

Panasonic®

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

INVERTER



Model No. NN-CS89LB

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

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

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

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

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

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

MODEL NUMBER _____

SERIAL NUMBER _____

DATE OF PURCHASE _____

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IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Precautions to be taken when using Microwave Ovens for Heating Foodstuffs INSPECTION FOR DAMAGE:

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

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

PRECAUTIONS:

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

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g. fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass, since they can scratch the surface, which may result in shattering of the glass.
7. Always use the oven with the cookware recommended by the manufacturer.
8. Never operate the oven without a load (i.e., an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
9. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
10. Do not place sealed containers in the microwave oven. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.

11. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
12. Children should be supervised to ensure that they do not play with the appliance.
13. It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
14. The surfaces are liable to get hot during use.
15. The appliance must not be installed behind a decorative door in order to avoid overheating.
16. The oven should be cleaned regularly and any food deposits removed.

Practical Hints:

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



Caution! Hot surfaces

3. The oven has heating elements situated in the top of the oven a steamer boiler situated in the left side of the oven and a convection heater situated in the back of the oven. After using the GRILL, CONVECTION and COMBINATION functions, the ceiling will be very hot.
4. During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
5. The accessible parts may become hot when STEAM, GRILL, CONVECTION and COMBINATION is in use. Children should be kept away.
6. Before using GRILL, CONVECTION and COMBINATION functions for the first time, operate the oven without food and accessories on CONVECTION 230 °C for 10 minutes. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated completely empty.

IMPORTANT SAFETY INSTRUCTIONS (continued)

Important Instructions

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

1. Read all instructions before using the microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) - may explode and should not be heated in the microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. Do not store or use this appliance outdoors.
7. Do not immerse cord or plug in water.
8. Keep cord away from heated surfaces.
9. Do not let cord hang over edge of table or counter.
10. To reduce the risk of fire in the oven cavity:
 - (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - (b) Heating therapeutic wheat bags is not recommended. If heating, do not leave unattended and follow manufacturers' instructions carefully.
 - (c) Remove wire twist-ties from bags before placing bag in oven.
 - (d) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.
 - (e) Never leave microwave unattended while cooking or reheating.
11. Do not remove outer panel from oven.
12. This appliance is not intended to be operated by means of an external timer or separate remotecontrol system.
13. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Circuits

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

Earthing Instructions

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

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

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

(This statement applicable only to New Zealand.)

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

(This statement applicable only to South Africa)

Fan Motor Operation after Cooking

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

After using convection mode, it is recommended to open the door of the oven to accelerate the cooling down process and shorten fan running time.

IMPORTANT SAFETY INSTRUCTIONS (continued)

WARNING

- a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a qualified service technician trained by the manufacturer.
- b) If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- c) It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.
- d) It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
- e) If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- f) Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
- g) Liquids or other foods must not be heated in sealed containers since they are liable to explode, at the same time it should avoid the boiling liquids splash.
- h) Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
- i) When the appliance is operated in the STEAM, GRILL, CONVECTION and COMBINATION modes, children should only use the oven under adult supervision due to the temperatures generated.

Installation and General Instructions

General Use

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

Installation and General Instructions (continued)

Placement of the Oven

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

Building-in your oven

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

Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
4. Potatoes, apples, egg yolks, chicken wings, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:
 - (a) Avoid using straight-sided containers with narrow necks.
 - (b) Do not overheat.
 - (c) Stir the liquid before placing the container in the oven and again halfway through cooking time.
 - (d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
 - (e) Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.

Installation and General Instructions (continued)

7. **COOKING TIMES given in the Cooking Guide section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. NEVER leave oven unattended when popping popcorn.
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.

Microwaves and How They Work

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

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

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

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

1. REFLECTED
2. TRANSMITTED
3. ABSORBED

Reflection:

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

Transmission:

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

Absorption:

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

Microwaves and How They Work (continued)

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

How to Test a Container for Safe Microwave Oven Use

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

Paper Products and Freezer Wrap

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

Glass, Ceramic and China

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

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

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

Plastic

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

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

DO NOT COOK IN PLASTIC FOOD STORAGE BAGS. Cling Film such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing cling film "covers", as well as any glass lid, be careful to remove it away from you to avoid steam burns.

Loosen plastic but let dish stand, covered.

Jars and Bottles

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

Metal

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

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

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

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

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

Straw, Wicker and Wood

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

Oven Accessories

Accessories

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

Metal Tray

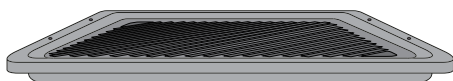
1. The metal tray is for cooking on **convection**, **grill** or **steam** mode only. Do not use on **microwave** or **combination** with microwave modes.
2. For 2 level **convection** cooking, the metal tray can be used as the lower level and the wire shelf can be used as the upper level.
3. The maximum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



Metal Tray

Grill Tray

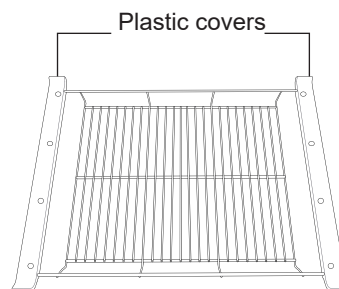
1. The grill tray is for cooking on **convection**, **grill**, **steam** mode or **combination 2-7** and **combination 10** only. Do not use on microwave modes.
2. Do not place it on the oven window. Otherwise, the oven window may be damaged.
3. Place it on the shelves when using.
4. When cooking food,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



Grill Tray

Wire Shelf

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



Wire Shelf



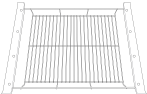


Important User Information

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

Oven Accessories

(continued)

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

	Wire shelf	Metal tray	Grill tray
			
Microwave	x	x	x
Grill	✓	✓	✓
Convection	✓	✓	✓
Steam	✓	✓	✓
Steam + Microwave (Combi 1)	✓*	x	x
Steam + Convection (Combi 2, 3, 4, 5)	✓	✓	✓
Steam + Grill (Combi 6)	✓	✓	✓
Grill + Convection (Combi 7)	✓	✓	✓
Convection + Microwave + Grill (Combi 8)	✓*	x	x
Convection + Microwave (Combi 9)	✓*	x	x
Grill + Microwave (Combi 10)	✓*	x	✓*

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

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

Parts of Your Oven

1 Door handle

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

2 Oven window

3 Door safety lock system

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

4 Plug

5 Power supply cord

6 Bottom microwave feeding (refer to page 24)

7 Steam outlets

8 Warning symbol (hot surface)

9 Grill elements

10 Convection heater

11 LED lights

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

12 Shelf positions (lower, middle or upper)

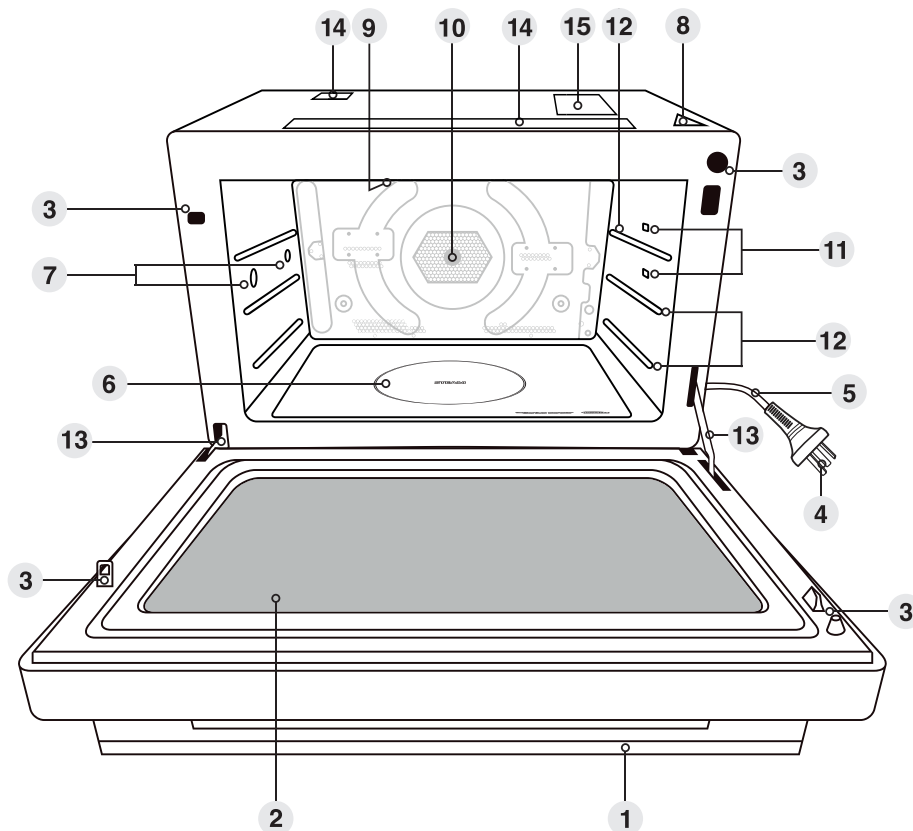
13 Door hinges

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

14 Warning label

15. Menu label

Position your supplied Menu Label.



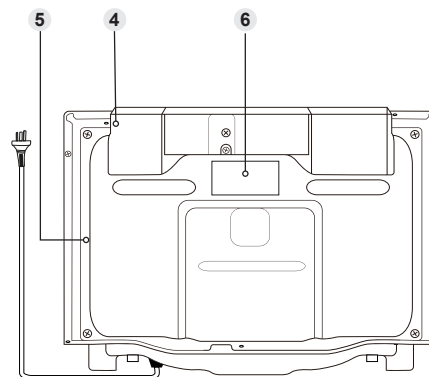
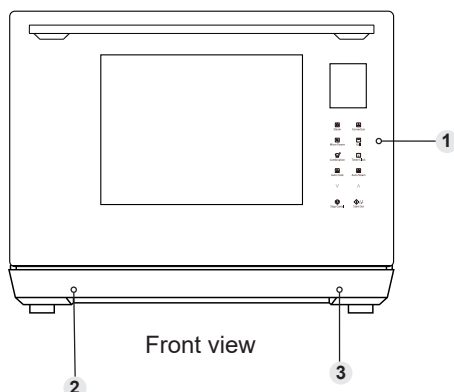
Note

The illustration is for reference only.

Parts of Your Oven

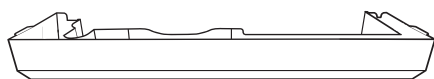
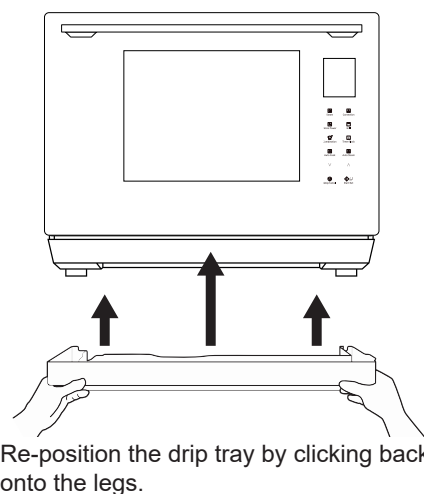
(continued)

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



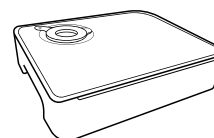
Drip Tray

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



Water tank

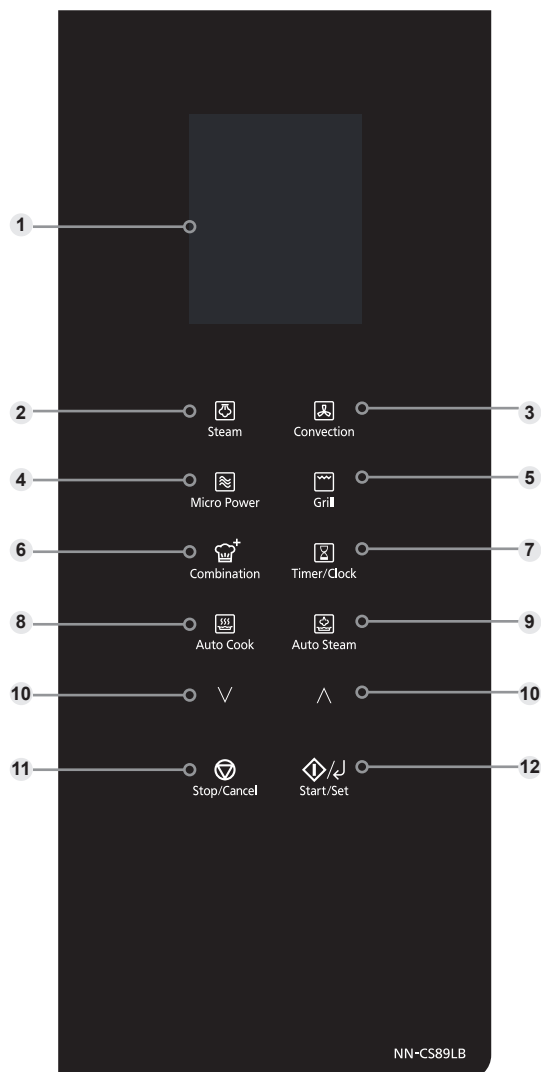
Guidelines for water tank on page 29.



Note

The illustration is for reference only.

Control Panel



1 Display Window

2 Steam (pages 28-30)

3 Convection (pages 26-27)

4 Micro Power (page 24)

5 Grill (pages 25)

6 Combination (pages 31-34)

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

8 Auto Cook (pages 40-56)

9 Auto Steam (pages 58-60)

10 Up/Down Selection (page 22)

Select the time, weight or auto menu by tapping “√” / “^”.

11 Stop/Cancel:

Before cooking:

One touch clears your instructions

During cooking:

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

12 Start/Set

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

This oven is equipped with an energy saving function.



Note

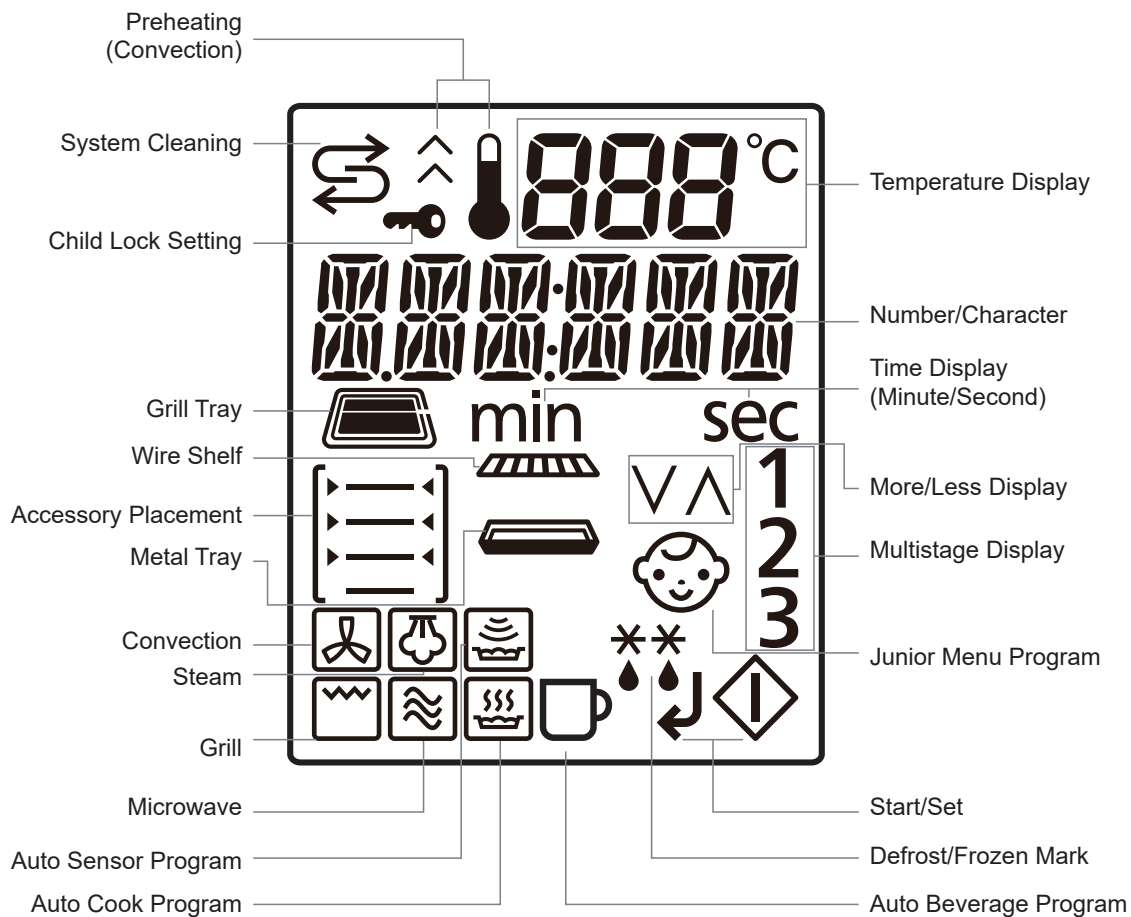
1. The oven will enter stand-by mode after the last operation has completed. When in stand-by mode, the brightness of the display will be reduced.
2. When in stand-by mode, it is necessary to open and close the oven door before operating the oven.
3. If an operation is set and Start/Set is not touched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



Beep Sound

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

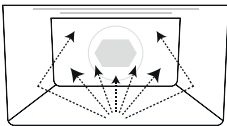
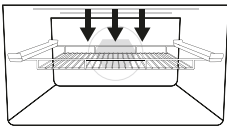
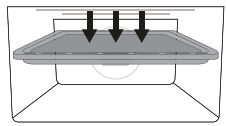
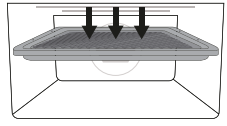
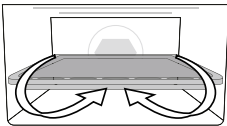
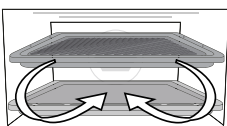
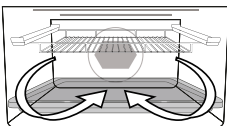
Display Window



☹☹ : Fill the water tank.

