

# Panasonic®

## Operating Instructions and Cook Book Steam Convection Microwave Oven Household Use Only

**INVERTER**



Model No. **NN-CS894S**

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.

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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 \_\_\_\_\_

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# Important Safety Instructions

## READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

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

**INSPECTION FOR DAMAGE.** A microwave oven should only be used if an inspection confirms all of the following conditions:

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

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

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g., fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with trays or cookware recommended by the manufacturer.
7. 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.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in microwave ovens. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.
10. 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.
11. Young children should be supervised to ensure that they do not play with the appliance.
12. 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.
13. The surfaces are liable to get hot during use.

### Practical Hints:

1. For initial use of GRILL, CONVECTION, and CRISPY GRILL, if you see white smoke arise, it is not malfunction.
2. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during GRILL, CONVECTION, and CRISPY GRILL. Use care when opening or closing door and when inserting or removing food and accessories.
3. The oven has two grill heaters situated in the top of the oven and a convection heater situated in the back of the oven. After using the GRILL, CONVECTION, and CRISPY GRILL functions, the oven will be very hot.
4. The accessible parts may become hot when GRILL, CONVECTION and CRISPY GRILL is in use. Children should be kept away.

### 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. Appliances are 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.

# Important Safety Instructions

## 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)

## 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) It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.
- c) If the supply cord of this appliance is damaged, it must be replaced by a qualified service technician with the special cord available only from the manufacturer.
- d) Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
- e) 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.
- f) 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.
- g) When the appliance is operated in the GRILL, CONVECTION and CRISPY GRILL 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 the **STOP/RESET** key and leave door closed in order to stifle any flames. Disconnect the power cord, and/or shut off power at the fuse or circuit breaker panel.
3. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
4. Do not use recycled paper products, unless the paper product is labeled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike the Control Panel. Damage to controls may occur.
7. 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.
8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
9. Do not cook food directly on ceramic plate unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
10. **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.**

# Installation and General Instructions (continued)

11. If the base of the oven is hot, allow to cool before cleaning or placing in water.
12. When using the CRISPY GRILL mode, never place any aluminum or metal container directly on the grill tray. Always insert a heat-proof, glass plate or dish between the and the aluminum container. This will prevent sparking that may damage the oven.
13. It is recommended not to use the 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 cools 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.
3. Do not boil eggs in their shell and whole hard-boiled eggs (unless otherwise stated in Cooking Guide section). Pressure will build up and the eggs will explode.
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 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 halfway through cooking time.
  - d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.

## Placement of 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 the back, and 5 cm on both sides. If one side of the oven is placed flush to wall, 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 GRILLING/CRISPY GRILL/ CONVECTION/ cooking as the top of the microwave 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 appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm house; by clients in hotels, motels and other residential environments; bed and breakfast type environments.
3. The appliance is freestanding type and shall not be placed in a cabinet.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN.** To check the degree of cooking of roasts and poultry use a **MICROWAVE THERMOMETER**. Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES** given in the **Cooking Guide section** are **APPROXIMATE**. Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. It is better to **UNDERCOOK RATHER THAN OVERCOOK** foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. **NEVER** leave oven unattended when popping popcorn.

## 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.
10. When heating food in plastic or paper containers, check the oven frequently due to the possibility of ignition.
11. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.



# Microwaves and How They Work

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

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

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

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

1. REFLECTED
2. TRANSMITTED
3. ABSORBED

## Reflection:

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

## Transmission:

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

## Absorption:

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

# Cookware and Utensils Guide

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

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

**TO TEST A CONTAINER FOR SAFE MICROWAVE OVEN USE:** Fill a 1-cup glass measure with cool water and place it in the microwave oven alongside the empty container to be tested; **heat one (1) minute at High**. 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.

# Cookware and Utensils Guide

## 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 **High** power. These dishes, although not suitable for extended cooking, may be used successfully for defrosting or for use on lower power levels.

**Cooking Bags** designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. When cooking by microwave, **DO NOT** use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks).

**DO NOT COOK IN PLASTIC FOOD STORAGE BAGS.**

**Plastic Wrap** such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers", as well as any glass lid, be careful to remove it away from you to avoid steam burns.

Loosen plastic but let dish stand, covered.

## Jars and Bottles

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

## Metal

Metal cookware or utensils, or those with metallic trim, should **NOT** be used in the microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also a possibility of "arcing".

Although metal utensils should be avoided in microwave cooking, some metal can be helpful when used correctly.

Aluminum foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to shield areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven, otherwise arcing may occur. Foil lined containers, either cardboard or plastic, should **NOT** be used in the microwave oven as arcing could occur.

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

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

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

## Straw, Wicker and Wood

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



# Cookware and Utensil Chart

	Microwave	Grill	Convection	Crispy Grill	Steam	300 W + Steam	Steam plus
Metal tray (oven accessories)	no	yes	yes	no	no	no	yes
Glass shelf (oven accessories)	yes	yes	yes	no	yes	yes	yes
Plastic trivet (oven accessories)	no	no	no	no	yes	yes	no
Grill tray (oven accessories)	no	yes	yes	yes	yes	yes <sup>*1</sup>	yes
Aluminium foil	for shielding	yes	yes	no	no	no	no
Ceramic Plate	yes	yes	yes	no	yes	yes	yes
Browning Dish	yes	no	no	no	yes	yes	no
Brown paper bags	no	no	no	no	no	no	no
<b>Dinnerware</b> oven/microwave safe non-oven/microwave safe	yes yes	yes no	yes no	no no	yes no	yes no	yes no
<b>Disposable</b> paperboard containers	yes <sup>*1</sup>	no	yes <sup>*1</sup>	no	no	no	no
<b>Glassware</b> oven glassware & ceramic non-heat resistant	yes no	yes no	yes no	no no	yes no	yes no	yes no
Metal cookware	no	yes	yes	no	no	no	no
Wire rack	no	yes	yes	no	no	no	no
Metal twist-ties	no	yes	yes	no	no	no	no
Oven cooking bag	yes	no	yes <sup>*1</sup>	no	yes	yes	yes
Paper towels and napkins	yes	no	no	no	no	no	no
Plastic defrosting rack	yes	no	no	no	yes	yes	yes
<b>Plastic dishes</b> microwave safe non microwave safe	yes no	no no	no no	no no	yes no	yes no	no no
Microwave safe plastic wrap	yes	no	no	no	not required	not required	not required
Straw, wicker, wood	yes	no	no	no	yes	yes	yes
<b>Thermometers</b> microwave safe conventional	yes no	no yes	no yes	no no	no no	no no	no no
Waxed paper	yes	no	no	no	not required	not required	not required
Silicon bakeware	yes <sup>*1</sup>	no	yes <sup>*1</sup>	no	yes <sup>*1</sup>	yes <sup>*1</sup>	yes <sup>*1</sup>

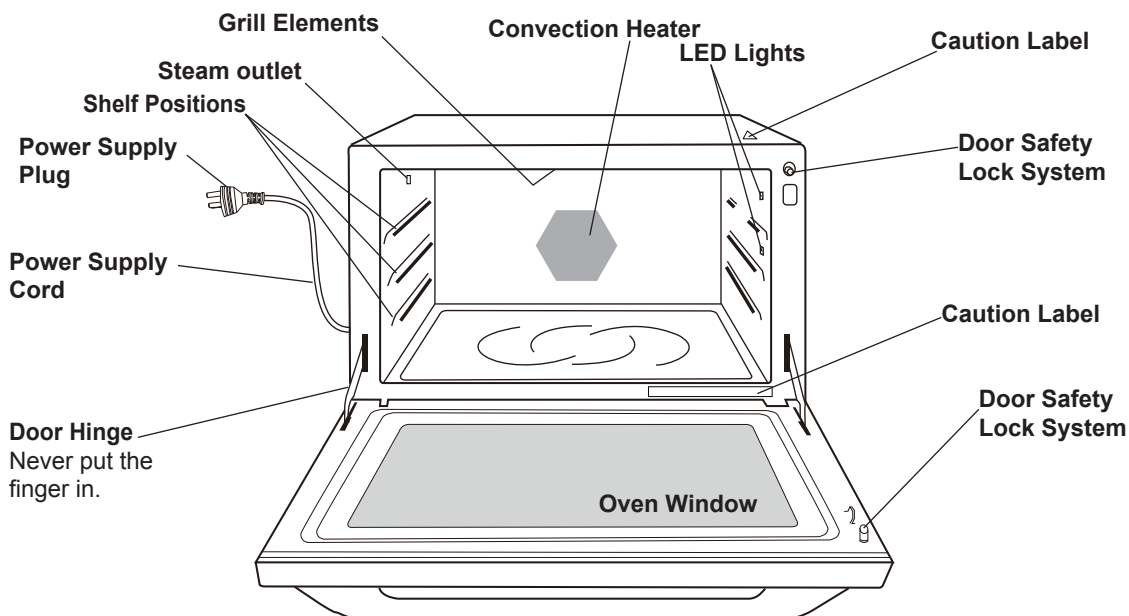
\*1 Check manufacturers' recommendation, must withstand heat or follow the recipe instructions.

# Feature Diagram

## Flat Table

If the flat table is hot, allow cooling down before cleaning

Do not directly place the food on the flat table. Place it on a container or container rack special for the microwave oven.



## NOTE:

This illustration is for reference only.



### Glass shelf

1. The glass shelf can be used in any of the shelf positions for cooking on any mode, except CRISPY GRILL mode.
2. If the glass shelf is hot, let it cool before cleaning or placing in cold water, as this could crack or shatter the accessory.
3. The maximum weight that can be placed on the glass shelf is 4 kg (this includes total weight of food and dish).



### Metal tray

1. The metal tray is for cooking on GRILL, CONVECTION and STEAM PLUS mode. Do not use on other modes.
2. For 2 level CONVECTION cooking, the grill tray can be used as the upper level and the metal tray can be used as the lower level.
3. The maximum weight that can be placed on the metal tray is 4 kg (this includes total weight of food and dish).

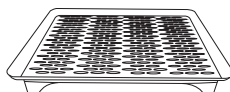
## Pull Door Handle

Opening the door during cooking will stop the cooking process without cancelling the program. Cooking resumes as soon as the door is closed and **Start** key is touched. The oven light will turn on and stay on whenever the door is opened. It is quite safe to open the door at any time during a cooking program and there is no risk of Microwave exposure.



## Grill tray

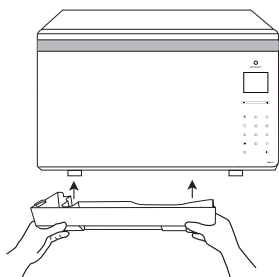
1. Do not place it on the oven window. Otherwise, the oven window may be damaged.
2. Place it on the shelves when using.
3. When cooking food, place it in the middle of wavy range of the grill tray, avoiding letting the food into the groove around, so that food can't be completely baked.



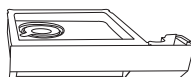
## Plastic trivet

1. The plastic trivet is placed inside the glass shelf to cook on STEAM or 300 W + STEAM mode. Food can be placed directly on the plastic trivet.
2. Do not use the plastic trivet for other modes.
3. The plastic trivet is dishwasher safe.

# Feature Diagram (continued)



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

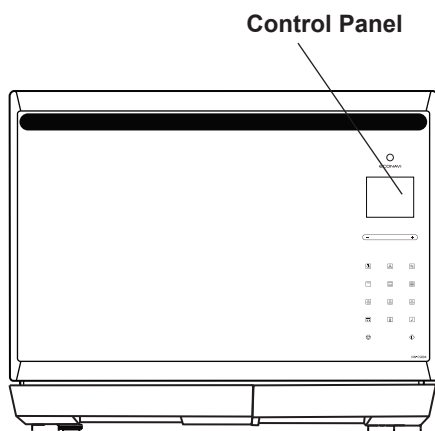


## Water tank

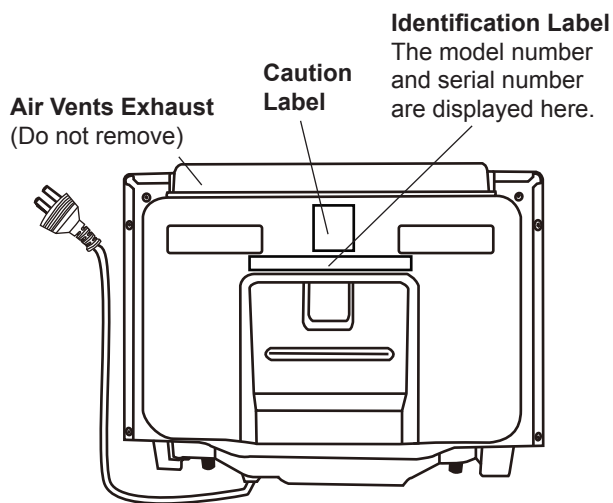
Carefully remove the water tank from the oven. Remove the lid and fill with tap water (do not use mineral water). Replace the lid and position back in the oven. Ensure the lid is closed tightly and securely positioned, otherwise leakage may occur. It is recommended to clean the water tank in warm water once a week. See page 46 for reference.

## 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. Connect the drip tray to the plastic feet, as shown in the diagram, before using the oven.
3. Clean and wipe dry after use.
4. After cleaning, re-connect the drip tray to the plastic feet.
5. Fit the drip tray by holding with both hands and clicking onto the front legs of the oven.
6. To remove the drip tray, hold with both hands and gently ease forward. Wash in warm soapy water. Re-position the drip tray by clicking back onto the legs.
7. DO NOT USE A DISHWASHER TO CLEAN THE DRIP TRAY.



Front View



Rear View

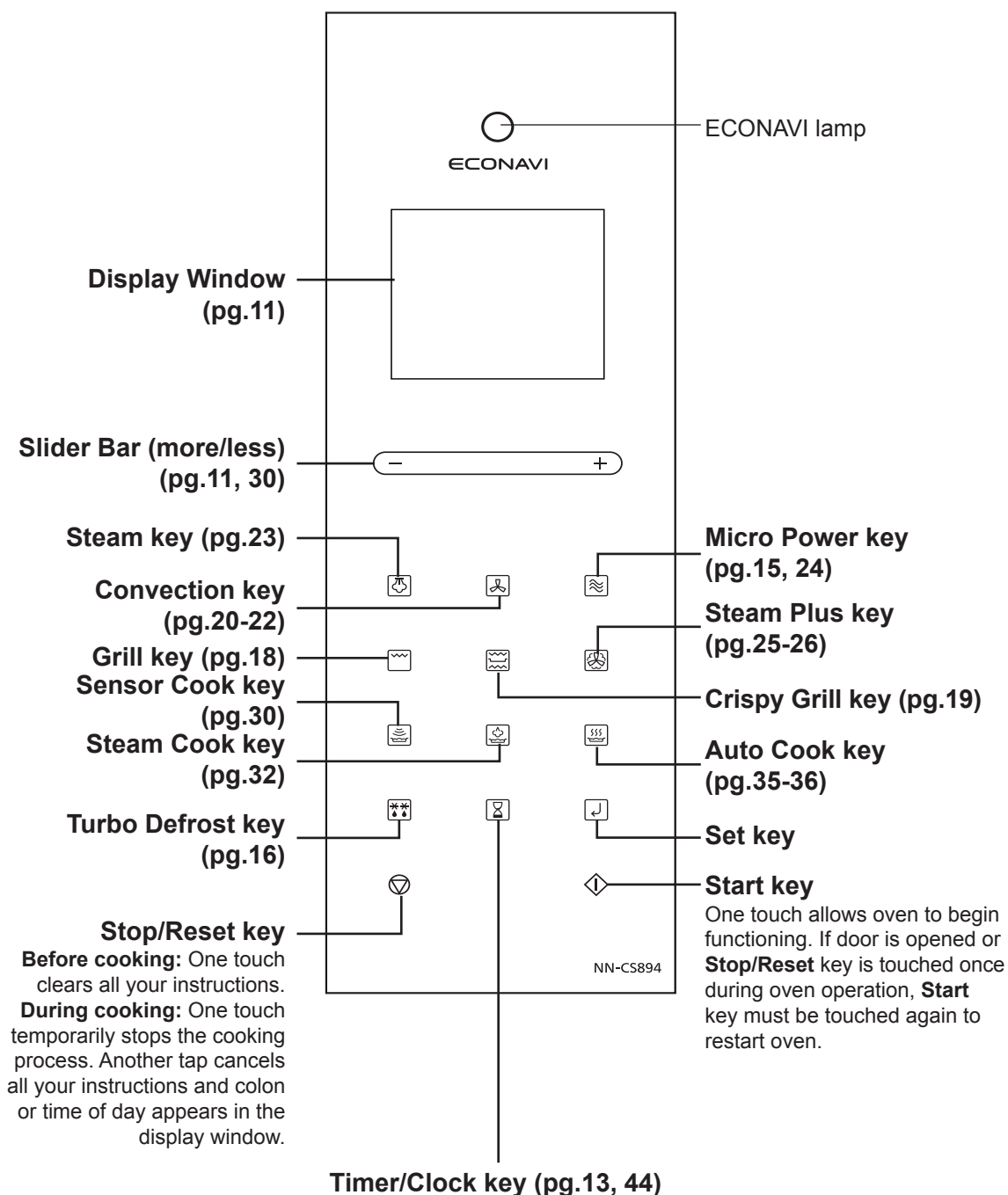
## Oven Light:

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

## NOTE:

The above illustration is for reference only.

# Control Panel



## Beep Sound

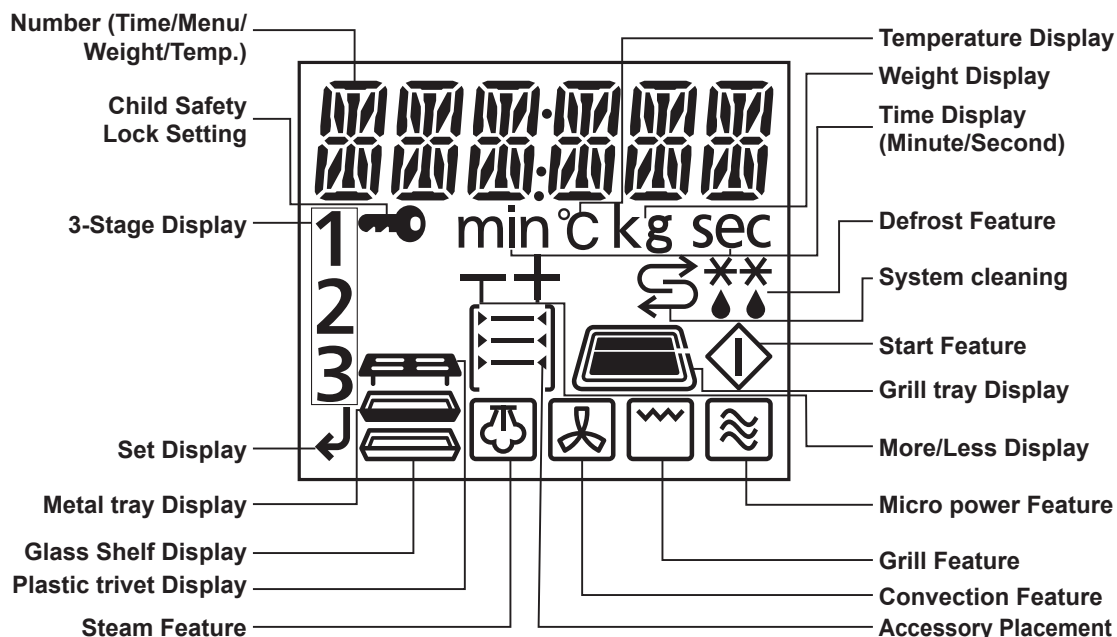
When key is touched correctly, a beep sound will be heard. If a key is touched and no beep is heard, the unit does not or cannot accept the instruction. The oven will beep twice between programmed stages. At the end of any complete programme, the oven will beep five times.

