

Panasonic®

Operating Instructions / Installation instructions and Cookbook

Steam Combination Oven

Model No. HL-SX485S
HL-SX485B



HL-SX485S

**FOR DOMESTIC USE ONLY
IMPORTANT SAFETY INSTRUCTIONS
PLEASE READ CAREFULLY AND KEEP FOR FUTURE REFERENCE**



Thank you for purchasing this Panasonic appliance.

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Operating Instructions

Safety Instructions

- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory and mental capabilities or lack of experience and knowledge if they have been given supervision or instruction by a person responsible for their safety concerning the use of the appliance in a safe way and understand the hazards involved, including escaping steam. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- When this oven is installed, it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker.
- If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- Warning! The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.
- Warning! Do not attempt to tamper with or make any adjustments or repairs to the door, control panel housing, safety interlock switches or any other part of the oven.
- Warning! Do not remove the outer panels from the oven which give protection against exposure to microwave energy.
- Repairs should only be made by a qualified service person.
- Warning! Liquids and other foods must not be heated in sealed containers since they are liable to explode.

Safety Instructions

- Warning! 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.
- When heating food in plastic or paper containers, check the oven frequently as these types of containers can ignite if overheated.
- If smoke is emitted or a fire occurs in the oven, touch On/ Off and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at fuse or circuit breaker panel.
- This appliance is intended to be used in household applications only.
- When heating liquids, e.g. soup, sauces and beverages in your 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.
- The contents of feeding bottles and baby food jars are to be stirred or shaken. The temperature has to be checked before consumption to avoid burns.
- Do not cook eggs in their shells and whole hard-boiled eggs by **microwave**. Pressure may build up and the eggs may explode, even after the microwave heating has ended.
- Clean the inside of the oven, door seals and door seal areas regularly. When food splatters or spilled liquids adhere to the oven walls, base of the oven, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasive cleaners is not recommended.
- **Do not use commercial oven cleaners.**

Safety Instructions

- When using the **grill, convection, steam** or **combination** modes, some foods may splatter grease on to the oven walls. If the oven is not cleaned occasionally, it may start to “smoke” during use.
- Failure to maintain the oven in a clean condition could lead to deterioration of surfaces that could affect the life of the appliance and possibly result in a hazardous situation.
- Warning! The accessible parts may become hot in **grill, convection, steam** and **combination** use. Young children less than 8 years of age should be kept away. Children should only use the oven under adult supervision due to the temperatures generated.
- A steam cleaner is not to be used for cleaning the appliance.
- 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.
- Exterior oven surfaces, including air vents and the oven door will get hot during **grilling, convection, steam,** and **combination** modes, take care when opening or closing the door and when inserting or removing food and accessories.
- This appliance is not intended to be operated by means of an external timer or separate remote-control system.
- Only use utensils that are suitable for use in microwave ovens.
- Warning! This appliance produces boiling hot steam.

Safety Instructions

- 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.
- Warning! 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.
- Please refer to pages 12-13 for correct installation of the oven accessories.
- Warning! The oven has four grill heaters situated in the top of the oven and a convection heater situated in the back of the oven. After using the **grill, convection, steam** and **combination** functions, the inside surfaces of the oven will be very hot. Care should be taken to avoid touching the heating elements inside the oven. To prevent burns, care should be taken to avoid touching the inside surfaces of the oven.
- This combination oven is intended for heating food and beverages only. Take care when heating foods low in moisture, e.g. bread items, chocolate, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long. We do not recommend heating foods low in moisture such as popcorn or poppadoms. Drying of food, newspapers or clothing and heating of warming pads, slippers, sponges, damp cloths, wheat bags, hot water bottles and similar may lead to risk of injury, ignition or fire.
- Warning! The oven lamp must be replaced by a service technician trained by the manufacturer. **Do not** attempt to remove the outer panels from the oven.

Safety Instructions

- Before using the oven, place the drain tank in position. Refer to page 10 for correct installation.
- Do not use the water tank if it is cracked or broken, as leaking water could result in electrical failure and danger of electric shock. If the water tank becomes damaged, please contact your dealer.
- This oven is intended for built-in use only. This appliance is not designed to be used as a tabletop appliance or inside a cupboard.
- **Caution!** In order to avoid a hazard due to inadvertent resetting of the thermal cut-out, this appliance must not be supplied through an external switching device, such as a timer, or connected to a circuit that is regularly switched on and off by the utility.
- Do not heat any closed cans or bottles because they might explode.
- Metal containers or dishes with metallic trim should not be used during microwave cooking. Sparking will occur.

Disposal of Old Equipment



Only for European Union
and countries with
recycling systems

This symbol on the products, packaging, and/or accompanying documents means that used electrical and electronic products must not be mixed with general household waste.

For proper treatment, recovery and recycling of old products, please take them to applicable collection points in accordance with your national legislation.

By disposing of them correctly, you will help to save valuable resources and prevent any potential negative effects on human health and the environment.

For more information about collection and recycling, please contact your local municipality.

Penalties may be applicable for incorrect disposal of this waste, in accordance with national legislation.

Important User Instructions



Warning!

Important safety instructions

1. The door seals and seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.
2. Do not operate this appliance if it has a damaged cord, if it is not working properly, or if it has been damaged or dropped. **It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.**

Use of Your Oven

1. After turning on the oven you will be prompted to select English language or no word and to set the time. These settings can be changed at any time, see page 17.
2. Do not use the oven for any reason other than the preparation of food and beverages. This oven is specifically designed to heat or cook food. Do not use this oven to heat chemicals or other non-food products.
3. Before use, check that utensils/containers are suitable for use in microwave ovens.
4. When the oven is not being used, do not store any objects inside the oven in case it is accidentally turned on.
5. The appliance must not be operated by **microwave** or **combination without food in the oven**. Operation in this manner may damage the appliance.

Heater operation

Before using **convection**, **steam**, **grill** or **combination** function for the first time, wipe excessive oil off in the oven cavity and operate the oven without food and accessories on **GRILL 1** for 15 minutes. This will allow the oil that is used during the manufacturing process to be burned off.



Caution! Hot surfaces
After cooking the oven
accessories will be very hot.

After the oven has cooled down, clean the inside and all accessories with warm water and a mild detergent.

Fan motor operation

After using the oven, the fan motor may rotate for a few minutes to cool the electric components. This is normal and you can remove food even though the fan motor operates. You can continue using the oven during this time.

Important User Instructions

Water tank

Do not use the water tank if it is cracked or broken, as leaking water could result in electrical failure and danger of electric shock. If the water tank becomes damaged, please contact your dealer.

Oven light

When it becomes necessary to replace the oven light, please consult your dealer.

Cooking times

The cooking times given in the cookbook are approximate. The cooking time depends on the condition, temperature, amount of food and on the type of cookware.

Begin with the minimum cooking time to help prevent overcooking. If the food is not sufficiently cooked you can always cook it for a little longer.



Important!

If the recommended cooking times are exceeded the food will be spoiled and in extreme circumstances could catch fire and possibly damage the interior of the oven.

Meat thermometer

Use a meat thermometer to check the degree of cooking of roasts and poultry only when the meat has been removed from the oven. Do not use a conventional meat thermometer in the microwave oven because it may cause sparking.

Small quantities of foods

Small quantities of food or foods with low moisture content can burn, dry out or catch on fire if cooked too long. If materials inside the oven should ignite, touch On/Off and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at fuse or circuit breaker panel.

Eggs

Do not cook eggs in their shells and whole hard-boiled eggs by **microwave**. Pressure may build up and the eggs may explode, even after the microwave heating has ended.

Piercing skin

Food with non porous skins, such as potatoes, egg yolks and sausages must be pierced before cooking by **microwave** to prevent bursting.

Liquids

When heating liquids, e.g. soup, sauces and beverages in microwave mode, 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 the cooking time.
- d. After heating, allow it to stand in the oven for a short time, stir again before carefully removing the container.

Paper/plastic

When heating food in plastic or paper containers, check the oven frequently as these types of containers ignite if overheated.

Do not use recycled paper products (e.g. kitchen roll) 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 during use.

Remove wire twist-ties from roasting bags before placing the bags in the oven.

Important User Instructions

Utensils/foil

Do not heat any closed cans or bottles because they might explode.

Metal containers or dishes with metallic trim should not be used during microwave cooking. Sparking will occur.

If you use any aluminium foil, meat spikes or metalware the distance between them and the oven walls and door should be at least 2 cm to prevent sparking.

Feeding bottles/baby food jars

The top and teat or lid must be removed from feeding bottles or baby food jars before placing in the oven.

After heating the contents of feeding bottles and baby food jars are to be stirred or shaken.

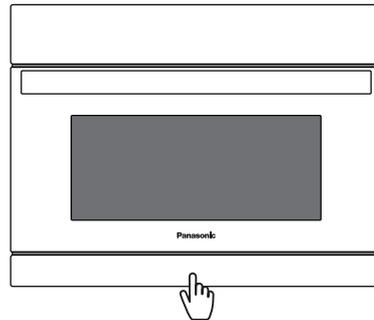
The temperature has to be checked before consumption to avoid burns.

Parts of Your Oven

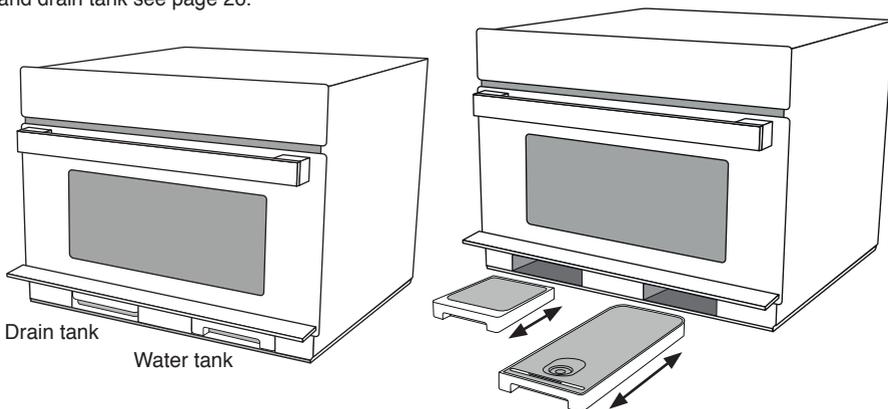
Water tank and drain tank

1. The oven is equipped with a water tank and drain tank.
2. The water tank is used for **steam**, **steam combination** and **steam shot** cooking modes.
3. The drain tank must be fitted in order for the oven to operate.
4. Remove and re-fit the water tank and drain tank as illustrated.
5. **Do not use a dishwasher to clean the water tank or drain tank. See page 53 for cleaning instructions.**

For further guidelines on using the water tank and drain tank see page 26.



Press and release the panel below the oven door to access the drain tank and water tank.

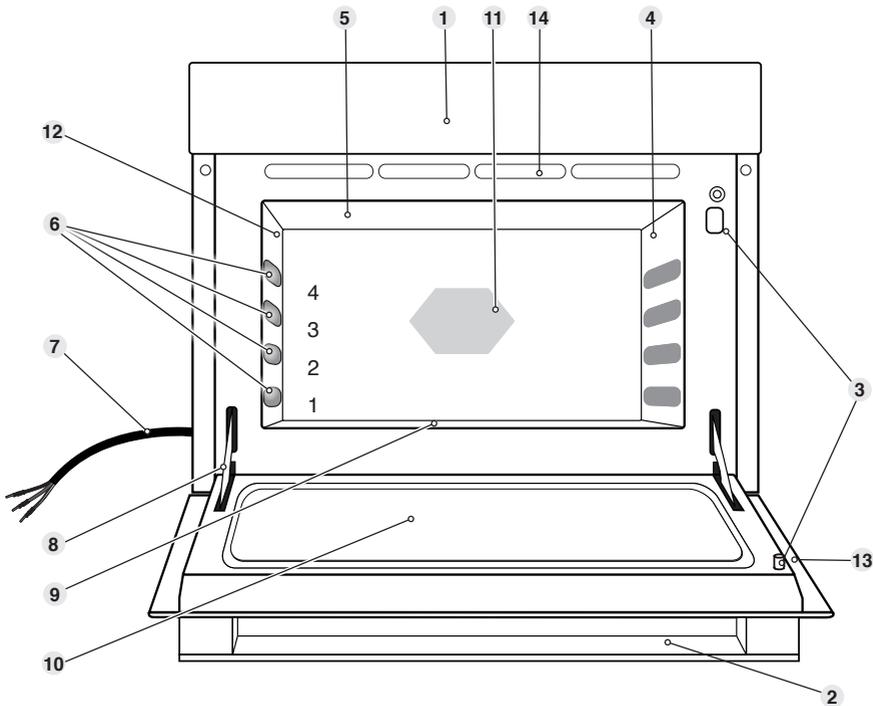


Drain tank

Water tank

Parts of Your Oven

- 1. Control panel**
- 2. Door handle.** Pull the door handle downwards to open. When you open the oven door during cooking, the cooking is stopped temporarily without clearing earlier made settings. The cooking is resumed as soon as the door is closed and Stop/Start is touched. The oven lamp lights as soon as the oven door is opened. Open the door if the oven has been in stand by mode. The display will indicate 'OPEN DOOR'. In no word mode the accessories in the display will blink.
- 3. Door safety lock system.** To prevent injury, do not insert finger, knife, spoon, or other object into the latch hole.
- 4. Oven lamp.** When the oven lamp key is available in the display it is possible to turn the oven lamp on and off.
- 5. Grill elements**
- 6. Shelf positions.** 1-4 as shown.
- 7. Power supply cord**
- 8. Door hinges.** To prevent injury when opening or closing the door, keep fingers away from the door hinges.
- 9. Bottom microwave feeding** (see page 20)
- 10. Oven window**
- 11. Convection heater**
- 12. Steam outlet**
- 13. Rating plate**
- 14. Air exhaust vent**



Note

This illustration is for reference only.

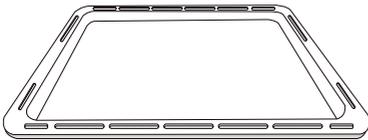
Oven Accessories

Accessories

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

Enamel shelf

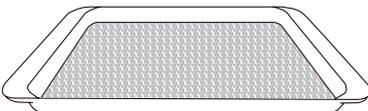
1. The enamel shelf is for cooking on **convection** or **grill** mode only. Do not use on **microwave** or **combination** modes. Do not use the enamel shelf in shelf position 4 on grill only mode.
2. For 2 level **convection** cooking, the enamel shelf can be used in shelf position 1 and the wire shelf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



Enamel shelf

Glass shelf

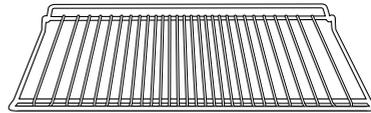
1. The glass shelf can be used to cook using **steam**, **microwave**, **grill**, **convection** or **combination** modes.
2. The glass shelf is used together with the plastic trivet for **steam** or **steam** and **microwave** mode **in shelf position 3 only**.
3. If the glass shelf is hot, allow to cool before cleaning or placing in cold water, as this could crack or shatter the glass.
4. The maximum weight that can be placed on the glass shelf is 4 kg (this includes total weight of food and dish).



Glass shelf

Wire shelf

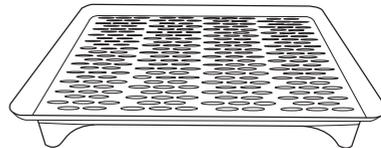
1. The wire shelf can be used in shelf position 3 or 4 for **grilling** foods. It can be used in any of the shelf positions for **convection** or **combination** cooking.
2. Do not use any metal container directly on the wire shelf in **combination** with **microwave**.
3. Do not use the wire shelf in **microwave** only mode.
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

Plastic trivet

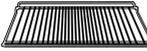
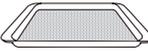
1. The plastic trivet is placed inside the glass shelf to cook on **steam** or **steam** and **microwave** mode. Food can be placed directly on the plastic trivet.
2. Do not use the plastic trivet for **grill**, **convection** or **combination** modes.
3. The plastic trivet is dishwasher safe.



Plastic Trivet

Oven Accessories

The following chart shows correct use of the accessories in the oven

	Wire shelf 	Glass shelf 	Enamel shelf 	Plastic Trivet 
Microwave	✗	✓	✗	✗
Grill	✓	✓**	✓**	✗
Convection	✓	✓	✓	✗
Steam	✗	✓***	✗	✓
Grill + Convection	✓	✓**	✓**	✗
Grill + Microwave	✓*	✓**	✗	✗
Convection + Microwave	✓*	✓	✗	✗
Convection + Microwave + Grill	✓*	✓**	✗	✗
Steam + Microwave	✗	✓***	✗	✓
Steam + Grill	✓	✓**	✓**	✗
Steam + Convection	✓	✓	✓	✗
Grill or Convection + Microwave + Steam Shot	✓*	✓**	✗	✗

*: Metal containers can not be placed directly on the wire shelf. Either place food directly on the wire shelf or place a glass dish directly on the wire shelf.

** : Do not use the enamel shelf or glass shelf in shelf position 4.

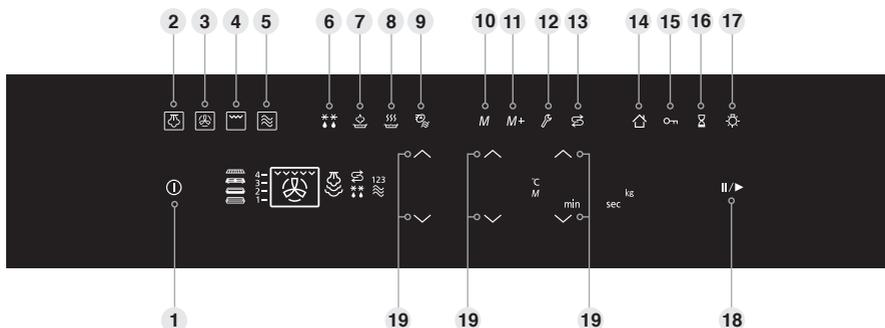
***: Use glass shelf in shelf position 3 only.



Note

For Turbo Cook refer to pages 32-33.

Control Panel



- | | |
|------------------------|----------------------------------|
| 1. On/Off | 11. Memory store |
| 2. Steam | 12. User settings |
| 3. Convection | 13. Cleaning programs |
| 4. Grill | 14. Home |
| 5. Microwave | 15. Child lock |
| 6. Turbo defrost | 16. Timer |
| 7. Steam auto programs | 17. Oven lamp |
| 8. Auto cook programs | 18. Stop/Start |
| 9. Turbo cook | 19. Up and down selection arrows |
| 10. Memory recall | |

This oven is equipped with an energy saving function.



Note

- The oven will enter stand-by mode after 6 minutes of no operation.
- If an operation is set and Stop/Start is not touched within 6 minutes, the oven will automatically cancel the operation. The display will revert back to stand-by mode.
- When in stand-by mode, it is necessary to open and close the oven door or touch On/Off key before operating the oven.

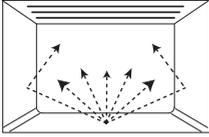
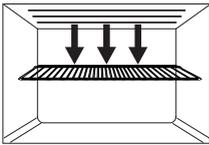
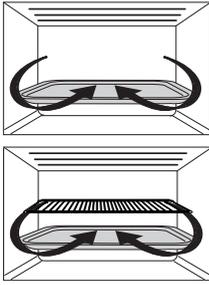
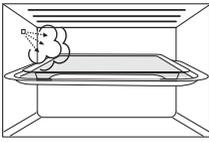


Beep sound

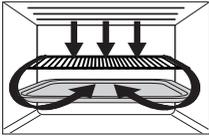
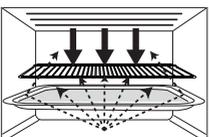
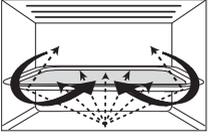
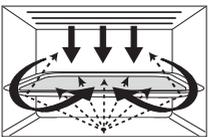
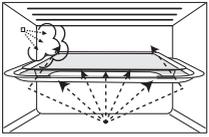
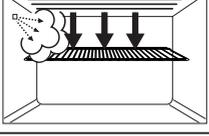
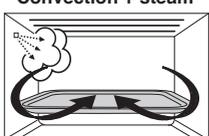
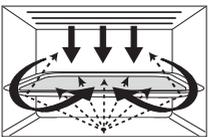
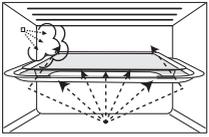
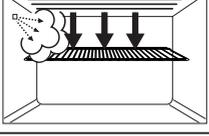
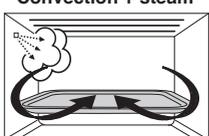
A beep sounds when a key is touched. To adjust volume of beep sounds refer to page 18. After the completion of the preheating on **grill**, **convection**, or **combination** mode, three beeps sound. On some auto programs 3 beeps sound during cooking to stir or turn the food (refer to pages 37-51). After completion of cooking, the oven will beep 5 times.

Cooking Modes

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

Cooking modes	Uses	Accessories to use	Containers
<p>Microwave</p> 	<ul style="list-style-type: none"> ▪ Defrosting ▪ Reheating ▪ Melting: butter, chocolate, cheese. ▪ Cooking fish, vegetables, fruits, eggs (except for eggs in their shell, and whole hard-boiled 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>Use your own Pyrex® dishes, plates or bowls, directly on the base of the oven.</p>	<p>Microwaveable, no metal.</p>
<p>Grill</p> 	<ul style="list-style-type: none"> ▪ Grilling of meat or fish. ▪ Toast grilling. ▪ Browning of gratin dishes or meringue pies. 	<p>Wire shelf and enamel shelf. Do not use the enamel shelf in shelf position 4 on grill only mode.</p>	<p>Heatproof, metal tin / tray can be used.</p>
<p>Convection</p> 	<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>Enamel shelf, glass shelf and wire shelf.</p>	<p>Heatproof, metal tin / tray can be used.</p>
<p>Steam</p> 	<ul style="list-style-type: none"> ▪ Cooking fish, vegetables, chicken, rice, potatoes and sponge puddings. 	<p>Plastic trivet and glass shelf.</p>	<p>Microwaveable.</p>

Combination Cooking Modes

Cooking modes	Uses	Accessories to use	Containers										
Grill + convection 	<ul style="list-style-type: none"> Roasting red meats, thick steak (rib of beef, T bone steaks) Cooking fish. 	Enamel shelf, glass shelf and wire shelf.	Heatproof, metal tin / tray can be used.										
Grill + microwave 	<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. Baking cakes and puddings with eggs or baking powder ingredients with browning, baking of quiches, pies and tarts. 	Wire shelf and / or glass shelf.	Microwaveable and heatproof. Metal cake tin to be used on glass shelf only. Do not use spring form tins.										
Convection + microwave 				Grill + convection + microwave 	Steam + microwave 	<ul style="list-style-type: none"> Cooking fish, vegetables, chicken, rice, and potatoes. 	Plastic trivet and glass shelf.	Microwaveable.	Grill + steam 	<ul style="list-style-type: none"> Cooking gratins Kebabs Baking cakes Pastry tarts Souffles Whole fish 	Wire shelf or enamel shelf.	Heatproof, metal tin / tray can be used.	Convection + steam 
Grill + convection + microwave 													
Steam + microwave 				<ul style="list-style-type: none"> Cooking fish, vegetables, chicken, rice, and potatoes. 	Plastic trivet and glass shelf.	Microwaveable.							
Grill + steam 	<ul style="list-style-type: none"> Cooking gratins Kebabs Baking cakes Pastry tarts Souffles Whole fish 	Wire shelf or enamel shelf.	Heatproof, metal tin / tray can be used.										
Convection + steam 													

User Settings

Access the user settings menu to change the following settings.



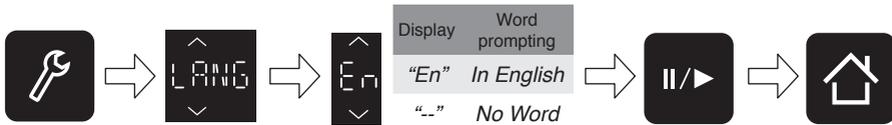
Touch user settings key to access the user settings menu.



- CLOCK (1)
- TIME (2)
- LANG (3)
- GUIDE (4)
- VOLUME (5)
- BLUE (6)
- WHITE (7)
- DEMO (8)

Language

These models have a unique function “Word Prompting” which guides you through the operation of your oven. As you tap the keys, the display will scroll the next instruction reducing the opportunities for mistakes.



Touch user settings key to access the user settings menu.

Select “LANG” by tapping the up and down keys.

Tap the up and down arrows to select English or No Word.

Touch Stop/Start to store this setting.

Touch Home key to exit user settings.

Turning the user guide off and on

The user guide is on by default.



Touch user settings key to access the user settings menu.

Select “GUIDE” by tapping the up and down keys.

Select “OFF” to turn the operation guide off.

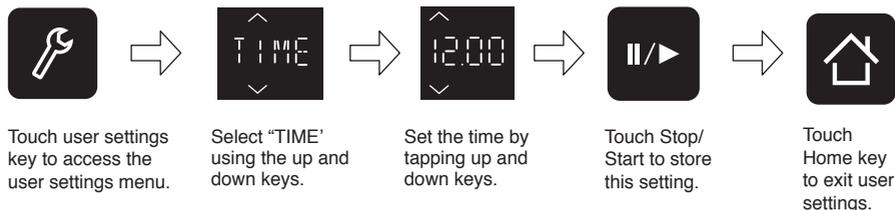
Touch Stop/Start to store this setting.

Touch Home key to exit user settings.

User Settings

Setting the time of day

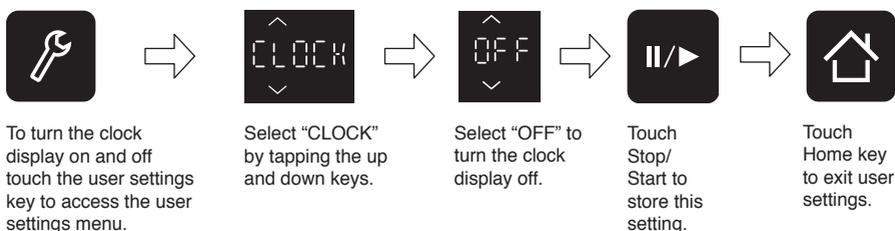
The clock can be set by accessing the user settings.



Note

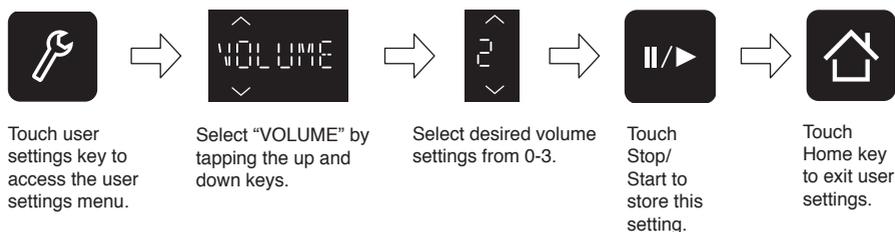
- The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
- One touch will increase or decrease the time by 1 minute, you can also adjust the time quickly by touching and holding the up or down keys.
- This is a 24 hour clock, i.e. 2 pm = 14:00 not 2:00.
- The clock can be turned off in the user settings, see below.

Turning clock display off and on



Volume

The volume can be set between 0 and 3. 0 is silent mode and 3 is the highest volume.



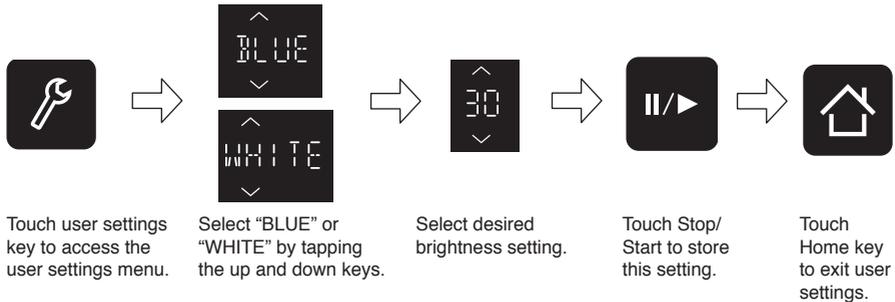
Note

In silent mode the oven will still beep when cooking has ended for turn / stir prompts, for error codes and if the On/Off key is touched.

User Settings

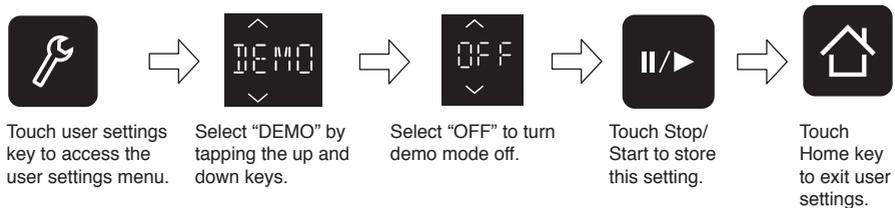
Brightness

The brightness of the blue and white display icons can be changed independently.



Demo mode

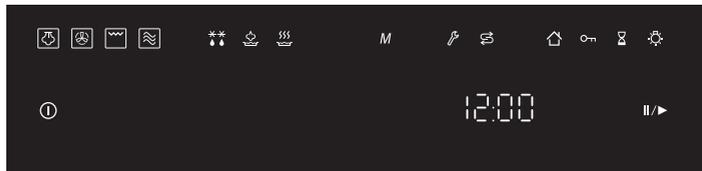
This mode is designed for retail store display.



Home Key



Touch home key to return to the home screen.



Child Lock

Using this system will make the oven controls inoperable; however, the door can be opened.