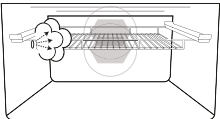
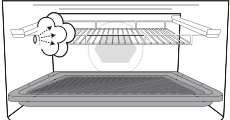
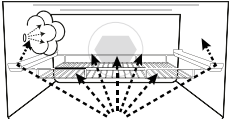
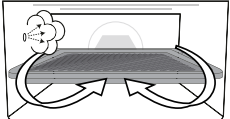
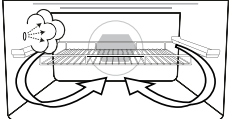
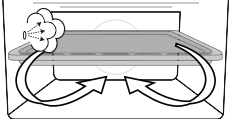
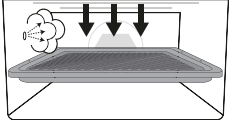
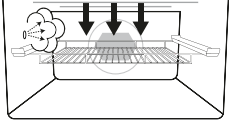
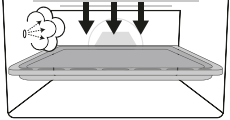
Cooking Modes

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

Cooking modes	Uses	Accessories to use	Containers
Microwave 	<ul style="list-style-type: none"> • Defrosting • Reheating • Melting : butter, chocolate, cheese. • Cooking fish, vegetables, fruits, eggs. • Preparing : stewed fruits, jam, sauces, custards, pastry, caramel, meat, fish or vegetarian loaves. • Baking cakes with eggs and baking powder without colour (Victoria sandwich, clafoutis etc). <p>No Preheating</p>	Use your own dishes, plates or bowls, directly on the base of the oven.	Microwaveable, no metal.
Grill   	<ul style="list-style-type: none"> • Grilling of meat or fish. • Toast grilling. • Browning of gratin dishes or meringue pies. <p>No Preheating</p>	Wire shelf, metal tray or grill tray.	Heatproof, metal tin can be used.
Convection  (1 level)   (2 levels)	<ul style="list-style-type: none"> • Baking of small pastry items with short cooking times : puff pastry, cookies, choux, short pastry, roll cakes. • Special baking : souffles, meringues, vol-au-vent, small loaves of bread or brioches, sponge cake, meat pie, etc. • Baking of quiches, pizzas and tarts. <p>Preheating advised</p>	Metal tray, wire shelf and grill tray.	Heatproof, metal tin can be used.

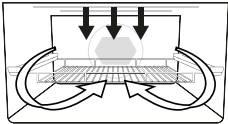
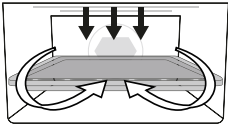
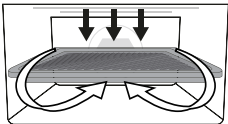
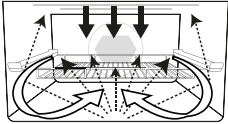
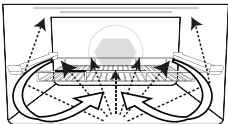
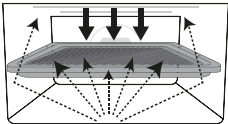
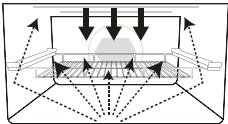
Cooking Modes

(continued)

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

Cooking Modes

(continued)

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



Note

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

Cookware and Utensil Chart

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

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

Cookware and Utensil Chart

(continued)

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

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

Operation Guide in the Display Window

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

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

To turn off:



OPERATION GUIDE OFF



Colon or time of day appears in the display window.

Tap Timer/Clock four times.

Display window.

To turn on:



OPERATION GUIDE ON



Colon or time of day appears in the display window.

Tap Timer/Clock four times.

Display window.

Up/Down Selection

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



- **Time Setting:**

To set cooking time or clock. Use the key for the Add Time Function. (see page 37)

- **Weight Setting:**

To set weight of food for auto cook and auto steam programs. (see pages 42-51, 54, and 58-60).

- **Auto Programs Setting:**

To select auto menu.

- **More/Less Setting:**

To set more/less for auto sensor programs (see page 40-41 and 52-53).

Setting the Clock

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



Tap Timer/Clock twice.

Select the time by tapping “V” / “^”. The time appears in the display and the colon blinks.

Touch Timer/Clock.
The colon stops blinking and time of day is now locked into the display.



Note

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

Child Safety Lock

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

To Set:



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

To Cancel:



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



Note

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

Microwave Cooking and Defrosting

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



Tap Micro Power to select desired power level.

Select the cooking time by tapping “V” / “^”.

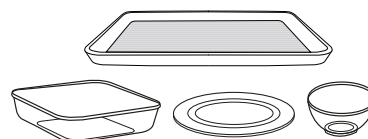
Touch Start/Set.

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

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

Use of Dishes/Accessory:

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



Note

1. For multi-stage cooking refer to page 38-39.
2. Stand time can be programmed after Micro Power and time setting. Delay start cooking can be programmed before Micro Power and time setting. Refer to using the timer page 35.
3. You can change the cooking time during cooking if required. Tap “V” / “^” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
4. Maximum time that can be set on max power (1000 W) is 30 minutes. On all other power levels the maximum time that can be set is 1 hour 30 minutes.
5. **Do not** attempt to use **microwave** only with any metal accessory in the oven.

Bottom Feeding Technology

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

Grilling

There are 3 different Grill settings available.

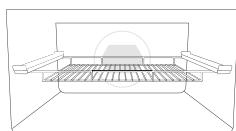


Tap Grill once, twice or three times to select the desired grill power.

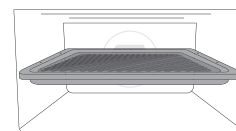
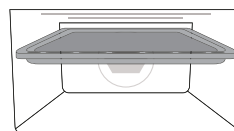
Select the cooking time by tapping “V” / “^”. Maximum cooking time is 1 h 30 minutes.

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

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



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



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

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



Note

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



Caution

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

Convection Cooking

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



Set the desired convection temperature.

Touch Start/Set to preheat. A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Then open the door and place the food inside.

** Skip this step when preheating is not required.*

After preheating, place the food in the oven.



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

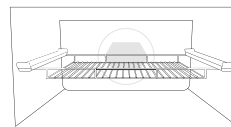
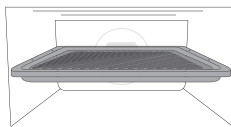
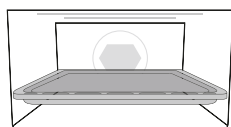
Touch Start/Set. Time in the display will count down.



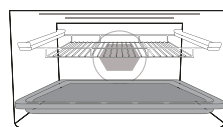
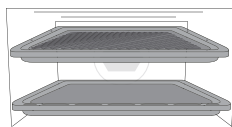
Note

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

Use of Accessory:



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



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



Note on Preheating

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

Convection Cooking

(continued)



Note

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



Caution

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

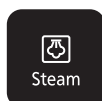
Guideline to Oven Temperatures

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

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

Steam Cooking

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



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

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

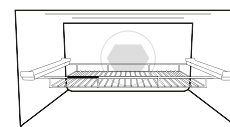
Touch Start/Set.
The cooking program will start and the time in the display will count down.

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

Oven Accessories to Use:

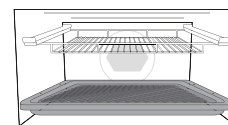
Steam 1 level

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



Steam 2 level

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



Note

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

Steam Cooking

(continued)



Caution

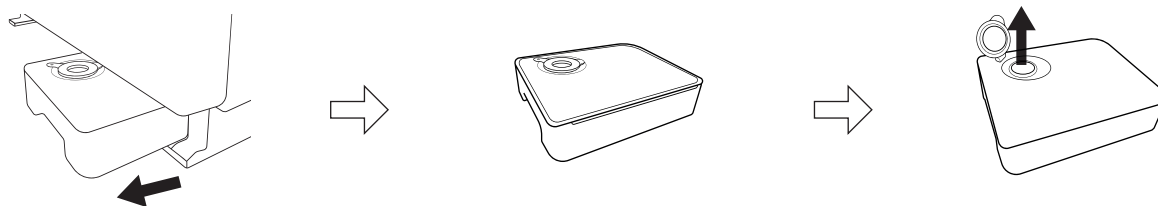
The accessories and surrounding oven will get very hot. Use oven gloves.

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

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

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

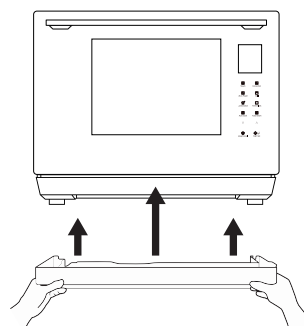
Guidelines for Water Tank



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

Guidelines

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

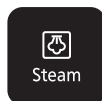


Re-position the drip tray by clicking back onto the legs.

Steam Shot

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

Set and operate the desired program.



Optional

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

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



Note

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



Cautions

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

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

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

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

Combination Cooking with Steam

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



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

Touch if preheating
(only for Combi 2-5)

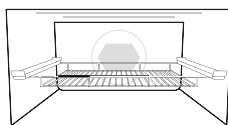
Select the cooking time by tapping “V” / “^”.
Maximum cooking time is 30 minutes.



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

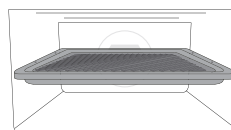
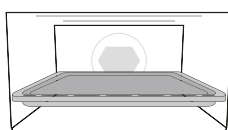
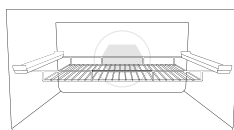
Tap	Combi Level	Max Time	Combination Type	Uses
Once	Combi 1	30 minutes	Steam 1 + 300 W (Simmer)	Fresh vegetables, frozen vegetables, fruits, mash, tinned vegetables, puddings.
Twice	Combi 2	30 minutes	Steam 1 + Convection 230 °C	Crusty bread.
3 times	Combi 3	30 minutes	Steam 1 + Convection 210 °C	Homemade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

Use of Accessory:



Combi 1

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



Combi 2 - 6

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

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

Combination Cooking with Steam (continued)



Note

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

Guidelines

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



Cautions

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

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

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

Combination Cooking without Steam

There are 4 combinations settings without steam. Combination cooking is ideal for many foods. The Micro Power cooks them quickly, whilst the convection or grill gives traditional browning and crispness. All this happens simultaneously resulting in most foods being cooked in $\frac{1}{2}$ - $\frac{2}{3}$ of the conventional cooking time.



Touch Combination.

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



Touch if preheating. (only for Combi 7-9)



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

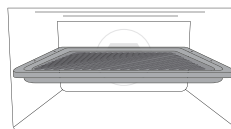
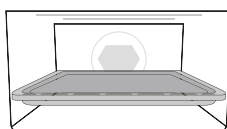
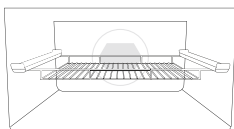


Touch Start/Set. The time counts down in the display.

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

Use of Accessory:

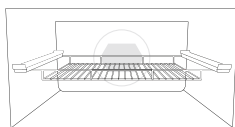
For combi 7:



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

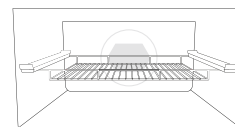
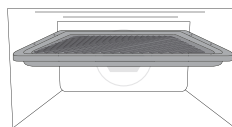
For small food items, place them on metal tray or grill tray.

For combi 8, 9:



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

For combi 10:



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

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

Combination Cooking without Steam (continued)



Note on Preheating

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

No microwaves are emitted during combination preheating.



Note

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



Caution!

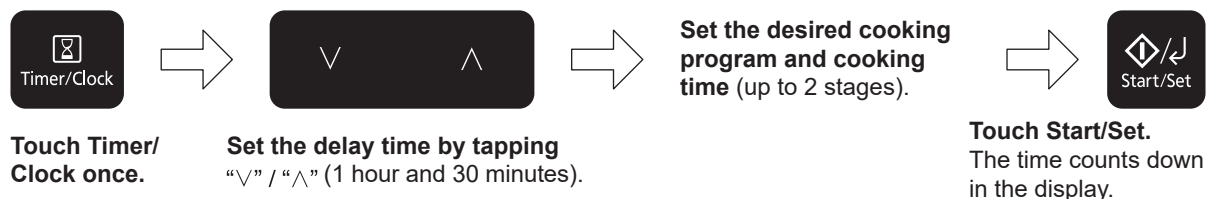
Use oven gloves when removing accessories. Never touch the outside window or inside metal parts of the door or oven when taking food in or out due to the high temperatures involved.

Using the Timer

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

1. Delay Start Cooking

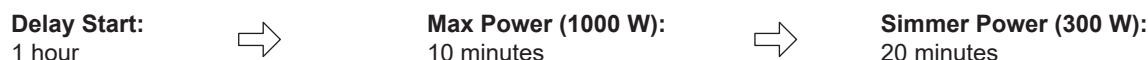
By using the Timer, you are able to program Delay Start cooking.



Note

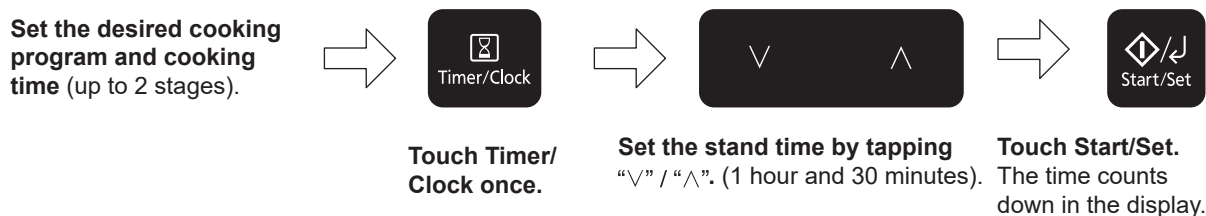
1. Three stage cooking can be programmed including Delay Start cooking.
2. If the programmed delay time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
3. Delay Start cannot be programmed before an auto program.

Example:



2. Stand Time

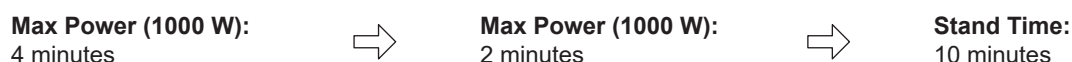
By using the Timer, you can program Stand Time after cooking is completed or use to program the oven as a minute timer.



Note

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

Example:



Using the Timer

(continued)

3. Kitchen Timer



**Touch Timer/
Clock once.**



Set the time by tapping “V” / “^”.
(1 hour and 30 minutes).



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

INGREDIENT CONVERSION CHART

¼ cup	60 ml	¼ teaspoon	1 ml
⅓ cup	85 ml	½ teaspoon	2 ml
½ cup	125 ml	1 teaspoon	5 ml
⅔ cup	165 ml	2 teaspoons	10 ml
¾ cup	190 ml	3 teaspoons	15 ml
1 cup	250 ml	1 tablespoon	15 ml
1¼ cups	310 ml	1½ tablespoons	23 ml
1½ cups	375 ml	2 tablespoons	30 ml
2 cups	500 ml	3 tablespoons	45 ml
3 cups	750 ml	4 tablespoons	60 ml
3½ cups	875 ml		
4 cups	1 litre		
6 cups	1.5 litre		
8 cups	2 litre		

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

Using the Add Time Function

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



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

Touch Start/Set.

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

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



Note

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

Multi-stage Cooking

2 or 3 Stage Cooking

Select desired power level.



Select desired power level.

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



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

Touch Start/Set.

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

Example

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



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

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

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



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

Touch Start/Set.

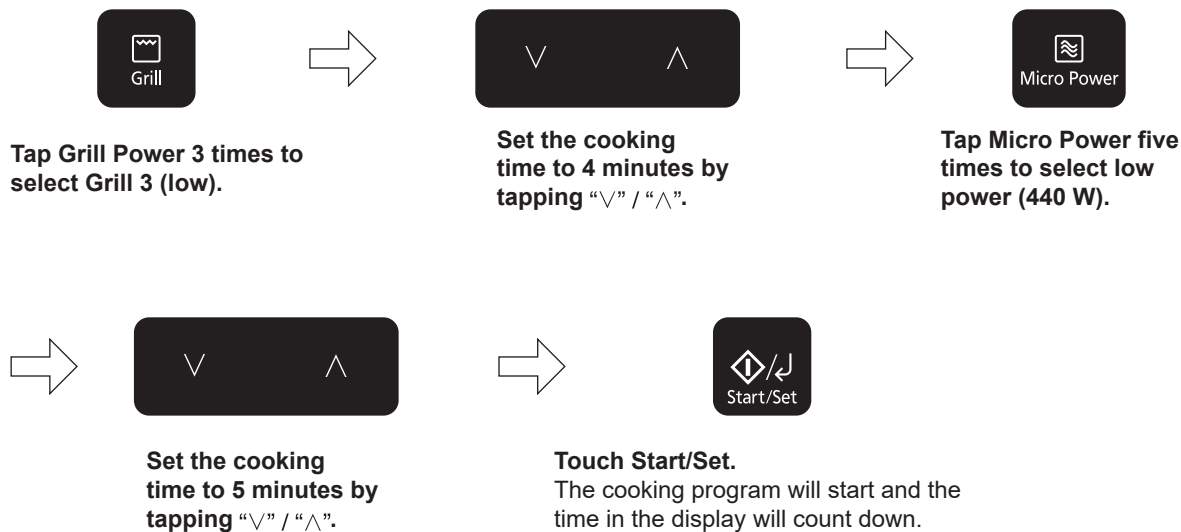
The cooking program will start and the time in the display will count down.

Multi-stage Cooking

(continued)

Example

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



Note

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

Sensor Reheat Program





the **Genius sensor**

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





Tap Auto Cook key once.

Touch Start/Set.

