

# Panasonic

## Operating Instructions and Cookbook

उपयोग के निर्देश और पाक-पुस्तक  
چلانے سے متعلق ہدایات اور پکوان کی کتاب  
دفترچہ راہنما و کتاب آشپزی  
تعلیمات التشغيل و کتاب الطبخ

## Microwave / Grill Oven

माइक्रोवेव / ग्रिल ओवन

مائیکروویو / گرل اوون

مایکروویو / اجاق سرخ کن

فرن مایکروویف/شواية

## Household Use Only

केवल घरेलू प्रयोग के लिए द

صرف گھریلو استعمال

فقط استفاده خانگی

استعمال منزلي فقط



**Model No. NN-GD37HB**

Manufacturer Panasonic Corporation  
Panasonic Appliances Microwave Oven (Shanghai) Co., Ltd  
Address 888, 898 Longdong Road. Pudong, Shanghai, 201203, China.  
Importer Panasonic Marketing Middle East & Africa FZE  
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**Panasonic Corporation**

Web Site: <http://www.panasonic.com>

F0003BW60KP  
FLE0817-0

Before operating this oven, please read these instructions completely and keep for future reference.

इस ओवन का उपयोग करने से पहले, कृपया संपूर्ण निर्देश पढ़ लें और भविष्य के संदर्भ के लिए इन्हें रख लें।

اس اوون کو چلانے سے پہلے، براہ کرم یہ ہدایات پوری طرح پڑھیں اور آئندہ کے حوالے کے لئے سنبھال کر رکھیں۔

قبل از راه اندازی این اجاق، لطفاً این دستورات را بطور کامل بخوانید و برای رجوع در آینده نگه دارید.

قبل تشغيل هذا الفرن، يرجى قراءة هذه التعليمات بالكامل والاحتفاظ بها كمرجع في المستقبل.

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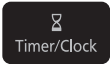
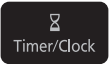










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English

# Quick Guide

After plugging in, “88:88” will appear in the display window, then you can start to operate.

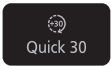
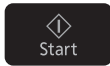





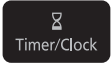


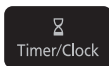


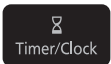


English

Feature	How to Operate	
<b>To Set Clock</b> (☞ page 11)	 →	 → Set Time of day. Press once.
<b>To Set / Cancel Child Safety Lock</b> (☞ page 11)	<b>To Set:</b>  Press 3 times.	<b>To Cancel:</b>  Press 3 times.
<b>To Cook / Reheat / Defrost by Micro Power and Time Setting</b> (☞ page 12)	 →	 → Set the cooking time. Press.
<b>To Use Turbo Defrost Button</b> (☞ page 13)	 →	 → Select the weight of food. Press.
<b>To Cook using Grill Button</b> (☞ page 14)	 →	 → Set the cooking time. Press.
<b>To Cook using Combination Button</b> (☞ page 15)	 →	 → Set the cooking time. Press.

# Quick Guide

(continued)

English

Feature	How to Operate
<p><b>To Cook using Quick 30 Button</b> (page 16)</p>	 →  <p>Press to set the desired cooking time. Press.</p>
<p><b>To Use the Add Time Function</b> (page 16)</p>	 →  <p>After cooking, turn dial to select Add Time function. Press.</p>
<p><b>To Cook using Auto Cook Buttons</b> (page 17)</p>	<p>eg:</p>  →  →  <p>Press to select the desired menu number. Set the weight. Press.</p>
<p><b>To Use as a Kitchen Timer</b> (page 20)</p>	 →  →  <p>Press. Set the kitchen time. Press.</p>
<p><b>To Set Standing Time</b> (page 20)</p>	<p>Set the desired cooking program. →  →  → </p> <p>Press. Set the standing time. Press.</p>
<p><b>To Set Delay Start</b> (page 20)</p>	 →  → Set the desired cooking program. →  <p>Press. Set the delay time. Press.</p>

# Important Safety Instructions

English

## 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 the 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 the microwave oven. 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. 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.

### 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 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 electric shock.

### Fan Motor Operation after Cooking

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

## 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 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 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) Remove wire twist-ties from bags before placing bag in oven.
  - (c) 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.
  - (d) Never leave microwave unattended while cooking or reheating.
11. Do not remove outer panel from oven.
12. Appliances are not intended to be operated by means of an external timer or separate remote-control system.
13. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

### Circuits

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

# Important Safety Instructions *(continued)*

## Practical Hints:

1. For initial use of COMBINATION and GRILL, if you see white smoke arise, it is not malfunction.
2. The oven has two grill heaters situated in the top of the oven. After using the GRILL and COMBINATION functions, the ceiling will be very hot.
3. Accessible parts may become hot during use. Young children should be kept away.
4. Before using COMBINATION, GRILL function for the first time operate the oven without food and accessories (including glass tray and roller ring) on **Grill 1** for 5 minutes. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated empty.

**Caution: All inside surfaces of the oven will be hot.**

5. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during COMBINATION and GRILL. Use care when opening or closing door and when inserting or removing food and accessories.



## Caution! Hot surfaces

English

## 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 service technician trained by the manufacturer.
- (b) If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- (c) It is 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.
- (d) If the supply cord of this appliance is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- (e) Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
- (f) Liquids and 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.
- (g) 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.
- (h) When the appliance is operated in the grill or combination modes, children should only use the oven under adult supervision due to the temperatures generated.

# Installation and General Instructions

## General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy. This can lead to damage to the microwave oven including arcing within the oven cavity.
2. If smoke is observed, press the **Stop/Reset** Button and leave door closed order to stifle any flames. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
3. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
4. 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.
5. Do not use recycled paper products, as they may contain impurities which may cause sparks and/or fires when used.
6. Do not use newspapers or paper bags for cooking.
7. Do not hit or strike control panel. Damage to controls may occur.
8. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the glass tray. The glass tray can be very hot after removing the cooking container from the oven.
9. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
10. Do not cook food directly on glass tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)

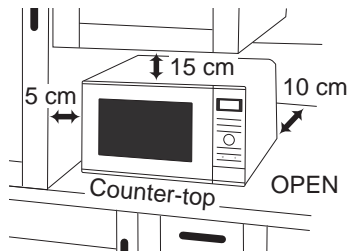
# Installation and General Instructions *(continued)*

11. DO NOT use this oven to heat chemicals or other non-food products. DO NOT clean this oven with any product that is labeled as containing corrosive chemicals. The heating of corrosive chemicals in this oven may cause microwave radiation leaks.
12. If glass tray is hot, allow to cool before cleaning or placing in water.
13. When using the COMBINATION mode, never place any aluminum or metal container directly on the wire rack. Always insert a heat-proof, glass plate or dish between the wire rack and the aluminum container. This will prevent sparking that may damage the oven.
14. During cooking, some steam will condense inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cool down.
15. Metallic containers for food and beverages are not allowed during microwave cooking.
16. It is recommended not to use the Wire Rack when cooking in the MICROWAVE mode only.
17. Only use utensils that are suitable for use in microwave ovens.

## Placement of Oven

This oven is intended for Counter-top use only. It is not intended for built-in use or use inside a cupboard.

1. The oven must be placed on a flat, stable surface. It shall not be placed in a cabinet. For correct operation, the oven must have sufficient air flow. Allow 15 cm of space on the top of the oven, 10 cm at back and 5 cm on both sides. If one side of the oven is placed flush to a wall, the other side or top must not be blocked. Do not remove feet.



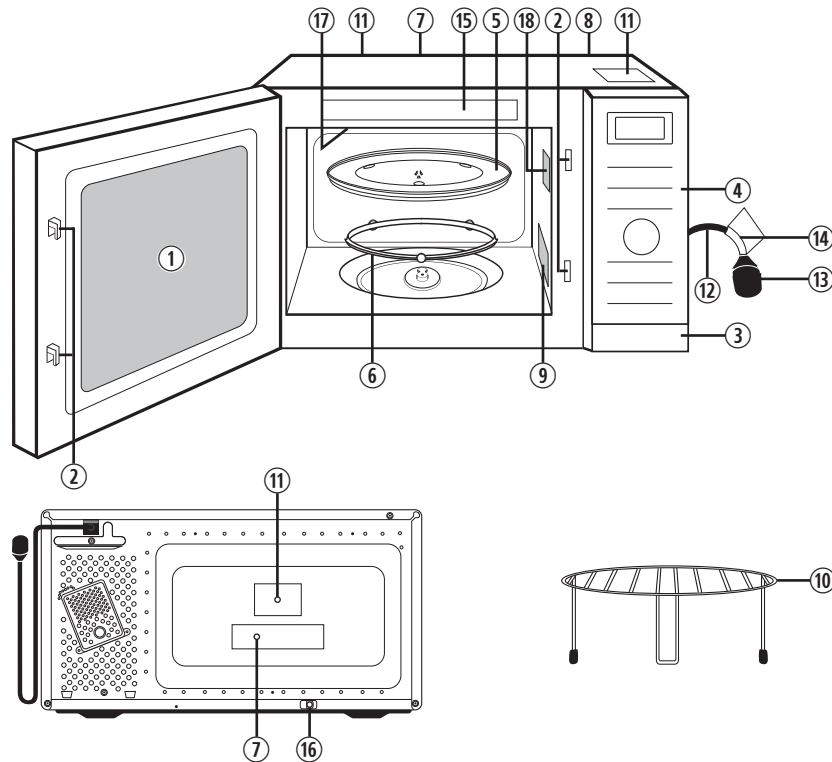
- (a) Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
  - (b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
  - (c) Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only.

## Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
  2. Do not attempt to deep fat fry in your microwave oven.
3. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
  4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
  5. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over the hot liquid. To prevent this possibility the following steps should be taken.
    - (a) Avoid using straight-sided containers with narrow necks.
    - (b) Do not overheat.
    - (c) Stir the liquid before placing the container in the oven and again halfway through cooking time.
    - (d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
    - (e) Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
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 cookbook are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
  8. It is better to **UNDERCOOK RATHER THAN OVERCOOK** foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
  9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. **NEVER** leave oven unattended when popping popcorn.
  10. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
  11. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.



# Feature Diagram



① **Oven Window**

② **Door Safety Lock System**

③ **Door Release Button**

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

④ **Control Panel**

⑤ **Glass Tray**

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

⑥ **Roller Ring**

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

⑦ **Identification Plate**

⑧ **Oven Air Vent**

⑨ **Waveguide Cover** (do not remove)

⑩ **Wire Rack**

- A Wire Rack is included with the oven in order to facilitate browning of small dishes.

- Wire Rack should be cleaned regularly.

c. When using Wire Rack in the manual GRILL or COMBINATION cooking modes, be careful to choose heat-proof containers; containers made of plastic or paper may melt or burn when exposed to the heat radiating from the grill.

d. When using the COMBINATION mode, never place any aluminum or metal container directly on Wire Rack. Always insert a glass plate or dish between Wire Rack and the aluminum container. This will prevent sparking that may damage the oven.

- Do not use Wire Rack when cooking in the MICROWAVE mode only.

⑪ **Warning Label**

⑫ **Power Supply Cord**

⑬ **Power Supply Plug**

⑭ **Power Supply Cord Label**

⑮ **Menu Label**

⑯ **Stopper (irremovable)**

The stopper ensures sufficient space at the back of the oven to provide adequate ventilation.

⑰ **Grill Elements**

⑱ **Oven Light**

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



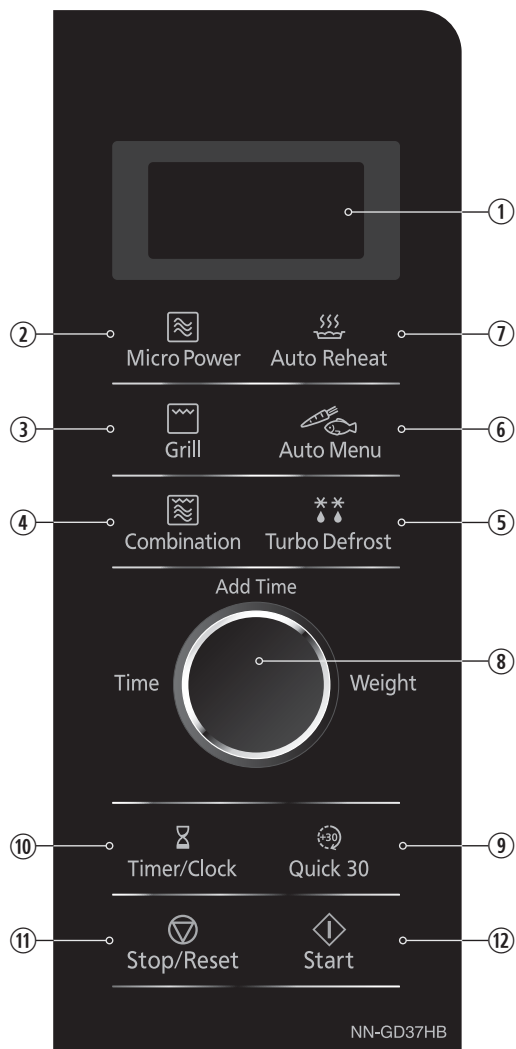
## Note

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



# Control Panel

English



- 1 **Display Window**
- 2 **Micro Power button (page 12)**
- 3 **Grill button (page 14)**
- 4 **Combination button (page 15)**
- 5 **Turbo Defrost button (page 13)**
- 6 **Auto Menu button (page 17)**
- 7 **Auto Reheat button (page 17)**
- 8 **Dial**  
Enter time or weight of food by turning the dial. Use the dial for the Add Time function. (page 16)
- 9 **Quick 30 button (page 16)**
- 10 **Timer/Clock button (page 11, 20)**
- 11 **Stop/Reset button**  
**Before cooking:** One tap clears all your instructions.  
**During cooking:** One tap temporarily stops the cooking process. Another tap cancels all your instructions and colon or time of day appears in the display window.
- 12 **Start button**  
After cooking program setting, one tap allows oven to begin functioning. If door is opened or **Stop/Reset** Button is pressed once during oven operation, **Start** Button must be pressed again to restart oven.



## Note

If an operation is set and **Start** Button is not pressed, after 6 minutes, the oven will automatically cancel the operation. The display will revert back to clock or colon mode.

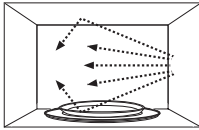
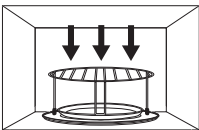
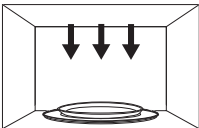
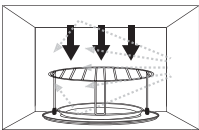
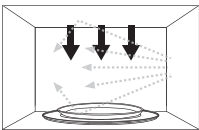


## Beep Sound

When a button is pressed correctly, a beep will be heard. If a Button is pressed and no beep is heard, the unit did not or cannot accept the instruction. The oven will beep twice between programmed stages. At the end of any complete program, the oven will beep 5 times.

# Cooking Mode

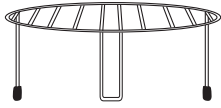
The diagrams shown below are examples of the accessories. It may vary depending on the recipe/dish used.

Cooking modes	Uses	Accessories to use	Containers
<p><b>Microwave</b></p> 	<ul style="list-style-type: none"> <li>• Defrosting</li> <li>• Reheating</li> <li>• Melting: butter, chocolate, cheese.</li> <li>• Cooking fish, vegetables, fruits, eggs.</li> <li>• Preparing: stewed fruits, jam, sauces, custards, pastry, caramel, meat, fish.</li> <li>• Baking cakes without colour.</li> </ul>	-	<p>Microwavable (e.g. Pyrex® dishes, plates or bowls) directly on the glass tray.</p> <p>No metal.</p>
<p><b>Grill</b></p>  <p>Or</p> 	<ul style="list-style-type: none"> <li>• Grilling thin pieces of meat or fish.</li> <li>• Grilling toast.</li> </ul>	Wire rack	-
<p><b>Combination</b></p>  <p>Or</p> 	<ul style="list-style-type: none"> <li>• Roasting meat steaks and chicken pieces.</li> </ul>	Wire rack	No metal.
	<ul style="list-style-type: none"> <li>• Cooking lasagne, meat, potato, or vegetable gratins.</li> <li>• Baking cakes and puddings with browning.</li> </ul>	-	<p>Microwavable and heatproof, directly on the glass tray.</p> <p>No metal.</p>

English

# Cookware and Utensil Chart

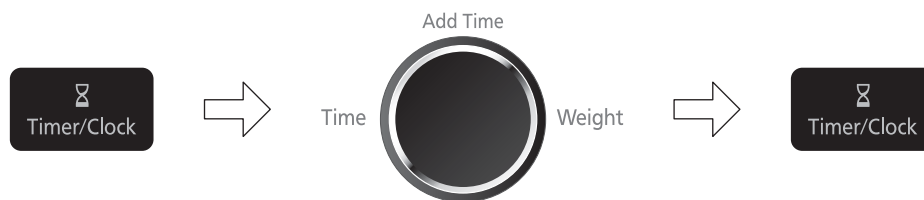
English

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

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

# Clock Setting

You can use the oven without setting the clock.