## NOTE:

1. If an operation is set and **Start** key is not touched, after 6 minutes, the oven will automatically cancel the operation. The display will revert back to clock or colon mode.
2. 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.
3. When in stand-by mode, it is necessary to open and close the oven door before operating the oven.

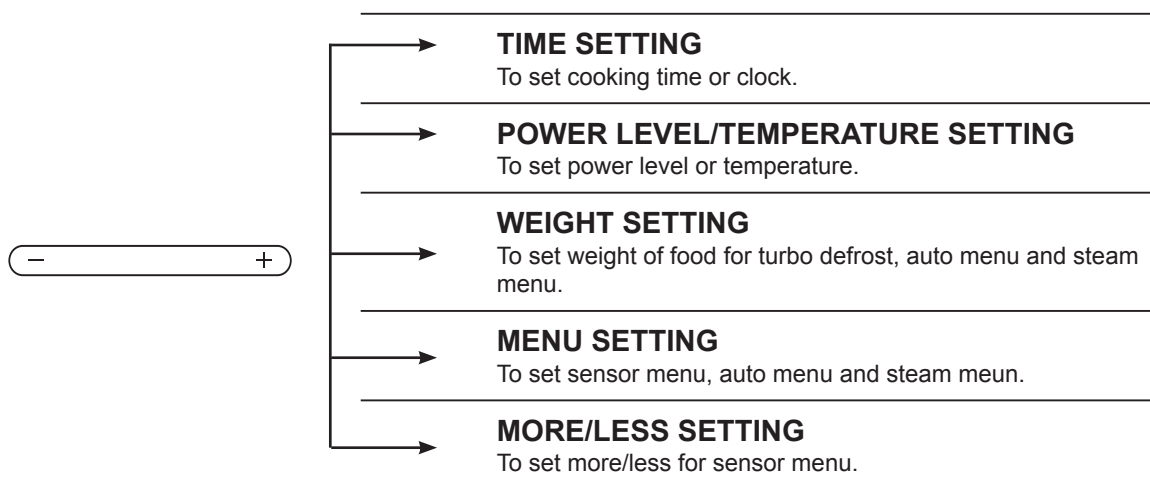
# Display Window

To help you operate the oven, the following numbers/symbols will appear in the display window.



## Slider Bar Features

Select the time or weight by tapping “+”/“-” or swipe the slider bar. The time/weight appears in the display window.



### NOTE:

The maximum programmable time using slider bar is up to 9 hours.



# Let's Start To Use Your Oven!

## 1 Plug in.

Plug into a properly earthed electrical outlet. "WELCOME TO PANASONIC MICROWAVE OVEN COOKING" appears in the display window. (This will immediately cease when any key is accepted.)

## 2 Open Door.

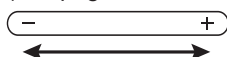
Open the door and place container with food on flat table in the oven. Then close the door.

## 3 Touch once.

Touch to select "Micro Power".

## 4 Select Micro Power Level.

Tap "+" / "-" or swipe the slider bar until the desired power appears in the display window.  
(see page 15 for Micro Power chart)

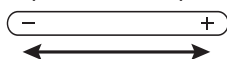


## 5 Touch .

Touch the Set key to verify your selected power level.

## 6 Set Time.

Tap "+" / "-" or swipe the slider bar until the desired time appears in the display window.



Verify your selection(s) in the display window.

## 7 Touch .

Cooking will start.  
The time in display window will count down.

# 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.

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

# To Set Clock

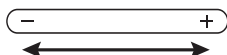
You can use the oven without setting the clock.

## 1 Tap twice.

“SET TIME” appears in the display window. The colon and “+”/“-” starts to blink.

## 2 Enter time.

Enter the time by tapping “+”/“-” or swipe the slider bar.



Clock is a 12 hour display. There isn't a.m. or p.m. setting.

## 3 Touch once.

Time of day is entered and locked into display window.

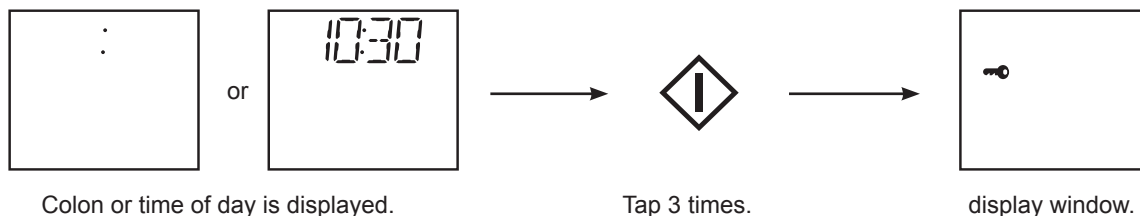
### NOTES:

1. Oven will not operate while colon is still blinking.
2. One tap of the “+”/“-” will increase or decrease the time by 1 minute. Holding “+”/“-” will rapidly increase or decrease the time.
3. To reset time of day, repeat step 1 to 3.
4. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.
5. This is a 12 hour clock.

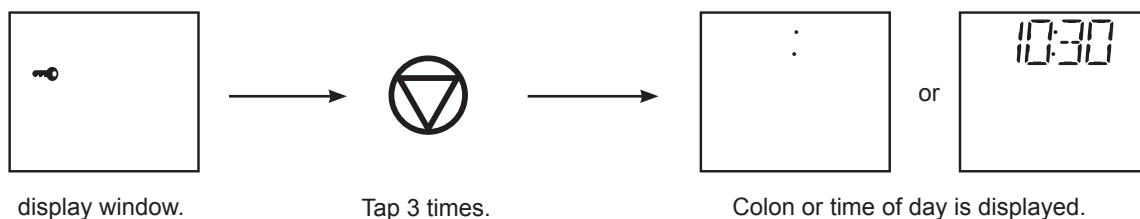
# To Use Child Safety Lock

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

### To set



### To cancel

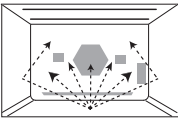
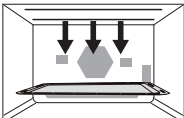
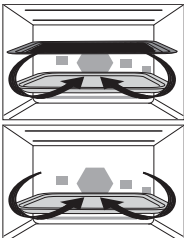
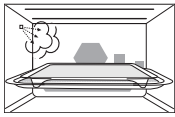
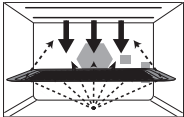
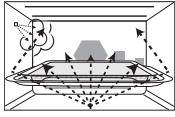
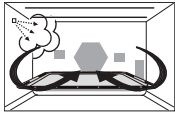


### NOTE:

To set or cancel child safety lock, **Start** key or **Stop/Reset** key must be tap 3 times within 10 seconds.

# Cooking Modes

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

Cooking modes	Uses	Recommended accessories	Containers
<b>MICROWAVE</b> 	<ul style="list-style-type: none"> <li>■ Defrosting</li> <li>■ Reheating</li> <li>■ Melting: butter, chocolate, cheese.</li> <li>■ Cooking fish, vegetables, fruits, eggs.</li> <li>■ Preparing: stewed fruits, jam, sauces, custards, choux, pastry, caramel, meat, fish.</li> <li>■ Baking cakes without colour.</li> </ul> <p><b>No Preheating</b></p>	Use your own dishes, plates or bowls, directly on the base of the oven.	Microwaveable, no metal.
<b>GRILL</b> 	<ul style="list-style-type: none"> <li>■ Grilling of meat or fish.</li> <li>■ Toast grilling.</li> <li>■ Colouring of gratin dishes or meringue pies.</li> </ul> <p><b>No Preheating</b></p>	Metal tray.	Heatproof, metal tin can be used.
<b>CONVECTION</b> 	<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>	Metal tray, glass shelf and grill tray.	Heatproof, metal tin can be used.
<b>STEAM</b> 	<ul style="list-style-type: none"> <li>■ Cooking fish, vegetables, chicken, rice, and potatoes.</li> </ul> <p><b>No Preheating</b></p>	Plastic trivet and glass shelf.	Microwaveable.
<b>CRISPY GRILL</b> 	<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.	Microwaveable & heatproof.
<b>300 W + STEAM</b> 	<ul style="list-style-type: none"> <li>■ Cooking fish, vegetables, chicken, rice, and potatoes.</li> </ul> <p><b>No Preheating</b></p>	Plastic trivet and glass shelf.	Microwaveable.
<b>STEAM + PLUS</b> 	<ul style="list-style-type: none"> <li>■ Baking cakes</li> <li>■ Pastry tarts</li> <li>■ Souffles</li> </ul> <p><b>Preheating advised</b></p>	Metal tray or glass shelf.	Heatproof, metal tin can be used.

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

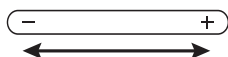
This feature allows you to set the desired power and time for cooking by yourself.

## 1 Touch once.

Touch to select "Micro Power".

## 2 To select Micro Power Level.

Select the Micro Power Level by tap "+" / "-" or swipe the slider bar (see chart below).



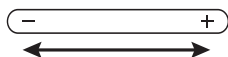
Note: When selecting 1000 W on the first stage, you can start from step 4.

## 3 Touch once.

Touch the Set key to verify your selection Micro Power level.

## 4 To select the cooking time.

Select the cooking time by tap "+" / "-" or swipe the slider bar.



(1000 W and 300 W + steam: up to 30 minutes, other powers: up to 90 minutes for a single stage)

### NOTE:

When cooking time is longer than 60 minutes, the time will appear in hours and minutes.

0 - 3 minute time counts up in 10 seconds. 3 - 8 minute time counts up in 30 seconds. 8 - 30 minute time counts up in 1 minute. Upwards from 30 minutes time counts up in 5 minutes.

## 5 Touch .

Cooking will start.

The time in the display window will count down.

### For more than one stage cooking,

Repeat steps 1 to 4 above then touch **Start**. The maximum number of stages for cooking is 3. The oven will beep twice between stages. (For further information, refer to page 28.)

### Micro Power:

The **Micro Power** key gives you a selection of different power levels representing decreasing amounts of microwave energy, used for cooking foods at different speeds.

e.g. The lower the micro power setting, the more evenly the food cooks, although it will take a little longer. To select the correct power level for cooking different foods, refer to the chart below.

Power Level	EXAMPLE OF USE
1000 W (High)	Boil water. Cook fresh fruits, vegetables, preserved fruit and candies.
800 W (Medium-High)	Cook fish and seafood, meat, poultry, eggs and cakes.
600 W (Medium)	Cook cakes, stew food, and melt butter and chocolate.
440 W (Medium-Low)	Cook tough meat, stew soup and soften butter.
300 W (Defrost)	Defrost meat, poultry or seafood.
270 W (Low)	Keep food warm and soften ice cream.
300 W + Steam (Micro + Steam)	See page 24 for reference.

### NOTE:

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. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.

# To Defrosting

## Turbo Defrost

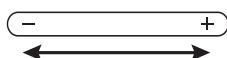
This feature allows you to defrost meat, poultry and seafood automatically by just setting the weight of the food.

### 1 Touch once.

Touch to select “Turbo Defrost”.

### 2 Set weight.

The shape and size of the food will determine the maximum weight the oven can accommodate. The recommended maximum weight of food depends on the oven cavity size. Weight must be programmed in kilograms and tenths of a kilogram (0.1 kg ~ 3.0 kg). For best results, the minimum recommended weight is 0.1 kg.



Select the required weight by tap “+”/“-” or swipe the slider bar.

### 3 Touch .

Cooking will start.

The time in the display window will count down.

#### Note:

The oven will beep during the total defrosting time. This indicates that food should be turned, broken apart or removed. After attending to food, close door and touch **Start** to resume defrosting.

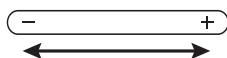
## Defrost on Micro Power by Time Setting

This feature allows you to defrost meat, poultry and seafood by **300 W** and time.

### 1 Touch once.

Touch to select “Micro Power”.

### 2 To select 300 W.

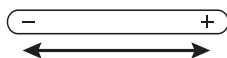


Select 300 W by tap “+”/“-” or swipe the slider bar. “” appears in the display window.

### 3 Touch once.

Touch the Set key to verify your selection Micro Power level.

### 4 To select the defrosting time.



Select the cooking time by tap “+”/“-” or swipe the slider bar. (Up to 90 minutes)

### 5 Touch .

Defrosting will start.

The time in the display window will count down.



# Defrosting Tips and Techniques

## 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 (minutes per 500 g)	INSTRUCTION
<b>MEAT</b>		
Beef		Halfway through the defrost cycle, break apart minced beef, separate chops and remove meat that is defrosted.
Minced Beef	6 - 8	
Roast: Topside	7 - 9	
Beef Tenderloin	7 - 9	
Chuck or Rump	6 - 8	Turn meat over two to three times during defrosting.
Sirloin, rolled	7 - 9	
Steak	6 - 7	
Miscellaneous	6 - 8	Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle.
<b>Pork/Lamb</b>	6 - 8	
Roast	5 - 7	
Chops	5 - 7	Large roasts may still be icy in centre. Let stand.
Ribs		
<b>POULTRY</b>		
<b>Chicken</b>		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.
whole	7 - 9	
pieces	6 - 8	
fillets	6 - 8	
<b>Duck</b>	6 - 8	Break apart chicken pieces and remove small pieces such as wings, which may be defrosted before larger pieces.
<b>Turkey</b>	7 - 9	Rinse poultry under cold water to remove ice crystals. Let stand 5 to 10 minutes, before cooking.
<b>FISH &amp; SHELLFISH</b>		
<b>Fish Fillets</b>	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.
<b>Whole Fish</b>	6 - 8	
<b>Crabmeat</b>	5 - 7	
<b>Lobster Tails</b>	5 - 7	
<b>Sea Scallops</b>	4 - 6	Let stand, 5 to 10 minutes, before cooking.
<b>Green Prawns</b>	5 - 7	

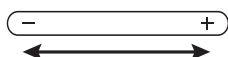
# To Cook on Grill by Time Setting

There are three power levels for grill. When grilling, heat is radiated from two heaters. It is especially suitable for thin slices of meat and seafood as well as bread and meals. Most foods require turning halfway during cooking. When turning food, open oven door and CAREFULLY remove the accessory by holding the accessories firmly.

## 1 Touch once.

Touch to select "Grill".

## 2 To select Grill level.



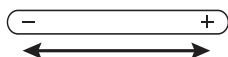
Select the Grill level by tap "+" / "-" or swipe the slider bar. (see chart below)

Power Level	EXAMPLE OF USE
Grill 1 (High)	Grill garlic Bread, Toast.
Grill 2 (Medium)	Grill seafood.
Grill 3 (Low)	Grill slice meat or poultry pieces.

## 3 Touch once.

Touch the Set key to verify your selection Grill level.

## 4 To select the cooking time.



Select the cooking time by tap "+" / "-" or swipe the slider bar. (Up to 90 minutes.)

## 5 Touch .

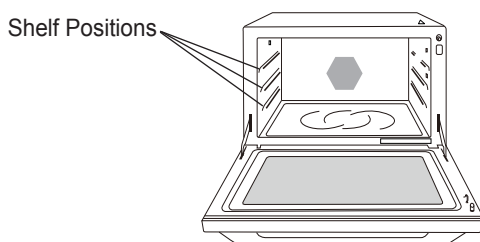
Cooking will start.  
The time in the display window will count down.

### Notes:

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. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.

## Use of Accessory

When grilling foods, please put recommended accessories directly in the shelves.



# To Cook on Crispy grill by Time Setting

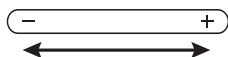
## Crispy grill Setting

The crispy grill feature allows the upper and lower surfaces of food to be roasted by means of the particular design of the grill tray only. Food can get golden-brown and crispy effect without turning over. It is suitable for roasting all kinds of meat and seafood.

### 1 Touch once.

Touch to select “Crispy grill”. This is only one level for crispy grill.

### 2 To select the cooking time.



Select the cooking time by tap “+”/“-” or swipe the slider bar (Up to 30 minutes.)

### 3 Touch .

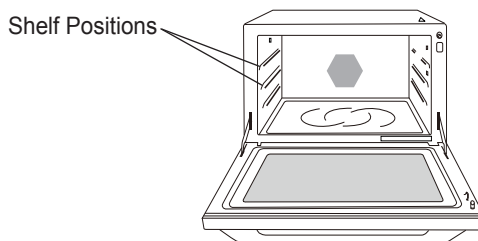
Cooking will start.  
The time in the display window will count down.

#### Notes:

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. Tapping “-” to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.

## Use of Accessory

When grilling foods, please put grill tray directly in higher or middle shelf position.



	Shelf position	Example to use
Crispy Grill	Higher shelf position	Slice meat, fish, poultry pieces (Fried chicken, Wing tip etc.) Reheat Fried foods
	Middle shelf position	Gratin, Potato Fries, Spring Rolls, Pizza etc.

# To Cook on Convection by Time Setting

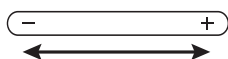
The oven can be used as a conventional oven using the CONVECTION mode which incorporates a heating element with a fan.

## Without Preheating:

### 1 Touch once.

Touch to select "Convection".

### 2 To select desired temperature. (40 °C, 100 °C ~ 230 °C)



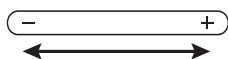
Select temperature by tap "+" / "-" or swipe the slider bar.

The oven offer a choice of convection temperatures 40 °C and 100 °C ~ 230 °C in 10 °C increments. For quick selection of the most commonly used cooking temperatures, the temperatures start at 150 °C. Temperature 40 °C is suitable for proving yeast dough. Temperature from 100 to 230 °C is especially suitable for cooking cake and pizza.