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

 Microwave

 Sensor Program

 Placement

* Recommend weight range

Sensor Reheat Program

(continued)

How it works

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

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

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

More / Less Control

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



Note

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

Turbo Defrost

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



Tap Auto Cook key once.



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



Touch to confirm the program.



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



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

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

Microwave

Defrost

Placement

* Recommend weight range



Note

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

Defrosting Tips and Techniques

Preparation for Freezing

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



Note

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

Turbo Defrost

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

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

Tips for Turbo defrost

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

Two buzz beeps

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

Key to defrosting

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



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



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

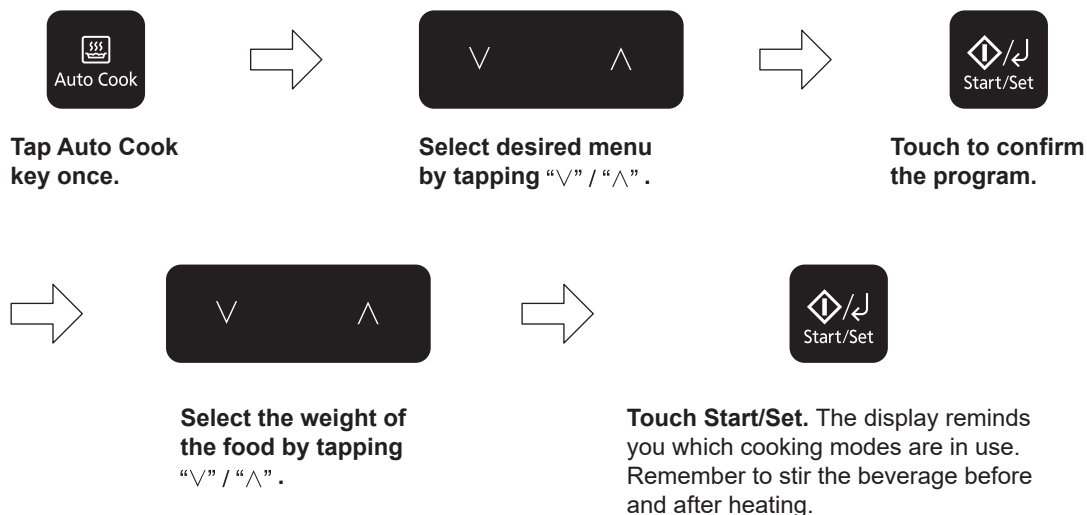










Shield the head and tail of the whole fish by using aluminum foil.



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

Auto Beverage Programs



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

 Microwave

 Beverage

 Placement

* Recommend weight range

Re-Bake Bread Programs



Tap Auto Cook key once



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



Touch to confirm the program.



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

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

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



Grill



Microwave



Wire Shelf



Placement

* Recommend weight range

Auto Cook Programs



Tap Auto Cook key once.


















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

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



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

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

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

Convection

Grill

Microwave

Frozen foods

Wire Shelf

Metal Tray

















Placement

P Preheat

* Recommend weight range

Auto Cook Programs

(continued)

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

 Convection













 Metal Tray

 Placement

* Recommend weight range

Auto Cook Programs

(continued)

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

 Convection














 Metal Tray

 Placement

* Recommend weight range

Junior Menu Programs

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

Program	Weight *	Accessory/ Placement	Instructions																
17. Mug Cake   	1 (200 g) or 2 (400 g)		For cooking one or two mug cakes, either Chocolate Brownie or Lemon. Prepare the mug cake as in the following recipes. Size of mug should be no smaller than 300 ml. Select program number 17, Mug Cake. Place the mug/mugs on the base of the oven. Touch Start/Set to confirm the program. Choose 1 (200 g) or 2 (400 g) mug cakes. Touch Start/Set to start the program. After cooking allow to stand for a few minutes and serve warm in the mug with ice cream, custard or cream.																
ingredients For 1 serving 4½ tablespoons flour 3 tablespoons sugar 2½ tablespoons cocoa powder 2 tablespoons melted butter 2 tablespoons milk 4 squares dark or milk chocolate, chopped Decoration: sprinkles or mini marshmallows		Chocolate Brownie Mug Cake 1. Mix flour, sugar and cocoa powder together in mug. 2. Add melted butter and milk and mix. 3. Add chopped chocolate. Mix thoroughly. 4. After cooking decorate with sprinkles or mini marshmallows.																	
ingredients For 1 serving 3 tablespoons flour 3 tablespoons sugar ¼ teaspoon baking powder ⅛ salt 2 tablespoons vegetable oil 2 tablespoons lemon juice, plus zest of ½ lemon 1 egg, beaten Decoration: strawberries, blueberries, sprinkles		Lemon Mug Cake 1. Mix flour, sugar, baking powder and salt together in mug. 2. Add vegetable oil, lemon juice, lemon zest and beaten egg. Mix thoroughly. 3. After cooking, decorate with strawberries, blueberries or sprinkles.																	
18. Junior Pasta Bake   +  +   +  	250 g 500 g 800 g	 	For cooking fresh pasta bake using fresh pasta (penne, spaghetti, fusilli), cheese or tomato based sauce and grated mild cheddar cheese. Use a suitable square, shallow Pyrex® container. Use the following quantities: <table border="1"> <thead> <tr> <th></th><th>250 g</th><th>500 g</th><th>800 g</th></tr> </thead> <tbody> <tr> <td>Pasta</td><td>90 g</td><td>180 g</td><td>300 g</td></tr> <tr> <td>Sauce</td><td>120 g</td><td>270 g</td><td>440 g</td></tr> <tr> <td>Cheese</td><td>40 g</td><td>50 g</td><td>60 g</td></tr> </tbody> </table> Other ingredients may be added such as ham, tuna and sweetcorn. In this case substitute some of the sauce for the chosen added ingredients. Place the wire shelf in middle shelf position. Select program number 18, Junior Pasta Bake. Touch Start/Set to confirm the program. Select the weight - 250 g, 500 g or 800 g. Touch Start/Set.		250 g	500 g	800 g	Pasta	90 g	180 g	300 g	Sauce	120 g	270 g	440 g	Cheese	40 g	50 g	60 g
	250 g	500 g	800 g																
Pasta	90 g	180 g	300 g																
Sauce	120 g	270 g	440 g																
Cheese	40 g	50 g	60 g																

 Convection

 Grill

 Microwave

 Junior Menu program














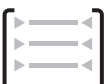
 Wire Shelf

 Placement

* Recommend weight range

Junior Menu Programs

(continued)

Program	Weight *	Accessory/ Placement	Instructions
19. Frozen Potato Products   +  	200 g - 500 g	 	<p>For cooking frozen pre-purchased potato products that are suitable for grilling eg. French fries, home fries, croquettes, hash browns, potato waffles. Remove all packaging and spread potato products out on metal tray and place in middle shelf position. Select program number 19, Frozen Potato products.</p> <p>Touch Start/Set to confirm the program. Select the weight of the food and touch Start/Set. Turn and stir halfway during cooking at beeps. For best results cook in a single layer. Note: Potato products vary considerably. We suggest checking a few minutes before the end of cooking to assess levels of browning.</p>
20. Vegetable Purée   	100 g - 400 g		<p>This program is suitable for cooking parsnips, potatoes, butternut squash, carrots, sweet potato and swede. The cooked vegetables are then puréed and suitable when weaning babies. Peel and chop the vegetables into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water:</p> <p>100 g - 150 g vegetables 75 ml water. 160 g - 300 g vegetables 100 ml water. 310 g - 400 g vegetables 150 ml water.</p> <p>Cover with lid and place dish on base of oven. Select program number 20, Vegetable Purée. Touch Start/Set to confirm the program. Select the weight of the vegetables. Touch Start/Set. Stir halfway during cooking at beeps. After cooking allow to stand for 10 minutes. Purée the vegetables with the cooking liquid using a blender. If necessary adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.</p>
21. Fruit Purée   	100 g - 400 g		<p>This program is suitable for cooking apples, pears, peaches, papaya and mango. The cooked fruit is then puréed and suitable when weaning babies. Peel and chop the fruit into even sized pieces. Place in a Pyrex® dish on the base of the oven. Add the following quantities of water:</p> <p>100 g - 150 g fruit 50 ml water. 160 g - 300 g fruit 75 ml water. 310 g - 400 g fruit 125 ml water.</p> <p>Cover with lid. Select program number 21, Fruit Purée. Touch Start/Set to confirm the program. Select the weight of the fruit. Touch Start/Set. Stir halfway during cooking at beeps. After cooking allow to stand for 10 minutes. Purée the fruit with the cooking liquid using a blender. If necessary adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.</p>

 Convection

 Grill

 Microwave

 Junior Menu program

 Frozen foods

 Metal Tray

 Placement

* Recommend weight range

Tip for Auto Weight Programs



Note

The auto weight programs are designed to take the guesswork out of cooking or reheating your food. They must only be used for the foods described.

1. Only cook foods within the weight ranges described (pages 42-50).
2. Only use the accessories as indicated on pages 42-50.
3. Refer to program information for cooking modes.
4. Do not cover food unless stated, when using a Combination or Convection program, it will prevent the food browning. The heat will also melt any plastic covering.
5. Most foods benefit from a standing time after cooking on an auto program, to allow heat to continue conducting to the centre.
6. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
7. Always weigh the food rather than relying on the package weight information.
8. If 'HOT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

Auto Sensor Programs

the Genius sensor

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



More / Less Control

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























Note

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

Auto Sensor Programs

(continued)

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

 Convection

 Grill

 Microwave

 Sensor Program

 Wire Shelf

 Placement

* Recommend weight range

Air Fry Style Programs



Tap Auto Cook key once.



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



Touch to confirm the program.



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



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



Note

If flash, please fill the water tank.

Program	Weight *	Accessory/ Placement	Instructions
26. Chicken Breasts +	300 g - 800 g	 	To steam and grill chicken breasts to give moist juicy meat and brown crispy skin. Each chicken breast should be 150 g - 200 g. Fill water tank. Place chicken breasts skin side up on wire shelf in the middle shelf position. Place grill tray in lower shelf position for dropping water. Select program number 26, Chicken Breasts. Touch Start/Set to confirm the program. Select the weight of the chicken breasts. Touch Start/Set.
27. Salmon Fillets +	250 g - 500 g	 	To steam and grill salmon fillets to give moist juicy fish and crispy skin. Each salmon fillet should weigh 125 g. Fill water tank. Place salmon fillets skin side down on wire shelf in the middle shelf position. Place grill tray in lower shelf position for dropping water. Select program number 27, Salmon Fillets. Touch Start/Set to confirm the program. Select the weight of the salmon fillets. Touch Start/Set.
28. Vegetable Fries + +	100 g - 500 g	 	For preparing fresh vegetable fries such as sweet potato, white potato, carrots, parsnips and courgettes. Peel and cut the vegetables into baton shapes. Toss in a tablespoon of vegetable oil. Place vegetable fries on grill tray in middle shelf position. Select program number 28, Vegetable Fries. Touch Start/Set to confirm the program. Select the weight. Touch Start/Set. Turn/ Stir at beeps.

Convection

Steam

Grill

Microwave

Wire Shelf

Grill Tray

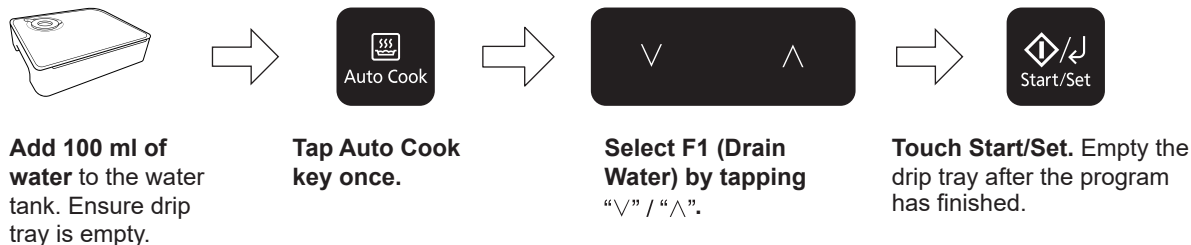
Placement

* Recommend weight range

Cleaning Programs

F1. Drain Water

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



Note

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

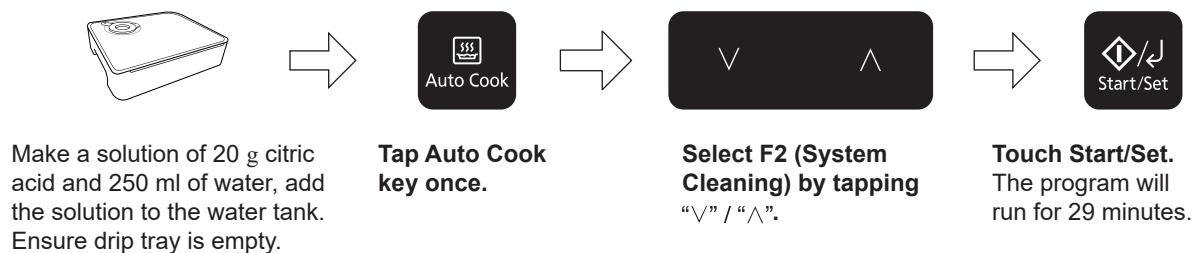


Caution!

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

F2. System Cleaning

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




After the program has paused, fill the water tank with water (to max level).



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



Note

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

Cleaning Programs

(continued)

F3. Deodorization

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



Tap Auto Cook key once.



Select F3 (Deodorization) by tapping “V” / “^”.



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

F4. Cavity Cleaning

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



Tap Auto Cook key once.



Select F4 (Cavity Cleaning) by tapping “V” / “^”.



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

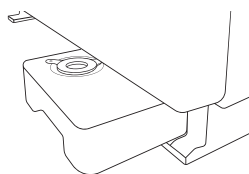


Note

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

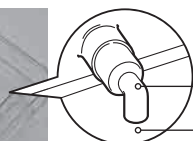
Cleaning the Water Tank

Clean with a soft sponge in water.



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

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



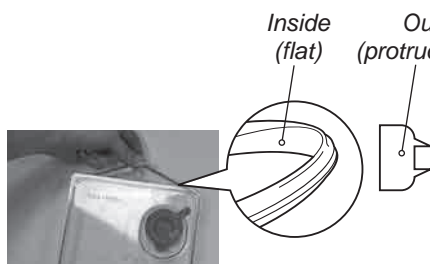
Pipe cap

Ensure it faces downwards

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

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

Removing the Rubber Seal



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

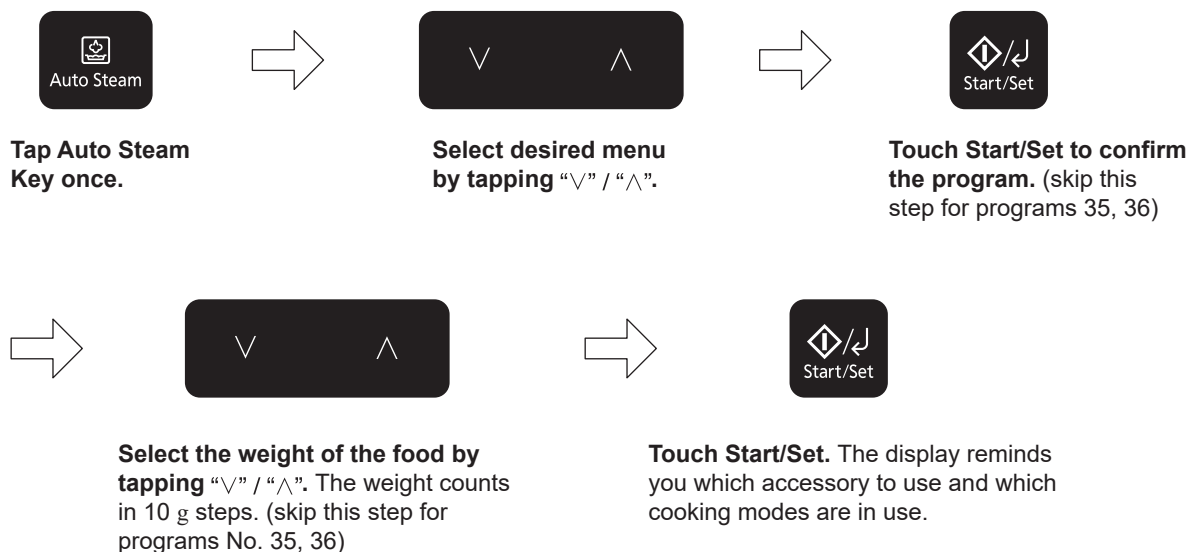


Note

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

Auto Steam Programs

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
























Note

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

Auto Steam Programs

(continued)

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

 Steam

 Frozen foods

 Grill Tray

























 Wire Shelf

 Placement

* Recommend weight range

Auto Steam Programs

(continued)

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

 Steam

** Frozen foods

 Grill Tray

 Wire Shelf

 Placement

* Recommend weight range

Defrosting Chart

Preparation for Freezing:

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

Defrosting Technique:

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

Defrosting Chart (by setting Micro Power at Defrost):

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

Reheating Charts

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

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



Points for Checking

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

Cooking Charts

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

Before Requesting Service

ALL THESE THINGS ARE NORMAL:

The oven causes interference with my TV.

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

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

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

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

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

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

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

The fan motor continue operating after cooking is over.

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

Some smoke will be given off from the cavity when using grill, combination or convection for the first time.

