

# Panasonic®

## Operating Instructions and Cook Book Microwave Oven For home use



**Models No. NN-ST253W  
NN-ST253B**

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 never used a microwave oven before, you will realise that a microwave oven uses a totally different method of converting energy into heat. This requires an understanding of what exactly happens to food when placed in the oven. This is explained in the following pages.

After reading the introductory chapter, I am sure you will be able to master the basic technique 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 Identification Plate (see page 6). 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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# Safety Instructions

## READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

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

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

1. The door fits squarely and securely and opens and closes smoothly.
2. The door hinges are in good condition.
3. The metal plates of a metal seal on the door are neither buckled nor deformed.
4. The door seals are neither covered with food nor have large burn marks.

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

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, 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.

### 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. 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.
7. 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.
8. Do not store or use this appliance outdoors.
9. Do not immerse cord or plug in water.
10. Keep cord away from heated surfaces.
11. Do not let cord hang over edge of table or counter.
12. Do not remove outer panel from oven.

## 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 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.
- 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.
- 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.

## 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 through a small plastic covered piece. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food losing half of their power every two to three centimetres. Continued cooking to the centre occurs by conduction.

Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens. When microwaves come in contact with a substance, any one or combination of three things may occur.

They can be:

1. REFLECTED
2. TRANSMITTED
3. ABSORBED

### Reflection:

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

### Circuits

Your microwave oven should be operated on a separate 10 A circuit from other appliances. 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.

# Installation and General Instructions

## General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy. This can lead to damage to the microwave oven including arcing within the oven cavity.
2. If smoke is observed, press the **STOP/RESET** Pad and leave door closed in order to stifle any flames. Disconnect the power cord, and/or shut off power at the fuse or circuit breaker panel.
3. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
4. Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
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 Glass Tray. The GlassTray can be very hot after removing the cooking container from the oven.
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 Glass Tray 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.**
11. 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.
12. Appliances are not intended to be operated by means of an external timer or separate remote-control system.

## 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. Also allow sufficient space on back and both sides of the oven.
  - b. Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
  - c. Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only.
3. The appliance is freestanding type and shall not be placed in a cabinet.
4. 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 houses;
  - by clients in hotels, motels and other residential environments;
  - bed and breakfast type environments.

## Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. 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.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the Cooking Guide section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. NEVER leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, 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.

# 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.

## Plastics

**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.

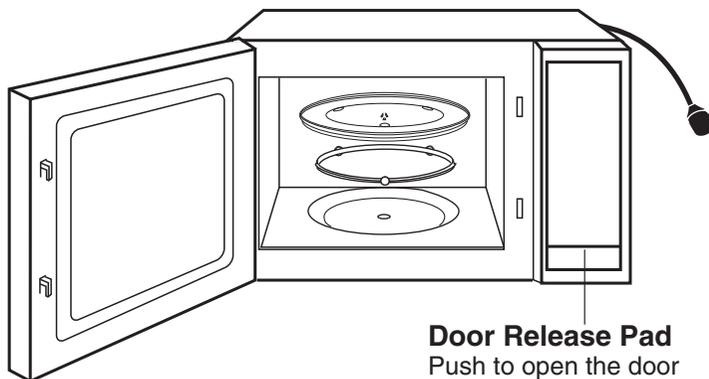
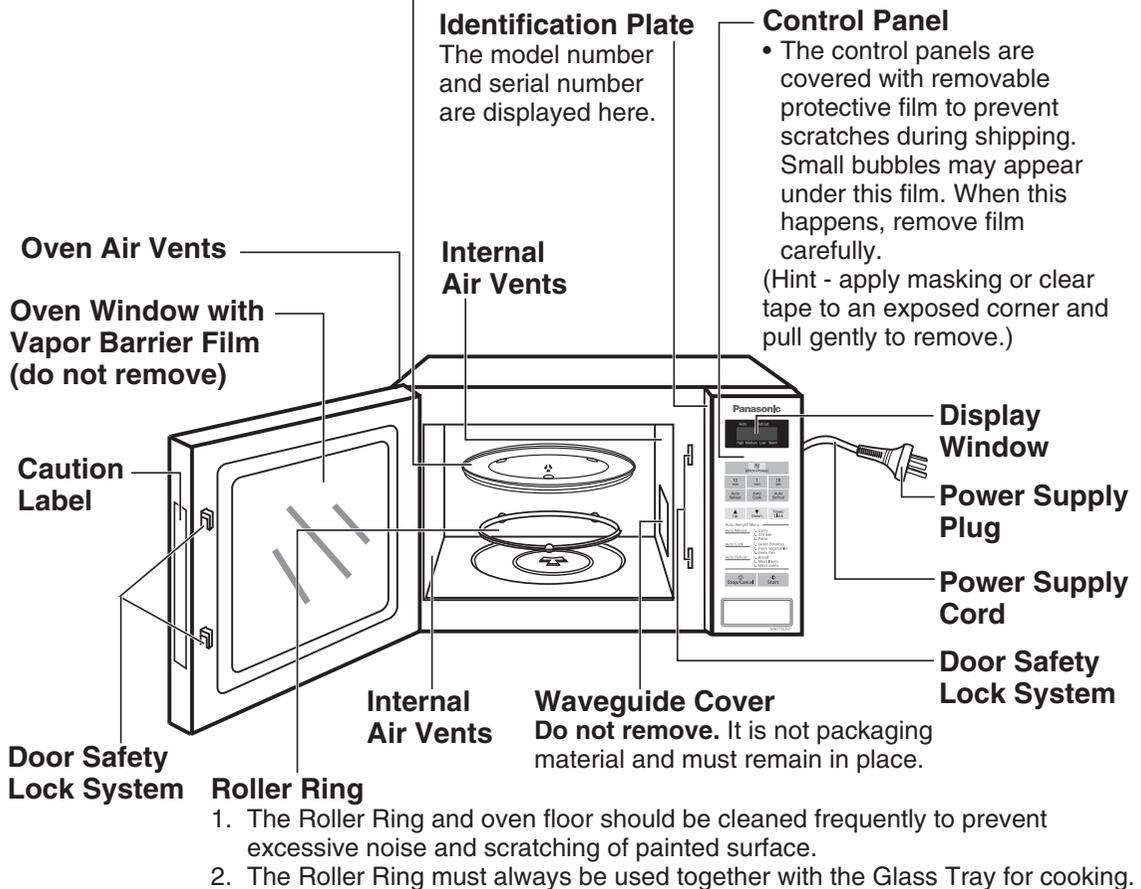
## Straw, Wicker and Wood

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.

# Feature Diagram

## Glass Tray

1. Do not operate the oven without the Roller Ring and Glass Tray in place.
2. Only use the Glass Tray specifically designed for this oven. Do not substitute another Glass Tray.
3. If Glass Tray is hot, allow to cool before cleaning or placing in water.
4. **Do not** cook directly on Glass Tray. Always place food on a microwave-safe dish, or on a rack set in a microwave-safe dish.
5. If food or utensil on Glass Tray touches oven walls, causing the tray to stop moving, the tray will automatically rotate in opposite direction. This is normal.
6. Glass Tray can rotate in either direction.



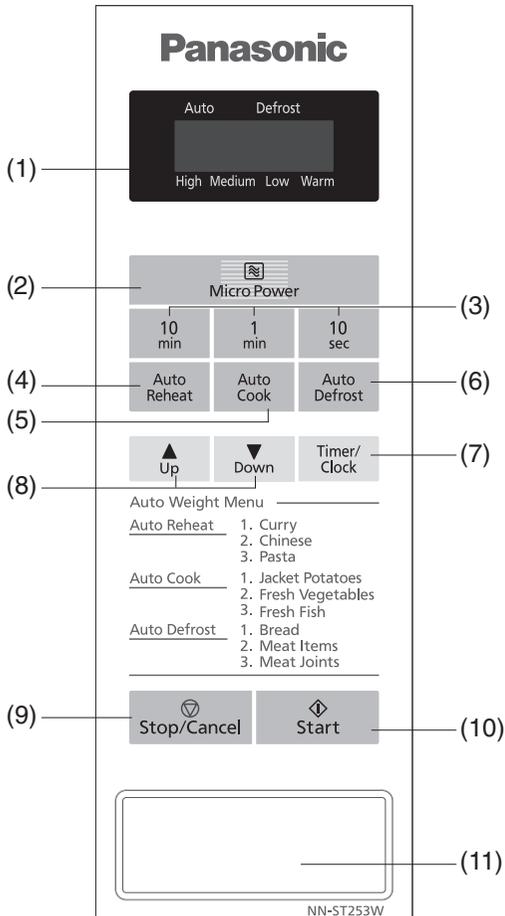
## Door Release Pad

Push to open the door  
Opening the door during cooking will stop the cooking process without cancelling the program.  
Cooking resumes as soon as the door is closed and Start is pressed.