- 1. Press twice.**  
Colon will blink in the display window.
- 2. Set the time by turning the dial.**  
Time appears in the display window; colon is blinking.
- 3. Press once.**  
Colon stops blinking; time of day is entered and locked in the display window.  
Time counts up in minutes.



## Note

- To reset time of day, repeat steps 1-3.
- The clock will keep the time of day as long as oven is plugged in and electricity is supplied.
- Clock is a 12-hour display.
- Oven will not operate while colon is blinking.

# Child Safety Lock Setting

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

**To set:**



- Press Start three times.**  
Colon or time of day will disappear.  
Actual time will not be lost.  
[ ] appears in the Display Window.

**To cancel:**



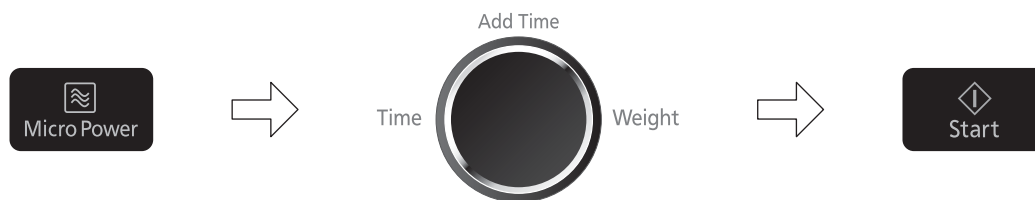
- Press Stop/Reset three times.**  
Colon or time of day will reappear in the display window.

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

English

# Micro Power Setting

English



- 1. Press to select micro power level.**  
(see chart below)
- 2. Set cooking time.**  
Select cooking time by turning the dial.  
(1000 W: up to 30 minutes  
Other Powers: up to 1 hour and 30 minutes)
- 3. Press Start.**  
The time in the display window will count down.

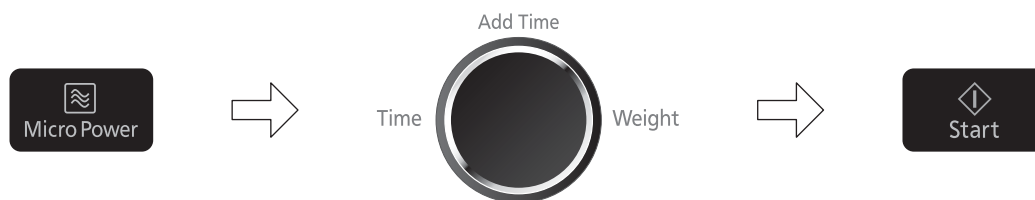
Press	Power Level	Example of Use
Once	1000 W (HIGH)	Boil water. Reheat. Cook vegetables, rice, pasta and noodles.
Twice	800 W (MED-HIGH)	Cook poultry, meat, cakes, desserts. Heat milk.
3 times	600 W (MEDIUM)	Cook beef, lamb, eggs, fish and seafood. Melt butter.
4 times	440 W (MED-LOW)	Simmer soups, stews and casseroles (less tender cuts).
5 times	300 W (DEFROST)	Thaw foods.
6 times	100 W (LOW)	Keep cooked foods warm, simmer slowly.

## Note

- It is possible to programme no more than 3 stages cooking as one cooking set. For 2 or 3 stages cooking, repeat steps 1 and 2 above before pressing **Start** Button. When operating, two beeps will be heard between each stage. This feature is not available for Auto Cook and Turbo Defrost. (Please refer to page 21 for details.)
- You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.
- Do not use metal containers on microwave mode.
- Stand time can be programmed after micro power and time setting. Refer to using the timer page 20.

# Micro Power Defrost Setting

If you want to decide the defrost time by yourself, please select this button and operate the following.

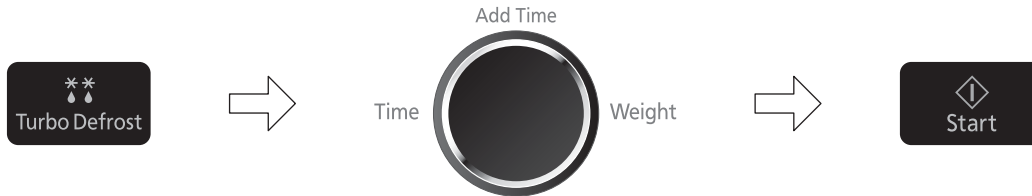


- 1. Press 5 times for 300 W.**
- 2. Set defrosting time by turning the dial.**  
(up to 1 hour and 30 minutes)
- 3. Press Start.**  
Defrosting time appears in the display window and begins to count down.

# Turbo Defrost Setting

This feature allows you to defrost meat, poultry and seafood automatically by just setting the weight. The serving/weight is 0.1 kg to 2.0 kg.

Food	Maximum Weight
Minced meat, Chicken Pieces, Chops	2 kg
Beef roast, lamb, whole chickens	2 kg
Whole fish, scallops, prawns, fish fillets	1 kg



1. **Press once.**

2. **Select the Weight of food by turning the dial.**

3. **Press Start.**  
Defrosting time appears in the display window and begins to count down.

## Tips for Turbo defrost

Meat, which is with bones. For example, if the meat with bones has the same weight as the pure meat, the meat in the former one is lighter than the latter one. So, subtract 0.5 kg for 2 kg meat with bones is better for defrosting and 0.2 kg-0.3 kg for meat with bones which is less than 2 kg.

## Two buzz beeps

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

## Key to defrosting

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



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



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



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



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

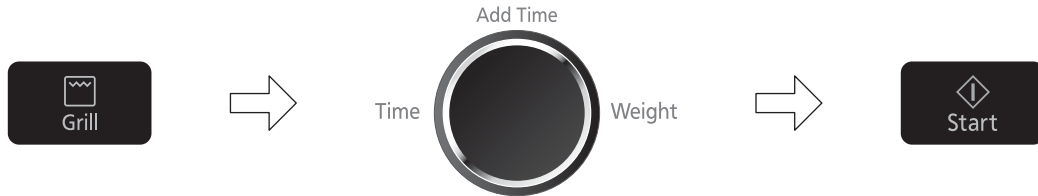


# Grill Setting

English

There are two power levels for grill. When grilling, heat is radiated from the two heaters. The oven door must be kept closed to prevent cooking odours from spreading in the kitchen and so as not to waste energy. The grill is especially suitable for thin slices of meat and seafood as well as bread and meals.

Select Grill setting, set the time and start the oven. The food being grilled should normally be turned over after half the grilling time. When the oven door is opened, the program is interrupted. Turn the food over, place it back the oven, close the door and restart oven. While grilling, the oven door can be opened at any time to check the food.



1. **Press to select grill setting.**  
(see chart below)

2. **Set cooking time by turning the dial.**  
(up to 1 hour and 30 minutes)

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

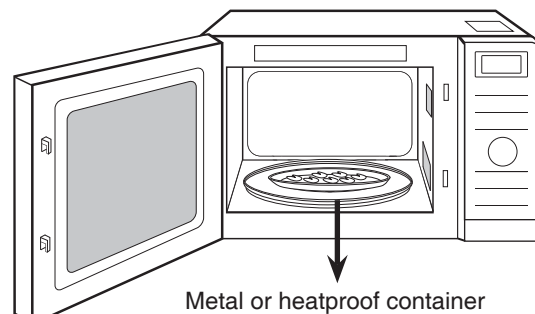
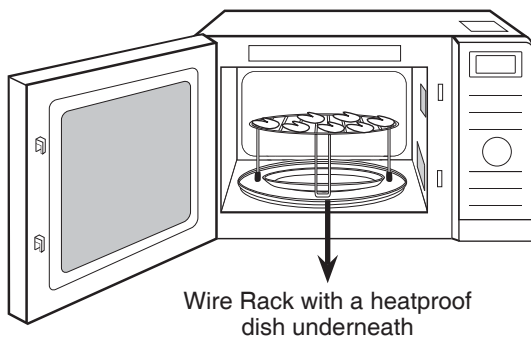
Press	Power Level	Example of Use
Once	Grill 1 (HIGH)	Toasting bread
Twice	Grill 2 (MEDIUM)	Thin seafood, slice of poultry or meat

## Guidelines

1. Use the Wire Rack provided.
2. Do not attempt to preheat the grill.
3. Most meat items e.g. sausages, chops can be cooked on the hottest setting **Grill 1**. This setting is also suitable for toasting bread, muffins and teacakes etc.
4. **Grill 2** is used for those that require a longer grill time e.g. fish or chicken portions.
5. Never cover the food when grilling.
6. Always use oven gloves when removing the food and Wire Rack after grilling as they will be very hot.
7. After grilling it is important that the Wire Rack is removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.
8. You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.

## Accessories to use

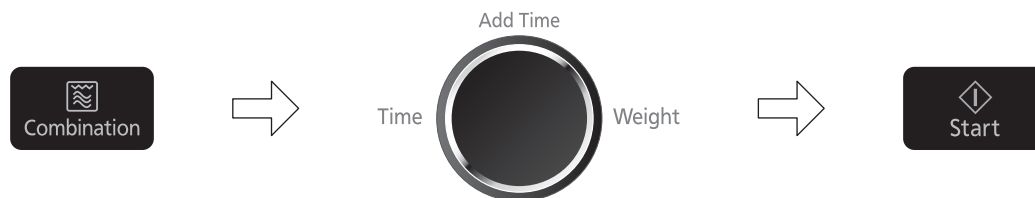
When grilling, you can place foods directly on Wire Rack with a heatproof dish underneath. Or you can place food directly onto a metal or heatproof container, then placed on the glass tray.



# Combination Setting

There are three power levels for this feature. It's a good way for roasting foods by combining microwave and grill effectively.

It's suitable for roasting poultry, meat and seafood. This function can ensure the foods even cooking and keep the crispness of certain foods. Please open the door and turn over the foods when half of the cooking time, then continue cooking.



1. **Press to select combination setting.**  
(see chart below)

2. **Set cooking time by turning the dial.**  
(up to 1 hour and 30 minutes)

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

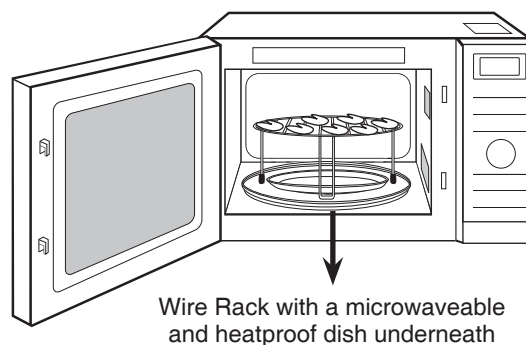
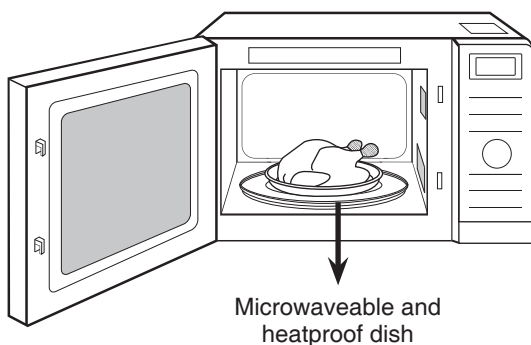
Press	Power Level	Example of Use
Once	Combination 1 (HIGH)	Baked potatoes, Whole poultry
Twice	Combination 2 (MEDIUM)	Beef, Lamb
3 times	Combination 3 (LOW)	Sea food, Puddings

## Guidelines

1. Never cover the food when cooking.
2. Always use oven gloves when taking out the food.
3. Do not use if operating the oven with less than 200 g of food on a manual program. For small quantities do not cook by combination mode, cook by grill only for best results.
4. Do not preheat the grill on combination mode.
5. You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.

## Accessories to use

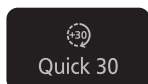
When cooking, you can place foods directly on the base of the oven in a microwaveable and heatproof dish. Or you can place foods directly on Wire Rack with a microwaveable and heatproof dish underneath.



# To Cook Using the Quick 30 Function

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

English



1. Press **Quick 30** to set the desired cooking time (up to 5 minutes). Each press is 30 seconds. Time appears in the display. Power level is pre-set at 1000 W.
2. **Press Start.** The cooking will start and the time in the display will count down. At the end of cooking, five beeps will sound.

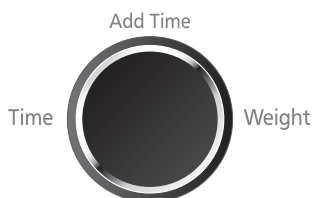


## Note

1. This function is only available for Microwave. Select desired micro power level before pressing **Quick 30**.
2. After setting the time by **Quick 30**, you cannot use dial.
3. This function will not operate for 1 minute after manual cooking.

# Using the Add Time Function

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



1. **After cooking, turn dial to select Add Time function.**  
Maximum cooking time:  
Microwave: 1000 W up to 30 minutes; other powers up to 1 hour and 30 minutes; Grill, Combination: 1 hour and 30 minutes.
2. **Press Start.**  
Time will be added.  
The time in the display window will count down.



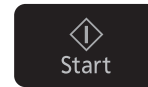
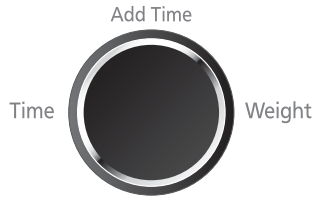
## Note

1. This function is only available for Microwave, Grill and Combination function and it is not available for Turbo Defrost and Auto Cook (Auto Reheat and Auto Menu).
2. The Add Time function will not operate after 1 minute cooking.
3. The Add Time function can be used after the 3-stage cooking.
4. The power level is the same as the last stage. This function will not operate if the last stage was standing time.

# Auto Cook Setting



or



**1. Select desired menu number.**  
Press to select the desired button until the desired menu number appears in the display window.

**2. Select the Weight of food by turning the dial.**  
(see chart below)

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

English

Press



Menu No.	Menu Category	Weight				Recommended containers or accessory
1	Reheat Meal	200 g	400 g	600 g	800 g	casserole with lid or plastic wrap
2	Reheat Bread	50 g	100 g	150 g	200 g	microwaveable dish
3	Reheat Soup	1 cup	2 cups	3 cups	4 cups	microwave safe cup

Press



Menu No.	Menu Category	Weight				Recommended containers or accessory
4	Vegetables	120 g	180 g	250 g	370 g	microwaveable container with plastic wrap
5	Frozen Vegetables	150 g	300 g	450 g	600 g	
6	Potatoes	200 g	400 g	600 g	-	
7	Pasta	150 g	250 g	375 g	-	casserole with lid
8	Casserole Rice	100 g	200 g	300 g	-	
9	Fish	100 g	200 g	300 g	400 g	microwaveable dish with plastic wrap
10	Tikka Kebab	200 g	400 g	600 g	-	wire rack with dish underneath
11	Chicken Pieces	200 g	400 g	600 g	-	
12	Roast Beef/Lamb	200 g	400 g	600 g	-	
13	Frozen Pizza	250 g	350 g	450 g	-	casserole with lid
14	Stew	4-6 servs.	1-3 servs.	-	-	
15	Fruit	150 g	300 g	500 g	-	



## Note

- When you select an Auto Cook program, the auto and cooking function indicators light and menu number appear in the display.
- Only cook foods within the weight ranges described.
- Always weigh the food rather than relying on the package information.
- Most foods benefit from a standing time, after cooking with an Auto Cook Program, to allow heat to continue conducting to the centre.

# Auto Cook Setting

(continued)

## 1. Reheat Meal

Pre-cooked foods are reheated automatically by setting the food's weight. You need not select power level or reheating time. The foods should be at refrigerator temperature (5-7 °C). Use suitable size microwave safe casserole, add 1-4 tbsp of water if desired, and cover with lid. Stir after beep sounds.

## 2. Reheat Bread

It is suitable for reheating bun at refrigerator temperature (5-7 °C). Put the bun on a suitable size microwave safe dish. Cook without cover.

