                                |
|---------------|--------------------------------|
| 125 g         | butter                         |
| 1 cup         | brown sugar                    |
| 3 tablespoons | honey                          |
| 2 cups        | natural muesli                 |
| 1 cup         | coconut                        |
| ½ cup         | sultanas                       |
| 50 g          | dark cooking chocolate, melted |

**Method:**

1. Combine butter, sugar and honey in a 2-litre dish and cook on 800 W for 1 to 2 minutes.
2. Add muesli, coconut and sultanas, mix well. Press into an 18 cm × 28 cm flat dish. Cook on 1000 W for 4 to 5 minutes.
3. Mark into squares and cool in dish. When cool drizzle with melted chocolate.

**HONEY ALMOND BROWNIES** C

Serves: 6

**Ingredients:**

|             |                  |
|-------------|------------------|
| 125 g       | butter           |
| 200 g       | white chocolate  |
| ¾ cup       | sugar            |
| ¼ cup       | honey            |
| 2 teaspoons | vanilla essence  |
| 2           | eggs             |
| 1 cup       | plain flour      |
| ¾ cup       | blanched almonds |

**Method:**

1. Melt butter and chocolate in a bowl on 800 W for 1 to 2 minutes.
2. Add sugar, honey, vanilla essence and eggs and mix well. Add flour and almonds. Pour into a greased and lined 20 cm square deep pan.
3. Preheat oven to 180 °C. Place on metal tray in the lower shelf position and cook on 180 °C for 30 to 35 minutes. Cool completely before removing from a pan.



Chocolate Brownies

**CHOCOLATE BROWNIES** C

Serves: 20 cm square pan

**Ingredients:**

|            |                         |
|------------|-------------------------|
| 125 g      | butter                  |
| 200 g      | dark chocolate, chopped |
| 1 cup      | caster sugar            |
| 1 teaspoon | vanilla essence         |
| 2          | eggs                    |
| 1 cup      | plain flour             |
| ¾ cup      | nuts, chopped           |
|            | icing sugar             |

**Method:**

1. Preheat oven to 180 °C.
2. Grease and paper line a 20 cm square pan. Melt butter and chocolate on 800 W power for 2 to 3 minutes, stirring once. Stir in sugar, vanilla, eggs, flour and nuts.
3. Spread into prepared pan. Place pan on metal tray in lower shelf position and cook for 25 to 30 minutes. Allow to cool, remove from pan and sprinkle with icing sugar. Cut into small squares.



Christmas Pudding

### CHRISTMAS PUDDING

Serves: 6 to 8

#### Ingredients:

|       |                                  |
|-------|----------------------------------|
| 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 of 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                     |

#### Method:

1. Place apple and carrot in a large bowl. Place on the base of the oven and cook on 1000 W for 5 minutes. Beat well to make a thick puree.
2. Stir in juice, rind and mixed fruit. Cook on 1000 W for 2 minutes.
3. Stir in brandy and treacle. Stand for 5 minutes. Beat in rest of ingredients. Press into the pudding basin. Cover and cook on 600 W for 5 minutes.
4. Stand for 5 minutes. Cook on 1000 W for another 2 to 3 minutes or until just firm.

#### NOTE:

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.

### CHOCOLATE FUDGE PUDDING SS

Serves: 4

#### Ingredients:

|       |                             |
|-------|-----------------------------|
| 50 g  | margarine                   |
| 100 g | self-raising flour          |
| 100 g | caster sugar                |
| pinch | of salt                     |
| 25 g  | cocoa or drinking chocolate |
| 1     | egg, beaten                 |
| 5 ml  | vanilla essence             |
| 60 ml | milk                        |

#### Sauce:

|        |                             |
|--------|-----------------------------|
| 100 g  | soft brown sugar            |
| 25 g   | cocoa or drinking chocolate |
| 150 ml | hot water                   |

#### Method:

1. Melt margarine in a small dish on the base of the oven on 600 W for 40 seconds to 1 minutes or until melted.
2. In a large bowl place flour, sugar, salt and cocoa. Add melted margarine along with egg, vanilla essence and milk. Beat well. Pour mixture into souffle dish.
3. Mix together brown sugar and cocoa and sprinkle over mixture. Fill water tank. Pour over hot water and cook on 1000 W for 5 to 6 minutes, after 4 minutes of cooking set Steam Shot for 3 minutes. The pudding will separate on cooking, giving a chocolate fudge sauce at the bottom.

**STICKY PUDDING WITH TOFFEE SAUCE**

Serves: 4

**Ingredients:**

|       |   |
|-------|---|
| 150 g | fresh or ready to eat dates stoned and finely chopped |
| 50 g  | butter  |
| 150 g | caster sugar  |
| 2     | eggs, lightly beaten                                  |
| 150 g | self raising flour                                    |
| 3 ml  | grated nutmeg   |
| 3 ml  | ground ginger   |

**Sauce:**

|       |                 |
|-------|-----------------|
| 150 g | muscovado sugar |
| 75 ml | double cream    |
| 75 g  | butter          |

**Method:**

1. Pour 150 ml boiling water over the chopped dates and set aside to cool.
2. Cream the butter and sugar until light and fluffy. Beat in the eggs a little at a time. Fold in the flour, spices and the dates with the liquid. Pour mixture into pudding basin and cook on 600 W for 8 to 10 minutes or until cooked.