## NOTE:

The above illustration is for reference only.

# Control Panels



- (1) **Display Window**
- (2) **Microwave Power Levels**
- (3) **Time Pads**
- (4) **Auto Weight Reheat Programs**
- (5) **Auto Weight Cook Programs**
- (6) **Auto Weight Defrost Pad**
- (7) **Timer / Clock Pad**
- (8) **Weight Selection Pads**
- (9) **Stop/Cancel Pad:**

**Before Cooking:**

one press clears your instructions.

**During Cooking:**

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

- (10) **Start Pad**

- (11) **Door Release Pad**

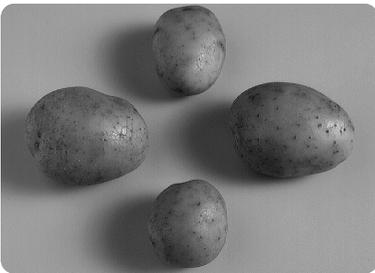
\*The Design of your control panel may vary from the panel displayed (depending on colour), but the function of the pads are the same.

# General Guidelines

## STANDING TIME

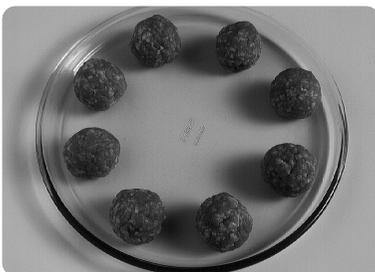
Dense foods e.g. meat, jacket potatoes and cakes, require standing time (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely. Wrap meat joints and jacket potatoes in aluminium foil while standing. Meat joints need approx. 10-15 minutes, jacket potatoes 5 minutes. Other foods such as plated meals, vegetables, fish etc require 2-5 minutes standing. If food is not cooked after standing time, return to the oven and cook for additional time. After defrosting food, standing time should also be allowed. See pages 17-19.

## QUANTITY



Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions.

## SPACING



Foods cook more quickly and evenly if spaced apart. NEVER pile foods on top of each other.

## MOISTURE CONTENT

Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season, particularly jacket potatoes. For this reason cooking times may have to be adjusted. Dry ingredients e.g. rice, pasta, can dry out during storage so cooking times may differ.

## DENSITY

Porous airy foods heat more quickly than dense heavy foods.

## CLING FILM

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

## PIERCING



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

## COVERING



Cover foods with microwave cling film or a lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes or pastry items.

# General Guidelines

## SHAPE

Even shapes cook evenly. Food cooks better by microwave when in a round container rather than square.



## STARTING TEMPERATURE

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

## LIQUIDS

All liquids must be stirred **before, during and after** heating. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled. **DO NOT OVERHEAT.**



## TURNING AND STIRRING

Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time.

## ARRANGING

Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are towards the outside.

## CHECKING FOOD



It is essential that food is checked during and after a recommended cooking time, even if an AUTO PROGRAM has been used (just as you would check food cooked in a conventional oven). Return the food to the oven for further cooking if necessary.

## DISH SIZE

Follow the dish sizes given in the recipes, as these affect the cooking and reheating times. A quantity of food spread in a bigger dish cooks and reheats more quickly.



## CLEANING

As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded microwave spray cleaner, sprayed onto a soft cloth. Always wipe the oven dry after cleaning.

# Containers to use

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

## Testing Dishes for Suitability



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

1. Fill a microwave safe measuring jug with 300ml ( $\frac{1}{2}$ pt) cold water.
2. Place it on the turntable alongside the dish to be tested. If the dish you are testing is a large dish, then stand the measuring jug on top of the empty dish.
3. Heat on HIGH power for 1 minute.

### Result

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

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

## Quick Check Guide to Cooking Utensils

### OVEN GLASS



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

### POTTERY, EARTHENWARE, STONEWARE



Only use if completely glazed. Do not use if partially glazed or unglazed, as they are able to absorb water which will absorb microwave energy, making the container very hot and slowing food.

### CHINA AND CERAMIC



Glazed china plates, saucers, bowls, mugs and cups can be used if they are heat resistant. Porcelain and ceramic are also ideal. Fine bone china should only be used for reheating for short

periods, otherwise the change in temperature may crack the dish or craze the finish. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt in a microwave.

### FOIL/METAL CONTAINERS



**NEVER ATTEMPT TO COOK IN FOIL OR METAL** containers – the microwaves cannot pass through and the food will not heat evenly – this may also damage your oven.

Use wooden kebab sticks instead of metal skewers.

# Containers to use

## PLASTIC

Many plastic containers are designed for microwave use. Only use Tupperware® containers if they are designed for microwave use. Do not use Melamine as it will scorch. Do not use plastic for cooking foods high in sugar or fat or foods that require long cooking times e.g. brown rice. Never cook in margarine containers or yogurt pots, as these will melt with the heat from the food.



## PAPER

Plain white kitchen paper (kitchen towel) can be used for covering blind pastry cases and for covering bacon to prevent splattering **ONLY USE FOR SHORT COOKING TIMES. NEVER RE-USE A PIECE OF KITCHEN TOWEL.** Avoid kitchen paper containing manmade fibres. Check that branded re-cycled kitchen towel is recommended for microwave use. Do not use waxed or plastic coated cups as the finish may melt in the oven. Greaseproof paper can be used to line the base of dishes and to cover fatty foods. White paper plates can be used for **SHORT REHEATING TIMES.**



## WICKER, WOOD, STRAW BASKETS

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



## CLING FILM

Use microwave cling film to cover food that is to be reheated, or cooked, taking care to avoid the film being in direct contact with the food.



## ALUMINIUM FOIL

Small amounts of smooth aluminium foil can be used to **SHIELD** joints of meat during defrosting and cooking. As the microwaves cannot pass through the foil this prevents the shielded parts from overcooking or overdefrosting. The foil must not touch the sides or roof of the oven, as this may cause arching and damage your oven.



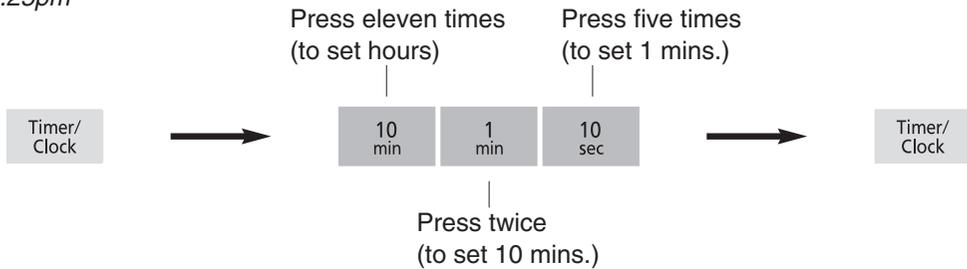
## ROASTING BAGS

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

# Setting The Clock

When the oven is first plugged in “88.88” appears in display window

eg. 11.25pm



- **Press Timer/Clock Pad twice.** A dot starts blinking.
- **Press Time Pads** - Enter time of day by pressing appropriate Time pads. The time appears in the display. If the pad (10 min / 1 min / 10 sec) is pressed and held, the time will increase rapidly.
- **Press Timer/Clock Pad.** The time of day is entered.

## Note:

1. To reset time of day, repeat step 1 through to step 3.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. This is a 12 hour clock, ie 2pm = 2:00 not 14:00. The oven will not function if a 24 hour clock is set.

# Timer

This feature operates as a minute timer. During operation there is no microwave energy.



- **Press Timer/Clock Pad** once. Display is blank.
- **Set desired time.** Maximum time is 90 minutes.
- **Press Start.** The time in the display will count down.