**Note:** 50 g = one standard slice of bun.

## 3. Reheat Soup

It is suitable for reheating soup at refrigerator temperature (5-7 °C). Put soup into microwave safe cup. Cook without cover. Stir before serving.

**Note:** 1 cup = 180 ml

## 4. Vegetables

Suitable for cooking all types of leaf, green and soft varieties, including broccoli, squash, cauliflower, cabbage, asparagus, beans, celery, zucchini, spinach, capsicum or a mixture of these. All vegetables should be trimmed or prepared and cut into even size pieces. Add 2-4 tablespoons water if you prefer a softer cooked texture. Place in a suitable size dish. Butter, herbs etc. may be added before heating, but do not add salt until serving. Cover with plastic wrap or a well fitting lid. Stir after beep sounds.

## 5. Frozen Vegetables

Suitable for all types of frozen vegetables, like frozen peas, sweet corn or mixed vegetables. Place prepared vegetables into a container. Add 1-4 tablespoon of water, if dehydrated or softer texture is desired. Cover with pierced plastic wrap or lid. Stir after beep sounds.

## 6. Potatoes

Potatoes can be trimmed or prepared and cut into evenly sliced pieces. If you cook whole potatoes, you must be pierced first. Add 1-4 tablespoon of water, if dehydrated or softer texture is desired. Place in a appropriate size dish and cover with plastic wrap or well fitting lid. Stir after beep sounds.

## 7. Pasta

Suitable for cooking dried pasta. Place pasta and water in a large sized dish to prevent from boiling over. Use boiling water at a ratio of:

Pasta	Water
150 g	4 cups
250 g	5 cups
375 g	6 cups

Add 1 tablespoon of oil, if desired, before cooking to prevent the pasta from sticking together. Cover with a fitting lid. When the first beep sounds, please open the lid and stir. Then continue cooking without lid. Stir at another beep. Allow pasta to stand for 5 to 10 minutes after cooking if required then drain.

## 8. Casserole Rice

Suitable for cooking white rice including short grain, long grain, Jasmine and Basmati. Place washed rice with recommended amount of cold water in a suitable sized casserole. Use the following as a guide:

Rice	*Water	Casserole Size
100 g	180 ml	2 litre
200 g	300 ml	2.5 litre
300 g	450 ml	3.5 litre

\*(It may be necessary to adjust the amount of water to your personal preference.)

Rice will boil over if the casserole is too small. Cover with lid. Do not cook in plastic containers unless suitable for high temperature cooking. Stand rice for 5 minutes after cooking. This setting is not suitable for cooking brown rice.

## 9. Fish

It is suitable for cooking whole fish and fish fillets. Put the prepared fish in a microwave safe dish. Add recommended sauce and water listed below. Cover dish securely with plastic wrap.

Fish	Recommended Water or Stock
100 g	1 tbsp water or stock
200 g	3 tbsps water or stock
300 g	4 tbsps water or stock
400 g	5 tbsps water or stock

## 10. Tikka Kebab +

Suitable for roasting different kinds of kebab. Cut the meat into thin pieces and marinate them with sauce for about 15-20 minutes, then string them together. Arrange the kebabs on the wire rack with dish underneath. During cooking the oven will beep to prompt you to turn the kebab, press **Start** to continue cooking once turned.

## 11. Chicken Pieces +

It is suitable for cooking chicken pieces such as wings, drumsticks, thighs, half breasts etc. Pierce the chicken pieces before roasting. Place prepared chicken pieces on a wire rack with dish underneath. Turn over after beep sounds.

## 12. Roast Beef/Lamb +

It is suitable for cooking beef and lamb. Meat may be cooked marinated with gravy or vegetables. Place prepared beef/lamb on a wire rack with dish underneath. Turn over after beep sounds.



### Note

Meat should be thawed completely. Thickness of meat should not be more than 2 cm.

# Auto Cook Setting

(continued)

## 13. Frozen Pizza



It is suitable for cook whole Pizza or piece of Pizza. Place frozen Pizza on a wire rack with dish underneath. Select weight and press **Start**.

## 14. Stew

For cooking meat/poultry stews. Suitable for tougher cuts of meat/poultry. Place all ingredients and liquid in a high microwave safe and heat proof casserole. Allow at least ½ depth of volume for evaporation to prevent boiling over. Stir after beep sounds.

Serving	Food	Liquid
4-6 servs.	1400 g	300 ml
1-3 servs.	700 g	150 ml





## 15. Fruit


Suitable for cooking fruits including rhubarb, strawberries, raspberries, blueberries, nectarines, pears, plums, apples and apricots. Minimum and maximum weights include sugar and water added to fruits. Trim and prepare fruit into uniform pieces. Add approximately ¼ cup of caster sugar and ½ cup of water per 500 g of fruit. If not adding sugar, slightly decrease the water content. The greater the amount of water used, the softer the fruit will be. Place fruit, sugar and water into an appropriate sized dish, cover with plastic wrap or lid. Halfway through the cooking time, the oven will 'beep' to prompt you to stir and rearrange.

English



## Note

The Symbols "", "", "" on page 18-19 are intended to prompt you which features are used during cooking. "" will not be displayed on the display window.

: Combination

: Grill

: Microwave

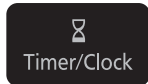


# Timer Setting (Kitchen Timer/Standing Time/Delay Start)

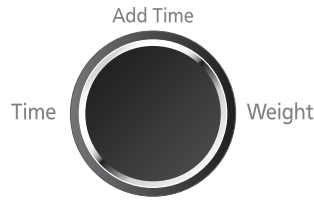
## To Use as a Kitchen Timer

English

Press once.

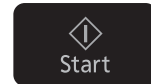


Select desired time by turning dial.  
(up to 1 hour and 30 minutes)



Press Start.

Time will count down without oven operating.



## To Set Standing Time

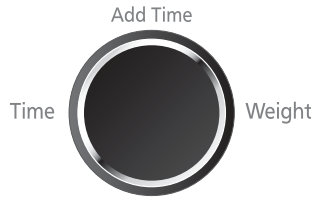
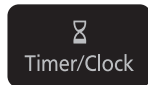
Press once.

Select desired standing time by turning dial.  
(up to 1 hour and 30 minutes)

Press Start.

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

Set the desired cooking program.



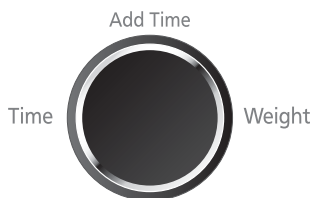
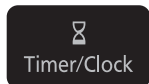
## To Set Delay Start

Press once.

Select desired delay time by turning dial.  
(up to 1 hour and 30 minutes)

Press Start.

Delayed time will count down. Then cooking will start.



Set the desired cooking program.

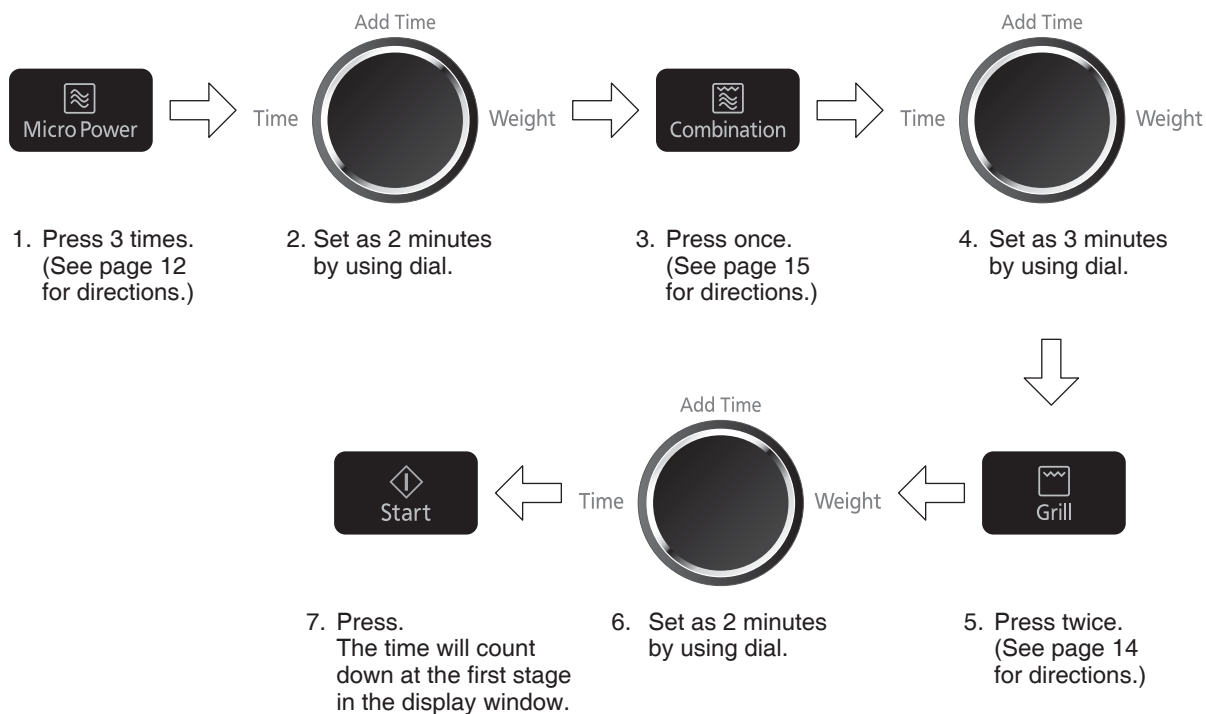


## Note

1. If oven door is opened while Standing Time, Delay Start or Kitchen Timer has been set, the time in the display window will continue to count down.
2. Delay Start and Standing Time can not be programmed together with Turbo Defrost and Auto Cook (Auto Reheat and Auto Menu). 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 in accurate results.
3. When using Standing Time or Delay Start, it's up to 2 Power stages.

# 3-Stages Setting

**Example: Continually set [600 W] 2 minutes, [Combination 1] 3 minutes and [Grill 2] 2 minutes.**



English

## Example to use

	Cook 300 g fish fillets	Roast 1 kg whole chicken
1-stage	600 W 3'00"	Combination 1 9'00"
2-stage	440 W 2'00"	Combination 3 13'00"
3-stage	-	Grill 2 2'00"



## Note

1. When operating, two beeps will sound between each stage.
2. This feature is not available for Turbo Defrost and Auto Cook (Auto Reheat and Auto Menu).

# Before Requesting Service

English

## ALL THESE THINGS ARE NORMAL:

The oven causes interference with my TV.	Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, 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 and safe. Steam will disappear after the oven is cool down.
I accidentally operate my microwave oven without any food in it.	Operating the oven empty for a short time will not damage the oven. However, we do not recommend this to be done.
There are humming and clicking noises from my oven when I cook by Combination.	These noise occur as the oven automatically switch the Grill. This is normal.
The oven has an odor and generates smoke when using Combination and Grill function.	It is essential that your oven is wiped out regularly particularly after cooking by Combination or Grill. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.
Some smoke will be given off from the cavity when using Grill, Combination, for the first time.	It caused by the excessive oil in the cavity and oil used for rust protection volatilizing.

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on.	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
	Circuit breaker or fuse is tripped or blown.	Contact the specified service center.
	There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking.	The door is not closed completely.	Close the oven door securely.
	<b>Start</b> Button was not pressed after programming.	Press <b>Start</b> Button.
	Another program has already been entered into the oven.	Press <b>Stop/Reset</b> Button 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> Button 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 "🔒" appears in the display window.	The Child Safety Lock was activated by pressing <b>Start</b> Button 3 times.	Deactivate Lock by pressing <b>Stop/Reset</b> Button 3 times.
"H00", "H97" or "H98" 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 Center.

# Care of your Microwave Oven

1. Turn the oven off and remove the power plug from the wall socket before cleaning, if possible.
2. 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.
3. 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.
4. Do not allow the Control Panel to become wet. Clean with a soft, damp cloth. Do not use detergents, abrasives or spray-on cleaners on the Control Panel. When cleaning the Control Panel, leave oven door open to prevent oven from accidentally turning on. After cleaning press **Stop/Reset** Button to clear display window.
5. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.
6. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
7. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent, water or window cleaner and dry. The roller ring may be washed in mild sudsy water or dish washer. Cooking vapors collect during repeated use but in no way affect the bottom surface or roller ring wheels. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
8. When using the GRILL or cooking in the COMBINATION mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to "smoke" during use. These marks will be more difficult to clean later.
9. After GRILL or COMBINATION cooking the ceiling and walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by GRILL or COMBINATION. Stubborn spots inside the oven can be removed by using a small amount of microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. Avoid cleaning oven door and the microwave feed guide area situated on the right hand side of the cavity wall.  
**DO NOT SPRAY DIRECTLY INSIDE THE OVEN.** A steam cleaner is not to be used for cleaning.
10. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
11. The oven should be cleaned regularly and any food deposits removed.

English

# Technical Specifications

Power Supply:		230-240 V 50 Hz
Power Consumption:	Microwave	4.9 A 1150 W
	Grill	4.5 A 1050 W
	Combination	7.5 A 1750 W
Cooking Power:	Microwave*	1000 W
	Grill	1000 W
Outside Dimensions (W x H x D):		488 mm x 279 mm x 395 mm
Oven Cavity Dimensions (W x H x D):		315 mm x 178 mm x 353 mm
Overall Cavity Volume:		23 L
Glass Tray Diameter:		Ø285 mm
Operating Frequency:		2450 MHz
Net Weight:		10 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.

# Introduction

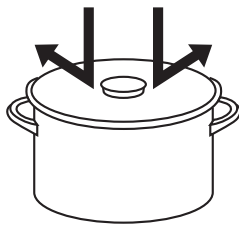
English

## Cooking with Microwave Energy

Microwaves are a form of high frequency electromagnetic waves (approx 12 cm wavelength) similar to those used by a radio. Electricity is converted into microwave energy by the magnetron tube. The microwaves travel from the magnetron tube to the oven cavity where they are reflected, transmitted or absorbed.

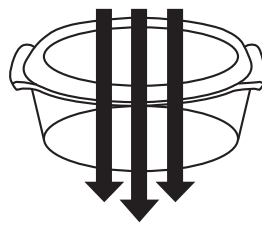
### Reflection

Microwaves are reflected by metal just as a ball is bounced off a wall. A combination of stationary (interior walls) and rotating metal (turntable or stirrer fan) helps assure that the microwaves are well distributed within the oven cavity to produce even cooking.



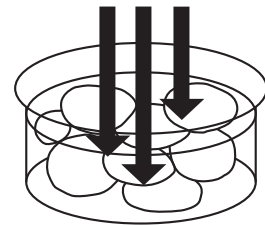
### Transmission

Microwaves pass through some materials such as paper, glass and plastic much like sunlight shining through a window. Because these substances do not absorb or reflect the microwave energy, they are ideal materials for microwave oven cooking containers.



### Absorption

Microwaves are absorbed by food. They penetrate to a depth of about 2 to 4 cm. Microwave energy excites the molecules in the food (especially water, fat and sugar molecules), and causes them to vibrate very quickly. The vibration causes friction and heat is produced. In large foods, the heat which is produced by friction is conducted to the center to finish cooking.



### Combination

Combination cooking is ideal for roasting meats and poultry. Combination cooking automatically alternates between convection and microwave heating. The advantage to combination cooking is that it gives the browning of convection and often shortens the convectional cooking time.

### Grilling

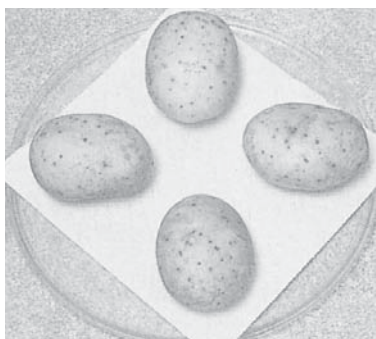
Grilling is done at high temperatures with the food close to the heat. This gives meat a rich brown appearance. Only use high-quality, well-marbled meats for grilling since the high temperatures can dry out the less choice meats.

# Microwave Cooking Techniques



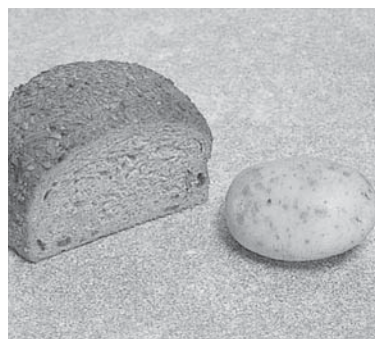
## Dish Size

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



## Quantity

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



## Density

Porous airy foods heat quicker than dense heavy foods.