**To make the sauce**

1. Place all the ingredients in a large jug and cook on 1000 W for 1 minute or until the sugar has dissolved.
2. Stir and continue to cook on 1000 W for 1 to 2 minutes or until smooth and hot. Drizzle the hot sauce over the sponge and serve with whipped cream.

**STEAMED SUET SPONGE PUDDING**

Serves: 4

**Ingredients:**

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

**Method:**

1. Mix the flour and salt and stir in sugar and suet. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency. Put the jam or syrup in the base of the greased pudding basin and pour pudding mixture over.
2. Place on base of oven and cook on 600 W for 7 to 8 minutes.

**RICE PUDDING CO**

Serves: 4

**Ingredients:**

|         |                               |
|---------|-------------------------------|
| 100 g   | short grain rice              |
| 1 litre | whole milk                    |
| 80 g    | sugar                         |
|         | small piece of cinnamon stick |
| 1       | vanilla pod                   |

**Method:**

1. Place the rice, milk and sugar in the bowl. Add the cinnamon and split vanilla pod. Do not cover. Bring to the boil by heating on 1000 W for 7 to 8 minutes on the base of the oven, paying close attention to ensure that the milk does not boil over.
2. Fill water tank. Cook on Combi 1 for 30 minutes. Refill the water tank and cook for a further 30 minutes. Remove the cinnamon stick and vanilla pod. Leave to cool down.

**SUN DRIED TOMATO ROLLS C**

Serves: 6

**Ingredients:**

|                 |                                     |
|-----------------|-------------------------------------|
| 250 g           | strong bread flour                  |
| 7 ml            | sachet dried yeast                  |
| 5 ml            | salt                                |
| 25 g            | sun-dried tomatoes, roughly chopped |
| 45 ml           | olive oil                           |
| 75 ml           | passata                             |
| 3-5 tablespoons | warm water                          |
| 5 ml            | olive oil                           |
| moderate        | olive oil, extra                    |
| moderate        | sea salt                            |

**Method:**

1. In a large bowl, combine the flour, yeast and salt, stir in the tomatoes. Gradually add the olive oil, passata and 3 to 5 tablespoons of warm water until you have soft dough. Turn onto a floured surface and knead for 10 minutes.
2. Divide dough into 6 and place on greased metal tray. Prove until dough has doubled in size in a warm place or on Convection 40 °C.
3. Preheat on Convection 220 °C.
4. Drizzle with a little extra olive oil and sprinkle with coarse sea salt. Place metal tray in lower shelf position cook on Convection 220 °C for 15 to 20 minutes or until golden.

**VICTORIA SANDWICH** [C]

Serves: 8

**Ingredients:**

- 175 g butter or margarine
- 175 g caster sugar
- 3 eggs
- 175 g self-raising flour

**Method:**

1. Cream butter and sugar until pale and fluffy. Add the eggs a little at a time beating well after each addition. Fold in half the flour, using a metal spoon, then fold in the remaining flour.
2. Spoon the mixture into two 18 cm cake tins lined with greaseproof paper and level with a knife.
3. Preheat oven on Convection 180 °C.
4. Place one tin in the centre of the metal tray in the lower shelf position and one tin in the centre of the grill tray in the upper shelf position. Cook on Convection 180 °C for 20 to 25 minutes or until cooked.
5. Sandwich together with cream and jam and dust with icing sugar or with a filling of your choice.

**STANDARD BREAD/BREAD ROLLS** [C] [SS]

Serves: 1 loaf or 8 rolls

**Ingredients:**

- 450 g strong bread flour
- 1 sachet dried yeast
- 5 ml salt
- 15 g butter or margarine
- 275 ml warm water

**For Wholemeal Bread:**

Use 225 g each of wholemeal and strong white bread flour.

**For Granary Bread:**

Use 450 g granary flour instead of strong white bread flour.

**Method:**

1. In a large bowl, combine the flour, yeast and salt. Rub in the butter or margarine. Add the warm water then mix to a dough. Turn onto a floured surface and knead for 10 minutes.
2. For 1 loaf mould into the desired shape on the greased metal tray. For rolls divide into 8 and shape into rolls. Place on the greased metal tray. Cover with cling film and prove until the dough has doubled in size in a warm place or place in the oven to prove on Convection 40 °C for 40 minutes.
3. Fill water tank. Preheat on Convection 200 °C.
4. Glaze bread with beaten egg and sprinkle with seeds, if desired. Place metal tray in oven in the lower shelf position and cook on Convection 200 °C for 25 to 30 minutes with a Steam Shot for 3 minutes, 2/3 rds of the way through the cooking time for a loaf or 15 to 20 minutes with a Steam Shot for 3 minutes 2/3 rds of the way through cooking time for rolls or until golden.

**FOCACCIA** [C] [SS]

Serves: 1

**Ingredients:**

- 400 g strong bread flour
- 1 sachet dried yeast
- 10 ml salt
- 75 g olive oil
- moderate olive oil, extra
- moderate sea salt

**Method:**

1. In a large bowl, combine the flour, yeast and salt. Gradually add the olive oil and 3 to 5 tablespoon of warm water until you have soft dough. Turn onto a floured surface and knead for 10 minutes.
2. Place in a greased bowl, cover and prove until the dough has doubled in size in a warm place or on Convection 40 °C.
3. Knock back the dough and knead again for a few minutes. Press the dough onto a greased 25 cm round tin, cover and prove in a warm place or on Convection 40 °C for approximately 30 minutes.
4. Fill water tank. Preheat on Convection 190 °C. Dimple the surface of the dough. Drizzle with a little extra olive oil and sprinkle with coarse sea salt.
5. Place tin on metal tray in the lower shelf position and cook on Convection 190 °C for 20 to 25 minutes with a Steam Shot for 3 minutes 2/3 rds of the way through cooking time. Carefully remove from the tin and leave to cool on a rack.