### 3 Touch once.

Touch the Set key to verify your desired temperature.

### 4 To select the cooking time.



Select the cooking time by tap "+" / "-" or swipe the slider bar. (Up to 9 hours.)

### 5 Touch .

Cooking will start.

The time in the display window will count down.

#### Notes:

1. 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. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.
2. After touching Start, the selected temperature can be recalled and changed. Touch Convection key once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature (except 40 °C) by tapping "+" / "-".

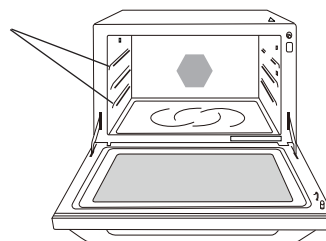
## Use of Accessory

It is possible to cook on one or two levels when using convection cooking.

When cooking on one level, please put recommended accessories directly in higher or lower shelf position.

When cooking on two levels, please put the metal tray in the lower shelf position and the grill tray in the higher shelf position.

Shelf Positions



# To Cook on Convection by Time Setting (continued)

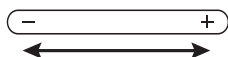
For best results always place food in a preheated oven.

## With Preheating:

### 1 Touch once

Touch to select "Convection".

### 2 To select desired temperature. (100 °C~230 °C)



Select temperature by tap "+" / "-" or swipe the slider bar

The oven offer a choice of convection temperatures 100 °C ~ 230 °C in 10 °C increments.

For quick selection of the most commonly used cooking temperatures, the temperatures start at 150 °C.

### 3 Touch once

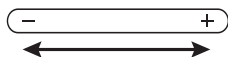
Touch the Set key to verify your desired temperature.

### 4 Touch to preheat

A "P" will appear in the display window.

When the oven is preheated the oven will beep 3 times and the "P" will flash. Then open the door and place the food inside.

### 5 To select the cooking time



Select the cooking time by tap "+" / "-" or swipe the slider bar. (Up to 9 hours.)

### 6 Touch

Cooking will start.

The time in the display window will count down.

#### Notes:

1. The oven can not preheat to 40 °C.
2. 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. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.
3. After touching Start, the selected temperature can be recalled and changed. Touch Convection key once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature (except 40 °C) by tapping "+" / "-" .
4. The oven will maintain the selected preheated temperature for approximately 30 minutes without open the door. If no food has been placed inside the oven or a cooking time set, then it will beep 5 times and automatically cancel the cooking program and revert to clock or time of day. Once you open the door and Start key is not pressed, after 6 minutes, the oven will automatically cancel the preheat program. This display will revert back to clock or colon mode.

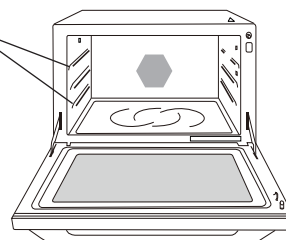
## Use of Accessory

It is possible to cook on one or two levels when using convection cooking.

When cooking on one level, please put recommended accessories directly in higher or lower shelf position.

When cooking in two levels, please put the metal tray on the lower shelf position and the grill tray in the higher shelf position.

Shelf Positions





# To Cook on Convection by Time Setting (continued)

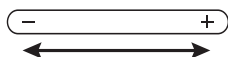
Temperature 40 °C is suitable for proving yeast dough.

## Ferment:

- 1 Touch  once.**

Touch to select “Convection”.

- 2 To select 40 °C**

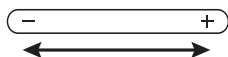


Select 40 °C by tap “+”/“-” or swipe the slider bar.


- 3 Touch  once.**

Touch the Set key to verify your desired temperature.

- 4 To select the cooking time.**



Select the cooking time by tap “+”/“-” or swipe the slider bar. (Up to 9 hours.)

- 5 Touch .**

Cooking will start.

The time in the display window will count down.

## Guideline to Oven Temperatures

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 40 °C then 100 °C. Food is generally cooked UNCOVERED - unless it is a casserole or if you wish to use roasting bags for joints.

Temp °C	EXAMPLE OF USE
40 °C	Proving Bread
150 °C	Cheesecake
160/170 °C	Gingerbread, Cookies
180 °C	Fairy Cakes, Meat Joints
190 °C	Gratins, Pastry pies, Chicken
200 °C	Scones, Swiss Roll, Muffins
220 °C	Puddings, Bread
230 °C	Garlic bread, roast potatoes, baking pizza

# To Cook on Steam by Time Setting

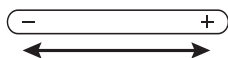
The oven can be programmed as a steamer to cook vegetables, fish, chicken and rice. It can keep moisture of food and also can steam the food evenly. There are 3 different steam settings available.

## 1 Touch once

Touch to select "Steam".

## 2 To select Steam level.

Select the Steam Power Level by tap "+" / "-" or swipe the slider bar (see chart below)

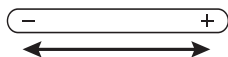


Powe Level	Teamperature	Example to use
Steam 1	High	Vegetable, Chicken, Meat, etc.
Steam 2	Medium	Seafood, Poached egg, Souffle, etc.
Steam 3	Low	Melt chocolate, Defrost Raspberries.

## 3 Touch once

Touch the Set key to verify your selection Steam level.

## 4 Tap "+" / "-" or swipe the slider bar to select the cooking time



Select the cooking time by tap "+" / "-" or swipe the slider bar (Up to 30 mins.)

## 5 Touch

Cooking will start.

The time in the display window will count down.

### Notes:

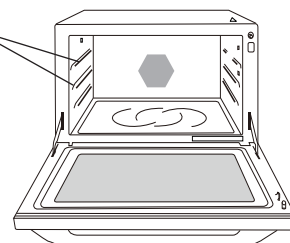
1. Fill the water tank before using the STEAM function.
2. The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, re-fill the water tank and repeat the above operation for the remaining time.
3. If during operation the water tank becomes empty, the oven 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. The oven will not continue cooking until the water tank has been re-filled and Start touched.
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. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.
5. It may be necessary to wipe the excess water in the cavity after Steam cooking.

### Use of Accessory

When steaming food with the plastic trivet, place put it inside the glass shelf in the middle shelf position, or you can put food in the dish inside the glass shelf in higher shelf position according to the height of food. Food can be placed directly on the plastic trivet.

Use oven gloves when removing accessories as they will be very hot, and so will the roof and walls of the oven.

Shelf Positions



# To Cook Combine with Steam by time Setting

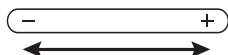
## Cook combine with microwave



This feature is a steam and microwave combined heating method by adjusting the settings. This can often reduce traditional oven cooking times and keep the food moist.

### 1 Touch once.

Touch to select “Micro Power”.

### 2 To select 300 W + Steam.

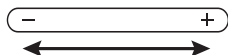


Select the 300 W + Steam by tap “+”/“-” or swipe the slider bar. “” and “” appear in the display window.

### 3 Touch once.

Touch the Set key to verify your selection level.

### 4 To select the cooking time.



Select the cooking time by tap “+”/“-” or swipe the slider bar. (Up to 30 mins.)

### 5 Touch .

Cooking will start.  
The time in the display window will count down.

#### Note:

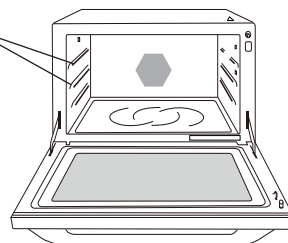
1. The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, re-fill the water tank and repeat the above operation for the remaining time.
2. If during operation the water tank becomes empty, the oven will stop operation. The prompt in the display will ask you to re-fill the water tank. After re-filling the water tank and positioning back in the oven, touch Start. The oven will not continue cooking until the water tank has been re-filled and Start touched.
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. Tapping “-” to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.
4. It may be necessary to wipe the excess water in the cavity after Steam cooking.

## Use of Accessory

When cooking by 300 W + Steam mode with the plastic trivet, place put it inside the glass shelf in the middle shelf position, or you can put food in the dish inside the glass shelf in higher shelf position according to the height of food. Food can be placed directly on the plastic trivet.

Use oven gloves when removing accessories as they will be very hot, and so will the roof and walls of the oven.

Shelf Positions



# To Cook Combine with Steam by time Setting (continued)

## Cook combine with Convection

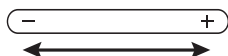
This feature is a steam and convection combined heating method by adjusting the settings, which can shoot steam during the convection. It is suitable for baking cakes, pastry tarts and souffles etc.

### Without Preheating:

- 1 Touch  once.**

Touch to select "Steam Plus".

- 2 To select desired temperature. (100 °C~230 °C)**



Select temperature by tap "+" / "-" or swipe the slider bar.

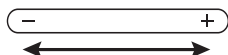
The oven offers a choice of convection temperatures 100 °C ~ 230 °C in 10 °C increments.

For quick selection of the most commonly used cooking temperatures, the temperatures start at 150 °C.

- 3 Touch  once.**

Touch the Set key to verify your desired temperature.

- 4 To select the cooking time.**



Select the cooking time by tap "+" / "-" or swipe the slider bar. (Up to 1 hour.)

- 5 Touch .**

Cooking will start.

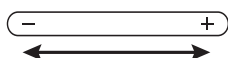
The time in the display window will count down.

### With Preheating:

- 1 Touch  once.**

Touch to select "Steam Plus".

- 2 To select desired temperature. (100 °C~230 °C)**



Select temperature by tap "+" / "-" or swipe the slider bar.

The oven offers a choice of convection temperatures 100 °C ~ 230 °C in 10 °C increments.

For quick selection of the most commonly used cooking temperatures, the temperatures start at 150 °C.

# To Cook Combine with Steam by time Setting (continued)

## 3 Touch once.

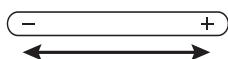
Touch the Set key to verify your desired temperature.

## 4 Touch to preheat

A "P" will appear in the display window.

When the oven is preheated the oven will beep 3 times and the "P" will flash. Then open the door and place the food inside.

## 5 To select the cooking time.



Select the cooking time by tap "+" / "-" or swipe the slider bar. (Up to 1 hour.)

## 6 Touch .

Cooking will start.

The time in the display window will count down.

### Note:

1. The maximum time for cooking in this mode is 60 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. The oven will not continue cooking until the water tank has been re-filled and Start touched.
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. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.
4. It may be necessary to wipe the excess water in the cavity after Steam cooking.
5. After touching Start, the selected temperature can be recalled and changed. Touch Convection key 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 "+" / "-".

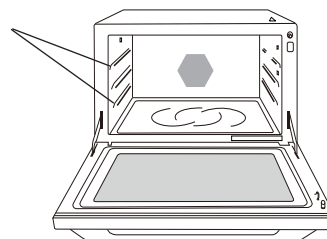
### Example to use:

Food	Weight	Cooking mode	Time	Instruction/Guidelines
Chicken Pieces	500 g	230 °C Steam plus then 230 °C	5-10 mins 10-20 mins	After preheating, place on metal tray in lower shelf position.
Whole Chicken	1200 g	230 °C Steam plus then 230 °C	10-20 mins 30-40 mins	After preheating, place on metal tray in lower shelf position.
Souffle	15 cm diameter 4 serves	210 °C Steam plus then 180 °C	15-20 mins 5-10 mins	After preheating, place on metal tray in lower shelf position.
Choux pastry	12 piece	Steam plus 190 °C then 190 °C	5 mins 20-30 mins	After preheating, place on metal tray in lower shelf position.

### Use of Accessory

When cooking by steam plus mode, please put recommended accessories directly on higher or lower shelf position.

Shelf Positions





# Steam Shot Setting

This feature allows you add steam during cooking (up to 3 minutes). Adding steam during cooking enhances heat distribution and aids the rising process of breads, cakes and pastries.

There are four combinations that you can use steam shot - microwave, grill, crispy grill and convection.

Set and operate the desired program.



Optional

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

If you want to add 2 or 3 minutes, tap Steam key once or twice within 3 seconds after step 2.

## Notes:

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 2 or 3 times within a 3 second time period.

## Example to use:

Food	Cooking Mode	Steam shot
Pastries	Convection	$\frac{2}{3}$ rds total time add 3 minutes steam shot
Breads	Convection	$\frac{2}{3}$ rds total time add 3 minutes steam shot
Sponge cakes	Convection	$\frac{1}{2}$ total time add 3 minutes steam shot

# Guidelines for Steam Setting

## Guidelines

1. There is no microwave 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. (See page 9)

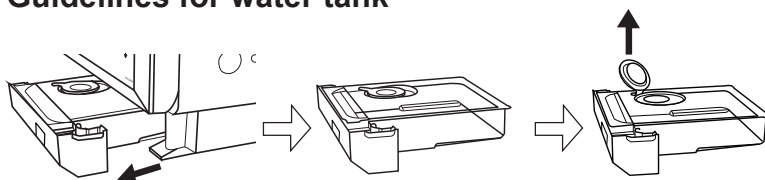
## CAUTIONS

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.

TAKE CARE WHEN REMOVING THE DRIP TRAY. WIPE ANY WATER THAT DRIPS FROM THE LEFT SIDE OF THE OVEN. THIS IS NORMAL.

## Guidelines for water tank



# 3-Stages Setting

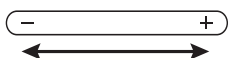
This feature allows you to program 3 Stages of cooking continuously.

**E.g.: Continually set [600 W] 2 minutes, [Steam 2] 3 minutes and [Grill 3] 10 minutes.**

1. Touch to select Micro Power



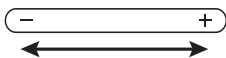
2. Tap "+" / "-" or swipe the slider bar to select 600 W.



3. Touch the Set key to verify your desired power level.



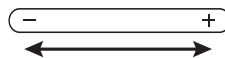
6. Tap "+" / "-" or swipe the slider bar to select steam 2.



5. Touch to select Steam.



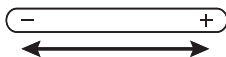
4. Tap "+" / "-" or swipe the slider bar to set 2 minutes.



7. Touch the Set key to verify your desired power level.



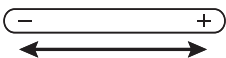
8. Tap "+" / "-" or swipe the slider bar to set 3 minutes.



9. Touch to select Grill.



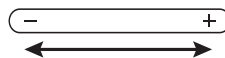
12. Tap "+" / "-" or swipe the slider bar to set 10 minutes.



11. Touch the Set key to verify your desired power level.



10. Tap "+" / "-" or swipe the slider bar to select Grill 3.



13. Touch once. The time will count down at the first stage in the display window.



**Example to use:**

Porridge			Roast Beef		
1-stage	600 W	6'00"	1-stage	600 W	10'00"
2-stage	150 W	15'00"	2-stage	steam 1	3'00"
3-stage	150 W	15'00"	3-stage	220 °C	30'00"

## NOTES:

- When operating, two beeps will sound between each stage.
- This feature is only available for Microwave, Grill, Timer, Convection, Steam and 300 W + Steam function.
- Steam and 300 W + Steam function can not be used over 30 minutes in this feature.
- Auto Control function can not be used in this feature.

# To Cook using the Recipe Store

This feature allows you to pre-program your oven for regular reheating or cooking tasks. You are able to preprogram your oven for a specific power level and time that is convenient for you. You are able to preprogram three memory tasks.

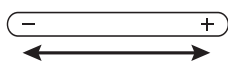
## To Set a Recipe Program:

**1 Touch  Once.**

---

**2 Select Memory number 1-3.**

---



Tapping "+"/"-" or swipe the slider bar until the desired memory number appears in the display window.

**3 Touch  once.**

---

Touch the Set key to verify your selection Recipe number.

**4 Set the desired cooking programme.**

---

Recipe Store can store 3 stages cooking. (refer to 28)

**5 Touch  once.**

---

Touch the Set key to verify the selection. Memory number appears in the display window.

## To Start Recipe Store Program:

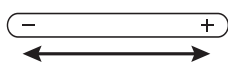
**1 Touch  Once.**

---

The menu appears in the display window.

**2 Select Memory number 1-3.**

---



Tapping "+"/"-" or swipe the slider bar until the desired memory number appears in the display window.

**3 Touch  once.**

---

Touch the Set key to verify the desired recipe program.

**4 Touch  once.**

---

Cooking will start.  
The time in the display window will count down.

### NOTES:

1. This feature is only available for Microwave, Grill, Timer, Crispy grill, Convection, Steam, Steam plus and 300 W + Steam function.
2. Convection and Steam plus pre-heat mode cannot be programmed into Recipe Store.
3. Recipe Store can store 3 stages cooking. But it only can store 1 stage for crispy grill and steam plus.
4. Maximum cooking time of recipe store is 9 hours.
5. To reset recipe program, repeat "To Set a Recipe Program" steps 1-5.
6. A new recipe program will cancel the recipe program previously stored.
7. Auto Control function can not be used in this feature.

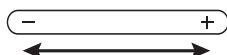
# To Cook Food Using Sensor Reheat/Cook

Sensor Reheat/Cook allows you to cook foods without selecting times and power levels. The sensor detects the heat and humidity generated by the food and cooks your food automatically.

Place food into an appropriate sized dish for the volume of food you are cooking. Cover securely with plastic wrap or a securely fitting lid (do not use any snap closing lids). Plastic dishes are not suitable as a secure seal cannot be achieved and inaccurate cooking may result.

## 1 Touch Once.

## 2 Select desired menu.



Tapping “+”/“-” or swipe the slider bar until the desired menu appears in the display window. (see below chart).

Menu	Recommended Weight Range	Accessory and Recommended Container
1. Sensor Reheat	125 - 1000 g	bowl with wrap on flat table
2. Dried Pasta	125 - 500 g	bowl with lid on flat table
3. Fresh Pasta	200 - 800 g	bowl with lid on flat table
4. Casserole	800 - 2000 g	bowl with lid on flat table
5. Jacket Potato	300 - 1200 g	Glass shelf in middle position

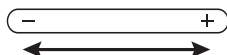
### Note:

If you are satisfied with the result of the SENSOR Reheat/Cook programme, please skip to step 5.

## 3 Touch Once.

Touch the Set key to verify the selection.

## 4 Adjust to Taste.



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 “+”/“-” the programs can be adjusted to cook food for a longer or shorter time. After selecting the sensor program, tap “+”/“-” or swipe the slider bar before touching Start. The oven will automatically cook the food 10% more or 10% less.

## 5 Touch Once.

Do not stop the oven or open the door during this part of the cooking stage as inaccurate cooking may result. After the heat humidity is detected by the SENSOR, the remaining time appears in the display window and begins to count down.