To Set:



Touch and hold the child lock key for 5 seconds to set the child lock. The key is fully illuminated when the child lock is on.

To Cancel:



Touch and hold the child lock key for 5 seconds to turn the child lock off. The child lock key is partially illuminated when the child lock is off.

Microwave Cooking and Defrosting

There are 6 different microwave power levels available (see the chart below).



Touch Microwave.



Select the microwave power level by tapping the up and down keys. The default power is 1000 W.



Select the cooking time by tapping the up and down keys.



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

Power	Wattage	Max
Max	1000 Watts	30 minutes
Medium	600 Watts	90 minutes
Low	440 Watts	90 minutes
Simmer	300 Watts	90 minutes
Defrost 	270 Watts	90 minutes
Warm	100 Watts	90 minutes

Use of 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

- Stand time can be programmed after microwave power and time setting. Refer to using the timer page 34.
- For multi-stage cooking refer to page 35.
- You can change the cooking time during cooking if required by a maximum of 10 minutes. Tap up and down keys to increase or decrease the cooking time. Touch and hold the up or down key to increase or decrease time more quickly. Tapping down to zero will end cooking.
- Maximum time that can be set on Max power is 30 minutes. On all other power levels the maximum time that can be set is 90 minutes.
- **Do not** attempt to use the microwave only mode 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 key once, twice or three times to select the desired grill power.

Key Taps	Display	Power Level
1 tap		Grill 1 (high)
2 taps		Grill 2 (medium)
3 taps		Grill 3 (low)

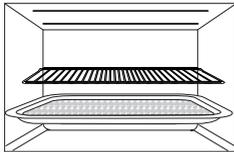


Touch Start to preheat. A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Then open the door and place the food inside. * *When preheat is not required skip this step by setting the grilling time.*

Select the cooking time by tapping up and down keys. Maximum cooking time is 90 minutes.

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

Use of accessory:



Place wire shelf with food in shelf position 3 or 4.

Place glass shelf in shelf position 2 or 3 to catch fat and drips. Do not use the enamel shelf in shelf position 4 on grill only mode.

Grilling



Note

- Never cover foods when grilling.
- The grill will only operate with the oven door closed.
- Most foods require turning halfway through cooking. When turning food, open oven door and **carefully** remove wire shelf using oven gloves. After turning, return food to the oven and close door. After closing oven door, touch Stop/Start. The oven display will continue to count down the remaining grilling time. It is safe to open the oven door at any time to check the progress of the food as it is grilling.
- The grill will glow on and off during cooking - this is normal. Always clean the oven after using the Grill and before using microwave or combination.
- You can change the cooking time during cooking if required by a maximum of 10 minutes. Tap up and down keys to increase or decrease the cooking time. Touch and hold the up or down key to increase or decrease time more quickly. Tapping down to zero will end cooking.



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, 40 °C and 100 - 230 °C, in 5 °C increments. For quick selection of the most commonly used cooking temperatures, the temperature starts at 150 °C and counts up and down.



Touch
Convection
key.



Set the desired convection
temperature by tapping the
up and down keys.



After preheating,
place the food in
the oven.



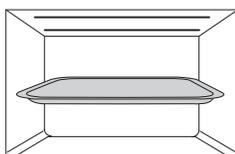
Touch Stop/Start to preheat. A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Open the door and place the food inside.

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

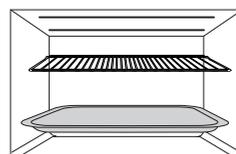
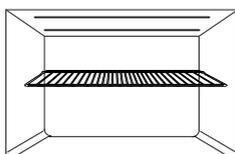
Select the cooking time by tapping up and down keys.

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

Use of accessory:



For 1 level **convection** cooking use the enamel shelf or wire shelf in any shelf position.



For 2 level **convection** cooking, the enamel shelf can be used in shelf position 1 and the wire shelf can be used in shelf position 3.



Note

- The oven cannot preheat at 40 °C.
- For two level cooking, baking times can differ. The food on the upper level may be cooked sooner than that on the lower one.

Convection Cooking



Note on preheating

- 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. If the door is not opened within 30 minutes of starting preheating, preheating will end.
- If you want to cook without preheating, after selecting the desired temperature, set the cooking time then touch Stop/Start.



Note

- When the selected cooking time is less than one hour, the time counts down second by second.
- 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.
- You can change the cooking time during cooking if required by a maximum of 10 minutes. Tap up and down keys to increase or decrease the cooking time. Touch and hold the up or down key to increase or decrease time more quickly. Tapping down to zero will end cooking.
- After touching Stop/Start, the selected temperature can be changed by tapping the up and down keys. This does not include 40 °C.
- Depending on the recipe, you can preheat with or without the shelves in position. The shelves are ideal for batch baking and when cooking in a large dish.



Caution!

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

Steam Cooking

There are 3 different steam settings available. Use the steam mode to cook vegetables, fish, chicken and rice.



Taps	Display	Power Level	Temp
1 tap		Steam 1	High
2 taps		Steam 2	Med
3 taps		Steam 3	Low

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



Select the cooking time by tapping up and down keys. Maximum cooking time is 30 minutes.

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



Note

- Fill the water tank before using the steam function.
- 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.
- 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 Stop/Start. The oven will not continue cooking until the water tank has been re-filled and Stop/Start touched.
- You can change the cooking time during cooking if required by a maximum of 10 minutes. Tap up and down keys to increase or decrease the cooking time. Touch and hold the up or down key to increase or decrease time more quickly. Tapping down to zero will end cooking.
- It is possible to refill water tank at any time during cooking, without having to touch Stop/Start first.
- Wipe away excess water in the cavity and around the water tank and drain tank after cooking with steam.

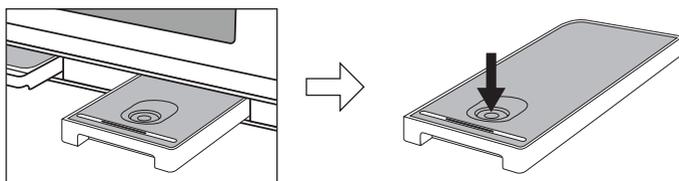


Caution!

- 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 drain tank.

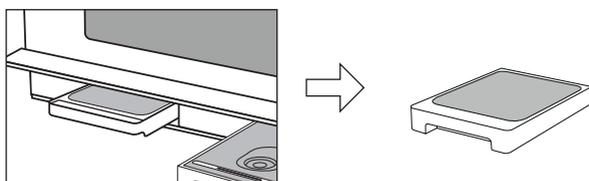
Steam Cooking

Water tank



Carefully remove the water tank from the oven. Fill with tap water (do not use mineral water) and position back in the oven. It is recommended to clean the water tank in warm water once a week.

Drain tank

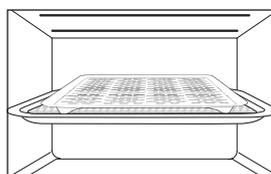


The drain tank is used to collect water during the system cleaning programs (see page 52). During cooking the drain tank will collect a small amount of condensation.

Oven accessories to use:

When steaming food the plastic trivet is placed inside the glass shelf in shelf position 3 *only*. Food can be placed directly on the plastic trivet.

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



*Place food on plastic trivet, on the glass shelf in shelf position 3 *only*.*



Note

- Use the accessories provided, as explained above.
- The steam will only operate with the oven door closed.

Steam Shot

This feature allows you to add steam during cooking (for 1, 2 or 3 minutes). There are seven combinations that you can use steam shot -

Microwave

Grill

Convection

Grill + convection

Grill + microwave

Convection + microwave

Grill + convection + microwave

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 2 or 3 times within 3 seconds after step 2. The remaining time displayed includes steam shot time.



Note

- Steam shot is not available during preheating mode or at 40 °C convection.
- Fill the water tank before use.
- The original program still counts down when operating steam shot.
- The steam shot time can not exceed the remaining cooking time.
- If adding 2 or 3 minutes, steam must be tapped 2 or 3 times within a 3 second time period.
- Wipe away excess water in the cavity and around the water tank and drain tank after cooking with steam.



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.

Food	Cooking mode	Steam Shot
Pastries	Convection	$\frac{2}{3}$ total time add 3 minutes Steam Shot
Breads	Convection	$\frac{2}{3}$ total time add 3 minutes Steam Shot
Sponge cakes	Convection	$\frac{1}{2}$ total time add 3 minutes Steam Shot
Part baked rolls	Convection + Grill	$\frac{2}{3}$ total time add 3 minutes Steam Shot

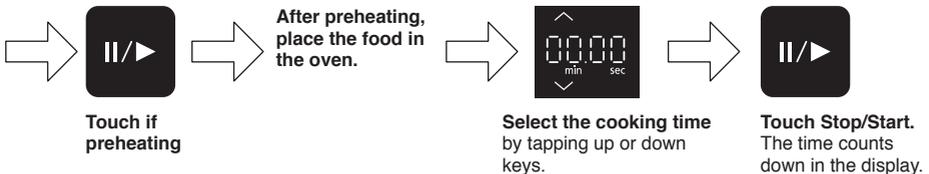
Combination Cooking

There are 4 combination settings;

1. **Grill + Microwave**
2. **Grill + Convection**
3. **Convection + Microwave**
4. **Grill + Convection + Microwave**

1000 W Microwave power level is not available in Combination cooking. This would not be useful in normal use (the food would be cooked before browning is achieved). 270 W Defrost can not be set in combination.

Cooking modes Grill or convection must be selected before microwave	Display
 Grill + Microwave (Maximum cooking time is 1 hour 30 minutes)	
or  Convection + Grill	
or  Convection + Microwave	
or  Convection + Grill + Microwave	



Combination Cooking



Note on preheating

- The oven can be preheated in Combination mode with Convection or Grill/Convection cooking.
- Touch Stop/Start before setting the cooking time and follow the **note on Preheating** on page 24.
- **No microwaves are emitted during combination preheating.**



Note

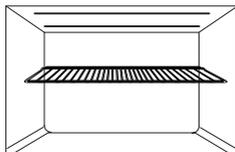
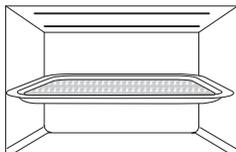
- Combination modes are not available with convection 40 °C.
- Preheating is not available for Grill + Microwave mode.
- When the selected cooking time is less than one hour, the time counts down second by second.
- When the selected cooking time is over one hour, the time counts down minute by minute until only "1H 00" (1 hour) remains. The display then indicates minutes and seconds and counts down second by second.
- You can change the cooking time during cooking if required by a maximum of 10 minutes. Tap up and down keys to increase or decrease the cooking time. Touch and hold the up or down key to increase or decrease time more quickly. Tapping down to zero will end cooking.
- 1000 W or 270 W (Defrost) microwave power settings are not available in combination.



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.

Use of accessories:



Use the wire shelf in any of the shelf positions. Use the glass shelf in shelf positions 1 to 3.

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.

Cooking modes The cooking modes can be selected in any order.	Available power levels	Display
 Steam + Microwave	Steam Level: 1, 2 or 3 Microwave power: 100 W, 300 W or 440 W	
or  Steam + Grill	Steam Level: 1 Grill Level: 1, 2 or 3	
or  Steam + Convection	Steam Level: 1 Convection Temperature: 100 °C - 230 °C	

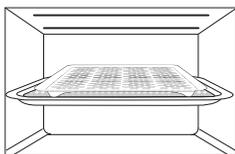


Select the cooking time
by tapping up or down keys.
Maximum cooking time is
30 minutes.

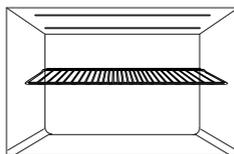


Touch Stop/Start.
The cooking program will
start and the time in the
display will count down.

Use of accessories:



Steam + microwave
Plastic trivet on glass shelf in
shelf position 3.



Steam + grill or convection
Wire shelf or enamel shelf in any
shelf position.

Combination Cooking with Steam



Note

- 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.
- 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 Stop/Start. The oven will not continue cooking until the water tank has been re-filled and Stop/Start touched.
- Preheating is not available with Steam + Microwave and Steam + Grill mode.
- You can change the cooking time during cooking if required by a maximum of 10 minutes. Tap up and down keys to increase or decrease the cooking time. Touch and hold the up or down key to increase or decrease time more quickly. Tapping down to zero will end cooking.
- It is possible to refill water tank at any time during cooking, without having to touch Stop/Start first.
- Wipe away excess water in the cavity and around the water tank and drain tank after cooking with steam.



Caution

- The accessories and surrounding oven will get very hot. Use oven gloves.
- When removing 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.
- Do not use the plastic trivet when using combination steam + grill or convection modes.
- During and after cooking with steam function, do not open the oven door when your face is close to the oven. Care must be taken when opening the door as steam may cause injury.

Turbo Cook

The oven can be programmed to cook or reheat food more efficiently by using the Turbo Cook function to support steam, convection, grill and grill + convection cooking. Selecting Turbo Cook after any of these cooking modes will simultaneously add 300 W microwave power to reduce cooking time.



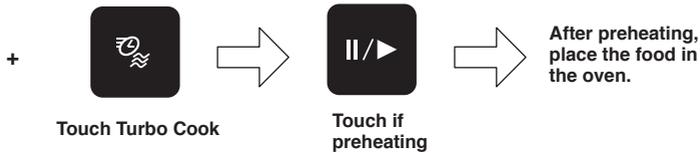
or



and/or



Select first cooking mode.



Select the cooking time by tapping up and down keys.

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

Cooking guidelines

Food	Weight	Combination	Time	Instructions
Croque monsieur	200 g (2 pcs)	Grill 1 + Turbo Cook (300 W)	4 mins	Place on wire shelf, position 4. Turn when golden.
Frozen breaded fish fillets	100 g (1 pce)	Grill 1 + Turbo Cook (300 W)	6 mins	Place on glass shelf, position 3.
Beef rib (well done)	Per 400 g	230 °C + Grill 1 + Turbo Cook (300 W)	10-11 mins	Place on wire shelf, position 3 with glass shelf as drip tray below. Turn after 7 mins.
Poussin	Per 500 g	230 °C + Grill 1 + Turbo Cook (300 W)	13-14 mins	Place on glass shelf, position 2. Turn 2/3rds.
Frozen spring rolls (chicken)	360 g (4 pcs)	200 °C + Grill 1 + Turbo Cook (300 W)	7-8 mins	Place on glass shelf, position 3. Turn halfway.
Apple Strudel (frozen, raw)	300 g	230 °C + Turbo Cook (300 W)	11 mins	Place on glass shelf, position 2.
Lasagne (fresh)	800 g	230 °C + Grill 1 + Turbo Cook (300 W)	10-12 mins	Place in heatproof dish on glass shelf, position 2.
Whole fresh fish	300-400 g (1 pce)	180 °C + Turbo Cook (300 W)	8-10 mins	Place on glass shelf, position 2.
Quiche	300 g	220 °C + Turbo Cook (300 W)	7 mins	Place on wire shelf, position 3.
Sausage roll	250 g (2 pcs)	200 °C + Grill 1 + Turbo Cook (300 W)	6 mins	Place on wire shelf, position 3.

Turbo Cook



Note

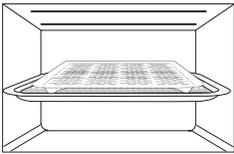
- Turbo cook is not available with Convection 40 °C
- Preheat is only available with Turbo Cook and convection or with Turbo Cook, grill and convection.
- You can change the cooking time during cooking if required to a maximum of 10 minutes. Tap up and down keys to increase or decrease the cooking time. Touch and hold the up or down key to increase or decrease time more quickly. Tapping down to zero will end cooking.



Caution!

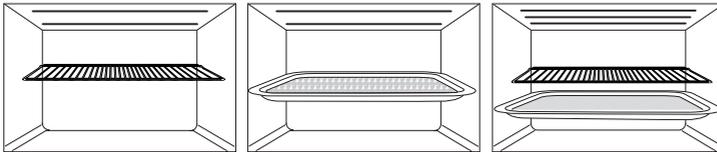
Always use oven gloves when removing the food and accessories after cooking as the oven and accessories will be very hot.

Use of accessories:



Steam + Turbo cook

Plastic trivet on glass shelf in shelf position 3.



Grill + Turbo cook / Convection + Turbo cook

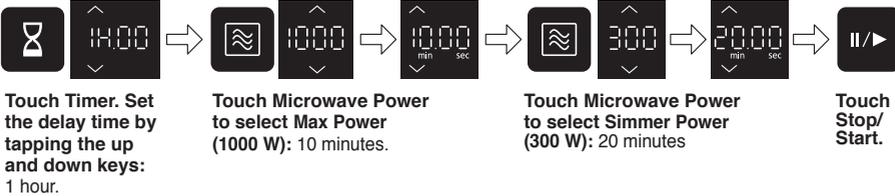
Wire shelf and/or glass shelf.

Using the Timer

Delay start cooking

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

example



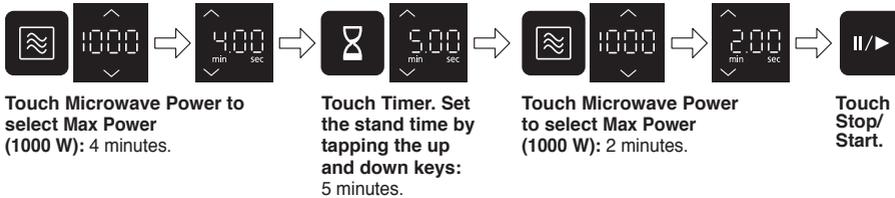
Note

- Multi-Stage cooking can be programmed including Delay start cooking.
- 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.
- Delay start cannot be programmed before an auto program.

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.

example



Note

- Multi-Stage cooking can be programmed including stand time.
- This feature may also be used as a kitchen timer. In this case touch the Timer, set time and touch Stop/Start.
- If the oven door is opened during the stand time or kitchen timer, the time in the display window will continue to count down.
- Stand time cannot be programmed after an auto program.

Multi-Stage Cooking

2 or 3 stage cooking

example

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



Select Microwave defrost power (270 W).

Set the cooking time to 2 minutes.

Touch Microwave Power to select max power (1000 W).

Set the cooking time to 3 minutes.

Touch Stop/Start.

example

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



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

Set the cooking time to 4 minutes.

Select Microwave low power (440 W).

Set the cooking time to 5 minutes.

Touch Stop/Start.



Note

- For 3 stage cooking, enter another cooking program before touching Stop/Start.
- During operation, touching Stop/Start once will stop the operation. Touching Stop/Start will resume the programmed operation.
- Whilst not operating, touching Home will clear the selected program.
- Auto programs cannot be used with multi-stage cooking.

Memory

Using the memory function

This feature allows you to pre-program your oven for a frequently used reheating or cooking task. You are able to pre-program your oven for a specific power level and time that is convenient for you. You can only pre-program one memory task with this oven.

To set a memory program

Set the desired cooking program.



Touch and hold M+ to store the cooking program. A beep will sound to confirm the program has been stored.

To use a memory program



Touch M to recall your stored memory cooking program.



Press Stop/Start to begin cooking.



Note

- Auto programs cannot be programmed into memory.
- Setting a new cooking program into memory will cancel the cooking program previously stored.
- If M+ key is not illuminated, memory cannot be stored.
- If M key is not illuminated, memory cannot be recalled.

Turbo Defrost

With this feature you can defrost frozen food according to the weight. For quick selection, the weight starts from the most commonly used weight for each program.



Select the desired Turbo Defrost program. Place food in a suitable dish/plate on the base of the oven.

Select the cooking weight by tapping the up and down keys.

Touch Stop/Start. Remember to stir or turn the food during defrosting.



Note

- When the defrosting time is longer than 60 minutes, the time will appear in hours and minutes.
- The shape and size of the food will determine the maximum weight the oven can accommodate.
- Allow standing time to ensure the food is completely defrosted.



Important!

See page 86 for defrosting guidelines.

 Program	Min./Max. Weight	Suitable Food
1. MINCED MEAT	0.10 kg - 1.20 kg	To defrost minced beef, lamb, pork or chicken. Select turbo defrost program 1. Enter the weight. Break up mince at beeps. Allow to stand 20-30 minutes. Larger quantities may require longer stand times.
2. CHOPS	0.10 kg - 1.10 kg	To defrost pork or lamb chops (each 100 g to 400 g). Select turbo defrost program 2. Enter the weight. Turn and shield at beeps. Allow to stand 20-30 minutes. Larger quantities may require longer standing.
3. FISH FILLETS	0.10 kg - 1.20 kg	To defrost fish fillets (each 100 g - 400 g). Select turbo defrost program 3. Enter the weight. Turn and shield at beeps. Allow to stand 20-30 minutes. Larger quantities may require longer standing.
4. CHICKEN WHOLE	0.50 kg - 2.50 kg	To defrost whole poultry. Select turbo defrost program 4. Enter the weight. Whole poultry will require turning and shielding at beeps. Protect wings, breast and fat with smooth pieces of aluminium foil secured with cocktail sticks. Do not allow the foil to touch the walls of the oven. Allow to stand 1-2 hours.

Turbo Defrost

 Program	Min./Max. Weight	Suitable Food
5. CHICKEN WITH BONES	0.10 kg - 1.20 kg	To defrost chicken pieces with bones (each 100 g - 400 g). Select turbo cook program 5. Enter the weight. Turn and shield at beeps. Allow to stand 20-30 minutes. Larger quantities may require longer standing.
6. CHICKEN WITHOUT BONES	0.10 kg - 1.20 kg	To defrost chicken pieces without bones (each 100 g - 400 g). Select turbo cook program 6. Enter the weight. Turn and shield at beeps. Allow to stand 30-40 minutes. Larger quantities may require longer standing.
7. BEEF	0.50 kg - 2.00 kg	To defrost beef joints. Select turbo cook program 7. Enter the weight. Beef joints will require turning and shielding at beeps. Protect fat and thin edges with smooth pieces of aluminium foil secured with cocktail sticks. Do not allow the foil to touch the walls of the oven. Allow to stand 1-2 hours.
8. PORK	0.50 kg - 2.00 kg	To defrost pork joints. Select turbo cook program 8. Enter the weight. Pork joints will require turning and shielding at beeps. Protect fat and thin edges with smooth pieces of aluminium foil secured with cocktail sticks. Do not allow the foil to touch the walls of the oven. Allow to stand 1-2 hours.
9. LAMB	0.50 kg - 2.00 kg	To defrost lamb joints. Select turbo cook program 9. Enter the weight. Lamb joints will require turning and shielding at beeps. Protect fat, thin edges and tip by bone with smooth pieces of aluminium foil secured with cocktail sticks. Do not allow the foil to touch the walls of the oven. Allow to stand 1-2 hours.
10. BREAD ROLLS	0.10 kg - 0.50 kg	To defrost white, brown or multi-grain bread rolls. Place on a large plate or shallow glass dish. Select turbo cook program 10. Enter the weight. Turn and separate at beeps. Allow bread rolls to stand for 10 minutes (white light bread rolls) to 30 minutes (dense rye bread rolls).
11. BREAD SLICES	0.10 kg - 0.35 kg	To defrost white, brown or multi-grain bread slices. Separate where possible and place on a large plate or shallow glass dish. Select turbo cook program 11. Enter the weight. Turn and separate at beeps. Allow bread to stand for 10-30 minutes.

Auto Cook Programs

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

example



Select the desired Auto Cook Program.



Select the cooking weight by tapping the up and down keys.



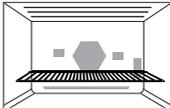
Touch Stop/Start.

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

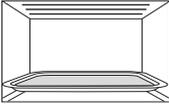
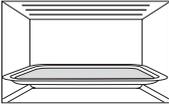
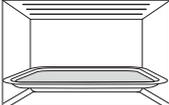
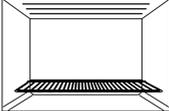
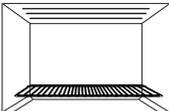


Note

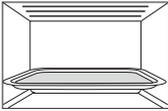
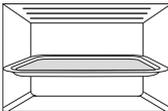
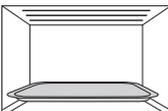
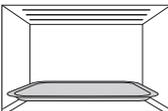
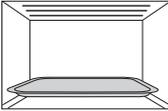
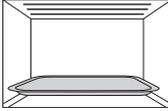
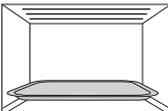
- The auto cook programs must **only** be used for foods described.
- Only cook foods within the weight ranges described.
- Always weigh the food rather than relying on the package weight information.
- The temperature for frozen food is assumed to be -18 °C to -20 °C. The temperature of chilled food is assumed to be +5 °C to +8 °C (refrigerator temperature).
- Only use the accessories as indicated on pages 39-43.
- Most foods benefit from a **standing** time after cooking on an auto program, to allow heat to continue conducting to the centre.
- To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

Program	Weight	Accessories	Instructions
12. PASTA BAKE	0.35 kg - 0.45 kg	-	For reheating, browning and crisping the top of pre-cooked crispy top pasta meals. This program is suitable for lasagne, cannelloni and pasta bakes. Remove all packaging and place in a suitable sized Pyrex® dish on base of oven. Select auto combi program 12. Enter the weight of the crispy top pasta and touch Stop/Start.
13. POTATO BAKE	0.35 kg - 0.45 kg	-	For reheating, browning and crisping the top of pre-cooked crispy top potato meals. This program is suitable for shepherds pie, fish pie and potato topped bakes. Remove all packaging and place in a suitable sized Pyrex® dish on base of oven. Select auto combi program 13. Enter the weight of the potato bake and touch Stop/Start.
14. JACKET POTATOES	0.20 kg - 1.50 kg		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 rack in shelf position 2. Select auto cook program 14. Enter the weight of the potatoes. Touch Stop/Start.

Auto Cook Programs

Program	Weight	Accessories	Instructions
15. ROAST POTATOES	0.20 kg - 0.80 kg		Peel and cut potatoes into even sized pieces. Place on glass shelf. Add 1-3 tbsp (15-45 ml) olive oil. Place glass shelf in shelf position 1. Select auto cook program 15. Enter the weight of the potatoes. Touch Stop/Start. Turn twice during cooking at beeps.
16. FRIES (FROZEN) 	0.20 kg - 0.80 kg		To cook frozen fries/oven chips. Spread frozen fries/oven chips out on glass shelf and place in shelf position 2. Select auto cook program 16. Enter the weight of frozen fries/oven chips. Touch Stop/Start. Turn twice during cooking at beeps. For best results cook in a single layer. Note: Fries/oven chips vary considerably. We suggest checking a few minutes before the end of cooking to assess level of browning.
17. CROQUETTES (FROZEN) 	0.25 kg - 0.80 kg		To cook frozen potato croquettes. Spread frozen potato croquettes out on glass shelf and place in shelf position 2. Select auto cook program 17. Enter the weight of frozen potato croquettes. Touch Stop/Start. Turn twice during cooking at beeps. For best results cook in a single layer. Note: Potato croquettes vary considerably. We suggest checking a few minutes before the end of cooking to assess level of browning.
18. PIZZA (CHILLED)	0.10 kg - 0.60 kg		For reheating and browning chilled , purchased pizza. Remove all packaging and place on wire shelf in shelf position 1. Select auto cook program 18. Enter the weight of the chilled pizza. Touch Stop/Start. This program is not suitable for deep pan pizzas or very thin pizzas.
19. PIZZA (FROZEN) 	0.10 kg - 0.55 kg		For reheating and browning frozen , purchased pizza and cheese baguette. Remove all packaging and place on wire shelf in shelf position 1. Select auto cook program 19. Enter the weight of the frozen pizza. Touch Stop/Start. This program is not suitable for deep pan pizzas or very thin pizzas.

Auto Cook Programs

Program	Weight	Accessories	Instructions
20. BREADED FISH	0.10 kg - 0.80 kg		To cook pre-purchased frozen breaded fish. Place frozen breaded fish on glass shelf in shelf position 2. Select auto cook program 20. Enter the weight of frozen breaded fish. Touch Stop/Start. Turn at beeps. Thicker, heavier pieces of breaded fish may need longer cooking.
21. ROASTED VEGETABLES	0.40 kg - 1.00 kg		To roast assorted vegetables (e.g. peppers, mushrooms, courgettes, onions). Cut vegetables into even sized chunks and toss with 45 ml (3 tbsp) oil. Place vegetables on glass shelf in shelf position 3. Select auto cook program 21. Enter the weight of the roasted vegetables. Touch Stop/Start. Turn twice during cooking at beeps.
22. BEEF RARE	0.50 kg - 2.00 kg		For cooking rare fresh roast beef (topside, rump or silverside). Place on enamel shelf in shelf position 1. Select auto cook program 22. Enter the weight of beef and touch Stop/Start. Stand for 10-15 minutes.
23. BEEF MEDIUM	0.50 kg - 2.00 kg		For cooking medium fresh roast beef (topside, rump or silverside). Place on enamel shelf in shelf position 1. Select auto cook program 23. Enter the weight of beef and touch Stop/Start. Stand for 10-15 minutes.
24. BEEF WELL DONE	0.50 kg - 2.00 kg		For cooking well done fresh roast beef (topside, rump or silverside). Place on enamel shelf in shelf position 1. Select auto cook program 24. Enter the weight of beef and touch start. Stand for 10-15 minutes.
25. LAMB MEDIUM	1.00 kg - 2.00 kg		For cooking medium fresh leg of lamb with bone. Place on enamel shelf in shelf position 1. Select auto cook program 25. Enter the weight of the lamb. Touch Stop/Start. Turn at beeps. Stand wrapped in aluminium foil for 10-15 minutes.
26. LAMB WELL DONE	1.00 kg - 2.00 kg		For cooking well done fresh leg of lamb with bone. Place on enamel shelf in shelf position 1. Select auto cook program 26. Enter the weight of the lamb. Touch Stop/Start. Turn at beeps. Stand wrapped in aluminium foil for 10-15 minutes. Due to the seasonal variation with lamb, irregular shaped joints may need a longer cooking time to obtain desired end result. If necessary return to the oven on 200 °C for 5-10 minutes.