Standard Bread/Bread Rolls

**MANGO, PEAR & GINGER CRUMBLE** C

Serves: 6

**Ingredients:**

|         |  |
|---------|--|
| 450 g   | ripe pears, peeled and thinly sliced       |
| 15 ml   | muscovado sugar                            |
| 2       | mangos, peeled, stoned and roughly chopped |
| 1 piece | stem ginger, finely chopped                |

**Topping:**

|       |                             |
|-------|-----------------------------|
| 175 g | plain flour                 |
| 75 g  | butter                      |
| 75 g  | muscovado sugar             |
| 75 g  | pecan nuts, roughly chopped |

**Method:**

- Put the pears in dish with the sugar and 45 ml water. Cover, place on the base of the oven and cook on 1000 W for 5 minutes.
- Preheat the oven on Convection 180 °C.
- Drain the pears, return to the dish and add the mango and stem ginger. Spoon the mixture into dish and leave to cool. Make the topping. Rub the butter into the flour, stir in the sugar and pecan nuts. Sprinkle the topping over the fruit.
- Place dish on metal tray in lower shelf position and cook on Convection 180 °C for 30 to 35 minutes.

**RHUBARB, APPLE & GINGER COMPOTE**

Serves: 4

**Ingredients:**

|       |                                      |
|-------|--------------------------------------|
| 300 g | rhubarb, trimmed cut to 3 cm lengths |
| 2     | apples, peeled, cored and diced      |
| 30 g  | crystallized ginger, thinly sliced   |
| ½ cup | caster sugar                         |
| 1     | orange, grated rind and juice        |

**Method:**

- Place all ingredients into a 2-litre microwave-safe dish. Stir to dissolve sugar. Cook on 1000 W for 6 to 8 minutes or until fruit is softened.

**YORKSHIRE PUDDING** C

Serves: 6 to 8

**Ingredients:**

|         |                              |
|---------|------------------------------|
| 1 cup   | plain flour                  |
| pinch   | salt                         |
| 1       | egg                          |
| 1½ cups | milk                         |
|         | oil for greasing muffin tins |

**Method:**

- Sift flour and salt into a bowl. Break egg into flour and gradually add milk, stirring constantly until smooth. Set aside covered for 1 hour.
- Preheat oven to 220 °C.
- Brush twelve 7 × 3 cm muffin tins with oil, and place into oven for 2 to 3 minutes to heat oil. Remove tins and pour in batter until tins are half full.
- Place on metal tray on lower shelf position and cook on 220 °C for 15 to 20 minutes or until golden. Serve with roast beef.

**PAVLOVA** C

Serves: 8 to 10

**Ingredients:**

|                 |                                      |
|-----------------|--------------------------------------|
| 4               | egg whites                           |
|                 | pinch of salt                        |
| 1¼ cups         | caster sugar                         |
| 2 teaspoons     | vinegar                              |
| 2 tablespoons   | cornflour                            |
| <b>Topping:</b> |                                      |
| 300 ml          | cream                                |
| 1 punnet        | strawberries, hulled and cut in half |
| 2               | passionfruit                         |

**Method:**

- Preheat Convection to 140 °C.
- Grease and line the metal tray. Dust with 1 tablespoon cornflour. Beat egg whites and salt until stiff. Gradually add sugar and continue beating until white and glossy and sugar has dissolved. Fold vinegar and remaining cornflour into egg mixture.
- Pile mixture high on the metal tray in lower shelf position and cook on 140 °C for 70 to 80 minutes. Allow to cool.

**Topping:**

- Beat cream until thick. Spread cream over pavlova and decorate with strawberries and passionfruit.

**STRAWBERRY PAVLOVA** C

Serves: 6

**Ingredients:**

|          |                 |
|----------|-----------------|
| 4 medium | egg whites      |
| 250 g    | caster sugar    |
| 5 ml     | cornflour       |
| 5 ml     | malt vinegar    |
| 5 ml     | vanilla extract |

**Topping:**

|        |                              |
|--------|------------------------------|
| 300 ml | double cream, softly whipped |
| 250 g  | strawberries, sliced         |

**Method:**

- Preheat the oven on Convection 150 °C.
- Mark a 25 cm circle on a sheet of parchment paper and line the metal tray. Whisk the egg whites until stiff but not dry. Slowly whisk in the sugar until the mixture is thick and glossy. Blend the cornflour, vinegar and vanilla extract to a smooth paste, in a separate bowl and then whisk into egg whites. Spread the mixture inside the circle on the parchment paper.
- Place metal tray in lower shelf position and cook Pavlova on Convection 150 °C for 1 hour. Turn the oven off and leave the pavlova inside for another hour to dry out. When cool spread cream all over the meringue and scatter the strawberries on top.