### NOTES:

1. If the temperature of the cavity is high, sensor cook/reheat feature can not be used. display window will display “HOT”. Sensor Reheat/Cook feature can not be used until the “HOT” disappears.
2. When you select an automatic program symbols will appear in the display to show the cooking mode that will be used and the accessories that are needed.
3. Cook according to the cooking method on the next page.

# To Cook Food Using Sensor Reheat/Cook (continued)

## 1. Sensor Reheat (uses microwave only)

Reheating by Sensor is suitable for pre-cooked foods. There is a setting for frozen and refrigerator temperature or room temperature foods. It is suitable for casseroles, plated meals, soup, stews, pasta dishes (except lasagna) and canned foods. Do not reheat bread or pastry products, raw, uncooked food or beverages on Sensor Reheat. Foods greater than 1 kg or smaller than 125 g should be cooked by micro power and time. Put food into suitable container, add 1-3 tablespoon water and cover foods securely with plastic wrap. During the heating time, the oven will 'beep' and prompt you to stir the food. There is no need to recover if not required. After heating, stir the food, check it is hot and allow standing for 2 to 3 minutes.

## 2. Dried Pasta (uses microwave only)

Suitable for cooking dried pasta such as spaghetti, fettuccine, macaroni, penne, spiral and various pasta shapes. Place pasta in an appropriate size dish with boiling water.

Use the following as a guide:

Pasta Qty	Boiling Water	Dish size
125 g	1 L	3 litres
250 g	1.3 L	3 litres
350 g	1.6 L	4 litres
500 g	2 L	4 litres

Add 1 tablespoon of oil, if desired, before cooking top prevent pasta from sticking together. Cover securely with a well fitting lid. During cooking, the oven will 'beep' and instruct you to stir and remove cover. At the end of the cooking time, cover and let stand or 5 to 10 minutes, if required, before draining.

## 3. Fresh Pasta (uses microwave only)

Suitable for cooking fresh pasta such as fettuccine, tagliatelle, tortellini, ravioli and agnolotti. (Gnocchi should be cooked by manual MICRO POWER.)

Place pasta in an appropriate size dish with boiling water. Use the below chart as a guide:

Pasta Qty	Boiling Water	Dish Size
200 g	1 litre	3 litres
400 g	1.25 litres	3 litres
600 g	2.0 litres	3.5 litres
800 g	2.5 litres	4 litres

Add 1 tablespoon of oil, if desired, before cooking top prevent pasta from sticking together. Cover dish securely with a well fitting lid. During cooking, the oven will 'beep' and instruct you to stir and remove cover. At the end of the cooking time, cover and let stand for 5 to 10 minutes, if required, before draining.

## 4. Casserole (uses microwave only)

Suitable for cooking casserole with less tender cut soft meat combined with liquid and vegetables. Cut meat and vegetables into even size pieces. Place in a suitable size dish. Dish should be approximately  $\frac{3}{4}$  full. Do not use plastic dishes as incorrect cooking time may result.

Use the below chart as a guide:

Total Weight	Meat Qty	Vegetable Qty	Stock Liquid Qty
800 g	400 g	200 g	200 ml
1200 g	600 g	300 g	300 ml
1600 g	800 g	400 g	400 ml
2000 g	1000 g	500 g	500 ml

Cover securely with a well fitting lid. During the cooking time, the oven will 'beep' and instruct you to stir. At the end of cooking time, allow the casserole to stand for 5 to 10 minutes.

**Note:** total weight equals weight of meat plus vegetables plus liquid.

## 5. Jacket Potato

(uses microwave + convection)

Suitable for cooking whole potatoes with their skin left on. Choose medium sized potatoes weighing approximately 200-250 g each. Wash and scrub potatoes and dry well. Prick with a fork several times. Brush with oil and sprinkle with salt. Place on glass shelf in middle shelf position. At the end of cooking time, allow the potato to stand for 5 to 10 minutes.

# To Cook Food Using Steam Cook

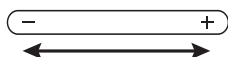
There are 2 way for you to steam some of your favourite foods by setting the weight only. One is steam only, the other is microwave with steam. Steam with microwave mode saves cooking time. The oven determines the power and the cooking time automatically. Select the category and set the weight of the food. The weight is programmed in grams.

**1 Touch  Once.**

---

**2 Select desired menu.**

---

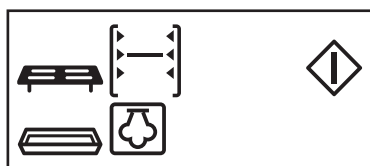


Tapping “+”/“-” or swipe the slider bar until the desired menu appears in the display window. Please see the chart on next page.

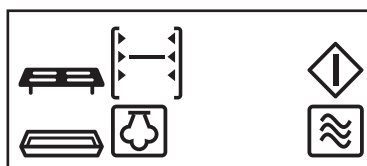
**Notes:**

When you select an automatic program symbols will appear in the display to show the cooking mode that will be used and the accessories that are needed.

For example (Boiled potatoes):



Steam only



Steam with microwave

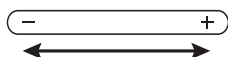
**3 Touch  once.**

---

Touch the Set key to verify the selection.

**4 Select desired weight.**

---



Tapping “+”/“-” or swipe the slider bar until the desired weight appears in the display window.

**5 Touch  Once.**

---

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

**NOTE:**

1. For larger weights on the auto programs rice, it will be necessary to re-fill the water tank during cooking.
2. Do not cover foods on the auto steam programs.
3. Most foods benefit from a STANDING time after cooking on an auto program, to allow heat to continue conducting to the centre.
4. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
5. Cook according to the cooking method on page 34.

# To Cook Food Using Steam Cook (continued)

Menu	Weight					Accessory and Recommended Container
6. Fresh Vegetables (steam only)	200 g	250 g	300 g	-	-	the glass shelf in the middle shelf position with plastic trivet inside
7. Fresh Vegetables (steam with microwave)	200 g	250 g	300 g	-	-	
8. Frozen Vegetables (steam only)	200 g	250 g	300 g	-	-	
9. Frozen Vegetables (steam with microwave)	200 g	250 g	300 g	-	-	
10. Boiled Potatoes (steam only)	200 g	300 g	400 g	500 g	-	
11. Boiled Potatoes (steam with microwave)	200 g	300 g	400 g	500 g	-	
12. Chicken Breast (steam only)	200 g	300 g	400 g	500 g	600 g	
13. Chicken Breast (steam with microwave)	200 g	300 g	400 g	500 g	600 g	
14. Fresh Fish Fillets (steam only)	200 g	300 g	400 g	500 g	-	
15. Fresh Fish Fillets (steam with microwave)	200 g	300 g	400 g	500 g	-	
16. Frozen Fish Fillets (steam only)	200 g	300 g	400 g	500 g	-	
17. Frozen Fish Fillets (steam with microwave)	200 g	300 g	400 g	500 g	-	
18. Fresh Whole Fish (steam only)	200 g	300 g	400 g	500 g	600 g	
19. Fresh Whole Fish (steam with microwave)	200 g	300 g	400 g	500 g	600 g	
20. Rice (steam only)	100 g	150 g	200 g	-	-	the glass shelf in the middle shelf position with a dish inside
21. Rice (steam with microwave)	100 g	150 g	200 g	-	-	

# To Cook Food Using Steam Cook (continued)

## 6-7. Fresh Vegetables

(uses steam only/uses steam + Micro)

To steam fresh vegetables. Fill water tank. Place prepared vegetables onto plastic trivet. Place plastic trivet on glass shelf in the middle shelf position. Select program Fresh Vegetables. Enter the weight of the fresh vegetables. Touch START.

## 8-9. Frozen Vegetables

(uses steam only/uses steam + Micro)

To steam frozen vegetables e.g. carrots, broccoli, cauliflower, green beans. Fill water tank. Place vegetables onto plastic trivet. Place plastic trivet on glass shelf in the middle shelf position. Select program Frozen Vegetables. Enter the weight of the frozen vegetables. Touch START.

## 10-11. Boiled Potatoes

(uses steam only/uses steam + Micro)

To steam potatoes. Fill water tank. Peel potatoes and cut into 30-40 g each. Place prepared potatoes onto plastic trivet. Place plastic trivet on glass shelf in the middle shelf position. Select program Boiled Potato. Enter the weight of the potatoes. Touch START.

## 12-13. Chicken Breast

(uses steam only/uses steam + Micro)

To cook fresh chicken breasts. Each chicken breast should weigh between 100-150 g each. Fill water tank. Place chicken breast onto plastic trivet. Place plastic trivet on glass shelf in the middle shelf position. Select program Chicken Breast. Enter the weight of the chicken breasts. Touch START.

## 14-15. Fresh Fish Fillets

(uses steam only/uses steam + Micro)

To cook fresh fish fillets. Each fish fillets should weigh between 100-200 g each. Fill water tank. Place fresh fish onto plastic trivet. Place plastic trivet on glass shelf in the middle shelf position. Select program Fresh Fish Fillets. Enter the weight of the fresh fish. Touch START.

## 16-17. Frozen Fish Fillet

(uses steam only/uses steam + Micro)

To cook frozen fish fillets. Each fish fillets should weigh between 100-200 g each. Fill water tank. Place frozen fish onto plastic trivet. Place plastic trivet on glass shelf in the middle shelf position. Select program Frozen Fish Fillets. Enter the weight of the fish. Touch START.

## 18-19. Fresh Whole Fish

(uses steam only/uses steam + Micro)

To cook fresh whole fish e.g trout, sea bream, mackerel, sea bass, sardines weighing between 100-300 g each. Fill water tank. Place whole fish directly onto plastic trivet. Place plastic trivet on glass shelf in the middle shelf position. Select program fresh Whole Fish. Enter the weight of the whole fresh fish. Touch START.

## 20-21. Rice

(uses steam only/uses steam + Micro)

To cook rice. Fill water tank. Place rice in a Pyrex® bowl. Add water and soak for 10 to 15 minutes. Drain well. Add boiling water. Use the below chart as a guide:

Steam only	
Rice Qty	Boiling Water
100 g	160 g
150 g	240 g
200 g	320 g
Steam with Microvave	
Rice Qty	Boiling Water
100 g	200 g
150 g	300 g
200 g	400 g

Do not cover. Place bowl on glass shelf in the middle shelf position. Select program Rice. Enter the weight of the rice only. Touch START. After cooking, standing 5 to 10 minutes.



# To Cook Food Using **Auto Cook**

This feature allows you to cook most of your favourite foods by setting the weight only. The oven determines the power setting, then the cooking time automatically. Select the category of food and then just enter the weight. Do not include the weight of any added water or the container weight.

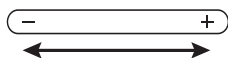
**For Menu without preheat, please operate as follows:**

**1 Touch  Once.**

---

**2 Select desired menu.**

---



Tapping “+”/“-” or swipe the slider bar until the desired menu appears in the display window.

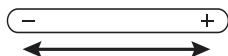
**3 Touch  once.**

---

Touch the Set key to verify the selection.

**4 Select desired weight.**

---



Tapping “+”/“-” or swipe the slider bar until the desired weight appears in the display window.

**5 Touch  Once.**

---

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

# To Cook Food Using Auto Cook (continued)

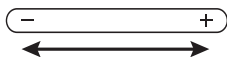
For Menu with preheat, please operate as follows:

**1 Touch  Once.**

---

**2 Select desired menu.**

---



Tapping “+”/“-” or swipe the slider bar until the desired menu appears in the display window.

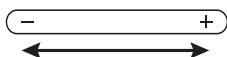
**3 Touch  once.**

---

Touch the Set key to verify the selection.

**4 Select desired weight.**

---



Tapping “+”/“-” or swipe the slider bar until the desired weight appears in the display window.

**5 Touch  Once.**

---

Touch Start to preheat.

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

**6 Touch  Once.**

---

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

# To Cook Food Using Auto Cook (continued)

Menu	Weight						Accessory and Recommended Container
22. Grill Chicken Pieces	400 g (Econavi)	600 g	800 g	1000 g	-	-	grill tray in middle position
23. BBQ Meat Pieces	400 g (Econavi)	600 g	800 g	1000 g	-	-	grill tray in middle position
24. Roast Chicken	1200 g	1500 g	2000 g	2500 g		-	glass shelf in lower position
25. Roast Beef	500 g	1000 g	1500 g	2000 g	2500 g	-	glass shelf in lower position
26. Roast Lamb	500 g	1000 g	1500 g	2000 g	2500 g	-	glass shelf in lower position
27. Roast Pork	500 g	1000 g	1500 g	2000 g	2500 g	-	glass shelf in lower position
28. Fresh Pizza*	200 g	400 g	600 g	800 g	-	-	metal tray in higher position
29. Frozen Pizza	300 g	400 g	500 g	600 g	-	-	grill tray in middle position
30. Fresh Crispy Top*	500 g	700 g	1000 g	1300 g	-	-	metal tray in lower position
31. Frozen Crispy Top*	400 g	600 g	800 g	1000 g	-	-	metal tray in lower position
32. Fruit Poached	250 g	500 g	750 g	1000 g	1500 g	-	bowl without lid on flat table
33. Sponge Pudding	1 serv.	2 serv.	3 serv.	4 serv.	-	-	bowl on flat table
34. Muffins*	12	-	-	-	-	-	metal tray in lower position
35. Cookie 1 Level*	20	-	-	-	-	-	metal tray in lower position
36. Cookie 2 Levels*	40	-	-	-	-	-	grill tray in higher position/ metal tray in lower position
37. Frozen Potato Fries	200 (Econavi)	400	600	800	1000	-	grill tray in middle position
38. Fried Chicken	2 serv. (Econavi)	4. serv.	-	-	-	-	grill tray in middle position
39. Melt Butter	50 g	100 g	150 g	200 g	250 g	300 g	bowl on flat table
40. Melt Chocolate	50 g	100 g	150 g	200 g	250 g	300 g	bowl on flat table
41. Soften Ice Cream	200 g	500 g	1000 g	2000 g	-	-	bowl on flat table
42. Soften Cream Cheese	50 g	100 g	150 g	200 g	250 g	300 g	bowl on flat table
43. Deodorization	Cleaning Functions.						
44. Drain Water							
45. System Cleaning							
46. Cavity Cleaning							

## NOTE:

- \* Preheat is necessary.
- When you select an automatic program symbols will appear in the display to show the cooking mode that will be used and the accessories that are needed.
- If the temperature of the cavity is so high, auto cook feature can not be used. Display window will appear "HOT". Auto Cook feature can be used until the "HOT" disappears.
- Cook according to the guideline on next page.
- When you use Econavi, please put you food as below picture:



grill tray

Put the food on the shadow area

### Working principle of ECONAVI in Auto Menu:

By means of top heater and microwave power combined, to supply concentrated heat efficiently on food (which placed in the front row of the grill tray). It can help you save time and energy. That's how ECONAVI works

- Heating area refers to efficient working area at the ahead of the grill tray available for two serves. ECONAVI indicator lamp will light up as soon as cooking begins.
- Energy saving effect will vary depending on the food category, amount, and placement.

# To Cook Food Using Auto Cook (continued)

## 22. Grill Chicken Pieces (uses crispy grill)

Suitable for most cuts of chicken pieces. Each chicken pieces should weigh between 100-250 g each. Brush with oil and sprinkle with salt. Place chicken pieces on grill tray in middle shelf position. Select Auto Menu Grill Chicken Pieces, then select the weight of the food, then touch **Start**. Do not use plastic wrap or lid.

### Note:

When you use Econavi, please put food on the shadow area. Please refer to page 37.

## 23. BBQ Meat Pieces (uses crispy grill)

Allow you to roast meat skewer, chicken pieces or seafood. Place marinated meat pieces on grill tray in the middle shelf position. Select Auto Menu BBQ Meat Pieces, then select the weight of the food, then touch **Start**. Do not use plastic or lid.

### Note:

When you use Econavi, please put food on the shadow area. Please refer to page 37.

## 24. Roast Chicken

(uses microwave + convection)

Use for roasting whole chickens that are unstuffed. Wash and dry chicken, truss or tie legs. Brush the surface of the skin with butter or oil and sprinkle with seasoning if desired. Place chicken back-side down on glass tray in the lower shelf position. During the cooking time, the oven will 'beep' and prompt you to turn over. Select Auto menu Roast Chicken, then select the weight closest to the actual weight of the chicken, and then touch **Start**. Do not use plastic wrap or lid.

**Note:** small sized chickens with stuffing can be cooked using the setting one weight higher than the actual weight. For example. To cook a 1300 g chicken that has stuffing, use the 1500 g setting even though the total weight of the chicken with stuffing is 1300 g.

## 25. Roast Beef (uses convection only)

Suitable for roasting joints of beef such as rump, bolar, fillet, topside, rib eye. Choose roasting pieces that are even in shape and if boneless have been rolled and tied. Brush with oil and seasonings. Place fat side up on glass shelf in the lower shelf position. Select Auto Menu Roast Beef then select the weight closest to the weight of the piece, and then touch **Start**. Do not use plastic wrap or lid.

## 26. Roast Lamb (uses convection only)

Suitable for roasting joints of lamb, legs, boned and rolled loin, rack of lamb and shoulder roasts. Brush roast with oil and seasonings. Place fat side up on glass shelf in the lower shelf position.

Select Auto Menu Roast Lamb, then select the weight closest to the weight of the piece, and then touch **Start**. Do not use plastic wrap or lid.

## 27. Roast Pork (uses microwave + convection)

Suitable for roasting joints of pork, leg, boned and rolled loin, rib roast and shoulder. Score rind, brush with lemon juice and rub liberally with salt. Place roast rind side up on glass shelf in the lower position. Select Auto menu Roast Pork, then select the weight closest to the weight of the meat, and then touch **Start**. Do not use plastic wrap or lid.

## 28. Fresh Pizza (uses convection + grill)

Use for cooking fresh pizza either purchased or home made.

Select Auto Menu Fresh Pizza, then select the weight of the pizza (total weight of base plus topping ingredients). See chart below for quantities.

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

Touch **Start** to preheat the oven. Place assembled pizza on the metal tray. When the oven is preheated, place the metal tray in the higher shelf position.

Close door and touch **Start**.

## 29. Frozen Pizza (uses crispy grill)

Allow you to bake frozen pizza. Place pizza on grill tray in the middle shelf position. Select Auto Menu Frozen Pizza, then select the weight of the pizza (total weight of base plus topping ingredients). Touch **Start**. Do not use plastic wrap or lid.

Notes: No need to use aluminum foil or grease.

## 30. Fresh Crispy Top

(uses convection only)

Use for heating and crisping the top of foods like pasta bake, macaroni cheese, cottage pie and lasagna. All foods must be pre-cooked and cold. Transfer crispy top to a similar sized heat proof container. Select Auto menu Fresh Crispy Top then, select the weight of food. Touch **Start** to preheat the oven. Do not cover and place on metal tray in lower shelf position after preheated. Allow standing for 2 minutes. Ensure food is hot before consuming.