## 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.

### *Meat Joints*

Stand 15 mins. wrapped in tin foil.

### *Jacket Potatoes*

Stand 10 mins. wrapped in tin foil.

### *Light Cakes*

Stand 5 mins. before removing from dish.

### *Rich dense Cakes*

Stand 15-20 mins.

## Cling Film

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. However, it should be pierced before cooking, to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot. Always purchase cling film that states on the packet "suitable for microwave cooking" and use as a covering only. Do not line dishes with cling film.



If food is not cooked after **STANDING TIME**, return to oven and cook for additional time.

## Moisture Content

Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season-jacket potatoes are a particular example of this. For this reason cooking times may have to be adjusted throughout the year. Dry ingredients e.g. rice, pasta, can dry out further during storage and cooking times may differ from ingredients freshly purchased.

### *Fish*

Stand 2-5 mins.

### *Egg Dishes*

Stand 2-3 mins.

### *Precooked Convenience Food*

Stand for 5 mins.

### *Plated Meals*

Stand for 2-5 mins.

### *Vegetables*

Boiled potatoes benefit from standing 1-2 mins., however most other types can be served immediately.

## 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 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.**

English



# Microwave Cooking Techniques

English



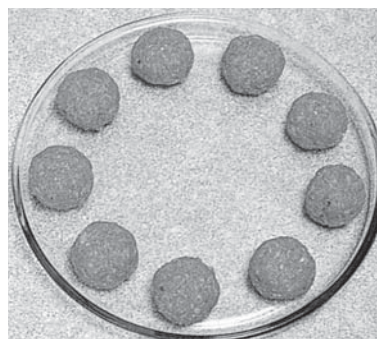
## Covering

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



## 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.



## Spacing

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



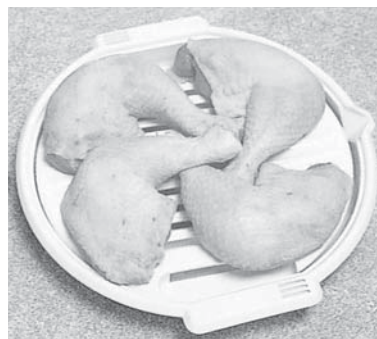
## Turning and Stirring

Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time. All liquid must be stirred before and during heating. Water, especially must be stirred before and during heating, to avoid eruption.



## Shape

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



## Arranging

Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are on 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 convectional oven). Return the food to the oven for further cooking if necessary.

# Defrosting Guidelines/Turbo Defrost

This feature allows you to enter the weight in kilos and the oven will select the correct defrosting time for most foods. However,

do not use for porous foods e.g. bread and cakes etc.

During the defrosting process, the oven will beep to remind you to check the food i.e. turn, shield or break the food apart, as shown below.

English

## Tips for Defrosting



Separate chops and small items e.g. Quiche slice where possible.



Give large joints of meat further standing to ensure meat is not still icy in the center.



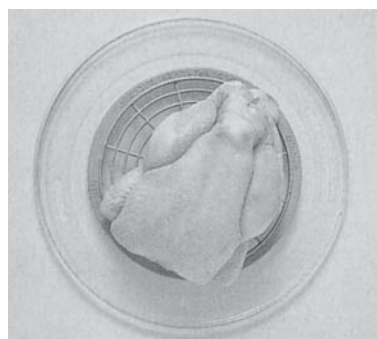
Break up small items e.g. scallops, minced meat, halfway through defrosting.



Remove wrappers from meat. Place on microwave rack or up-turned saucer.



Shield edges, back of fat of joints and thin edges of fish with small pieces of SMOOTH tin foil to prevent over-defrosting.



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

# Defrosting Chart

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.

English

Food	Weight/Quantity	Time & Mode	Method
Beef/Lamb/Joint (1) (3)	450 g (1 lb)	300 W 6-8 mins	standing 30 mins
Steaks (1) (3)	2 pcs 250 g	300 W 3-4 mins	standing 3 mins
Minced beef (1) (3)	450 g (1 lb)	300 W 6-7 mins	standing 5 mins
Stewing steak (1) (3)	450 g (1 lb)	300 W 6-8 mins	standing 10 mins
Whole chicken (1) (3)	450 g (1 lb)	300 W 5-7 mins	standing 10 mins
Chicken portions (1) (3)	450 g (1 lb)	300 W 6-8 mins	standing 5 mins
Whole Fish (1) (3)	450 g (1 lb)	300 W 6-8 mins	standing 5 mins
Fish Fillets (2) (3)	450 g (1 lb)	300 W 5-7 mins	standing 5 mins
Prawns (2) (3)	450 g (1 lb)	300 W 4-6 mins	standing 5 mins
Fruits, Soft (1)	250 g	300 W 2-3 mins	standing 2 mins
Margarine (3)	250 g	300 W 1-2 mins	standing 2 mins
Cheese (3)	450 g (1 lb)	300 W 2-4 mins	standing 2 mins
Plated Meals Homemade Adult Size (2)	350 g	300 W 5-6 mins	standing 3-5 mins
Cooked Fruit (2)	540 g	300 W 4-5 mins	standing 3-5 mins
Cooked Meat (2)	520 g	300 W 6-8 mins	standing 3-5 mins
Quiche (3)	1 pc 65 g	300 W 1-2 mins	standing 2 mins
Casseroles (1)	750 g	1000 W 6-7 mins	standing 3-5 mins
Bread rolls (1)	1 pc 85 g	1000 W 20-30 secs	standing 5 mins
Brioche large (1) (3) (4)	1 pc 400 g	Combination 2 3 mins 30 secs	standing 5 mins
Croissants (1) (4)	2 pcs 100 g	Combination 2 1 min-1 min 30 secs	Add 1 min grill for more crispness
Pastry puff (1) (3)	1 roll 375 g	300 W 2 mins- 2 mins 30 secs	Stand time 20 mins in refrigerator
Pastry shortcrust (1) (3)	1 roll 500 g	300 W 4-5 mins	Stand time 20 mins in refrigerator
Pizza dough (1) (3)	1 ball 240 g	300 W 2 mins- 2 mins 30 secs	standing 10 mins
Doughnuts (1) (4)	2 pcs 100 g	Combination 2 1 min-1 min 30 secs	Stand 3 mins in oven
Waffles (1) (4)	2 pcs 40 g	Combination 2 1 min-1 min 30 secs	Add 1 min grill for more crispness
Fruit tarte (3)	470 g	300 W 4-5 mins	standing 5 mins

- (1) Turn or stir at half time.
- (2) Separate and turn several times.
- (3) Remove packaging and place on a heat resistant plate.
- (4) Place on wire rack, if required in a heatproof dish.

# Reheating Chart

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

Food	Weight/Quantity	Time & Mode	Method
<b>Drinks-Coffee-Milk</b>			
Coffee	1 mug 235 ml	1000 W 1 min 30 secs	Stir before, and after reheating.
Coffee	2 mugs 470 ml	1000 W 2 mins 30 secs-3 mins	
Milk	1 mug 235 ml	1000 W 1 min 20 secs-1 min 30 secs	
<b>Breads</b>			
Croissants	1 pc 50 g	1000 W 10-20 secs or Grill 1 3 mins-3 mins 30 secs	Place on microwave safe plate on turntable. Do not cover. If using grill mode, use wire rack or heatproof plate. Turn at half time.
	2 pcs 100 g	1000 W 30-40 secs or Grill 1 4 mins	
Rolls	1 pc	1000 W 10-20 secs or Grill 1 3 mins-3 mins 30 secs	
	4 pcs	1000 W 30-40 secs or Grill 1 4-5 mins	
Naan Bread	225 g	1000 W 30-40 secs	Do not cover. Turn at half time.
Pitta Bread	2 pcs	1000 W 20-30 secs	
<b>Plated meals-Homemade</b>			
Vegetables (cooked)	300 g	1000 W 2 mins-2 mins 30 secs	Cover. Stir at half time.
	700 g	1000 W 5 mins-5 mins 30 secs	
Potato puree	500 g	1000 W 3-4 mins	
Rice, quinoa, couscous	300 g	1000 W 2 mins-2 mins 20 secs	
Babyfood	120 g	600 W 30-40 secs	
<b>Canned Food</b>			
Baked Beans	225 g	1000 W 1 min 30 secs-2 mins	Place in a microwave safe bowl on turntable. Cover. Stir halfway.
Spaghetti in tomato sauce	200 g	1000 W 1 min 30 secs	
Cream of tomato soup	400 g	1000 W 2 mins 30 secs	
Chicken soup	425 g	1000 W 3 mins 30 secs	
<b>Pastry Products</b>			
Quiche	400 g	1000 W 2-3 mins or Combination 2 4-6 mins	Place on microwave safe plate on turntable. Do not cover. If using combination mode, use heatproof plate.
Samosas/Spring rolls	4 pcs 240 g	1000 W 1-1 min 30 secs or Combination 2 5-6 mins	
<b>Purchased Convenience Foods</b>			
Cottage pie (chilled)	450 g	1000 W 5-6 mins or Combination 2 12-15 mins	Place on microwave safe plate on turntable. Do not cover. If using combination mode, use heatproof plate.
Lasagne (chilled)	400 g	1000 W 7-8 mins or Combination 2 10-12 mins	
Shepherd's pie (Frozen)	450 g	1000 W 3-4 mins then Combination 2 22-25 mins	

English



# Cooking Chart

English

Food	Weight/Quantity	Time & Mode	Method
<b>Beans &amp; Pulses-should be pre-soaked (except lentils)</b>			
Chick peas	225 g	1000 W 8 mins then 440 W 35-40 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover. Stir halfway.
Lentils	225 g	400 W 15-20 mins	
Red kidney beans	225 g	1000 W 15 mins then 440 W 35-40 mins	
<b>Fruit-Peel, slice, chop into even sized pieces. Place in shallow microwave safe dish.</b>			
Apples, Rhubarb stewed	450 g	1000 W 7-8 mins	Add 30 ml (2 tbsp) of water. Only half fill dish. Cover. Stir halfway.
Plums-stewed	450 g	1000 W 8-10 mins	
<b>Lamb/Beef-from raw-Caution: Hot Fat! Remove dish with care.</b>			
Chops	450 g (1 lb)	Combination 2 10 mins	Place on wire rack with heatproof plate underneath. Turn halfway.
Joint	450 g (1 lb)	600 W 10-13 mins then Combination 1 6-10 mins	Place on upturned saucer in microwave safe dish or rack on turntable. Cover and turn joint over halfway. Drain off fat during cooking. Uncover when using combination mode.
<b>Pasta-Place in a large 3 litre (6 pints) microwave safe bowl</b>			
Macaroni	225 g	1000 W 13-15 mins	Use 1 litre (1 <sup>3</sup> / <sub>4</sub> pints) boiling water. Cover. Stir halfway.
Spaghetti, Tagliatellie	225 g	1000 W 11-12 mins	
<b>Pizza-Fresh chilled- N.B. Remove all packaging. Pizza will have a soft base.</b>			
Thin & Crispy	300 g	1000 W 2-3 mins or Combination 2 10-12 mins	Place on heatproof plate on turntable. Do not cover. If using combination mode, please use wire rack.
Deep Pan	400 g	1000 W 4-6 mins or Combination 2 10-12 mins	
<b>Potato Products Part Cooked-Frozen</b>			
Croquettes	300 g	Combination 2 12-13 mins	Place on wire rack on turntable. Turn halfway.
Waffles	2 pcs 120 g	Grill 1 14 mins	
<b>Sausages-from raw-Caution: Hot Fat! Remove dish with care.</b>			
Thick	4 pcs 240 g	1000 W 2-3 mins or Combination 2 8-10 mins	Place on microwave safe plate on turntable. Cover. If using combination/grill mode, use wire rack. Do not cover. Turn halfway.
Thin	4 pcs 120 g	1000 W 1 min 30 secs- 2 mins 30 secs or Grill 1 7-8 mins	



## Note

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.

# Common Queries Answered

<b>Problem</b>	<b>Cause</b>	<b>Solution</b>
Food cools quickly after being MICROWAVED.	Food not cooked through.	Put back in oven for extra time. Remember foods at fridge temperature require more cooking time than food at room temperature.
Soup/Casserole boils over after cooking by MICROWAVE or COMBINATION.	Container too small.	For liquid foods use container twice the volume of food.
Food cooks too slowly when cooked by MICROWAVE.	Oven not receiving correct power.	Oven should be on a separate 13 amp circuit.
	Food temperature from fridge colder than room temperature.	Extra time required for cooking colder foods.
Meat is tough when cooked by MICROWAVE.	Power setting too high.	Use reduced power level for meats.
	Meat salted before cooking.	Do not salt before cooking. Salt if necessary after cooking.
Meat is tough when cooked by COMBINATION.	Wrong cut of meat used/ incorrectly programmed oven.	Always use the correct time/standing time.
Cakes remain uncooked in center when cooked by MICROWAVE.	Too short cooking and/or standing time.	Add extra cooking time/standing time.
Scrambled or poached eggs tough and rubbery when cooked by MICROWAVE.	Cooking time too long.	Take care cooking small quantities of eggs, once spoiled they cannot be saved.
Quiche/Egg custards tough and rubbery when cooked by MICROWAVE.	Power level too high.	Use reduced power levels for these items.
Quiche/Egg custards tough and rubbery when cooked by COMBINATION.	Cooked too long. Dish size larger than stated in recipe.	Always check progress of food as it cooks.
Cheese sauce tough and stringy when cooked by MICROWAVE.	Cheese cooked with sauce.	Add at the end of cooking time, the heat of the sauce will melt the cheese.
Vegetables are dry when cooked by MICROWAVE.	Cooked uncovered. Low moisture content e.g. old root vegetables. Salt added before cooking.	Cover with a lid or cling film. Add extra 2-4 tbsps of water. Slat after cooking.
Condensation appears on the door of your oven.	This is normal and means the food is cooking faster than the moisture can be expelled from the oven.	Wipe condensation off with a soft cloth.
Turntable rotates in both directions.		This is normal.

English

# European Recipes

English



*Pate*

## Pate

Makes : 500 ml

### Ingredients:

1 small onion, finely chopped  
1 clove garlic, crushed  
125 g butter  
375 g chicken livers, trimmed and cut in half  
2 g pepper  
30 ml sour cream

### Method:

Place onion, garlic and butter in a small casserole dish. Cook on 1000 W for 3 to 4 minutes. Add chicken livers and pepper to mixture. Cover and cook on 600 W for 8 to 9 minutes, stirring halfway through cooking. Set aside and allow to cool. Place cooled mixture in a blender or food processor. Add sour cream and blend until smooth. Pour into a 500 ml mould and refrigerate until set.

## Mexican Dip

### Ingredients:

310 g can red kidney beans  
60 ml oil  
125 g grated cheese  
2 g salt  
5-7 g chilli powder

### Method:

Place oil and beans in a food processor. Blend until smooth. Pour into a bowl, then stir in cheese, salt and chilli powder. Cook on 1000 W for 1 to 1½ minutes or until cheese melts. Stir well. Serve with corn chips.

## Spicy Nuts

Makes : 500 g

### Ingredients:

60 g butter or margarine  
15-30 g curry powder  
15 g Worcestershire sauce  
330 g mixed nuts

### Method:

Place butter in an oblong dish. Cook on 1000 W for 1¼ minutes until melted. Add remaining ingredients. Stir well to coat nuts. Cook on 1000 W for 5 to 6 minutes.

## Meatballs in Tomato Mint Sauce

Serves : 4-6

### Ingredients:

500 g mince  
375 g fresh breadcrumbs  
1 onion chopped  
1 clove garlic, crushed  
1 large egg, lightly beaten  
15 ml Worcestershire sauce  
15 ml tomato sauce  
60 g freshly chopped mixed herbs  
ground black pepper  
1 small onion, chopped  
15 g pine nuts  
15 g butter  
250 g tomato purée  
15 g chopped mint  
30 g grated Parmesan cheese

### Method:

Place mince, breadcrumbs, onion, garlic, egg, Worcestershire sauce, tomato sauce, herbs, and pepper in a large bowl and mix well. Roll mixture into 2.5 cm balls. Place half the meatballs onto a paper towel-lined dinner plate, evenly spaced. Cook on 800 W for 5 to 6 minutes, turning halfway through cooking. Set aside.

Repeat above procedure with remaining meatballs. Place onion, pine nuts and butter in a 500 ml jug and cook on 1000 W for 2 to 3 minutes. Add tomato purée and mint, and stir well. Place meatballs and sauce in a 2-litre dish and combine gently. Sprinkle with Parmesan cheese and heat on 1000 W for 3 to 4 minutes.