Auto Cook Programs

Program	Weight	Accessories	Instructions
27. CASSEROLE	0.90 kg - 2.00 kg	-	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 auto cook program 27. Enter the weight of the casserole. Touch Stop/Start. Stir during cooking at beeps.
28. MEAT SAUCE	0.45 kg - 2.00 kg	-	To cook raw mince beef based sauce i.e. Bolognese sauce and also very finely diced chicken or pork fillet to be cooked in a sauce. Ensure a minimum quantity of 300 ml of liquid or sauce. If using a cook-in sauce add equal quantity of water to cook-in sauce. Cover with a lid. Place on base of oven. Select auto cook program 28. Enter the weight of the meat sauce. Touch Stop/Start. Stir during cooking at beeps.
29. PASTA	0.10 kg - 0.50 kg	-	To cook dried pasta. Use a large bowl. Add 1 tbsp oil and boiling water. For 100 g - 290 g pasta add 1 litre of boiling water. For 300 g - 500 g pasta add 1.5 litre of boiling water. ½ - 1 tsp (2.5 - 5 ml) salt may be added if desired. Cover with a lid. Place container on base of oven. Select auto program number 29. Enter the weight of the pasta. Touch Stop/Start. Stir at beeps. For a softer texture, stand up to 5 minutes after cooking. Drain after cooking.

Auto Cook Programs

Program	Weight	Accessories	Instructions
30. MEAL (CHILLED)	0.20 kg - 1.00 kg	—	<p>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 food in container on base of oven. Select auto cook program 30. Enter the weight of the chilled meal. Touch Stop/Start. 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.</p>
31. MEAL (FROZEN) 	0.20 kg - 0.80 kg	—	<p>To reheat a frozen pre-cooked meal. All foods must be pre-cooked and frozen -18 °C. Reheat in container as purchased or in a Pyrex® dish. Meals in irregular shaped containers may need longer cooking. 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 food in container on base of oven. Select auto cook program 31. Enter the weight of the frozen meal. Touch Stop/Start. Stir at beeps and cut the blocks into pieces. Stir again at end of program and allow a few minutes standing time. Check temperature and cook further minutes if necessary before eating. This program is not suitable for portionable frozen foods.</p>

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. For quick selection, the weight starts from the most commonly used weight for each category.



Select the desired auto steam program.



Select the cooking weight by tapping the up and down keys.

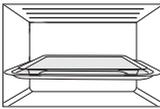
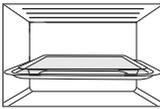


Touch Stop/Start.
The cooking program will start and the time in the display will count down.

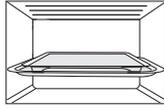
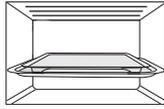
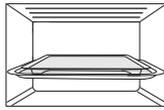
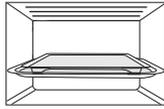
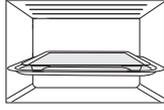
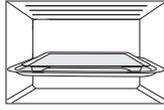


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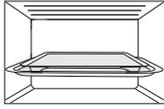
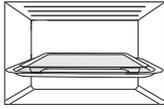
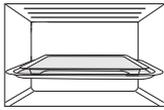
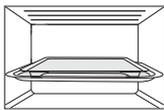
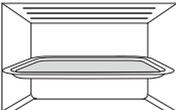
- The auto steam programs must **only** be used for foods described.
- Only cook foods within the weight ranges described.
- Always weigh the food rather than relying on the package weight information.
- Only use the accessories as indicated on pages 44-47.
- Do not cover foods on the auto steam programs.
- Most foods benefit from a **standing** time after cooking on an auto program, to allow heat to continue conducting to the centre.
- To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
- Wipe away excess water in the cavity and around the water tanks after cooking with steam.

Program	Weight	Accessories	Instructions
32. CARROTS (FRESH)	0.20 kg - 0.32 kg		To steam fresh carrots. Fill water tank. Place prepared carrots onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program 32. Enter the weight of the fresh carrots. Touch Stop/Start.
33. BROCCOLI / CAULIFLOWER (FRESH)	0.20 kg - 0.32 kg		To steam fresh broccoli or cauliflower. Fill water tank. Place prepared broccoli or cauliflower onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program 33. Enter the weight of the fresh broccoli or cauliflower. Touch Stop/Start.

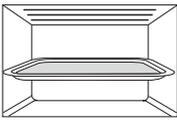
Auto Steam Programs

Program	Weight	Accessories	Instructions
34. POTATOES WITH SKIN	0.20 kg - 0.50 kg		To steam potatoes with skins. Fill water tank. Cut potatoes into even sized pieces. Place prepared potatoes onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program 34. Enter the weight of the potatoes. Touch Stop/Start.
35. POTATOES	0.20 kg - 0.50 kg		To steam potatoes without skins. Fill water tank. Peel potatoes and cut into even sized pieces. Place prepared potatoes onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program 35. Enter the weight of the potatoes. Touch Stop/Start.
36. CARROTS (FROZEN) 	0.20 kg - 0.32 kg		To steam frozen carrots. Fill water tank. Place frozen carrots onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program 36. Enter the weight of the frozen carrots. Touch Stop/Start.
37. BROCCOLI (FROZEN) 	0.20 kg - 0.32 kg		To steam frozen broccoli. Fill water tank. Place frozen broccoli onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program 37. Enter the weight of the frozen broccoli. Touch Stop/Start.
38. PEAS / SWEETCORN (FROZEN) 	0.20 kg - 0.32 kg		To steam frozen peas / sweetcorn. Fill water tank. Place frozen peas / sweetcorn onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program 38. Enter the weight of the frozen peas and sweetcorn. Touch Stop/Start.
39. COD / HADDOCK (FRESH)	0.20 kg - 0.50 kg		To cook fresh cod or haddock fillets. Fill water tank. Place fresh cod or haddock onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program 39. Enter the weight of the fresh cod or haddock. Touch Stop/Start.

Auto Steam Programs

Program	Weight	Accessories	Instructions
40. SALMON (FRESH)	0.20 kg - 0.50 kg		To cook fresh salmon fillets. Fill water tank. Place fresh salmon onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program 40. Enter the weight of the fresh salmon. Touch Stop/Start.
41. PLAICE (FRESH)	0.20 kg - 0.50 kg		To cook fresh plaice fillets. Fill water tank. Place fresh plaice onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program 41. Enter the weight of the fresh plaice. Touch Stop/Start.
42. COD / HADDOCK (FROZEN) 	0.20 kg - 0.50 kg		To cook fresh cod or haddock fillets. Fill water tank. Place frozen cod or haddock onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program 42. Enter the weight of the frozen cod or haddock. Touch Stop/Start.
43. SALMON (FROZEN) 	0.20 kg - 0.50 kg		To cook fresh salmon fillets. Fill water tank. Place frozen salmon onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program 43. Enter the weight of the frozen salmon. Touch Stop/Start.
44. RICE	0.10 kg - 0.20 kg		For cooking rice for savoury dishes not rice pudding (Thai, Basmati, Jasmine, long grain). Fill water tank. Place rice in a shallow Pyrex® bowl. Add 2.5 parts water to 2 parts rice. Do not cover. Place bowl on glass shelf in shelf position 3. Select auto steam program 44. Enter the weight of the rice only. Touch Stop/Start.

Auto Steam Programs

Program	Weight	Accessories	Instructions
45. RISOTTO	0.50 kg (2 portions) 1.00 kg (4 portions)		For cooking risotto, 500 g or 1000 g. Prepare as outlined in the recipe below. Fill water tank. Place on the glass shelf in shelf position 3. Do not cover. Select auto steam program 45. Select 500 g or 1000 g. Touch Stop/Start. Stir at beeps. Check water tank during cooking and re-fill as necessary.

Porcini mushroom risotto

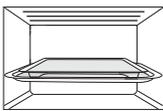
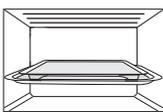
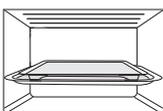
ingredients

For 1000 g (4 portions)

40 g dried porcini mushrooms
1 onion
50 g butter
250 g arborio rice
1 garlic clove
400 ml hot water with
1 vegetable stock cube
30 g parmesan

**Half the ingredients for 500 g
(2 portions)**

1. Soak mushrooms as per manufacturer's instructions using 400 ml water for 40 g, 200 ml for 20 g.
2. Add rice, chopped onion, butter, crushed garlic clove and chopped soaked porcini mushrooms to glass shelf.
3. Add vegetable stock and mushroom soaking water (150 ml for 4 portion recipe, 75 ml for 2 portion recipe).
4. Place on shelf level 3 and ensure water tank is filled.
5. Stir in parmesan at end of cooking.

Program	Weight	Accessories	Instructions
46. MACKEREL (FRESH)	0.20 kg - 0.60 kg		To cook fresh whole mackerel. Each whole fish should weigh between 100 - 300 g each. Fill water tank. Place whole fish directly onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program 46. Enter the weight of the whole fresh mackerel. Touch Stop/Start.
47. SEABASS (FRESH)	0.20 kg - 0.60 kg		To cook fresh whole seabass. Each whole fish should weigh between 100 - 300 g each. Fill water tank. Place whole fish directly onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program 47. Enter the weight of the whole fresh seabass. Touch Stop/Start.
48. CHICKEN BREAST	0.20 kg - 0.65 kg		To cook fresh chicken breasts. Each breast should weigh between 100 - 250 g each. Fill water tank. Place chicken breasts onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program 48. Enter the weight of the chicken breasts. Touch Stop/Start.

Auto Steam Programs with Turbo Cook

This feature combines the benefits of steam cooking with microwave power to speed up the cooking process. By setting the weight only, the oven determines the steam level and microwave power level and automatically calculates the cooking time. Select the category and set the weight of the food. For quick selection, the weight starts from the most commonly used weight for each category.



Select the desired auto steam program.



Touch the microwave assist (turbo cook button) once.



Select the cooking weight by tapping the up and down keys.

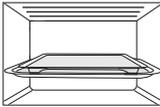
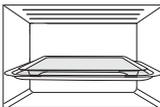


Touch Stop/Start. The cooking program will start and the time in the display will count down.

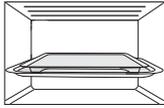
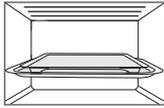
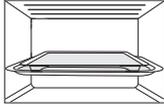
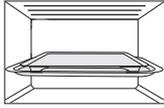
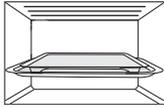


Note

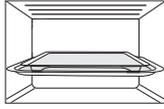
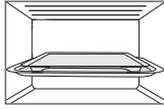
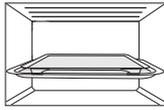
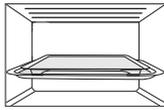
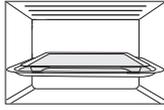
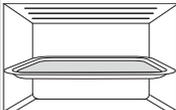
- The auto steam programs with turbo cook must **only** be used for foods described.
- Only cook foods within the weight ranges described.
- Always weigh the food rather than relying on the package weight information.
- Only use the accessories as indicated on pages 48-51.
- Most foods benefit from a **standing** time after cooking on an auto program, to allow heat to continue conducting to the centre.
- To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
- Do not cover the food for the auto steam programs with turbo cook except for the rice program. Cover with cling film. Pierce the cling film with a sharp knife once in the centre and four times around the edge.
- Wipe away excess water in the cavity and around the water tank and drain tank after cooking with steam.

Program	Weight	Accessories	Instructions
32. CARROTS (FRESH)	0.20 kg - 0.32 kg		To steam + microwave fresh carrots. Fill water tank. Place prepared carrots onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program with turbo cook 32. Enter the weight of the fresh carrots. Touch Stop/Start.
33. BROCCOLI / CAULIFLOWER (FRESH)	0.20 kg - 0.32 kg		To steam + microwave fresh broccoli or cauliflower. Fill water tank. Place prepared broccoli or cauliflower onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program with turbo cook 33. Enter the weight of the fresh broccoli or cauliflower. Touch Stop/Start.

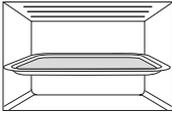
Auto Steam Programs with Turbo Cook

Program	Weight	Accessories	Instructions
34. POTATOES WITH SKIN	0.20 kg - 0.50 kg		To steam + microwave potatoes with skins. Fill water tank. Cut into even sized pieces. Place prepared potatoes onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program with turbo cook 34. Enter the weight of the potatoes. Touch Stop/Start.
35. POTATOES	0.20 kg - 0.50 kg		To steam + microwave potatoes without skins. Fill water tank. Peel potatoes and cut into even sized pieces. Place prepared potatoes onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program with turbo cook 35. Enter the weight of the potatoes. Touch Stop/Start.
36. CARROTS (FROZEN) 	0.20 kg - 0.32 kg		To steam + microwave frozen carrots. Fill water tank. Place frozen carrots onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program with turbo cook 36. Enter the weight of the frozen carrots. Touch Stop/Start.
37. BROCCOLI (FROZEN) 	0.20 kg - 0.32 kg		To steam + microwave frozen broccoli. Fill water tank. Place frozen broccoli onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program with turbo cook 37. Enter the weight of the frozen broccoli. Touch Stop/Start.
38. PEAS / SWEETCORN (FROZEN) 	0.20 kg - 0.32 kg		To steam + microwave frozen peas / sweetcorn. Fill water tank. Place frozen peas / sweetcorn onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program with turbo cook 38. Enter the weight of the frozen peas / sweetcorn. Touch Stop/Start.

Auto Steam Programs with Turbo Cook

Program	Weight	Accessories	Instructions
39. COD / HADDOCK (FRESH)	0.20 kg - 0.50 kg		To steam + microwave fresh cod or haddock fillets. Fill water tank. Place fresh cod or haddock onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program with turbo cook 39. Enter the weight of the fresh cod or haddock. Touch start.
40. SALMON (FRESH)	0.20 kg - 0.50 kg		To steam + microwave fresh salmon fillets. Fill water tank. Place fresh salmon onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam turbo cook program 40. Enter the weight of the fresh salmon. Touch start.
41. PLAICE (FRESH)	0.20 kg - 0.50 kg		To steam + microwave fresh plaice fillets. Fill water tank. Place fresh plaice onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam turbo cook program 41. Enter the weight of the fresh plaice. Touch start.
42. COD / HADDOCK (FROZEN) 	0.20 kg - 0.50 kg		To steam + microwave frozen cod or haddock fillets. Fill water tank. Place frozen cod or haddock onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program with turbo cook 42. Enter the weight of the frozen cod or haddock. Touch start.
43. SALMON (FROZEN) 	0.20 kg - 0.50 kg		To steam + microwave frozen salmon fillets. Fill water tank. Place frozen salmon onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program with turbo cook 43. Enter the weight of the frozen salmon. Touch start.
44. RICE	0.10 kg - 0.20 kg		To steam + microwave rice for savoury dishes not rice pudding (Thai, Basmati, Jasmine, long grain). Fill water tank. Place rice in a shallow Pyrex® bowl. Add 4 parts water to 2 parts rice. Cover with pierced cling film. Place bowl on glass shelf in shelf position 3. Select program turbo cook 44. Enter the weight of the rice only. Touch start.

Auto Steam Programs with Turbo Cook

Program	Weight	Accessories	Instructions
45. RISOTTO	0.50 kg (2 portions) 1.00 kg (4 portions)		To steam + microwave risotto, 500 g or 1000 g. Prepare as outlined in the recipe below. Fill water tank. Place on the glass shelf in shelf position 3. Do not cover. Select auto steam program 45. Select 500 g or 1000 g portions. Touch Stop/Start. Stir at beeps. Check water tank during cooking and re-fill as necessary.

Porcini mushroom risotto

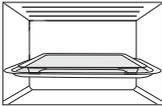
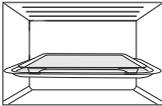
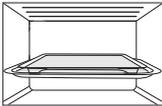
ingredients

For 1000 g (4 portions)

40 g dried porcini mushrooms
1 onion
50 g butter
250 g arborio rice
1 garlic clove
500 ml hot water with
1 vegetable stock cube
30 g parmesan

*Half the ingredients for 500 g
(2 portions)*

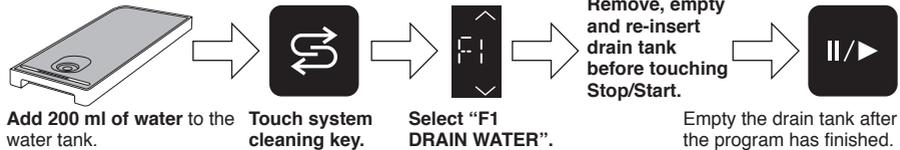
1. Soak mushrooms as per manufacturer's instructions using 400 ml water for 40 g, 200 ml for 20 g.
2. Add rice, chopped onion, butter, crushed garlic clove and chopped soaked porcini mushrooms to glass shelf.
3. Add vegetable stock and mushroom soaking water (150 ml for 4 portion recipe, 75 ml for 2 portion recipe).
4. Place on shelf level 3 and ensure water tank is filled.
5. Stir in parmesan at end of cooking.

Program	Weight	Accessories	Instructions
46. MACKEREL (FRESH)	0.20 kg - 0.60 kg		To steam + microwave fresh whole mackerel. Each whole fish should weigh between 100 - 300 g each. Fill water tank. Place whole fish directly onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program with turbo cook 46. Enter the weight of the whole fresh mackerel. Touch Stop/Start.
47. SEABASS (FRESH)	0.20 kg - 0.60 kg		To steam + microwave fresh whole seabass. Each whole fish should weigh between 100 - 300 g each. Fill water tank. Place whole fish directly onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program with turbo cook 47. Enter the weight of the whole fresh seabass. Touch Stop/Start.
48. CHICKEN BREAST	0.20 kg - 0.65 kg		To steam + microwave fresh chicken breasts. Each breast should weigh between 100 - 250 g each. Fill water tank. Place chicken breasts onto plastic trivet. Place plastic trivet on glass shelf in shelf position 3. Select auto steam program with turbo cook 48. Enter the weight of the chicken breasts. Touch Stop/Start.

System Cleaning Programs

F1. DRAIN WATER

Water is pumped through the system to clean the pipes. The water is drained into the drain tank.



Note

- Only run this program with 200 ml of water in the tank.
- Do not remove the drain tank during the drain water program. If the drain tank is removed during the program, 'INSERT DRAIN TANK' is displayed and the program will stop.
- Empty the drain tank and clean with warm water after the program has finished.

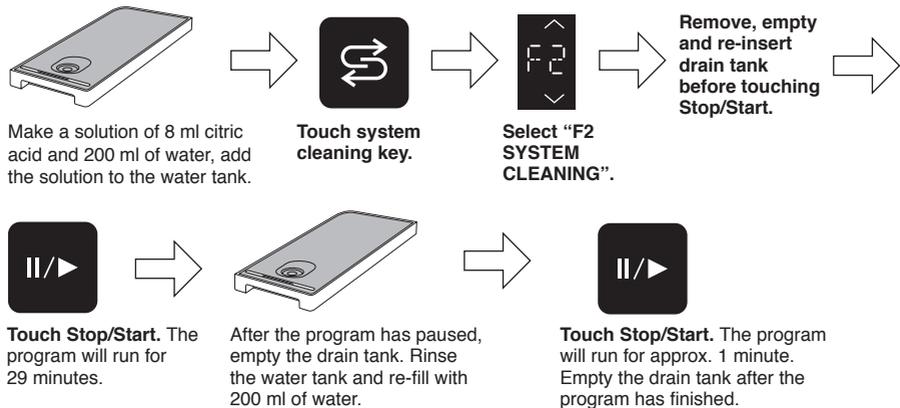


Caution

If the 'Drain water' program is used directly after a steam cooking program, hot water may be drained into the drain tank.

F2. SYSTEM CLEANING

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

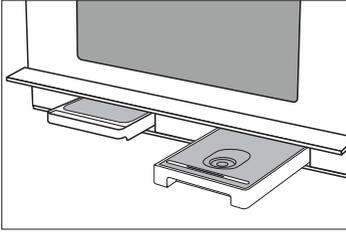


Note

- When  blinks in the display, run the 'system cleaning' program.
- If the system cleaning program is not used regularly, the pipe will get blocked and the steaming performance will be less effective.
- Do not remove the drain tank during the system cleaning program. If the drain tank is removed during the program, 'INSERT DRAIN TANK' is displayed and the program will stop.
- Empty both tanks and clean with warm water after the program has finished.

Cleaning the Water Tank and Drain Tank

Clean with a soft sponge in water.



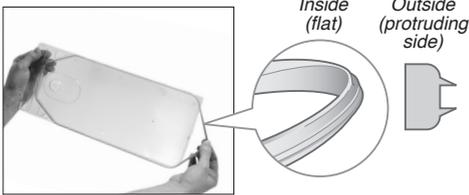
Remove the water tank/drain tank and clean the compartments where the tanks are inserted.



Remove the lid and clean with warm water.

The rubber seal 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

- Clean the water tank and drain tank at least once a week to prevent build up of limescale.
- Do not use a dishwasher to clean the water tank and drain tank or parts of the water and drain tanks.

Care of your Oven

1. Turn the oven off before cleaning.
2. Clean the inside of the oven, door seals and door seal areas regularly. When food splatters or spilled liquids adhere to the oven walls, base of the oven, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasive is not recommended. **Do not use commercial oven cleaners.**
3. 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 the glass.
4. The outside oven surface should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
5. If the Control Panel becomes dirty, clean it with a soft, dry cloth. Do not use harsh detergents or abrasives on the Control Panel. When cleaning the Control Panel set the child lock (see page 19). After cleaning cancel the child lock (see page 19).
6. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.
7. The base of the oven should be cleaned regularly. Simply wipe the bottom surface of the oven with mild detergent and hot water then dry with a clean cloth.
8. When using the **convection/grill, steam or combination** mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned occasionally, it may start to “smoke” during use.
9. A steam cleaner is not to be used for cleaning.
10. This oven should only be serviced by qualified personnel. For maintenance and repair of the oven contact the nearest authorised dealer.
11. Failure to maintain the oven in a clean condition could lead to deterioration of surfaces that could affect the life of the appliance and possibly result in a hazardous situation.
12. Keep air exhaust vents clean at all times. Check that no dust or other material is blocking the air exhaust vents. If the air exhaust vents become blocked this could cause overheating which would affect the operation of the oven and possibly result in a hazardous situation.
13. The back of the oven cavity has a self-clean catalytic lining. It is therefore not necessary to clean this area.

Questions and Answers

- Q: Why won't my oven turn on?
- A: When the oven does not turn on, check the following:
1. Check the circuit breaker and the fuse. Reset the circuit breaker or replace the fuse if it is tripped or blown.
 2. If the circuit breaker or fuse is functioning, plug another appliance into the outlet. If the other appliance works, there may be a problem with the oven. If the other appliance does not work, there may be a problem with the outlet. If there is a problem with the oven, contact an authorised Service Centre.
- Q: My oven causes interference with my TV. Is this normal?
- A: Some radio and TV interference might occur when you cook with the 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.
- Q: The oven won't accept my program. Why?
- A: The oven is designed not to accept an incorrect program. For example, the oven will not accept a fourth stage.
- Q: Sometimes warm air comes from the oven vents. Why?
- A: The heat given off from the cooking food warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There are no microwaves in the air. The oven vents should never be blocked during cooking.
- Q: I can't set an auto program and 'HOT' appears in the display. Why?
- A: If the oven has previously been used and it is too hot to be used with an Auto Program, 'HOT' will appear in the display window. After the 'HOT' disappears, the Auto Programs may be used. If in a hurry, cook food manually by selecting the correct cooking mode and cooking time yourself.
- Q: Can I use a conventional oven thermometer in the oven?
- A: Only when you are using **convection/grill** cooking mode. The metal in some thermometers may cause arcing in your oven and should not be used on **microwave** and **combination** cooking modes.
- Q: There are humming and clicking noises from my oven when I cook by **combination**. What is causing these noises?
- A: The noises occur as the oven automatically switches from **microwave** power to **convection/grill** to create the combination setting. This is normal.
- Q: My oven has an odour and generates smoke when using the **combination** and **grill** function. Why?
- A: After repeated use, it is recommended to clean the oven and then run the oven without food. This will burn off any food, residue or oil which may cause an odour and/or smoking.
- Q: The oven stops cooking by microwave and "H97" or "H98" appears in the display. Why?
- A: This display indicates a problem with the microwave generation system. Please contact an authorised Service Centre.

Questions and Answers

- Q : The fan continues to rotate or speeds up after cooking. Why?
- A: **After using oven, the fan motor may rotate to cool the electrical components. This is normal and you can continue using the oven at this time.**
- Q "D" appears or a dot blinks in the display and the oven does not cook. Why?
- A: **The oven has been programmed in demo mode. This mode is designed for retail store display. To de-activate demo mode see page 19.**
- Q. The word prompt has disappeared on my display?
- A: **See user settings page 17 to re-activate the word prompt.**
- Q. The oven stops cooking by steam or combination with steam and "U14" appears in the display
- A: **The water tank is empty and the operation guide has been turned off. Re-fill the water tank, position back in the oven and touch Stop/Start to resume cooking.**
- Q. The oven stops program and "U12" appears in the display.
- A: **The drain tank is not in position, position back in the oven. Restart program.**
- Q. The keys do not respond. The display is frozen.
- A: **Turn the oven off and clean the control panel. Open and close the door to re-set the keys. Do not touch the control panel whilst opening and closing the door.**

Installation Instructions

Installation and Connection

Please fully observe the following safety precautions.



Important

- Unpack the appliance, remove all packing material, and examine for any damage. If the appliance is damaged **do not** install and notify your dealer immediately.
- Install the appliance in accordance with the Installation Instructions. Otherwise, the performance of the appliance may be affected.
- After installation perform a test run and explain to the customer how to operate the appliance.
- Correct installation is the responsibility of the installer. Any malfunction or accident resulting from the failure to follow the Installation Instructions is not covered by the warranty.
- The rating plate indicating the basic information of the appliance is attached to the inside of the oven and is visible when you open the door. Do not remove.

Safety Instructions

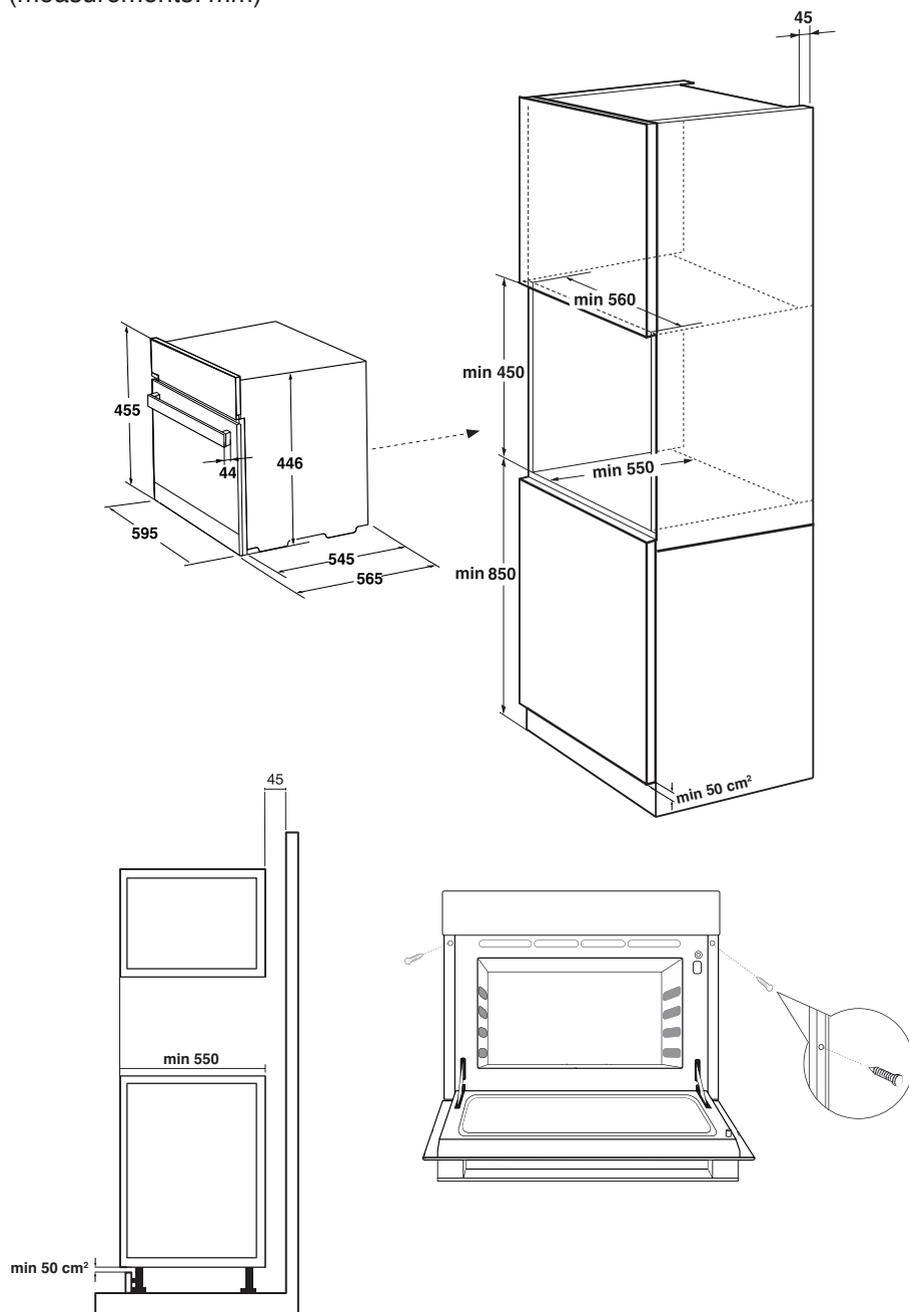
- This appliance can be built above or alongside a standard Panasonic oven.
- When the appliance is installed with another suitable appliance, it must be fitted above a fixed shelf in the housing unit that is able to support the weight of both appliances.
- When built in directly above a warming drawer, an interim shelf between the two appliances is not necessary.