# To Cook Food Using Auto Cook Menu (continued)

## 31. Frozen Crispy Top (uses convection only)

Use for heating and browning the top of frozen purchased savoury dishes like macaroni cheese, shepherd's pie and lasagna. All foods must be pre-cooked and frozen. Transfer crispy top to a similar sized heatproof container. Select Auto menu Frozen Crispy Top then select the weight of food. Touch start to preheat the oven. Do not cover and place it on metal tray in the lower shelf position after preheated. Allow standing for 2 minutes. Ensure food is hot before consuming.

## 32. Fruit Poached (uses microwave only)

Use for cooking fruits that would usually be stewed or poached. Suitable for fruits such as rhubarb, apples, stone fruits, pears, figs, pineapple, kiwi fruit and berries. Trim and cut fruit into even sized pieces. Place into a microwave safe container. See chart below for quantities.

Fruit	Water	Sugar
250 g	125 ml	¼ cup
500 g	250 ml	½ cup
750 g	375 ml	¾ cup
1000 g	500 ml	1 cup
1500 g	750 ml	1½ cup

Stir to dissolve sugar. Spices can be added if desired. Do not cover. Place dish onto the base of the oven. Select Auto Menu Fruit Poached, then select the weight of the fruit, and then touch **Start**. When beep, stir during cooking.

## 33. Sponge Pudding (uses microwave only)

For cooking individual steamed sponge puddings. Use packet mixes available from supermarkets or individual recipes. Not suitable for heavy fruit type puddings. See chart below for 4 serv. quantities.

jam	2 teaspoons
butter	100 g
caster sugar	⅔ cup
eggs	2
self raising flour	¾ cup
milk	¼ cup

Spoon jam into bottom of pudding bowl. Cream butter and sugar in a separate bowl until light and fluffy. Add eggs (one at a time), beating well after each addition. Fold in flour alternately with milk. Mix until well combined. Pour mixture over jam. Smooth top and place pudding bowl onto the base of the oven. Select Auto Menu Sponge Pudding, then select the number of serves, and then touch **Start**. Allow standing for 5 minutes before turning out.

## 34. Muffins (uses convection only)

### Ingredients:

muffin cups	12
egg	50 g
melted butter	80 g
milk	120 ml
sugar	60 g
self raising flour	200 g
baking powder	12 g
Salt	½ teaspoon
dry fruit	50 g

### Method:

Whisk eggs in a mixing bowl, next add milk and butter and mix well. Leave aside. Sift sugar, flour, baking powder and salt in a mixing bowl, and make a well in the centre. Stir in milk mixture and dry fruit. Leave aside for about ½ hour. Touch **Start** to preheat the oven. Scoop batter into muffin cup (⅔ cup), place muffin on metal tray in lower shelf position after preheated. Allow standing for 2 minutes. Ensure food is hot before consuming.

## 35. Cookie 1 Level (uses convection only)

### Ingredient:

Egg	35 g
Plain flour	120 g
Butter	60 g (room temperature)
Castor sugar	60 g
vanilla essence	

### Method:

Whisk the butter and sugar to be softened and creamy with egg beater. Add beaten eggs and vanilla essence and stir evenly. Gradually add sifted plain flour and stir evenly with wooden spoon. Select the program and touch Start key to preheat. Place the aluminum foil on the metal tray. Cut the mixture to cookie shape with 5 mm height and 13 g each and arrange into 4×5. After preheating, three beeps will be heard. Put the metal tray on the lower shelves quickly and touch Start key.

### Notes:

1. Insure the butter be soft under room temperature in advance.
2. Put the ingredients in a deep container to avoid splash when whisking.
3. Arrange the cookies equidistantly and under specified volume for a better performance.
4. After preheating, place the metal tray on the lower shelves immediately. If the door is opened too long, it will affect the cooking result.

# To Cook Food Using Auto Cook Menu (continued)

## 36. Cookie 2 Levels (uses convection only)

### Ingredient:

Egg	75 g
Plain flour	240 g
Butter	120 g (room temperature)
Castor sugar	120 g
	vanilla essence

### Method:

Whisk the butter and sugar to be softened and creamy with egg beater. Add beaten eggs and vanilla essence and stir evenly. Gradually add sifted plain flour and stir evenly with wooden spoon. Select the program and touch Start key to preheat. Place the aluminum foil on the metal tray and grill tray. Cut the mixture to cookie shape with 5 mm height and 13 g each and arrange into 4×5. After preheating, three beeps will be heard. Put the metal tray on the lower shelf position and grill tray on the higher shelf position quickly and touch Start key.

### Notes:

1. Insure the butter be soft under room temperature in advance.
2. Put the ingredients in a deep container to avoid splash when whisking.
3. Arrange the cookies equidistantly and under specified volume for a better performance.
4. After preheating, place the metal tray on the lower shelves immediately. If the door is opened too long, it will affect the cooking result.

## 37. Frozen Potato Fries (uses crispy grill only)

Use for cooking frozen pre-cooked potato products like wedges, chips, gems, etc.

Select frozen potato fries, then select the weight of the food. Spread the frozen product in a single layer onto the grill tray place the grill tray onto the middle shelf position. Close door and touch **Start**.

### Note:

When you use Econavi, please put food on the shadow area. Please refer to page 37.

## 38. Fried Chicken (uses crispy grill)

Lay out prepared chicken on grill tray in middle shelf position. Select Fried Chicken and touch Start key.

### Note:

When you use Econavi, please put food on the shadow area.

## 39. Melt Butter (uses microwave only)

Remove wrapper, cut butter into 2 tbsp cube, and place into a microwave safe dish. Melt with lid or plastic wrap. Stir after cooking. If food needs more time cooking or weight exceeds range, cook using 300 W for melting.

## 40. Melt Chocolate (uses microwave only)

Remove wrapper and place chocolate into a microwave safe dish. Cook without cover. During the cooking time, the oven will 'beep' and prompt you to stir. After heating, stir until completely melted. If food needs more time cooking or weight exceeds range, cook using 300 W for melting.

**Note:** Chocolate holds its shape even when softened.

## 41. Soften Ice Cream (uses microwave only)

Remove wrapper and place in a microwave safe bowl/dish. Soften without cover. If food needs more time cooking or weight exceeds range, cook using 300 W for melting and softening. If food needs more time cooking or weight exceeds range, cook using 300 W for softening.

## 42. Soften Cream Cheese (uses microwave only)

Soften slightly without lid. If food needs more time cooking or weight exceeds range, cook using 300 W for melting and softening. If food needs more time cooking or weight exceeds range, cook using 300 W for softening.

# Cleaning Setting

## Deodorization:

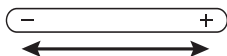
This feature is suitable for cleaning the particular smell from the microwave oven. (30 minutes is needed)

1 Touch  once.

---

2 Select “Deodorization”.

---



Tapping “+”/“-” or swipe the slider bar until “Deodorization” appears in the display window.

3 Touch  once.

---

Touch the Set key to verify the selection.

4 Touch .

---

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

## Drain water:

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

1 Add 100 g of water to the water tank. Ensure drip tray is empty.

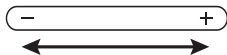
---

2 Touch  once.

---

3 Select “Drain water”.

---



Tapping “+”/“-” or swipe the slider bar until “Drain water” appears in the display window.

4 Touch  once.

---

Touch the Set key to verify the selection.

5 Touch .

---

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

## 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. If the drip tray is removed during the program, U12 is displayed and the program will stop.
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.

# Cleaning Setting (continued)

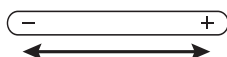
## System cleaning

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.

- 1 Make a solution of 16 g citric acid and 200 g of water, add the solution to the water tank. Ensure drip tray is empty.**
- 

- 2 Touch  once.**
- 

- 3 Select “System cleaning”.**
- 



Tapping “+”/“-” or swipe the slider bar until “system cleaning” appears in the display window.

- 4 Touch  once.**
- 

Touch the Set key to verify the selection.

- 5 Touch .**
- 


The cooking time appears in the display window and begins to count down. The program will run for approx. 29 minutes.

- 6 After the program has paused, empty the drip tray and fill the steam tank with water (to max level).**
- 

- 7 Touch .**
- 

Touch Start. The program will run for approx. 1 minute. Empty the drip tray after the program has finished.

### Notes:

1. When  appears in the display, 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. If the drip tray is removed during the program, U12 is displayed and the program will stop.
4. Empty the drip tray and rinse with running tap water after the program has finished.



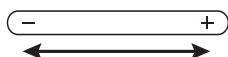
# Cleaning Setting (continued)

## Cavity cleaning

This feature is available when the cavity is built up with fat or grease (20 minutes is needed).

1 Touch  once.

2 Select “Cavity cleaning”.



Tapping “+”/“-” or swipe the slider bar until “cavity cleaning” appears in the display window.

3 Touch  once.

Touch the Set key to verify the selection.

4 Touch .

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

### Notes:

1. Full the tank with water before using.
2. After cleaning, open the door and wipe with a damp cloth.

## INGREDIENT CONVERSION CHART

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

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

# To Use Timer

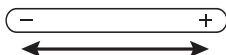
This feature allows you to program standing after cooking is completed and to program the oven as a minute or 10 seconds timer or program delay start.

## To Use as a Kitchen Timer.

**Touch once.**



**Set desired amount of time.**  
(up to 90 minutes)



**Touch Start.**

Time will count down without oven operating.



## To Set Standing Time.

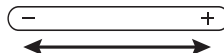
**Touch once.**

**Set desired amount of standing time.**  
(up to 90 minutes)

**Touch Start.**

Cooking will start. After cooking, standing time will count down without oven operating.

Set the desired cooking programme.



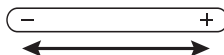
## To Set Delay Start.

**Touch once.**

**Set desired amount of delay time.**  
(up to 90 minutes)

**Touch Start.**

Delayed time will count down without oven operating. Then cooking will start.



Set the desired cooking programme.



### NOTES:

1. If oven door is opened during the Standing Time, Delay Start or Kitchen Timer, the time in the display window will continue to count down.
2. Delay Start/Standing Time cannot be programmed before/after any Auto Control function. This is to prevent the standing temperature of the food from rising before defrosting or cooking begins. A change in the starting temperature could cause inaccurate results and/or food may deteriorate.
3. When using Standing time or Delay Start, it's up to 2 power stages.

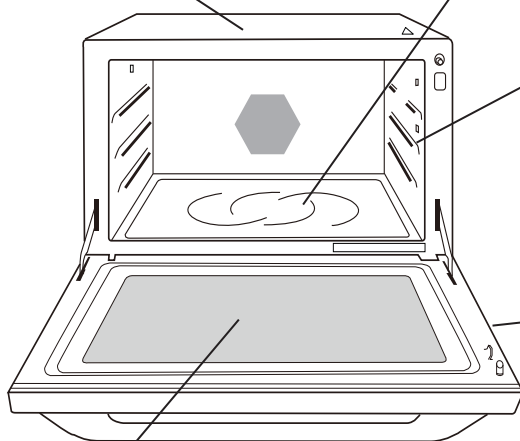
# Care of your Microwave Oven

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

The outside oven surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.

Always clean the flat table after cooling down with a mild detergent and wipe to dry.

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



Do not allow the Control Panel to become wet. Clean with a soft, damp cloth. Do not use detergents, abrasives or spray on cleaners on the Control Panel. After cleaning touch Stop/Reset key to clear display window.

If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.

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.

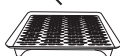
After using, clean it with a mild detergent or dishwasher.



**Grill tray**



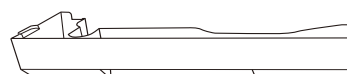
**Glass shelf**



**Trivet**



**Metal tray**



**Drip tray**

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

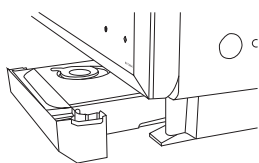
## Notes:

1. When using the Grill, Convection or cooking in the crispy grill mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to “smoke” during use. These marks will be more difficult to clean later.
2. After Grill, Convection or crispy grill 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, Convection or crispy grill. Stubborn spots inside the oven can be removed by using a small amount of microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. This method can not be used to clean the oven door.  
**DO NOT SPRAY DIRECTLY INSIDE THE OVEN.**  
A steam cleaner is not to be used for cleaning.
3. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
4. When it becomes necessary to replace the oven light, please consult the service center specified by Panasonic.

# Care of your Microwave Oven (continued)

## Cleaning the water tank

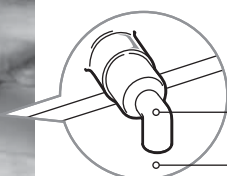
Clean with a soft sponge in water.



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.



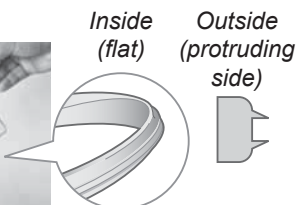
Pipe Cap

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 and front 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.

## Removing the front cover



1. Lightly twist the cover until the far side unclips.
2. Continue to twist until the near side unclips.

## Re-fitting the front cover



1. Align the slots on the cover with the holes on the tank.
2. Insert and push down until it clicks.

### Notes:

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.

# Before Requesting Service

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on.	<p>The oven is not plugged in securely.</p> <p>Circuit breaker or fuse is tripped or blown.</p> <p>There is a problem with the outlet.</p>	<p>Remove plug from outlet, wait 10 seconds and re-insert.</p> <p>Reset circuit breaker or replace fuse.</p> <p>Plug another appliance into the outlet to check if the outlet is working.</p>
Oven will not start cooking.	<p>The door is not closed completely.</p> <p><b>Start</b> key was not touched after programming</p> <p>Another program has already been entered into the oven.</p> <p>The program has not been entered correctly.</p> <p><b>Stop/Reset</b> key has been touched accidentally.</p>	<p>Close the oven door securely.</p> <p>Touch <b>Start</b> key.</p> <p>Touch <b>Stop/Reset</b> key to cancel the previous program and program again.</p> <p>Program again according to the Operating Instructions.</p> <p>Program oven again.</p>
"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</b> key 3 times.	Deactivate Lock by tapping <b>Stop/Reset</b> key 3 times.
"H97", "H98" or "H00" appears in the display window.	The display indicates a problem with microwave generation system.	Contact the specified service centre.
"DEMO MODE PRESS ANY KEY" appears in the display window.	The oven is under demonstration mode.	Tap <b>Micro Power</b> key once, <b>Start</b> key 4 times and key <b>Stop/Reset</b> 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.	Full it with water.
"U12" appears in the display window.	Drip tray is loose or not in the right position.	Replace the drip tray onto the front legs of oven.

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

# Before Requesting Service (continued)

## THESE THINGS ARE NORMAL

The oven causes interference with my TV.	Some radio and TV 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, hair 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 the oven door. This is normal.
I accidentally ran my microwave oven without any food in it.	Running the oven empty for a short time will not damage the oven. However, we do not recommend this.
The oven has an odour and generates smoke when using Grill, Convection or Crispy grill function.	It is essential that your oven is wiped out regularly particularly after cooking by Crispy grill or Grill. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.

## Technical Specifications

Power Supply:		230 - 240 V, 50 Hz
Power Consumption*:	Microwave	4.3 A 990 W
	Grill	5.6 A 1330 W
	Convection	5.7 A 1380 W
Power Requirement: (Maximum)		6.5 A 1570 W
Output*:	Microwave	1000 W
	Grill	1300 W
	Convection	1350 W
Outside Dimensions (W x H x D):		494 mm (W) x 390 mm (H) x 438 mm (D)
Oven Cavity Dimensions (W x H x D):		410 mm (W) x 250 mm (H) x 320 mm (D)
Overall Cavity Volume:		32 L
Operating Frequency:		2450 MHz
Uncrated Weight:		Approx. 20.6 kg

\* 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, freight, 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)

## 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 Line Communications products (i.e. Cordless Phones, etc) the genuine battery(s) has a 3 month warranty.
2. This warranty only applies to Panasonic products purchased in New Zealand and sold by Panasonic New Zealand or its Authorised Distributors or Dealers and only where the products are used and serviced within New Zealand or its territories. Warranty cover only applies to service carried out by a Panasonic Authorised Service 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 cook plates.
  - (c) User replaceable Batteries
  - (d) Kneader mounting shaft unit and Heads, Cutters, Foils, Blades and other accessories.
  - (e) Noise or vibration that is considered normal
5. To claim warranty service, when required, you should:
  - Telephone Panasonic's Customer Care Centre on 09 2720178 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 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 2720178 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 2720178**  
*If phoning in, please ensure you have your operating instructions available.*

### **Panasonic New Zealand Customer Care Centre**

**Phone: 09 2720178**


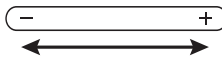


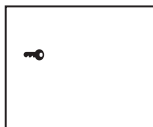


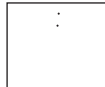

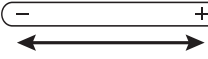



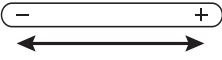


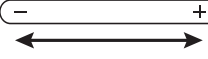



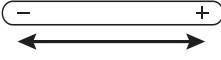

**Fax: 09 2720129**

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

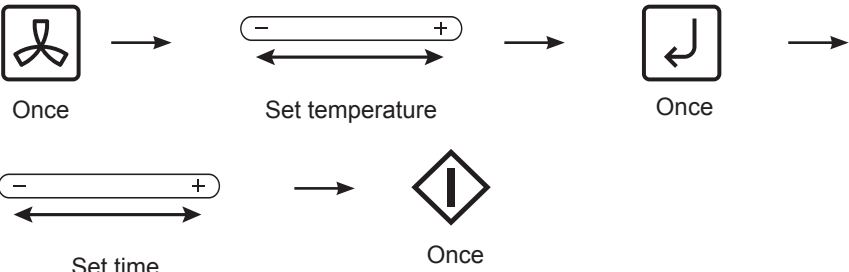
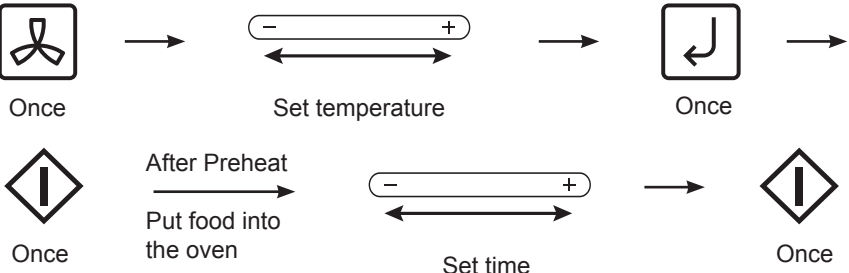
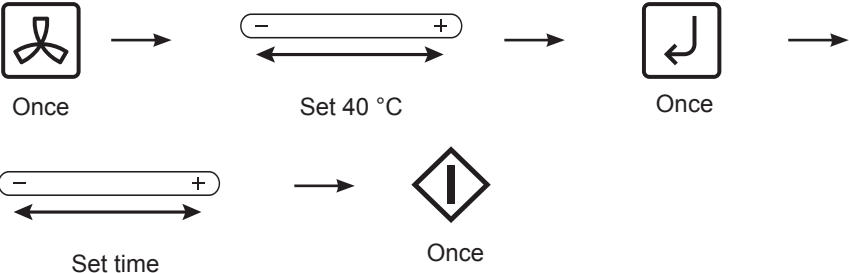
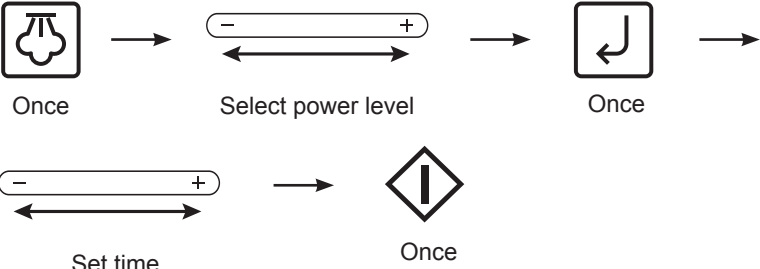
**Website: [www.panasonic.co.nz/support](http://www.panasonic.co.nz/support)**