Apple Jalousie

**APPLE JALOUSIE** C

Serves: 2 slices

**Ingredients:**

|            |   |
|------------|---|
| 3          | cooking apples,<br>peeled and sliced thinly |
| ¼ teaspoon | cinnamon                                    |
| pinch      | nutmeg                                      |
| 2 sheets   | ready rolled puff pastry                    |
| 1          | egg, lightly beaten                         |
| ½ cup      | caster sugar                                |

**Method:**

1. Place apples, cinnamon, nutmeg and sugar into a 2-litre casserole dish. Cook covered on 1000 W for 3 to 5 minutes. Drain well.
2. Preheat Convection to 200 °C.
3. Cut sheets of pastry in half. Place 2 halves of pastry side by side on greased metal tray. Place apple mixture on top leaving a 2 cm border around the edge. Brush edges with beaten egg and place remaining half of pastry on top of apple mixture. Press to secure edges together. Brush top with egg. Cut slits across the top of pastry. Sprinkle with caster sugar.
4. Place metal tray in lower shelf position and cook on 200 °C for 15 to 20 minutes.

**APPLE PIE** C

Serves: 6 to 8

**Ingredients:****Pastry:**

|              |                    |
|--------------|--------------------|
| 185 g        | butter             |
| ½ cup        | caster sugar       |
| 1 tablespoon | lemon juice        |
| 1            | egg                |
| 1½ cups      | plain flour        |
| 1 cup        | self-raising flour |

**Filling:**

|            |              |
|------------|--------------|
| 800 g      | pie apples   |
| ¼ cup      | caster sugar |
| 1 teaspoon | arrowroot    |
| 1 teaspoon | cinnamon     |

**Method:**

1. Preheat oven to Convection on 180 °C.
2. Using electric beaters or a food processor, process all pastry ingredients except flour until smooth and creamy. Add flours and process until combined. Press ⅔ of prepared pastry into the base of a 23 cm pie plate. Add combined filling ingredients to pie base. Roll remaining pastry between two sheets of greaseproof paper to fit pie. Place on pie and press edges together.
3. Place on metal tray in lower shelf position. Cook on 180 °C for 45 to 55 minutes.

**CINNAMON POACHED PEARS**

Serves: 4

**Ingredients:**

|            |                          |
|------------|--------------------------|
| ½ cup      | water                    |
| ¼ cup      | sugar                    |
| ½ teaspoon | ground cinnamon          |
| 4          | pears, peeled and sliced |

**Method:**

1. Combine water and sugar in a 2-litre dish. Stir to dissolve sugar. Add the pears and cinnamon covered cook on 800 W for 15 minutes, stir halfway.

**RED FRUIT COMPOTE**

Serves: 4

**Ingredients:**

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

**Method:**

1. Place the plums, cherries and blueberries in dish. Place on the base of the oven and cook on 270 W for 10 minutes.
2. Stir in the strawberries and cook on 270 W for a further 3 to 4 minutes. Stir the raspberries and sugar into the hot fruit and allow to cool before serving.

**BAKED ALASKA SURPRISE** C

Serves: 4 to 6

**Ingredients:**

|                   |                                      |
|-------------------|--------------------------------------|
| 10 to 12          | sponge finger biscuits               |
| or                |                                      |
| 1 round           | sponge cake                          |
| 1 punnet          | strawberries, hulled and cut in half |
| 1 teaspoon        | caster sugar                         |
| 2 tablespoons     | fruit liqueur                        |
| 1-litre           | vanilla ice cream                    |
| 4 egg             | whites                               |
| $\frac{3}{4}$ cup | caster sugar, extra                  |
| $\frac{1}{4}$ cup | almonds, chopped (optional)          |

**Method:**

1. Line the base of a 23 cm round flat dish with biscuits or sponge (the biscuits will overlap). Place strawberries over the biscuits and sprinkle with sugar and liqueur. Place scoops of ice cream evenly over strawberries. Place in freezer.
2. Preheat oven to 200 °C.
3. Beat egg whites until stiff. Gradually add extra sugar beating all the time until sugar has dissolved and mixture is thick and glossy. Fold in almonds and spoon meringue mixture over ice cream.
4. Cook on 200 °C on metal tray in lower shelf position for 5 to 6 minutes. Serve immediately.

**CANDIES PEARS** SO CO

Serves: 2

**Ingredients:**

|              |                                 |
|--------------|---------------------------------|
| 300 g        | (one) pear (or apple)           |
| 3-4 pieces   | lime (sliced)                   |
| <b>A:</b>    |                                 |
| 40 g         | castor sugar                    |
| 65 ml        | water                           |
| 1 tablespoon | Cointreau (at one's preference) |

**Method:**

1. Peel the skin of the pear and cut into 6 pieces from the center.
2. Put pear and lime into the microwave safe casserole dish and add A.
3. Pour water into the tank before cooking. Place the dish in the center of the wire shelf. Place wire shelf in the middle shelf position. Select Steam 1 for 3 minutes, and then select Combi 1 for 3 minutes. Finally, place dish in the base of oven. select 800 W for 6 minutes.
4. Turn the pear right after heating and wrap it with plastic wrap to cool. After cooling put it into the fridge and serve with mint leaves.