# Child safety lock

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

To Set:



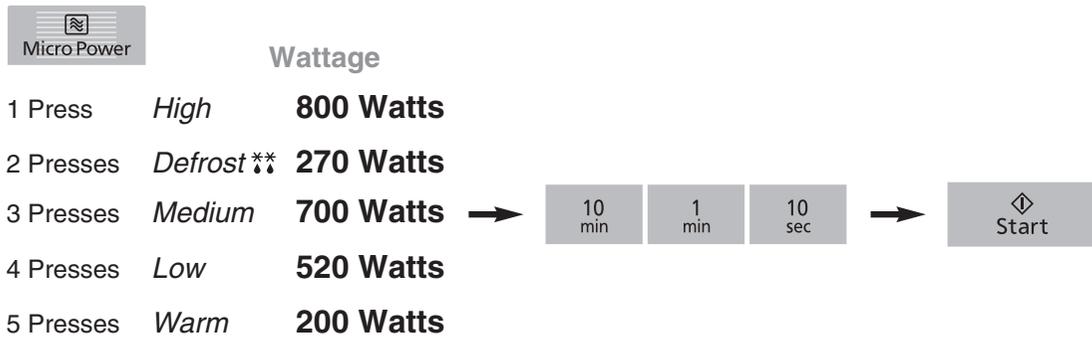
To Cancel:



- **Press Start Pad three times.** The time of day will disappear. Actual time will not be lost. 'L' is indicated in the display.
- **Press Stop/Cancel Pad three times.** The time of day will re-appear in the display.

# Microwave Cooking and Defrosting

The glass turntable must always be in position when using the oven.



- **Press the microwave power pad.** Select desired power level. An indicator light appears next to the selected power level.

- Select cooking time by pressing appropriate pads. Your oven can be programmed for up to 90 minutes in Medium, Low, Warm and Defrost power. High power can be programmed for 30 minutes.

- **Press Start.** The cooking program will start and the time in the display will count down.

**Note:** For defrosting times please refer to defrost chart on page 16.

## Multi-Stage Cooking

The oven has 2 stage cooking, so you can program up to 2 different instructions and the oven will switch automatically from power to power (Repeat steps 1 and 2 above but only press Start after both stages have been entered).

### Note:

1. Timer Pad can not be programmed in multi-stage cooking.
2. Auto Weight / Defrost Pad can not be programmed.

# Auto Weight Defrost

This feature allows you to defrost bread, meat items and joints of meat automatically once you have entered in the weight of the food.



- **Select desired program.**  
Press the pad once to select bread, twice to select meat items and 3 times to select meat joints. The program number will appear in the display.

- **Set Weight** using the Up and Down pads. If the up / down pad is pressed and held, the weight will increase / decrease rapidly.

- **Press Start.**  
Remember to stir or turn the food during defrosting.

Program	Weight Range	Suitable Foods
1 Bread	100g - 600g	Rolls, buns, slices of bread and loaves.
2 Meat Items	200g - 1000g	Chicken portions, chops, mince.
3 Meat Joints	600g - 1600g	Whole chicken, meat joints

## Bread

This program is suitable for small items which are required for immediate use, they may feel warm straight after defrosting. Loaves can also be defrosted on this program but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned halfway during defrosting. THIS PROGRAM IS NOT SUITABLE FOR CREAM CAKES OR DESSERTS e.g. cheesecake. See defrosting charts on page 16 for standing times.

## Meat Items (mince/chops/chicken portions)

It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish.

THIS PROGRAM IS NOT SUITABLE FOR SAUSAGES, these can be defrosted manually using Defrost power and time. Chops and chicken portions should be arranged in a single layer and turned frequently during defrosting. See defrosting charts on page 16 for standing times.

## Meat Joints / Whole Chickens

Whole chickens and meat joints will require shielding during defrosting especially if it is a particularly fatty piece. This is to prevent food starting to cook on the outside edges. Protect wings, breast and fat with smooth pieces of aluminium foil secured with cocktail sticks. DO NOT ALLOW THE FOIL TO TOUCH THE WALLS OF THE OVEN. Standing time of at least 1 hour should be allowed for joints after defrosting.

# Defrosting Guidelines

## For Best Results:

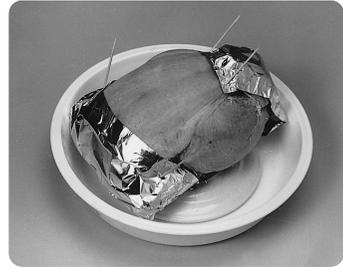
1. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer or on a plastic rack if you have one.
2. Check food during defrosting, as foods vary in their defrosting speed.
3. It is not necessary to cover the food.
4. Always turn or stir the food especially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



Arrange food in a single layer.



Turn or break up food as soon as possible.



Shield chickens and joints of meat .

# Defrosting Charts

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

<b>Meat</b>	<b>Defrosting Time</b>	<b>Method</b>	<b>Standing Time</b>
Beef/Lamb/Pork Joint 450g (1lb)	5-7 mins.	Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins.
Minced Beef 450g. (1lb)	8 min. 30 sec. - 11 mins.	Place in a suitable dish. Break up and turn 3-4 times.	15 mins.
Chops 450g. (1lb)	6-7 mins.	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins.
Sausages 450g. (1lb)	4 mins.	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins.
Bacon rashers 450g. (1lb)	5-6 mins.	Place in a suitable dish. Turn and separate twice. Shield if necessary.	10 mins.
Stewing Steak 450g. (1lb)	7-9 mins.	Place in a suitable dish. Break up frequently.	15 mins.
Whole Chicken 450g. (1lb)	6-7 mins.	Place in a suitable dish on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins.
Chicken Portions 450g. (1lb)	5 min. 30 sec. - 7 mins.	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15-30 mins.
<b>Fish</b>			
Whole 450g. (1lb)	6-7 mins.	Place in a suitable dish. Turn twice. Shield.	15 mins.
Fillet/Steak 450g. (1lb)	6-7 mins.	Place in a suitable dish. Turn twice, separate and shield if necessary.	15 mins.
Prawns 450g. (1lb)	6-7 mins.	Place in a suitable dish. Stir twice during defrosting.	10 mins.
<b>General</b>			
Bread Sliced 400g (14oz)	1 min. 30 sec. - 2 mins.	Place on the turntable. Separate and rearrange during defrosting.	10 mins.
Slice of bread 30g. (1oz)	10 -15 sec.	Place on the turntable on a piece of kitchen paper.	1-2 mins.
Pastry 450g. (1lb)	1 min. 30 sec. + rest 1 min. 1 min. 30 sec.	Place on a plate. Turn over after 1 min. resting time.	10-15 mins.
Soft Fruit 450g. (1lb)	7-8 mins.	Place in a suitable dish. Stir twice during defrosting.	10 mins.

# Auto Weight Reheat / Cook Programs

This feature allows you to reheat or cook foods by setting the weight only. The oven determines the Microwave power level then the cooking time automatically. Select the category of food and then just enter the weight. The weight is entered in grams.

eg.



- Select desired program by pressing the pad. The program number will appear in the display.

- **Set Weight** using the Up and Down pads. If the up / down pad is pressed and held, the weight will increase / decrease rapidly.

- **Press Start.**

## Guidelines for Use

The Auto Weight Programs are designed to take the guesswork out of reheating or cooking your food. They must **ONLY** be used for the foods described and within the weight range recommended. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

## Auto Weight Reheat Programs

Auto Reheat

### 1. Reheat Curry Meal (200-800g)

This program is for reheating a curry convenience meal that can be stirred. Foods must be in a suitable single section microwaveable container and have the film pierced. Place on turntable, press the Auto Reheat pad once. Enter the weight then press START. Stir halfway. Allow to stand for 1 minute. Ensure that the food is piping hot. Stir the food before serving.



### 2. Reheat Chinese Meal (200-500g)

This program is for reheating a chinese style convenience meal that can be stirred. Foods must be in a suitable single section microwaveable container and have the film pierced. Press the Auto Reheat pad twice. Enter the weight. Press START. Stir halfway. Allow to stand for 1 minute. Ensure food is piping hot. Stir again before serving.



**Important Note:** for Auto Weight reheat programs curry, chinese style and pasta meals.

1. Large pieces of fish / meat in a thin sauce, may require longer cooking.
2. These programs are not suitable for foods that cannot be stirred.
3. Meals in bowl shaped containers will need extra cooking time.

# Auto Weight Reheat Programs

## 3. Reheat Pasta Meal (200-800g)

This program is for reheating a pasta style convenience meal that can be stirred. Foods must be in a suitable single section microwaveable container and have the film pierced. Place on turntable, press the Auto Reheat pad three times. Enter the weight then press START. Stir halfway. Allow to stand for 1 minute. Ensure that the food is piping hot. Stir the food before serving.