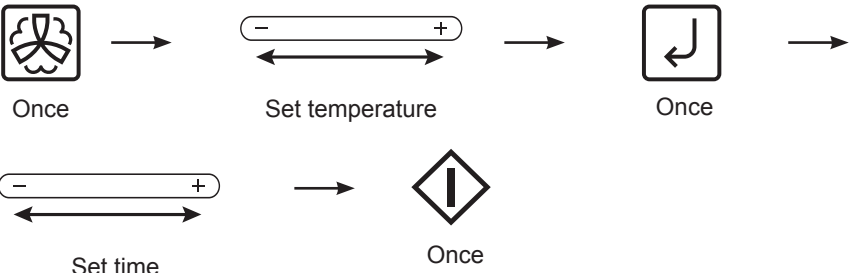
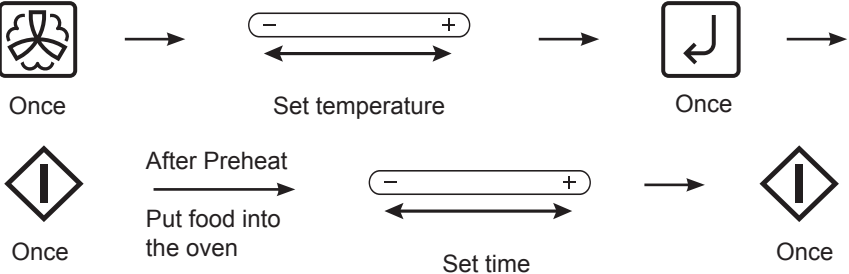


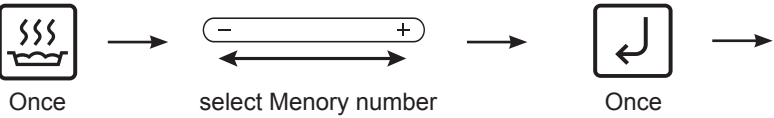

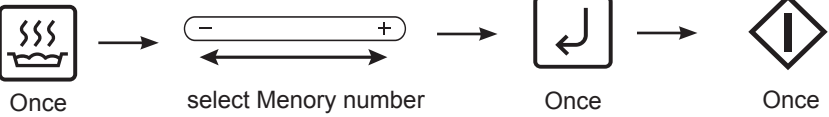
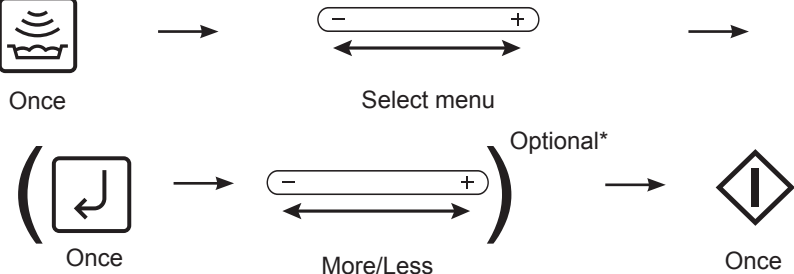
# Quick Guide to Operation

Feature	How to Operate
<b>To Set Clock</b> (📖 page 13)	 →  →  Tap twice                      Set time of day.                      Touch once
<b>To Set/Cancel Child Safety Lock</b> (📖 page 13)	<div> <b>To set</b>   →                           3 times.                      Display                     </div> <div> <b>To Cancel</b>   →  or                           3 times.                      Display                     </div>
<b>To Cook/Reheat/Defrost by Micro Power &amp; 300 W + Steam and Time Setting</b> (📖 page 15)	 →  →  →  Once                      Select power level                      Once Set time                      Once
<b>To Use Turbo Defrost Key</b> (📖 page 16)	 →  →  Once                      Select weight                      Once
<b>To Use Grill</b> (📖 page 18)	 →  →  →  Once                      Select power level                      Once Set time                      Once
<b>To Use Crispy grill</b> (📖 page 19)	 →  →  Once                      Set time                      Once

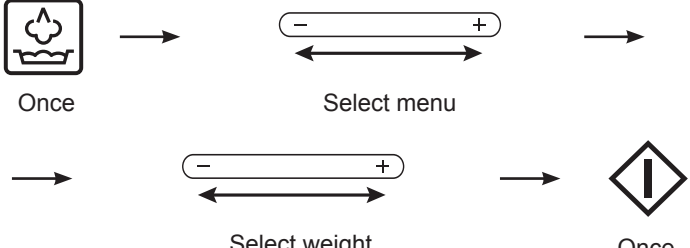
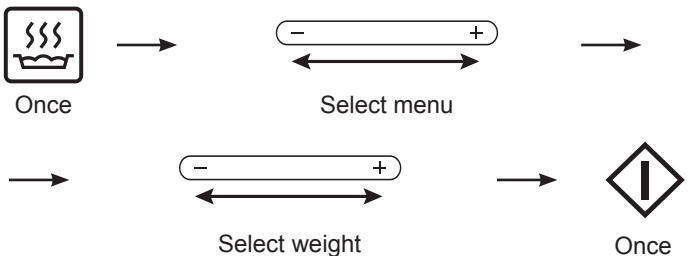
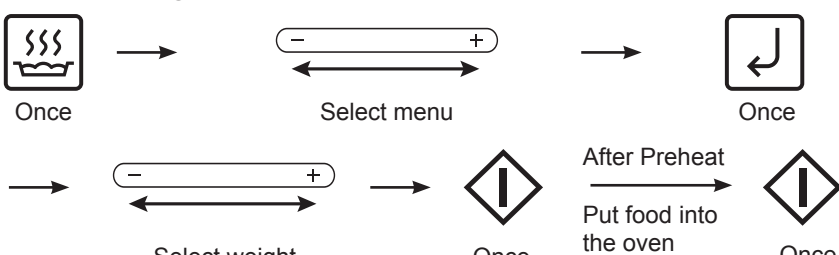
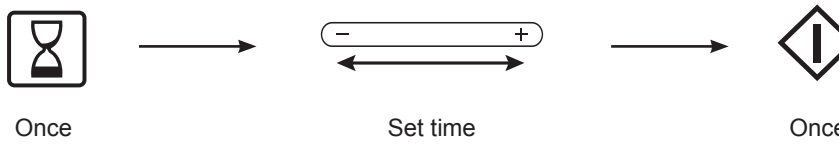

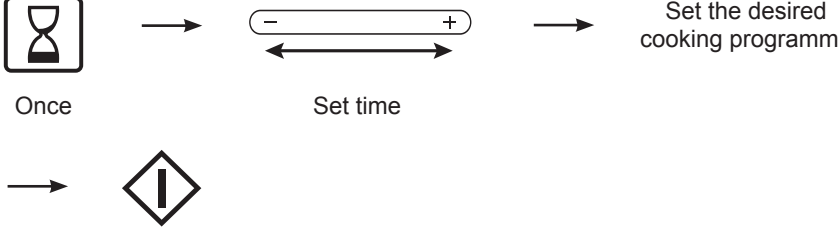
# Quick Guide to Operation (continued)

<p><b>To Use Convection</b> (☞ page 20-22)</p>	<p><b>Without Preheating:</b></p>  <p>Once                      Set temperature                      Once</p> <p>Set time                      Once</p>
	<p><b>With Preheating:</b></p>  <p>Once                      Set temperature                      Once</p> <p>Once                      After Preheat Put food into the oven                      Set time                      Once</p>
	<p><b>Ferment:</b></p>  <p>Once                      Set 40 °C                      Once</p> <p>Set time                      Once</p>
<p><b>To Use Steam only</b> (☞ page 23)</p>	 <p>Once                      Select power level                      Once</p> <p>Set time                      Once</p>

# Quick Guide to Operation (continued)

<p><b>To Use Steam Plus</b> (page 25-26)</p>	<p><b>Without Preheating:</b></p>  <p><b>With Preheating:</b></p> 
<p><b>To Use Steam Shot</b> (page 27)</p>	<p>Set and operate the desired program. →  →  Optional</p> <p>As required during operation, hold steam for 2 seconds and 1 minute steam will be added. If you want to add 2 or 3 minutes, tap Steam key once or twice within 3 seconds after step 2.</p>
<p><b>To Cook using the Recipe Store</b> (page 29)</p>	<p><b>To set:</b></p>  <p>Set the desired cooking programme →  Once</p> <p><b>To start:</b></p> 
<p><b>To Cook using Sensor Cook/ Reheat</b> (page 30)</p>	

## Quick Guide to Operation (continued)

<p><b>To Cook using Steam Cook.</b> (page 32)</p>	
<p><b>To Cook using Auto Cook</b> (page 35-36)</p>	<p><b>Without Preheating:</b></p>  <p><b>With Preheating:</b></p> 
<p><b>To Use as a Kitchen Timer</b> (page 44)</p>	
<p><b>To Set Standing Timer</b> (page 44)</p>	
<p><b>To Set Delay Start</b> (page 44)</p>	

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.

## Key to Symbols Used in Recipes

<b>G</b>	Grill
<b>CR</b>	Crispy grill
<b>C</b>	Convection
<b>SO</b>	Steam only
<b>SM</b>	Steam combine with Microwave
<b>SS</b>	Steam shot
<b>A</b>	Auto Menu
<b>S</b>	Sensor Menu
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.

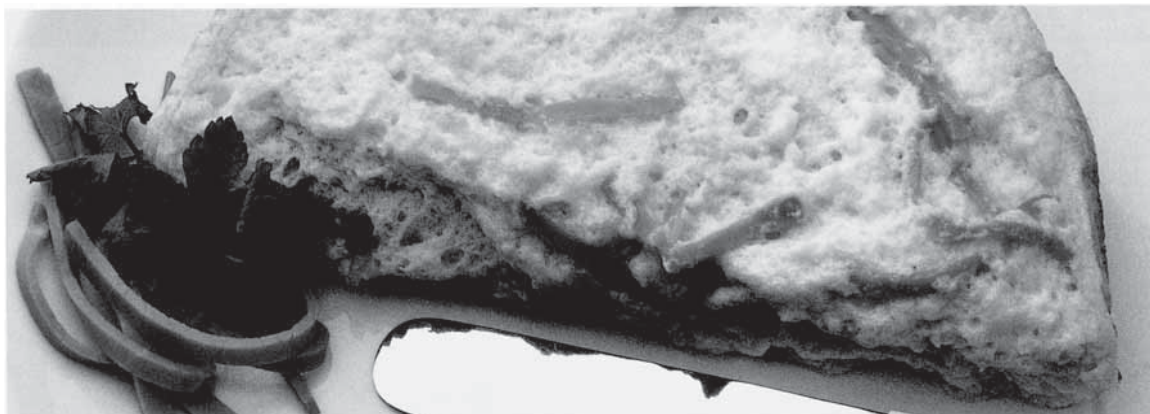
Meanwhile, how can you cook all the vegetables at the same time? Simply place potatoes and pumpkin in one dish and less dense vegetables such as broccoli, cabbage, cauliflower, beans and peas in another. Sprinkle greens with water. Cover with a lid or plastic wrap. Cook on 1000 W for approximately 10 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 slices                      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 to 70 seconds. Sprinkle with grated cheese.

## MUESLI

Makes: 4 cups

### Ingredients:

⅓ cup                      honey  
2 tablespoon            butter  
2 cups                      rolled oats  
½ cup                      unprocessed bran  
½ cup                      shredded coconut  
⅓ cup                      nuts, chopped  
⅓ 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 tablespoon            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 to 60 seconds.
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 tablespoon 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  
¾ 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

Makes: 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

Makes: 1 cup

### Ingredients:

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

### Method:

1. Combine chocolate, sugar and water in a heatproof cup. Cook on 1000 W for 10 to 15 seconds.
2. Stir in milk. Cook on 800 W for about 1 minute.

## SEAFOOD TOAST G

### Ingredients:

50 g prawns (peeled)  
50 g cuttlefish (small cut)  
certain amount salt, aginomoto, green onion and butter  
2 pieces sliced bread  
4 teaspoon 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 higher 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 higher 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 higher 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 SM SO

### Ingredients:

20g	spinach
2	small tomatoes
1 piece	bacon
2	eggs (100g without shells)
½ cup	milk
moderate	salt, pepper
200g	natural cheese (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 300 W + steam for 2½ minutes.



## HANDMADE SAUSAGES SO SM

### Ingredients:

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

### A:

200 g	onion (chopped)
½ teaspoon	ground garlic
1½ tablespoon	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 higher shelf position. Select steam 1 for 7 minutes, and then select 300 W + Steam for 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
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**

Makes: 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 tablespoon	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 tablespoon	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

## STEAM ROASTED BEEF AND BEAN SOUP SO SM

Serves: 2

### Ingredients:

100 g	thinly sliced beef
60 g	boiled white kidney beans (or boiled soybeans)
30 g	sweet pepper
30 g (1/6)	onion (thinly sliced)
40 g	celery (thinly sliced)
40 g	cheese (Camembert cheese)
moderate	powdered cheese

### A:

2 pieces	garlic (thinly sliced)
1 piece	rosemary
1 teaspoon	Chinese spirits
1 teaspoon	olive oil
¼ teaspoon	salt
moderate	roughly ground pepper

### B:

½ 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 half 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 higher shelf position. Select steam 1 for 3 minutes, and then select 300 W + steam for 3 minutes. Finally, select 800 W for 4 minutes.

## FISHERMAN SEAFOOD SOUP CR

Serves: 2

### Ingredients:

moderate	salt
moderate	pepper
1 tablespoon	olive oil
½ teaspoon	stock powder
100 g	clam (sand already spitted)*
1-2 piece	lemon (already sliced into half-moon shape)
50 g	tomato
1 teaspoon	thyme (dried)

### A:

2 piece	whitefish meat (80 g each boneless piece)
2	shrimp
1 piece	garlic
60 g	mushroom (assorted honshimeji, brown swordbelt, flammulina)

### Method:

1. Cut one piece of fish into 4 equal sizes. Remove the shells and intestines from the shrimp. Slice the garlic, cut open the mushrooms into appropriate size. Place A in a bowl, add salt and pepper. Sprinkle with olive oil and stir evenly (leave it standing for 10 minutes for a stronger flavor).
2. Place 1 at the outer side of the grill tray into the higher shelf position. Select crispy grill and cook for 12 minutes.
3. Put two cups of boiled water into the Microwave safe casserole, and dissolve the soup stock in the water. Add in clams and lemon, cook on 1000 W for 8 minutes, or until the clams open up, and then flavor with salt and pepper.
4. Serve 2 in a dish, decorated with 1 cm minced tomato and thymes. Place on top the clams and lemon from 3, and pour in the soup.

## CRISPY FOCACCIA FINGERS G

Serves: 4 to 6

### Ingredients:

- |              |  |
|--------------|--|
| 1            | focaccia bread<br>(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 higher shelf position. Cook on Grill 1 for 4 to 5 minutes or until crisp and brown.

## CROUTONS G

Serves: 4 to 6

### Ingredients:

- |              |                              |
|--------------|------------------------------|
| 4 tablespoon | 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 tablespoon | 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 teaspoon   | butter       |
| 3 tablespoon | 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. Cook by selecting Auto Cook Fresh Pizza. Select weight category 600 g then touch Start. After oven has preheated place pizza onto metal tray in higher shelf position. Touch Start.

## 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. Cook by selecting Auto Cook Fresh Pizza. Select weight category 800 g then touch Start. After oven has preheated place pizza onto metal tray in higher shelf position. Touch Start.



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. Cook by selecting Auto Cook Fresh Pizza. Select weight category 800 g then touch Start. After oven has preheated place pizza onto metal tray in higher shelf position. Touch Start.

**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. Cook by selecting Auto Cook Fresh Pizza. Select weight category 800 g then touch Start. After oven has preheated place pizza onto metal tray in higher shelf position. Touch Start.

**MINI PIZZA** **C**

Makes: 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. Cook by selecting Auto Cook Fresh Pizza. Select weight category 800 g then touch Start. After oven has preheated place pizza onto metal tray in higher shelf position. Touch Start.

**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

Makes: 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 higher 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

Makes: 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 teaspoon	curry powder
2 tablespoon	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  
½ cup grated tasty cheese  
3 eggs  
150 ml cream  
150 ml milk  
½ 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]

Makes: 9 serves

**Ingredients:**

3 sheets ready rolled puff pastry  
1 egg, beaten  
½ cup milk  
2 rashers bacon, rind removed  
bacon chopped  
2 green onions, finely chopped  
salt and pepper  
paprika  
½ 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. ¾ 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]

Makes: 10

**Ingredients:**

1 sheet ready rolled puff pastry  
1 egg, beaten  
1 cup parmesan cheese  
2 teaspoon 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:**

½ cup lemon juice  
¼ cup olive oil  
2 cloves garlic, crushed  
1 teaspoon whole grain mustard  
2 tablespoon 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 higher 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 teaspoon	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 teaspoon	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:

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. 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 tablespoon teriyaki sauce  
½ tablespoon oyster sauce  
40 g garlic, minced  
10 g ginger, shredded  
¼ teaspoon black pepper  
3 tablespoon oil  
1 stalk chinese parsley, for garnishing

##### Method:

1. 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).
2. Mix half garlic oil, teriyaki sauce, oyster sauce and black pepper together.
3. 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  
50 g butter

**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 lime, juice of

**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** SM SO

Serves: 2

**Ingredients:**

2 fresh salmon slices  
(approximately 80g 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 higher shelf position. Select steam 1 for 2-3 minutes and then select 300 W + steam for 3 minutes. Finally, select 800 W for 4-4½ minutes.