## Tomato Soup

Serves : 4-6

### Ingredients:

30 g butter  
1 kg ripe tomatoes, peeled and chopped  
1 onion, sliced  
1 carrot, sliced  
625 ml chicken stock  
5 g oregano  
salt & pepper to taste

### Method:

Place butter in a 4-litre casserole dish and heat on 1000 W for 30 to 60 seconds. Add vegetables. Cook on 1000 W for 8 to 10 minutes. Pour in stock and oregano. Stir well, cover and cook on 800 W for 16 to 18 minutes. Purée in a food processor or blender. Season to taste with salt and pepper. Serve in individual soup bowls.



# European Recipes

## Mushroom Soup

Serves : 4

### Ingredients:

15 g butter  
250 g mushrooms, sliced  
15 g flour  
500 ml chicken stock  
125 ml water  
5 g mustard  
125 ml cream

### Method:

Place butter and mushrooms in a 2-litre casserole dish. Cover and cook on 1000 W for 4 to 5 minutes. Add flour, stock, water, mustard and cream to mushrooms, and mix well. Cover and cook on 1000 W for 8 to 10 minutes, stirring halfway through cooking.

**Tip:** This soup can be puréed if desired.

## Vegetable Soup

Serves : 4-6

### Ingredients:

500 g prepared vegetables of your choice (carrot, turnips, celery, etc), finely chopped  
1 onion, chopped  
30 g butter  
30 g cake flour  
875 ml chicken stock  
salt and pepper  
45 g parsley, chopped

### Method:

Place vegetables, except onion, in a 3-litre casserole dish. Cover and cook on 1000 W for 6 to 8 minutes. Set aside. Place onion and butter in a large casserole dish and cook on 1000 W for 2 to 3 minutes. Add flour to onion mixture and mix well.

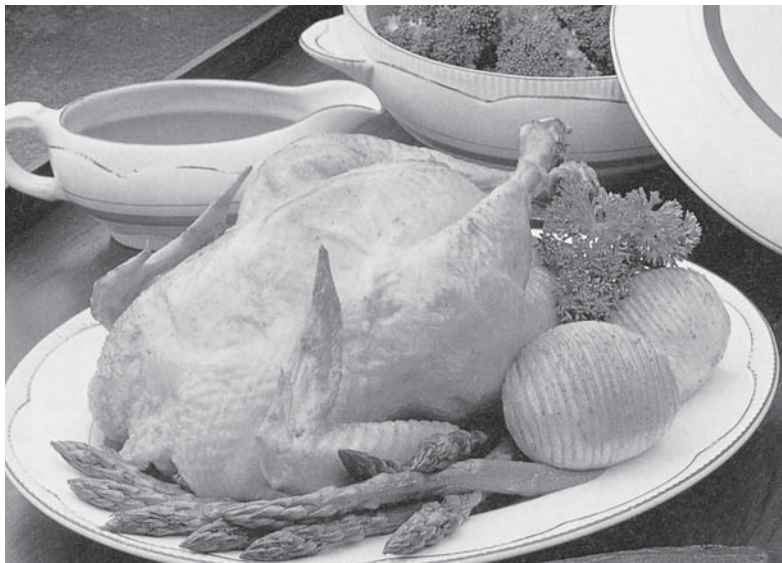
Gradually add 250 ml of stock. Stir well. Cook on 800 W for 3 minutes, stirring halfway through cooking. Add remaining stock and vegetables. Cook on 800 W for 12 to 14 minutes. Season with salt and pepper. Serve sprinkled with chopped parsley.

## Baked Custard

Serves : 4-5

### Ingredients:

500 ml milk  
120 g yolk  
120 g sugar  
5 ml vanilla essence  
pinch ground nutmeg



Roast Chicken

### Method:

Place milk in a 1-litre glass jug. Cook on 1000 W for 2 minutes. Add eggs, sugar and vanilla to milk, whisking all the time. Strain mixture into a 20-cm round dish and sprinkle with nutmeg. Cook on 800 W for 2 to 3 minutes. Stir each 30 minutes.

## Roast Chicken

Serves : 4-6

### Ingredients:

1.5 kg chicken  
15 g melted butter  
pepper

### Method:

Clean and pat chicken dry with paper towel. Brush chicken with melted butter and sprinkle with pepper. Place chicken breast-side down in a shallow dish.

### To Cook by Microwave:

Cook on 600 W for 45 to 55 minutes, turning halfway through cooking. Stand for one third of cooking time, wrapped in foil before carving.

### To Cook by Combination:

Prepare chicken as above. Cook on Auto Weight Combination or on COMBINATION 1, allowing 20 minutes per 500 g oven- ready weight. Turn chicken over halfway through cooking. Stand for at least 15 minutes, wrapped in foil, before serving.

## Cheese Sauce

Makes : 375 ml

### Ingredients:

30 g butter  
30 g flour  
310 ml milk  
salt and pepper  
75 g tasty cheese

### Method:

Melt butter in a 500 ml jug on 1000 W for 40 seconds to 1 minute. Add flour and mix well. Gradually stir in milk, salt and pepper. Cook on 1000 W for 3 minutes 30 seconds to 4 minutes, stirring halfway through cooking. Add cheese and cook on 1000 W for a further 1 to 2 minutes. Stir and serve with the vegetable of your choice.

## Irish Stew

Serves : 2-4

### Ingredients:

400 g lamb, cut into 2 cm cubes  
1 carrot, peeled and sliced  
1 potato, peeled and sliced  
250 ml water  
40 g packet French Onion Soup mix  
1 bay leaf

### Method:

Arrange lamb, carrots and potatoes in a 3-litre casserole dish. Combine water, soup mix and bay leaf in a mixing bowl. Pour over meat, carrots and potatoes.

Cook on 1000 W for 7 to 8 minutes and then cook on 300 W for 40 to 42 minutes. Stir every 10 minutes. Stand covered for 5 minutes. Serve with steamed vegetables.

English

# European Recipes



Roast Lamb

## Roast Lamb

Serves : 4-6

### Ingredients:

60 g apricot jam  
1.2 kg leg lamb

### Method:

Place lamb fat side down in a shallow dish. Brush with half the apricot jam.

### To Cook by Microwave:

Cook on 600 W for 40 to 45 minutes. Turn halfway through cooking. Stand covered 10 minutes before serving.

### To Cook by Combination:

Prepare lamb as above. Cook on COMBINATION 2 for 45 to 50 minutes. Turn halfway through cooking and brush with remaining jam. Stand covered with foil for 10 minutes before serving.

## Italian Chicken Casserole

Serves : 4-6

### Ingredients:

15 ml oil  
1 clove garlic, crushed  
6 chicken pieces  
250 g baby onions  
425 g can tomatoes  
60 ml tomato paste  
2 g marjoram  
2 g oregano  
100 g button mushrooms  
20 g black olives  
30 g chopped parsley  
salt and pepper

### Method:

Preheat a browning dish on 1000 W for 3 to 4 minutes. Add oil, garlic and chicken pieces to dish. Cook on 1000 W for 4 to 5 minutes, turn and cook on 1000 W for a further 3 to 4 minutes. Set aside. Place onion in a 3-litre casserole dish, cover and cook on 1000 W for 4 to 5 minutes. Add chicken, tomatoes, tomato paste, marjoram and oregano to dish and cook on 600 W for 13 to 14 minutes. Add remaining ingredients to dish and cook on 600 W for a further 6 minutes. Serve with garden salad and crusty bread.

## Tarragon Chicken and Mushrooms

Serves : 4-6

### Ingredients:

800 g chicken pieces  
1 onion, sliced  
2 g dried tarragon leaves  
salt and pepper  
80 g mushrooms, finely sliced  
220 ml can cream of mushroom soup  
70 g sour cream

### Method:

#### To Cook by Microwave:

Place chicken and onion in a 3-litre casserole dish. Cook on 600 W for 14 to 16 minutes. Stir halfway. Drain away any excess fat. Season with tarragon, salt and pepper. Add mushrooms. Cook on 600 W for 3 to 4 minutes. Blend together soup and sour cream. Spoon over chicken. Cook covered on 600 W for 6 to 8 minutes. Remove chicken to a serving platter. Stir sauce and spoon over chicken. Serve with rice and vegetables.

## Mediterranean Curry

Serves : 4

### Ingredients:

15 ml oil  
1 large onion, chopped  
1 large tomato, chopped  
30 g curry powder  
15 g chilli powder  
1 kg chuck steak, fat removed and cut into 2.5 cm cubes  
5 g salt  
125 ml water  
15 ml malt vinegar

### Method:

Place oil, onion and tomato in a large casserole dish and cook on 1000 W for 4 to 5 minutes. Stir in curry powder, chilli powder and meat. Cook on 1000 W for a further 5 minutes. Add remaining ingredients, ensuring the meat is covered by the liquid. Cook, uncovered, on 1000 W for 5 minutes, then on 600 W for 1 to 1½ hours. Stir occasionally during cooking. Serve with rice.



Lamb Chops with Spicy Sauce

## Lamb Chops with Spicy Sauce

Serves : 4

### Ingredients:

#### Marinade:

45 g tomato paste  
30 ml vegetable oil  
30 ml lemon juice  
2 cloves garlic, crushed  
5 g chilli powder  
5 g coriander powder  
5 g ground ginger  
15 g finely chopped fresh parsley  
freshly ground black pepper to taste  
8 lamb chops (approx. 800 g)

### Method:

Combine all marinade ingredients to form a thick mixture. Place chops in a single layer in a shallow dish and pour marinade mixture over them. Allow to marinate for at least 6 to 8 hours in the refrigerator.

Remove chops from marinade (reserving this mixture) and place in a shallow dish. Cook on 1000 W for 8 to 10 minutes, turning over halfway through cooking. Place marinade mixture into a jug and heat on 1000 W for 30 to 40 seconds. Arrange chops on a serving platter, then pour the sauce over them. Serve garnished with parsley or watercress.

# European Recipes



*Fish Roll*

## Fish Roll

Serves : 4-6

### Ingredients:

170 g can crabmeat, drained  
2 large egg whites  
60 ml cream  
salt and pepper  
7 to 8 spinach leaves, stalks removed  
5 small, skinned and boned snapper fillets  
200 g sliced smoked salmon

### Sauce:

15 g butter  
15 g flour  
125 ml chicken stock  
125 ml cream  
15 g pink peppercorns, crushed  
pinch salt

### Method:

Place crabmeat into a bowl. Set aside. Beat egg whites until stiff peaks form. Beat cream in a separate bowl until thick. Add egg whites, cream, salt and pepper to crabmeat. Mix lightly. Set aside. Place spinach in a covered bowl and cook on 1000 W for 1 to 2 minutes. Remove and drain. Lay a large sheet of plastic wrap on a flat surface. Lay fillets on wrap so they form a rectangle. Place spinach evenly on top of fish and then spoon crab mixture over. Place smoked salmon on top of crab mixture and roll on a plate and cook on 600 W for 6 to 8 minutes. Stand for 15 minutes. Remove wrap and slice.

### Sauce:

Melt butter in a 500 ml jug on 1000 W for 30 seconds. Add flour, stir well. Add stock stirring continuously. Cook on 1000 W for 2 to 3 minutes, stirring halfway through cooking. Add cream, peppercorns and salt. Stir well. Pour sauce over fish roll and serve with prawns and lemon wedges.

## Whole Stuffed Fish

Serves : 2-4

### Ingredients:

500 g whole fish, cleaned and scaled (Bream or Snapper)  
30 g melted butter

### Stuffing:

250 g fresh breadcrumbs  
4 spring onions, sliced  
5 g dried basil  
juice of 1/2 lemon  
30 g chopped parsley  
freshly ground black pepper

### Method:

Brush fish cavity with melted butter. Combine remaining butter with remaining ingredients to make stuffing. Stuff fish cavity with mixture and secure opening with wooden toothpicks.

Place fish in a shallow dish. Cover and cook on 600 W for 7 to 9 minutes. Stand covered for 5 minutes before serving.

## Smoked Haddock

Serves : 2-4

### Ingredients:

2 medium sized smoked haddock fillets (approx. 500 g)  
15 g butter, melted  
45 ml water or milk  
freshly ground black pepper

### Method:

Place all ingredients in a 3-litre casserole dish. Cover and cook on 600 W for 8 to 10 minutes, or until cooked and fish flakes when tested with a fork.

## Scalloped Potatoes

Serves : 6-8

### Ingredients:

1 kg old potatoes, peeled and thinly sliced  
30 ml water  
300 ml sour cream  
60 ml milk  
salt and pepper  
paprika  
15 g snipped chives

### Method:

Place potatoes and water in a 3-litre casserole dish. Cover and cook on 1000 W for 12 to 14 minutes. Drain. In a small bowl mix together sour cream, milk, salt and pepper. Pour over potatoes. Sprinkle with paprika and chives. Cook on 1000 W for 5 to 6 minutes, until thoroughly heated. Serve hot.

## Seafood Marinara

Serves : 4

### Ingredients:

250 g scallops  
250 g prawns, shelled and deveined  
1 squid (approx. 275 g) cleaned and sliced  
30 g butter  
1 clove garlic, crushed  
2 tomatoes, peeled and chopped  
15 g tomato paste  
30 ml water  
5 g basil  
pepper  
chopped parsley

### Method:

Place cleaned seafood into a 2-litre casserole dish. Set aside. Place butter and garlic in a 1-litre casserole dish and cook on 1000 W for 1 minute. Add remaining ingredients to dish, except seafood, and cook on 1000 W for 5 minutes. Purée tomato mixture in a blender or food processor and pour over seafood. Cook on 800 W for 7 to 9 minutes. Stand for 5 minutes. Serve with salad or pasta.

English



# European Recipes

## Ratatouille

Serves : 4

### Ingredients:

60 ml vegetable oil  
1 large onion, chopped  
2 cloves garlic, crushed  
2 g dried thyme  
1 small eggplant, cut in 2.5 cm cubes  
1 large red pepper, deseeded and cubed  
1 small green pepper, deseeded and cubed  
2 courgettes, sliced  
3 large tomatoes, chopped  
6 to 8 small mushrooms, halved  
pepper to taste

### Method:

Place half the oil in a shallow dish with onion, garlic and herbs. Heat on 1000 W for 2½ to 3 minutes. Spoon onion mixture into a deep dish, then add remaining oil to shallow dish. Add eggplant to oil and cook on 1000 W for 1½ to 2 minutes. Spoon eggplant into a deep dish. Put red peppers in a shallow dish and cook on 1000 W for 2 to 3 minutes. Add green peppers, plus remaining ingredients, to deep dish. Cook covered on 1000 W for 5 minutes, then on 600 W for 8 to 10 minutes. Stand for 5 minutes. Serve.

## Hollandaise Sauce

Makes : 190 ml

### Ingredients:

60 g butter  
30 ml lemon juice  
2 large egg yolks  
60 ml cream  
2 g mustard  
1 g salt

### Method:

Place butter in a 500 ml jug and cook on 1000 W for 40 seconds. Add lemon juice, egg yolks and cream. Mix well. Cook on 600 W for 1½ to 2 minutes. Add mustard and salt. Mix until smooth. Serve with eggs, vegetables or fish dishes.

## Tomato Chutney

### Ingredients:

250 g onions, finely chopped  
1.5 kg ripe tomatoes, skins removed and tomatoes chopped  
5 g salt  
5 g paprika  
pinch cayenne pepper  
150 ml malt vinegar  
175 ml sugar

### Method:

Place onions in a 3-litre casserole dish. Cover and cook on 1000 W for 4 to 5 minutes. Add tomatoes, cover and cook on 1000 W for 5 to 6 minutes. Add salt, spices and vinegar. Stir well and cook on 1000 W for 10 minutes, stirring once during cooking. Add sugar, stir well and cook on 1000 W for 35 to 40 minutes, stirring occasionally. Pour into sterilised jars and seal.

## Spaghetti Meat Sauce

Serves : 4-6

### Ingredients:

500 g minced beef  
1 small onion, chopped  
1 clove garlic, crushed  
190 g finely sliced celery  
425 g can tomatoes, chopped  
250 g tomato paste  
2 beef stock cubes (or 10 g beef stock powder)  
30 g finely chopped parsley  
15 ml Worcestershire sauce  
5 g salt  
5 g brown sugar  
2 g pepper  
1 bay leaf

### Method:

In a 3-litre casserole dish combine minced beef, onion, garlic and celery. Cover and cook on 600 W for 10 to 12 minutes. Drain off fat. Add remaining ingredients and mix well. Cover and cook on 600 W for 32 to 34 minutes, stirring halfway through cooking. Serve with spaghetti.