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

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

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

Before Requesting Service

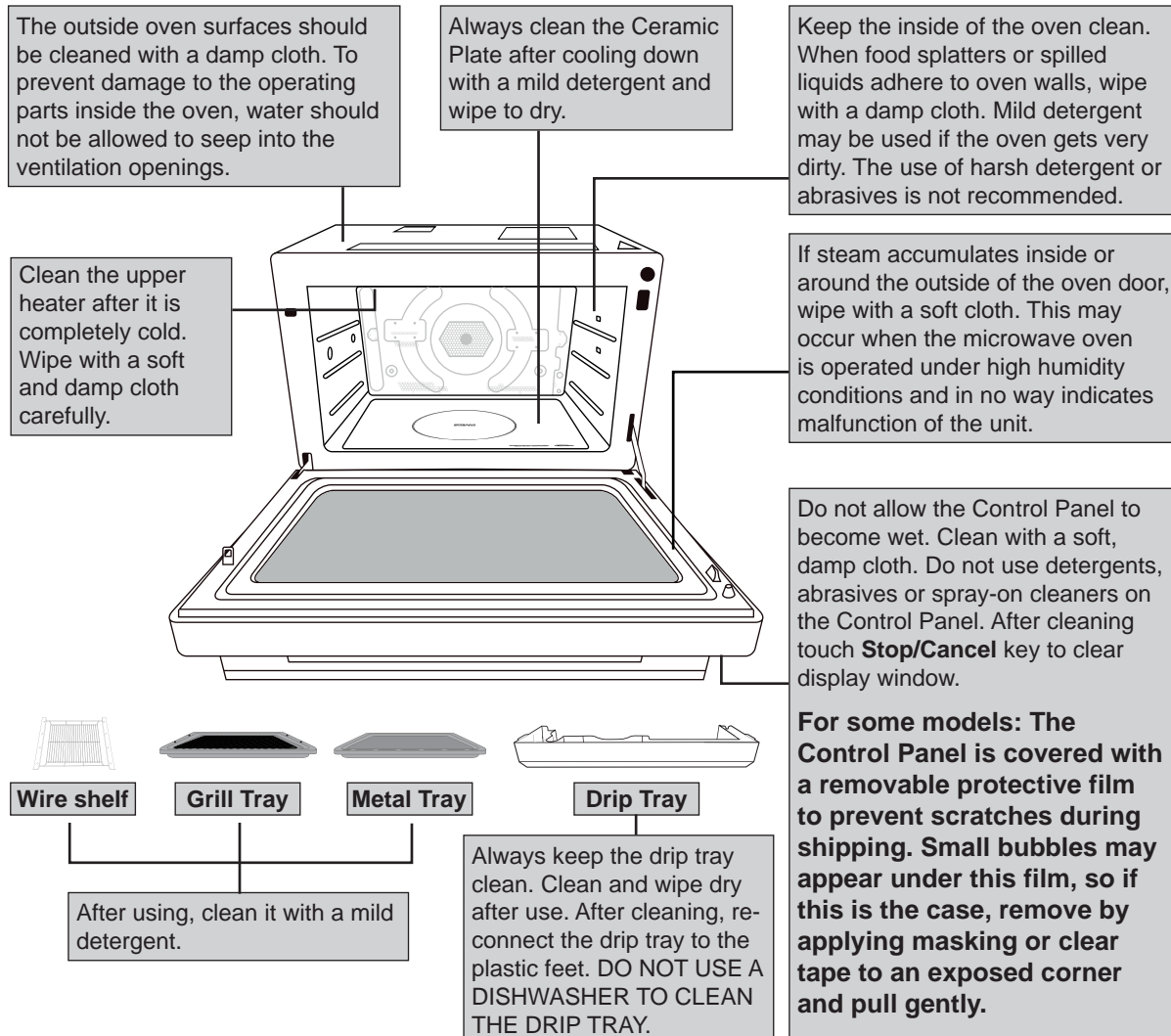
(continued)

PROBLEM		POSSIBLE CAUSE	REMEDY
Oven will not turn on.	→	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
		Circuit Breaker or fuse is tripped or blown.	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.
		Start/Set key was not touched after programming.	Touch Start/Set key.
		Another program has already been entered into the oven.	Touch Stop/Cancel key to cancel the previous program and program again.
		The program has not been entered correctly.	Program again according to the Operating Instructions.
		Stop/Cancel key has been touched accidentally.	Program oven again.
"HOT" appears in the display window.	→	The cavity is overheated.	Operate again after it cools down.
"COOL" appears in the display window.	→	The fan is operating to cool the electric components.	The word "COOL" will disappear after the fan stops.
The "🔒" appears in the display Window.	→	The Child Lock was activated by tapping Start/Set key 3 times.	Deactivate Lock by tapping Stop/Cancel key 3 times.
"H97", "H98" or "H00" appears in the display window.	→	This display indicates a problem with the microwave generation system.	Contact the authorised service center.
"DEMO MODE PRESS ANY KEY" or "D" appears in the display window.	→	The oven is under demonstration mode.	Tap Micro Power key once, Start/Set key 4 times, Stop/Cancel key 4 times.
The control panel keys do not respond when tapped.	→	The oven may be in stand-by mode.	Ensure the oven is plugged in. Open and close the door to activate.
Only "U14" appears in the display window.	→	The water tank is empty.	Full it with water and touch Stop/Cancel to reset.

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

Care of your Microwave Oven

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



Notes:

1. When using the Grill, Combination, Convection mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to "smoke" during use. These marks will be more difficult to clean later.
2. After Grill, Combination or Convection cooking the ceiling and walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by Grill, Combination. Stubborn spots inside the oven can be removed by using a small amount of microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. This method can not be used to clean the oven door.

DO NOT SPRAY DIRECTLY INSIDE THE OVEN.

Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass, since they can scratch the surface, which may result in shattering of the glass. A steam cleaner is not to be used.

3. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
4. When it becomes necessary to replace the oven light, please consult the service center specified by Panasonic.

Technical Specifications

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

* IEC Test Procedure

Specifications subject to change without notice.

** 437 mm is the dimension without handle

480 mm is the dimension with handle

Trim Kit

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

As for the voltage requirement, the production month, country and serial number, please refer to the identification plate on the microwave oven.

Panasonic Warranty (For Australia)

Small Kitchen Appliances 12 Month Warranty from Date of Purchase ("Warranty Period")

Microwave Oven, Rice Cooker, Bread Maker, Benchtop Oven and Stick Blenders

1. This warranty does not exclude, restrict or modify in any way other rights and remedies under the law which relates to the product, including any non-excludable statutory guarantees in Australia.
2. Subject to the conditions of this warranty and during the Warranty Period, Panasonic or its Authorised Service Centre will perform the necessary service on the product without charge for parts or labour, if in the opinion of Panasonic, the product is found to be faulty within the Warranty Period.
3. This warranty only applies to Panasonic products purchased in Australia and sold by Panasonic Australia or its Authorised Distributors or Dealers and only where the products are used and serviced within Australia or its territories. Warranty cover only applies to service carried out by a Panasonic Authorised Service Centre and only if valid proof of purchase is presented when warranty service is requested.
4. This warranty only applies if the product has been used in accordance with the manufacturer's recommendations (as noted in the Operating Instructions) under normal use and reasonable care (in the opinion of Panasonic). The warranty covers normal domestic use only and does not cover damage, malfunction or failure resulting from:
 - (a) misuse, abuse, neglect, accidental damage or modifications;
 - (b) infestation by insects or vermin;
 - (c) incorrect installation, assembly, improper voltage, or mains supply problems;
 - (d) natural disaster or acts of God (e.g. lightning, flood, fire, earthquakes etc);
 - (e) rust or damage caused by exposure to abnormally corrosive conditions;
 - (f) an accessory, component or other equipment not supplied by Panasonic Australia;
 - (g) improper maintenance by the customer (refer to the maintenance section of the Operating Instructions) which includes but is not limited to the failure to undertake the following actions:
 - (i) regular cleaning; and
 - (ii) where filters are included, regular cleaning and replacement of filters where necessary.
 - (h) incorrect operation of the product; and
 - (i) where no actual fault of the product is determined to have occurred, during a customer-initiated service call, and where the perceived problem is explained within the Operating Instructions (including the troubleshooting section) warranty service is not applicable
5. This warranty does not cover the following items unless the fault or defect existed at the time of purchase:
 - (a) Cabinet or Casing Parts
 - (b) Noise or vibration that is considered normal
 - (c) User replaceable Batteries
 - (d) Kneader mounting shaft unit and heads, blades and other accessories
 - (e) Microwave Oven cook plates
6. You will be responsible for costs associated with making the warranty claim where there are costs associated with shipping or handling or travelling outside of the area normally serviced by Panasonic or any repair agent authorised by Panasonic.
7. To the extent permitted by law and subject to your non-excludable statutory rights and guarantees, Panasonic excludes all warranties and liabilities (other than those contained in this warranty) including any liability for loss or damage whether direct or indirect arising from your purchase, use or non-use of the product.
8. In addition to your rights under this warranty, Panasonic products come with consumer guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any reasonably foreseeable loss or damage. You are also entitled to have the product repaired or replaced if the product fails to be of an acceptable quality and the failure does not amount to a major failure.
9. To claim warranty service, when required, you should:
 - Contact Panasonic's Customer Care Centre on 132 600 for Authorised Service Centre information
 - Send or take the product to a Panasonic Authorised Service Centre together with your purchase receipt as a proof of purchase date.

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

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

Panasonic Australia Pty. Limited

ACN 001 592 187 ABN 83 001 592 187

1 Innovation Road, Macquarie Park NSW 2113
www.panasonic.com.au

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09.12.2021

Panasonic Warranty (For New Zealand)

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

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

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

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

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

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

PANASONIC NEW ZEALAND CUSTOMER CARE CENTRE

Phone: 09 272 0178

Email: customerservice@nz.panasonic.com

Fax: 09 272 0129

Website: www.panasonic.co.nz/support

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

Food Characteristics

Size and Quantity

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

Liquid Content

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

Shape

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

Bone and Fat

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

Starting Temperature

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

Density and Composition

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

Symbols Used in Recipes

G	Grill
C	Convection
SO	Steam only
CO	Combination
SS	Steam shot
A	Auto Cook
No symbol	Microwave only

Techniques for Preparation

Timing

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

Stirring

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

Rearranging or Turning

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

Cooking in Layers

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

Piercing of Foods

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

Cured Meats

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

Soups

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

Techniques for Preparation

Covering

Covering food minimizes the microwave cooking time.

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

Browning

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

Standing Time

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

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

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

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

Converting Your Favourite Conventional Recipes for Microwave Cooking

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

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

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

Here are some other tips that may help:

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

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

Menu Planning for Microwave Cooking

How to Keep Everything Hot at The Same Time

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

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

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

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

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

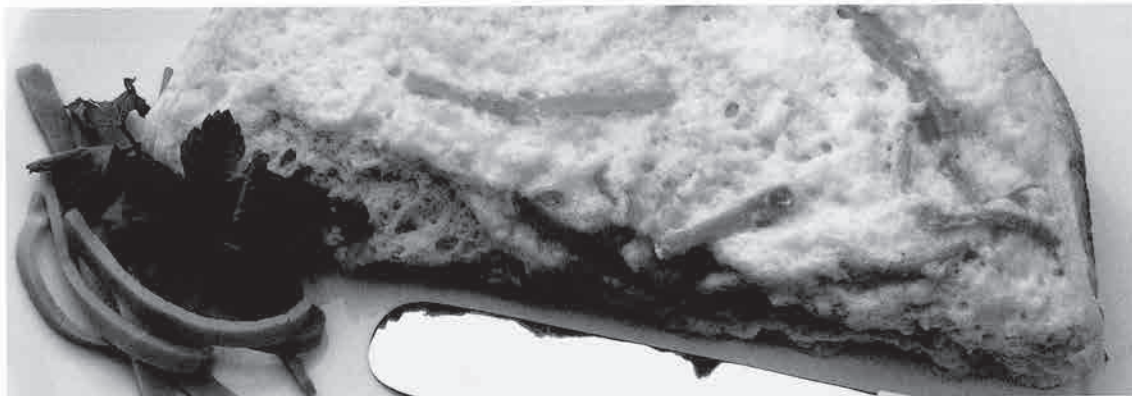
If you prefer not to use foil, cover food with saucepan lids. A metal lid will retain the heat for at least 15 minutes.

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

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

Handy Hints and Tips

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



Cheesy Ham Omelette

BACON

Serves: 1 to 2

Ingredients:

2 rashers bacon

Method:

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

BACON AND EGG IN A CUP

Serves: 1

Ingredients:

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

Method:

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

MUESLI

Serves: 4 cups

Ingredients:

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

Method:

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

CHEESY HAM OMELETTE

Serves: 1 to 2

Ingredients:

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

Method:

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

POACHED EGGS

Serves: 2

Ingredients:

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

Method:

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

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

CAUTION!

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

SCRAMBLED EGGS

Serves: 2

Ingredients:

2 × 60 g eggs
 2 tablespoons milk
 pinch salt

Method:

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

PORRIDGE

Serves: 1

Ingredients:

¼ cup quick cooking oats
 ¾ cup water
 ¼ teaspoon salt

Method:

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

HOT LEMON AND HONEY DRINK

Serves: 1

Ingredients:

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

Method:

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

TEA

Serves: 1

Ingredients:

1 cup (250 ml) tap water
 1 tea bag

Method:

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

COFFEE

Serves: 1

Ingredients:

1 cup (250 ml) water
 1 teaspoon instant coffee

Method:

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

HOT CHOCOLATE

Serves: 1

Ingredients:

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

Method:

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

SEAFOOD TOAST **Ingredients:**

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

Method:

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

FRENCH TOAST G

Ingredients:

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

Method:

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

GRILLED CHEESE ON TOAST G

Serves: 2 to 4

Ingredients:

4 slices	bread
	butter for spreading
4 slices	tasty cheese

Method:

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

FRENCH-STYLE STEAMED EGG WITH BACON AND VEGETABLES SO CO

Ingredients:

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

Method:

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



HANDMADE SAUSAGES SO CO

Ingredients:

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

A:

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

Method:

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



French-style Steamed Egg with Bacon and Vegetables

PEA AND HAM SOUP

Serves: 6

Ingredients:

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

Method:

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

Tip:

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

MUSHROOM SOUP

Serves: 4

Ingredients:

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

Method:

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

CHICKEN AND VEGETABLE SOUP

Serves: 4

Ingredients:

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

Method:

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

PUMPKIN SOUP

Serves: 2 to 4

Ingredients:

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

Method:

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



Pumpkin Soup

SHORT AND LONG SOUP

Serves: 4

Ingredients:

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

Method:

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

Hints:

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

POTATO AND LEEK SOUP

Serves: 4 to 6

Ingredients:

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

Method:

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

CRAB AND CORN SOUP

Serves: 4 to 6

Ingredients:

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

Method:

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

SPICY TOMATO SOUP

Serves: 4

Ingredients:

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

Method:

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

HEALTHY PEAR SOUP

Ingredients:

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

Method:

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

POTATO AND CORN SOUP

Serves: 6 to 8

Ingredients:

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

Method:

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



Potato and Corn Soup

BRIE AND CRANBERRY CROSTINI G CO

Serves 4

Ingredients:

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

Method:

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

STEAM ROASTED BEEF AND BEAN SOUP SO CO

Serves: 2

Ingredients:

100 g	thinly sliced beef
60 g	boiled white kidney beans (or boiled soybeans)
30 g	sweet pepper
30 g	(½) onion (thinly sliced)
40 g	celery (thinly sliced)
40 g	cheese(Camembert cheese)
moderate	powdered cheese

A:

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

B:

⅓ teaspoon	dried stock powder
50 ml	hot water
¼ teaspoon	salt
moderate	pepper

Method:

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

CRISPY FOCACCIA FINGERS **G**

Serves: 4 to 6

Ingredients:

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

Method:

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

CROUTONS **G**

Serves: 4 to 6

Ingredients:

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

Method:

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

PITA CHIPS **C**

Serves: 4 to 6

Ingredients:

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

Method:

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

POPCORN

Serves: 2 to 4

Ingredients:

- 2 teaspoons butter
- 3 tablespoons popping corn

Method:

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

PIZZA SUPREME **A**

Serves: 4

Ingredients:

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

Method:

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

SEAFOOD PIZZA **A**

Serves: 4

Ingredients:

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

Method:

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



Pizza

CITY SPECIAL PIZZA **A**

Serves: 4

Ingredients:

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

Method:

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

TROPICAL CHICKEN PIZZA **A**

Serves: 4

Ingredients:

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

Method:

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

MINI PIZZA **C**

Serves: 2 to 4

Ingredients:

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

Method:

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

PIZZA ITALIANO **A**

Serves: 4

Ingredients:

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

Method:

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

HOME MADE PIZZA **C** **SS**

Serves: 2 to 4

Ingredients:

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

Method:

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

ZUCCHINI SLICE

Serves: 4 to 6

Ingredients:

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

Method:

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

ROASTED RED CAPSICUM & MUSHROOM BRUSCHETTA C

Serves: 4

Ingredients:

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

Method:

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

CHEESE AND RED PESTO TARTLETS C

Serves: 12

Ingredients:

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

Method:

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

NUTS AND BOLTS

Serves: 6 to 8

Ingredients:

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

Method:

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

QUICHE LORRAINE [C]

Serves: 4 to 6

Ingredients:

Pastry:

2 sheets ready rolled short crust pastry

Filling:

4 rashers bacon, rind removed and bacon chopped

½ cup grated tasty cheese

3 eggs

150 ml cream

150 ml milk

½ teaspoon nutmeg

Method:

Pastry:

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

Filling:

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

MINI QUICHES [C]

Serves: 9 serves

Ingredients:

3 sheets ready rolled puff pastry

1 egg, beaten

½ cup milk

2 rashers bacon, rind removed bacon chopped

2 green onions, finely chopped

salt and pepper

paprika

½ cup grated tasty cheese

Method:

1. Preheat oven at 180 °C.
2. Cut pastry with a scone cutter and fit into 9 cm diameter greased patty tins.
3. Beat together eggs and milk and seasoning. Place small amount of bacon and green onion in the base of each pastry case. ¾ fill each pastry case with egg mixture. Sprinkle with cheese and paprika.
4. Put tins on metal tray in lower shelf position. Cook on 180 °C for 18 to 20 minutes.