Safety Instructions

- The appliance must be installed in a position where it can be fully opened and the contents can be clearly viewed. This is to avoid burns and other injuries.
- For the appliance to function correctly, it is important that the furniture that the appliance is built into is level.
- The appliance must only be operated when built-in. This is to ensure that all electrical parts are shielded and live parts are not exposed.
- Ensure power is not supplied to the appliance until after installation work has been carried out.
- The manufacturer will not be held liable for any damages resulting from incorrect or improper installation.
- To reduce the risk of fire, keep a good clearance around the appliance by aligning it with the centre of the cabinet.

Dimensions

(measurements: mm)



Installing the Appliance

Electrical connection

- Turn off power at the circuit breaker.
- Before connection, check that the mains voltage and frequency corresponds to that indicated on the rating label fixed to the inside of the appliance. This data must correspond in order to avoid the risk of damage to the appliance.
- Check that the domestic power supply guarantees adequate earthing.
- The appliance must be connected to earth in compliance with electrical system safety regulations.
- A fixed connection is to be used, fitting the power line with a suitably rated omnipolar circuit breaker with a contact opening gap equal to or greater than 3 mm, in an easily accessible position close to the appliance.
- The appliance must only be connected with the power cable provided.
- The wires in the mains lead fitted to this appliance are coloured in accordance with the following code:

Electrical cable	Wire connection
	<p> : Yellow / Green (Connect to the earth terminal)</p> <p>N: Blue</p> <p>L: Brown (Connect to the live terminal)</p>

Installing the Appliance

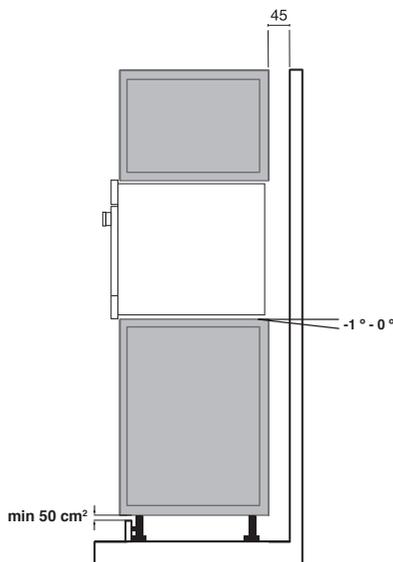
Installation

- Veneer or other finish of the furniture the appliance is being built into should be processed with heat-resistant glue (100 °C); otherwise, high temperatures may cause them to deform.
- There must be no rear wall fitted to appliance housing.
- There must be a gap of at least 45 mm between the wall and the back of the unit to enable adequate air circulation.
- The fitted cabinet must have a ventilation opening of 50 cm² on the front. To achieve this, cut back the plinth or fit a ventilation grille. Ventilation slots and intakes must not be covered.
- Level the piece of furniture the appliance will be built into. Refer to diagram below.
- The piece of kitchen furniture the appliance is built into must be secured against movement, e.g. Attached to the adjacent pieces of kitchen furniture.
- Align the appliance flush with the units and screw it in place.
- When attaching the appliance, make sure the screws are not fastened too strongly as this may damage the furniture.
- The ventilation slots and air intake points must not be covered. To ensure that they remain uncovered also observe the installation instructions of any appliance installed with this oven.



Note

- Ensure that the connector lead does not become trapped or bent.
- After installation the connector lead must not be in contact with the back or the base of the appliance.



Specifications

Manufacturer		Panasonic
Model		HL-SX485S HL-SX485B
Power Supply		220-240 V ~ 50 Hz
Maximum Power Consumption	Maximum	3000 W
	Microwave	1230 W
	Grill	2100 W
	Convection	2030 W
	Steam	1050 W
Output Power		1000 W (IEC-60705)
External Dimensions		595 mm (W) 565 mm (D) 455 mm (H)
Interior Dimensions W x D x H (mm)		445 mm (W) 347 mm (D) 242 mm (H)
Uncrated Weight (approx.)		36 kg

Following the requirements of IEC 60350-1, the primary cooking function of this appliance is a microwave function. This product is an equipment that fulfills the European standard for EMC disturbances (EMC = Electromagnetic Compatibility) EN 55011. According to this standard this product is an equipment of group 2, class B and is within required limits. Group 2 means that radio-frequency energy is intentionally generated in the form of electromagnetic radiation for purpose of warming or cooking food. Class B means that this product may be used in normal household areas.

Manufactured by: Panasonic Manufacturing U.K. Ltd.
Wyncliffe Road, Pentwyn Industrial Estate, Cardiff, S.Glam. CF23 7XB U.K.

REP. EU: Panasonic Testing Centre
Winsbergring 15, 22525 Hamburg, Germany

Cookbook

INVERTER

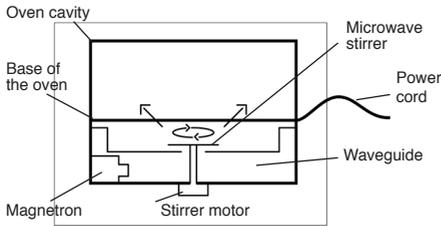
Your Panasonic oven is equipped with the latest technology, known as Inverter technology. This unique technology has long been used in Japan for microwave ovens, and offers a dramatic improvement in the cooking performance of your oven. The system also reduces the number of components, giving the oven a greater internal volume and a reduced weight.

The items in this book are guidelines only. The total time will vary depending on the starting temperature of the food and the container used. Always check the food is piping hot before consumption.

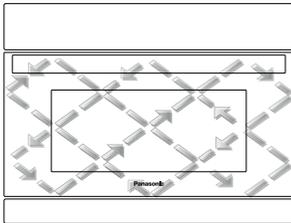


Microwaving principles

Microwaves are present in the atmosphere all the time, both naturally and from man-made sources. Manmade sources include radar, radio, television, telecommunication links and mobile phones.

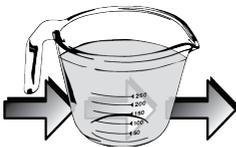


In a microwave oven, electricity is converted into microwaves by the **magnetron**.



Reflection

The microwaves bounce off the metal walls and the metal door screen.



Transmission

Then they pass through the cooking containers to be absorbed by the water molecules in the food, all foods contain water to a more or lesser extent.



Important notes

The dish used to cook or reheat the food will get warm during cooking, as the heat conducts from the food. Even in microwaving, oven gloves are required! **Microwaves cannot pass through metal and therefore metal cooking utensils can never be used in a microwave, for cooking on microwave only.**

How microwaves cook food

The microwaves cause the water molecules to vibrate which causes **friction, i.e. heat**. This heat then cooks the food. Microwaves are also attracted to fat and sugar particles, and foods high in these will cook more quickly. Microwaves can only penetrate to a depth of 4-5 cm and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards.

Foods not suitable for cooking by microwave only

Soufflés etc. This is because these foods rely on dry external heat to cook correctly, do not attempt to cook by microwave.

Foods that require deep fat frying cannot be cooked either.

Standing time

When a microwave oven is switched off, the food will continue to cook by conduction – **not by microwave energy**. Hence **standing time** is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals (refer to page 65).



Boiled eggs

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

General guidelines

Standing time

Dense foods e.g. meat, jacket potatoes and cakes, require a **standing time** (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely.

■ Jacket potato

Stand for 5 min. wrapped in aluminium foil after cooking by microwave only.

■ Fish

Stand for 2-3 minutes.

■ Egg dishes

Stand for 1-2 minutes.

■ Precooked convenience food

Stand for 1-2 minutes.

■ Plated meals

Stand for 2-3 minutes.

■ Vegetables

Boiled potatoes benefit from standing 1-2 minutes, however most other types of vegetables can be served immediately. If food is not cooked after **standing time**, return to oven and cook for additional time.

■ Defrosting

It is essential to allow standing time to complete the process. This can vary from 5 minutes e.g. raspberries, up to 1 hour for a joint of meat. See pages 86-88.



Moisture content

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



Cling film

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. Pierce before cooking to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot. Always purchase cling film that states on the packet 'suitable for microwave cooking' and use as a covering, only.



Piercing

The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc, will all need to be pierced before cooking. **Do not attempt to boil eggs in their shells.**

General guidelines



Dish size

Follow the dish sizes given in the recipes, as these affect the cooking and reheating times. A quantity of food spread in a bigger dish cooks and reheats more quickly. Food cooks better by microwave when in a round container rather than square.



Quantity

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



Spacing

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



Shape

Even shapes cook evenly. Whenever possible, cut the vegetables and other foods in regular pieces.



Density

Porous airy foods heat more quickly than dense heavy foods.



Covering

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



Arranging

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



Starting temperature

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature.



Turning and stirring

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



Liquids

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



Ingredients

Foods containing fat, sugar or salt heat up very quickly. The filling may be much hotter than the pastry. Take care when eating. Do not overheat even if the pastry does not appear to be very hot.



Cleaning

As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a mild detergent, on a soft cloth, always wipe the oven dry after cleaning. Avoid any plastic parts and door area.

Quick check guide to cooking utensils

Cookware		For Microwave	For Grill	For Oven	For Steam	For Combination (Microwave + Grill, Steam + Microwave, Steam + Grill, Steam + Oven)
Heat resistant glass		✓	✓	✓	✓	✓
Microwave-safe plastic cookware		✓	✗	✗	✗	✗
Heat resistant china and ceramics Do not use dishes with a metal rim or pattern; or jugs or mugs with glued handles.		✓	✓	✓	✓	✓
Heat resistant Pottery, Earthenware, Stoneware		✗	✗	✓	✗	✗
Foil / Metal containers		✗	✓	✓	✗	✗
Wicker, Wood, Straw baskets		✗	✗	✗	✗	✗
Cling film		✓	✗	✗	✗	✗
Aluminium foil Small amounts of aluminium foil can be used to Shield and prevent food from overheating when cooking or defrosting. Take care that the foil does not touch the sides or top of the oven.		✓	✓	✓	✗	✗

Microwave power levels

Power level	Use
1000 W	Reheating meals and sauces; Cooking fish, vegetables, sauces, and preserves
600 W	Roasting; Cooking egg sauces and sponge cakes; Heating milk
440 W	Cooking and reheating chicken casseroles and quiches
300 W	Cooking stews, casseroles, rice puddings, rich fruit cakes, and egg custards
270 W  (*)	Defrosting frozen foods
100 W	For warming up butter, cheeses, fruits or ice-creams; to keep warm your main dishes



Note

(*) CYCLIC DEFROST with automatic standing time (see page 86).

Grilling

The grill on your oven browns and crisps for a wide variety of foods.

The oven has 3 grill settings:

1 tap Grill 1

2 taps Grill 2

3 taps Grill 3

Place food to be grilled on the wire shelf in shelf position 3 or 4. Place the glass shelf in shelf position 2 or 3 to catch fat and

drips. Do not use the enamel shelf or glass shelf in shelf position 4 on grill only mode. The food being grilled should normally be turned over after half the grilling time. Never cover foods when grilling.

There is no microwave power on the grill only program.

Approximate Times for Grilling (Grill 1)		
	First Side	Second Side
Rib of beef 450 g	15-20 minutes	approx. 10-15 minutes
Sausages 450 g (6 pcs)	8-10 minutes	approx. 8-10 minutes
1 chicken leg 300 g	10-15 minutes	10-15 minutes
Toast 2 slices 85 g	3-5 minutes	1-3 minutes



Warning

In Grill mode, the accessories and the oven will be very hot. Take care not to burn yourself.

Convection heating

This traditional cooking method allows you to cook food using heat produced by the ventilated element in the back of the oven. **No microwaves** are used in convection heating mode: **you can therefore use any metal dishes or heat-resistant containers**. NB: temperatures between 40 °C and 100 °C, which are not used in traditional cooking, are not available on this oven.

Preheating

Remember to preheat the oven for the best results when cooking meat and pastries. It is preferable to preheat the oven with the accessories inside and not to open the oven door whilst it is preheating.

Accessories

You can either use the wire shelf or the enamel shelf. To cook using 2 positions, place the enamel shelf in shelf position 1 and the wire shelf in shelf position 3.

Recommended for soufflés, biscuits, meringues, quiches, tarts, choux pastry, puff pastry, pizzas and sponge cakes.



Note

Do not place any dish or food which weighs more than 4 kg on the enamel shelf or the wire shelf.



Warning

In convection heating mode, the accessories and the oven will be very hot. Take care not to burn yourself.

Convection heating



Level	Temperature	Pre-prepared dishes (preheated oven)
Low	40 °C	Proving bread or pizza dough.
	100 °C-110 °C	Meringues.
	120 °C-130 °C-140 °C	Meat and fish pate, potted meat, drying herbs.
Medium	150 °C-160 °C	Baked eggs, fruit cakes, macaroons.
	170 °C-180 °C	Quiches, flans, custard desserts, cookies, strudel, sponge cake, biscuits, white meat, slow-cooked or braised meat.
High	190 °C-200 °C-210 °C	Kugelhupf, gratins, choux pastry, soufflés, whole fish, savarins.
	220 °C-230 °C	Poultry, bread.
	230 °C	Pizzas, tarts, biscuits, thin biscuits, puff pastry nibbles, fruit tarts made with puff pastry.



Note

The chart above is only for using convection heating, and not for combination cooking.

Steam Cooking



There are 3 different steam levels available. Use the steam mode to cook vegetables, fish, chicken and rice.

The oven has 3 steam settings:

1 tap Steam 1

2 taps Steam 2

3 taps Steam 3

Accessories and containers

Place food on plastic trivet on the glass shelf in shelf position 3 (see pages 25-26 of the operating instructions).



Note

For steam shot refer to page 27 of operating instructions.

Turbo-cook



The oven can be programmed to cook or reheat food more efficiently by using the turbo-cook function to support steam, convection, grill or grill + convection cooking. Selecting turbo-cook after any of these cooking modes will simultaneously add microwave 300 W power to reduce the cooking time.

Accessories and containers

Food can be cooked directly on the glass shelf or in a Pyrex® dish on the glass shelf.

(See pages 32-33 of the Operating Instructions)



Caution

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

Combination cooking



What is combination cooking?

Combination cooking adds microwaves to the traditional cooking process in order to obtain the taste of traditionally cooked food whilst reducing cooking times by a third or by half.

Which foods?

Mainly large food items to be cooked or roasted, which need to be cooked for a long time, whether they are meat, fish, gratins or cakes. Small items (biscuits, pastries, steaks, brioches, meringues, choux pastry), soufflés and small joints of red meat are not suitable for combination cooking.

How does it work?

Choose a traditional cooking method and then follow the instructions (or see pages 28 - 31 of the Operating Instructions).

When to preheat?

For slow-cooking, simmering, large pieces of meat, poultry, most cakes, flans and gratins it is not necessary to preheat the oven. For short cooking times, small pieces of meat (cooking times of less than 20 minutes), quiches, tarts, pies, desserts using puff pastry or dough, it is necessary to preheat the oven. For combination cooking using the grill only, the oven cannot be preheated.

The inside of the oven is smaller than that of a traditional oven, therefore take extra care not to burn yourself placing and removing dishes from the oven.

With preheating

Choose combination cooking then touch Start before entering the cooking time.

Preheating takes place without microwaves being used. It is better to preheat with the necessary accessories in place. When the oven reaches the required temperature, it makes 3 beeps and “P” flashes in the display. Put the dish into the oven (without touching the Stop/Start), choose the cooking time and touch Stop/Start. Unless you do this, the oven will maintain its temperature for 30 minutes then turn itself off.

Without preheating

Choose combination cooking, display the cooking time and then touch Stop/Start.

Advice for cooking using the combination mode

Combination Cooking	Convection Heating	Grill	Steam	Microwave	Recommended uses
Grill + Microwave (no preheating)	-	1, 2 or 3	-	600 W, 440 W, 300 W or 100 W	Meat or vegetable gratins / crispy tops, grilled meat, cheese on toast
Convection + Grill	180 °C to 220 °C	1, 2 or 3 (2)	-	-	Chicken legs, beef rib (rare), thick sausages, braised fish, roasting joint of beef (rare), shoulder of lamb (pink), poussin
Convection Heating + Microwaves (preheating if cooking time < 20 minutes)	100 °C to 230 °C	-	-	600 W, 440 W, 300 W or 100 W	Cakes, flans and gateaux, tarts, braised meat or roast white meat.
Convection + Grill + Microwave (preheating recommended)	100 °C to 230 °C	1, 2 or 3	-	600 W, 440 W, 300 W or 100 W	Roast meat and poultry, frozen gratins / crispy tops
Steam + Microwave	-	-	1, 2 or 3	440 W, 300 W or 100 W	Fish, vegetables, chicken, rice and potatoes
Grill + Steam	-	1, 2 or 3	1	-	Gratins, kebabs, whole fish
Convection + Steam	100 °C to 230 °C	-	1	-	Gratins, kebabs, baking cakes, pastry tarts, soufflés, whole fish

First of all check, on the previous page, whether the food item is suitable for combination cooking.

Container:

- If using a Pyrex® or ovenproof porcelain dish: place directly onto the wire shelf in shelf positions 1, 2 or 3 or the base of the oven if the food item is large in volume.
- If using a metal dish (smooth and non-springform): place on the glass shelf in shelf position 1 or 2 or on the base of the oven.

Cooking time:

Allow for half to two-thirds of the usual cooking time. Remember to note down your results. **Always check your food as it cooks.** Open the oven door, check the

food then touch Stop/Start to continue the cooking process.

Temperature and power:

You will not achieve good results by using a high microwave power during combination cooking.

Increase the temperature by 20 °C to 30 °C - so the cooking time will be shorter - and use a power of between 100 to 440 W depending on the size and type of food. If you are not sure about which combination to use, try to find a recipe in this book which is similar to the one you want to make, and follow the recommended combination settings.

Combination cooking - containers and accessories

For most recipes, it is best to use containers which are both **microwave safe and heat resistant** (Pyrex ® or ovenproof porcelain).

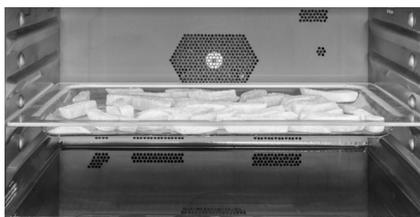
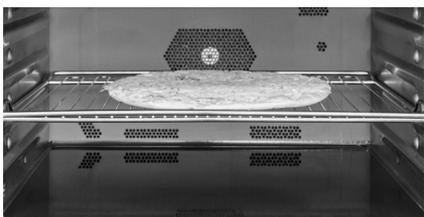
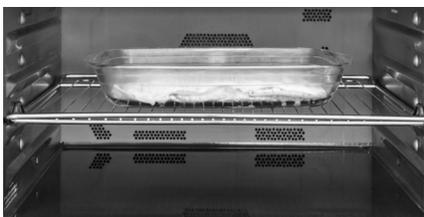
However, for cooking tarts and cakes, we recommend you use **smooth, non-springform metal tins** in order to ensure a better colour in the finished product. These tins are to be placed on the glass shelf in shelf position 1 or 2. Do not use springform tins or enamelled iron kitchenware. **Do not** place metal containers (or aluminium dishes) directly on the wire shelf.

- If you notice any sparks, stop the oven and continue cooking using convection heating or, if possible change the container.

- **Do not** use porcelain with gold or silver decoration. Sparks could be produced which would damage the decoration.

- Do not use cling film during combination cooking, even to line the inside of a tin.

Examples of containers and accessories:



Warning

The enamel shelf must not be used during combination cooking with microwave.

Reheating and cooking guidelines

Most foods reheat very quickly in your oven by 1000 W power. Meals can be brought back to serving temperature in just minutes and will taste freshly cooked. Always check food is piping hot and return to oven if necessary.

As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals. Do not cover dry foods e.g. bread rolls, mince pies, sausage rolls etc.

The charts on pages 75-84 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food.

The heat method i.e. Microwave only or combination, depends on the food to be reheated. For foods that do not require browning, reheat by microwave only.

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

When is food reheated?

Food that has been reheated or cooked should be served "piping hot" i.e. steam should be visibly emitted from all parts.

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

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

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

Do not leave unattended. Do not add extra alcohol.

Feeding bottles/baby food jars

The top and teat or lid must be removed from feeding bottles or baby food jars before placing in the oven.

The contents of feeding bottles and baby food jars must be stirred or shaken.

The temperature has to be checked before consumption to avoid burns.



Note

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

We do not recommend that you use your microwave to sterilise babies' bottles.

If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

Canned foods

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

Soups

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

Casseroles

Stir halfway through and again at the end of heating.

Plated meals

Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. Between 3-5 minutes on 1000 W power will reheat an average portion.

Reheating charts

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Light dishes and snacks				
Croque-monsieur	200 g (2 pcs)	G1 + 300 W + 1 min standing time	4 mins	Place on wire shelf in shelf position 3. Turn when golden brown.
Croque-monsieur (frozen)	200 g (2 pcs)	G1 + 300 W	6 mins	
Cheese croissant	170 g (2 pcs)	CH 200 °C + G1 + 100 W	2 mins 30 secs - 3 mins	Preheat. Place on wire shelf in shelf position 3.
Cheese and ham pastry roll	320 g (2 pcs)	CH 200 °C + 100 W	10 mins	Preheat. Place on glass shelf in shelf position 2.
Hot dog	200 g (2 pcs)	1000 W	1 min 30 secs	Place on a plate on base of oven.
Pasties/slices	220 g (2 pcs)	CH 200 °C + 100 W	6 mins	Preheat. Place on wire shelf in shelf position 3.
Meat pies	340 g (2 pcs)	CH 180 °C + 440 W	5-6 mins, 2 mins stand	Preheat. Remove foil container. Place on glass shelf, lined with baking paper, in shelf position 2.
	170 g (1 pce)	CH 200 °C + 440 W	2-3 mins, 2 mins stand	
	600 g (1 pce)	CH 230 °C + 300 W	8-10 mins, 5 mins stand	
Focaccia with tomato and pesto or with cheese and tomato	220 g (8 pcs)	CH 180 °C + 100 W	5 mins	Preheat. Place on wire shelf in shelf position 2.
Paninis with cheese	180 g	CH 200 °C + 100 W	5 mins	Preheat. Place on wire shelf in shelf position 3.
Cheese baguette (part baked)	250 g	CH 200 °C + 100 W	7 mins	Preheat. Place on wire shelf in shelf position 3.
Crostini with tomato topping	140 g (1 pce)	CH 200 °C + G1	5-6 mins	Preheat. Place on wire shelf in shelf position 3.
Vol-au-vents (cases, no filling)	130 g (4 pcs)	CH 200 °C + 100 W + 2 mins standing time	4-5 mins	Preheat. Place on wire shelf in shelf position 2.
Coquilles St Jacques	250 g (2 pcs)	CH 190 °C + G1 + 300 W	7-8 mins	Preheat. Place on glass shelf in shelf position 3.
Tartlets (frozen)	250 g (16 pcs)	CH 210 °C + 100 W	8-10 mins	Preheat. Place on wire shelf in shelf position 2.
Mini puff pastry tartlets	270 g (13 pcs)	CH 200 °C + 100 W	6 mins	Preheat. Place on glass shelf in shelf position 2.

CH = convection heating G = grill heating

Reheating charts

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Light dishes and snacks				
Blinis	160 g (4 pcs)	G1 + 100 W	2-3 mins	Preheat. Place on wire shelf in shelf position 4.
Spring rolls (frozen)	360 g (4 pcs)	CH 200 °C + G1 + 300 W	7-8 mins	Preheat. Place on glass shelf in shelf position 3. Turn halfway.
Samosas (frozen)	150 g (10 pcs)	CH 200 °C + 300 W, then CH 200 °C	2 mins then 4 mins	Preheat. Spread out on a wire shelf in shelf position 2.
Sausage roll	140 g (1 pc)	CH 200 °C + G1 + 300 W	5 mins	Place on wire shelf in shelf position 3.
Sausage roll (frozen)	250 g (2 pcs)	CH 200 °C + G1 + 440 W	5-6 mins	
Plain, onion or Spanish tortilla	500 g	G1 + 600 W	5-7 mins	Place on glass shelf in shelf position 3. Turn after 4 mins.
Plain, onion or Spanish tortilla (frozen)	500 g	G1 + 600 W	10 mins	Place on glass shelf in shelf position 2. Turn after 5 mins.
Quiche	300 g	CH 220 °C + 300 W	7-9 mins	Preheat. Place on wire shelf in shelf position 3.
Quiche (frozen)	300 g	CH 200 °C + 600 W	8-9 mins	
Tarte flambee (bacon, cream and onion flan) (frozen)	240 g (2 pcs)	CH 230 °C + G1 + 300 W	5 mins	Preheat. Place on wire shelf in shelf position 2.
	240 g (2 pcs)	CH 230 °C + G1 + 300 W	6-7 mins	Preheat. Place on wire shelf in shelf position 2.
Pizza				
Baguette pizza (frozen)	500 g (4 pcs)	CH 220 °C + G1 + 300 W	8 mins	Place on wire shelf in shelf position 3.
Pizza	300 g	CH 230 °C + G3 + 300 W	7 mins	
Cheese pizza (frozen)	330 g	CH 220 °C + G1 + 300 W	7-8 mins	Place on wire shelf in shelf position 2.
Calzini pizza	200 g	CH 200 °C + 100 W	6 mins	Preheat. Place on wire shelf in shelf position 3.

CH = convection heating G = grill heating

Reheating charts

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Ready meals				
Meatballs in sauce	420 g	CH 200 °C + 300 W	6-8 mins	Preheat. Place in a covered heatproof dish on wire shelf in shelf position 3.
Asian noodles with chicken	400 g	1000 W	4 mins	Place in a covered heatproof dish on base of oven.
Bolognese (frozen)	1 kg	1000 W	17-20 mins	Place in a covered heatproof dish on base of oven. Stir several times during heating.
Pasta with salmon and cream sauce	450 g	G1 + 600 W	5 mins	Place in a heatproof dish on wire shelf in shelf position 3.
Chicken dinner	500 g	1000 W	5-6 mins	Place in a covered heatproof dish on base of oven.
Lasagne	800 g	G2 + 600 W	12- 14 mins	Place in a heatproof dish on glass shelf in shelf position 2.
Cannelloni	600 g	230 °C + G1 + 300 W	8-10 mins	Place in a heatproof dish on glass shelf in shelf position 2.
Asian rice meal	800 g	1000 W	8-10 mins	Place in a covered heatproof dish on base of oven. Stir halfway.
Indian meals - curry- and rice	500 g	1000 W	6-7 mins	Place in a covered heatproof dish on base of oven. Stir halfway.
Asian glazed chicken on skewers (frozen)	540 g (24 pcs)	CH 200 °C + G1 + 100 W	8 mins	Preheat. Place on wire shelf in shelf position 3 with glass shelf in shelf position 2 underneath as drip tray.
Vegetarian meals				
Broccoli gratin	1 kg	G1 + 600 W	12-14 mins	Place in a heatproof dish on wire shelf in shelf position 2.
Dauphinoise potatoes	500 g	G1 + 440 W	6-8 mins	Place in heatproof dish on wire shelf in shelf position 2.
Dauphinoise potatoes (frozen)	800 kg	G2 + 600 W	18-20 mins	Place in a heatproof dish on wire shelf in shelf position 2.
Pasta with pesto sauce	700 g	1000 W	5-6 mins	Place in a covered heatproof dish on base of oven.
Stuffed mushrooms	150 g (2 pcs)	CH 200 °C + G1 + 300 W	6 mins	Place on glass shelf in shelf position 3.
Baked potato with cheese	500 g (4 pcs)	CH 220 °C + 300 W	10 mins	Preheat. Place on glass shelf in shelf position 2.