**Important Note:** for Auto Weight reheat programs curry, chinese style and pasta meals.

1. Large pieces of fish / meat in a thin sauce, may require longer cooking.
2. These programs are not suitable for foods that cannot be stirred.
3. Meals in bowl shaped containers will need extra cooking time.

# Auto Weight Cook Programs

Auto  
Cook

## 1. Cook Jacket Potatoes (200-1000g)

To cook jacket potatoes choose medium sized potatoes 200-250g (7-9oz). Wash and dry and prick with a fork several times. Arrange around edge of turntable. Press Auto Cook pad once. Enter weight. Press START. DO NOT COVER.



## 2. Cook Fresh vegetables (100-1000g)

To cook FRESH vegetables. Place prepared vegetables into a shallow container on turntable. Add 15 ml (1tbsp) water per 100g vegetables. Cover with pierced cling film or lid. Press the Auto Cook pad twice. Enter the weight. Press START.



## 3. Cook Fresh Fish (200-800g)

To cook FRESH fish. Shield the thinner portions. Place in a shallow container on turntable. Add 15-45ml (1-3 tbsp) liquid. Cover with pierced cling film or lid. Press the Auto Cook pad three times. Enter the weight. Press START.



# Cooking and Reheating Guidelines

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

As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals.

Do not cover dry foods e.g. bread rolls, mince pies, sausage rolls etc.

The charts on pages 23-27 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food.

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

## When is food reheated?

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

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

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

## PLATED MEALS

Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. Between 4-7 mins. on HIGH power will reheat an average portion. Do not stack meals.

## CANNED FOODS

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

## SOUPS

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

## CASSEROLES

Stir halfway through and again at the end of heating.

## MINCE PIES - CAUTION

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

## CHRISTMAS PUDDINGS AND LIQUIDS - CAUTION

Take great care when reheating these items.

**Do not leave unattended.**

**Do not add extra alcohol.**

## BABIES BOTTLES - CAUTION

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

For 7-8 fl.oz. of milk from fridge temperature, remove top and teat. Heat on HIGH power for 30-50 secs.

**CHECK CAREFULLY.**

For 3 fl.oz. of milk from fridge temperature, remove top and teat. Heat on HIGH power for 15-20 secs.

**CHECK CAREFULLY**

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

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

# Reheating Charts

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

Food	Weight/ Quantity	Power Level	Time to Select ( approx)	Instructions/ Guidelines
<b>BREAD – Precooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.</b>				
Croissants	2	HIGH	25-30 secs.	Place on microwave safe plate on turntable. Do not cover.
	4	HIGH	45-50 secs.	
Rolls	1	HIGH	10 secs.	
	4	HIGH	20 secs.	
<b>CANNED BEANS, PASTA</b>				
Baked Beans, Ravioli in sauce	200 g	HIGH	2-3 mins.	Place in a microwave safe bowl. Cover and place on turntable. Stir halfway
	420 g	HIGH	4-5 mins.	
Spaghetti in Tomato Sauce	200 g	HIGH	2½ -3 mins.	
<b>CANNED SOUPS</b>				
Cream of Tomato	400 g	HIGH	3-4 mins	Place in a microwave safe bowl. Cover and place on turntable
Minestrone	400 g	HIGH	2½-3 mins.	
<b>CANNED PUDDINGS</b>				
Creamed Rice	425 g	HIGH	3-3½ mins.	Place in a microwave safe bowl. Cover and place on turntable
	624 g	HIGH	4-5 mins.	
Sponge Pudding	310 g	HIGH	2½ mins.	
<b>CHRISTMAS PUDDINGS - Overheating may cause pudding to ignite</b>				
Slice	150 g	HIGH	20-30 secs.	Place in a microwave safe dish. Cover and place on turntable
Small	450 g	HIGH	1½-2 mins.	
Medium	900 g	HIGH	2½-3 mins.	
<b>DRINKS – COFFEE</b>				
1 mug	235 ml	HIGH	2 mins.	Place in a microwave safe mug on turntable. Stir, before, during and after reheating.
2 mugs	470 ml	HIGH	3½ mins.	
<b>DRINKS – MILK</b>				
1 mug	235 ml	HIGH	1½ - 2 mins.	Place in a microwave safe mug on turntable. Stir, before, during and after reheating.
1 jug	600 ml	HIGH	5 mins.	

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

# Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>PASTRY PRODUCTS - PRECOOKED - N.B. Pastries reheated by microwave will have a soft base.</b>				
Chicken Pie	600 g	HIGH	4-4½ mins.	Place on microwave safe plate on turntable. Do not cover.
Cornish Pasty	227 g (1)	HIGH	2-2½ mins.	
Quiche	400 g (1)	HIGH	4½-5 mins.	
Steak & Kidney Pie	325 g (1)	HIGH	2-2½ mins.	
Sausage Rolls	260 g (4)	HIGH	1½-2 mins.	
Samosas	200 g (4)	HIGH	1½-2 mins.	Place on microwave safe plate on turntable. Do not cover. Turn halfway.
Spring Roll	230 g (4)	HIGH	2-2½ mins.	
Christmas Mince Pies	90 g (2)	HIGH	5-10 secs.	Place on a microwave safe plate on turntable.
<b>PLATED MEALS - HOMEMADE - CHILLED</b>				
Child Size	1	HIGH	3-4mins.	Place on a microwave safe plate on turntable. Cover and place on turntable
Adult Size	1	HIGH	5½-6 mins.	
<b>PUDDINGS &amp; DESSERTS N.B. Transfer food from foil containers to a similar sized microwave safe dish</b>				
Bread & Butter Pudding	395 g	HIGH	3-3½ mins.	Place in a microwave safe dish on turntable. Do not cover.
Fruit Crumble	600 g	HIGH	3½-4 mins.	
Fruit Pie, individual	1	HIGH	20-25 secs.	
	4	HIGH	50-60 secs.	
Rice Pudding	400 g	HIGH	2-2½ mins.	Place in a microwave safe dish. Cover and place on turntable
<b>PURCHASED CONVENIENCE FOODS - CHILLED N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care.</b>				
Cauliflower Cheese	450 g	HIGH	5½-6 mins.	Place in microwave safe dish on turntable. Do not cover.
Cottage Pie	450 g	HIGH	6 mins.	
Lasagne	400 g	HIGH	4½-5 mins.	
Vegetable Bake	400 g	HIGH	5½-6 mins.	
<b>PURCHASED CONVENIENCE FOODS - FROZEN N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care.</b>				
Lasagne	400 g	HIGH	4½ -5mins. + rest for 1 min.	Place in a microwave safe dish on turntable. Do not cover.
		+ HIGH	5-5½ mins.	
Salmon Crumble	340 g	HIGH	5½ mins. + rest for 1 min.	
		+ MED	5½-6 mins.	
Shepherd's Pie	460 g	HIGH	5½ mins. + rest for 1 min.	
		+ MED	6-7 mins.	

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

# Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>BACON – from raw</b>				
Rashers	130 g (4)	HIGH	2-3 or 30-40 secs per rasher.	Place on microwave safe rack or plate on turntable.
<b>BEANS &amp; PULSES – should be pre-soaked (except lentils)</b>				
Chick Peas	225 g	HIGH + LOW	8½ mins. 35-40 mins.	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on turntable
Lentils	225 g	LOW	10½-13 mins.	
Red Kidney Beans	225 g	HIGH + LOW	13 mins. 30-35 mins.	Use 600 ml (1 pt) boiling water in a large bowl. Cover. <b>Must boil for at least 12 minutes to destroy toxic enzymes.</b>
<b>BEEF – Joints from raw – Caution: Hot fat! Remove dish with care.</b>				
Medium		MEDIUM	7-12 mins. per 450 g (1 lb)	Place on upturned saucer in microwave safe dish or rack on turntable. Cover and turn halfway. Drain off fat during cooking.
<b>CHICKEN from raw – Caution: Hot fat! Remove dish with care.</b>				
Breasts, boneless	500 g	LOW	10½ -12 mins.	Place on microwave safe rack or plate Cover and place on turntable.
Drumsticks	450 g (4)	LOW	10½ mins.	
Quarters	700 g (2)	LOW	16-17 mins.	
Whole		HIGH	8½-9 mins. per 450 g (1 lb)	Place on upturned saucer breast side down in microwave safe dish. Cover, Cover and place on turntable.
<b>EGGS – Poached.</b>				
Water	45 ml	HIGH	45 secs.	<ul style="list-style-type: none"> <li>Place in a small bowl and heat for 1st cooking time.</li> <li>Add egg (medium sized).</li> <li>Pierce yolk and white.</li> <li>Cover.</li> <li>Cook for 2nd cooking time.</li> <li>Then leave to stand for 1 min.</li> </ul>
Egg	1	HIGH	25-35 secs.	
Water	90 ml	HIGH	50 sece.	
Eggs	2	HIGH	45 secs.	
<b>EGGS – Scrambled.</b>				
1 Egg		HIGH	25 secs.	<ul style="list-style-type: none"> <li>Add 1 tbsp of milk for each egg used.</li> <li>Beat eggs, milk and knob of butter together.</li> <li>Cook for 1st cooking time then stir.</li> <li>Cook for 2nd cooking time then stand for 1 min.</li> </ul>
		HIGH	20 secs.	
2 Eggs		HIGH	45 secs.	
		HIGH	35 secs.	