CHEESE STRAWS [C]

Serves: 10

Ingredients:

1 sheet ready rolled puff pastry

1 egg, beaten

1 cup parmesan cheese

2 teaspoons paprika

Method:

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

LEMON PEPPER CHICKEN WINGS [G]

Serves: 4

Ingredients:

½ cup lemon juice

¼ cup olive oil

2 cloves garlic, crushed

1 teaspoon whole grain mustard

2 tablespoons chopped parsley

1 teaspoon cracked black peppercorns

600 g chicken wings (16 pcs)

Method:

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



Lemon Pepper Chicken Wings

NACHOS SUPREME

Serves: 4 to 6

Ingredients:

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

Method:

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

CHICKEN SAN CHOY BAU

Serves: 4

Ingredients:

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

Method:

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

VEGETABLE FRITTATA G

Serves: 4

Ingredients:

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

Method:

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

VEGETABLE BAKE G

Serves: 4 to 6

Ingredients:

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

Method:

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

SPINACH AND FILO PIE C

Serves: 4 to 6

Ingredients:

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

Method:

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



Spinach and Filo Pie

ROASTED NUTS

Serves: 2 to 4

Ingredients:

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

Method:

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

CRUSTLESS CHEESE AND SPINACH PIE C

Serves: 4

Ingredients:

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

Method:

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

Directions for Cooking Fish and Shellfish by Micro Power



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



To Cook by Time:

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

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

SOY & HONEY SALMON

Serves: 4

Ingredients:

4 salmon fillets, each 100 to 150 g

Marinade:

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

Method:

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

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

SALMON IN TERIYAKI

Ingredients:

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

Method:

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

SALMON WITH HOLLANDAISE SAUCE

Serves: 4

Ingredients:

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

pepper

Method:

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

SALMON WITH MANGO SALSA SO

Serves: 4

Ingredients:

4	salmon fillets, each 100 to 150 g
Marinade:	
45 ml	white wine
1	garlic clove, crushed
2.5 cm	fresh root ginger, finely grated

Mango Salsa:

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

Method:

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

BUTTERED SALMON STEAMED WITH VEGETABLES IN PAPER WRAP SO CO

Serves: 2

Ingredients:

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

A:

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

Method:

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



Buttered Salmon Steamed with Vegetables in Paper Wrap

SALMON STEAMED WITH VANILLA SO CO

Ingredients:

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

A:

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

Method:

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



Salmon Steamed with Vanilla

LEMON PEPPER FISH

Serves: 2

Ingredients:

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

Method:

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

THAI FISH CAKES C G

Serves: 9

Ingredients:

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

Method:

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

PROVENÇAL FISH CUTLETS CO

Serves 4

Ingredients

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

Method:

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

COCONUT FISH CURRY

Serves: 4 to 5

Ingredients:

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

Method:

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

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

SMOKED FISH

Serves: 2 to 4

Ingredients:

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

Method:

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

THAI STEAMED TROUT

Serves: 2

Ingredients:

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

Method:

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

COD EN PAPILLOTE WITH BULGHUR AND HERB PILAF SO CO

Serves 4

Ingredients:

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

Pilaf

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

Ingredients

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

CREAMY COD & LEEK CHOWDER

Serves: 4

Ingredients:

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

Method:

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

PESTO BAKED COD [C]

Serves 4

ingredients

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

Method:

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

MEDITERRANEAN FISH BAKE [CO]**ingredients**

Serves 4

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

Method:

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

STEAMED WHITEFISH WITH MUSHROOM CO**Ingredients:**

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

Method:

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

GARLIC & CHILI PRAWNS

Serves: 4

Ingredients:

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

Method:

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

STEAMED GARLIC PRAWNS CHINESE-STYLE SO

Serves: 4

Ingredients

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

Method:

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

MAYONNAISE SHRIMP BALLS CO**Ingredients:**

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

A:

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

B:

6 tablespoons	mayonnaise
1 tablespoon	ketchup
1 teaspoon	custer sugar

Method:

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

THAI LEMON SHRIMP [SO]

Serves: 12

Ingredients:

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

Method:

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

SEAFOOD MARINARA

Serves: 4

Ingredients:

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

Method:

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

STEAMED MUSSELS WITH GARLIC [SO]

Serves: 2

Ingredients:

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

Method:

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



Seafood Marinara

STEAMED PUMPKIN WITH SEAFOOD AND BUTTER **CO**

Serves: 2

Ingredients:

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

A:

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

B:

2 tablespoon	milk
½ teaspoon	stock powder
moderate	salt

Method:

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

GOLDEN SEAFOOD PIE **C**

Serves: 4

Ingredients:

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

Method:

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

Directions for Cooking Whole Poultry by Microwave

Cooking

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



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

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

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

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



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



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



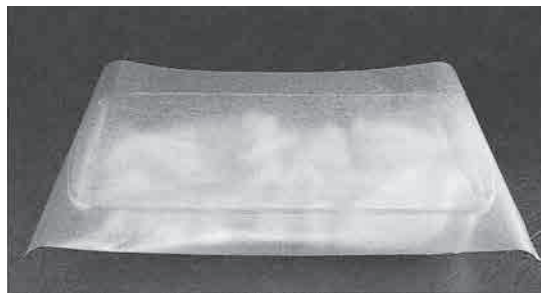
If an oven cooking bag is used, prepare according to package directions. Do not use wire twist-ties to close bag. Use only nylon tie, a piece of cotton string, or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag.

Multiply the weight of the poultry by the minimum recommended minutes per 500 g. Programme Power and Time.

Directions for Cooking Poultry Pieces by Microwave



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



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

Cooking Poultry by Micro Power

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

ITALIAN CHICKEN CASSEROLE

Serves: 4 to 6

Ingredients:

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

Method:

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

CHICKEN PASANDA

Serves: 4

Ingredients:

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

Method:

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

CHICKEN CACCIATORE [C]

Serves: 4

Ingredients:

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

Method:

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

LAYERED CHICKEN [C]

Serves: 4

Ingredients:

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

Method:

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

COQ AU VIN [C]

Serves: 4 to 6

Ingredients:

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

Method:

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

PARMESAN CRUSTED CHICKEN [C]

Serves: 4

Ingredients:

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

Method:

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

GREEN PEPPER CHICKEN

Serves: 4

Ingredients:

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

Method:

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

PEPPER AND SESAME FRIED NUGGETS [C]

Serves: 2

Ingredients:

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

A:

1 tablespoon	cooking wine
1 tablespoon	soy sauce
30 g	beaten egg
¾ tablespoon	salt
moderate	pepper

Method:

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



Pepper and Sesame Fried Nuggets

CHICKEN PIE [C]

Serves: 4 to 6

Ingredients:

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

Method:

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

APRICOT NECTAR CHICKEN [C]

Serves: 4 to 6

Ingredients:

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

Method:

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

CHICKEN CURRY

Serves: 4 to 6

Ingredients:

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

Method:

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

INDONESIAN SHISH KABOB CO

Serves: 2

Ingredients:

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

A:

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

Method:

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



Indonesian Shish Kabob

SOY CHICKEN AND VEGETABLES

Serves: 4

Ingredients:

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

Method:

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

LEMON & THYME STEAMED CHICKEN SO

Serves: 4 to 5

Ingredients:

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

Method:

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

GRILLED SWEET CHILLI AND LIME CHICKEN 

Serves: 6

Ingredients:

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

Guacamole:

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

Method:

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

To prepare guacamole:

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

WARM CHICKEN SALAD 

Serves: 4

Ingredients:

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

Dressing:

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

Method:

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

To prepare dressing:

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

MARINATED CHICKEN BREASTS

Serves: 4

Ingredients:

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

Suggested Marinades:

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

Lemon and Honey:

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

Lemon and Thyme:

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

Sesame and Honey:

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

Method:

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

CHINESE CHICKEN WINGS

Serves: 16

Ingredients:

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

Method:

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

PLUM GLAZED QUAILS

Serves: 2 to 4

Ingredients:

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

Method:

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

CHICKEN FILLET WITH VANILLA SO CO

Serves: 2

Ingredients:

200-220 g	chicken fillet
2 tablespoons	cheese powder

A:

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

Method:

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

STEAMED CHICKEN AND NOODLES SO

Makes approx.

Ingredients:

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

Method:

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



Chicken Fillet with Vanilla

ROAST HERB CHICKEN [C]

Serves: 4

Ingredients:

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

Method:

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

ROAST HONEY DUCK WITH ORANGE SAUCE [C]

Serves: 4 to 6

Ingredients:

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

Sauce:

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

Method:

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

To Cook Sauce:

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

STUFFED ROAST CHICKEN [C]

Serves: 4 to 6

Ingredients:

1.5 kg	chicken
2 tablespoon	melted butter
	salt and pepper

Stuffing:

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

Method:

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



Roast Turkey

ROAST TURKEY C

Serves: 6 to 8

Ingredients:

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

Method:

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

ROAST CHICKEN IN SPINACH C

Ingredients:

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

Sauce:

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

Method:

To Make Sauce:

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

Directions for Cooking Tender Cuts of Meat by Microwave



For best results, select roasts that are uniform in shape.

Place meat on a microwave suitable rack in a rectangular dish. Beef rib roast should be placed outside down. Other bone-in roasts should be placed fat-side down. Boneless roasts should be placed fat-side up. Halfway through cooking turn roasts.



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

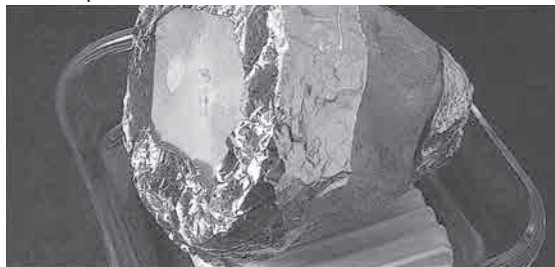
The shank, thin ends of boneless roasts should also be shielded.



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



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



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



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

Directions for Cooking Less-Tender Cuts of Meat by Microwave

Less-tender cuts of meat such as pot roasts should be cooked in liquid. Use $\frac{1}{2}$ to 1 cup of soup, broth, etc per 500 g of meat. Use an oven cooking bag or covered casserole when cooking less-tender cuts of meat. Select a covered casserole deep enough so that the meat does not touch the lid.



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

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



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

Cooking Meat by Microwave Power

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

RACK OF LAMB C

Serves: 4

Ingredients:

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

Method:

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

SEASONED ROAST LAMB C

Serves: 4 to 6

Ingredients:

1.6 kg	lamb leg
1 tablespoon	seeded mustard
1 tablespoon	rosemary

Method:

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

GREEK LAMB STEW

Serves: 4

Ingredients:

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

Method:

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



Rack of Lamb

ROSEMARY AND LAMB KEBABS C

Serves: 4

Ingredients:

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

Method:

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

LAMB ROGAN JOSH

Serves: 4

Ingredients:

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

Method:

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

GOULASH

Serves: 4

Ingredients:

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

Method:

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

LAMB CHOPS WITH SPICY SAUCE

Serves: 4

Ingredients:

8	lamb loin chops (approx. 800 g)
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Marinade:

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

Method:

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

ROAST BEEF [C]

Serves: 6

Ingredients:

2 kg	roast beef
	seasoned flour

Method:

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

CORNEB BEEF

Serves: 4

Ingredients:

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

Method:

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

Note:

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

BEEF ROLL WITH SPINACH AND SPRING ONION STUFFING

Serves: 4 to 6

Ingredients:

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

Stuffing:

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

Sauce:

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

Method:

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

Sauce:

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

MINI MEATBALLS C

Serves: 4

Ingredients:

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

Sauce:

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

Method:

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

Sweet and Sour Sauce:

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



Beef Roll with Spinach and Spring Onion Stuffing

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

Serves: 4

Ingredients:

Barbecue Glaze:

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

Meatloaf:

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

Method:

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

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

Serves: 4

Ingredients:

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

Tomato Sauce:

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

Method:

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

Method for Sauce:

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



Herbed Beef and Mozzarella Roll-up

LASAGNE 

Serves: 4 to 6

Ingredients:

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

Meat Sauce:

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

Cheese Sauce:

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

Method:

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

CHILLI BEEF

Serves: 4 to 6

Ingredients:

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

Method:

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

BEEF STROGANOFF

Serves: 4

Ingredients:

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

Method:

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

CHINESE BEEF AND VEGETABLES

Serves: 4 to 6

Ingredients:

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

Method:

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

MINI BOEUF EN CROUTE 

Serves: 4

Ingredients:

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

Method:

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

SAVOURY MINCE

Serves: 4

Ingredients:

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

Method:

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

Variation:

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

VEAL PAPRIKA

Serves: 4

Ingredients:

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

Method:

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

FRENCH ONION BEEF CASSEROLE

Serves: 4

Ingredients:

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

Method:

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

MUSSAMAN BEEF CURRY

Serves: 4

Ingredients:

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

Method:

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



Grilled Beef and Pineapple

GRILLED BEEF AND PINEAPPLE **CO**

6 series

Ingredients:

300 g	pineapple
400 g	beef (for barbecue)

Seasoning:

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

Method:

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

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

Serves: 2

Ingredients:

300 g	short loin (chunk)
1/2	stick scallion stalk
1	small green pepper
moderate	vanilla (fresh coriander leaves)

A:

1 tablespoon	corn starch m
oderate	salt, pepper

B:

2 teaspoons	rice wine (or Chinese spirits)
2 teaspoons	black vinegar
2 teaspoons	soy sauce
3/4 teaspoon	sesame oil
3/4 teaspoon	castor sugar
3/4 teaspoon	stock powder
1 teaspoon	garlic (chopped)
moderate	mustard powder (or Szechuan pepper)

Method:

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

BACON ROLL **G**

Serves: 2

Ingredients:

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

Sauce:

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

Method:

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



Bacon Roll

PORK WITH LENTILS

Serves: 4

Ingredients:

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

Method:

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

BARBECUED SPARE RIBS **C**

Serves: 4

Ingredients:

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

Method:

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

SOUR PLUM PORK RIB

Serves: 2

Ingredients:

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

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

Method:

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

SWEET & SOUR PORK

Serves: 4

Ingredients:

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

Sauce:

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

Method:

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

ITALIAN SAUSAGE AND PEPPER CASSEROLE C

Serves: 4

Ingredients:

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

Method:

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

SWEET AND SOUR GREEN PEPPER WITH MEAT CO

Serves: 2

Ingredients:

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

A:

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

B:

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

Method:

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

Directions for Cooking Vegetables by Microwave

Fresh Vegetables

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

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

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

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

Dried Beans or Peas

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

To Cook by Time:

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

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

Frozen Vegetables

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

Cooking Frozen Vegetables by Micro Power

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

Cooking Dried Beans and Peas by Micro Power

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

Cooking Fresh Vegetables by Micro Power

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

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

QUINOA TABBOULEH WITH MINT

Serves: 6 to 8

Ingredients:

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

Method:

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

HERBED VEGETABLES

Serves: 6 to 8

Ingredients:

200 g	sliced snow peas
200 g	sliced carrots
200 g	sliced zucchini
2 tablespoon	chopped parsley

Method:

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

RATATOUILLE

Serves: 4

Ingredients:

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

Method:

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

VEGETABLE CURRY

Serves: 4 to 6

Ingredients:

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

Method:

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

ORIENTAL VEGETABLES

Serves: 4 to 6

Ingredients:

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

Method:

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

SPICY POTATOES

Serves: 4

Ingredients:

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

Method:

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

CHEESY MASHED POTATOES

Serves: 4

Ingredients:

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

Method:

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



Cheese and Ham Filled Potatoes

BACON AND VEGETABLE BROILED EGG SO CO

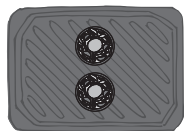
Serves: 4

Ingredients:

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

Method:

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

**POTATO CASSEROLE** C

Serves: 4 to 6

Ingredients:

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

Method:

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

CHEESE AND HAM FILLED POTATOES C

Serves: 4

Ingredients:

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

Method:

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

BAKED CHEESE POTATO [CO]

Serves: 2

Ingredients:

100 g natural cheese (for pizza)

4 tablespoon cheese powder

A:

400 g potato (cut into 2 mm slices)

4 tablespoons water

20 g butter

moderate pepper

Method:

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

STUFFED TOMATOES [C]

Serves: 2

Ingredients:

2 large tomatoes

¼ cup fresh breadcrumbs

¼ cup grated cheese

4 green onions, finely sliced

1 tablespoon finely chopped parsley

salt and pepper

¼ cup extra grated cheese

Method:

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

Tip:

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



French Seasonable Vegetables

FRENCH SEASONABLE VEGETABLES

Serves: 2

Ingredients:

1 medium size eggplant

½ piece sweet pepper

½ piece zucchini

½ piece garlic

moderate salt

moderate pepper

A:

50 g tomato

1 tablespoon olive oil

Method:

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

CABBAGE HAM AND ONION

Serves: 6

Ingredients:

500 g cabbage, shredded

2 tablespoon water

1 onion, finely chopped

1 tablespoon butter

125 g ham, finely chopped

salt and pepper

Method:

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

TOMATO AND ONION

Serves: 4

Ingredients:

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

Method:

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

GOATS CHEESE & ONION TART [C]

Serves: 4

Ingredients:

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

Method:

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

CURRIED CREAMY BEANS

Serves: 4

Ingredients:

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

Method:

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

MINTED PEAS

Serves: 4

Ingredients:

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

Method:

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

Tip:

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

SAUTE MUSHROOMS

Serves: 4 to 6

Ingredients:

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

Method:

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

STEAM ROASTED MUSHROOMS WITH CHEESE [CO]

Serves: 2

Ingredients:

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

A:

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

Method:

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

BROCCOLI AND CHEESE SAUCE [C]

Serves: 2 to 3

Ingredients:

250 g broccoli, washed,
trimmed and cut into pieces

2 tablespoons water

Cheese Sauce:

2 tablespoons butter

2 tablespoons flour

1 cup milk

¾ cup grated cheese

¼ teaspoon mustard
salt and pepper

Method:

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

CAULIFLOWER AU GRATIN [G]

Serves: 2 to 4

Ingredients:

500 g cauliflower,
trimmed and cut into pieces

2 tablespoons water

2 tablespoons butter

1 small onion, finely chopped

2 tablespoon flour

1 cup milk

½ cup grated tasty cheese

2 tablespoons fresh bread crumbs

Method:

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

To Make Sauce:

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

To Complete:

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

VEGETARIAN CHILLI

Serves: 4

Ingredients:

15 ml oil

1 onion, finely chopped

1 green pepper, chopped

1 chilli, chopped

2 carrots, diced

5 ml chilli powder

3 ml cumin

175 g bulgar wheat

400 g can chopped tomatoes

30 ml tomato puree

450 ml water

400 g can red kidney beans, drained

Method:

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

HONEY GLAZED CARROTS

Serves: 4 to 6

Ingredients:

500 g carrots (approx. 4)

2 tablespoons brown sugar

2 teaspoons butter

2 tablespoons honey

Method:

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

CORN ON THE COB

Serves: 4

Ingredients:

4 cobs corn

2 tablespoons butter

salt and pepper

Method:

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

CREAMED SPINACH

Serves: 4

Ingredients:

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

Method:

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

CELERIAC PUREE **[SO]**

Serves: 4

Ingredients:

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

Method:

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



Grilled Eggplant Stuffed with Tuna

STUFFED COURGETTES **[SO]** **[C]**

Serves: 4

Ingredients:

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

For the stuffing:

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

Method:

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

GRILLED EGGPLANT STUFFED WITH TUNA **[CO]**

Serves: 1

Ingredients:

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

Method:

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

Directions for Cooking Rice and Other Grains by Microwave

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



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



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

Directions for Cooking Pasta by Microwave

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



Drain and rinse before serving.