CH = convection heating G = grill heating

Reheating charts

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Side dishes				
Potato croquette (frozen)	500 g	G1 + CH 230 °C	15 mins	Preheat. Place on enamel shelf in shelf position 2. Turn halfway.
Oven chips, potato wedges, potato rostis, roast potatoes and other potato dishes	500 g	CH 230 °C + 300 W then CH 230 °C	8 mins then 5 mins	Preheat. Place on glass shelf in shelf position 3. Turn halfway.
Red cabbage	400 g	1000 W	4 mins	Place in a covered heatproof dish on base of oven. Stir halfway.
Vegetables peas and carrots	500 g	1000 W	3-4 mins	Place in a covered heatproof dish on base of oven. Stir halfway.
	250 g	Steam 1 + 300 W	6 mins	Fill water tank. Place trivet on glass shelf in shelf position 3.
Mashed potato	450 g	Steam 1 + 440 W	9-10 mins	Fill water tank. Place in a heatproof dish. Place on glass shelf in position 3.
Potato purée (with cheese)	450 g	1000 W	4 mins 30 secs	Place in a covered heatproof dish on base of oven. Stir halfway.
Spinach puree	450 g	1000 W	3-4 mins	Place in a covered heatproof dish on base of oven. Stir halfway.
Hodgepodge - potato and carrot	1000 g	1000 W	7-8 mins	Place in a covered heatproof dish on base of oven. Stir halfway.
Rice (30 ml water)	200 g	1000 W	1 min 30 secs- 2 mins	Place in a covered heatproof dish on base of oven. Stir halfway.
	500 g	1000 W	4 mins	
Rice - brown	250 g	Steam 1 + 440 W	7 mins	Fill water tank. Place rice on glass shelf in shelf position 3. Stir halfway.
Pasta in sauce	200 g	1000 W	2 mins	Place in a covered heatproof dish on base of oven. Stir halfway.
	500 g	1000 W	4 mins	
Canned sweetcorn	350 g	1000 W	3 mins	Place in a covered heatproof dish on base of oven. Stir halfway.
Canned beans and pulses				
Haricot beans in tomato sauce	420 g	1000 W	3 mins	Place in a covered heatproof dish on base of oven. Stir halfway.
Lentils	300 g	1000 W	2-3 mins	
Chickpeas	300 g	600 W	2 mins 30 secs	

CH = convection heating G = grill heating

Reheating charts

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Meat and Fish				
Duck confit	450 g (2 pcs)	G2 + 300 W	8-10 mins	Place on glass shelf in shelf position 2. Turn halfway.
Cassoulet with sausage	500 g	1000 W	5 mins	Place in a covered heatproof dish on base of oven. Stir halfway.
Breaded fish fillet	100 g (1 pce)	G1 + 300 W	5 mins	Place on glass shelf in shelf position 3.
Pieces of cooked meat and fish				
Chicken pieces - tapas style	200 g (12 pcs)	1000 W	1 min 30 secs- 2 mins	Place in a heatproof dish on base of oven.
Burger	160 g	G1 + 300 W	4 mins	Preheat. Place on wire shelf in shelf position 4 with glass shelf underneath in shelf position 3. Turn after 2 mins 30 secs.
Cocktail sausage (not cut)	210 g (2 pcs)	600 W	3 mins	Place on covered plate on base of oven.
Chicken leg	320 g (2 pcs)	G1 + 600 W	6 mins	Preheat grill. Place on glass shelf in shelf position 2. Turn halfway.
Salmon	200 g	Steam 1 + 300 W	8 mins	Fill water tank. Place trivet on glass shelf in shelf position 3.
Salmon	200 g	1000 W	1 min 30 secs- 2 mins	Place in a covered heatproof dish on base of oven.
Canned meat in sauce				
Traditional Italian Sauce	700 g	1000 W	6 mins	Place in a covered heatproof dish on base of oven. Stir halfway.
Ravioli in sauce	800 g	600 W	8-9 mins	Place in a covered heatproof dish on base of oven. Stir halfway.
Vol-au-vent sauce	400 g	600 W	2-3 mins	Place in a covered heatproof dish on base of oven. Stir halfway.
Soup				
1 bowl ambient or chilled	300 ml	1000 W	2-3 mins	Place in a covered heatproof bowl. Place on base of oven and stir halfway.
Soup - condensed (frozen)	1 ltr	1000 W	10 mins	
1 tetrapack ambient or chilled	600 ml	1000 W	4-6 mins	
Drinks - water				
1 cup	235 ml	1000 W	1 min 30 secs	Place in a heatproof cup on base of oven. Stir halfway.
4 cups	940 ml	1000 W	5 mins	

CH = convection heating G = grill heating

Reheating and cooking charts

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Milk				
1 bowl/mug	250 ml	600 W	2 mins	Place in a heatproof mug on base of oven. Stir halfway.
1 carton	600 ml	600 W	4 mins 30 secs	Place in a heatproof jug on base of oven. Stir halfway.
Hot chocolate drink	1 ltr	600 W	7 mins	Place in a heatproof jug on base of oven. Stir halfway.
Baby food	120 g	600 W check the food	30 secs	Place in a covered heatproof bowl on base of oven. Stir halfway.
	200 g	600 W check the food	40 secs	
Eggs - Scrambled				
1 egg	medium size	1000 W	40 -50 secs	Add 15 ml of milk for each egg used. Beat eggs, milk and knob of butter together. Season. Place in a covered heatproof bowl on base of oven. Stir halfway.
4 eggs	medium size	1000 W	2-3 mins	
Eggs - Poached				
1 egg (medium size)	45 ml water	1000 W	Water - 40 secs	Place water in a shallow heatproof dish and heat. Add egg (pierce yolk) -Cover and cook.
		600 W	Egg - 40 secs + 1 min standing time	
2 eggs (medium size)	90 ml water	1000 W	Water 1 min 30 secs	
		600 W	Egg - 1 min - 1 min 30 secs	
Porridge				
1 serving	25 g oats 150 ml milk	1000 W	2 mins	Place heatproof dish on base of oven and stir halfway.
4 servings	100 g oats 550 - 600 ml milk	1000 W	4-5 mins	
Pastries				
Pretzels	400 g (3-4 pcs)	CH 180 °C + 100 W	9-11 mins	Preheat. Place on glass shelf lined with baking paper in shelf position 2.
Croissants (frozen)	330 g (6 pcs)	CH 185 °C	20 mins	Preheat. Place on wire shelf in shelf position 2.
Waffles (frozen)	300 g (6 pcs)	G1 + 100 W	6 mins	Preheat. Place on wire shelf in shelf position 3. Turn halfway.

Reheating and cooking charts

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Pastries				
Mini pains au chocolat (frozen)	250 g (10 pcs)	CH 220 °C + 100 W	7-9 mins	Preheat. Place on wire shelf in shelf position 2.
Mini cakes and pastries	180 g (6 pcs)	CH 200 °C + 100 W	5 mins	Preheat. Place on wire shelf in shelf position 2.
Fruit pastries (frozen)	480 g (5 pcs)	CH 200 °C + G2 + 100 W then CH 200 °C	6 mins + 6 mins	Preheat. Place on wire shelf in shelf position 3. Turn halfway.
Bread				
Ciabatta - Mediterranean style	160 g	CH 200 °C + 100 W	5-6 mins	Preheat. Place on wire shelf in shelf position 3.
Part baked baguette	150 g	CH 210 °C + 100 W	6 mins	Preheat. Place on wire shelf on shelf position 3.
Naan bread	280 g (2 pcs)	G1 + 100 W	4 mins	Preheat. Sprinkle with water. Place on wire shelf in shelf position 4. Turn halfway.
Half baguette	120 g	CH 200 °C + 100 W	5-6 mins	Preheat. Place on wire shelf in shelf position 3.
	240 g (2 pcs)	CH 200 °C + 100 W	6-7 mins	
Part baked bread rolls (frozen)	260 g (4 pcs)	CH 200 °C + 100 W	6 mins	Preheat. Place on wire shelf in shelf position 3.
Part baked panini	240 g 4 pcs	CH 220 °C + 100 W	5 mins	Preheat. Place on wire shelf in shelf position 2.
Tortilla Wrap	320 g (8 pcs)	CH 180 °C + 100 W	3-4 mins	Preheat. Stack on wire shelf in shelf position 3.
Desserts				
Brownies	2 x 80 g	G1 + 300 W	1-2 mins	Place on glass shelf lined with baking paper, in shelf position 3. Turn halfway.
Waffles with fruit filling	180 g (2 pcs)	G1 + 100 W	5-6 mins	Place on wire shelf in shelf position 3. Turn halfway.
	90 g	G1 + 100 W	4 mins	
Pancakes	250 g (4 pcs)	1000 W	1 min	Stack pancakes with baking paper between each one on glass shelf in shelf position 2.
Apple crumble (frozen)	300 g	G2 + 600 W	5-7 mins	Place in a heatproof dish on wire shelf in shelf position 2.
Almond butter cake	380 g	CH 180 °C + 300 W	3 mins + 10 mins standing time	Place on glass shelf in shelf position 2.

CH = convection heating G = grill heating

Reheating and cooking charts

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Desserts				
Chocolate fondant cake (frozen)	470 g (1 pce)	CH 200 °C + 300 W	5 mins + 8 mins standing time	Place on glass shelf in shelf position 2.
Apricot lattice tart for cooking (frozen)	400 g	CH 220 °C + 300 W	20 mins	Place on wire shelf in shelf position 2.
Chocolate cakes with molten centre (frozen)	160 g (2 pcs)	440 W	40-50 secs	Place cakes on glass shelf in shelf position 2.
Apple strudel for cooking (frozen)	600 g (2 pcs)	230 °C + 300 W	15 mins	Preheat. Place on glass shelf in shelf position 2.
Apple strudel (frozen)	300 g	230 °C + 300 W	11 mins	Preheat. Place on glass shelf in shelf position 2.
Raspberry tart (frozen)	470 g	CH 200 °C + 440 W	6 mins	Preheat oven. Place on glass shelf in shelf position 2. Allow 10 mins standing time after cooking.
Crème brulee (caramelize the topping)	200 g (2 pcs)	G1 + 100 W	3 mins + 4 mins standing time	Preheat. Place 2 pots on wire shelf in shelf position 4.
Tarte tatin (apple side down) (frozen)	300 g	CH 200 °C + 440 W	6-8 mins + 4 mins standing time	Preheat. Place on glass shelf in shelf position 2.
Sugar pie	650 g	CH 180 °C + 100 W	6 mins + 5 mins standing time	Place on wire shelf in shelf position 2.
Apple-rhubarb tart	450 g	CH 200 °C + 100 W	10 mins + 5 mins standing time	Preheat. Place on glass shelf in shelf position 2.
Rice pudding	500 g	1000 W	2 mins 30 secs	Place in a covered heatproof dish on base of oven. Stir halfway.
Vanilla custard Sauce	500 ml	1000 W	3 mins	Place in a covered heatproof jug on base of oven. Stir halfway.
Waffles with fruit filling	190 g (2 pcs)	G1 + 100 W	5-6 mins	Place on wire shelf in shelf position 3. Turn halfway.
Warm apple sponge cake (frozen)	450 g	CH 180 °C + 100 W	9 mins + 5 mins standing time	Preheat. Place on glass shelf in shelf position 2.
Raspberry coulis	250 g	1000 W	1 min 30 secs - 2 mins	Place in a covered bowl on base of oven. Stir halfway.
Churros	240 g	CH 220 °C + G1	5 mins	Preheat. Place churros on wire shelf in shelf position 3. Turn halfway.
Rice tart (frozen)	850 g	CH 220 °C + 300 W then CH 220 °C + G1	10 mins + 14 mins	Preheat. Place on glass shelf in shelf position 2.

CH = convection heating G = grill heating

Steam only cooking charts

Fill water tank before steaming.

Food	Weight/ Quantity	Steam Level	Time to select (approx.)	Instructions
Carrots (rounds)	200 g	Steam 1	18-20 mins	Prepare vegetables. Place on trivet on glass shelf in shelf position 3.
	300 g		19-21 mins	
Broccoli / cauliflower	200 g	Steam 1	17-19 mins	Prepare vegetables. Place on trivet on glass shelf in shelf position 3.
	500 g		20-24 mins	
	800 g		28-30 mins	
Asparagus	200 g	Steam 1	7-9 mins	
	500 g		10-12 mins	
	700 g		18-22 mins	
Potatoes with skin	200 g	Steam 1	28-30 mins	Cut potatoes into even sized pieces. Place on trivet on glass shelf in shelf position 3.
Potatoes	200 g	Steam 1	24-26 mins	
	500 g			28-30 mins
Frozen carrots	200 g	Steam 1	15-17 mins	
	300 g		20-22 mins	
Frozen broccoli	200 g	Steam 1	16-18 mins	Place on trivet on glass shelf in shelf position 3.
	300 g		20-22 mins	
Frozen peas/ sweetcorn	200 g	Steam 1	15-17 mins	
	300 g		16-18 mins	
Cod / haddock	200 g	Steam 1	13-15 mins	
	300 g		15-17 mins	
	500 g		18-20 mins	
Salmon	200 g	Steam 1	13-15 mins	
	300 g		15-17 mins	
	500 g		18-20 mins	
Plaice	200 g	Steam 1	8-10 mins	Place on trivet on glass shelf in shelf position 3. Place fish in a single layer. Do not overlap.
	300 g		10-12 mins	
	500 g		14-16 mins	
Frozen cod / haddock	200 g	Steam 1	17-19 mins	
	300 g		19-21 mins	
	500 g		22-24 mins	
Frozen salmon	200 g	Steam 1	18-20 mins	
	300 g		19-21 mins	
	500 g		22-24 mins	
Rice	100 g	Steam 1	28-30 mins	Place rice in a shallow Pyrex® bowl. Add 2.5 parts water to 2 parts rice. Do not cover. Place bowl on glass shelf in shelf position 3.
Whole mackerel	200 g	Steam 1	17-19 mins	Each whole fish should weigh between 100-300 g each. Place whole fish on trivet on glass shelf in shelf position 3.
	400 g		20-22 mins	
	600 g		23-25 mins	
Whole sea bass	200 g	Steam 1	17-19 mins	
	400 g		20-22 mins	
	600 g		23-25 mins	
Chicken breast	150 g	Steam 1	30 mins	Place chicken on trivet on glass shelf in shelf position 3.
Soft boiled eggs (medium)	2	Steam 1	9-11 mins	Place on trivet on glass shelf in shelf position 3.
	4		9-11 mins	
	6		10-12 mins	

Steam only cooking charts

Fill water tank before steaming.

Food	Weight/ Quantity	Steam Level	Time to select (approx.)	Instructions
Defrost mango	500 g	Steam 3	9-11 mins	Place in a single layer on trivet on glass shelf in shelf position 3.
Defrost cherries	500 g	Steam 3	6-8 mins	Place in a single layer on trivet on glass shelf in shelf position 3.
Defrost raspberries	500 g	Steam 3	5-7 mins	Place on trivet on glass shelf in shelf position 3. Stand for 10 mins.
Defrost cheesecake	500 g	Steam 3	4-6 mins	Place on trivet on glass shelf in shelf position 3. Stand for 30 mins.
Soft fruit compote	500 g	Steam 2	8-10 mins	Place in dish on glass shelf in shelf position 3. After steaming, stir and add 1-2 tbsp caster sugar. Stand 1-2 mins.
Reheat cooked prawns	500 g	Steam 2	7-9 mins	Place in a single layer on trivet on glass shelf in shelf position 3.
Sugar snap peas	500 g	Steam 2	9-11 mins	Place in a single layer on trivet on glass shelf in shelf position 3.
Courgette slices	500 g	Steam 2	8-10 mins	Place in a single layer on trivet on glass shelf in shelf position 3.
Proving dough	500 g	Steam 3	4-6 mins	Place in a greased bowl on base of oven. After steaming for 5 mins. Cover with cling film and leave in oven until doubled in size. This method reduces the proving time by approximately 50%.
Rehydrate dried fruit	150 g	Steam 2	5-8 mins	Place in dish on glass shelf in shelf position 3.

Tips for microwave cooking



Soften butter which has been in the refrigerator. Soften for 3 minutes at 100 W (for 250 g). Remove the foil wrapper first. Place on microwaveable plate.

Rehydrating dried fruit. Add 90 ml of water to 200 g of prunes or raisins, (or use rum for certain cake recipes). Mix and heat on 1000 W for 2-3 minutes. Leave to stand for 2 minutes. Drain off excess liquid.

Bring cheese up to room temperature. Cheese which has been kept in the fridge should be placed in the oven and "warmed" for 30 seconds-1 minute (depending on the size) at 300 W.

Hulling almonds or hazelnuts. Cover with hot water and cook for 3-6 minutes at 1000 W (until the water boils). Rinse in cold water and drain. The outer skin can then be removed more easily.

Make caramel. Cook 100 g of sugar with 30 ml of water in a bowl for 3-4 minutes on 1000 W checking carefully after 1 minute 30 seconds. Remove the caramel before it becomes dark, it will finish cooking outside the oven. You can stop it cooking by adding 30 ml of very hot water (take care it does not splash).

Softening set honey. Remove the lid, place the jar in the oven and heat at 300 W for 20-40 seconds depending on the quantity. Stir and repeat the operation if necessary.

Get more juice from an orange or a lemon. Before squeezing, heat 1 orange or 1 lemon for 20-30 seconds at 1000 W, then squeeze it straight away: it will give more juice.

Melt chocolate. Break the chocolate into small pieces in a bowl and heat at 600 W for 2 minutes 30 seconds - 2 minutes 50 seconds for 100 g (the heating time may vary depending on the amount of cocoa solids and sugar). Stir at least once during cooking.

Melt butter. 100 g of butter in a ramekin covered with a saucer will melt in 1 minute - 1 minute 30 seconds at 600 W.

Soften ice-cream from the freezer. If possible remove the ice-cream from its packaging and place on a plate. Heat for 1-2 minutes at 100 W for half a litre and 2-3 minutes for 1 litre.

Make dough rise. Place the covered dough in the oven and heat for approx. 5 minutes at 100 W (for 500 g of dough). Leave the dough to stand inside the oven until it has doubled in size.

Make mulled wine. In a heat-resistant glass (or mug) mix 20 cl of red wine with the zest of a lemon, a pinch of cinnamon, 1-2 cloves and 2 to 4 sugar lumps, according to taste. Heat at 1000 W for 1 minute-1 minute 30 seconds. Strain through a sieve.

Deodorise your oven. To remove lingering fish smells from your oven, place a bowl of hot water with lemon juice inside the oven. Heat at 1000 W for 5 minutes. Dry the condensation on the oven walls with a cleaning cloth.

Defrosting guidelines



The biggest problem when defrosting food in a microwave is to get the inside defrosted before the outside starts to cook. For this reason Panasonic have made the defrosting on your oven CYCLIC DEFROST, just select the 270 W power level and set the required time. The oven then divides this time into 8 stages. These stages alternate between defrosting (total of 4) and standing (total of 4).

During the standing stages there is no microwave power in the oven, although the light will remain on. The automatic stand times ensure a more even defrost and for small items the usual stand time can be eliminated.

Tips for defrosting

Check the defrosting several times, even if you use the auto programs. Observe the standing times.

Standing times

Individual portions of food may be cooked almost immediately after defrosting. It is normal for large portions of food to be frozen in the centre. Before cooking, allow to stand for a **minimum of one hour**. During this standing time, the temperature becomes evenly distributed and the food is defrosted by conduction. N.B. If the food is not going to be cooked immediately, store it in the refrigerator. Never refreeze defrosted food without first cooking it.

Joints and poultry

It is preferable to place the joints on an upturned plate or plastic rack so that they are not resting in the juices. It is essential to protect delicate or projecting parts of this food with small pieces of foil to prevent these parts from cooking.

It is not dangerous to use small pieces of foil in your oven, provided they do not come into contact with the oven walls.

Minced meat or cubes of meat and seafood

Since the outside of these foods quickly defrosts, it is necessary to separate them, break the blocks into pieces frequently while defrosting and remove them when they have defrosted.

Small portions of food

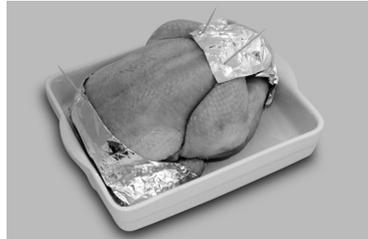
Chops and chicken pieces must be separated as soon as possible so that they defrost evenly throughout. Fatty parts and the ends defrost more quickly. Place them near the centre of a glass dish or protect them.

Bread

Loaves will require a standing time of 10-30 minutes to allow the centre to thaw. Standing time can be shortened if slices are separated and rolls and loaves cut in half.

Beep Sounds

Beeps will sound during the Auto Defrost programs. The beeps are to remind you to check, stir, separate the pieces, or shield small parts. Failure to do this may result in uneven defrosting.



Defrosting chart

Food	Weight/Quantity	Power & defrosting time	Minimum standing time
Meat			
Meat for roasting on the bone #*	500 g	270 W 18-22 mins	60 mins
- meat for roasting #	500 g	270 W 17-25 mins	70 mins
- chops #	500 g	270 W 10-12 mins	15 mins
- cutlets #	250 g	270 W 6-7 mins	10 mins
- kidney cut into dices*	400 g	270 W 15 mins	10 mins
Meat medallions	500 g	270 W 15 mins	10 mins
- thin steak* (2 pcs)	300 g	270 W 6-8 mins	10 mins
- thick steak (2 pcs)	450 g	270 W 10-12 mins	10 mins
- rib steak*	150 g	270 W 4-6 mins	10 mins
Minced meat, sausage meat*	500 g	270 W 10-12 mins	10 mins
- hamburger* (1 pce)	100 g	270 W 4 mins	5 mins
(1 pce)	140 g	270 W 6 mins	5 mins
(2 pcs)	200 g	270 W 6-7 mins	10 mins
(4 pcs)	400 g	270 W 10-12 mins	10 mins
- pieces for stew*	500 g	270 W 12-14 mins	15 mins
- whole poultry #	1 kg	270 W 25-28 mins	60 mins
- poultry in pieces # (4 pcs)	1 kg	270 W 20-25 mins	30 mins
- poussin #	500 g	270 W 13-15 mins	20 mins
Chicken breasts (2 pcs)	500 g	270 W 20-24 mins	15 mins
Rabbit pieces #	500 g	270 W 14-15 mins	20 mins
Sausage (3 pcs)	500 g	270 W 9-10 mins	10 mins
Frankfurters (5 pcs)	500 g	270 W 8-9 mins	10 mins
Cooked desserts			
Sponge cake	300 g	270 W 6 mins	20 mins
Gateau (cream)	850 g	270 W 8-10 mins	20 mins
Fruit tart	470 g	270 W 7 mins	15 mins
Chocolate cake	500 g	270 W 9 mins	40 mins
Fruit tart (1 pce)	70 g	270 W 2 mins	7 mins
Concentrated fruit juice*	200 ml	270 W 4-6 mins	5 mins
Pastry / Dough			
Sweet or shortcrust pastry* -block	300 g	270 W 4-5 mins	20 mins
-rolled	230-250 g	270 W 4-5 mins	20 mins
Pizza dough* - rolled	275 g	270 W 5 mins	10 mins
-ball	240 g	270 W 4 mins	10 mins

The times indicated are for guidance only. Always check the food during defrosting by opening the door then restarting the defrosting. It is not necessary to cover food during defrosting.

NB: # turn this food halfway through defrosting and protect ends and projecting parts with foil.
* stir, turn or separate several times during defrosting.

Defrosting chart

Food	Weight/Quantity	Power & defrosting time	Minimum standing time
Fish			
Whole #	300 g	270 W 14 mins	15 mins
Fillet # (4 pcs)	500 g	270 W 13-14 mins	15 mins
Fish steak* (2 pcs)	300 g	270 W 8-10 mins	15 mins
Prawns* (37 pcs)	300 g	270 W 10-12 mins	10 mins
Fish in breadcrumbs* (2 pcs)	240 g	270 W 5 mins	10 mins
Miscellaneous			
Fruit loaf*	500 g	270 W 6-7 mins	5 mins
Bread*	650 g	270 W 10-12 mins	15 mins
Butter	250 g	270 W 2 mins	10 mins
Fruit coulis* -1 packet	50 g	270 W 1 min 40 secs	3 mins
-4 packets	200 g	270 W 4 mins	10 mins
Cheese*	450 g	270 W 3 mins	10 mins
Berries*	400 g	Steam 3 + 300 W 3-4 mins **	10 mins
	500 g	270 W 12 mins	10 mins
Soft fruit *	300 g	Steam 3 + 300 W 5 mins **	10 mins
	500 g	270 W 12-15 mins	20 mins

The times indicated are for guidance only. Always check the food during defrosting by opening the door then restarting the defrosting. It is not necessary to cover food during defrosting.

NB: # turn this food halfway through defrosting and protect ends and projecting parts with foil.

* stir, turn or separate several times during defrosting.

** Fill water tank.

Meat and poultry

Your oven allows you to cook meat using **combination cooking** (Grill + Convection + Microwave), ideal for large pieces of meat or slow cooking. Traditional methods - convection heating, grill or grill + convection for small pieces or specific recipes. Small cuts of meat can be cooked by Grill or Combination. **Microwave only** can be used to quickly finish cooking a fricassee, poultry in sauce or meat cooked on the barbeque.

After cooking it is important to allow roast meat to stand out of the oven, wrapped in aluminium foil, for 10-15 minutes in order to complete cooking and make it easier to carve.

Accessories and containers

For manual combination cooking, for small flat pieces of meat, it is recommended to place the meat in a heatproof dish on the wire shelf in shelf position 1 or 2. For large joints, place on the glass shelf in shelf position 1. For convection mode only, place joints and poultry directly on the enamel shelf in shelf position 1. Do not cover.

Advice for combination cooking

Do not add salt to meat before cooking, this should be done afterwards.

It is important to check the food several times during cooking so you can adjust the cooking time if necessary.

Arrange the chicken legs or other poultry so that the most meaty parts are at the edge of the dish.

Convection cooking

You can roast meat in your oven in the traditional way by preheating the oven on convection mode, for white and red meat and poultry. Preheating is essential in order to seal the meat or poultry.

Grill cooking

The grill will cook thin pieces of meat: cutlets, lamb chops, sausages. It is recommended to preheat the grill.



Note

On convection, grill or combination, the meat must not be covered as it cooks with external heat.

Cooking with microwave only

White meat and pieces of poultry cook perfectly using microwaves, and this is the quickest method of cooking them. Microwave cooking is useful for small pieces of meat or poultry which will be served in a sauce or to quickly finish cooking a fricassee or meat cooked on the barbeque.

Place the pieces of meat in a dish which is microwave safe on the base of the oven. When cooking by microwave only, it is recommended to cover the meat with a lid or cling film in order to speed up the cooking process and stop it spitting. It is normal to find a lot of liquid in the dish after cooking. The speed of microwave cooking and the lack of radiant heat does not allow this liquid to evaporate as it does in traditional cooking. The loss of weight is not greater than it is for traditional cooking.

Meat and poultry

Stews and slow-cooked dishes

It is possible to cook stews using microwaves only or combined cooking with microwaves, but it will not be any quicker than using a traditional cooking method. However, the meat will not stick to the bottom of the container, and less energy will be used. Use Pyrex® or ovenproof porcelain casseroles with lids.

Before: the vegetables should be cut into equal pieces and precooked. For many stew recipes, it is necessary to flour the pieces of meat to ensure the sauce sticks to them.

During cooking, it is essential that the pieces of meat stay immersed in the liquid using a saucer or upside-down plate (to prevent the meat from drying out). As stews take a long time to cook and there can be a lot of evaporation, add more liquid during cooking if necessary. Cover the container with a lid in order to limit evaporation. Bring the stew to the boil at 1000 W for 10-15 minutes then continue the cooking for the required time using Combination cooking with convection heat 170 °C + 300 W. It is not necessary to preheat the oven for this second stage.

Standing time:

After cooking it is important to cover the meat and allow it to stand out of the oven for 10-15 minutes to allow the cooking to finish and the temperature to even out.



Meat and poultry (Cooking time for 500g)

As meat will not be browned when using the microwave only, the microwave cooking times indicated below are for meat that has first been browned in a frying pan on all sides (pork, veal, lamb and beef) or for meat that does not need to be browned (poultry fillets, rabbit). Meat should be turned over half-way through cooking time and left to stand for 5-8 minutes at the end of cooking time.

Type of meat	Microwaves with/without Steam	Cooking Time	Combination cooking (preheated oven)	Instructions	Cooking time (in minutes)
Beef					
Rib	-	-	CH 230 °C + G1 + 300 W	Preheat. Place on wire shelf in shelf position 3. Use glass shelf as drip tray below. Turn after 7 mins.	10-12 mins
Roasting joint	-	-	CH 220 °C + G3 + 100 W	Preheat. Place on glass shelf in shelf position 2. Add water to shelf if meat becomes dry during cooking. Wrap in foil and allow to stand for 10-20 mins after cooking.	14-18 mins (rare)
Roasting joint	-	-	CH 220 °C + G3 + 300 W	Preheat. Place on glass shelf in shelf position 2. Add water to shelf if meat becomes dry during cooking. Wrap in foil and allow to stand for 10-20 mins after cooking.	11-14 mins (medium)
Roasting joint	1000 W	7-9 mins (rare) 8-11 mins (medium)	-	Cook on glass shelf in shelf position 2. Turn during cooking. Wrap in foil and allow to stand for 10 mins after cooking.	-
Meatloaf (500 g)	Steam 1 + 440 W	30-40 mins	-	Fill water tank. Place meatloaf on trivet on glass shelf in shelf position 3. Refill the water tank after 30 mins during cooking.	-
Stew	-	-	CH 170 °C + 100 W	Place ingredients in covered heatproof dish on base of oven. Stir twice during cooking.	1h-1h 20 mins
Lamb					
Leg or shoulder on the bone	-	-	CH 230 °C + 300 W	Cook on glass shelf in shelf position 2. Turn two thirds of total cooking time. Wrap in foil and allow to stand for 10 mins after cooking.	11-14 mins (pink) 13-16 mins (well done)
Chops	-	-	G1 + 100 W	Preheat. Place on wire shelf, in shelf position 3 and use glass shelf underneath as drip tray. Cook for 8 mins, turn and cook for further 5 mins.	13 mins
Joint for roasting, off the bone, rolled	-	-	CH 230 °C + G3 + 300 W	Cook on glass shelf in shelf position 2. Turn two thirds of total cooking time. Wrap in foil and allow to stand for 10 mins after cooking.	12-14 mins (pink) to 14-18 mins (well done)

CH = convection heating G = grill heating

Meat and poultry

As meat will not be browned when using the microwave only, the microwave cooking times indicated below are for meat that has first been browned in a frying pan on all sides (pork, veal, lamb and beef) or for meat that does not need to be browned (poultry fillets, rabbit). Meat should be turned over half-way through cooking time and left to stand for 5-8 minutes at the end of cooking time.