**FLAPJACK** C

Serves: 8

**Ingredients:**

|       |                       |
|-------|-----------------------|
| 250 g | butter                |
| 275 g | golden syrup          |
| 75 g  | light muscovado sugar |
| 425 g | porridge oats         |

**Method:**

1. Place the butter, syrup and sugar into bowl. Place on the base of the oven and cook on 600 W for 4 to 5 minutes.
2. Stir the oats into the butter and press the mixture into the 12" x 8" x 1" tin lined with lightly buttered greaseproof paper.
3. Preheat the oven on Convection 180 °C.
4. Place tin on metal tray in lower shelf position and cook on Convection 180 °C for 25 minutes.
5. Leave to cool in the tin for 5 minutes. Then mark into 18 pieces. Allow to cool completely before removing from the tin.

**LEMON MERINGUE PIE** **C**

Serves: 6

**Ingredients:****Pastry:**

|       |             |
|-------|-------------|
| 125 g | butter      |
| 250 g | plain flour |
| 25 g  | icing sugar |
| 1     | egg yolk    |
| 30 ml | water       |

**Filling:**

|        |                                  |
|--------|----------------------------------|
| 60 g   | cornflour                        |
| 400 ml | water                            |
| 3      | lemons, juice and grated rind of |
| 125 g  | sugar                            |
| 3 egg  | yolks                            |

**Meringue:**

|       |              |
|-------|--------------|
| 225 g | caster sugar |
| 4 egg | whites       |

**Method:**

1. Rub butter into the flour until the mixture resembles fine breadcrumbs and stir in sugar. Add egg and enough water so that when the mixture is kneaded lightly for a few seconds a firm, smooth dough is formed. Line 25 cm flan dish with the pastry, prick the base with a fork and chill for 15 minutes in the fridge.
2. Line pastry with greaseproof paper and baking beans, place flan dish on metal tray in lower shelf position, bake blind of Convection 210 °C for 10 minutes, remove the beans and bake for another 10 minutes, until golden. Leave to cool.
3. Place cornflour, water and lemon juice and rind in a jug, stir. Place on the base of the oven and cook on 1000 W for 2 minutes. Stir and cook on 1000 W for 2 minutes or until smooth, glossy and thickened. Add sugar. Cool slightly. Add egg yolks. Mix well. Pour into pastry case.
4. Preheat oven on Convection 150 °C.
5. Whisk egg whites stiffly. Add sugar gradually – whisking after each addition. Pile meringue onto lemon filling. Place flan on metal tray in lower shelf position and cook on Convection 150 °C for 40 to 45 minutes or until lightly browned.

**CHOCOLATE AND COFFEE TRUFFLES**

Serves: Approximately 24

**Ingredients:**

|               |                               |
|---------------|-------------------------------|
| 1 cup         | icing sugar                   |
| 4 tablespoons | cocoa                         |
| 1 tablespoon  | instant coffee powder         |
| 60 g          | plain sweet biscuits, crushed |
| 60 g          | copha                         |
| 1 teaspoon    | vanilla essence               |
| ½ cup         | condensed milk                |
|               | chocolate sprinkles           |

**Method:**

1. Sift icing sugar, cocoa and coffee into a bowl. Add biscuits and mix until well combined. Place copha in a small bowl and cook on 1000 W for 1½ to 2 minutes.
2. Cool copha slightly and add to dry ingredients. Mix well. Add vanilla and condensed milk, combine until mixture is thick. Chill for 30 minutes. Pinch off pieces to form balls slightly smaller than a walnut shell. Roll in chocolate sprinkles and chill.

**SAVOURY CHOUX PUFFS** **C** **SS**

Serves: 20

**Ingredients:**

|       |                                   |
|-------|-----------------------------------|
| 1     | quantity of choux pastry          |
|       | <b>Filling:</b>                   |
| 50 g  | butter                            |
| 225 g | cream cheese                      |
| 2     | garlic cloves, peeled and crushed |
| 10 ml | each of finely chopped            |
|       | fresh parsley, chives and chervil |

**Method:**

1. Preheat oven on convection 220 °C.
2. Pipe out walnut sized balls of choux pastry on a lightly greased, slightly wetted baking sheet.
3. Fill water tank. Cook on the metal tray in the lower shelf position on Convection 220 °C, set cooking time for 15 minutes. After 10 minutes cooking, set Steam Shot for 3 minutes. for 10 to 15 minutes. Pierce a hole in each puff and leave to cool.
4. Melt the butter until just warm on 600 W for 2 to 3 minutes.
5. Beat all other ingredients together in a bowl and then pour the butter slowly onto the mixture, folding it in carefully. Leave to cool. Fill each cooled puff with the cheese mixture.



White Sauce

### WHITE SAUCE

Serves: 500 ml

#### Ingredients:

|        |                 |
|--------|-----------------|
| 35 g   | butter          |
| 35 g   | flour           |
| 500 ml | milk            |
|        | salt and pepper |
|        | grated nutmeg   |

#### Method:

1. Melt the butter for 1 minute, covered, on 600 W on base of oven.
2. Add the flour, stir, and cook for a further 1 minute on 600 W. Set aside. Heat the milk in a jug on 1000 W 2 minutes 30 seconds to 3 minutes.
3. Pour the milk over the butter and flour mixture, whisking all the time. Cook again for 2 to 3 minutes, whisking vigorously several times and paying close attention to ensure that the sauce doesn't overflow. Check the seasoning and add a pinch of grated nutmeg.

#### Note:

You can add 2 egg yolks and 80 g of grated cheese to make it into a Mornay sauce.