## Lemon Butter

Makes : 250 g

### Ingredients:

grated rind and juice of 3 lemons  
85 g sugar  
3 large egg yolks  
15 g butter  
15 g cornflour

### Method:

Blend all ingredients in a 500 ml glass jug. Cook on 600 W for 4 minutes, or until thickened, stirring every minute. Pour into hot sterilised jars and seal immediately.

## Orange Marmalade

### Ingredients:

700 g oranges  
1 lemon  
750 g sugar

### Method:

Wash fruit and cut in half. Squeeze juice from fruit and set aside. Remove rind from fruit, being careful not to include white pith. Cut rind into fine strips. Set aside. Pour fruit juice into a 1-litre jug. Add enough water to make 750 ml of liquid. Add seeds. Cover and cook on 1000 W for 20 minutes. Strain. Add sugar and rind to mixture. Mix well. Cook on 600 W for a further 30 minutes, or until marmalade is setting. Pour into clean sterilised jars. Seal.

## Apricot Chutney

### Ingredients:

250 g dried apricots  
375 ml water  
5 g ground ginger  
190 ml white vinegar  
5 g chilli powder  
250 g sugar

### Method:

Combine apricots and water in a 2-litre casserole dish. Cook on 1000 W for 8 to 10 minutes. Strain and purée apricots in a blender or food processor. Place remaining ingredients in a 2-litre casserole dish and cook on 1000 W for 5 minutes. Add apricot purée and cook on 600 W for 25 to 32 minutes. Cool and pour into sterilised jars. Serve with turkey or lamb.



Spaghetti Meat Sauce, Hollandaise Sauce

# Chinese Recipes



*Hammour Won Ton Soup*

## Stuffed Mushrooms with Shrimp Paste

Serves : 4

### Ingredients:

12 black Chinese mushrooms, small  
1 spring onion, chopped  
10 g ginger root, sliced  
400 g raw shrimps  
3 g salt  
1 egg white  
10 ml soy sauce  
30 g cornstarch  
2 g black pepper  
10 ml sesame oil  
30 ml cooking oil  
8 stalks Chinese broccoli  
100 ml fish stock  
20 g starch  
8 g green coriander leaves, chopped

### Method:

Soak mushrooms in water for 20 minutes. Drain and combine with spring onions and ginger in a 1-litre bowl. Cover with cling film and steam on 1000 W for 20 minute. De-vein the rinsed shrimps. Cut into pieces and keep aside. In another 2-litre bowl combine shrimps, salt, egg white, soy sauce, cornstarch, pepper and sesame oil. Mix well. Divide into 12 portions. Dip each mushroom in starch and fill with the paste. Lightly oil a flat platter, place mushrooms in a single layer and cook on 1000 W for 6 minutes. Keep aside. Heat oil in a 1-litre bowl on 1000 W for 2 minutes. Stir in broccoli, cover and cook on 1000 W for 10 minutes. Arrange broccoli along with the mushrooms on the platter. Cook stock and starch with a dash of sesame oil in a small bowl for 2 minutes on 1000 W. Pour over the broccoli and mushrooms and serve garnished with coriander leaves.

## Hammour Won Ton Soup

Serves : 4

### Ingredients:

400 g Hammour fish, ground  
20 g spring onions, chopped  
10 g cornstarch  
6 g salt  
10 ml sesame oil  
24 Won Ton skins  
1 litre stock or water  
3 g pepper  
400 g Bok Choy or baby green vegetables

### Method:

Combine Hammour, spring onions, cornstarch, salt, sesame oil and 20 ml of water. Fill Won Ton Skins with this mixture and fold. Keep aside. Pour stock into a 2-litre bowl. Add pepper and cook on 1000 W for 8 minutes. Add Won Tons to the soup. Cover and cook on 1000 W for another 8 to 9 minutes. Set aside. Cook Bok Choy in salty water in a 1-litre bowl on 1000 W for 4 to 5 minutes. Drain and add to the soup. Serve hot.

## Chicken in Paper Packs

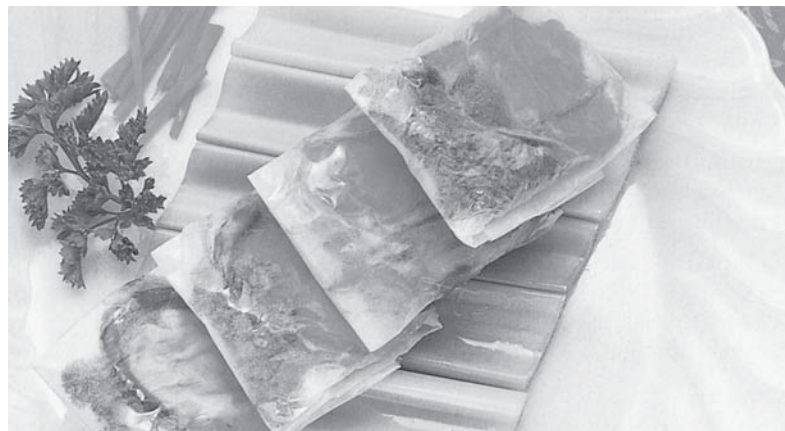
Serves : 4

### Ingredients:

300 g fresh chicken, boneless  
6 Chinese mushrooms  
2 g salt  
15 ml light soy sauce  
5 g sugar  
2 g pepper  
5 ml sesame oil  
10 ml oil  
20 g green onions, chopped  
10 g parsley, chopped  
10 g carrots, shredded  
1 large sheet glass paper

### Method:

Cut chicken into thin slices. Soak mushrooms for 30 minutes or until soft. Cut into thin slices. Combine together chicken, mushrooms, salt, light soy sauce, sugar, pepper, sesame oil, and oil. Keep aside. Cut glass paper into small pieces. Fill each piece with green onions, parsley, carrots and the mushroom-chicken mixture. Fold into small packs. Place these packs onto a platter and cook on 1000 W for 3 to 4 minutes. Serve hot.



*Chicken in Paper Packs*

English

# Chinese Recipes



*Chicken Wings in Lemon Sauce*

## Chicken Wings in Lemon Sauce

Serves : 4-6

### Ingredients:

1 kg chicken wings  
60 ml soy sauce  
60 ml water  
5 g ginger powder  
2 cloves garlic, crushed  
60 ml lemon juice

### Method:

Place chicken wings in a 3-litre casserole dish. Mix together remaining ingredients and pour on chicken wings. Keep the marinated chicken in the refrigerator for 45 minutes. Cook, covered on 600 W for 25 to 30 minutes, or until chicken is tender. Stir halfway. Serve hot with rice.

## Szechuan Lamb

Serves : 2-4

### Ingredients:

500 g lamb meat, shredded  
20 ml oil  
½ dried chilli pepper, crushed  
40 ml soy sauce  
100 ml stock  
20 g cornstarch  
3 sticks celery, shredded  
1 medium sized sweet red pepper, shredded

### Method:

Combine meat and oil and divide into 3 portions. Take 1 portion at a time, place in a 3-litre casserole dish and cook covered on 1000 W for 5 to 6 minutes each. Mix together all three. Add crushed chilli pepper. Keep aside. Mix the soy sauce and stock, and gradually stir into the cornstarch. Pour over the meat and cook on 600 W for 5 to 7 minutes. Add celery and red pepper, and mix well. Cook for another 3 minutes on 1000 W until sauce thickens and the vegetables still remaining crisp.

## Stir-Fried Rice

Serves : 4

### Ingredients:

15 ml vegetable oil  
1 clove garlic, crushed  
1 cm piece root ginger, finely chopped  
1 small carrot, finely chopped  
1 stick celery, sliced  
½ green or red pepper, cut into strips  
6-8 medium-sized mushrooms, sliced  
3 spring onions, chopped  
2 eggs  
15-30 ml soy sauce  
500 g cooked rice

### Method:

Place oil, garlic and ginger in a large shallow dish and cook on 1000 W for 2 to 3 minutes. Keep aside. Add the carrot, celery and pepper. Cook for 3 minutes on 1000 W. Break eggs into a small dish, add salt and pepper to taste, mix well and cook on 1000 W for 2 minutes. Slice the cooked egg into thin strips. Add these strips, soy sauce and cooked rice to the vegetable mixture, stir well and cook on 1000 W for 4 to 6 minutes. Serve hot.

**Note:** 250 g uncooked rice will yield about 500 g of cooked rice.



*Chinese Beef and Vegetables*

## Chinese Beef and Vegetables

Serves : 4-6

### Ingredients:

500 g rump steak  
5 g root ginger, grated  
1 clove garlic, crushed  
15 ml oil  
125 ml beef stock  
15 ml soy sauce  
30 ml Hoi Sin sauce  
10 g cornflour  
375 g frozen vegetables (egbroccoli, mushrooms, onions, cauliflower, snow peas, pepper chunks, etc.)

### Method:

Cut beef into paper thin strips. Place ginger, garlic and oil in a casserole dish. Cook on 1000 W for 1 minute. Keep aside. Combine stock, soy sauce, Hoi Sin sauce and cornflour. Add to ginger-garlic mixture. Cook on 1000 W for 2 minutes. Add vegetables and cook covered on 1000 W for 5 minutes. Mix well. Add meat strips and cook on 1000 W for 8 to 10 minutes, stirring midway. Stand covered for 3 minutes before serving with boiled rice.



# Indian/Pakistani Recipes

## Upma (Semolina Snack)

Serves : 4

### Ingredients:

250 g mixed frozen vegetables, diced and thawed  
200 g semolina  
100 ml oil  
5 g mustard seeds  
5 g washed split urad dal (lentils)  
2 red chillies, whole  
12 curry leaves  
20 ml cold water  
800 ml hot boiling water  
10 g salt

### Method:

Place semolina in a 1-litre casserole dish and brown on 1000 W for 5 to 6 minutes, stirring frequently. Set aside. Heat oil in a 3-litre dish and cook on 1000 W for 1 to 2 minutes. Add mustard seeds, lentils, red chillies and curry leaves and cook on 1000 W for 2 minutes. Add vegetables and 20 ml cold water. Mix well. Cover and cook on 1000 W for 5 to 6 minutes. Add boiling water and salt. Add semolina and mix well. Cook on 1000 W for 4 to 5 minutes, stirring frequently. Serve hot with coconut chutney.

## Vegetable Pulao (Vegetable Rice)

Serves : 4

### Ingredients:

350 g rice  
400 g frozen mixed vegetables, thawed  
60 ml oil  
100 g onions, sliced  
10 g ginger, chopped  
1 clove garlic, chopped  
10 g cumin seeds, roasted  
4 green cardamoms, crushed  
8 cloves  
8 black peppercorns  
5 g cinnamon sticks  
6 bay leaves  
6 g salt  
700 ml boiling water  
1 black cardamom, crushed

### Method:

Clean, wash and soak rice in double the quantity of water for 1 hour. Heat oil in a 3-litre casserole dish on 1000 W for 1 minute. Add onions and brown on 1000 W for 7 to 8 minutes, stirring frequently. Remove onions from the oil and keep aside. Reheat the oil on 1000 W for 1 minute. Add ginger, garlic, cumin seeds, green cardamoms, cloves, peppercorns, cinnamon sticks and bay leaves. Mix well and cook on 1000 W for 1 minute. Add vegetables, cover and cook on 1000 W for 5 minutes, stirring midway. Drain rice and add to the vegetables. Add hot water and salt. Mix well and cook covered on 1000 W for 10 minutes. Stir, and cook on 1000 W for 10 to 13 minutes. Serve hot sprinkled with black cardamom powder and garnished with the fried onions.

## Masale Wali Gobhi (Spicy Cauliflower)

Serves : 4

### Ingredients:

700 g whole cauliflower  
40 ml hot boiling water  
50 ml oil  
5 g coriander leaves, chopped

### Marinade:

100 g yoghurt  
100 g tomato purée  
10 g ginger, crushed  
1 big clove garlic, crushed  
1 green chilli, crushed  
3 g red paprika powder  
3 g garam masala  
2 g turmeric powder  
5 g coriander powder  
5 g cumin seed powder  
10 g salt

### Method:

Trim the cauliflower, removing the stalk and leaves. Wash well. Pour the hot water in a 2-litre casserole dish. Stir in turmeric powder and salt. Place the cauliflower in the dish, cover and cook on 1000 W for 10 minutes. Keep aside. Pour 10 ml oil in a 1-litre casserole dish and heat on 1000 W for 2 minutes. Combine all the rest of the marinade ingredients and add to the oil. Stir and cook on 1000 W for 2 to 3 minutes. Pour marinade over the cauliflower ensuring it is covered well. Set aside for 4 hours. Heat oil in a small bowl on 1000 W for 2 minutes. Pour it over the cauliflower. Cook on 1000 W for 12 minutes, turning it over after 8 minutes. Serve hot, garnished with coriander leaves.

English



Upma



# Indian/Pakistani Recipes

English

## Sukhe Alu (Spicy Potatoes)

Serves : 4

### Ingredients:

500 g potatoes  
10 g coriander powder  
10 g cumin seed powder  
3 g red chilli powder  
5 g garam masala  
10 g mango powder  
2 g dried ginger powder  
5 g dried mint powder  
10 g salt  
30 ml oil  
3 g cumin seeds, roasted  
5 g coriander leaves, chopped

### Method:

Wash and dry the potatoes. Prick lightly with a fork and place in a dish lined with a paper towel. Cook on 1000 W for 8 to 9 minutes. Cool and cut into small pieces. Combine all the dry spices and sprinkle on the potato pieces. Mix well. Keep aside. Place oil in a 1-litre casserole dish, cover and heat on 1000 W for 1 minute. Add cumin seeds and potatoes, and cook on 1000 W for 2 to 3 minutes. Mix well. Serve hot, garnished with coriander leaves.



Masoor Dal, Sukhe Alu, Bhari Hui Bhindi

## Masoor Dal (Lentils)

Serves : 4

### Ingredients:

200 g Masoor Dal (Lentil)  
800 ml boiling water  
10 g salt  
3 g turmeric powder  
20 g ghee  
80 g onions, finely chopped  
10 g ginger, finely chopped  
1 clove garlic, finely chopped  
1 green chilli, finely chopped  
5 g cumin seeds  
1 pinch asafoetida powder  
3 g red chilli powder  
3 g garam masala  
5 g coriander leaves, chopped

### Method:

Wash and soak lentils for 4 hours. Drain and place in a 3-litre bowl along with hot water, salt and turmeric powder. Mix well, cover and cook on 1000 W for 20 minutes. Stir, cover and cook on 600 W for another 8 minutes. Set aside. Place ghee, chopped onions, ginger and garlic in a small bowl. Cover and cook on 1000 W for 3 to 4 minutes, stirring midway. Add cumin seeds, asafoetida powder and red chilli powder, and mix well. Cook on 1000 W for 1 minute. Add to the cooked lentils and mix well. Cook on 1000 W for 1 minute. Serve hot, sprinkled with garam masala and garnished with coriander leaves.

## Bhari Hui Bhindi (Stuffed Okra)

Serves : 4

### Ingredients:

500 g okra  
30 g coriander powder  
30 g cumin seed powder  
15 g dried mango powder  
5 g red chilli powder  
5 g turmeric powder  
5 g garam masala  
10 g salt  
50 ml oil  
10 g coriander leaves, chopped

### Method:

Wash and dry the okra. Cut off the heads and a small portion of the tails and slit each down the middle ensuring that it doesn't split into 2 halves. Keep aside. Combine all the dry spices in a small bowl and cook on 1000 W for 2 minutes, stirring after every 30 seconds. Stuff this mixture into the slits in the okra. Place the okra in a 2-litre shallow casserole dish. Heat oil in a small bowl on 1000 W for 2 minutes and pour it on the okra. Cover the casserole and cook okra on 1000 W for 10 minutes. Remove the lid and cook uncovered on 1000 W for 6 minutes till it becomes dark green and almost crisp. Serve hot, garnished with coriander leaves.