Type of meat	Microwaves with/ without Steam	Cooking Time	Combination cooking (preheated oven)	Instructions	Cooking time (in minutes)
Lamb					
Joint for roasting, off the bone, rolled	1000 W	7-11 mins	-	Cook on glass shelf in shelf position 2. Turn two thirds of total cooking time. Wrap in foil and allow to stand for 10 mins after cooking.	-
Stew	-	-	CH 170 °C + 100 W	Place ingredients in a covered heatproof dish on base of oven. Stir halfway.	50 mins-1 h
Veal					
Entrecote (2 pcs)	-	-	CH 220 °C + G1 + 300 W	Preheat. Place on wire shelf in shelf position 3 and use glass shelf underneath as drip tray. Turn halfway. Wrap in foil and allow to stand for 10 mins after cooking.	12 mins
Veal medallion	-	-	Grill 1 + 100 W	Preheat. Place on wire shelf in shelf position 3 and use glass shelf underneath as drip tray. Turn halfway. Wrap in foil and allow to stand for 10 mins after cooking.	13-15 mins
Stew	-	-	CH 170 °C + 100 W	Place ingredients in a covered heatproof dish on base of oven. Stir halfway.	50 mins-1 h
Pork					
Roasting joint from rump	600 W	19-21 mins	CH 220 °C + 600 W	Preheat. Cook on glass shelf in shelf position 2. Turn two thirds of total cooking time. Wrap in foil and allow to stand for 10 mins after cooking.	16-20 mins
Roasting joint from loin	600 W	20-24 mins	CH 220 °C + 600 W	Preheat. Cook on glass shelf in shelf position 2. Turn two thirds during cooking. Wrap in foil and allow to stand for 10 mins after cooking.	18-20 mins
Stew	-	-	CH 170 °C + 100 W	Place ingredients in a covered heatproof dish on base of oven. Stir halfway.	1 h - 1 h 10 mins
Chicken, guinea-fowl, turkey					
Whole roasting bird	-	-	CH 230 °C + G1 + 600 W	Preheat. Cook on glass shelf in shelf position 2. Turn two thirds of total cooking time. Wrap in foil and allow to stand for 10 mins after cooking.	10-12 mins

CH = convection heating G = grill heating

Meat and poultry

As meat will not be browned when using the microwave only, the microwave cooking times indicated below are for meat that has first been browned in a frying pan on all sides (pork, veal, lamb and beef) or for meat that does not need to be browned (poultry fillets, rabbit). Meat should be turned over half-way through cooking time and left to stand for 5-8 minutes at the end of cooking time.

Type of meat	Microwaves with/ without Steam	Cooking Time	Combination cooking (preheated oven)	Instructions	Cooking time (in minutes)
Chicken, guinea-fowl, turkey					
Breast 400 g (2 pcs)	Steam 1 + 440 W	14 mins	-	Fill water tank. Place meat on trivet. Stand the trivet on glass shelf in shelf position 3. Wrap in foil and allow to stand for 10 mins after cooking.	-
Pieces	-	-	G2 + 440 W	Preheat. Place on wire shelf in shelf position 2, use glass shelf (drip tray) in shelf position 1. Turn twice during cooking.	12-14 mins + 2 mins G1
Turkey joint for roasting off the bone	-	-	CH 200 °C + G1 + 440 W	Preheat. Place on glass shelf in shelf position 2. Turn halfway during cooking.	15-17 mins
Turkey leg	-	-	CH 230 °C + G1 + 440 W	Preheat. Place on glass shelf in shelf position 2. Turn twice during cooking.	12-15 mins
Turkey escalopes 250 g	Steam 1 + 440 W	9 - 10 mins	-	Fill water tank. Place meat on trivet. Stand the trivet in glass shelf on shelf position 3. Wrap in foil and allow to stand for 10 mins after cooking.	-
Poussin	-	-	CH 230 °C + G1 + 300 W	Preheat. Cook on glass shelf in shelf position 2. Turn two thirds of total cooking time. Wrap in foil and allow to stand for 10 mins after cooking.	13-14 mins
Duck					
Legs	-	-	G1 + 600 W	Preheat. Place on glass shelf in shelf position 2. Cook for 7 mins, turn and cook for a further 5 mins.	11-12 mins
Stew - using duck legs	-	-	CH 170 °C + 100 W	Place ingredients in a covered heatproof dish on base of oven. Stir halfway.	1h-1h 15 mins
Breast 450 g (2 pcs)	Steam 1 + 440 W	14-16 mins	-	Fill water tank. Place meat on trivet. Stand the trivet on glass shelf in shelf position 3. Wrap in foil and allow to stand for 10 mins after cooking.	-

CH = convection heating G = grill heating

Meat and poultry

As meat will not be browned when using the microwave only, the microwave cooking times indicated below are for meat that has first been browned in a frying pan on all sides (pork, veal, lamb and beef) or for meat that does not need to be browned (poultry fillets, rabbit). Meat should be turned over half-way through cooking time and left to stand for 5-8 minutes at the end of cooking time.

Type of meat	Microwaves with/without Steam	Cooking Time	Combination cooking (preheated oven)	Instructions	Cooking time (in minutes)
Rabbit					
Rabbit stew (joints)	-	-	CH 170 °C + 100 W	Place ingredients in a covered dish on base of oven. Stir halfway.	1 h - 1 h 10 mins
Game					
Roasting joint	-	-	CH 230 °C + G1 + 300 W	Preheat. Place on glass shelf in a heatproof dish in shelf position 2. Turn two thirds of total cooking time. Wrap in foil and allow to stand for 10 mins after cooking	12-13 mins
Stew	-	-	CH 170 °C + 100 W	Place ingredients in a covered heatproof dish on base of oven. Stir halfway.	1 h 15mins - 1 h 30 mins
Sausages					
Chipolatas, merguez fresh 350 g (6 pcs)	-	-	G1 + 100 W	Place on wire shelf in shelf position 3 with glass shelf (drip tray) in shelf position 2. Turn halfway.	12-14 mins
Thick sausage - pork & beef 250 g	-	-	G1 + 100 W	Place on wire shelf in shelf position 3 with glass shelf (drip tray) in shelf position 2. Turn halfway.	11-14 mins Turn after 8 mins
Frozen 500 g (6 pcs)	-	-	G1 + 300 W	Place on wire shelf in shelf position 3 with glass shelf (drip tray) in shelf position 2. Turn halfway.	12-16 mins
German sausage 250 g	Steam 1 + 440 W	8 mins	-	Fill water tank. Place meat on trivet. Stand the trivet on glass shelf in shelf position 3.	-
Boudin blanc 200 g	-	-	G1 + 300 W	Place on wire shelf in shelf position 3 with glass shelf (drip tray) in shelf position 2. Turn halfway.	9 mins

CH = convection heating G = grill heating

Fish

Fish cooks very well by microwave as it stays moist and the lingering fish smells left in conventional ovens are avoided.



Arranging

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



Liquid

Fresh fish can be sprinkled with 30 ml of lemon juice or white wine. When cooking frozen fish, add liquid as above for even cooking.



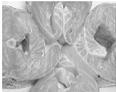
Big fish (more than 400 g)

You are recommended to turn them over halfway through cooking time and to protect the head and tail with a small piece of aluminium foil to avoid overcooking. (Attention: the aluminium must not touch the walls of the oven).



Covering

Always cover fish with either microwave cling film or use a dish with a self-fitting lid.



Fish steaks

Fish steaks should be arranged in a circle - thicker part to the outside - to avoid overcooking and disintegration of the tail ends.

When is fish cooked?

Fish is cooked when it flakes easily and becomes opaque. Remember that fatty fishes (e.g. salmon and mackerel) are cooked more quickly than leaner fishes (e.g. cod and haddock.)

Stand time

Fish should **stand** after cooking for 2-3 minutes. This can be outside the oven to enable the oven to be used for further cooking.

Fish en papillote

You can make papillotes of fish by replacing the aluminium foil with microwaveable greaseproof paper (or parchment paper).

Whole fish

If cooking 2 whole fish together, they should be arranged head to tail for even cooking. Large whole fish must have the tail and head shielded halfway through cooking with smooth pieces of aluminium foil secured with toothpicks.

Salt

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

Fish

Cooking fish by grill or combination

Brush fish with melted butter or oil to keep fish moist. Place on wire shelf with glass shelf underneath to catch any drips. **Do not** add salt, however sprinkle with pepper or herbs if required. Use Combination Grill 1 + 300 W for approx. 6-8 minutes (3-4 minutes each side) for small fish (trout, mackerel). Use Combination Grill 1 + 440 W for larger fish (sea bream, bass). For example, 2 sea breams-approx. 600 g will be cooked in 9 minutes (4 minutes 30 seconds each side) using Combination Grill 1 + 440 W.

Cooking by convection mode

For fish parcels in aluminium foil, or large fish, preheat the oven on convection 180 °C and place on the enamel shelf in shelf position 1. For 500 g, 4 salmon fillets approx. 125 g each, cook on convection 180 °C for approx. 20 minutes.

Food	Fresh		Frozen	
	Power	Time	Power	Time
Fish - thin fillets	600 W	4-6 mins	1000 W	9-10 mins
Fish - thick fillets	600 W	6-7 mins	1000 W	10-13 mins
Fish steaks	600 W	6-8 mins	1000 W	11-13 mins
Whole fish	600 W	6-7 mins	1000 W	12 mins
Prawns*	600 W	5-6 mins	-	-
Mussels *	600 W	5-6 mins	-	-
Scallops *	600 W	6-7 mins	-	-
Squid *	600 W	6-7 mins	1000 W	10-11 mins
Fish- thin fillets 350 g	Steam 1 + 440 W	6-8 mins	-	-
Salmon fillet 350 g	Steam 1 + 440 W	8-10 mins	-	-

*: we do not recommend using the Automatic program for these types of fish nor for the shellfish.

Vegetables - Microwave only

Added water

Very water-rich vegetables such as tomatoes, courgettes, aubergines, frozen vegetables for ratatouille, mushrooms, spinach, endives, lettuce, onions, most fruits, etc., little or no water should be added, since microwave cooking uses the water contained in the foods naturally.

Fairly water-rich vegetables, 15 ml water per 100 g vegetables should be added, to create the steam which cooks the vegetables and prevents dehydration: cauliflower, leeks, broccoli, Brussels sprouts, fennel, carrots, celeriac, asparagus, dwarf beans, potatoes, cabbages, turnips, artichokes, etc. Frozen vegetables add 15-45 ml of water.

Vegetables containing relatively little water may need additional water adding to encourage hydration: peas, broad beans, runner beans, French beans.

In all cases: vegetables must be cooked on 1000 W power (except for whole cauliflowers) and must not be salted before cooking, but after. This is because salt absorbs the natural moisture of the vegetable and encourages dehydration.

Where possible, cut the vegetables into even sized pieces. It is important to place the vegetables in an adequate sized container. Cover the container with a lid or pierced cling film. Large containers are preferable to narrow and high ones.



Vegetables - Microwave only

Fresh/frozen vegetables manual cooking charts - use 1000 W power for 500 g
(time in minutes)

Vegetables	Fresh	Frozen
Artichokes:		
- whole 250 g (1 pce)	6-8	-
- hearts 150 g (2 pcs)	6-8	8
Asparagus*	10-12	10-11
Aubergines	9-10	-
Beetroot*(chopped)	10-12	-
Chard	7- 9	13-14
Broccoli, Romanesco	8- 9	12-13
Mushrooms	8-9	11-12
Carrot:		
- round slices	8-10	12-13
- batons	10-12	12
Cabbage*	12-14	-
Brussels sprouts	9-10	9-11
Butternut squash - cut in half	8-9	-
Cauliflower	8-10	9-10
Celeriac - diced	8- 9	10
Celery*	15-17	-
Courgettes	7-8	10-12
Endives 400 g	6-8	16-17
Spinach:		
- Chopped (no added water)	-	12
- leaves (300 g)	6	-
Broad beans* add extra water	10	15
Fennel:		
-whole cut into two	8-10	-
-finely sliced	8-10	-
Green beans*	12-14	10-12
Runner beans	10-12	-
Mixed vegetables*	-	14-16
Corn on cob (2 cobs)*	8-10	12-15
Sweetcorn	-	8

Vegetables	Fresh	Frozen
Turnips - diced	8-10	11-13
Onions - chopped	9-10	14-16
Parsnips	8-10	-
Sweet potato	10-11	-
Peas*	10	15
Mange-tout	10-12	-
Leeks		
- thinly sliced	8-10	14-15
- cut into rounds	8-10	14-15
Pumpkin chopped	9-10	11
Peppers - sliced	8 - 10	13
Potatoes:		
-whole potatoes (<220 g)	8-10	-
Sliced potatoes	9-11	-
Ratatouille	12	14-16
Salsify	10-14	12-13
Tomatoes* (no water added)	4-5	9-10

*We do not recommend cooking with the Auto menu for these vegetables.



A whole cauliflower must be cooked head down, on 600 W power, for 11-13 minutes. (according to size of cauliflower) with 150 ml of water.

Vegetable Cooking charts

Food	Weight/ Quantity	Power Level	Time to Select (approx.)	Instructions/Guidelines
Frozen vegetables				
Beans - broad	200 g	Steam 1 + 300 W	8 mins	Place on trivet on glass shelf in shelf position 3.
Beans - green	200 g	Steam 1 + 300 W	15 mins	
Broccoli - florets	250 g	Steam 1 + 300 W -	10-12 mins	
Carrots - sliced	200 g	Steam 1 + 300 W	11 mins	
Cauliflower	250 g	Steam 1 + 300 W	12-13 mins	
Mixed vegetables	200 g	Steam 1 + 300 W	8 mins	
Peas	200 g	Steam 1 + 300 W	9 mins	
Soya beans	200 g	Steam 1 + 300 W	4 mins	
Steam vegetables	125 g	Steam 1 + 440 W	6 mins	
Sweetcorn	200 g	Steam 1 + 300 W	9 mins	
Fresh vegetables				
Asparagus (fine)	200 g	Steam 1 + 300 W	6 mins	Place on trivet on glass shelf in shelf position 3.
Aubergine - sliced	200 g		7 mins	
Baby corn	200 g		12 mins	
Broad beans	200 g		8 mins	
Runner beans	150 g		8 mins	
Beetroot	450 g		15-17 mins	
Broccoli	250 g		9 mins	
Brussel sprouts	200 g		6 mins	

CH = convection heating G = grill heating

Vegetable Cooking charts

Food	Weight/ Quantity	Power Level	Time to Select (approx.)	Instructions/Guidelines
Fresh vegetables				
Spinach	150 g	Steam 1 + 300 W	5 mins	Place on trivet on glass shelf in shelf position 3.
Cabbage - sliced	250 g		16 mins	
Carrots - sliced	200 g		12 mins	
Cauliflower - florets	400 g		11-12 mins	
Courgettes - sliced	250 g		9 mins	
Corn on the cob	x 2		18-20 mins	
Mange tout	200 g		10 mins	
Parsnips	300 g		9 mins	
parboiled for roasting sliced	300 g		7 mins	
Peas	200 g		10 mins	
Sugar snap peas	200 g		10 mins	
Potatoes - boiled	500 g		15 mins	
Potatoes - par-boiled	500 g		6-7 mins	
Jacket potatoes - 250 g each	x 1	1000 W	6 mins	Place on glass shelf in shelf position 1. Turn halfway through cooking.
	x 2		11 mins	
	x 4		23 mins	
	x 1	230 °C + G1 + 300 W	15 mins	
	x 2		23 mins	
	x 4		28 mins	
	x 6		35 mins	
Butternut squash	400 g	Steam 1 + 440 W	9 mins	Place on trivet on glass shelf in shelf position 3.
Swede - cubed	300 g		9 mins	
Sweet potato - chopped	400 g		9 mins	
Turnip - cubed	300 g		10 mins	

CH = convection heating G = grill heating

Points for checking

Always check that food is piping hot after cooking 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.

Eggs and cheese

Eggs are delicate products which require special attention. This is because if they are placed straight into the oven, they explode because of the pressure created inside the shell. Once broken, the yolk also explodes if the film covering is not pierced. Push the tip of a cocktail stick into the centre of the yolk; if the egg is fresh, it will not spill out. The yolk and the white react differently to the microwaves and unfortunately the yolk cooks more quickly. When eggs are beaten (omelette), the edges should be taken into the centre halfway through cooking time.

Poached eggs

Heat 50 ml of water with salt and a dash of vinegar in a bowl for 1 minute on base of oven on 1000 W. Break the egg into the boiling water and carefully pierce the yolk and the white with a toothpick; Cover and cook on base of oven on 600 W for 40-60 seconds (depending on the size of the egg). Leave to stand for 1 minute, then drain and serve.



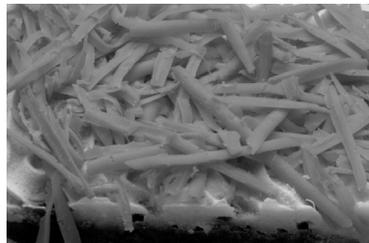
Scrambled eggs

Mix 2 raw eggs in a bowl with a little cream or milk, a knob of butter, salt and pepper. Cover and cook for 40 seconds on base of oven on 1000 W. Remove and beat briskly with a fork. Resume cooking on 1000 W for a further 30-50 seconds. The eggs should remain creamy.



Oeufs cocotte

Break the egg into a buttered ramekin, season with salt and pepper, pierce the yolk and the white with a cocktail stick. Add the desired ingredients (cream, mushrooms, lumpfish roe, etc.). Cover and cook on the base of oven for 1 minute 20 seconds-1 minute 50 seconds per egg on 300 W, depending on the size of the egg and the quantity of garnish.



Cheeses

Cheeses react differently depending what type they are: the fatter they are the quicker they melt. If they are cooked for too long a time, they harden. When possible, it is preferable to add grated cheese at the last moment (for pasta, gratins, etc.).

Dry starchy foods and vegetables

The cooking times for dried vegetables in the microwave are much the same as with traditional cooking. On the other hand, these foodstuffs heat up very quickly, without taking on a reheated flavour, so long as they are in a closed vessel, with butter or sauce mixed in.

To cook, use a big vessel (to avoid any overspill). Fully cover with water or stock. Leave to stand for at least 5-8 minutes after cooking.

Rice, wheat, and quinoa

When the water comes to the boil, cook for about 17-20 minutes at 300 W for any quantity of rice, using 1 part rice to 2½ parts boiling water and for 14-18 minutes at 300 W for wheat or quinoa. Use 1 part quinoa to 3 parts of boiling water. These cooking times do not apply to parboiled rice or wheat.

Semolina

Semolina cooks perfectly in a microwave oven, with no risk of burning. 40 g semolina to 400 g milk. Bring to boil, covered, 6 minutes 30 seconds, whisk twice. Cook on 300 W for 3 minutes, stand 5 minutes, whisk and sweeten to taste.

Pasta

Remember to salt the cooking water, add 15 ml of vegetable oil and stir once during cooking. When the liquid is bubbling, cook, covered, for 7 or 8 minutes on 1000 W for 250 g of pasta (for 1 litre of water).

Dried vegetables

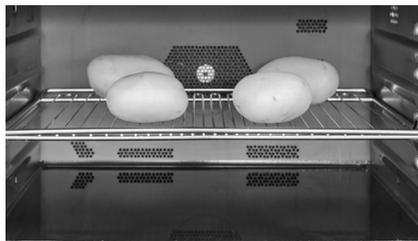
Fully cover with water and leave to soak overnight. The next day, rinse and drain. Cover with water. Do not salt before cooking (this hardens the dried vegetables). Cook for 10 minutes on 1000 W then 15-30 minutes on 300 W. Monitor the cooking and add water if necessary: the dried vegetables must always be covered with liquid.

Jacket potatoes

Varieties of potatoes vary in their suitability for cooking by microwave. The ideal size of potato to be cooked by microwave or combination is 200 g - 250 g. Microwaving jacket potatoes is quicker than combination, but will produce a soft result. Combination cooking will produce a drier, crisper texture. If you wish to further enhance the browning at the end of cooking, use the **grill** (see chart below).

Before cooking wash potatoes and prick skins several times. Place on glass shelf in shelf position 1 or directly on the wire shelf for Combination cooking. Turn once during cooking.

After cooking remove from oven and wrap in tin foil to retain the heat. Leave to stand for 5 minutes.



Jacket potatoes - Manual cooking chart

Quantity	Mins. on 1000 W	Mins. on G1 + 600 W on wire shelf
1 pce (approx. 220 g)	5-7 mins	8-9 mins
2 pcs (approx. 500 g)	9-10 mins	13-14 mins
3 pcs (600 g to 700 g)	12-14 mins	15-17 mins

Desserts - Pastries

Your oven offers several ways of baking cakes, depending on the desired result.

- Cooking using **microwaves** is perfect and quick for custards, flans, poached fruit and compotes as well as cakes containing raising agent which do not need to go golden on top (chocolate cake and sponge cake to be filled).
- **Combination cooking** allows you to bake crispy and golden cakes quickly, using mixture with raising agent or eggs.
- **Traditional cooking** (Convection heating) is essential for certain cakes and desserts: soufflé, savarin, choux pastry, biscuits, shortbread, puff pastry and tarts.

Cooking with microwaves only:

Microwaves cook fruits, compotes and custard quickly and perfectly. Furthermore, microwaves are excellent for cooking starchy puddings such as rice pudding, tapioca, semolina, without the risk of the mixture sticking to the bottom of the dish. Finally, when preparing traditionally cooked desserts, microwaves are very useful for melting butter, chocolate and jelly, as well as making caramel.

Containers and accessories

Place the container which is microwave safe directly on base of the oven. Preferably use round cake tins. Avoid using rectangular tins.

Lid

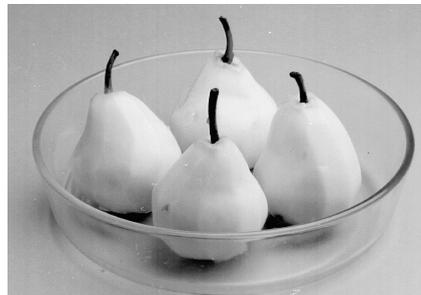
- Cakes: **do not** cover.
- Fruit: you can cover fruit compotes which do not contain much water and leave compotes which contain a lot of water uncovered.

Fruit

Allow 4-6 minutes at 1000 W, covered, to cook 4 medium peeled pears (remember to turn them half-way through cooking). Allow 4-5 minutes at 1000 W, covered, for 500 g of apples or pears cut into quarters with 75 ml of water (whole fruit will take a little longer to cook, depending on its size). For compotes, allow for 6-8 minutes at 1000 W for 500 g of peeled fruit cut into cubes. Do not add liquid. Cooking times will always vary depending on the ripeness of the fruit and the amount of sugar it contains. If you add dried fruit to cake mixture, always make sure the fruit is not at the top of the mixture as they will burn, due to the large amount of sugar they contain.

Useful to know

It is impossible to cook a soufflé in a microwave because it will collapse as soon as you take it out of the oven. Cakes made of choux pastry will not expand, because no crust will form to trap the air inside. However, ready-made cake-mixes cook very well in the microwave. The cake must be prepared following the instructions on the packet and cooked at 600 W for 5-7 minutes, on the base of the oven, in a dish which is microwave safe.



Desserts - Pastries

Manual Combination cooking

This combines the effects of radiant heat which makes the cakes golden, and microwaves which cook the inside quickly and make the cakes rise. It is preferable to use a low power (100 W to 440 W) with a fairly high temperature of **convection heating** (210 °C to 230 °C depending on cooking time) in order to obtain a satisfactory result. Allow for a cooking time of at least half or two-thirds of the cooking time for traditional cooking methods.

Tarts

Cook tarts for 25-30 minutes using preheated Combination cooking - **convection heating** 220/230 °C + 100 W. Check the colour of the tart as it cooks. After cooking, remember to remove the tart from the case and allow to cool on a wire rack to prevent the pastry going soft. The cooking and colour of the pastry base may vary depending on its ingredients (butter, margarine, sweet pastry, puff pastry etc.). Try another brand of pastry if the results are not satisfactory.

Tins

- For flans, clafoutis, gratins, use dishes which are microwave safe and heat-resistant (Pyrex® or ovenproof porcelain) and preferably round (or Pyrex® baba cases) or oval.
- For other cakes (sponge cake, yoghurt cake, kugelhupf, fruit cake) and tarts, use **non-springform smooth metal tins**, preferably round ones (unless using a loaf tin). Do not use thin aluminium tins (such as aluminium foil containers).
- For tarts, it is important to only use **smooth, non-springform metal tins** (aluminium or nonstick), for the pastry base to be well cooked. In all cases **do not cover**.

- For most desserts (except tarts), you can also use flexible silicone moulds when microwave, combination or convection cooking.

Accessories

When combination cooking, **metal tins** must always be placed on the **glass shelf** in shelf position 3 or 4. **Do not use the enamel shelf** for Combination cooking. Some gratin or flan recipes in Pyrex® or ovenproof porcelain dishes can be placed directly on the wire shelf, in shelf position 3 or 4. This is indicated in the recipe.

Preheating

- For brioches, items which are cooked quickly (in less than 25 minutes), tarts and pies, it is essential to preheat the oven. Choose the cooking combination indicated and touch Stop/Start. The oven will preheat automatically without using microwaves. Once the oven is up to temperature, put the cake in the oven, set cooking time and touch Stop/Start.
- For other cakes (sponge cake, fruit cake, yoghurt cake etc.) flans, clafoutis, it is not necessary to preheat the oven. In all cases **if preheating is necessary for a recipe in this book, this will be indicated**.

General advice for cooking using microwave and combination cooking

Check the food as it cooks: when using microwave only, a few minutes cooking is enough, and every extra minute may dry out the cake. If the cake goes hard once it has cooled it has been cooked for too long or at too high a temperature.

You can check the cake is cooked using the traditional method of inserting a metal skewer in the middle (it should come out clean) or by checking if the edges of the cake come away from the tin easily.

Containers

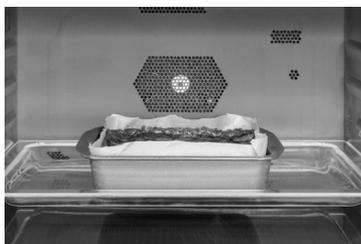
If you use a container which is very different to that advised by the recipe (e.g. several ramekins rather than a round cake tin), the end result will be different. The same quantity will cook more quickly in several small tins than in one single tin. Line the tins with greaseproof paper so you can remove them more easily.

Storing cakes

Once the cake is cool, remember to wrap it in cling film or aluminium foil to keep it soft.

Cake mixes

Cake mixes cook perfectly using combination cooking. Preheat the oven with the glass shelf in shelf position 1 or 2, and use a metal or silicone tin. Take the cake mix out of the refrigerator at least 20 minutes before cooking.



Traditional cooking using convection heating

Essential for cooking patisseries such as savarins, choux pastry, biscuits, soufflés, meringues etc. But you can also use it for cooking all cakes and tarts which you do not want to cook using combination cooking.

Accessories:

Large cakes (soufflé, kugelhupf) tarts, galettes and gratins should be placed on the glass shelf (combination) or the enamel shelf or wire shelf (convection) in shelf position 1 or 2.

To cook pastry bases well, use metal tins and an oven preheated to **convection** 230 °C, lowering the temperature after putting the tart in the oven.

For other sweet items (pies, croissants, large tarts, chocolate cakes), the wire shelf or enamel shelf are suitable.

You can cook in 2 positions, placing one batch on the enamel shelf in shelf position 1 and another tray (or silicone baking sheet) placed on the wire shelf in shelf position 3.

Containers

You can use any heat-resistant container (metal, silicone, Pyrex® or ovenproof porcelain). Make sure the baking trays to be placed on the wire shelf are no larger than 28 x 40 cm. **Preheating recommended.**



Common queries answered

Problem	Cause	Solution
Food cools quickly after being microwaved .	Food not cooked through.	Put back in oven for extra time. Remember foods at fridge temperature require more cooking time than food at room temperature.
Rice pudding or casserole boils over during cooking by microwave .	Container too small.	For liquid foods, use a container twice the volume of food.
Food cooks too slowly when cooked by microwave .	Oven not receiving correct power.	Oven should be on an independent outlet.
	Food temperature from fridge colder than room temperature.	Extra time required for cooking colder foods.
Meat is tough when cooked by microwave or combination	Power setting too high.	Use reduced power level for meats.
	Meat salted before cooking.	Do not salt before cooking. Add salt if necessary, after cooking.
Cake remains uncooked in centre when cooked by microwave .	Too short a cooking and/or standing time.	Add extra cooking time/standing time.
Scrambled or poached eggs tough and rubbery when cooked by microwave .	Cooking time too long.	Take care when cooking small quantities of eggs, once spoiled they cannot be saved.
Quiche/egg custards are tough and rubbery when cooked by microwave .	Power level too high.	Use reduced power levels for these items.
Quiche/egg custards are tough and rubbery when cooked by combination.	Cooked too long. Dish size larger than stated in recipe.	Always check progress of food as it cooks.
Cheese sauce is tough and stringy when cooked by microwave .	Cheese cooked with sauce.	Add cheese at the end of cooking time. The heat of the sauce will melt the cheese.