Directions for Cooking Hot Cereal by Microwave

Combine ¼ cup of quick cooking oats, pinch salt and ½ cups hot tap water in a breakfast bowl.



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



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

Directions for Cooking Rice and Other Grains by Microwave

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

Directions for Cooking Dried Pasta by Microwave

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

MACARONI AND CHEESE

Serves: 4 to 6

Ingredients:

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

Method:

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

PESTO AND EGG NOODLES

Serves: 4 to 6

Ingredients:

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

Method:

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

SPICY TUNA PASTA BAKE [G]

Serves: 4

Ingredients:

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

Method:

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

SPAGHETTI WITH BACON IN TOMATO SAUCE

Serves: 2

Ingredients:

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

Method:

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

MIXED MUSHROOM CANNELLONI [C]

Serves: 4

Ingredients:

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

Method:

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



Spaghetti with Bacon in Tomato Sauce

CREAMY SUN-DRIED TOMATO PENNE

Serves: 4

Ingredients:

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

Sauce:

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

Method:

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

FRAGRANT COCONUT RICE

Serves: 4 to 6

Ingredients:

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

Method:

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

SEASONED RICE

Serves: 6 to 8

Ingredients:

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

Method:

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

LEMON & ASPARAGUS RISOTTO

Serves: 4

Ingredients:

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

Method:

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

PRAWN RISOTTO

Serves: 4

Ingredients:

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

Method:

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

LENTIL BIRYANI

Serves: 4 to 6

Ingredients:

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

Method:

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

SPANISH OMELET CO

Serves: 2

Ingredients:

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

Method:

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

HUMMUS**Ingredients:**

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

Method:

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

VEGETABLE & CHICK PEA CASSEROLE

Serves: 4

Ingredients:

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

Method:

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

Tip:

To prepare couscous: Place 300 ml vegetable stock in a bowl and 1.5 ml turmeric. Cook on 1000 W for 4 minutes or until boiling. Add 175 g couscous and allow to stand for 5 minutes. Fluff up with a fork before serving.

CELEBRATION CAKE [C]

Serves: 8

Ingredients:

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

Method:

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

CHOCOLATE CAKE [C]

Serves: 8

Ingredients:

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

Topping:

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

Method:

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



Chocolate Cake

STEAMED VANILLA SPONGE WITH CUSTARD **SO**

Serves: 6 to 8

Ingredients:

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

Custard:

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

Method:

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

To make the custard:

1. Bring the milk to the boil, this should take 2 minutes on the base of the oven and cook on 1000 W.
2. In a bowl, beat together the yolks, sugar, cornflour and vanilla extract. Pour the scalded milk over the egg mix and whisk well. Cook on 600 W for 1 minute, whisk, then cook for another 1 minute, the mix should have thickened. Serve over the sponge.



Chiffon Cake

SMALL CAKES **CO**

Serves: 12 little cakes

Ingredients:

100 g	butter, kept at room temperature
100 g	sugar
2	eggs, beaten
100 g	plain flour
5 g	baking powder

Method:

1. Preheat the oven on Convection 170 °C with the wire shelf in the lower shelf position.
2. Beat the butter and the sugar until a mousse-like consistency is achieved. Add the eggs one at a time, beating well after each egg is added. Mix in the flour and baking powder. Fill individual paper cases two thirds full with the mixture. Cook on Convection 170 °C for 15-20 minutes.

CHIFFON CAKE **C**

Serves: 21 cm Chiffon cake

Ingredients:

100 g	plain flour (sieved)
¾ teaspoon	baking powder (sieved)
4	egg white
3	egg yolk
100 ml	coconut milk
20 g	corn oil
120 g	castor sugar
¾ teaspoon	cream of tartar
¾ tablespoon	pandan juice
a drop	green colouring

Method:

1. Beat egg white for 30 seconds. Next add cream of tartar and sugar, beat till stiff on high speed. Leave aside.
2. Beat flour, baking powder, oil, coconut milk, pandan juice, colouring and egg yolk for about 1 to 2 minutes, till smooth.
3. Slowly fold flour mixture into egg white.
4. Pour batter into a 21 cm chiffon cake tin, bake in a preheated oven at 150 °C for about 1 hour by lower shelves.

Note:

Do not grease tin before baking.

FAIRY CUP CAKE [C]

Serves: 6

Ingredients:

60 g brown sugar
 60 g egg (beaten)
 certain amount dried raisin

A:

70 g plain flour
 20 g matcha tea powder
 1 g baking powder

B:

35 g unsalted butter (chopped)
 80 g white chocolate (small pieces)

Mold:

6 sets 6 cm cup cake mold

Method:

1. Mix and sieve ingredients A. Put ingredients B in a microwave safe casserole and cook on 440 W for 1 minute to 1 minute 30 seconds with cover. Stir B and gradually add brown sugar, and then add beaten egg by three times to mix them well. Add sieved A and mix using wooden spoon. Cut the mixture into 6 equal parts, and fit into a 6-diameter cup cake mold respectively, spread some dried raisin on top.
2. Preheat oven on Convection 180 °C.
3. After preheating, put the cup cake on the metal tray and put the tray on the lower shelves to cook for about 19-20 minutes.

STREUSEL MUFFINS [C]

Serves: 6

Streusel topping:

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

Muffins:

200 g plain flour
 3 ml bicarbonate of soda
 10 ml baking powder
 pinch salt
 75 g caster sugar
 75 g butter
 200 ml buttermilk
 1 medium egg, beaten
 100 g fresh berries

Method:

1. Make streusel topping by melting the butter on 1000 W for 10 to 20 seconds.
2. Add the remaining topping ingredients and combine to make a soft dough. Chill. Sift together the flour, bicarbonate of soda, baking powder and salt. Stir in the sugar. Melt butter for the muffins on 1000 W for 30 seconds to 1 minute. Cool slightly then mix in the buttermilk and egg.
3. Preheat oven on Convection 170 °C.
4. Lightly stir the buttermilk mixture into the flour mixture. Fold fruit in gently. Divide mixture equally between 6 muffin cases. Crumble small amounts of streusel topping over each muffin.
5. Place muffin tin on metal tray in lower shelf position and cook on Convection 170 °C for 20 to 25 minutes or until browned and well risen.

FRUIT SCONES [C]

Serves: 10

Ingredients:

225 g self-raising flour
 pinch salt
 5 ml baking powder
 50 g butter
 25 g caster sugar
 50 g sultanas
 75 ml milk
 beaten egg to glaze

Method:

1. Sift the flour, salt and baking powder together. Rub in fat until the mixture resembles fine breadcrumbs. Add sugar and sultanas. Make a well in the centre and stir in enough milk to form a soft dough. Knead lightly. Pat out to 2 cm thick and cut into 10 rounds with a 5 cm cutter.
2. Preheat oven on Convection 210 °C.
3. Place the rounds on greased grill tray and metal tray and brush with beaten egg. Place metal tray in lower shelf position and grill tray in upper shelf position. Cook on Convection 210 °C for 12 to 15 minutes or until cooked and golden brown.

CHOCOLATE PEANUT BUTTER CHEESECAKE [C]

Serves: 6 to 8

Ingredients:**Base:**

250 g peanut cookies, finely crushed
 125 g butter

Filling:

500 g cream cheese, softened
 ½ cup brown sugar
 1 cup crunchy peanut butter
 2 eggs
 1 teaspoon vanilla essence
 ½ cup sour cream

Topping:

150 g chocolate
 ¼ cup sour cream

Method:

1. Melt butter in a 1 litre casserole dish on 1000 W for 30 to 40 seconds.
2. Add crushed biscuits and combine. Press biscuit mixture evenly over base and sides of a greased 23 cm spring form tin. Refrigerate until firm.
3. Preheat oven to Convection 170 °C.
4. Place filling ingredients into a mixing bowl, beat until mixture is combined. Pour mixture into chilled biscuit base. Place on metal tray in lower position, cook on Convection 170 °C for 55 to 60 minutes. Allow to cool and spread with topping.

Topping:

1. Melt chocolate in a 2-cup jug on 800 W for 1 to 2 minutes. Stir in sour cream. Spread over cheesecake.

FRUITY SWISS ROLL [C]

Serves: 26 cm x 16 mm fruity roll mold

Ingredients:

150 g	egg
60 g	castor sugar (sieved)
	a little vanilla extracts
60 g	plain flour (sieved)
20 g	unsalted butter (melted)
250 ml	cream
	certain amount various fruits (garnishing)
1 piece	baking paper

Mold:

1	26 cm×16 cm fruity roll mold
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Method:

1. Preheat oven on Convection 150 °C.
2. Mix the beaten eggs and castor sugar well the same way as making chocolate cake, and then add vanilla extracts.
3. Pour in sieved plain flour and mix them well using wooden spoon, add melted butter and mix quickly.
4. Cover the mold with baking paper and pour the mixture into a 26 cm×16 cm standardized cake mold, discharge the air between in the cake. Place the mold onto the metal tray, and put the metal tray on the lower shelves and bake for 30 minutes after preheating.
5. After the cake cooling down, remove the baking paper, grease some cream and put some fruits on the surface of the cake, spare 2 cm clearance to roll the cake up, and then fix the joint well. Grease some cream and spread various fruits on the top of the roll.

CHOCOLATE CHEESECAKE [C]

Serves: 6

Ingredients:

100 g	butter
250 g	digestive biscuits, crushed
150 g	plain chocolate
30 ml	milk
450 g	soft cheese
100 g	soft brown sugar
2	large eggs
5 ml	vanilla essence

Method:

1. Place butter in bowl on the base of the oven and melt on 1000 W for 40 to 50 seconds.
2. Stir in biscuits and press into base of greased 23 cm deep flan tin.
3. Melt chocolate with milk on 600 W for 1 to 2 minutes. Leave to cool slightly.
4. Preheat oven on Convection 150 °C.
5. Mix all the remaining ingredients and stir in chocolate. Pour over biscuit base. Place tin on metal tray in lower shelf position and cook on Convection 150 °C for 30 to 35 minutes. Chill before serving.



Scone Cake

SCONE CAKE [CO] [SO]

Serves: 3

Ingredients:

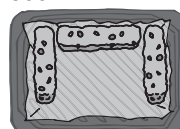
160 g	plain flour (sieved)
2 teaspoons	baking powder (sieved)
40 g	castor sugar
moderate	salt
60 g	unsalted butter
1 egg	(50 g without shell)
moderate	vegetable oil
1	parchment paper (30 x 21cm)

A:

20 g	dried fruit
20 g	corn flakes
20 g	walnut
moderate	cinnamon

Method:

1. Beat the egg and cut butter into 1 cm cubes. Crush dried fruit, corn flakes and walnut into coarse grains.
2. Put sieved cake flour and baking powder in bowl and add in castor sugar and salt. Add butter and use hand to rub butter until it mixes with other ingredients.
3. Add in beaten egg, A and mix gently with rubber knife. Apply vegetable oil on hand and mix the ingredients into the dough.
4. Divide the dough of step 3 into 3 portions and make each into a 3 cm in diameter and 15 cm long stick.
5. Pour water into the tank before cooking. Put parchment paper on the grill tray. Arrange 4 as shown below and place the tray on the middle shelf. Select Steam 1 for 3 minutes, and then select Combi 1 for 3 minutes. Finally, select 800 W for 4 minutes.



LACE BISCUITS [C]

Serves: 18 to 20 biscuits

Ingredients:

2 tablespoons liquid glucose
 ¼ cup brown sugar
 60 g butter, melted
 ⅓ cup plain flour
 60 g almonds, finely chopped

Method:

1. Combine glucose and sugar in a 1-litre casserole dish. Cook on 600 W for 1 minute 30 seconds to 2 minutes.
2. Add melted butter to glucose mixture. Stir in flour and almonds. Mix well.
3. Preheat oven to 180 °C.
4. Place small teaspoonful of mixture 8 cm apart onto the greased metal tray. Place into lower shelf position and cook on 180 °C for 8 to 10 minutes. Stand for 1 minute before removing biscuits from metal tray, to allow edges to firm for easier removal.

Tip:

To make brandy snaps wrap hot biscuits around the handle of a wooden spoon and allow to cool. Fill centers with whipped cream.

Note:

Liquid glucose is available at most health food shops.

ANZAC BISCUITS [C]

Serves: 24 biscuits

Ingredients:

125 g butter, melted
 2 tablespoons golden syrup
 1 teaspoon bicarbonate of soda
 2 tablespoons hot water
 1 cup rolled oats
 1 cup coconut
 1 cup plain flour
 1 cup brown sugar

Method:

1. Preheat oven to 160 °C.
2. Combine bicarbonate of soda and water in a small bowl. Add dry ingredients and water mixture to butter and syrup. Mix well. Place tablespoon of mixture on the greased metal tray in lower shelf position, allowing room for spreading. Cook on 160 °C for 14 to 16 minutes.
3. Leave on the shelf for a few minutes, then transfer to wire cake rack until biscuits are cool. Repeat with remaining mixture.

CHOCOLATE CHIP COOKIES [C]

Serves: 30 large cookies

Ingredients:

250 g butter
 ½ cup brown sugar
 ½ cup caster sugar
 1 teaspoon vanilla essence
 2 eggs
 3 cups self-raising flour
 250 g chocolate bits

Method:

1. Preheat oven to 180 °C.
2. Cream butter and sugar together until light and fluffy. Beat in vanilla and eggs until well combined. Fold in flour and chocolate bits.
3. Place tablespoon of mixture onto greased metal tray in lower shelf position. Cook on 180 °C for 12 to 14 minutes or until golden brown.

LEMON POPPY SEED COOKIES [C]

Serves: Approximately 25

Ingredients:

125 g butter
 1 cup caster sugar
 2 tablespoons lemon zest
 1 tablespoon poppy seeds
 2 tablespoons lemon juice
 1 egg
 2 cups self-raising flour

Method:

1. Preheat oven to 180 °C.
2. Cream butter and sugar together until light and fluffy. Beat in lemon zest, poppy seeds, lemon juice, and eggs until well combined. Fold in flour.
3. Place tablespoon of mixture onto greased metal tray in lower shelf position. Cook on 180 °C for 13 to 16 minutes or until golden in color.

CINNAMON CRISPS [C]

Serves: Approximately 25

Ingredients:

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

Method:

1. Preheat oven to 180 °C.
2. Cream butter and sugar together until light and fluffy. Beat in vanilla and eggs until well combined. Fold in flour and cinnamon.
3. Place tablespoon of mixture onto greased metal tray in lower shelf position. Cook on 180 °C for 10 to 12 minutes or until golden brown.

HONEY OATY SLICE 

Serves: 27 × 17 cm Swiss roll pan

Ingredients:

1 cup	rolled oats
1 cup	plain flour
¾ cup	coconut
¾ cup	sugar
125 g	butter
3 tablespoons	honey
2 tablespoons	water
½ teaspoon	bicarbonate of soda

Method:

1. Grease and paper line a 27 cm × 17 cm slice pan.
2. Combine oats, flour, coconut and sugar in a large bowl.
3. In a 2-litre pyrex bowl, place butter, honey and water and cook on 800 W for 1 to 2 minutes, stir in bicarbonate of soda.
4. Pour over dry ingredients, stir until well combined. Press into pan.
5. Preheat Convection to 180 °C. Place on metal tray in the lower shelf position and cook on Convection 180 °C for 23 to 25 minutes, cool before cutting.

LEMON COCONUT MERINGUE SLICE 

Serves: 19 × 28 cm pan

Ingredients:

90 g	butter
¼ cup	caster sugar
¾ cup	plain flour
⅓ cup	cornflour
400 g	condensed milk
2	eggs, separated
2 teaspoons	grated lemon rind
½ cup	lemon juice
¼ cup	caster sugar, extra
½ cup	desiccated coconut
½ cup	slivered almonds

Method:

1. Grease and paper line a 19 × 28 cm lamington pan.
2. Cream together butter and sugar. Gradually add sifted flours and knead lightly until combined. Spread over base of prepared pan. Combine condensed milk, egg yolks, lemon rind and juice in a bowl, cook on 800 W for 3 to 4 minutes, stirring 3 times. Spread over base.
3. Preheat oven to Convection 180 °C.
4. Beat egg whites in a small bowl until soft peaks form, gradually add extra sugar. Add desiccated coconut, spread over filling and sprinkle with slivered almonds.
5. Place pan on metal tray in the lower shelf position. Cook on Convection 180 °C for 35 to 40 minutes.