# Indian/Pakistani Recipes

## Chicken Korma (Chicken Curry)

Serves : 4-6

### Ingredients:

700 g chicken cut into medium-sized pieces  
100 ml oil  
150 g onions, sliced  
100 g onions, grated  
10 g cashew nuts, chopped (optional)  
4 cloves

5 g cinnamon sticks  
4 green cardamoms  
10 g ginger, crushed  
1 clove garlic, crushed  
10 g poppy seeds, crushed (optional)  
3 g turmeric powder  
5 g cumin seed powder, roasted  
5 g coriander leaves, chopped  
5 g cashew nuts, chopped (for garnish)

### Marinade:

250 g yoghurt  
10 g ginger  
2 cloves garlic  
1 green chilli  
3 g red paprika  
5 g coriander powder  
5 g garam masala  
15 g salt

### Method:

Clean, trim, wash the chicken pieces. Pat dry. Combine marinade ingredients and add to the chicken. Set aside for 4 hours. Heat oil in a 2-litre bowl on 1000 W for 1 to 2 minutes. Add sliced onions and brown on 1000 W for 7 to 8 minutes, stirring occasionally. Remove the onions from the oil, mix with cashew nuts and grind into a fine paste. Reheat the oil on 1000 W for 1 minute. Add cloves, cinnamon sticks and cardamoms and stand for 30 seconds. Add ginger, garlic, grated onions, poppy seeds and turmeric powder, and mix well. Cook on 1000 W for 5 minutes, stirring occasionally. Add marinated chicken and the onion-cashew nut paste. Mix well. Cook, covered on 800 W for 20 minutes, stirring frequently. Serve hot, sprinkled with cumin seed powder and garnished with coriander leaves and cashew nuts.



Chicken Korma

## Hari Machhi (Coriander Fish)

Serves : 4-6

### Ingredients:

750 g fish  
20 ml lemon juice  
20 g salt

### Marinade:

150 g yoghurt  
100 g coriander leaves, crushed  
3 big cloves garlic, crushed  
6 green chillies, crushed  
40 ml oil

### Method:

Wash and cut the fish into medium-sized pieces. Prick all over with a fork. Mix half the lemon juice and salt, and pour on the fish. Keep aside for 15 minutes and then drain off excess liquid. Combine yoghurt, coriander leaves, garlic, green chillies, salt and the rest of the lemon juice, and stir well. Marinade the fish with this mixture, add oil and keep aside for 3 hours.

Remove the fish pieces. Pour the marinade into a 2-litre casserole dish and cook on 1000 W for 10 minutes or until the gravy thickens, stirring midway. Add the fish pieces and cook on 600 W for 6 to 8 minutes, stirring occasionally. Serve hot with rice or chapattis.

## Makhni Gravy (Butter Gravy)

Serves : 6-8

### Ingredients:

1 kg Chicken/Paneer/  
Vegetables  
30 g butter  
10 g ginger, crushed  
1 clove garlic, crushed  
80 g onion, grated  
100 g tomato purée  
10 g red paprika powder  
10 g salt  
200 ml fresh cream  
200 ml fresh milk  
200 g yoghurt  
5 g garam masala  
5 g coriander leaves, chopped

### Method:

Place butter in a 2-litre casserole dish. Add onion-ginger-garlic paste and cook on 1000 W for 4 to 5 minutes, stirring frequently. Add tomato purée and red paprika powder. Mix well and cook on 1000 W for 3 minutes, stirring halfway. Add salt, cream, milk and yoghurt, and mix well. Cook on 1000 W for 5 minutes. Add chicken, paneer or vegetables and cook till done. Serve hot, sprinkled with garam masala and garnished with coriander leaves.

English

# Indian/Pakistani Recipes

## Mutton Curry

Serves : 4-6

### Ingredients:

500 g mutton  
10 g coriander seeds  
10 g cumin seeds  
10 g poppy seeds  
8 almonds  
6 peppercorns  
2 cloves  
1 black cardamom  
5 g cinnamon sticks  
2 bay leaves  
10 g ginger, crushed  
2 big cloves garlic, crushed  
1 green chilli, crushed  
100 ml oil  
3 green cardamoms  
125 g onions, grated  
15 g salt  
3 g red paprika powder  
5 g turmeric powder  
30 g tomato purée  
100 g yoghurt  
5 g garam masala  
5 g coriander leaves, chopped

### Method:

Clean, trim and wash the meat pieces. Combine coriander seeds, cumin seeds, poppy seeds, almonds, peppercorns, cloves, black cardamom, cinnamon sticks and bay leaves in a small bowl, and cook on 1000 W for 2 to 3 minutes. Remove from the oven. Add a little water, ginger, garlic and green chillies, and grind to a fine paste. Set aside. Place oil in a 3-litre bowl and heat on 1000 W for 2 minutes. Add green cardamoms and grated onions. Brown on 1000 W for 10 minutes, stirring frequently. Add salt, paprika, turmeric powder and the spices paste. Mix well and cook on 1000 W for 1 minute. Add tomato purée and yoghurt. Mix well. Cook on 1000 W for 3 minutes. Add meat pieces and mix well. Cook, covered on 1000 W for 20 minutes or until light brown. Add water, stir and cook covered on 600 W for 25 minutes or until tender. Serve hot, garnished with coriander leaves and garam masala.

## Sujji Ka Halwa (Semolina pudding)

Serves : 4

### Ingredients:

100 g sugar  
400 ml boiling water  
25 g ghee  
100 g semolina  
3 green cardamoms, crushed  
10 g almonds, chopped  
10 g raisins

### Method:

Combine sugar and water in a 1-litre bowl and cook on 1000 W for 3 minutes, stirring midway. Heat ghee in a 2-litre casserole dish on 1000 W for 1 minute. Add semolina and mix well. Cook on 1000 W for 6 to 7 minutes, stirring after every minute. Add sugar syrup and mix well. Cook on 1000 W for 6 minutes, stirring after every minute. Serve hot, garnished with raisins, chopped almonds and cardamom powder.

## Gajjar Ka Halwa (Carrot Pudding)

Serves : 6

### Ingredients:

500 g carrots  
1 litre milk  
20 g ghee  
40 g sugar  
10 g raisins  
4 green cardamoms, crushed  
10 g almonds, chopped  
10 g pistachios, chopped

### Method:

Wash, peel and grate carrots. Combine carrots and milk in a 3-litre bowl and cook on 1000 W for 45 minutes, stirring frequently. Add ghee, sugar, raisins and cardamoms, and mix well. Cook on 600 W for 40 minutes or till the milk evaporates. Serve either hot or cold, garnished with chopped almonds and pistachios.



Gajjar Ka Halwa



# Arabic Recipes

## Kima Soup

Serves : 2-4

### Ingredients:

250 g rice  
60 g minced lamb meat  
5 g salt  
3 g pepper  
25 g butter  
10 g onion  
300 ml lamb stock or 2 cubes of stock  
1 g Gum Mastic (optional)  
1 g cinnamon powder  
6 g parsley

### Method:

Soak rice in hot water for 15 minutes. Drain and keep aside. Mix minced lamb meat with salt and pepper, and shape into small balls. Cook on a platter on 1000 W for 2 minutes. Keep aside. Place butter in a 3-litre casserole dish and add onions. Cook covered on 1000 W for 3 minutes. Add lamb stock or cubes and water with the Gum Mastic. Cook on 1000 W for another 5 minutes. Add rice, stir and cook on 1000 W for 5 minutes. Add mince balls and cook on 1000 W for another 10 minutes. Serve hot, sprinkled with cinnamon powder and garnished with parsley.



*Mutabel*

## Stuffed Baby Marrow With Tomatoes

Serves : 4-6

### Ingredients:

250 g rice  
2.5 kg baby marrow  
500 g minced lamb meat  
25 g butter  
10 g salt  
6 g pepper  
30 ml water  
200 g onions, chopped  
4 cloves garlic, chopped  
20 ml oil  
1 kg tomatoes, sliced  
5 g cinnamon powder  
200 ml hot water

### Method:

Clean, wash and soak rice for 30 minutes. Drain. Clean and wash marrow. Make a small hole on top and scoop out the flesh from inside. Wash again and keep aside. Combine rice, minced lamb, butter, salt, pepper and water. Stuff two-thirds the length of the marrow with this mixture. In a shallow casserole dish, mix onions, garlic and oil, and cook on 1000 W for 3 minutes. Evenly spread tomatoes on this mixture. Place stuffed marrows on top and press down firmly. Cover with hot water. Cook covered on 1000 W for 20 minutes. Stirring occasionally. Serve hot sprinkled with cinnamon powder.

## Mutabel

Serves : 2-4

### Ingredients:

250 g whole eggplant  
200 ml olive oil  
40 g tahina  
4 cloves garlic  
150 ml lemon juice  
10 g salt  
10 ml olive oil (for garnish)  
10 g parsley, chopped  
20 g pomegranate seeds, fresh

### Method:

Lightly pierce the eggplant with a fork. Place on a paper towel in a 2-litre casserole dish and cook on 1000 W for 10 minutes. Cool, immerse in water and remove the skin. Mash the eggplant and combine with olive oil, tahina, garlic, lemon juice, and salt. Serve garnished with olive oil, parsley and fresh pomegranate seeds.

English

# Arabic Recipes

## Kibbeh Bil Leban

Serves : 6-8

### Ingredients:

400 g crushed wheat  
500 g minced lamb meat  
100 g onions, finely chopped  
20 g salt  
10 g pepper  
80 ml oil  
200 g lamb, roughly ground  
1 litre yoghurt  
80 ml water  
100 g cornflour  
200 g mint, chopped  
100 g garlic, chopped  
100 g pine nuts

### Method:

Clean, wash and soak crushed wheat in water for 1 hour. Drain. Combine with minced lamb, finely chopped onions, salt and pepper, and grind well. Shape into small balls and keep aside. Heat 40 ml of oil in a 1-litre bowl on 1000 W for 2 minutes. Add roughly ground lamb, mix and cook covered on 1000 W for 10 minutes. Stuff this mixture into the centre of the minced balls. Cook the stuffed balls (kibbeh) in a covered casserole on 1000 W for 4 minutes. Keep aside. Mix yoghurt and water separately in a 3-litre bowl, and heat on 1000 W for 3 minutes. Mix cornflour with a little water to make a fine paste. Add this to the yoghurt and mix well. Cook further on 1000 W for 3 minutes. Separately combine 40 ml of oil, mint and garlic in a small bowl, and cook on 1000 W for 3 minutes. Add to the yoghurt and mix well. Add the kibbeh to the mixture and heat on 1000 W for 2 minutes. Sprinkle with pine nuts and serve hot with vermicelli or rice.

## Tajen Khudar Mushakal

Serves : 4-6

### Ingredients:

75 ml corn oil  
250 g eggplant, peeled and cubed  
250 g potatoes, peeled and cubed  
250 g marrow, peeled and cubed  
150 g green peppers, sliced  
75 ml olive oil  
85 g onions, finely chopped  
20 g garlic, finely chopped  
250 g tomatoes  
10 g salt  
5 g pepper  
15 ml water  
5 g white pepper

### Method:

Heat corn oil in a covered 3-litre casserole dish on 1000 W for 1 to 2 minutes. Add eggplant, potatoes, marrow and green peppers, and mix well. Cook further on 1000 W for 6 to 8 minutes, stirring midway. Remove the vegetables from the oil and keep aside. In another 2-litre casserole dish combine olive oil and onions, and brown on 1000 W for 2 to 3 minutes. Add vegetables tomatoes, salt, pepper and water, and cook covered on 1000 W for 8 to 10 minutes. Serve hot, sprinkled with white pepper.

## Stuffed Vine Leaves

Serves : 6-8

### Ingredients:

300 g rice  
2 big onions chopped  
100 g parsley, finely chopped  
1 tsp dried mint, finely chopped  
500 g tomatoes, finely chopped  
150 ml olive oil  
300 ml lemon  
20 g salt  
3 g pepper  
500 g potatoes, peeled & sliced  
1 kg vine leaves

### Method:

Clean, wash and soak the rice for 30 minutes. Drain. Add parsley, mint, tomatoes, and half the portion of oil, lemon juice, salt and pepper, and mix well. Set aside. Arrange the tomatoes and potato slices on the base of a very shallow casserole dish. Wash the vine leaves in hot water. Stuff them with the rice mixture. Place them on the potato and tomato base. Cover with water and add the rest of the lemon juice, oil, salt and pepper. Weigh down the leaves with a plate and cook covered on 1000 W for 18 to 20 minutes. Stirring occasionally. Serve cold.



*Stuffed Vine Leaves*

# Arabic Recipes



Daod Basha

## Daod Basha

Serves : 6

### Ingredients:

500 g minced lamb meat  
a pinch cinnamon  
20 g salt  
2 g bahrat al tahi (mixed spices)  
200 ml oil  
500 g onions, sliced  
75 g tomato purée  
½ litre water  
60 g pine nuts

### Method:

Combine minced lamb meat, cinnamon powder, 10 g salt and bahrat al tahi. Mix well and form into small balls. Place them in a shallow dish and cook on 1000 W for 2 minutes. Set aside. Heat oil in a 3-litre covered casserole dish on 1000 W for 2 to 3 minutes. Add onions and brown on 1000 W for 6 to 8 minutes. Add tomato purée and water, and mix well. Cook covered on 1000 W for 6 to 8 minutes. Add the meat balls and balance salt to the sauce, and cook further on 1000 W for another 8 minutes. Serve hot, sprinkled with lemon juice and garnished with pine nuts.

English

## Kafta Bit Tahina

Serves : 4

### Ingredients:

750 g minced lamb meat  
50 g onions, chopped  
75 g parsley, chopped  
3 g salt  
3 g pepper  
3 g cinnamon powder  
250 g tahina  
200 ml lemon juice  
75 ml water

### Method:

Combine minced lamb meat with onions, parsley, salt, pepper and cinnamon powder. Mix well and shape into small patties (Kaftas). Place Kaftas in a 3-litre casserole dish and cook covered on 1000 W for 6 to 8 minutes. Keep aside. Mix tahina, lemon juice, water and a little salt to make tarator. Cook the tarator in a small bowl on 1000 W for 6 to 8 minutes. Pour this over the kaftas and cook on 600 W for 6 to 8 minutes. Garnish with pine nuts. Serve hot with vermicelli or rice.

## Chicken Musakhan

Serves : 4-6

### Ingredients:

1 kg chicken, each chicken cut into 4 pieces  
80 ml olive oil  
200 g onions, chopped  
8 g salt  
4 g pepper  
40 g semac  
40 g almonds, chopped  
80 ml water

### Method:

Place chicken in a 3-litre casserole dish, cover with water and cook covered on 1000 W for 10 minutes. Drain and keep aside. Mix olive oil, onions, salt and pepper in a small bowl, and cook on 1000 W for 3 minutes. Add semac, stir and cook on 1000 W for another 2 minutes. Add the onion and spice mixture to chicken pieces, mix well and cook on 600 W for 20 to 24 minutes, stirring frequently. Garnish with almonds. Serve hot with rice/Arabic bread.



# Arabic Recipes

## Fish Sayodiya

Serves : 4-6

### Ingredients:

1 kg hamour fish  
80 ml olive oil  
400 g onions, chopped  
2 g cumin seed powder  
10 g salt  
1 litre water  
320 g American rice  
40 g cornflour  
40 g pine nuts

### Method:

Clean, wash and cut fish into large pieces. Heat oil in a 3-litre covered casserole dish on 1000 W for 1 to 2 minutes. Add fish and cook further on 1000 W for 6 to 8 minutes. Remove fish from the oil and keep aside. Add onions to the same oil. Brown on 1000 W for 6 to 8 minutes. Arrange the fish in another 3-litre casserole dish. Pour the olive oil and onions mixture on the fish. Add cumin powder, salt and water, and cook covered on 1000 W for 4 minutes. Take out the fish again and strain the water left behind in the dish. Divide it into 2 equal portions. Pour one half into a 2-litre bowl, add rice and cook till done. To make the sauce mix the rest with cornflour and cook on 1000 W for 2 minutes till thick. Serve the fish on a bed of rice. Garnish with pine nuts and serve the sauce separately.

## Samke Hara (Hot Fish)

Serves : 4-6

### Ingredients:

1 kg hamour fish, filleted  
300 g tahina  
100 ml lemon juice  
150 ml water  
50 g olive oil  
25 g onions, chopped  
25 g green peppers, chopped  
25 g red peppers, chopped  
250 g coriander leaves, chopped  
25 g green chillies, chopped  
13 cloves garlic, chopped  
10 g salt  
30 g pine nuts, fried

### Method:

Place fish fillets in a 3-litre casserole, cover with water and cook on 600 W for 6 to 8 minutes. Drain and keep aside. Combine tahina with lemon juice and water to make tarator. Heat oil in a 1-litre bowl on 1000 W for 2 minutes. Add onions, green and red peppers, coriander leaves, green chillies, garlic and salt and cook covered on 1000 W for 4 minutes. Add tarator, mix well and cook on 1000 W for another 6 to 8 minutes. Spread this vegetable sauce on the fish and cook on 1000 W for 5 to 7 minutes. Cool. Serve sprinkled with pine nuts.