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

# Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>FISH – FROZEN from raw</b>				
Haddock Fillets	380 g (4)	HIGH +MED	4½ mins. 4½ -5½ mins.	Place in microwave safe dish. Add 30 ml of liquid. Cover and place on turntable.
Whole	450 g (2)	HIGH	8½ -10½ mins.	
Boil in the Bag	170 g (1)	DEFROST + rest + LOW	4½ mins. 2 mins. 5½ mins.	Place bag sauce side down on a microwave safe plate. Slash top of bag with a knife.
<b>FRUIT – Peel, slice, chop into even sized pieces. Place in shallow microwave safe dish.</b>				
Apples, Rhubarb, stewed	450 g	HIGH	4½-8 mins.	Only half fill dish. Cover. Stir halfway.
Plums – stewed	450 g	HIGH	7-8 mins.	Add 30 ml (2 tbsp) of water. Only half fill dish. Cover and place on turntable.
<b>LAMB – from raw – CAUTION: Hot Fat! Remove dish with care.</b>				
Chops, loin	600 g (4)	HIGH + LOW	1½-2½ mins. per 450g (1lb) 2-3 mins. per 450g (1lb)	Place on microwaveable safe dish or rack. Cover and place on turntable.
Joints		HIGH + LOW	3-4 mins. per 450g (1lb) 6-7 mins. per 450g (1lb)	Place on upturned saucer in microwave safe dish or rack on turntable. Cover and turn joint over halfway. Drain off fat during cooking.
<b>PASTA – Place in a large 3 litre (6 pint) microwave safe bowl.</b>				
Macaroni	225 g	HIGH	12 mins.	Use 1 litre (1¾ pint) boiling water. Cover and place on turntable.
Spaghetti, Tagliatelli	225 g	HIGH	7-8½ mins.	
<b>PIZZA – FRESH CHILLED – N.B. Remove all packaging. Pizzas will have a soft base.</b>				
Thin & Crispy	400 g	HIGH	4½ -5 mins.	Place on heatproof plate on turntable. Do not cover.
Deep Pan	475 g	HIGH	3½ -4½ mins.	
<b>PORK – from raw – CAUTION: Hot Fat! Remove dish with care.</b>				
Chops	360 g (2)	HIGH + LOW	2-3 mins. 6-7 mins.	Place in microwave safe dish or rack on turntable. Cover and place on turntable.
Joints		HIGH + LOW	5½ -6 mins. per 450 g (1lb) 8-9 mins. per 450 g (1lb)	Place on upturned saucer in microwave safe dish or rack. Cover and place on turntable. Turn joint over halfway. Drain off fat during cooking.
<b>PORRIDGE – N.B. Use a large bowl.</b>				
1 serving	½ cup oats	HIGH	2½-3 mins.	Add 1 cup of water or milk. Stir halfway.
2 servings	1 cup oats	HIGH	4-5 mins.	Add 2 cups of water or milk. Stir halfway.
<b>RICE – Place in a large microwave safe bowl. 3 litre (6 pint)</b>				
Basmati	250 g	LOW	10½ -11½ mins.	Use 600 ml (1 pt) to 800 ml (1½ pt) boiling water. Cover and place on turntable
Easycook White	250 g	HIGH	10½ -11½ mins.	

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

# Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/ Guidelines
<b>SAUSAGES from raw - CAUTION: HOT FAT! Remove dish with care.</b>				
Thick	240 g (4)	HIGH	2½-3 mins.	Place on microwave safe plate or microwave rack. Cover and place on turntable.
Thin	110 g (4)	HIGH	1½-2 mins.	
<b>FRESH VEGETABLES – Place in shallow microwave safe dish.</b>				
Green Beans	450 g	HIGH	6-7 mins.	Add 90 ml (6 tbsp) water. Cover and place on turntable.
Beetroot	450 g	HIGH	8½ -10½ mins.	
Broccoli + Cauliflower - florets	450 g	HIGH	7-8½ mins.	
Brussel Sprouts	450 g	HIGH	7-8 mins.	
Cabbage – sliced	450 g	HIGH	6-8 mins.	
Carrots, Leeks	450 g	HIGH	6-7 mins.	
Corn on the Cob	450 g	HIGH	6-8 mins.	
Courgettes, Mange Tout	450 g	HIGH	3½ -4½ mins.	
Peas	450 g	HIGH	3½ -5½ mins.	
Potatoes – boiled	450 g	HIGH	5½ -6 mins.	
Potatoes – jacket (225 g / 8 oz each)	1	HIGH	4½ mins.	Wash and prick skins. Place directly on turntable on outer edge. After cooking stand for 5 mins wrapped in foil.
	2	HIGH	7 mins.	
<b>FROZEN VEGETABLES – Place in shallow microwave safe dish.</b>				
Beans – green, Carrots	450 g	HIGH	8½ -10 mins.	Add 30 ml (2 tbsp) water. Cover and place on turntable.
Cauliflower	450 g	HIGH	10½ mins.	
Peas	450 g	HIGH	7-8 mins.	

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

# Soup and Snacks

## Ingredients

25 g (1oz) butter  
1 small onion, chopped  
600 ml (1pt) hot chicken stock  
225 g (8oz) button mushrooms, sliced  
bouquet garni  
15 ml (1tbsp) cornflour  
300 ml (1/2 pt) milk  
salt and pepper  
60 ml (4 tbsp) single cream

## Ingredients

100 g (4oz) quick cook macaroni  
225 g (8oz) courgettes, sliced  
100 g (4oz) bacon, chopped  
50 g (2oz) butter  
50 g (2oz) plain flour  
600 ml (1pt) milk  
100 g (4oz) cheese, grated  
5 ml (1tsp) mustard  
salt and pepper

## Topping

30 ml (2tbsp) Parmesan cheese  
30 ml (2tbsp) wholemeal breadcrumbs

## Ingredients

50 g (2oz) green lentils  
10 ml (2tsp) oil, 1 small onion, sliced  
3 ml (1/2 tsp) grated root ginger  
1 garlic clove, crushed  
3 ml (1/2 tsp) turmeric  
3 ml (1/2 tsp) chilli powder  
5 ml (1tsp) curry powder  
150 ml (1/4pt) natural yoghurt  
50 g (2oz) mushrooms, sliced  
2 tomatoes, peeled and chopped  
150 ml (1/4pt) hot water  
25 g (1oz) cashew nuts  
225 g (8oz) cooked basmati rice

## Garnish

hard boiled egg slices and  
coriander leaves

## *Cream of Mushroom Soup*

Serves 4

### Dish: large bowl

1. Place the butter and chopped onion in a large bowl. Cover and cook on HIGH power for 3 mins or until soft.
2. Add the stock, mushrooms and bouquet garni. Cover and cook on HIGH power for 11-13 mins, or until mushrooms are soft.
3. Remove the bouquet garni and blend until smooth. Mix the cornflour with a little of the milk, then stir in remaining milk. Add to the mushroom mixture.
4. Cover and cook on HIGH power for 4½-5½ mins, or until thickened. Season and serve with cream swirled on top.