Buttered Salmon Steamed with  
Vegetables in Paper Wrap

**SALMON STEAMED WITH VANILLA** [SO] [SM]**Ingredients:**

3 pieces salmon fish  
(fishbone removed,  
approximately 80 g per piece)

1 twig thyme  
1 twig parsley  
3 sticks baby corn  
moderate salt

**A:**

1 tablespoon Chinese spirits  
1 teaspoon olive oil  
½ teaspoon salt  
moderate pepper, mashed garlic  
20 g sweet pepper (red)  
20 g sweet pepper (yellow)

**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 higher shelf position. Select steam 1 for 8 minutes, then select 300 W + steam 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 tablespoon cornflour  
1 teaspoon chopped chilli  
1 tablespoon fish sauce  
3 green onions, chopped  
¼ cup coriander leaves

**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 higher 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** [SM]

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 glass shelf in the lower shelf position and cook on 300 W + Steam for about 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 of 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 SM

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 trivet, and place trivet on glass shelf in middle shelf position. 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 glass shelf in middle shelf position. Check the water level of the water tank, and cook 300 W + Steam 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.

**BAKED COD AND POTATO** CR

Serves: 2

**Ingredients:**

8 pieces	boneless cod (40 g each piece)
moderate	salt
moderate	pepper
300 g (1 piece)	potato
½ small piece	onion
100 ml	milk (room temperature)
moderate	cheese powder

**A:**

30 g	butter
1 tablespoon	thyme (dried)
moderate	salt
moderate	pepper

**Method:**

1. Cut open the cod skin, sprinkle with salt and pepper.
2. Cut the potato into slices of 2-3 mm wide, also cut the onion and garlic into thin slices.
3. Divide 2 and A into two equal amounts and put onto the microwave/oven safe dish, wrapped in a plastic wrap, put at the center of the oven. Cook on 600 W for 7 minutes.
4. After heated, add half the milk into each of the 3, and put on the cod with skin side down. Sprinkle with cheese powder, put on the center of grill tray to higher shelf position, select crispy grill, and cook for 15 minutes.

**ORANGE WHITEFISH SALAD** CR

Serves: 2

**Ingredients:**

12 pieces	whitefish (25 g each boneless piece)
400 g (2 pieces)	orange
2 tablespoon	olive oil
moderate	mint
120 g	salad vegetables (salad, water cabbage, etc.)
moderate	salt
moderate	pepper

**A:**

moderate	mint
2 tablespoon	olive oil
1 piece	toast (diced)

**B:**

2 teaspoon	lemon juice
moderate	salt
moderate	pepper

**Method:**

1. After slightly mashing the orange peel, extract the peel for later use. Hold aside about 4 tablespoon of orange juice for later use. Prepare 6 thin slices of orange pieces without peels on a dish.
2. Drip the fish with some mashed peel and juice from A and 1 (leave it standing for 15 minutes for a stronger flavor). Cut the toast into 3 cm cubes. Place the fish along with the bread with the skin side up on the grill tray in higher shelf position. Select crispy grill and cook for 14-16 minutes.
3. Put the remaining juice and B into a bowl, stir evenly with an eggbeater while adding olive oil in small amounts. Add the mashed orange peel and mint to make the salad dressing.
4. Put salad vegetables into another bowl, sprinkle with salt and pepper. After evenly stirred, add half of the 3. Place on the dish the salad, fish from 2, toast cubes, fruit from 1, and drip with the remaining 3.



Orange Whitefish Salad



**STEAMED WHITEFISH WITH MUSHROOM** **[SM]****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	olive oil
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 300 W + steam 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 tablespoon	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** **[CR]**

Container: Grill tray (upper shelf).

**Ingredients:**

300 g (24 pieces)	shrimp
2 tablespoon	corn starch
40 g	vegetable oil
moderate	cashew

**A:**

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

**B:**

6 tablespoon	mayonnaise
1 tablespoon	ketchup
1 teaspoon	custer 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 higher shelf position. Select crispy grill, and cook for 12-14 minutes.
- Mix B in the bowl, add 2 and stir evenly. Before serving, sprinkle with roughly-grinded cashews.

**VANILLA SHRIMP GRILL** **CR**

Serves: 2

**Ingredients:**

320 g (15 pieces) shrimp

2 pieces garlic

A:

moderate assorted vanilla

1 piece rosemary

2 tablespoon olive oil

moderate salt

moderate pepper

**Method:**

1. Remove the heads from the shrimps. Cut open the shrimp with the shells and remove the intestines. Wash thoroughly and wipe dry the water. Place A into a bowl and stir evenly. Add in the shrimps, sliced garlic, and stir evenly (leave it standing for 15 minutes for a stronger flavor).
2. Place the shrimps in the center of the grill tray in the middle shelf position. Select crispy grill and cook for 10-12 minutes.

**SEAFOOD MARINARA**

Serves: 4

**Ingredients:**

250 g scallops

250 g prawns, shelled and deveined

1 squid, approx. 275 g)

cleaned and sliced

2 tablespoon 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, cover dish with pierced cling film and cook on glass shelf in lower 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** **[SO]** **[SM]**

Serves: 2

**Ingredients:**

120 g (6 pieces)	shrimp
100 g (6 pieces)	scallop
80 g	pumpkin
2 spears	green asparagus*
40 g	natural cheese (mozzarella, for pizza)
10 g	butter
moderate	olive oil
moderate	soy sauce
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 higher shelf position. Select steam 1 for 2½ minutes, and then select 300 W + steam 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

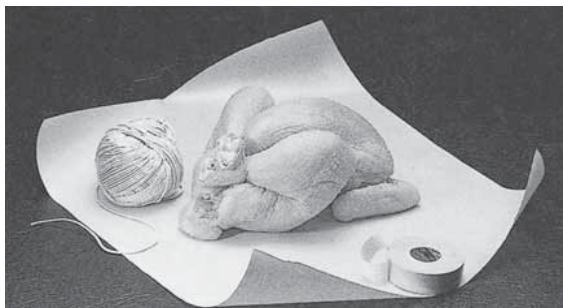
**Method:**

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.

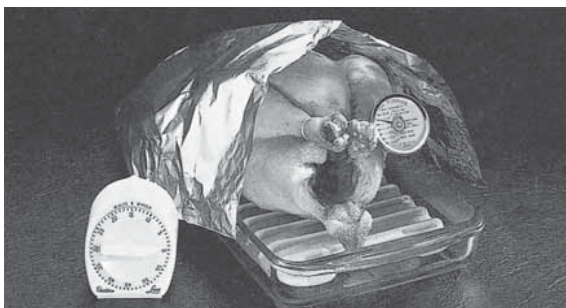
## Directions for Cooking Whole Poultry by Microwave

### 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.**

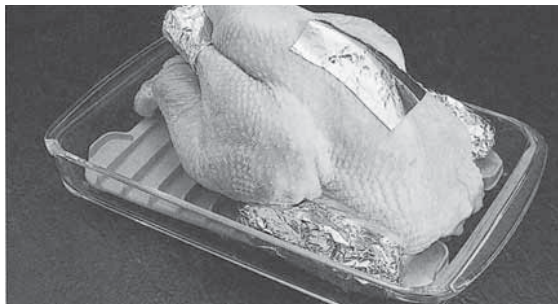
Let stand, covered with foil, 10 to 15 minutes after cooking. Standing time allows the temperature to equalise throughout the food and finishes the cooking process.

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.



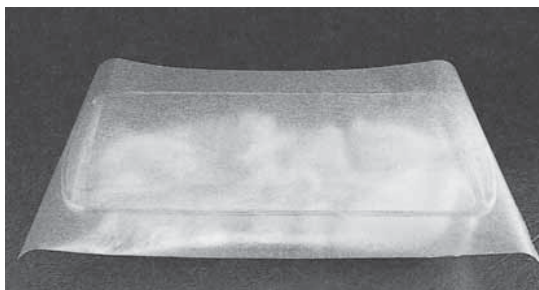
If an oven cooking bag is used, prepare according to package directions. Do not use wire twist-ties to close bag. Use only nylon tie, a piece of cotton string, or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag. Multiply the weight of the poultry by the minimum recommended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

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 tablespoon	chopped parsley
	salt and pepper

##### Method:

1. 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:

1. 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.
2. 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.
3. 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:**

1. In a 3-litre dish mix all the ingredients. Cover. Place 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:**

1. 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.
2. Preheat on Convection 200 °C.
3. 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.
4. Remove chicken from the shelf and allow to cool slightly. Wash metal tray.
5. 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.
6. Preheat the oven on Convection 200 °C.
7. 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:**

1. 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.
2. 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:**

1. Trim chicken fillets and place in a single layer onto metal tray. Set aside.
2. Place butter into a small dish and melt on 600 W for 1 minute.
3. Preheat oven to 180 °C.
4. Brush butter over chicken fillets and sprinkle with combined remaining ingredients. Put metal tray in higher 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** **[CR]**

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 grill tray with the skin side up in higher shelf position. Choose crispy grill and cook for 13 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. Put dish with lid on glass shelf in lower shelf position. Cook on 800 W for 18 to 20 minutes, turning halfway through cooking. Then cook on 600 W for another 18 to 20 minutes. Remove the cover. Cook on Convection 170 °C on 15 minutes.

**CHICKEN CURRY**

Serves: 4 to 6

**Ingredients:**

1	onion, chopped
2 tablespoon	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** CR

Serves: 2

**Ingredients:**

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

**A:**

3 tablespoon	peanut butter
2 tablespoon	soy sauce
2 tablespoon	coconut milk (or milk)
2 tablespoon	ketchup
2 teaspoon	curry powder
2 teaspoon	mashed garlic
2 teaspoon	mashed ginger
2 teaspoon	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 higher shelf position, choose crispy grill 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** SM

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 trivet 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 300 W + Steam for 20 minutes.
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 higher 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 higher 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
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**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**

Makes: 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 tablespoon	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, 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 SM

Serves: 2

### Ingredients:

200-220 g	chicken fillet
2 tablespoon	cheese powder
A:	
30 g	onion (ground)
2 twigs	thyme
2 teaspoon	Chinese spirits
2 teaspoon	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 upper shelf. Select steam 1 for 2 minutes, then select 300 W + steam 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 tablespoon	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 trivet and season well.
3. Fill water tank. Place trivet on glass shelf 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 breast side down on glass shelf in middle shelf position, cook on 600 W for 15 minutes turn over and cook on 600 W for further 10 minutes, 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 tablespoon	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 glass shelf in lower shelf position. Cook on 600 W for 20 minutes.
3. Brush the combined honey, liqueur and vinegar over the duck 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 breast side down on glass shelf in lower shelf position. Cook on 600 W for 30 minutes turn half way 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 glass shelf in middle shelf position. Cook on 600 W for 50 to 55 minutes turn over halfway 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 cut-side down. Other bone-in roasts should be placed fat-side down. Boneless roasts should be placed fat-side 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.

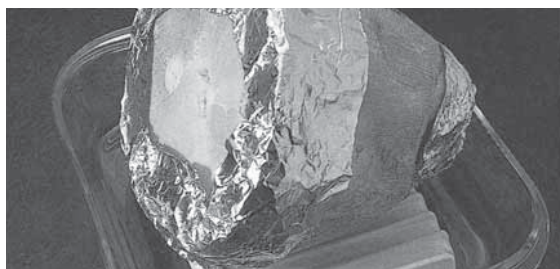
The shank, thin ends of boneless roasts should also be shielded.



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  $\frac{1}{2}$  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.



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 (minutes per 500 g)	
<b>Beef</b>			turn over during cooking
Roasts			
Rare	800 W	8 to 10	
Medium	800 W	9 to 10	
Well	800 W	10 to 12	
Pot Roast	600 W	25 to 30	
<b>Pork</b>			
Leg of Pork	800 W	13 to 15	
Loin of Pork	800 W	12 to 15	
Ham Canned (fully cooked)	800 W	5 to 7	
<b>Lamb</b>			
Medium	800 W	10 to 12	
Well	800 W	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 tablespoon	tomato paste
1 teaspoon	paprika
1	small red capsicum
	cut into 2.5 cm cubes
1 cup	beef stock
2 tablespoon	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 (approx. 800 g) lamb loin chops

**Marinade:**

¼ cup	medium or dry sherry
3 tablespoon	tomato paste
2 tablespoon	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 on glass shelf, cook on 600 W in lower shelf position for 20 minutes and cook on convection 180 °C for 30 minutes medium result. Stand covered for 10 minutes before serving.

**YORKSHIRE PUDDING [C]**

Serves: 6 to 8

**Ingredients:**

1 cup	plain flour
	pinch of salt
1	egg
1½ cups	milk
	oil for greasing muffin tins

**Method:**

1. 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.
2. Preheat oven to 220 °C.
3. 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.
4. 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.

**CORNEB 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:

1. Using a sharp knife, score the smooth side of the steaks to form a diamond pattern. Place steaks scored side down. Set aside.
2. Place butter and garlic into a 2-litre casserole dish. Cook on 1000 W for 1 minute.
3. Add spinach and green onions and cook on 1000 W for 3 to 4 minutes. Allow to cool slightly.
4. Add breadcrumbs, salt and pepper, egg and almonds to mixture. Mix until well combined.
5. Place stuffing onto steaks and roll up lengthwise to form two long rolls. Secure rolls with string.
6. 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:

1. 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:

1. Place mince, onion, garlic, breadcrumbs, tomato sauce and pepper in a large bowl and mix well. Roll mixture into 2.5 cm balls.
2. Place half of balls onto a paper towel lined glass shelf 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:

1. 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.
2. 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	bacon rashers, 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 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 × 13cm 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 tablespoon	Parmesan cheese, extra
3 tablespoon	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 tablespoon	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** S

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.

**To Cook by Sensor Menu:**

1. Place all ingredients except sour cream and parsley into a 3-litre casserole dish. Select Casserole, then touch Start. Stir through sour cream and parsley before serving.

**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 tablespoon	Hoi sin sauce
¼ cup	beef stock
3 cups	sliced vegetables of your choice (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** C

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
	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 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** S

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.

**To Cook by Sensor Menu:**

1. Prepare as above. Select Casserole, then touch Start.
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** **[S]**

Serves: 4

**Ingredients:**

1	onion, chopped
1 teaspoon	minced garlic
200 g	diced potatoes
600 g	beef, diced
2	carrots, diced
1/3 cup	tomato paste
1 1/2 cups	beef stock
100 g	whole button mushroom
1/4 cup	frozen peas

**Method:**

1. Place onion and garlic in 3-litre casserole dish. Cook on 1000 W for 1 to 2 minutes.
2. 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.
3. Add mushrooms and frozen peas. Stir cook on 440 W for 14 to 15 minutes.

**To Cook by Sensor Menu:**

1. Place all ingredients into a 3-litre Casserole dish. Select Casserole, then touch Start.

**MUSSAMAN BEEF CURRY** **[S]**

Serves: 4

**Ingredients:**

500 g	round steak diced
1/3 cup	mussaman curry paste
400 g	potato diced
250 ml	coconut milk
250 ml	beef stock
1 tablespoon	brown sugar

**Method:**

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

**To Cook by Sensor Menu:**

1. Place all ingredients into a 3-litre Casserole dish. Select Casserole, then touch Start.



Cheese Steak

**CHEESE STEAK** **[CR]**

Serves: 2

**Ingredients:**

400 g	sirloin
moderate	salt, pepper
20 g	butter
moderate	Italian salad dressing (With diced tomatoes and basil...etc.)

**A:**

6 tablespoon	bread flour
6 tablespoon	cheese powder

**Method:**

1. Heat the butter in a heat-resistant container with a lid, and put it at the center of the oven. Cook on 600 W for 30 to 40 seconds. Stir A with melted butter, and put aside for later use.
2. Pat on the sirloin to break the fibers, and lay them out. Sprinkle with salt and pepper. Put them on the center of the tray, put all the bread flour from 1 onto the beef, and then press with hands. Put the grill tray in the higher shelf position, choose crispy grill, and cook for 11 minutes.
3. Serve on a plate after heated, dripped with the Italian salad dressing containing diced tomatoes and basil according to personal preference.

**APPLE LEMON BEEF GRILLS** **[CR]**

Serves: 2

**Ingredients:**

4 pieces	sirloin (for fry steaks, 100 g per piece)
moderate	salt
moderate	black pepper
3 pieces	bacon
200 g (1 piece)	apple

**A:**

4 tablespoon	lemon juice
2 tablespoon	honey
1 teaspoon	black pepper

**Method:**

1. Vertically cut the meat, sprinkle with salt and black pepper. Cut bacon into pieces of 7 mm thick. Cut 1/2 apple into 4 equal pieces, marinate in combined A.
2. Place the beef in the center of the grill tray, then bacon, with apples on the sides. Put the tray in the higher shelf position, choose crispy grill, and cook for 13 minutes. (keep the sauce that marinated the apple for later use)
3. Serve 2 on a plate with the apple-marinated sauce.



**BLACK PEPPER BEEF BBQ** **CR**

Serves: 2

**Ingredients:**

300 g	beef belly (for BBQ)
moderate	corn starch
1 piece	garlic (sliced)
90 g	onion
60 g	green pepper
moderate	salt
1 tablespoon	vegetable oil

**A:**

1½ tablespoon	soy sauce
1½ tablespoon	oyster sauce
1½ teaspoon	custer sugar
1 teaspoon	rough black pepper

**Method:**

1. Put A into a larger bowl and stir. Sprinkle a thin layer of corn starch on the beef, and stir with garlic (leave it standing for 10 minutes for a stronger flavor).
2. Cut the onion, green pepper into chunks of 3 cm each, flavor with salt and vegetable oil.
3. Lay out 1 in the center of the grill tray, surrounded by 2. Put the grill tray in the higher shelf position and select crispy grill, cook for 13 minutes.

**STEAMED BEEF WITH BLACK VINEGAR** **SM** **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
moderate	salt, pepper

**B:**

2 teaspoon	rice wine (or Chinese spirits)
2 teaspoon	black vinegar
2 teaspoon	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:**

1. 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.
2. 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 300 W + steam for 4 minutes.
3. Remove to plate after heating, relish with vanilla.



Bacon Roll

**PORK WITH LENTILS**

Serves: 4

**Ingredients:**

250 g	brown lentils
1	large onion, chopped
4	slices 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** **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 glass shelf, cook on 600 W for 5 minutes and Grill 1 for 8 to 10 minutes in middle shelf position. Turn over. Set to Grill 1 for another 5 to 7 minutes.