Common queries answered

Problem	Cause	Solution
Vegetables are dry when cooked by microwave .	Cooked uncovered.	Cover with a lid or pierced cling film.
	Low moisture content, e.g. old root vegetables.	Add extra 30-45 ml of water.
	Salt added before cooking.	Salt after cooking if necessary.
Condensation appears in the oven.	This is normal and means the food is cooking faster then the moisture can be expelled from the oven.	Wipe off with a soft cloth.
Warm air is felt coming from the door seal area.	The oven door is not an air-tight seal.	This is normal and does not indicate any microwave leakage.
Blue sparks or arcing is seen when using the metal utensils.	Using metal accessories on microwave only is incorrect. If using a combination program check accessories for any damage.	Stop the oven immediately . Do not use metal utensils on microwave only.
The grill periodically turns off during grilling or combination.	During cooking the grill will cycle on and off so that the food does not burn before it is cooked through in the centre.	This is normal.
The wordprompt has disappeared on my display	The wordprompt is disabled.	See user settings (page 17 in operating instructions) to re-activate the display.

Sweet potato soup

ingredients

Serves 4

1 medium onion, coarsely chopped
 15 ml olive oil
 2 cloves garlic, crushed
 700 g sweet potatoes, peeled and chopped
 1 large red pepper, deseeded and chopped
 700 ml vegetable stock
 60 ml coconut milk
 salt and pepper

Dish: 1 x 3 litre Pyrex® bowl with lid

Accessory: glass shelf in shelf position 1

Fill water tank

1. Place the onion, oil and garlic into a large bowl. Place on glass shelf in shelf position 1 and cook on STEAM 1 + MICROWAVE 440 W for 4 minutes or until soft.
2. Add the potatoes and pepper. Cook on STEAM 1 + MICROWAVE 440 W for 10 minutes.
3. Add stock, cover with the lid and cook on base of oven, MICROWAVE 300 W for 20 minutes, or until the potatoes are soft, stirring halfway through cooking. Allow to cool slightly. Place in liquidiser and puree until smooth.
4. Stir in the coconut milk and season to taste. Cover and heat on MICROWAVE 600 W for 3 minutes, or until piping hot.

Minestrone soup

ingredients

Serves 4-6

1 onion, chopped
 2 cloves of garlic, chopped
 15 ml olive oil
 1 courgette, cut into 4 lengthways and sliced thinly
 1 carrot, diced
 2 stalks of celery, sliced
 600 ml vegetable stock
 15 ml sugar
 15 ml tomato puree
 400 g canned tomatoes, chopped
 1 bay leaf
 thyme sprig
 150 g canned chickpeas, drained
 70 g very small pasta shapes
 salt and pepper

Dish: 1 x 3 litre Pyrex® bowl

Accessory: none

1. Place the onion, garlic and oil in a large bowl. Cover with pierced cling film, place on the base of the oven and cook on MICROWAVE 1000 W for 3 minutes or until soft.
2. Add the courgette, carrot, celery and 45 ml of stock. Cover with pierced cling film and cook on the base of the oven, MICROWAVE 1000 W for 9 minutes stirring halfway through.
3. Add the sugar, tomato puree, chopped tomatoes, remaining stock, bay leaf and thyme. Cover with pierced cling film and cook on the base of the oven MICROWAVE 1000 W for 8 minutes.
4. Add the chickpeas and pasta shapes. Cover with pierced cling film and cook on the base of the oven MICROWAVE 1000 W for 6 minutes or until the pasta is soft. Remove the bay leaf and thyme. Season to taste.

Thai chicken

ingredients

Serves 4-6

10 cm lemon grass, finely chopped
 3 cloves of garlic, finely chopped
 5 g fresh root ginger, peeled and chopped
 1-2 red chillies, deseeded and chopped (medium hot)
 1 onion, chopped
 15 ml sesame oil
 15 ml olive oil
 600 g chicken breast, cut into 2-3 cm dice
 5 ml mild chilli powder
 25 ml cold water
 15 ml cornflour
 30 ml lime juice
 60 ml coconut milk
 15 ml coriander, roughly chopped
 Shredded lettuce or salad leaves

Dish: 1 x 3 litre Pyrex® bowl

Accessory: glass shelf in shelf position 2

Fill water tank

1. Place lemon grass, garlic, ginger, chillies, half of the onion, sesame oil, and olive oil in a small bowl and blitz with a blender.
2. Transfer to a large bowl and add the remaining onion. Cover with pierced cling film, place on the glass shelf in shelf position 2 and cook at STEAM 1 + MICROWAVE 440 W for 4 minutes or until the onion has softened.
3. Add the chicken breast and chilli powder. Cover with pierced cling film, place on the base of the oven MICROWAVE 1000 W for 5 minutes. Stir. Mix the cornflour with 25 ml cold water and stir into the chicken. Cover with pierced cling film, place on the base of the oven MICROWAVE 1000 W for 3 minutes. Stir.
4. Add the lime juice, coconut milk and coriander. Stir. Cover with pierced cling film, place on the base of the oven and cook on MICROWAVE 1000 W for 1 minute.
5. Serve with shredded lettuce or salad leaves.

Stuffed mushrooms

ingredients

Serves 4

2 streaky bacon rashers
 25 g grated cheese
 3 ml French mustard
 4 large flat mushrooms, approx. 12.5 cm in diameter
 50 g fresh breadcrumbs
 1 egg
 60 ml whole milk
 15 ml fresh parsley, chopped
 salt and pepper
 1 tomato, thinly sliced
 2 thin slices of cheddar cheese

Dish: 2 x 20 cm Pyrex® plates

+ 1 x Pyrex® bowl

Accessory: none

Fill water tank

1. Cook bacon rashers on a plate on the base of the oven, STEAM 1 + MICROWAVE 300 W for 2 minutes. When cool, chop into small pieces.
2. In a small bowl, mix together grated cheese, bacon, mustard, chopped mushroom stalks and breadcrumbs. Add beaten egg, milk, parsley and seasoning and mix until well combined. Fill mushroom cavities with mixture.
3. Place one tomato slice on top of each mushroom. Cut cheese slices into 1 cm squares and place on top of the tomato.
4. Place mushrooms in a circle on a plate and cook on the base of the oven on STEAM 1 + MICROWAVE 440 W for 6 minutes or until cheese starts to melt and mushrooms are just cooked.

Onion and feta tarts

ingredients

Serves 4-6

250 g ready rolled puff pastry
 30 ml olive oil
 50 g onions peeled and sliced
 25 g pine nuts
 75 g feta-type cheese in small pieces
 25 g black olives, stoned and chopped
 25 g sun-dried tomatoes (in oil or rehydrated), roughly chopped
 10 g capers
 salt and pepper
 Fresh oregano to garnish

Dish: 1 x small Pyrex® bowl

Accessory: enamel shelf in shelf position 2

Fill water tank

1. Cut out 6 circles of puff pastry, each about 10 cm diameter. Refrigerate the pastry for 30 minutes.
2. Put the oil and onion in a Pyrex® bowl. Cook on the base of the oven, STEAM 1 + MICROWAVE 440 W for 10 minutes. Add the pine nuts, cheese, olives, sun-dried tomatoes and capers to the onions. Season.
3. Preheat oven on CONVECTION 220 °C.
4. Place 6 pastry circles on baking parchment on the enamel shelf and prick them with a fork. Divide the mixture between the six pastry circles. Cook the tartlets on shelf position 2, CONVECTION 220 °C for 10-12 minutes or until golden. Garnish with fresh oregano.

Red pepper and mushroom bruschetta

ingredients

Serves 4

200 g button mushrooms
 30 ml olive oil
 40 g softened butter beaten
 1-2 cloves of garlic, chopped
 8 slices ciabatta
 150 g jar roasted red peppers, cut into 1 cm strips
 15 ml capers
 100 g firm goat's cheese

Dish: 1 x Pyrex® bowl

Accessory: wire shelf in shelf position 3, glass shelf in position 2

Fill water tank

1. Slice mushrooms, place in a bowl and drizzle with olive oil. Place on base of oven, cover with pierced cling film and cook on STEAM 1 + MICROWAVE 440 W for 5 minutes. Leave to cool slightly. Drain.
2. Beat together the butter and garlic and use to spread one side of each slice of ciabatta. Place the ciabatta slices on the wire shelf in shelf position 3 and toast on GRILL 1 for 3-5 minutes.
3. Mix together the mushrooms, peppers and capers and spoon onto the ciabatta slices. Cut the goat's cheese into 8 slices and put one slice on top of each bruschetta. Place wire shelf in shelf position 3 and cook on GRILL 1 + MICROWAVE 300 W for 5-6 minutes.

Brie and cranberry crostini

ingredients

Serves 4

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

Dish: none

Accessory: wire shelf in shelf position 3 then shelf position 2

1. Preheat grill on GRILL 1. Place the slices of baguette on wire shelf in shelf position 3 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.
3. Cook in shelf position 2, COMBINATION: GRILL 1 + MICROWAVE 300 W for 5-6 minutes or until cheese has started to melt and sesame seeds turn golden.

Spicy chicken wings

ingredients

Serves 4

8 chicken wings
30 ml clear honey
30 ml soy sauce
30 ml dry sherry
1 clove garlic, crushed
5 ml root ginger, grated
10 ml cornflour
150 ml orange juice
3 spring onions, finely sliced
5 ml tomato puree
15 ml soft brown sugar

Dish: 1 x shallow Pyrex® dish +
1 x Pyrex® bowl

Accessory: wire shelf in shelf
position 3

Fill water tank

1. Place chicken wings in a shallow dish and cook on base of oven, MICROWAVE 1000 W for approx. 10-12 minutes or until cooked, turning halfway through cooking.
2. Combine sauce ingredients in a Pyrex® bowl and cook on base of oven, MICROWAVE 1000 W for 2-3 minutes or until thickened.
3. Cover wings with sauce and cook on wire shelf in shelf position 3 on GRILL 1 for 6 minutes. Turn and grill for further 6 minutes.

Prawn and salmon filo parcels

ingredients

Serves 4

200 g salmon, boned, skinned
and cut into bite-sized pieces
125 g cooked peeled prawns
Juice of ½ lemon
salt and pepper
125 g filo pastry
50 g butter, melted

Dish: 1 x 32 cm x 23 cm baking tray,
greased

Accessory: wire shelf in shelf
position 3

1. Combine salmon and prawns. Sprinkle with lemon juice and season to taste.
2. Preheat the oven empty on CONVECTION 190 °C. Cut the filo pastry into 8 squares measuring 18 cm. Brush 2 squares with the melted butter, covering the remaining squares with a damp tea towel.
3. Place ¼ of the salmon and prawn mixture in the middle of one buttered filo square. Fold 2 sides of the filo over the filling to form a rectangle. Fold one of the open ends over the filling and the other one underneath. Place this parcel on the second buttered square and fold over adjacent sides. Repeat this process three more times with the remaining filling.
4. Place parcels on greased baking tray, brush with melted butter and place on wire shelf. Cook on shelf position 3, CONVECTION 190 °C for 20-25 minutes or until crisp and golden.

Italian chicken paté

ingredients

Serves 6

1 small onion, finely chopped
1 clove garlic, crushed
25 g butter
225 g chicken livers, chopped
5 ml dried oregano
15 ml Dry Vermouth
salt and pepper
50 g butter
1 slice of lemon, quartered
2 green stuffed olives, halved
Parsley to garnish

Dish: 1 x small Pyrex® casserole with
lid + 1 x serving dish + 1 x Pyrex®
bowl

Accessory: none

1. Place the onion, garlic and 25 g butter in a small Pyrex® casserole dish. Cover and cook on the base of the oven on MICROWAVE 1000 W for 3 minutes or until onion is soft.
2. Add chicken livers to the onion mixture, together with the oregano. Cover and cook on base of oven, MICROWAVE 1000 W for 5-7 minutes stirring once. N.B. liver may make a popping noise as it cooks.
3. Allow mixture to cool for 5 minutes then liquidise with the Vermouth and seasoning until smooth. Spoon into serving dish, smooth over top.
4. Melt 50 g butter in a small bowl on base of oven, MICROWAVE 1000 W for 30-40 seconds. Skim off sediment and pour over top of paté.
5. Quickly arrange lemon quarters and olives on top and chill before serving garnished with parsley and Italian bread sticks or Melba toast.

Prawn risotto

ingredients

Serves 4

1 onion, finely chopped
 1 garlic clove, crushed
 25 g butter
 225 g brown cap mushrooms, quartered
 225 g Arborio (risotto) rice
 1 lemon, juice and rind
 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 chives, finely chopped

Dish: 1 x large Pyrex® bowl

Accessory: none

Fill water tank

1. Put the onion, garlic, butter and mushrooms in a large Pyrex® bowl. Place on base of oven and cook on STEAM 1 + MICROWAVE 440 W for 10 minutes.
2. Add rice, juice and rind of the lemon, saffron, stock and wine to the mushroom mixture. Cook on STEAM 1 + MICROWAVE 440 W for 10 minutes. Stir risotto.
3. Add peas, and cook on STEAM 1 + MICROWAVE 440 W for 8 minutes.
4. Add the prawns and chives and cook on STEAM 1 + MICROWAVE 440 W for 20 minutes. Leave to stand for 2-3 minutes and serve.

Prawn and haddock pie

ingredients

Serves 6

For the sauce:

15 g butter
 15 g flour
 275 ml whole milk
 350 g fresh haddock fillet
 350 g fresh undyed smoked haddock
 100 g prawns
 salt and pepper
 15 ml flat leaf parsley, chopped

Topping:

700 g potatoes, peeled, chopped into small chunks
 450 g sweet potatoes, peeled, chopped into small chunks
 45 ml water
 50 g butter

Dish: 1 x large jug + 1 x shallow oval Pyrex® dish

Accessory: wire shelf, shelf position 1

Fill water tank

1. Put 15 g butter in large jug, place on base of oven and cook on MICROWAVE 1000 W for 1 minutes. Stir in flour to make a roux. Add the milk gradually, stirring continuously until well combined and cook for 2 minutes on MICROWAVE 1000 W. Stir and cook for a further 2 minutes on MICROWAVE 1000 W stirring halfway (keep checking in case it over flows). Season and set aside.
2. Place fresh and smoked haddock in dish with 30 ml water, and place on base of oven. Cook fish on STEAM 1 + MICROWAVE 440 W for 12-15 minutes.
3. Flake the fish into a shallow oval Pyrex® dish and scatter the prawns over. Pour over the sauce, season and sprinkle with chopped parsley.
4. Place white and sweet potatoes in a dish with 45 ml water. Place on base of oven, cover and cook on MICROWAVE 1000 W for 10 minutes until soft. Drain. Mash potato with 50 g butter. Spoon potato mix over the top of the fish mixture to cover. Fluff up with a fork.
5. Place on wire shelf in shelf position 1 and cook on CONVECTION 230 °C + GRILL 3 + MICROWAVE 440 W for 15-20 minutes.

Moules marinière

ingredients

Serves 2

900 g mussels
(weight in shells)
15 g butter
2 shallots finely chopped
1 garlic clove, crushed
150 ml dry white wine
1 bunch flat-leaf parsley, finely chopped
100 ml double cream

Dish: 1 x large rectangular
Pyrex® dish

Accessory: plastic trivet and glass
shelf in shelf position 3

Fill water tank

1. Scrub mussels and pull off any beards discarding any broken or open shells.
2. Place butter, shallots and garlic in a Pyrex® dish, cover with pierced cling film. Place on base of oven and cook on MICROWAVE 1000 W for 5 minutes.
3. Add wine and cook on MICROWAVE 1000 W for 3 minutes. Put to one side.
4. Spread the mussels out on the trivet and place on the glass shelf in shelf position 3. Cook on STEAM 1 for 20 minutes. Discard any unopened shells.
5. Add the parsley and cream to the sauce and pour in half of the liquid collected in the glass shelf and cook, covered with a lid, on MICROWAVE 1000 W for 3 minutes. Place the mussels into a serving dish and pour the sauce over.

Creamy cod and leek chowder

ingredients

Serves 4

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

Dish: 1 x large shallow Pyrex® dish
+ 1 x large Pyrex® bowl with lid

Accessory: plastic trivet on glass
shelf in shelf position 3

Fill water tank

1. Place potatoes on plastic trivet on glass shelf in shelf position 3. Cook on STEAM 1 + MICROWAVE 440 W for 10 minutes.
2. Place the butter and leeks in a large bowl. Place on the base of oven and cook covered with a lid on MICROWAVE 1000 W for 2-3 minutes and then add the potatoes.
3. Stir in the flour and gradually add the fish stock and bay leaf. Cook covered with a lid on MICROWAVE 1000 W for 8-10 minutes or until the potato is tender. Stir halfway.
4. Then stir in the milk, cod and prawns. Cook covered on MICROWAVE 600 W for 7-8 minutes or until the fish is cooked. Remove the bay leaf, add the parsley and season to taste. Serve immediately.

Thai steamed trout

ingredients

Serves 4

4 trout fillets,
approx. 140 g each
2 cloves of garlic, finely chopped
1-2 small red chilli,
2 cm fresh ginger, grated
1 lime, zest and juice
4 spring onions, finely chopped
30 ml light soy sauce

Dish: 1 x shallow Pyrex® dish

Accessory: glass shelf in shelf
position 1

Fill water tank

1. Place fish fillets into a shallow Pyrex® dish, sprinkle the remaining ingredients on the top of the fish.
2. Place dish on glass shelf in shelf position 1, and cook on STEAM 1 + MICROWAVE 440 W for 7-10 minutes, or until the fish is cooked through. Serve with rice.

Bouillabaisse

ingredients

Serves 6

75 ml olive oil
 30 ml tomato puree
 2 onions, chopped
 1 large leek, sliced
 4 garlic cloves, crushed
 225 g tomatoes, skinned, quartered
 800 ml fish stock
 150 ml dry white wine
 4 sprigs thyme
 salt and pepper
 ½ orange peel, cut into small pieces
 4 saffron strands
 5 ml chilli sauce
 450 g cod, haddock or coley, skinned
 and cut into large chunks
 450 g mixed seafood
 4 large fresh prawns
 Fresh dill to garnish

Dish: 1 x 3 litre Pyrex® casserole
 with lid

Accessory: none

1. Place the oil and tomato puree in a large Pyrex® casserole dish, heat on the base of oven on MICROWAVE 1000 W for 1 minute and mix well.
2. Add the onions and leek, cook on MICROWAVE 1000 W for 5-6 minutes or until soft.
3. Add the garlic, tomatoes, stock, wine, thyme, salt, pepper, orange peel, saffron and chilli sauce.
4. Cover with lid and heat on MICROWAVE 1000 W for 5 minutes. Add fish to the tomato liquid. Cover and cook on the base of the oven on MICROWAVE 1000 W for 5 minutes or until the fish is cooked.
5. Add the mixed seafood and prawns, cover and heat again for 4 minutes on MICROWAVE 1000 W or until hot, taking care not to overcook the fish. Remove thyme. Serve garnished with dill.

Cod en papillote with bulghur and herb pilaf

ingredients

Serves 4

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

Pilaf

200 g bulghur wheat
 15 ml olive oil
 ½ lemon, juiced
 1 garlic, crushed
 30 ml basil, shredded
 30 ml coriander, chopped
 3 spring onions, sliced
 salt and pepper

Dish: 1 x shallow Pyrex® dish

Accessory: plastic trivet + glass shelf
 in shelf position 3

**Fill water tank and refill after
 30 minutes cooking**

1. Cut out four 30 cm squares of 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, fennel 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 plastic trivet, and place trivet on glass shelf in shelf position 3. It will be necessary to fill the water tank after 30 minutes of cooking. Cook on STEAM 1 for 30-40 minutes. Open one of the parcels to check that the fish is cooked, it should flake easily.
3. Combine the bulghur wheat with 800 ml boiling water in a shallow dish. Place on glass shelf in shelf position 3. Check the water level of the water tank, and cook on STEAM 1 + MICROWAVE 300 W for 12-14 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.

Steamed garlic prawns

ingredients

Serves 2

25 g butter
4 cloves garlic, peeled and crushed
250 ml white wine
400 ml chicken stock
salt and pepper
450 g raw king prawns
15 g cornflour
handful parsley, chopped

Dish: 1 x Pyrex® casserole with lid

Accessory: plastic trivet and glass shelf in shelf position 3

Fill water tank

1. Place the butter and garlic into a Pyrex® casserole, cover with the lid. Cook on MICROWAVE 1000 W for 1 minute.
2. Add the wine and chicken stock to the garlic and cook covered for 5 minutes on MICROWAVE 1000 W, uncover and cook for a further 5 minutes. Season and set to one side.
3. Place the prawns on the plastic trivet on glass shelf in shelf position 3 and cook on STEAM 1 for 15 minutes.
4. Remove the prawns from the oven and add the cornflour and parsley to the sauce, stir thoroughly and cook, covered for a further 3 minutes, on MICROWAVE 1000 W, stirring halfway.
5. Mix the prawns into the sauce and serve with crusty bread.

Salmon with ginger and orange sauce

ingredients

Serves 4

30 ml chopped stem ginger in syrup
3 garlic cloves, peeled and thinly sliced
45 ml dark soy sauce
1 orange, zest and rind
½ red chilli, thinly sliced
½ green chilli, thinly sliced
black pepper
4 x 175 g salmon fillets, skin on

Dish: 1 x large Pyrex® rectangular dish

Accessory: plastic trivet and glass shelf in shelf position 3

Fill water tank

1. Put the ginger into a Pyrex® rectangular dish with the garlic, soy sauce, orange zest and juice and chilli slices. Mix the marinade well, season with black pepper. Put the salmon fillets into the marinade and coat well. Leave to marinate in the fridge for 1-2 hours.
2. Place the salmon fillets on the trivet, skin side down, and place the trivet on the glass shelf in shelf position 3. Fill the water tank and cook on STEAM 1 for 20 minutes.
3. Take the salmon out of the oven and cover loosely with foil whilst you reheat the marinade. Put Pyrex® dish containing the marinade onto the base of the oven and cook on MICROWAVE 1000 W for 5-6 minutes until sauce thickens.
4. Serve the salmon with the cooked marinade poured over the top.

Salmon and vegetable mornay

ingredients

Serves 4

100 g broccoli, cut into florets
100 g cauliflower, cut into florets
1 medium red pepper, diced
30 ml water
198 g canned salmon, drained
25 g butter
30 ml plain flour
300 ml whole milk
50 g cheddar cheese, grated
150 ml cream (optional)
salt and pepper to taste
15 g butter
75 g fresh white breadcrumbs
15 ml fresh parsley, chopped
pinch paprika

Dish: 1 x 20 x 25 cm Pyrex® dish
+ 1 x Pyrex® jug + 1 x small Pyrex® bowl

Accessory: wire shelf in shelf position 3

1. Place broccoli, cauliflower, red pepper and 30 ml water in a Pyrex® dish. Cover and cook on MICROWAVE 1000 W for 5 minutes or until soft. Drain.
2. Flake salmon and mix with vegetables. Melt 25 g butter in a Pyrex® jug on MICROWAVE 1000 W for approx. 20-30 seconds. Stir in the flour then the milk. Cook on MICROWAVE 1000 W for 2 minutes or until mixture thickens and boils; stir halfway.
3. Stir the cheese, cream and seasoning. Pour the cheese sauce over the vegetables and salmon. Melt 15 g butter in a small bowl on MICROWAVE 1000 W for approx. 15-20 seconds.
4. Stir in the breadcrumbs, parsley and paprika into the butter. Sprinkle over the vegetable mixture. Cook on the wire shelf on CONVECTION 200 °C + MICROWAVE 300 W in shelf position 3 for 10-15 minutes or until piping hot.

Moussaka

ingredients

Serves 4

350 g potato, peeled and sliced into 1 cm slices
 1 medium onion, chopped
 2 cloves of garlic, crushed
 5 ml oil
 350 g fresh lamb mince
 400 g canned tomatoes, chopped
 30 ml tomato puree
 1 bay leaf
 5 ml fresh thyme
 5 ml dried oregano
 2.5 ml cinnamon
 salt and pepper
 1 large aubergine, cut into 1cm slices
Topping:
 2 eggs
 150 ml single cream
 100 g cheese, grated
 25 g Parmesan cheese, grated

Dish: 1 x bowl + 1 x Pyrex® casserole with lid, 1.5 litre + 1 x large shallow rectangular or oval Pyrex® dish

Accessory: plastic trivet on glass shelf in shelf position 3 then glass shelf in shelf position 1

Fill water tank

1. Place potatoes on plastic trivet and place on glass shelf in shelf position 3. Cook on STEAM 1 + 440 W for 9 minutes.
2. Place onion, garlic and oil in casserole. Place on base of oven and cover. Cook on MICROWAVE 600 W for 3 minutes.
3. Add lamb, tomatoes, puree, add herbs, cinnamon, season and mix well. Cover and cook on 600 W MICROWAVE for 10 minutes. Stir twice during cooking. Discard the bay leaf.
4. Place aubergine on plastic trivet and place on glass shelf in shelf position 3. Cook on STEAM 1 + MICROWAVE 440 W for 5 minutes.
5. Whisk eggs, cream and cheddar together in a bowl. Arrange half the aubergine slices in the base of dish and spoon over half the lamb mixture and potato slices, repeat process again. Spread the cheese mixture over the top and sprinkle with Parmesan cheese. Place on glass shelf in shelf position 1 and cook on CONVECTION 190 °C + MICROWAVE 100 W for 40 minutes or until piping hot and golden brown.

Layered chicken

ingredients

Serves 4

2 boneless and skinless chicken breasts
 15 ml lemon juice
 5 ml fresh thyme
 7 ml 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
 30 ml freshly grated Parmesan

Dish: 1 x shallow dish

Accessory: plastic trivet on glass shelf in shelf position 3 then enamel shelf in shelf position 1

Fill water tank

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. Place the chicken on the trivet on the glass shelf in shelf position 3. Cook on STEAM 1 + MICROWAVE 440 W for 10 minutes. Remove chicken from the shelf and allow to cool slightly.
3. 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.
4. Preheat the oven on CONVECTION 200 °C. Transfer the pastry onto the enamel shelf lined with baking paper and brush with beaten egg. Sprinkle with Parmesan cheese. Cook on CONVECTION 200 °C in shelf position 1 for 20-25 minutes until the pastry is crisp and golden.

Hungarian goulash

ingredients

Serves 4

1 large onion, chopped
 1 red pepper, deseeded and chopped
 15 ml oil
 700 g braising steak, cubed
 50 g seasoned flour
 400 g canned tomatoes, chopped
 175 g mushrooms, sliced
 600 ml hot beef stock
 45 ml tomato puree
 30 ml paprika
 5 ml sugar
 60 ml soured cream

Dish: 1 x large Pyrex® casserole dish with lid

Accessory: none

1. Place onion, pepper and oil in the casserole. Place on base of oven and cover with lid. Cook on 600 W MICROWAVE for 3 minutes.
2. Toss meat in the flour. Combine the rest of ingredients except the soured cream in the casserole dish. Cover, place on the base of the oven and cook on CONVECTION 170 °C + MICROWAVE 100 W for 1 hour-1 hour 30 minutes or until the meat is tender. Remove from oven and stir in the soured cream.

Lasagne

ingredients

Serves 4

Meat Sauce:

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

Lasagne:

1 quantity of White Sauce

(see page 131)

100 g grated cheese
 5 ml mustard
 salt and pepper
 50 g Parmesan cheese, grated
 250 g fresh lasagne

Dish: 1 x 1,5 litre Pyrex® casserole dish with lid + 1 x large rectangular dish

Accessory: wire shelf in shelf position 2

1. Place onion, garlic and oil in the casserole. Place on base of oven and cover with lid. Cook on 600 W MICROWAVE for 3 minutes. Place all other meat sauce ingredients in the casserole. Stir well. Cover with lid, cook on 1000 W MICROWAVE for 10 minutes. Then 600 W MICROWAVE for 15-20 minutes or until cooked.
2. Add mustard, seasoning and grated cheese to white sauce. Cover the base of the dish with a layer of Bolognese sauce, then a layer of lasagne, then a layer of béchamel sauce. Repeat these layers twice more, ending with a layer of white sauce. Sprinkle Parmesan cheese over the top. Place on the base of the oven and cook on 440 W MICROWAVE + GRILL 2 for 15 minutes.

Mini boeuf en croute

ingredients

Serves 4

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

Dish: 1 x large bowl

Accessory: greased enamel shelf in shelf position 2

1. Soak porcini mushrooms in boiling water for 20 minutes. Drain and finely chop. 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 MICROWAVE for 3 minutes. Add wine to the mushroom mixture and cook on 1000 W MICROWAVE for 7-8 minutes.
2. Preheat on CONVECTION 200 °C. Place the fillets on the enamel shelf in the shelf position 2 and cook on CONVECTION 200 °C for 10-15 minutes. Allow to cool.
3. Cut the pastry into 4 pieces and roll each piece out to a 15 cm x 15 cm square and brush with beaten egg. Place a ¼ of the mushroom mixture into the centre of each pastry square and place a fillet on top. Season. Bring the corners of the pastry to the centre and place on greased enamel shelf. Brush with beaten egg. Cook in shelf position 2, CONVECTION 220 °C for 25 minutes for medium and 30 minutes for well done.

Chicken and stilton pie

ingredients

Serves 4

25 g butter
 200 g leeks, sliced
 50 g plain flour
 450 ml whole milk
 150 g stilton cheese
 400 g cooked chicken, cubed
 250 g puff pastry
 1 egg, beaten

Dish: 1 x bowl +

1 x 22.5 cm gratin dish

Accessory: glass shelf in shelf position 1

Fill water tank

1. Place the butter and leeks in bowl. Place on the base of the oven and cook on MICROWAVE 1000 W for 8 minutes or until soft.
2. Add the flour, stir well then gradually add the milk and cook on MICROWAVE 1000 W for 4-6 minutes or until the sauce has thickened.
3. Preheat the oven on CONVECTION 210 °C. Finely chop the cheese and add to the sauce, mix in the chicken.
4. Roll the pastry for a lid and place on top of the chicken mixture. Brush with beaten egg. Place dish on glass shelf in shelf position 1 and cook on STEAM 1 + CONVECTION 210 °C for 4 minutes then CONVECTION 220 °C + 300 W MICROWAVE for 16 minutes. Or until cooked and browned.