CARAMEL COCONUT SLICE 

Serves: 19 × 28 cm pan

Ingredients:

100 g	butter
½ cup	plain flour
½ cup	self-raising flour
½ cup	coconut
½ cup	caster sugar

Filling:

400 g	sweetened condensed milk
2 tablespoons	golden syrup
⅓ cup	brown sugar
40 g	butter

Topping:

2	eggs
⅓ cup	caster sugar
2 cups	coconut

Method:

1. Grease and paper line a 19 × 28 cm lamington pan.
2. Melt butter in a bowl on 600 W for 2 minutes to 2 minutes 30 seconds. Preheat oven to 180 °C. Sift flours into bowl, stir in coconut, sugar and butter. Press over base of prepared pan.
3. To prepare filling, place all ingredients in a bowl and cook on 800 W for 3 to 5 minutes, stirring three times during cooking.
4. To prepare topping, combine all ingredients and mix well.
5. Spread filling over base and sprinkle with topping. Place pan on metal tray in the lower shelf position. Cook on Convection 180 °C for 30 to 35 minutes.

APRICOT HONEY SLICE

Serves: 20 squares

Ingredients:

185 g	butter
2 tablespoons	honey
250 g	ginger nut biscuits, crushed
½ cup	chopped pecans
½ cup	coconut
1 cup	chopped dried apricots

Method:

1. Grease and line an 18 × 28 cm dish.
2. In a 2-litre dish place butter and honey. Cook on 800 W for 2 minutes to 2 minutes 30 seconds.
3. Stir in biscuits, pecans, coconut and dried apricots. Press into the prepared dish. Chill until firm cut into squares.

MUESLI SLICE

Makes : 20 squares

Ingredients:

125 g	butter
1 cup	brown sugar
3 tablespoons	honey
2 cups	natural muesli
1 cup	coconut
½ cup	sultanas
50 g	dark cooking chocolate, melted

Method:

1. Combine butter, sugar and honey in a 2-litre dish and cook on 800 W for 1 to 2 minutes.
2. Add muesli, coconut and sultanas, mix well. Press into an 18 cm × 28 cm flat dish. Cook on 1000 W for 4 to 5 minutes.
3. Mark into squares and cool in dish. When cool drizzle with melted chocolate.

HONEY ALMOND BROWNIES C

Serves: 6

Ingredients:

125 g	butter
200 g	white chocolate
¾ cup	sugar
¼ cup	honey
2 teaspoons	vanilla essence
2	eggs
1 cup	plain flour
¾ cup	blanched almonds

Method:

1. Melt butter and chocolate in a bowl on 800 W for 1 to 2 minutes.
2. Add sugar, honey, vanilla essence and eggs and mix well. Add flour and almonds. Pour into a greased and lined 20 cm square deep pan.
3. Preheat oven to 180 °C. Place on metal tray in the lower shelf position and cook on 180 °C for 30 to 35 minutes. Cool completely before removing from a pan.



Chocolate Brownies

CHOCOLATE BROWNIES C

Serves: 20 cm square pan

Ingredients:

125 g	butter
200 g	dark chocolate, chopped
1 cup	caster sugar
1 teaspoon	vanilla essence
2	eggs
1 cup	plain flour
¾ cup	nuts, chopped
	icing sugar

Method:

1. Preheat oven to 180 °C.
2. Grease and paper line a 20 cm square pan. Melt butter and chocolate on 800 W power for 2 to 3 minutes, stirring once. Stir in sugar, vanilla, eggs, flour and nuts.
3. Spread into prepared pan. Place pan on metal tray in lower shelf position and cook for 25 to 30 minutes. Allow to cool, remove from pan and sprinkle with icing sugar. Cut into small squares.



Christmas Pudding

CHRISTMAS PUDDING

Serves: 6 to 8

Ingredients:

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

Method:

1. Place apple and carrot in a large bowl. Place on the base of the oven and cook on 1000 W for 5 minutes. Beat well to make a thick puree.
2. Stir in juice, rind and mixed fruit. Cook on 1000 W for 2 minutes.
3. Stir in brandy and treacle. Stand for 5 minutes. Beat in rest of ingredients. Press into the pudding basin. Cover and cook on 600 W for 5 minutes.
4. Stand for 5 minutes. Cook on 1000 W for another 2 to 3 minutes or until just firm.

NOTE:

One of the advantages of using your Microwave to make this traditional pudding is that it can be made the week before Christmas and stored in a cool dry place. Do not attempt to make the pudding earlier than this, since the flavour will not improve with keeping, unlike a traditionally steamed pudding.

CHOCOLATE FUDGE PUDDING SS

Serves: 4

Ingredients:

- | | |
|-------|-----------------------------|
| 50 g | margarine |
| 100 g | self-raising flour |
| 100 g | caster sugar |
| pinch | of salt |
| 25 g | cocoa or drinking chocolate |
| 1 | egg, beaten |
| 5 ml | vanilla essence |
| 60 ml | milk |

Sauce:

- | | |
|--------|-----------------------------|
| 100 g | soft brown sugar |
| 25 g | cocoa or drinking chocolate |
| 150 ml | hot water |

Method:

1. Melt margarine in a small dish on the base of the oven on 600 W for 40 seconds to 1 minutes or until melted.
2. In a large bowl place flour, sugar, salt and cocoa. Add melted margarine along with egg, vanilla essence and milk. Beat well. Pour mixture into souffle dish.
3. Mix together brown sugar and cocoa and sprinkle over mixture. Fill water tank. Pour over hot water and cook on 1000 W for 5 to 6 minutes, after 4 minutes of cooking set Steam Shot for 3 minutes. The pudding will separate on cooking, giving a chocolate fudge sauce at the bottom.

STICKY PUDDING WITH TOFFEE SAUCE

Serves: 4

Ingredients:

150 g	fresh or ready to eat dates stoned and finely chopped
50 g	butter
150 g	caster sugar
2	eggs, lightly beaten
150 g	self raising flour
3 ml	grated nutmeg
3 ml	ground ginger

Sauce:

150 g	muscovado sugar
75 ml	double cream
75 g	butter

Method:

1. Pour 150 ml boiling water over the chopped dates and set aside to cool.
2. Cream the butter and sugar until light and fluffy. Beat in the eggs a little at a time. Fold in the flour, spices and the dates with the liquid. Pour mixture into pudding basin and cook on 600 W for 8 to 10 minutes or until cooked.

To make the sauce

1. Place all the ingredients in a large jug and cook on 1000 W for 1 minute or until the sugar has dissolved.
2. Stir and continue to cook on 1000 W for 1 to 2 minutes or until smooth and hot. Drizzle the hot sauce over the sponge and serve with whipped cream.

STEAMED SUET SPONGE PUDDING

Serves: 4

Ingredients:

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

Method:

1. Mix the flour and salt and stir in sugar and suet. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency. Put the jam or syrup in the base of the greased pudding basin and pour pudding mixture over.
2. Place on base of oven and cook on 600 W for 7 to 8 minutes.

RICE PUDDING CO

Serves: 4

Ingredients:

100 g	short grain rice
1 litre	whole milk
80 g	sugar
	small piece of cinnamon stick
1	vanilla pod

Method:

1. Place the rice, milk and sugar in the bowl. Add the cinnamon and split vanilla pod. Do not cover. Bring to the boil by heating on 1000 W for 7 to 8 minutes on the base of the oven, paying close attention to ensure that the milk does not boil over.
2. Fill water tank. Cook on Combi 1 for 30 minutes. Refill the water tank and cook for a further 30 minutes. Remove the cinnamon stick and vanilla pod. Leave to cool down.

SUN DRIED TOMATO ROLLS C

Serves: 6

Ingredients:

250 g	strong bread flour
7 ml	sachet dried yeast
5 ml	salt
25 g	sun-dried tomatoes, roughly chopped
45 ml	olive oil
75 ml	passata
3-5 tablespoons	warm water
5 ml	olive oil
moderate	olive oil, extra
moderate	sea salt

Method:

1. In a large bowl, combine the flour, yeast and salt, stir in the tomatoes. Gradually add the olive oil, passata and 3 to 5 tablespoons of warm water until you have soft dough. Turn onto a floured surface and knead for 10 minutes.
2. Divide dough into 6 and place on greased metal tray. Prove until dough has doubled in size in a warm place or on Convection 40 °C.
3. Preheat on Convection 220 °C.
4. Drizzle with a little extra olive oil and sprinkle with coarse sea salt. Place metal tray in lower shelf position cook on Convection 220 °C for 15 to 20 minutes or until golden.

VICTORIA SANDWICH [C]

Serves: 8

Ingredients:

175 g	butter or margarine
175 g	caster sugar
3	eggs
175 g	self-raising flour

Method:

1. Cream butter and sugar until pale and fluffy. Add the eggs a little at a time beating well after each addition. Fold in half the flour, using a metal spoon, then fold in the remaining flour.
2. Spoon the mixture into two 18 cm cake tins lined with greaseproof paper and level with a knife.
3. Preheat oven on Convection 180 °C.
4. Place one tin in the centre of the metal tray in the lower shelf position and one tin in the centre of the grill tray in the upper shelf position. Cook on Convection 180 °C for 20 to 25 minutes or until cooked.
5. Sandwich together with cream and jam and dust with icing sugar or with a filling of your choice.

STANDARD BREAD/BREAD ROLLS [C] [SS]

Serves: 1 loaf or 8 rolls

Ingredients:

450 g	strong bread flour
1	sachet dried yeast
5 ml	salt
15 g	butter or margarine
275 ml	warm water

For Wholemeal Bread:

Use 225 g each of wholemeal and strong white bread flour.

For Granary Bread:

Use 450 g granary flour instead of strong white bread flour.

Method:

1. In a large bowl, combine the flour, yeast and salt. Rub in the butter or margarine. Add the warm water then mix to a dough. Turn onto a floured surface and knead for 10 minutes.
2. For 1 loaf mould into the desired shape on the greased metal tray. For rolls divide into 8 and shape into rolls. Place on the greased metal tray. Cover with cling film and prove until the dough has doubled in size in a warm place or place in the oven to prove on Convection 40 °C for 40 minutes.
3. Fill water tank. Preheat on Convection 200 °C.
4. Glaze bread with beaten egg and sprinkle with seeds, if desired. Place metal tray in oven in the lower shelf position and cook on Convection 200 °C for 25 to 30 minutes with a Steam Shot for 3 minutes, $\frac{2}{3}$ rds of the way through the cooking time for a loaf or 15 to 20 minutes with a Steam Shot for 3 minutes $\frac{2}{3}$ rds of the way through cooking time for rolls or until golden.

FOCACCIA [C] [SS]

Serves: 1

Ingredients:

400 g	strong bread flour
1	sachet dried yeast
10 ml	salt
75 g	olive oil
moderate	olive oil, extra
moderate	sea salt

Method:

1. In a large bowl, combine the flour, yeast and salt. Gradually add the olive oil and 3 to 5 tablespoon of warm water until you have soft dough. Turn onto a floured surface and knead for 10 minutes.
2. Place in a greased bowl, cover and prove until the dough has doubled in size in a warm place or on Convection 40 °C.
3. Knock back the dough and knead again for a few minutes. Press the dough onto a greased 25 cm round tin, cover and prove in a warm place or on Convection 40 °C for approximately 30 minutes.
4. Fill water tank. Preheat on Convection 190 °C. Dimple the surface of the dough. Drizzle with a little extra olive oil and sprinkle with coarse sea salt.
5. Place tin on metal tray in the lower shelf position and cook on Convection 190 °C for 20 to 25 minutes with a Steam Shot for 3 minutes $\frac{2}{3}$ rds of the way through cooking time. Carefully remove from the tin and leave to cool on a rack.



Standard Bread/Bread Rolls

MANGO, PEAR & GINGER CRUMBLE [C]

Serves: 6

Ingredients:

450 g	ripe pears, peeled and thinly sliced
15 ml	muscovado sugar
2	mangos, peeled, stoned and roughly chopped
1 piece	stem ginger, finely chopped

Topping:

175 g	plain flour
75 g	butter
75 g	muscovado sugar
75 g	pecan nuts, roughly chopped

Method:

1. Put the pears in dish with the sugar and 45 ml water. Cover, place on the base of the oven and cook on 1000 W for 5 minutes.
2. Preheat the oven on Convection 180 °C.
3. Drain the pears, return to the dish and add the mango and stem ginger. Spoon the mixture into dish and leave to cool. Make the topping. Rub the butter into the flour, stir in the sugar and pecan nuts. Sprinkle the topping over the fruit.
4. Place dish on metal tray in lower shelf position and cook on Convection 180 °C for 30 to 35 minutes.

RHUBARB, APPLE & GINGER COMPOTE

Serves: 4

Ingredients:

300 g	rhubarb, trimmed cut to 3 cm lengths
2	apples, peeled, cored and diced
30 g	crystallized ginger, thinly sliced
½ cup	caster sugar
1	orange, grated rind and juice

Method:

1. Place all ingredients into a 2-litre microwave-safe dish. Stir to dissolve sugar. Cook on 1000 W for 6 to 8 minutes or until fruit is softened.

YORKSHIRE PUDDING [C]

Serves: 6 to 8

Ingredients:

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

Method:

1. Sift flour and salt into a bowl. Break egg into flour and gradually add milk, stirring constantly until smooth. Set aside covered for 1 hour.
2. Preheat oven to 220 °C.
3. Brush twelve 7 × 3 cm muffin tins with oil, and place into oven for 2 to 3 minutes to heat oil. Remove tins and pour in batter until tins are half full.
4. Place on metal tray on lower shelf position and cook on 220 °C for 15 to 20 minutes or until golden. Serve with roast beef.

PAVLOVA [C]

Serves: 8 to 10

Ingredients:

4	egg whites
	pinch of salt
1¼ cups	caster sugar
2 teaspoons	vinegar
2 tablespoons	cornflour

Topping:

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

Method:

1. Preheat Convection to 140 °C.
2. Grease and line the metal tray. Dust with 1 tablespoon cornflour. Beat egg whites and salt until stiff. Gradually add sugar and continue beating until white and glossy and sugar has dissolved. Fold vinegar and remaining cornflour into egg mixture.
3. Pile mixture high on the metal tray in lower shelf position and cook on 140 °C for 70 to 80 minutes. Allow to cool.

Topping:

1. Beat cream until thick. Spread cream over pavlova and decorate with strawberries and passionfruit.

STRAWBERRY PAVLOVA [C]

Serves: 6

Ingredients:

4 medium	egg whites
250 g	caster sugar
5 ml	cornflour
5 ml	malt vinegar
5 ml	vanilla extract

Topping:

300 ml	double cream, softly whipped
250 g	strawberries, sliced

Method:

1. Preheat the oven on Convection 150 °C.
2. Mark a 25 cm circle on a sheet of parchment paper and line the metal tray. Whisk the egg whites until stiff but not dry. Slowly whisk in the sugar until the mixture is thick and glossy. Blend the cornflour, vinegar and vanilla extract to a smooth paste, in a separate bowl and then whisk into egg whites. Spread the mixture inside the circle on the parchment paper.
3. Place metal tray in lower shelf position and cook Pavlova on Convection 150 °C for 1 hour. Turn the oven off and leave the pavlova inside for another hour to dry out. When cool spread cream all over the meringue and scatter the strawberries on top.



Apple Jalousie

APPLE JALOUSIE C

Serves: 2 slices

Ingredients:

3	cooking apples, peeled and sliced thinly
¼ teaspoon	cinnamon
pinch	nutmeg
2 sheets	ready rolled puff pastry
1	egg, lightly beaten
½ cup	caster sugar

Method:

1. Place apples, cinnamon, nutmeg and sugar into a 2-litre casserole dish. Cook covered on 1000 W for 3 to 5 minutes. Drain well.
2. Preheat Convection to 200 °C.
3. Cut sheets of pastry in half. Place 2 halves of pastry side by side on greased metal tray. Place apple mixture on top leaving a 2 cm border around the edge. Brush edges with beaten egg and place remaining half of pastry on top of apple mixture. Press to secure edges together. Brush top with egg. Cut slits across the top of pastry. Sprinkle with caster sugar.
4. Place metal tray in lower shelf position and cook on 200 °C for 15 to 20 minutes.

APPLE PIE C

Serves: 6 to 8

Ingredients:

Pastry:

185 g	butter
½ cup	caster sugar
1 tablespoon	lemon juice
1	egg
1½ cups	plain flour
1 cup	self-raising flour

Filling:

800 g	pie apples
¼ cup	caster sugar
1 teaspoon	arrowroot
1 teaspoon	cinnamon

Method:

1. Preheat oven to Convection on 180 °C.
2. Using electric beaters or a food processor, process all pastry ingredients except flour until smooth and creamy. Add flours and process until combined. Press ⅔ of prepared pastry into the base of a 23 cm pie plate. Add combined filling ingredients to pie base. Roll remaining pastry between two sheets of greaseproof paper to fit pie. Place on pie and press edges together.
3. Place on metal tray in lower shelf position. Cook on 180 °C for 45 to 55 minutes.

CINNAMON POACHED PEARS

Serves: 4

Ingredients:

½ cup	water
¼ cup	sugar
½ teaspoon	ground cinnamon
4	pears, peeled and sliced

Method:

1. Combine water and sugar in a 2-litre dish. Stir to dissolve sugar. Add the pears and cinnamon covered cook on 800 W for 15 minutes, stir halfway.

RED FRUIT COMPOTE

Serves: 4

Ingredients:

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

Method:

1. Place the plums, cherries and blueberries in dish. Place on the base of the oven and cook on 270 W for 10 minutes.
2. Stir in the strawberries and cook on 270 W for a further 3 to 4 minutes. Stir the raspberries and sugar into the hot fruit and allow to cool before serving.