### PEPPER SAUCE

Serves: 5 to 6

#### Ingredients:

|              |                                     |
|--------------|-------------------------------------|
| 1            | onion                               |
| 40 g         | butter                              |
| 30 g         | flour                               |
| 400 ml       | hot stock (made from 2 stock cubes) |
| 1 tablespoon | tarragon vinegar                    |
| 2 teaspoons  | white pepper                        |
|              | cognac                              |
| 200 ml       | crème fraîche                       |

#### Method:

1. Chop the onion and cook in the bowl with butter for 2 to 3 minutes on 1000 W.
2. Add flour, mix, cook again for 1 minute on 1000 W and add stock, vinegar and white pepper. Cook uncovered at 1000 W for 3 minutes.
3. Remove from the oven and add a dash of cognac, a knob of butter (extra) and crème fraîche. Mix well and add plenty of salt before serving.

### TOMATO SAUCE

#### Ingredients:

|           |  |
|-----------|--|
| 1         | medium onion, finely chopped                 |
| 1         | celery stick, finely chopped                 |
| 1         | carrot, finely chopped                       |
| 25 g      | butter                                       |
| 2 cloves  | garlic, crushed                              |
| 2 x 400 g | cans of tomatoes                             |
| 3 ml      | each of basil, oregano and ground bay leaves |
| 150 ml    | red wine or vegetable stock                  |
|           | salt and pepper                              |

#### Method:

1. Place onion, celery, carrot, butter and garlic in casserole. Place on the base of the oven and cook on 1000 W for 4 minutes.
2. Add the tomatoes, herbs and wine or stock. Cover and cook on 600 W for 15 minutes. Liquidise then press through a sieve for a smooth sauce. Season to taste.

### CUSTARD SAUCE

#### Ingredients:

|        |                 |
|--------|-----------------|
| 2      | eggs            |
| 50 g   | caster sugar    |
| 300 ml | milk            |
| 5 ml   | vanilla essence |

#### Method:

1. Beat eggs with sugar and 45 ml milk. Place remaining milk with vanilla essence. Place on the base of the oven and cook on 1000 W for 1 minute.
2. Add milk to eggs and stir well. Cook on 300 W for 1 minute. Stir well. Continue to cook on 300 W for 10 to 15 minutes stirring every 30 seconds until the sauce coats the back of a spoon.

### CHOCOLATE SAUCE

Serves: 4

#### Ingredients:

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

#### Method:

1. Place butter in the jug on base of oven and melt on 1000 W for 20 to 30 seconds.
2. Stir in sugars, cocoa powder and vanilla essence. Gradually add milk, stirring well. Cook on 1000 W for 2 minutes. Stir well. Cook on 1000 W for 1 minute. Stir and continue to cook in 30 seconds stages until you achieve a smooth and glossy consistency that coats the back of the spoon.

---

**MINT SAUCE**

---

Serves: Approximately 1/3 cup

**Ingredients:**

1 tablespoon water  
 1 tablespoon sugar  
 2 tablespoons brown vinegar  
 2 tablespoons mint, finely chopped

**Method:**

1. Combine all ingredients in a 1-cup jug. Cook on 1000 W for 30 to 40 seconds. Stir well and serve with Roast Lamb.

---

**MUSHROOM SAUCE**

---

Serves: 1 1/2 cups

**Ingredients:**

3 tablespoons butter  
 2 tablespoons flour  
 1 teaspoon soy sauce  
 3/4 cup cream  
 salt and pepper taste  
 1/2 teaspoon curry powder  
 190 g can champignon mushrooms, sliced

**Method:**

1. Place butter in a 4-cup glass jug. Cook on 1000 W for 30 to 40 seconds.
2. Add flour and soy sauce. Blend to a smooth paste. Add cream and stir until smooth. Add seasonings and mushrooms. Cook on 1000 W for 2 to 3 minutes, stirring every 1 minute. Serve on toast or as accompaniment to meats. Sauce can be reheated on 1000 W for 30 to 60 seconds.

---

**CHINESE SWEET & SOUR SAUCE**

---

Serves: 4 cups

**Ingredients:**

1/2 cucumber  
 1/2 cup cornflour  
 1/2 cup brown sugar  
 1 cup chicken stock  
 1/2 cup dry sherry  
 2 tablespoons white vinegar  
 2 tablespoons soy sauce  
 2 tablespoons tomato paste  
 410 g pineapple pieces and juice  
 1/2 red capsicum, diagonally sliced  
 1 stick celery, diagonally sliced

**Method:**

1. Cut cucumber in half lengthwise, scoop out seeds and slice diagonally into 1 cm pieces. Combine cornflour and sugar in a 2-litre casserole dish.
2. Gradually stir in stock, sherry, vinegar, soy sauce, tomato paste, pineapple pieces and juice, capsicum, cucumber and celery. Cook on 1000 W for 9 to 11 minutes, stirring every 2 minutes. Serve with ham steaks, pork chops or chicken.

---

**HOLLANDAISE SAUCE**

---

**Ingredients:**

3 egg yolks  
 30 ml white wine vinegar  
 150 g chilled, unsalted butter, cut into cubes  
 pepper

**Method:**

1. Place egg yolks and vinegar in a jug. Beat well. Drop cubes of butter on top.
2. Place jug on the base of the oven and cook on 1000 W for 30 seconds. Whisk. Cook on 1000 W for 10 seconds. Whisk again and cook on 1000 W for 10 seconds. Repeat 10 seconds stages until sauce is thick and creamy. Season and serve immediately with salmon steaks or asparagus spears.