**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 glass shelf 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)
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**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:**

1. 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.

**SWEET AND SOUR GREEN PEPPER WITH MEAT [CR]**

Serves: 2

**Ingredients:**

4 pieces	green pepper (approximately 90 g each)
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**A:**

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

**B:**

10 tablespoon	soup
1 tablespoon	custer sugar
4 teaspoon	sweet cooking sake
4 teaspoon	vinegar
2 teaspoon	soy sauce
moderate	corn starch (thicken with same amount of water)

**Method:**

1. 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.
2. Lay 1 in the middle of the grill tray, put tray onto the upper shelf, choose crispy grill and cook for 11-13 minutes.
3. Place B into a small pot, and thicken it with corn starch liquid.
4. Serve 2 in a plate dripped with the soup from 3.

**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:**

1. 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.
2. 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.
3. Place onion and capsicum in a large casserole dish. Cover and cook on 1000 W for 4 to 6 minutes.
4. 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.



## 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) 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 $\frac{1}{4}$ cup water	3 to 4
Beans (finely sliced)	250 g	Covered dish with $\frac{1}{4}$ 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 $\frac{1}{4}$ cup water.	6 to 7
Brussels Sprouts	500 g	Covered dish with $\frac{1}{4}$ cup water.	7 to 9
Cabbage	500 g	Shredded, with $\frac{1}{4}$ cup water in covered dish.	7 to 9
Carrots	4 (sliced finely) 250 g	With $\frac{1}{4}$ cup water in covered dish.	6 to 8
Cauliflower	500 g	With $\frac{1}{4}$ cup water in covered dish.	7 to 9
Celery	6 stalks (400 g) cut in 1 cm pieces	With $\frac{1}{4}$ cup water in covered dish.	6 to 8
Corn	2 cobs (500 g) 4 cobs (1 kg)	Brush with melted butter and cook in covered dish.	7 to 9 12 to 14
Eggplant	1 (500 g)	Dice with $\frac{1}{4}$ 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 $\frac{1}{4}$ cup water in covered dish.	4 to 6
Peas	250 g	Shell peas and place with $\frac{1}{4}$ cup water in covered dish.	4 to 6
Potatoes-Mashed -Jacket	3 (500 g)	Peeled and quartered with $\frac{1}{4}$ cup water. Covered. Cook uncovered on paper towel lined plate.	7 to 9
Pumpkin	500 g	Peeled and cut into uniform pieces with $\frac{1}{4}$ cup water in covered dish.	7 to 9
Spinach/Silver Beef	250 g	Remove stem, cut leaves into small pieces. Cook with $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 tablespoon	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 tablespoon	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 teaspoon	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 of 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.

## BACON AND VEGETABLE BROILED EGG SO SM

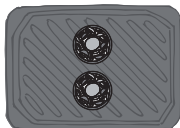
Serves: 4

### 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 higher shelf position.
3. Pour water into the tank before cooking. Select steam 1 for 7 minutes, then select 300 W + steam for 2½ - 3½ minutes.



Cheese and Ham Filled Potatoes

## POTATO CASSEROLE C

Serves: 4 to 6

### Ingredients:

750 g	sliced potatoes
1 cup	sour cream
¼ cup	milk
3	green onions, sliced
2	bacon rashers, 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 glass shelf in lower shelf position. Cook on Convection 200 °C for 25 minutes.

**POTATO WEDGES** C

Serves: 4

**Ingredients:**

500 g potatoes  
oil, for brushing

**Method:**

1. Cut potatoes into wedges. Place on glass shelf in lower shelf position, cook 600 W for 8 to 10 minutes and cook Convection 200 °C for 20 to 25 minutes.

**BAKED CHEESE POTATO** CR

Serves: 2

**Ingredients:**

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

**A:**

400 g potato (cut into 2 mm slices)  
4 tablespoon 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 higher shelf position, select crispy grill 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 put on glass shelf in middle shelf position and cook on 1000 W for 3 minutes 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 7-8 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  
 200 g 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 tablespoon cream cheese  
 2 tablespoon 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** SM CR

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 300 W + steam for 6 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 Crispy Grill 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 tablespoon water

**Cheese Sauce:**

2 tablespoon butter  
2 tablespoon flour  
1 cup milk  
¾ cup grated cheese  
¼ 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 tablespoon water  
2 tablespoon butter  
1 small onion, finely chopped  
2 tablespoon flour  
1 cup milk  
½ cup grated tasty cheese  
2 tablespoon 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 (approx. 4) carrots  
2 tablespoon brown sugar  
2 teaspoon butter  
2 tablespoon 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 tablespoon 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 tablespoon | 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          |
|       | Nutmeg, pinch |
|       | Salt, pepper  |

**Method:**

1. Peel and cut the celeriac and potatoes into small chunks. Place the vegetables on trivet on glass shelf. 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.



Baked Eggplant and Ham

**STUFFED COURGETTES** SO C

Serves: 4

**Ingredients:**

- |                          |  |
|--------------------------|--|
| 2                        | courgettes, halved lengthways            |
| 2 teaspoon               | extra virgin olive oil                   |
| <b>For the stuffing:</b> |  |
| 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 trivet, and place trivet on glass shelf 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.

**BAKED EGGPLANT AND HAM** CR

Serves: 2

**Ingredients:**

- |              |   |
|--------------|---|
| 300 g        | eggplant (4 medium size)                      |
| moderate     | salt  |
| moderate     | pepper  |
| 4 teaspoon   | olive oil                                     |
| 2 pieces     | tenderloin ham (cut vertically into 4 pieces) |
| 4 pieces     | basil leaves (rip into two)                   |
| 6 tablespoon | pizza sauce (sold on market) (or ketchup)     |
| 40 g         | natural cheese (for pizza)                    |
| 2 tablespoon | cheese powder                                 |

**Method:**

1. Remove the peel of the egg with a spacing of 2 cm, and then cut vertically into 3-4 pieces. Marinate in salt water for a moderate amount of time, keep for later after the bitterness is gone. After drying, sprinkle the eggplants with salt, pepper, and olive oil. Place them on a heat-resistant flat plate, and then put the plate at the center of the oven without plastic wraps. Cook on 600 W for 8 minutes.
2. On the 15 cm diameter heat-resistant plate, place ½ eggplants, and place a half the amount of ham and basil on top. Then, place on top in order: eggplant, ham, basil, and eggplant. Drip the pizza sauce from above, then place natural cheese, and sprinkle with cheese powder in order. Place them in the center of the grill tray, and put the tray onto the upper shelf. Select crispy grill and cook for 8-10 minutes.

### Directions for Cooking Rice and Other Grains by Microwave

Follow directions in chart on page 107 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 Hlgh 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 107 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  $\frac{2}{3}$  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 Quick Cook Brown (1 cup)	2-litre dish	1⅓ 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 PASTA on 1000 W UNCOVERED (in minutes)	STANDING TIME (in minutes)
Dried Fettuccine (250 g)	4-litre dish	6 cups	10 to 12	5
Elbow Macaroni, shells, etc. (250 g)	3-litre dish	4 cups	12 to 14	5
Fresh Spaghetti, Fettuccine (375 g)	4-litre dish	6 cups	6 to 8	5
Dried Spaghetti (250 g)	4-litre dish	4 cups	12 to 14	5
Fresh Tortellini, Ravioli (250 g)	4-litre dish	4 cups	7 to 9	5
Fresh Gnocchi (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 tablespoon	flour
2 cups	milk
1 cup	grated tasty cheese
6 cups	cooked macaroni, drained well
½ cup	extra grated tasty cheese
	paprika

##### Method:

1. Place butter and onions in a 2-litre casserole dish and cook on 1000 W for 5 minutes.
2. 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.
3. 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:

1. 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.
2. 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
<b>A:</b>	
150 g	water boiled tomato (tomato can)
60 g	bacon slice (into slices)
50 g (1/3 piece)	onion (into slices)
1/2 piece	garlic (into slices)
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 CANNELLONI [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 lasagne 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 lasagne sheets and spoon 2 to 3 tablespoon of the mushroom mixture along the edge of each lasagne 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** S

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, or cook by Sensor Cook.
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.

**To Cook by Sensor Menu:**

1. Prepare as above. Select Dried Pasta, then touch Start.

**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 (approx. 250 g)	bunch asparagus
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
40 g	fresh parmesan cheese
5 g	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
3 ml	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:**

1. 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.
2. Place the oil and onion in casserole. Place on base of oven and cook on 1000 W for 3 minutes or until softened.
3. Add the ginger, garlic, turmeric, chilli and curry powder and cook on 1000 W for 2 minutes.
4. 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.
5. 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** CR

Serves: 2

**Ingredients:**

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

**Method:**

1. 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.
2. Before 1 cools off, stir with a fork, and then blend evenly with the beaten egg.
3. 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 crispy grill, and cook for 17 to 18 minutes.

**HUMMUS****Ingredients:**

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

**Method:**

1. Place chick peas and water into a 4-litre casserole dish and soak overnight. Drain.
2. 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
	hot vegetable stock
450 ml	chopped parsley to garnish

**Method:**

1. 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.
2. 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.

**SMALL CAKES [C]**

Makes: 12 little cakes

**Ingredients:**

100 g	butter
100 g	sugar
2	eggs, beaten
100 g	self-raising flour

**Method:**

1. Preheat on Convection 170 °C.
2. Beat the butter, which has been kept at room temperature, 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. Fill individual paper cases two thirds full with the mixture.
3. Place paper cases on metal tray in the lower shelf position. Cook on Convection 170 °C for 20 to 25 minutes.

**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 teaspoon	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 trivet on glass shelf in lower shelf position on Steam 1. The sponge pudding will take 1 ½ 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

## CARROT CAKE **SM**

Makes: 12

### Ingredients

150 ml	sunflower oil
250 g	wholemeal self-raising flour
10 ml	baking powder
10 ml	cinnamon
5 ml	nutmeg
150 g	light muscovado sugar
50 g	walnuts, coarsely chopped
125 g	carrots, grated
2 ripe	bananas, mashed
2	eggs, beaten

### Cream Cheese Topping:

75 g	butter
100 g	cream cheese
225 g	icing sugar
	chopped walnuts to decorate

### Method:

1. Place all the cake ingredients in a large bowl and mix well. Spoon into 20 cm square glass cake dish.
2. Fill water tank. Place dish on glass shelf in the lower shelf position and cook on 300 W + Steam for 30 minutes or until cooked and well risen. Allow to cool.

### To make the topping

1. Cream the butter and cream cheese until smooth. Stir in sieved icing sugar. Decorate the cooled cake with the cream cheese topping and walnuts.

## CHIFFON CAKE **C**

Makes: 21 cm Chiffon cake

### Ingredients:

100 g	plain flour (sieved)
¾ teaspoon	baking powder (sieved)
4	egg white
3	egg yolk
100 ml	coconut milk
20 g	corn oil
120 g	castor sugar
¾ teaspoon	cream of tartar
¾ 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]**

Makes: 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:**

1. 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.
2. Preheat oven at 180 °C.
3. 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]**

Makes: 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:**

1. Make streusel topping by melting the butter on 1000 W for 10 to 20 seconds.
2. 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.
3. Preheat on Convection 170 °C.
4. 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.
5. 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:**

1. 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.
2. Preheat oven on Convection 210 °C.
3. Place the rounds on greased double grill tray and metal tray and brush with beaten egg. Place metal tray in lower shelf position and double grill tray in higher 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:**

1. Melt butter in a 1 litre casserole dish on 1000 W for 30 to 40 seconds.
2. Add crushed biscuits and combine. Press biscuit mixture evenly over base and sides of a greased 23 cm spring form tin. Refrigerate until firm.
3. Preheat oven to Convection 170 °C.
4. 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:**

1. 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

Container: Mental tray (lower shelf).

**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. Press "oven" pad to start preheat at 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** SO SM

Makes: 3

**Ingredients:**

160 g	plain flour (sieved)
2 teaspoon	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 upper shelf. Select steam 1 for 3 minutes, and then select 300 W + steam for 3 minutes. Finally, select 800 W for 4 minutes.



**LACE BISCUITS** [C]

Makes: 18 to 20 biscuits

**Ingredients:**

2 tablespoon	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]

Makes: 24 biscuits

**Ingredients:**

125 g	butter, melted
2 tablespoon	golden syrup
1 teaspoon	bicarbonate of soda
2 tablespoon	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]

Makes: 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]

Makes: Approximately 25

**Ingredients:**

125 g	butter
1 cup	caster sugar
2 tablespoon	lemon zest
1 tablespoon	poppy seeds
2 tablespoon	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]

Makes: Approximately 25

**Ingredients:**

125 g	butter
1 cup	caster sugar
1 teaspoon	vanilla essence
2	egg
2½ cups	self-raising flour
2 teaspoon	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

Makes: 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 tablespoon	honey
2 tablespoon	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

Makes: 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 teaspoon	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

Makes: 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 tablespoon	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. 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.
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.

**APRICOT HONEY SLICE**

Makes: 20 squares

**Ingredients:**

185 g	butter
2 tablespoon	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 tablespoon	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

Makes: 6

**Ingredients:**

125 g	butter
200 g	white chocolate
¾ cup	sugar
¼ cup	honey
2 teaspoon	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

Makes: 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

**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

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 SM**

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 300 W + Steam 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
75 ml	warm water
5 ml	olive oil

**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 tablespoon 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 double 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,  $\frac{2}{3}$  rds of the way through the cooking time for a loaf or 15 to 20 minutes with a Steam Shot for 3 minutes  $\frac{2}{3}$  rds of the way through cooking time for rolls or until golden.

**FOCACCIA** [C] [SS]

Makes: 1

**Ingredients:**

400 g	strong bread flour
1	sachet dried yeast
10 ml	salt
75 g	olive oil
10 ml	course 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 course 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  $\frac{2}{3}$  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:**

1. 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.
2. Preheat the oven on Convection 180 °C.
3. 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.
4. Place dish on metal tray in lower shelf position and cook on Convection 180 °C for 30 to 35 minutes.

**RHUBARB, APPLE & GINGER COMPOTE [A]**

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:**

1. 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.

**To Cook by Auto Menu:**

1. Select Auto Menu Fruit Poached, then select 500 g weight and then touch Start.

**PAVLOVA [C]**

Serves: 8 to 10

**Ingredients:**

4	egg whites
	pinch of salt
1¼ cups	caster sugar
2 teaspoon	vinegar
2 tablespoon	cornflour

**Topping:**

300 ml	cream
1	punnet strawberries, hulled and cut in half
2	passionfruit

**Method:**

1. Preheat Convection to 140 °C.
2. 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.
3. 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:**

1. 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:**

1. Preheat the oven on Convection 150 °C.
2. 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.
3. 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

Makes: 2 slices

#### Ingredients:

3	cooking apples, 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 A

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.

#### To Cook by Auto Menu:

1. Combine all ingredients in a bowl. Select Auto menu Fruit Poached, then select weight 500 g and touch Start.

**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 punnet strawberries, hulled and cut in half
1	
1 teaspoon	caster sugar
2 tablespoon	fruit liqueur
1-litre	vanilla ice cream
4	egg whites
¾ cup	caster sugar, extra
¼ 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** SM

Serves: 2

**Ingredients:**

300 g (one)	pear (or apple)
3-4 pieces	lime (sliced)
A:	
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 tray. Place tray in the middle shelf position. Select steam1 for 3 minutes, and then select 300 W + steam for 3 minutes. Finally, 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:**

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**

Makes: Approximately 24

**Ingredients:**

1 cup	icing sugar
4 tablespoon	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**

Makes: 20

**Ingredients**

1	quantity of choux pastry
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
	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 teaspoon	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

Makes: Approximately ⅓ 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

Makes: 1½ cups

### Ingredients:

3 tablespoon	butter
2 tablespoon	flour
1 teaspoon	soy sauce
¾ cup	cream
	salt and pepper taste
½ 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

Makes: 4 cups

### Ingredients:

½	cucumber
½ cup	cornflour
½ cup	brown sugar
1 cup	chicken stock
½ cup	dry sherry
2 tablespoon	white vinegar
2 tablespoon	soy sauce
2 tablespoon	tomato paste
410 g	pineapple pieces and juice
½	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

Makes: 1½ cups

### Ingredients:

2 tablespoon	butter
2 tablespoon	cornflour
3 tablespoon	sugar
2 tablespoon	golden syrup
1 cup	milk
¼ cup	brandy

### Method:

1. In a 1-litre pyrex jug melt butter on 1000 W for 20 to 30 seconds. Blend in cornflour, 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

Makes: 1½ 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

Makes: 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

Makes: 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

Makes: 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

Makes: 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

Makes: 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**

Makes: 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 Medium for 3 to 4 minutes, stirring every minute. Pour into hot sterilised jars and seal immediately.

**LEMON CURD**

Makes: 2 jars

**Ingredients:**

4	untreated lemons, the juice and zest of
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**

Make: 2 cups

**Ingredients:**

350 g	rhubarb, chopped
3	medium sized apples, grated
2 tablespoon	water
1 cup	caster sugar
2 tablespoon	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**

Makes: 3 cups

**Ingredients:**

450 g	fresh mango, sliced
250 g	cooking apples, peeled, cored and sliced
2 tablespoon	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**

Makes: 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.

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## Sensor Cook Menu








1. Sensor Reheat
2. Dried Pasta
3. Fresh Pasta
4. Casserole
5. Jacket Potato

## Steam Cook Menu

6. Fresh Vegetables
7. Fresh Vegetables (with microwave)
8. Frozen Vegetables
9. Frozen Vegetables (with microwave)
10. Boiled Potatoes
11. Boiled Potatoes (with microwave)
12. Chicken Breast
13. Chicken Breast (with microwave)
14. Fresh Fish Fillets
15. Fresh Fish Fillets (with microwave)
16. Frozen Fish Fillets
17. Frozen Fish Fillets (with microwave)
18. Fresh Whole Fish
19. Fresh Whole Fish (with microwave)
20. Rice
21. Rice (with microwave)

## Auto Cook Menu

22. Grill Chicken Pieces
23. BBQ Meat Pieces
24. Roast Chicken

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25. Roast Beef
26. Roast Lamb
27. Roast Pork
28. Fresh Pizza
29. Frozen Pizza
30. Fresh Crispy Top
31. Frozen Crispy Top
32. Fruit Poached
33. Sponge Pudding
34. Muffins
35. Cookie 1 Level
36. Cookie 2 Levels
37. Frozen Potato Fries
38. Fried Chicken
39. Melt Butter
40. Melt Chocolate
41. Soften Ice Cream
42. Soften Cream Cheese

## Cleaning System

43. Deodorization
44. Drain Water
45. System Cleaning
46. Cavity Cleaning

## Recipe Store Memory

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48. Memory 2
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