BAKED ALASKA SURPRISE [C]

Serves: 4 to 6

Ingredients:

10 to 12	sponge finger biscuits
or	
1 round	sponge cake
1 punnet	strawberries, hulled and cut in half
1 teaspoon	caster sugar
2 tablespoons	fruit liqueur
1-litre	vanilla ice cream
4 egg	whites
¾ cup	caster sugar, extra
¼ cup	almonds, chopped (optional)

Method:

1. Line the base of a 23 cm round flat dish with biscuits or sponge (the biscuits will overlap). Place strawberries over the biscuits and sprinkle with sugar and liqueur. Place scoops of ice cream evenly over strawberries. Place in freezer.
2. Preheat oven to 200 °C.
3. Beat egg whites until stiff. Gradually add extra sugar beating all the time until sugar has dissolved and mixture is thick and glossy. Fold in almonds and spoon meringue mixture over ice cream.
4. Cook on 200 °C on metal tray in lower shelf position for 5 to 6 minutes. Serve immediately.

CANDIES PEARS [SO] [CO]

Serves: 2

Ingredients:

300 g	(one) pear (or apple)
3-4 pieces	lime (sliced)
A:	
40 g	castor sugar
65 ml	water
1 tablespoon	Cointreau (at one's preference)

Method:

1. Peel the skin of the pear and cut into 6 pieces from the center.
2. Put pear and lime into the microwave safe casserole dish and add A.
3. Pour water into the tank before cooking. Place the dish in the center of the wire shelf. Place wire shelf in the middle shelf position. Select Steam 1 for 3 minutes, and then select Combi 1 for 3 minutes. Finally, place dish in the base of oven. select 800 W for 6 minutes.
4. Turn the pear right after heating and wrap it with plastic wrap to cool. After cooling put it into the fridge and serve with mint leaves.

FLAPJACK [C]

Serves: 8

Ingredients:

250 g	butter
275 g	golden syrup
75 g	light muscovado sugar
425 g	porridge oats

Method:

1. Place the butter, syrup and sugar into bowl. Place on the base of the oven and cook on 600 W for 4 to 5 minutes.
2. Stir the oats into the butter and press the mixture into the 12" x 8" x 1" tin lined with lightly buttered greaseproof paper.
3. Preheat the oven on Convection 180 °C.
4. Place tin on metal tray in lower shelf position and cook on Convection 180 °C for 25 minutes.
5. Leave to cool in the tin for 5 minutes. Then mark into 18 pieces. Allow to cool completely before removing from the tin.

LEMON MERINGUE PIE [C]

Serves: 6

Ingredients:**Pastry:**

125 g	butter
250 g	plain flour
25 g	icing sugar
1	egg yolk
30 ml	water

Filling:

60 g	cornflour
400 ml	water
3	lemons, juice and grated rind of
125 g	sugar
3 egg	yolks

Meringue:

225 g	caster sugar
4 egg	whites

Method:

1. Rub butter into the flour until the mixture resembles fine breadcrumbs and stir in sugar. Add egg and enough water so that when the mixture is kneaded lightly for a few seconds a firm, smooth dough is formed. Line 25 cm flan dish with the pastry, prick the base with a fork and chill for 15 minutes in the fridge.
2. Line pastry with greaseproof paper and baking beans, place flan dish on metal tray in lower shelf position, bake blind of Convection 210 °C for 10 minutes, remove the beans and bake for another 10 minutes, until golden. Leave to cool.
3. Place cornflour, water and lemon juice and rind in a jug, stir. Place on the base of the oven and cook on 1000 W for 2 minutes. Stir and cook on 1000 W for 2 minutes or until smooth, glossy and thickened. Add sugar. Cool slightly. Add egg yolks. Mix well. Pour into pastry case.
4. Preheat oven on Convection 150 °C.
5. Whisk egg whites stiffly. Add sugar gradually – whisking after each addition. Pile meringue onto lemon filling. Place flan on metal tray in lower shelf position and cook on Convection 150 °C for 40 to 45 minutes or until lightly browned.

CHOCOLATE AND COFFEE TRUFFLES

Serves: Approximately 24

Ingredients:

1 cup	icing sugar
4 tablespoons	cocoa
1 tablespoon	instant coffee powder
60 g	plain sweet biscuits, crushed
60 g	copha
1 teaspoon	vanilla essence
½ cup	condensed milk
	chocolate sprinkles

Method:

1. Sift icing sugar, cocoa and coffee into a bowl. Add biscuits and mix until well combined. Place copha in a small bowl and cook on 1000 W for 1½ to 2 minutes.
2. Cool copha slightly and add to dry ingredients. Mix well. Add vanilla and condensed milk, combine until mixture is thick. Chill for 30 minutes. Pinch off pieces to form balls slightly smaller than a walnut shell. Roll in chocolate sprinkles and chill.

SAVOURY CHOUX PUFFS [C] [SS]

Serves: 20

Ingredients:

1	quantity of choux pastry
50 g	butter
225 g	cream cheese
2	garlic cloves, peeled and crushed
10 ml	each of finely chopped
	fresh parsley, chives and chervil

Method:

1. Preheat oven on convection 220 °C.
2. Pipe out walnut sized balls of choux pastry on a lightly greased, slightly wetted baking sheet.
3. Fill water tank. Cook on the metal tray in the lower shelf position on Convection 220 °C, set cooking time for 15 minutes. After 10 minutes cooking, set Steam Shot for 3 minutes. for 10 to 15 minutes. Pierce a hole in each puff and leave to cool.
4. Melt the butter until just warm on 600 W for 2 to 3 minutes.
5. Beat all other ingredients together in a bowl and then pour the butter slowly onto the mixture, folding it in carefully. Leave to cool. Fill each cooled puff with the cheese mixture.



White Sauce

WHITE SAUCE

Serves: 500 ml

Ingredients:

35 g	butter
35 g	flour
500 ml	milk
	salt and pepper
	grated nutmeg

Method:

1. Melt the butter for 1 minute, covered, on 600 W on base of oven.
2. Add the flour, stir, and cook for a further 1 minute on 600 W. Set aside. Heat the milk in a jug on 1000 W 2 minutes 30 seconds to 3 minutes.
3. Pour the milk over the butter and flour mixture, whisking all the time. Cook again for 2 to 3 minutes, whisking vigorously several times and paying close attention to ensure that the sauce doesn't overflow. Check the seasoning and add a pinch of grated nutmeg.

Note:

You can add 2 egg yolks and 80 g of grated cheese to make it into a Mornay sauce.

PEPPER SAUCE

Serves: 5 to 6

Ingredients:

1	onion
40 g	butter
30 g	flour
400 ml	hot stock (made from 2 stock cubes)
1 tablespoon	tarragon vinegar
2 teaspoons	white pepper
	cognac
200 ml	crème fraîche

Method:

1. Chop the onion and cook in the bowl with butter for 2 to 3 minutes on 1000 W.
2. Add flour, mix, cook again for 1 minute on 1000 W and add stock, vinegar and white pepper. Cook uncovered at 1000 W for 3 minutes.
3. Remove from the oven and add a dash of cognac, a knob of butter (extra) and crème fraîche. Mix well and add plenty of salt before serving.

TOMATO SAUCE**Ingredients:**

1	medium onion, finely chopped
1	celery stick, finely chopped
1	carrot, finely chopped
25 g	butter
2 cloves	garlic, crushed
2 x 400 g	cans of tomatoes
3 ml	each of basil, oregano and ground bay leaves
150 ml	red wine or vegetable stock
	salt and pepper

Method:

1. Place onion, celery, carrot, butter and garlic in casserole. Place on the base of the oven and cook on 1000 W for 4 minutes.
2. Add the tomatoes, herbs and wine or stock. Cover and cook on 600 W for 15 minutes. Liquidise then press through a sieve for a smooth sauce. Season to taste.

CUSTARD SAUCE**Ingredients:**

2	eggs
50 g	caster sugar
300 ml	milk
5 ml	vanilla essence

Method:

1. Beat eggs with sugar and 45 ml milk. Place remaining milk with vanilla essence. Place on the base of the oven and cook on 1000 W for 1 minute.
2. Add milk to eggs and stir well. Cook on 300 W for 1 minute. Stir well. Continue to cook on 300 W for 10 to 15 minutes stirring every 30 seconds until the sauce coats the back of a spoon.

CHOCOLATE SAUCE

Serves: 4

Ingredients:

25 g	butter
75 g	caster sugar
75 g	brown sugar
50 g	cocoa powder, sieved
3 ml	vanilla essence
300 ml	milk

Method:

1. Place butter in the jug on base of oven and melt on 1000 W for 20 to 30 seconds.
2. Stir in sugars, cocoa powder and vanilla essence. Gradually add milk, stirring well. Cook on 1000 W for 2 minutes. Stir well. Cook on 1000 W for 1 minute. Stir and continue to cook in 30 seconds stages until you achieve a smooth and glossy consistency that coats the back of the spoon.

MINT SAUCEServes: Approximately $\frac{1}{3}$ cup**Ingredients:**

1 tablespoon	water
1 tablespoon	sugar
2 tablespoons	brown vinegar
2 tablespoons	mint, finely chopped

Method:

1. Combine all ingredients in a 1-cup jug. Cook on 1000 W for 30 to 40 seconds. Stir well and serve with Roast Lamb.

MUSHROOM SAUCEServes: $1\frac{1}{2}$ cups**Ingredients:**

3 tablespoons	butter
2 tablespoons	flour
1 teaspoon	soy sauce
$\frac{3}{4}$ cup	cream
	salt and pepper taste
$\frac{1}{2}$ teaspoon	curry powder
190 g	can champignon mushrooms, sliced

Method:

1. Place butter in a 4-cup glass jug. Cook on 1000 W for 30 to 40 seconds.
2. Add flour and soy sauce. Blend to a smooth paste. Add cream and stir until smooth. Add seasonings and mushrooms. Cook on 1000 W for 2 to 3 minutes, stirring every 1 minute. Serve on toast or as accompaniment to meats. Sauce can be reheated on 1000 W for 30 to 60 seconds.

CHINESE SWEET & SOUR SAUCE

Serves: 4 cups

Ingredients:

$\frac{1}{2}$	cucumber
$\frac{1}{2}$ cup	cornflour
$\frac{1}{2}$ cup	brown sugar
1 cup	chicken stock
$\frac{1}{2}$ cup	dry sherry
2 tablespoons	white vinegar
2 tablespoons	soy sauce
2 tablespoons	tomato paste
410 g	pineapple pieces and juice
$\frac{1}{2}$	red capsicum, diagonally sliced
1 stick	celery, diagonally sliced

Method:

1. Cut cucumber in half lengthwise, scoop out seeds and slice diagonally into 1 cm pieces. Combine cornflour and sugar in a 2-litre casserole dish.
2. Gradually stir in stock, sherry, vinegar, soy sauce, tomato paste, pineapple pieces and juice, capsicum, cucumber and celery. Cook on 1000 W for 9 to 11 minutes, stirring every 2 minutes. Serve with ham steaks, pork chops or chicken.

HOLLANDAISE SAUCE**Ingredients:**

3	egg yolks
30 ml	white wine vinegar
150 g	chilled, unsalted butter, cut into cubes
	pepper

Method:

1. Place egg yolks and vinegar in a jug. Beat well. Drop cubes of butter on top.
2. Place jug on the base of the oven and cook on 1000 W for 30 seconds. Whisk. Cook on 1000 W for 10 seconds. Whisk again and cook on 1000 W for 10 seconds. Repeat 10 seconds stages until sauce is thick and creamy. Season and serve immediately with salmon steaks or asparagus spears.

Note:

This sauce must not boil or the eggs will curdle.

BRANDY SAUCEServes: $1\frac{1}{2}$ cups**Ingredients:**

2 tablespoons	butter
2 tablespoons	cornflour
3 tablespoons	sugar
2 tablespoons	golden syrup
1 cup	milk
$\frac{1}{4}$ cup	brandy

Method:

1. In a 1-litre pyrex jug melt butter on 1000 W for 20 to 30 seconds. Blend in cornflour, sugar and golden syrup and cook on 1000 W for 50 to 60 seconds.
2. Add milk gradually and cook on 600 W 3 to 4 minutes. Stirring halfway through cooking. Stir in brandy. Serve hot with fruit or Christmas pudding.

GRAVYServes: $1\frac{1}{2}$ cups**Ingredients:**

	meat or poultry dripping with sediment
25 g	flour
300 ml	stock
	salt and pepper

Method:

1. Scrape dripping and sediment from roasting dish into the jug. Stir flour into dripping and then gradually blend in stock. Place on the base of the oven and cook on 1000 W for 2 to 3 minutes stirring halfway through cooking. Season and serve.

STRAWBERRY JAM

Serves: Approximately 1700 ml

Ingredients:

- 1 kg strawberries, washed and cut
1 kg caster sugar
pectin if required

Method:

1. Place all ingredients in a 4-litre casserole dish. Cover and cook on 1000 W for 5 minutes. Stir halfway through cooking.
2. Cook on 800 W for 30 to 32 minutes, stirring every 10 minutes. Cool and bottle in sterilised jars. Seal.

SWEET APRICOT JAM

Serves: 3 cups

Ingredients:

- 800 g dried apricots, cut in quarters
1000 ml water
800 g sugar
2 tablespoons pectin

Method:

1. Place apricots and water in a 4-litre casserole dish. Cover and allow to stand overnight. Add sugar to apricots and water. Cover and cook on 1000 W for 30 minutes, stirring halfway through cooking.
2. Remove lid, add pectin, stir well. Cook on 1000 W for a further 28 to 30 minutes, stirring halfway through cooking. Allow to cool slightly before pouring into sterilised jars. Seal.

RED ONION MARMALADE

Serves: 1½ lb

Ingredients:

- 45 ml olive oil
4 large red onions halved and thinly sliced
50 g Demerara sugar
100 g sultanas
300 ml red wine
125 ml red wine vinegar

Method:

1. Put oil in bowl with onions cover with a lid or pierced cling film. Place on the base of the oven and cook on 600 W for 10 minutes stirring halfway.
2. Add all other ingredients and mix well. Cover and cook on 600 W for 30 to 35 minutes. Cool slightly, then pour into a clean, sterilized jar. Allow to cool thoroughly before chilling.



Jam

ORANGE MARMALADE

Serves: 3 cups

Ingredients:

- 700 g oranges
1 lemon
water
3 cups sugar, warmed

Method:

1. Wash fruit. Cut fruit in half, reserve seeds, squeeze juice from fruit and set aside.
2. Remove rind from fruit being careful not to include white pith. Cut rind into fine strips. Set aside.
3. Pour fruit juice into a 4-cup jug. Add enough water to make 3 cups of liquid. Add seeds. Cover and cook on 1000 W for 20 minutes. Strain.
4. Add sugar to mixture with rind, mix well and cook on 1000 W for a further 30 minutes or until marmalade has set. Pour into clean sterilised jars. Seal.

Tip:

To warm sugar - Place sugar in a 2-litre casserole dish and cook on 1000 W for 1 to 1½ minutes.

PASSION FRUIT BUTTER

Serves: 1½ cups

Ingredients:

- 3 eggs
½ cup caster sugar
6 passionfruit, pulp removed
90 g butter

Method:

1. Beat eggs and sugar together in a 1 litre jug until combined. Stir in passionfruit pulp and butter. Cook on 800 W for 4 minutes, stirring after every minute. Pour into hot sterilised jars, when cool, seal.

LEMON BUTTER

Serves: 1 cup

Ingredients:

½ cup	lemon juice
1 tablespoon	lemon rind
⅓ cup	sugar
3 egg	yolks
1 tablespoon	butter
1 tablespoon	cornflour

Method:

1. Blend all ingredients in a 4-cup glass jug. Cook on 600 W for 3 to 4 minutes, stirring every minute. Pour into hot sterilised jars and seal immediately.

LEMON CURD

Serves: 2 jars

Ingredients:

4	untreated lemons, the juice and zest
400 g	crystalised sugar
4 beaten	eggs
100 g	butter

Method:

1. Place all the ingredients in the bowl and mix together well. Cook on 1000 W for 5 to 6 minutes, stirring every minute to begin with then every 30 seconds once the mixture starts to thicken. When the mixture stays on the back of the spoon, stop cooking, before the eggs cook too much. The mixture will continue to thicken as it cools.
2. Fill the jars while the curd is hot, close them and turn them over. Keep the lemon curd in the fridge.

RHUBARB AND APPLE CONSERVE

Serves: 2 cups

Ingredients:

350 g	rhubarb, chopped
3 medium	sized apples, grated
2 tablespoons	water
1 cup	caster sugar
2 tablespoons	lemon juice

Method:

1. Place rhubarb, apple and water in a 3-litre casserole dish, cover and cook on 1000 W for 6 to 8 minutes, stirring once during cooking.
2. Stir in sugar and lemon juice and cook uncovered on 1000 W for 15 minutes stirring after every 5 minutes. Pour into hot sterilized jars, when cool, seal.

MANGO CHUTNEY

Serves: 3 cups

Ingredients:

450 g	fresh mango, sliced
250 g	cooking apples, peeled, cored and sliced
2 tablespoons	salt
2	onions, finely sliced
300 g	brown sugar
150 ml	malt vinegar
1 teaspoon	ground ginger
1 teaspoon	chilli powder

Method:

1. Place mango and apple in a bowl and sprinkle with salt. Stand overnight. Rinse and drain fruit. Place fruit in a 4-litre casserole dish, add onion. Cover and cook on 1000 W for 6 minutes, stirring halfway through cooking.
2. Add sugar, vinegar and spices, mix well. Cover and cook on 1000 W for 15 minutes. Pour into sterilised jars and seal.

TOMATO CHUTNEY

Serves: approx. 2 lb

Ingredients:

675 g	tomatoes
225 g	cooking apples, peeled and sliced
1	medium onion, chopped
100 g	granulated sugar
30 ml	tomato puree
5 ml	salt
200 ml	white wine vinegar
10 ml	ground ginger
2 ml	cayenne pepper
3 ml	mustard powder

Method:

1. Prick the tomatoes and place in a bowl. Cover with boiling water and leave for 5 minutes. Drain.
2. Peel off skin and roughly chop flesh. Blend apple and onion in a food processor to a thick puree.
3. Combine all ingredients together in a bowl. Cover, place on base of oven and cook on 1000 W for 25 to 30 minutes. Stirring occasionally, or until the mixture is thick with no excess liquid. Leave to stand for 10 minutes then stir and pour into sterilized jars. Cover and label.

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