**Note:**

This sauce must not boil or the eggs will curdle.

---

**BRANDY SAUCE**

---

Serves: 1 1/2 cups

**Ingredients:**

2 tablespoons butter  
 2 tablespoons comflour  
 3 tablespoons sugar  
 2 tablespoons golden syrup  
 1 cup milk  
 1/4 cup brandy

**Method:**

1. In a 1-litre pyrex jug melt butter on 1000 W for 20 to 30 seconds. Blend in comflour, sugar and golden syrup and cook on 1000 W for 50 to 60 seconds.
2. Add milk gradually and cook on 600 W 3 to 4 minutes. Stirring halfway through cooking. Stir in brandy. Serve hot with fruit or Christmas pudding.

---

**GRAVY**

---

Serves: 1 1/2 cups

**Ingredients:**

meat or poultry dripping with sediment  
 25 g flour  
 300 ml stock  
 salt and pepper

**Method:**

1. Scrape dripping and sediment from roasting dish into the jug. Stir flour into dripping and then gradually blend in stock. Place on the base of the oven and cook on 1000 W for 2 to 3 minutes stirring halfway through cooking. Season and serve.

**STRAWBERRY JAM**

Serves: Approximately 1700 ml

**Ingredients:**

- 1 kg strawberries, washed and cut
- 1 kg caster sugar
- pectin if required

**Method:**

1. Place all ingredients in a 4-litre casserole dish. Cover and cook on 1000 W for 5 minutes. Stir halfway through cooking.
2. Cook on 800 W for 30 to 32 minutes, stirring every 10 minutes. Cool and bottle in sterilised jars. Seal.

**SWEET APRICOT JAM**

Serves: 3 cups

**Ingredients:**

- 800 g dried apricots, cut in quarters
- 1000 ml water
- 800 g sugar
- 2 tablespoons pectin

**Method:**

1. Place apricots and water in a 4-litre casserole dish. Cover and allow to stand overnight. Add sugar to apricots and water. Cover and cook on 1000 W for 30 minutes, stirring halfway through cooking.
2. Remove lid, add pectin, stir well. Cook on 1000 W for a further 28 to 30 minutes, stirring halfway through cooking. Allow to cool slightly before pouring into sterilised jars. Seal.

**RED ONION MARMALADE**

Serves: 1½ lb

**Ingredients:**

- 45 ml olive oil
- 4 large red onions halved and thinly sliced
- 50 g Demerara sugar
- 100 g sultanas
- 300 ml red wine
- 125 ml red wine vinegar

**Method:**

1. Put oil in bowl with onions cover with a lid or pierced cling film. Place on the base of the oven and cook on 600 W for 10 minutes stirring halfway.
2. Add all other ingredients and mix well. Cover and cook on 600 W for 30 to 35 minutes. Cool slightly, then pour into a clean, sterilized jar. Allow to cool thoroughly before chilling.



Jam

**ORANGE MARMALADE**

Serves: 3 cups

**Ingredients:**

- 700 g oranges
- 1 lemon
- water
- 3 cups sugar, warmed

**Method:**

1. Wash fruit. Cut fruit in half, reserve seeds, squeeze juice from fruit and set aside.
2. Remove rind from fruit being careful not to include white pith. Cut rind into fine strips. Set aside.
3. Pour fruit juice into a 4-cup jug. Add enough water to make 3 cups of liquid. Add seeds. Cover and cook on 1000 W for 20 minutes. Strain.
4. Add sugar to mixture with rind, mix well and cook on 1000 W for a further 30 minutes or until marmalade has set. Pour into clean sterilised jars. Seal.

**Tip:**

To warm sugar - Place sugar in a 2-litre casserole dish and cook on 1000 W for 1 to 1½ minutes.

**PASSION FRUIT BUTTER**

Serves: 1½ cups

**Ingredients:**

- 3 eggs
- ½ cup caster sugar
- 6 passionfruit, pulp removed
- 90 g butter

**Method:**

1. Beat eggs and sugar together in a 1 litre jug until combined. Stir in passionfruit pulp and butter. Cook on 800 W for 4 minutes, stirring after every minute. Pour into hot sterilised jars, when cool, seal.

**LEMON BUTTER**

Serves: 1 cup

**Ingredients:**

|              |             |
|--------------|-------------|
| ½ cup        | lemon juice |
| 1 tablespoon | lemon rind  |
| ⅓ cup        | sugar       |
| 3 egg        | yolks       |
| 1 tablespoon | butter      |
| 1 tablespoon | cornflour   |

**Method:**

1. Blend all ingredients in a 4-cup glass jug. Cook on 600 W for 3 to 4 minutes, stirring every minute. Pour into hot sterilised jars and seal immediately.

**LEMON CURD**

Serves: 2 jars

**Ingredients:**

|          |                                      |
|----------|--------------------------------------|
| 4        | untreated lemons, the juice and zest |
| 400 g    | crystalised sugar                    |
| 4 beaten | eggs                                 |
| 100 g    | butter                               |

**Method:**

1. Place all the ingredients in the bowl and mix together well. Cook on 1000 W for 5 to 6 minutes, stirring every minute to begin with then every 30 seconds once the mixture starts to thicken. When the mixture stays on the back of the spoon, stop cooking, before the eggs cook too much. The mixture will continue to thicken as it cools.
2. Fill the jars while the curd is hot, close them and turn them over. Keep the lemon curd in the fridge.