## *Macaroni Cheese with Courgettes and Bacon*

Dish: 20 cm (8") casserole

Serves 2

1. Cover and cook macaroni in 450 ml (3/4pt) boiling water on HIGH power for 8½ mins, or until soft. Drain.
2. Place courgettes and bacon in a bowl. Cover and cook on HIGH power for 3-4 mins, or until soft. Drain.
3. Place the butter in a large jug. Cook on HIGH power for 40-50 secs. Stir in the flour and cook for 30-40 secs, on HIGH power. Gradually add milk, stir well and cook on HIGH power for 4-4½ mins. or until the sauce is thick and bubbling. Stir frequently.
4. Add mustard and cheese. Mix in the macaroni, courgettes and bacon. Season and pour into a casserole dish, sprinkle over the topping and cook on HIGH power for 3-4 mins. or until the cheese has melted.

## *Lentil Biryani*

Serves 2

### Dish: large casserole

1. Soak the lentils in cold water for 1 hour then drain.
2. Place the oil and onion in a large bowl. Cover and cook on HIGH power for 3-4 mins. or until softened.
3. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on HIGH power for 2 mins.
4. Add the yoghurt, mushrooms, tomatoes, water and lentils. Cover and cook on HIGH power for 13-17 mins. or until the lentils are tender and the liquid has evaporated.  
**To cook rice:** add 350 ml boiling water to rice in large bowl and cook on HIGH power, covered, for 13 mins. stirring halfway.
5. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Reheat on HIGH power if necessary to ensure food is piping hot. Garnish and serve.

# Meat and Poultry

## Ingredients

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

## *Lamb in a Spicy Cream and Almond Sauce*

Serves 4

### Dish: Large casserole dish

1. Mix together the garlic, ginger, almonds and water to make a thick paste.
2. Place the cardamon pods, cloves, cinnamon, onion and oil in the casserole dish cook on HIGH power for 3 mins.
3. Add the lamb and cook for 4½ mins. on HIGH power or until light brown in colour. Stir halfway.
4. Stir in the rest of the spices, the almond mixture, cream, salt and pepper. Cover and cook on LOW power for about 35-40 mins. or until the meat is tender. Stir the casserole 2-3 times during the cooking time.
5. Remove the whole cardamon pods, cloves and cinnamon before serving with rice or other vegetables.

## Ingredients

25 g (1 oz) butter  
2 medium onions, sliced  
2 sticks celery, trimmed and chopped  
100 g (4 oz) mushrooms, sliced  
4 chicken quarters, skinned  
300 ml (1/2 pt) hot chicken stock  
300 g (11 oz) can tomatoes  
salt and pepper  
30 ml (2 tbsp) cornflour

## *Chicken Casserole*

Serves 4

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

1. Place vegetables and butter in dish. Cover and cook on HIGH power for 4-6 mins. or until soft.
  2. Place chicken on top of vegetables, cover with stock and tomatoes and add salt and pepper to taste.
  3. Cover and cook on HIGH power for 4½ mins. then LOW power for 30-35 mins. or until well cooked through.
  4. Mix cornflour with a little water. Remove chicken from casserole, skim off excess fat and stir in cornflour paste. Cook on HIGH power for 2 mins. Serve chicken with sauce poured over.
- N.B.** If diced boneless breast is used in place of the quarters, reduce 2nd cooking time to 10-14 mins. on LOW power or until well cooked through. Stir halfway.

### **Ingredients**

225 g (8oz) pork fillet, diced

### **Sweet & Sour Sauce:**

15 ml (1tbsp) oil

1 small carrot cut into matchsticks

1 spring onion, thinly sliced

small green pepper, cut into strips

225 g (8oz) can pineapple chunks, drained (reserve juice)

10 ml (2tsp) soft brown sugar

5 ml (1tsp) cornflour

pinch garlic salt

5 ml (1tsp) cider vinegar

10 ml (2tsp) soy sauce

5 ml (1tsp) tomato ketchup

### **Ingredients**

1 small onion, diced

1 clove garlic, crushed

5 ml (1tsp) oil

200 g (7oz) can chopped tomatoes

15 ml (1tbsp) tomato puree

5 ml (1tsp) mixed herbs

225 g (8oz) minced beef

salt and pepper

### **Ingredients**

50 g (2oz) creamed coconut

45 ml (3tbsp) crunchy peanut butter

45 ml (3tbsp) lemon juice

30 ml (2tbsp) soy sauce

large pinch of chilli powder

150 ml (1/4pt) water

2 chicken breast fillets, skinned

15 ml (1tbsp) vegetable oil

1 garlic clove, crushed

3 ml (1/2tsp) ground turmeric

3 ml (1/2tsp) five-spice powder

3 ml (1/2tsp) coriander seeds

3 ml (1/2tsp) cumin seeds

## *Pork with Sweet & Sour Sauce*

Serves 2

### **Dish: small casserole**

1. Place pork in dish, cover and cook on LOW power for 7-9 mins. or until juices run clear.
2. Place oil, carrot, onion and green pepper in a bowl. Cover and cook on HIGH power for 2-3 mins. or until vegetables are tender.
3. Mix half the reserved juice with the remaining ingredients except pineapple. Cover and cook on HIGH power for 2-3 mins. or until clear and thickened. Stir halfway.
4. Add the sauce to the vegetables. Stir in the pineapple. Mix well.
5. Cook on HIGH power for 1 min. or until heated through. Spoon over cooked pork. Reheat for 1-2 mins. on HIGH power or until piping hot.

## *Savoury Mince*

Serves 2

### **Dish: 1.5 litre (3pt) casserole dish**

1. Place onion, garlic and oil in casserole, cover and cook on HIGH power for 2-3 mins. or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook on HIGH power for 4½ mins. then LOW power for 15-20 mins. or until the meat is cooked.

## *Chicken Satay*

Serves 2

### **Dish: 4 wooden skewers + shallow dish**

1. For the serving sauce: Crumble 25 g (1oz) of creamed coconut into a large jug. Add the peanut butter, 15 ml (1tbsp) of the lemon juice, 15 ml (1tbsp) of the soy sauce, the chilli powder and 150 ml (1/4pt) water. Cook on HIGH power for 3-4 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
2. Cut the chicken into small chunks and place in a bowl. Put the remaining creamed coconut, lemon juice and soy sauce into a blender or food processor. Add the remaining ingredients and blend until smooth.
3. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.
4. Thread the chicken onto wooden skewers. Place in a shallow dish, cover with any remaining marinade and cook covered on HIGH power for 5½-7 mins. or until cooked, turn and baste frequently. Serve hot with the sauce for dipping.

# Fish

## ARRANGING

Thin fillets of fish i.e. plaice, should be rolled up prior to cooking to avoid overcooking on the thinner outside edge and tail.

Fish steaks should be arranged in a circle, thicker part to the outside. Cover with cling film or lid.

## LIQUID

**Fresh** fish should always be sprinkled with 30ml (2tbsp) of water, lemon juice or white wine.

When cooking **Frozen** fish, add liquid as above for even cooking.

Do not sprinkle salt onto fish before cooking as this may make the fish dry.

## NOISE

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

## Ingredients

25 g (1 oz) butter  
1 clove garlic, crushed  
1 small onion, finely chopped  
15 ml (1tbsp) plain flour  
15 ml (1tbsp) curry powder  
grated rind and juice of ½ lemon  
300 ml (½pt) hot fish stock  
25 g (1oz) sultanas  
10 ml (2tsp) tomato puree  
30 ml (2tbsp) sweet chutney  
450 g (1lb) haddock, skinned and chopped  
salt and pepper  
75 g (3oz) creamed coconut

## Ingredients

450 g (1 lb) smoked haddock  
30 ml (2tbsp) lemon juice  
15 ml (1tbsp) oil  
1 large onion, sliced  
600 g (1lb 5oz) cooked jacket potatoes, sliced, see pages 22 + 28  
40 g (1½oz) butter  
40 g (1½oz) flour  
3 ml (½tsp) mustard  
600 ml (1pt) milk  
salt and pepper  
100 g (4oz) Red Leicester cheese  
75 g (3oz) wholemeal breadcrumbs

## *Fish Curry*

Serves 2

### Dish: casserole dish (1.5 litre (3pt))

1. Melt the butter in the casserole dish on HIGH power for 30-40 secs. or until melted.
2. Stir in the garlic and onion and cook covered on HIGH power for 3 mins.
3. Stir in the flour, curry powder, lemon rind and juice and fish stock. Cover and cook on HIGH power for 3 mins. stirring halfway through the cooking time.
4. Stir in the remaining ingredients except the coconut, cover and cook on HIGH power for 4-5 mins. or until fish flakes, stirring occasionally.
5. Break up the coconut with a fork, then stir into the curry.