## Muhlabbia

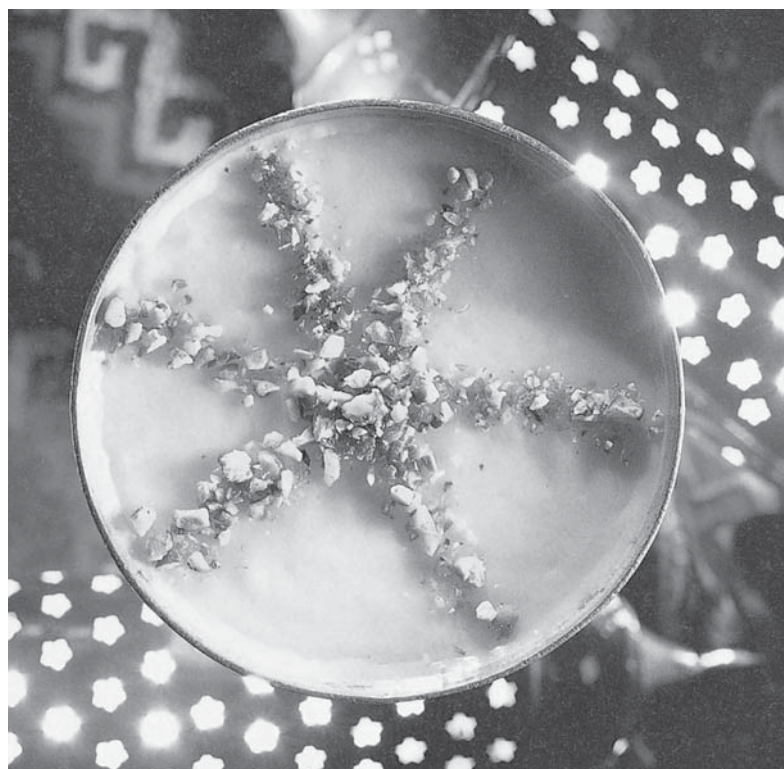
Serves : 8

### Ingredients:

50 g rice powder  
10 ml water  
1 litre milk  
200 g sugar  
15 ml rose water  
3 g miski  
20 g pistachios

### Method:

Make a fine paste with rice powder and water. Set aside. Pour milk in a 3-litre bowl and cook on 1000 W for 3 minutes. Add sugar and stir well. Add the rice powder paste, mix well and cook on 1000 W for 10 to 12 minutes, stirring frequently. Serve cold, sprinkled with rose water, powder miski and garnished with golden pistachios.



Muhlabbia



# Persian Recipes

## Nano Dok (Spice Mix)

### Ingredients:

15-45 g ghee  
5 g turmeric powder  
8 g dried mint

### Method:

Heat ghee in a small bowl on 1000 W for 1 to 2 minutes. Stir in turmeric powder and cook for 10 to 20 seconds until turmeric colours a golden brown. Crush mint, add to the dish and stir. Let it stand for 5 minutes.

## Borani Esfanaj (Spinach Salad)

Serves : 6

### Ingredients:

750 g spinach  
60 g onions, finely chopped  
15 ml oil  
2 cloves garlic, crushed  
10 g salt  
3 g freshly ground black pepper  
450 g yoghurt  
Nano Dok for garnish

### Method:

Trim off roots and coarse stalks from the spinach. Wash leaves well, discarding any discoloured and damaged ones. Drain and shred coarsely. In a large casserole dish, heat oil on 1000 W for 3 minutes. Add onions to the oil and cook on 1000 W for 3 minutes. Add spinach and cook on 1000 W for 4 minutes. Remove from the oven and add garlic, salt, and pepper. Cool. Place yoghurt in a mixing bowl and add spinach mixture. Toss well and adjust seasoning. Serve at room temperature, garnished with Nano Dok.

## Torshi Bademjan (Eggplant Pickle)

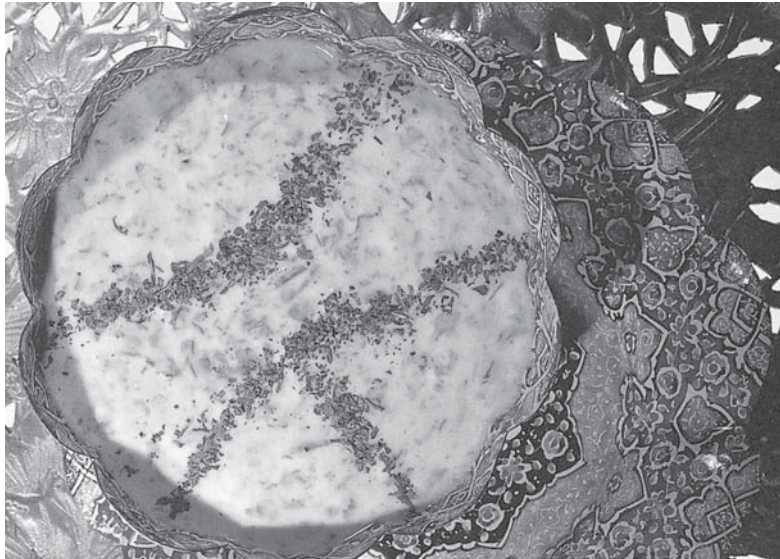
Serves : 6

### Ingredients:

1 kg eggplants (aubergines)  
(3-4 medium-sized)  
450 ml cider vinegar  
medium-sized piece tamarind  
115 ml hot water  
15 g white mustard seeds  
15 g coriander seeds, toasted  
10 g fennel seeds  
4-5 cloves garlic  
5 g ginger, chopped  
3 g chilli powder  
10 g freshly ground black pepper  
10 g salt

### Method:

Pierce eggplants with a fork, wrap in paper towels and place in a casserole dish. Cook on 1000 W for 10 to 12 minutes or until soft. Hold onto the stem and peel skin from eggplants, then remove stems. Mash flesh and mix in ½ cup vinegar to prevent eggplant discolouring. Keep aside. Soak tamarind in hot water for 10 to 15 minutes until softened. Rub with fingertips to separate pulp, then press through a sieve and add to the eggplants. Combine another ½ cup vinegar, mustard seeds, coriander seeds, fennel seeds, peeled garlic cloves and ginger, and blend to a smooth paste. Add paste to eggplants with chilli powder, pepper, salt and remaining vinegar, and ladle into sterilised jars. Seal and store in a cool place.



*Borani Esfanaj*

English

# Persian Recipes

English

## Eshkaneh (Onion Soup)

Serves : 5-6

### Ingredients:

300 g onions, sliced thinly  
75 g ghee  
75 g plain flour  
115 g finely chopped walnuts  
3 g turmeric powder  
1.2 litre water  
115 ml lemon juice  
115 g brown sugar  
10 g salt  
3 g freshly ground black pepper  
2 eggs  
Nano Dok for garnish

### Method:

Heat a little ghee in a casserole dish on 1000 W for 2 minutes. Add half of onion slices and cook on 1000 W for 8 minutes until brown. Remove and keep aside for garnishing. Take remaining ghee along with the rest of the onions. Cook on 1000 W for 4 minutes. Stir in flour and cook on 1000 W for 3 minutes until flour is golden. Add walnuts and turmeric powder, and stir. Cook on 1000 W for 10 to 20 seconds. Stir in water and cook on 1000 W for 6 minutes until thickened and bubbling, stirring after every 2 minutes. Cover and simmer on 600 W for 10 minutes. Add lemon juice, sugar, salt and pepper to taste. Cover and simmer on 600 W for 2 minutes. Beat the eggs lightly and pour into the dish slowly, stirring gently until eggs set in shreds. Garnish with reserved browned onions and Nano Dok.



*Kukuye Sibzamini*

## Khoreshe Alu (Prune and Meat Sauce)

Serves : 4-5

### Ingredients:

750 g boneless lamb or beef  
60 g onions, chopped  
15 g ghee or oil  
3 g turmeric powder  
pinch cinnamon powder  
340 ml water  
10 g salt  
3 g freshly ground black pepper  
225 g prunes  
10 ml lemon juice  
15 g brown sugar

### Method:

Trim meat and cut into 2 cm (3/4 inch) cubes. Keep aside. Combine onions and oil in a casserole dish and cook covered on 1000 W for 3 minutes. Add meat, turmeric powder and cinnamon. Cook on 1000 W for 6 minutes, stirring after every 2 minutes. Add water, salt and pepper. Cover and cook on 600 W for 22 to 25 minutes. Rinse prunes if necessary and add to meat with lemon juice and sugar. Cook on 600 W for 22 to 25 minutes till meat is tender. Serve hot with chelou.

## Kukuye Sibzamini (Potato Omelet)

Serves : 4-6

### Ingredients:

500 g potatoes  
120 g onions, grated  
5 g turmeric powder  
10 g salt  
3 g freshly ground black pepper  
6 eggs  
60 g ghee

### Method:

Place potatoes in a deep casserole dish and cook on 1000 W for 8 to 10 minutes. Remove skins and mash well. Blend in onions, turmeric powder, salt and pepper. Leave until cold. Beat the eggs and stir gradually into potato mixture. Blend thoroughly. Heat the ghee in a casserole dish on 1000 W for 3 minutes. Pour in egg-potato mixture and cook on 1000 W for 6 minutes or till slightly set. Let it stand for 5 minutes. serve cut in wedges.

# Persian Recipes

## Khoreshe Holu (Peach Sauce with Chicken)

Serves : 5-6

### Ingredients:

1.5 kg chicken pieces  
10 g salt  
3 g freshly ground black pepper  
60 g ghee or butter  
60 g onions, chopped  
5 g turmeric powder  
225 ml water  
1 small piece cinnamon stick  
3 peaches, firm  
60 ml lemon or lime juice  
30 g brown sugar

### Method:

Wash chicken pieces and pat dry with paper towel. Season with salt and pepper. Keep aside. Heat half the ghee in a casserole dish on 1000 W for 2 minutes. Add onions and cook for 2 minutes. Combine turmeric powder and water, and stir well. Add the chicken pieces and cinnamon stick. Cover and cook on 600 W for 30 to 35 minutes. Peel peaches and cut into wedges, removing seeds. Heat remaining ghee in a separate bowl on 1000 W for 2 minutes, add peaches and cook for a further 2 minutes. Arrange peaches on top of chicken. Sprinkle lemon juice and brown sugar. Cover and cook on 1000 W for 4 minutes.



*Khoreshe Holu*

## Mohi Shekumpour (Stuffed Baked Fish)

Serves : 4-5

### Ingredients:

1 whole baking fish, approx 1.5 kg  
10 g salt  
3 g freshly ground black pepper  
115 g finely chopped spring onions  
450 g chopped fresh herbs-  
parsley, coriander, dill and  
watercress, combined  
25 ml juice of 1 lemon  
60 ml olive oil  
herb sprigs and lemon  
wedges for garnish

### Method:

Clean and scale fish if necessary. Rub in salt and pepper, and keep aside. Combine spring onions and herbs with lemon juice and olive oil and season lightly. Fill cavity of fish with mixture and secure opening with cocktail picks or thread. Make 3 diagonal slashes on each side of fish. Place in a well-oiled casserole dish, and pour remaining lemon juice and oil over fish. Cover and cook on 1000 W for 25 minutes until fish is tender. Serve garnished with fresh herb sprigs and lemon wedges.

## Abgushte Lubia Ghermez (Lamb and Bean Stew)

Serves : 6

### Ingredients:

1 can red kidneys beans (lubia  
ghermez)  
680 ml water  
1.5 kg lamb shoulder on the  
bone or 6 lamb foreshanks  
cut into 6 pieces  
60 g onions, finely chopped  
60 g ghee or butter  
5 tsp turmeric powder  
115 g tomato purée  
1 limu omani (dried lime) or  
10 ml lemon juice  
10 g salt  
3 g freshly ground black pepper

### Method:

Heat half the ghee in a covered casserole dish on 1000 W for 2 minutes. Add the lamb meat and cook on 1000 W for 5 to 6 minutes. Remove from oven and set aside. Take remaining ghee, onions and turmeric powder, and cook on 1000 W for 2 minutes. Add onion mixture to lamb and stir in beans, tomato purée and dried lime (pierced twice with a skewer) or the lemon juice. Add water, cover and cook on 800 W for 20 minutes. Season with salt and pepper, and cook further for 20 minutes or until meat and beans are tender. Remove dried lime if used. Serve with pickles, fresh herbs, chopped onions, radishes and flat bread.

English



# Persian Recipes

English

## Dolmeh Kalam (Stuffed Cabbage Leaves with Sweet- Sour Sauce)

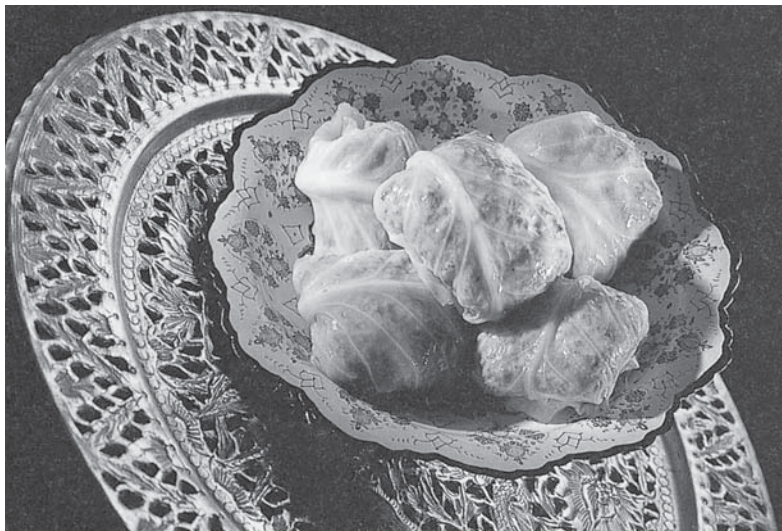
Serves : 6

### Ingredients:

18 cabbage leaves  
225 ml water  
750 g finely ground beef or lamb  
60 g onions, finely chopped  
60 g short grain rice  
60 g finely chopped parsley  
30 g finely chopped coriander  
5 g turmeric powder  
5 g salt  
3 g freshly ground black pepper  
115 g brown sugar  
115 ml cider vinegar

### Method:

Separate leaves from head of cabbage. Larger leaves may be halved and counted as 2. Blanch in a large pot of boiling water for 5 minutes until limp – do not overcook. Drain in a colander. Cut out thick section (ribs), only removing lower portion. Keep aside. Combine ground meat with onions, rice, herbs and turmeric. Add salt and pepper. Divide mixture into 18 portions. Place filling on base of cabbage leaf. Roll once, fold in sides and roll up into a firm package. Repeat with remaining portions. Line a casserole dish with cabbage trimmings or well-washed outer leaf. Pack rolls in close together in layers. Add water and place a heavy plate over rolls. Cover and cook on 1000 W for 18 to 20 minutes. Blend sugar and vinegar, and pour over rolls. Tilt dish to blend liquids. Cover and cook for 14 to 16 minutes on 600 W. Serve with chelou or flat bread.



*Dolmeh Kalam*

## Shir Berenj (Rice Pudding)

Serves : 6

### Ingredients:

120 g short grain rice  
340 ml hot boiling water  
900 ml milk  
pinch salt  
60 g granulated sugar  
10-15 ml rose water  
3 g cardamom, ground  
honey for garnish, (optional)

### Method:

Rinse rice and place in a casserole dish with boiling water. Cook covered, cook on 1000 W for 8 minutes or until water is absorbed. Stir in milk, add salt and cook on 1000 W for 15 minutes, stirring after every 3 minutes until pudding is thick. Take care that it does not scorch. Add sugar, rose water and cardamom. Mix well. Serve warm or chilled in small bowls garnished with honey.

## Halvaye Shir (Milk Pudding)

Serves : 5-6

### Ingredients:

60 g ghee or unsalted butter  
115 g ground rice  
340 ml milk  
60 g granulated sugar  
15 ml rose water  
2-3 g cardamom, ground  
60 g chopped blanched almonds or pistachios nuts

### Method:

Heat ghee or butter in a casserole dish on 1000 W for 2 minutes. Add ground rice and cook on 1000 W for 2 to 3 minutes, stirring often. Do not allow rice flour to colour. Add milk and cook on 1000 W for 3 minutes, stirring after each minute until thick and bubbling. Blend in sugar, rose water and cardamom to taste. Cook on 1000 W for 10 seconds. Pour into small bowls, sprinkle with nuts and serve warm or at room temperature. Alternatively pour into a lightly buttered 20 cm (8 inch) square cake pan and sprinkle with nuts. Leave until cold. Cut into squares to serve.