**RHUBARB AND APPLE CONSERVE**

Serves: 2 cups

**Ingredients:**

|               |                      |
|---------------|----------------------|
| 350 g         | rhubarb, chopped     |
| 3 medium      | sized apples, grated |
| 2 tablespoons | water                |
| 1 cup         | caster sugar         |
| 2 tablespoons | lemon juice          |

**Method:**

1. Place rhubarb, apple and water in a 3-litre casserole dish, cover and cook on 1000 W for 6 to 8 minutes, stirring once during cooking.
2. Stir in sugar and lemon juice and cook uncovered on 1000 W for 15 minutes stirring after every 5 minutes. Pour into hot sterilized jars, when cool, seal.

**MANGO CHUTNEY**

Serves: 3 cups

**Ingredients:**

|               |  |
|---------------|--|
| 450 g         | fresh mango, sliced                      |
| 250 g         | cooking apples, peeled, cored and sliced |
| 2 tablespoons | salt                                     |
| 2             | onions, finely sliced                    |
| 300 g         | brown sugar                              |
| 150 ml        | malt vinegar                             |
| 1 teaspoon    | ground ginger                            |
| 1 teaspoon    | chilli powder                            |

**Method:**

1. Place mango and apple in a bowl and sprinkle with salt. Stand overnight. Rinse and drain fruit. Place fruit in a 4-litre casserole dish, add onion. Cover and cook on 1000 W for 6 minutes, stirring halfway through cooking.
2. Add sugar, vinegar and spices, mix well. Cover and cook on 1000 W for 15 minutes. Pour into sterilised jars and seal.

**TOMATO CHUTNEY**

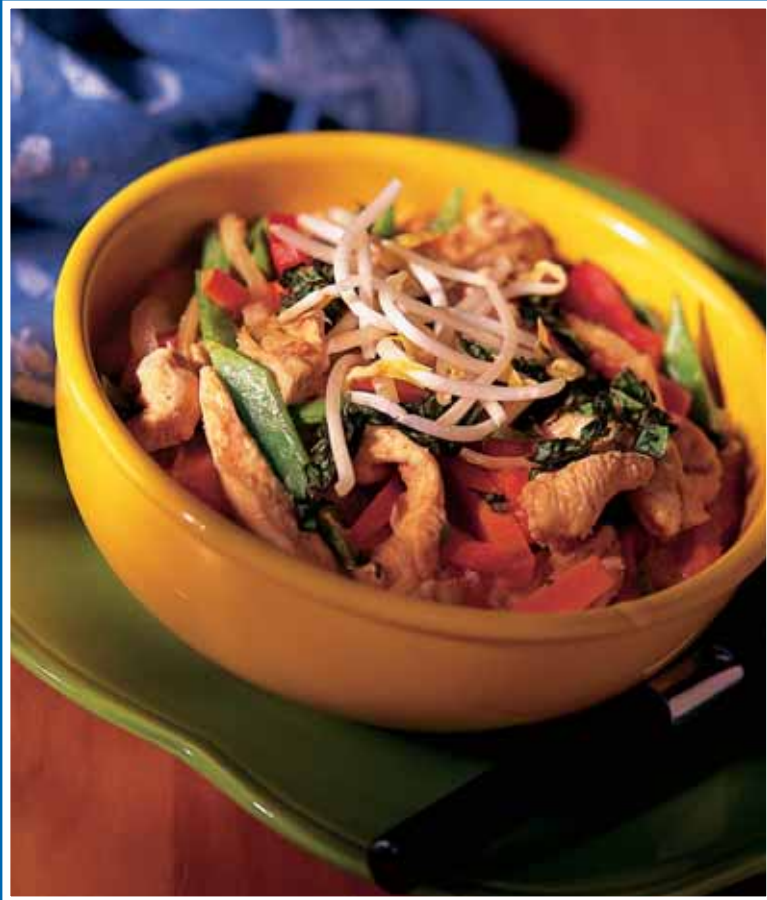
Serves: approx. 2 lb

**Ingredients:**

|        |                                   |
|--------|-----------------------------------|
| 675 g  | tomatoes                          |
| 225 g  | cooking apples, peeled and sliced |
| 1      | medium onion, chopped             |
| 100 g  | granulated sugar                  |
| 30 ml  | tomato puree                      |
| 5 ml   | salt                              |
| 200 ml | white wine vinegar                |
| 10 ml  | ground ginger                     |
| 2 ml   | cayenne pepper                    |
| 3 ml   | mustard powder                    |

**Method:**

1. Prick the tomatoes and place in a bowl. Cover with boiling water and leave for 5 minutes. Drain.
2. Peel off skin and roughly chop flesh. Blend apple and onion in a food processor to a thick puree.
3. Combine all ingredients together in a bowl. Cover, place on base of oven and cook on 1000 W for 25 to 30 minutes. Stirring occasionally, or until the mixture is thick with no excess liquid. Leave to stand for 10 minutes then stir and pour into sterilized jars. Cover and label.



© Panasonic Appliances Microwave Oven (Shanghai) Co., Ltd. 2020

F0003CH50QP  
PA0820-0  
Printed in China