## *Family Fish Pie*

Serves 4

### Dish: large casserole

1. Arrange fish in a shallow dish. Add lemon juice, cover and cook on HIGH power for 3-4 mins. or until it flakes easily.
2. Place onion and oil in a bowl. Cover and cook on HIGH power for 3 mins. or until the onion is soft.
3. Melt the butter on HIGH power for 30-40 secs. Stir in the flour and mustard and cook for a further 20 secs. Add milk and seasoning, gradually stirring to a smooth paste. Cook on HIGH power for 5-6 mins. or until the sauce is thick and bubbling. Stir twice during cooking. Add 75 g (3oz) of grated cheese to the sauce and stir well.
4. Flake the fish and arrange in the serving dish. Add onions and place the sliced potatoes on top.
5. Pour over the cheese sauce. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on LOW power for 10-15 mins. or until the mixture has been completely reheated.

# Vegetables

## Ingredients

40 g (1½oz) dried Cep mushrooms  
50 g (2oz) butter  
1 clove garlic, finely chopped  
1 small onion, finely chopped  
freshly ground black pepper  
250 g (8oz) Arborio rice  
300 ml (½pt) hot vegetable stock  
12 basil leaves, torn

## Ingredients

1 medium aubergine, diced  
salt, 15 ml (1tbsp) oil  
1 clove of garlic, chopped  
pinch cayenne pepper  
5 ml (1tsp) ground coriander  
3 ml (½tsp) ground cumin  
3 ml (½tsp) turmeric  
2.5 cm (1") root ginger, peeled & sliced  
½ small cauliflower, divided into florets  
1 medium potato, diced  
50 g (2oz) green beans, sliced  
½ fresh chilli, deseeded and sliced  
150 ml (¼pt) vegetable stock  
200 g (7oz) can chopped tomatoes  
50 g (2oz) cashew nuts

## Ingredients

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

## Topping:

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

## *Wild Mushroom and Basil Risotto* Serves 4

### Dish: 3 litre (6pt) casserole dish

1. Soak mushrooms in 300 ml (½pt) warm water.
2. Place the butter, garlic and onion in a large bowl, cover with cling film and cook on HIGH power for 3-4 mins. or until softened. Season with freshly ground black pepper.
3. Stir the rice into the butter mixture and add the hot stock and soaking liquid from the mushrooms. Cover and cook for a further 4½ mins on HIGH power.
4. Stir the mushrooms into the rice mixture. Cover and cook for a further 4½ mins. on HIGH power.
5. Stir and add the basil. Continue to cook for the final 4½ mins. on HIGH power. Leave to stand for approx. 10 mins. and then stir with a fork.

## *Vegetable Curry* Serves 2

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

1. Sprinkle the aubergine liberally with salt in a colander. Stand for 30 mins. to remove bitter juices. Rinse well under cold water and drain.
2. Combine oil, garlic and spices in the casserole, cover and cook on HIGH power for 2 mins.
3. Add all other ingredients to casserole, except cashews. Cover and cook on HIGH power for 4½ mins. then LOW power for 25-30 mins. or until vegetables are soft. Stir occasionally.
4. Sprinkle with cashews and serve with boiled rice.

**N.B.** This recipe is best cooked in advance, chilled and then reheated to allow the flavours to develop.

## *Cauliflower Cheese* Serves 2

### Dish: large bowl + shallow casserole

1. Place cauliflower upside down in a bowl. Add water. Cover and cook on HIGH power for 7 mins. or until tender. Drain.
2. Melt butter on HIGH power for 30-40 secs. Stir in flour and mustard. Cook for a further 20-30 secs. Add milk gradually. Stir well and season. Cook on HIGH power for 2-3 mins. or until sauce is thick and bubbling. Stir once halfway during cooking.
3. Stir in 50 g (2oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Cook on HIGH power for 1-2 mins. or until cheese melts.

# Desserts / Cakes

## Ingredients

150 g (5oz) self-raising flour  
pinch of salt  
50 g (2oz) caster sugar  
50 g (2oz) suet  
1 egg  
150 ml (1/4 pt) milk  
30 ml (2 tbsp) jam or golden syrup  
Optional:  
add 1 tbsp of sultanas to dry ingredients

## Ingredients

15 ml (1tbsp) golden syrup  
2 pineapple slices, drained  
2 glacé cherries  
50 g (2oz) margarine  
50 g (2oz) caster sugar  
1 egg  
50 g (2oz) self raising flour  
15 ml (1tbsp) milk

## Ingredients

75g (3 oz) self-raising flour  
3 ml (1/2tsp) baking powder  
3 ml (1/2tsp) mixed spice  
25 g (1oz) butter  
1 egg  
30 ml (2tbsp) treacle  
60 ml (4 tbsp) stout  
15 ml (1tbsp) rum or brandy  
200 g (7oz) mincemeat  
25 g (1oz) apple, grated  
75 g (3oz) currants  
25 g (1oz) chopped nuts

## *Steamed Suet Sponge Pudding* Serves 4

### Dish: 1 litre (2 pt) pudding basin

1. In a mixing bowl, sift together the flour and salt. Stir in the sugar and suet.
2. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency.
3. Put the jam in the base of the greased pudding basin and pour pudding mixture over. Cook on HIGH power for 6-7 mins. until firm.

## *Individual Pineapple*

## *Upside Down Pudding* Serves 2

### Dish: 2 ramekin dishes, base lined

1. Put 1/2 tbsp golden syrup in the base of each ramekin; arrange pineapple slice and cherry on top of the syrup in the base.
2. Cream together the margarine and sugar until light and fluffy. Beat in the egg gradually. Fold in the flour and mix to a soft consistency with the milk.
3. Spoon the mixture over the pineapple and cook on HIGH power for 3-4 mins. or until cooked. Leave to cool slightly before turning upside down onto a serving plate.

## *Christmas Puddings* Serves 4

### Dish: 4 deep ramekins, base lined

1. Place all ingredients into a large mixing bowl and stir until thoroughly mixed.
2. Divide mixture equally between the ramekins.
3. Place towards outer edge of the turntable and cook on HIGH power for 4-5 mins. or until cooked.

### **Ingredients**

200 g (7 oz) fresh dates, stoned and finely chopped

175 g (6 oz) self-raising flour

5 ml (1 tsp) baking powder

5 ml (1 tsp) vanilla essence

15 ml (1 tbsp) Camp coffee essence

100 ml (3½ fl. oz) milk

75 g (3 oz) butter

150 g (5 oz) caster sugar

2 eggs lightly beaten

### **Butterscotch sauce**

45 g (1¾ oz) butter

120 ml (8 tbsp) soft brown sugar

200 ml (7 fl. oz) whipping cream

15 ml (1 tbsp) vanilla essence

### **Ingredients**

75 g (3oz) butter or margarine

30 ml (2tbsp) golden syrup

75 g (3oz) light brown sugar

150 g (5oz) porridge oats

50 g (2oz) raisins

### **Ingredients**

100 g (4oz) plain chocolate

100 g (4oz) butter

100 g (4oz) soft dark brown sugar

100 g (4oz) self-raising flour

10 ml (2tsp) cocoa powder

pinch salt

2 eggs, beaten

3 ml (½ tsp) vanilla essence

100 g (4oz) walnuts, chopped

## *Date Puddings and Butterscotch Sauce*

Serves 6

### **Dish: 3 pint pudding basin**

1. Pour 175 ml (6 fl. oz) boiling water over the chopped dates and set aside to cool.
2. Sift together flour and baking powder. Add vanilla and coffee essence to the milk.
3. Cream the butter and sugar until light and fluffy. Add eggs a little at a time.
4. Fold in the flour and flavoured milk, then pour in the date mixture.
5. Place in pudding basin. Cook on HIGH power for 7-8½ mins. and leave to stand for 10 mins.

### **Sauce**

1. Place butter in a large jug and cook on HIGH power for 50 sec. to 1 minute, or until bubbling.
2. Add sugar and stir until it has dissolved, cooking for 1 minute at a time on HIGH power. Continue to cook until liquid is foaming and bubbling 30 sec. at a time on HIGH power.
3. Slowly pour in the cream and bring to the boil on HIGH power for 2-3 mins. Add essence. Stir, continue to boil on HIGH power 30 sec. at a time until it starts to thicken.

## *Chewy Flapjacks*

### **Dish: 20 cm (8") round dish**

1. Place butter, syrup and sugar in a bowl and cook on HIGH power for 1-2 mins. or until melted.
2. Stir in the oats and raisins. Press into dish. Cook on HIGH power for 2-3 mins. or until the centre is bubbling. Allow to cool slightly then cut into 8 pieces.

## *Boston Brownies*

### **Dish: 20 cm (8") dish lined with greaseproof**

1. Place chocolate and butter in a bowl and cook on HIGH power for 1-2 mins. or until chocolate has melted.
2. Stir in all other ingredients and beat well.
3. Pour into dish and cook on LOW power for 8-10 mins. or until just slightly sticky. Allow to cool and then cut.

# Sauces

## **Ingredients**

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

## **Ingredients**

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

## **Ingredients**

450 g (1 lb) soft fruit, washed  
450 g (1 lb) caster sugar  
30 ml (2 tbsp) lemon juice  
5 ml (1 tsp) butter

## *Custard*

### **Dish: 1 litre (2pt) jug**

1. Mix together the custard powder, sugar and a little milk to form a smooth paste.
2. Blend in the remaining milk, whisking well.
3. Cook on HIGH power for 4-5 mins. Whisk well halfway through cooking time and again at the end.

## *White Pouring Sauce*

### **Dish: 1 litre (2pt) jug**

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

# Jam

## *Soft Fruit Jam*

Makes approx. 1½ lbs jam

### **Dish: large bowl**

1. Place all ingredients in a large bowl and stir. Cook on HIGH power for 5 mins. (10-15 mins. if using frozen fruit), stirring frequently. Continue to cook in one minute intervals until sugar has dissolved.
2. Wash down any sugar crystals from around the bowl.
3. Bring mixture to the boil and continue to cook until setting point is reached – approx. 15-25 mins. Test regularly for setting point.

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

# Panasonic Warranty (Australia)

## Home Appliance 12 Month Warranty from Date of Purchase

1. Subject to the conditions of this warranty Panasonic or it's Authorised Service Centre will perform necessary service on the product without charge for parts or labour, if in the opinion of Panasonic, the product is found to be faulty within the warranty period. For Line Communications products (i.e. Cordless Phones, etc) the genuine battery(s) has a 3 month warranty.
2. This warranty only applies to Panasonic products purchased in Australia and sold by Panasonic Australia or its Authorised Distributors or Dealers and only where the products are used and serviced within Australia or it's 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 from wear and tear in normal use
  - (d) Kneader mounting shaft unit and Heads, Cutters, Foils, Blades and other accessories.
  - (e) Noise or vibration that is considered normal
5. To claim warranty service, when required, you should:
  - Telephone Panasonic's Customer Care Centre on 132600 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 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 or visit our website and use the Service Centre Locator.

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

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[www.panasonic.com.au](http://www.panasonic.com.au)

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# Panasonic Warranty (New Zealand)

We warrant that the Panasonic Microwave Oven which you have purchased is free from defects in material and workmanship under normal home use and service.

Accordingly, we undertake to repair or at our option replace without cost to the purchaser either for material or labour any part which within 1 YEAR from the date of purchase is found to be defective or in the case of the Magnetron within 2 YEARS from date of purchase, provided that the product has been used in accordance with the instruction booklet and has not been subjected to misuse, neglect or accident, or dismantled, repaired or serviced by any other than a Panasonic NZ Dealer or authorised Panasonic NZ Service Centre.

Any claims for service should be made through the Panasonic NZ Dealer from whom the product was purchased. Such Panasonic NZ Dealer undertakes to make any necessary adjustments or repairs under the terms of the Warranty and to fit any replacement parts supplied by the manufacturer in each case free of charge during normal working hours or alternatively to arrange for such service to be provided by an authorised Panasonic NZ Service Centre.

**Note:** Before reporting a fault please ensure that you read the item "Before Calling for Service", in the information section of your Panasonic Microwave Cookbook.

It is important to retain your receipt of purchase as this will be requested by the Serviceman as proof of purchase date should service be required.

It is the responsibility of the purchaser to deliver or consign the product freight paid to the retailer from whom it was purchased or the nearest authorised Panasonic NZ Service Centre enclosing proof of purchase date.

In the event of service being required please write a brief description of the fault and contact your nearest Panasonic NZ Dealer, or authorised Service Centre.

Panasonic New Zealand Ltd.  
Panasonic Service Department  
18 Sir Woolf Fisher Drive,  
Highbrook, Auckland (09) 272 0178

# Before Requesting Service

## 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.
The oven lights dim.	When cooking with a power other than HIGH power, the oven must cycle to obtain the lower power levels. The oven light will dim and clicking noises can be heard when the oven cycles.
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.

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on.	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
	Circuit breaker or fuse is tripped or blown.	Reset circuit breaker or replace fuse.
	There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking.	The door is not closed completely.	Close the oven door securely.
	<b>Start</b> Pad was not pressed after programming.	Press <b>Start</b> Pad.
	Another program has already been entered into the oven.	Press <b>Stop/Reset</b> Pad to cancel the previous program and program again.
	The program has not been entered correctly.	Program again according to the Operating Instructions.
	<b>Stop/Reset</b> Pad has been pressed accidentally.	Program oven again.
When the oven is turning on, there is noise coming from Glass Tray.	The roller ring and oven bottom are dirty.	Clean these parts according to care of your oven (See next page).
The word "Child" appears in the <b>Display Window</b> .	The Child Lock was activated by pressing <b>Start</b> Pad 3 times.	Deactivate Lock by pressing <b>Stop/Reset</b> Pad 3 times.
"H00" appears in the display window.	The display indicates a problem with microwave generation system.	Contact the specified service centre.

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

# Care of your Microwave Oven

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

## BEFORE CLEANING:

Unplug at socket of the oven. If impossible, leave oven door open to prevent oven from accidentally turning on.

## AFTER CLEANING:

Be sure to replace the Roller Ring and Glass Tray in the proper position and press **Stop/Reset** Pad to clear the Display Window.

### Inside of the oven:

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.

### Glass Tray:

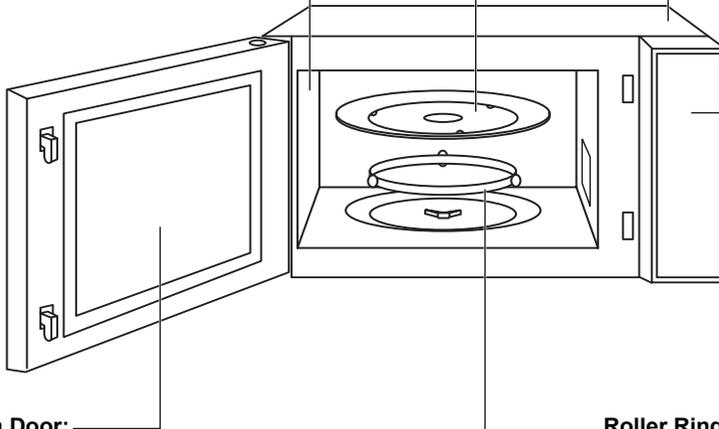
Remove and wash in warm soapy water or in a dishwasher. If grease accumulates, clean with a nonabrasive nylon mesh scouring pad and a non-abrasive cleanser.

### Outside oven surfaces and back vents.

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

### Control Panel:

- May be covered with removable protective film to prevent scratches during shipping. Small bubbles may appear under this film. When this happens, remove film carefully. *(Hint - apply masking or clear tape to an exposed corner and pull gently to remove.)*
- If it becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the Control Panel.



### Oven Door:

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

### Roller Ring and oven cavity floor:

Wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. Roller Ring may be washed in mild soapy water or dishwasher. These areas should be kept clean to avoid excessive noise.

# Technical Specifications

Power Supply:	230 - 240 V, 50 Hz
Power Consumption:	5.6 A 1,250 W
Output*:	800 W
Outside Dimensions (W x H x D):	443 mm (W) x 258 mm (H) x 340 mm (D)
Oven Cavity Dimensions (W x H x D):	306 mm (W) x 215 mm (H) x 308 mm (D)
Overall Cavity Volume:	20 L
Glass Tray Diameter:	Ø255 mm
Operating Frequency:	2,450 MHz
Net Weight:	Approx. 11.0 kg

\* IEC Test Procedure  
Specifications subject to change without notice.

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