Shepherd's pie

ingredients

Serves 4

1 kg potatoes, peeled and cubed
 30 ml whole milk
 1 medium onion, chopped
 2 carrots, chopped
 25 g butter
 350 g lamb, minced
 275 ml hot lamb stock
 15 ml Worcestershire sauce
 15 ml gravy thickening/ cornflour
 15 ml tomato puree
 salt and pepper
 50 g hard cheese, grated

Dish: 1 x shallow dish + 1 x large rectangular Pyrex® dish

Accessory: no accessory then glass shelf in shelf position 1

1. Place potatoes in a dish with 45 ml water. Cover with pierced cling film, place on base of oven and cook on MICROWAVE 600 W for 13-15 minutes or until soft. Drain and mash well with the milk.
2. Place onion, carrots and butter into dish. Place on base of oven uncovered and cook on MICROWAVE 600 W for 5 minutes or until soft.
3. Add minced meat to vegetables. Then add stock, Worcestershire sauce, gravy thickening/ cornflour, tomato puree and season to taste. Cook on MICROWAVE 1000 W for 15 minutes then spread potato on top of the meat, using a fork to make a pattern on top. Sprinkle with cheese. Place dish on glass shelf in shelf position 1 and cook on CONVECTION 190 °C + MICROWAVE 100 W for approximately 20 minutes or until top is crisp and golden.

Spicy lamb tagine

ingredients

Serves 6

10 ml ground ginger
 3 ml coarsely ground black pepper
 8 ml ground cinnamon
 10 ml turmeric
 15 ml paprika
 3 ml chilli powder/flakes
 800 g cubed boneless lamb
 30 ml oil
 300 g onions, chopped
 2 crushed garlic cloves
 3 ml salt
 150 g sliced carrots
 150 g ready to eat dried apricots,
 chopped
 40 g sultanas or seedless raisins
 65 g toasted flaked almonds
 10 ml honey
 150 ml tomato juice
 400 g canned tomatoes, chopped
 300 ml vegetable stock

Dish: 1 x Pyrex® bowl +
 1 x 3 litre large Pyrex® casserole
 with lid

Accessory: none
Fill water tank

1. Put spices into the bowl and mix well. Add lamb and evenly coat with spices.
2. Place oil, onions and garlic in casserole. Place on base of oven uncovered and cook on STEAM 1 + MICROWAVE 440 W for 5 minutes.
3. Add lamb mixture and mix thoroughly. Stir in remaining ingredients and cover. Cook on CONVECTION 160 °C + MICROWAVE 100 W for 1 hour -1 hour 30 minutes or until tender, stir halfway.

Sticky ribs

ingredients

Serves 4

700 g pork spare ribs
 150 ml water
Glaze:
 150 g orange marmalade, preferably
 shredless or fine shred
 25 g dark muscovado sugar
 100 ml fresh orange juice
 5 cm piece fresh root ginger, peeled
 and coarsely grated
 75 ml tomato ketchup
 30 ml white wine vinegar

Dish: 1 x 20 x 25 cm rectangular
 dish + 1 x large Pyrex® bowl
Accessory: wire shelf in shelf
 position 1
Fill water tank

1. Place the ribs in a single layer in rectangular dish with the water. Cover with pierced cling film and place on base of oven and cook on STEAM 1 + MICROWAVE 440 W for 10 minutes. Drain.
2. Meanwhile, mix together all the ingredients for the glaze in a large Pyrex® bowl. Place on base of oven and cook on MICROWAVE 1000 W for 5 minutes. Preheat oven CONVECTION 230 °C + GRILL 3
3. Pour glaze over ribs and place dish on wire shelf in shelf position 1. Cook on CONVECTION 230 °C + GRILL 3 + MICROWAVE 440 W for 15 minutes. Turn halfway and baste.

Creamy chicken gratin

ingredients

Serves 4

350 g leeks, trimmed & sliced
 25 g butter
 25 g plain flour
 300 ml whole milk
 225 g cooked chicken, chopped
 100 g ham, chopped
 150 g Gruyère cheese, grated
 salt and pepper

Dish: 1 x large bowl +

1 x rectangular dish

Accessory: glass shelf in shelf position 1

Fill water tank

1. Place leeks in a large bowl with the butter. Place on base of oven and cook on STEAM 1 + MICROWAVE 440 W for 10 minutes or until softened.
2. Add the flour and mix well. Stir in the milk and heat on MICROWAVE 1000 W for 4-5 minutes or until thickened stirring halfway.
3. Add the chicken, ham and cheese then season and mix well. Pour into the dish. Place on glass shelf in shelf position 1 and cook on CONVECTION 230 °C + GRILL 3 + MICROWAVE 440 W for 15-20 minutes or until piping hot and golden.

Glazed gammon

ingredients

Serves 4

900 g unsmoked gammon joint, cold water to cover
 1 onion, peeled
 4 whole cloves
 10 peppercorns
 45 ml honey
 30 ml orange juice
 15 g demerara sugar
 15 ml Dijon mustard
 12 whole cloves

Dish: 1 x Pyrex® casserole with lid, 3 litre

Accessory: enamel shelf in shelf position 1

1. Place gammon in a large casserole dish. Add onion stuck with 4 cloves and peppercorns and cover with water. Place on base of oven and cook on MICROWAVE 1000 W for 15 minutes then MICROWAVE 600 W for 15-20 minutes. per 450 g, or until cooked. Drain.
2. Mix together the honey, juice, sugar and mustard. Cook on MICROWAVE 1000 W for 1 minute. Leave to cool. Remove the gammon rind. Score the fat in a lattice pattern and stud with 12 cloves. Brush over half of the glaze.
3. Preheat oven on CONVECTION 180 °C + GRILL 1. Place gammon on enamel shelf in shelf position 1 and cook on CONVECTION 180 °C + GRILL 1 for 10-15 minutes until golden spreading over the remaining glaze halfway through cooking time.

Greek lamb stew

ingredients

Serves 4

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 canned tomatoes, chopped
 45 ml sliced black olives
 100 g linguine, broken into small pieces
 150 g feta cheese, cubed
 15 g fresh mint, chopped

Dish: 1 x Pyrex® casserole dish with lid, 3 litre

Accessory: none

1. Place the lamb and onion in casserole dish and cover. Place on base of oven and cook on MICROWAVE 600 W for 10 minutes.
2. Split the chilli along its length leaving the top intact, (remove seeds) - this adds flavour to the stew without too much heat. Stir the chilli, garlic, rosemary, wine and tomatoes into the lamb, cover. Cook on 440 W MICROWAVE for 40 minutes stirring halfway.
3. Stir in the black olives and linguine, cover and continue to cook on 440 W MICROWAVE for a further 15 minutes or until the linguine is cooked. Remove the chilli and rosemary, and discard. Stir in feta cheese and mint before serving.

Lemon and thyme steamed chicken

ingredients

Serves 4-5

2 lemons, thinly sliced
1 bunch thyme
4 (600 g) chicken breasts
6 cloves garlic, peeled
salt and pepper
200 ml natural yogurt
15 ml honey
5 ml Dijon mustard
2 small courgettes, thickly sliced
Broccoli, cut into small florets

Dish: 1 x Pyrex® bowl

Accessory: plastic trivet + glass shelf in shelf position 3

Fill water tank

1. Place the sliced lemons on plastic trivet on glass shelf 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, seasoning and finely chopped thyme, mix. Spoon over the chicken.
3. Cook chicken on STEAM 1 + MICROWAVE 300 W, in shelf position 3 for 20-25 minutes.
4. To make the Yogurt dressing. Crush 2-3 steamed garlic cloves (as prepared above) into a small bowl. Add yogurt, honey and mustard, and stir well. Serve dressing with chicken. Serve with steamed broccoli and courgettes.

Steamed chicken and noodles

ingredients

Serves 4

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

Dish: 2 x small Pyrex® bowls +

1 x large Pyrex® bowl

Accessory: plastic trivet + glass shelf in shelf position 3

Fill water tank

1. Place the chicken breasts between two sheets of cling film and bash with a meat mallet or rolling pin until thin. Remove the cling film, place the chicken breasts onto plastic trivet and season well.
2. Place trivet on glass shelf in shelf position 3 of oven and cook on STEAM 1 for 18-20 minutes or until the chicken is cooked through.
3. 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, set aside. Place the three different oils into a bowl and heat on base of oven on MICROWAVE 600 W for 1 minute 30 seconds.
4. Pour oil 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 minutes. 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.

Pork with lentils

ingredients

Serves 4

250 g brown lentils
1 large onion, chopped
4 rashers smoked bacon, diced
thyme, pinch
1 stock cube
500 g or 4 smoked sausages
salt and pepper

Dish: 1 x Pyrex® casserole with lid,
2 litre

Accessory: none

1. Whiten the lentils: cover in cold water, place the dish on the base of the oven, bring to the boil on MICROWAVE 1000 W for 7-8 minutes, drain and allow to cool.
2. Add onion, bacon, thyme and the stock cube to the drained lentils. Cover with water. Cook on MICROWAVE 1000 W, covered, for 10 minutes then 40-50 minutes on MICROWAVE 300 W.
3. 20 minutes before the end of the cooking add the smoked sausages. Season to taste.

Meat loaf

ingredients

Serves 4

500 g beef mince
50 g breadcrumbs
1 egg
1 onion, chopped
50 g mushrooms, chopped
30 ml capers
15 ml parsley, chopped
60 ml soy sauce
pepper
150 g bacon, sliced
125 ml bouillon (instant)
4 slices Gouda

Dish: 1 x Pyrex® bowl
+ 1 x Pyrex® loaf dish

Accessory: glass shelf in shelf position 1

1. Place the first 9 meat loaf ingredients in a large mixing bowl and mix thoroughly - it is best to use your hands. Transfer the mix to a Pyrex® loaf dish and pat down until level. Place the bacon over the top and pour over the bouillon. Do not cover. Cook on glass shelf in shelf position 1 on MICROWAVE 1000 W for 18 minutes.
2. Lay the cheese on the top of the meatloaf and cook for further 5 minutes on GRILL 1 and MICROWAVE 600 W.

Stuffed aubergines

ingredients

Serves 4

2 large aubergines
15 ml oil
1 garlic clove, crushed
1 medium onion, chopped
200 g beef mince
400 g canned tomatoes, chopped
25 g pitted black olives, chopped
10 ml dried oregano
30 ml tomato puree
75 g sliced crusty bread
50 g Parmesan freshly grated

Dish: 1 x Pyrex® casserole dish with lid, 1.5 litre

Accessory: glass shelf in shelf position 1

1. Preheat oven on CONVECTION 220 C. Place the whole aubergines on the glass shelf in shelf position 1 and cook on CONVECTION 220 °C for 20 minutes or until soft. Remove from oven and cool. Cut the aubergines in half horizontally, leaving the stalks attached. Scoop out the flesh and chop finely.
2. Place oil, garlic and onion in casserole dish. Place on base of the oven and cook on MICROWAVE 600 W for 2 minutes.
3. Add beef, tomatoes, aubergine flesh, olives, oregano, and tomato puree. Cover and cook on MICROWAVE 1000 W for 10 minutes.
4. Use the bread to make breadcrumbs. Mix 40 g of the Parmesan with the breadcrumbs and add to beef mixture. Fill the aubergine skins with the filling. Place aubergines on glass shelf and sprinkle with the remaining Parmesan. Place glass shelf in shelf position 1 and cook on CONVECTION 220 °C + GRILL 1 + MICROWAVE 300 W for 15 minutes.

Gratin dauphinois

ingredients

Serves 4-6

1 clove of garlic, halved
700 g potatoes, sliced
salt and pepper
pinch nutmeg
150 ml double cream
25 g butter

Dish: 1 x shallow Pyrex® dish, 20 cm

Accessory: Plastic trivet on glass shelf in shelf position 3 then, glass shelf in shelf position 1

Fill water tank

1. Rub halves of garlic around inside of dish and discard.
2. Place potatoes on plastic trivet and place on glass shelf in shelf position 3. Cook on STEAM 1 + MICROWAVE 440 W for 10 minutes.
3. Layer the potato slices in the dish, seasoning with salt, pepper and nutmeg between each layer.
4. Pour the cream evenly over the top of the potatoes and dot with butter. Place dish on glass shelf in shelf position 1 and cook on GRILL 2 + CONVECTION 190 °C + MICROWAVE 100 W for 20 minutes or until potatoes are cooked.

Cauliflower cheese

ingredients

Serves 4

1 cauliflower, florets
25 g butter
25 g flour
2.5 ml French mustard
300 ml whole milk
seasoning to taste
Topping:
100 g grated cheese
25 g breadcrumbs

Dish: 1 x shallow Pyrex® dish +

1 x Pyrex® jug

Accessory: plastic trivet on glass shelf in shelf position 3 then glass shelf in shelf position 1

Fill water tank

1. Place cauliflower florets on plastic trivet on glass shelf in shelf position 3. Cook on STEAM 1 + MICROWAVE 440 W for 10 minutes or until tender. Transfer the cauliflower into a shallow Pyrex® dish.
2. Melt butter in a jug on MICROWAVE 1000 W for 30 seconds. Stir in flour and mustard. Cook for a further 15 seconds. Add milk gradually. Stir well and season. Cook on MICROWAVE 1000 W for 3-4 minutes. Or until sauce is thick and bubbling. Stir halfway.
3. Stir in 90 g grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs. Place dish on glass shelf in shelf position 1 and cook on CONVECTION 220 °C + GRILL 2 + MICROWAVE 100 W for 10-15 minutes or until golden brown.

Roast vegetable parcels

ingredients

Serves 4

200 g canned tomatoes, chopped
10 ml tomato puree
700 g mixed vegetables e.g. sweet potato, red pepper, leeks, aubergine
1 clove garlic, crushed
15 ml olive oil
25 g pine nuts
50 g Gruyère cheese, grated
100 g Boursin. cheese
15 ml single cream
350 g ready made puff pastry
1 beaten egg to glaze

Dish: 1 x large bowl + 1 x shallow ovenproof dish, round baking sheet

Accessory: glass shelf, then enamel shelf in shelf position 1

1. Place the chopped tomatoes and puree in a bowl. Place on base of the oven and cook on MICROWAVE 1000 W for 5 minutes then MICROWAVE 600 W for 5-6 minutes or until mixture is reduced in volume and thickened. Cut vegetables into even sized chunks and toss with the garlic and oil in shallow dish.
2. Place on the glass shelf in shelf position 1 and cook on CONVECTION 220 °C + GRILL 2 + MICROWAVE 300 W for 30 minutes. Turn halfway, mix the tomato sauce with the cooked vegetables and pine nuts.
3. Preheat oven on CONVECTION 220 °C. Mix together the Gruyère cheese, Boursin and single cream. Roll out pastry until it measures approx. 30 cm square. Divide into 4 equal squares. Place ¼ of the vegetable mixture in the centre of one of the squares and top with ¼ of the cheese mixture. Bring the corners of the pastry to the centre, pressing the edges together. Seal with water and glaze with beaten egg, repeat 3 times.
4. Place parcels on greased enamel shelf in shelf position 1 and cook on CONVECTION 220 °C for 18-20 minutes or until golden and cooked through.

Stuffed peppers

ingredients

Serves 5

3 red and 2 yellow peppers
15 ml oil
2 cloves garlic, crushed
1 bunch spring onions sliced thinly
100 g long grain rice
300 ml hot vegetable stock
50 g pine nuts
100 g cherry tomatoes, halved
100 g mozzarella, diced
100 g gorgonzola or any blue cheese, diced
handful each of parsley and basil, chopped
salt and pepper

Dish: 1 x ovenproof Pyrex® dish, 1.5 litre

Accessory: glass shelf in shelf position 2

Fill water tank

1. Slice the tops off the peppers and put to one side. Remove the seeds and rinse out. Place oil, garlic and onions into a large ovenproof dish and stir. Place on base of the oven and cook on STEAM 1 + MICROWAVE 440 W for 5 minutes.
2. Add rice and hot stock. Cover and cook on MICROWAVE 1000 W for 8-9 minutes. Allow to cool slightly and then stir in pine nuts, cherry tomatoes, mozzarella, gorgonzola, parsley and basil. Season well.
3. Fill peppers with cheesy mixture and place in ovenproof dish. Place dish on glass shelf in shelf position 2 and cook on STEAM 1 + MICROWAVE 440 W for 15 minutes. Place tops back on peppers and cook on STEAM 1 + MICROWAVE 440 W for a further 7 minutes.

Vegetarian chilli

ingredients

Serves 4

15 ml oil
1 onion, finely chopped
1 green pepper, chopped
1 chilli, chopped (with or without seeds, optional)
2 carrots, diced
5 ml chilli powder
3 ml cumin
175 g bulgar wheat
400 g canned tomatoes, chopped
30 ml tomato puree
450 ml water
400 g canned red kidney beans, drained

Dish: 1 x Pyrex® casserole with lid, 3 litre

Accessory: none

1. Place oil, onion, pepper, chilli and carrots in a large casserole. Cover with a lid, place on the base of the oven and cook on MICROWAVE 1000 W for 4-5 minutes or until softened.
2. Add chilli and cumin. Stir in bulgar wheat, chopped tomatoes, tomato puree and water. Cover and cook on the base of the oven on MICROWAVE 1000 W for 13 minutes or until the bulgar wheat has softened.
3. Stir in red kidney beans, cover and cook on MICROWAVE 1000 W for 2-3 minutes.

Ratatouille

ingredients

Serves 4

1 aubergine, cut into chunks
1 courgette, cut into chunks
30 ml olive oil
1 onion, chopped
1 green pepper, cut into chunks
1 red pepper, cut into chunks
1 clove of garlic, peeled and crushed
400 g canned tomatoes, chopped
15 ml mixed herbs
salt and pepper to taste

Dish: 1 x Pyrex® casserole dish with lid, 20 cm

Accessory: none

Fill water tank

1. Combine all ingredients in a casserole dish. Cover with lid, place on base of the oven and cook on MICROWAVE 440 W for 20 minutes or until vegetables are soft. Stir halfway through cooking time.

Vegetarian curry

ingredients

Serves 4

2 cloves of garlic, chopped
 1 onion, sliced
 1 fresh chilli, deseeded and sliced
 2.5 cm root ginger, peeled, grated
 15 ml oil
 pinch cayenne pepper
 15 ml medium curry powder
 1 medium aubergine, diced
 1 small cauliflower, divided into florets
 2 medium potatoes, diced
 100 g green beans, sliced
 150 ml vegetable stock
 400 g canned tomatoes, chopped
 100 g cashew nuts

Dish: 1 x Pyrex® casserole, 3 litre

Accessory: none

1. Combine garlic, onion, chilli, ginger, oil and spices in casserole. Place on base of the oven and cook on MICROWAVE 600 W for 3 minutes.
2. Add aubergine and all other ingredients to casserole, except cashews. Cover and cook on MICROWAVE 1000 W for 10 minutes.
3. Then MICROWAVE 300 W for 30-40 minutes or until vegetables are soft. Stir occasionally. Sprinkle with cashews and serve with boiled rice.

Note: This recipe is best cooked in advance, chilled and then reheated to allow the flavours to develop.

Bean enchiladas

ingredients

Serves 4

1 onion, chopped
 260 g carrots, grated
 15 ml olive oil
 10 ml mild chilli powder
 5 ml ground cumin
 1 x 400 g canned tomatoes, chopped
 1 x 400 g baked beans, drained
 1 x 400 g mixed beans, rinsed and drained
 6 small tortillas
 200 g low fat natural yoghurt
 75 g hard cheese, grated

Dish: 1 x large Pyrex® casserole dish
 + 1 x 22 x 22 cm square Pyrex® dish

Accessory: wire shelf in shelf position 2

1. Cook the onion and carrots with the olive oil in the covered Pyrex® casserole dish on the base of the oven MICROWAVE 1000 W for 5-6 minutes. Stir halfway through cooking.
2. Stir in the chilli powder and ground cumin. Cook on MICROWAVE 1000 W for 1 minute.
3. Stir in the tomatoes and beans. Cover and bring to the boil on MICROWAVE 1000 W for 8-10 minutes then cook on MICROWAVE 300 W for 10 minutes stirring occasionally.
4. Spread a thin layer of the mixture over the base of the square Pyrex® dish. Fill each tortilla with a few tbsps of the mixture, fold over the ends and roll up to seal. Place into the dish seal side down.
5. Cover with the remaining mixture. Mix the yoghurt and grated cheese together and spoon evenly over the dish. Place on wire shelf in shelf position 2 and brown on GRILL 1 for 10-15 minutes.

Stuffed courgettes

ingredients

Serves 4

2 courgettes, halved lengthways
 25 ml extra virgin olive oil
Stuffing:
 30 g dried white breadcrumbs
 20 g pine nuts
 3 spring onions,
 trimmed and finely sliced
 1 garlic clove, crushed
 5 ml dried thyme leaves
 20 g Parmesan, finely grated

Dish: 1 x medium sized shallow
 Pyrex® dish + 1 x Pyrex® bowl

Accessory: wire shelf in shelf position 2

1. Preheat oven on CONVECTION 200 °C. Place the courgettes in a single layer in the Pyrex® dish, close together, cut side up. Lightly brush with 10 ml olive oil. Place on the wire shelf in shelf position 2 and bake for 20 minutes.
2. For the stuffing mix the remaining ingredients, except for the oil, together in a bowl.
3. Sprinkle the mixture on the top of the courgettes and drizzle the remaining olive oil over. Return to the oven and bake for 10-15 minutes on CONVECTION 200 °C.

Vegetable biryani

ingredients

Serves 4-6

1 medium onion, cut in quarters lengthwise and sliced
 20 ml olive oil
 125 g button mushrooms
 25 ml garam masala
 3 ml French mustard
 2 (medium hot) red chillies, deseeded and finely chopped
 3 cloves garlic, finely chopped
 10 g root ginger, peeled and finely chopped
 400 g canned tomatoes, chopped
 1 medium to large potato, (approx. 230 g), cut into 2 cm dice
 300 g sweet potato, cut into 2 cm dice
 2 small carrots, cut into small dice
 120 ml water
 180 g cauliflower, small florets
 80 g green beans, cut into 3 cm lengths
 200 g basmati rice
 200 ml vegetable stock, hot
 5 cardamom pods
 100 g frozen peas
 50 g butter
 30 ml coriander, coarsely chopped

Dish: 3 x large Pyrex® dishes with lids + 1 x rectangular dish, 2.5 litre

Accessory: none

1. Place onion and oil in a large dish, cover with the lid and cook on the base of the oven on MICROWAVE 1000 W for 4 minutes or until soft. Add the mushrooms and cook a further 2 minutes.
2. Add garam masala, mustard, chillies, garlic, ginger and stir well. Cover and cook on base of oven MICROWAVE 1000 W for 3 minutes. Add tomatoes.
3. Place the potato, sweet potato, carrots, cauliflower and green beans into another large bowl. Add 45 ml water, cover and cook on base of oven MICROWAVE 1000 W for 12 minutes, stirring halfway through.
4. Add the curry mixture to the vegetables with the water and stir. Cover and cook for 3 minutes on base of oven MICROWAVE 1000 W. Stir halfway through and add a little more water if necessary.
5. Put the rice and hot stock into a large bowl with the cardamoms. Cover and cook on the base of the oven MICROWAVE 1000 W for 4 minutes 30 seconds until partly cooked. Drain, then stir in the peas.
6. Spoon half the vegetable mix into a large rectangular dish, top this with half of the rice. Repeat with the remaining vegetables and rice. Dot with butter. Cover with pierced cling film and cook on the base of the oven for 4 minutes MICROWAVE 1000 W, then for a further 10 minutes at MICROWAVE 440 W. Stir in the coriander and mix the rice and vegetables together well. Cover and allow to stand for 5 minutes to allow the rice to absorb the extra liquid.

Steamed courgettes with tomato and chilli

ingredients

Serves 4-5

1 clove garlic, chopped
 ½ red chilli, deseeded finely chopped
 2 sun-dried tomatoes in oil, drained and finely chopped
 60 g unsalted butter
 400 g courgettes

Dish: none

Accessory: plastic trivet, glass shelf in shelf position 3

Fill water tank

1. Use a pestle and mortar, to press garlic, chilli and sun-dried tomatoes to a paste. Add butter and mix well. Spoon the mixture onto a sheet of greaseproof paper and roll into a cylinder, twisting both ends to seal. Place in the fridge to firm up.
2. Wash and slice the courgettes and place on plastic trivet on glass shelf. Cook in shelf position 3, STEAM 1 + MICROWAVE 440 W for 8 minutes, until soft. Slice the flavoured butter, and serve the courgettes with butter melted over the top.

Steamed mange tout with citrus butter

ingredients

Serves 4-5

½ lemon, finely grated zest
 15 ml lemon juice
 seasoning
 60 g unsalted butter
 200 g mange tout

Dish: none

Accessory: plastic trivet, glass shelf in shelf position 3

Fill water tank

1. Mix all ingredients except the mange tout together. Spoon the mixture onto a sheet of cling film and roll into a cylinder, twisting both ends to seal. Place in the fridge to firm up.
2. Wash, and trim the mangetout and place on plastic trivet on glass shelf. Cook in shelf position 3, STEAM 1 + MICROWAVE 300 W for 15 minutes, until tender. Slice the flavoured butter, and serve the mangetout with butter melted over the top.

Spinach and ricotta lasagne

ingredients

Serves 4-6

2 onions, chopped
 2 cloves garlic, crushed
 30 ml oil
 2 deseeded red peppers, chopped
 400 g canned tomatoes, chopped
 15 ml tomato puree
 salt and pepper
 450 g spinach
 450 g fresh ricotta cheese
 6 sheets lasagne
 300 ml natural yoghurt
 Parmesan cheese

Dish: 2 x large Pyrex® bowls with lids + 1 x shallow dish, 1.5 litre

Accessory: none

1. Place the onions and garlic in a large bowl with 30 ml oil, cover with a lid and cook on the base of the oven for 3 minutes on MICROWAVE 1000 W, or until soft.
2. Put ½ of the onions aside, in a small bowl. To the remaining onions add the red peppers, tomatoes and tomato puree, season and cook on the base of the oven, on MICROWAVE 1000 W for 5-6 minutes.
3. Put the spinach in another large bowl, cover with boiling water and leave for 2 minutes before draining and rinsing with cold water. Chop the spinach roughly. Add the saved onions and stir well.
4. Place a layer of spinach in the shallow dish. Top with ricotta cheese, then lasagne followed by the tomato sauce and a further layer of pasta. Spoon yoghurt onto the top and sprinkle with Parmesan cheese.
5. Place the dish on the base of the oven and cook on GRILL 2 + MICROWAVE 440 W for 16-18 minutes or until golden and piping hot.

Steamed carrots with orange, cumin and thyme

ingredients

Serves 4-5

1 pinch sugar
 ¼ orange, finely grated zest
 1 pinch cumin seeds
 15 ml thyme
 60 g unsalted butter, softened
 250 g carrots

Dish: none

Accessory: plastic trivet, glass shelf in shelf position 3

Fill water tank

1. Use a pestle and mortar, to press sugar, zest, cumin seeds and thyme together. Then add the butter and mix well. Spoon the mixture onto a sheet of greaseproof paper and roll into a cylinder, twisting both ends to seal. Place in the fridge to firm up.
2. Wash, peel and slice carrots. Place sliced carrots on plastic trivet on glass shelf. Cook in shelf position 3, STEAM 1 + 440 W MICROWAVE for 15 minutes, until carrots are tender. Slice the flavoured butter, and serve the carrots with butter melted over the top.

Cheese soufflé

ingredients

Serves 4

25 g butter
30 g flour
250 ml whole milk
80 g Gruyère, grated,
4 eggs, separated
salt and pepper

Dish: 1 x Pyrex® jug +
1 x soufflé dish, 15 cm

Accessory: wire shelf in shelf
position 1

Fill water tank

1. Place butter in a Pyrex® jug on the base of the oven and melt on MICROWAVE 1000 W for 1 minute.
2. Stir in flour. Cook on MICROWAVE 1000 W for 30 seconds. Stir in milk gradually, whisk until smooth. Cook the bechamel on MICROWAVE 1000 W for 2-3 minutes. Whisk briskly and add grated cheese, then egg yolks one at a time. Season.
3. Preheat oven to CONVECTION 210 °C with wire shelf in shelf position 1.
4. Meanwhile, butter and flour the soufflé dish. Then whisk the egg whites until stiff. Gently incorporate the cooled mornay sauce with the help of a spatula. Pour into the dish without pressing down.
5. Cook on STEAM 1 + CONVECTION 210 °C for about 20 minutes then on STEAM 1 + CONVECTION 180 °C for a further 7 minutes. Serve immediately

Croque monsieur

ingredients

Serves 2

4 slices bread, buttered
5 ml Dijon mustard
2 slices smoked ham
100 g sliced cheese

Dish: none

Accessory: wire shelf in shelf
position 3

1. Preheat grill on GRILL 1. Place the bread, buttered side up on the wire shelf in shelf position 3 and cook on GRILL 1 for 2 minutes or until brown.
2. On 2 slices of the bread, spread the untoasted sides with mustard and top with ham and cheese. Cover with the other slices, browned side uppermost. Place back on the wire shelf in shelf position 3, cook on GRILL 2 + MICROWAVE 300 W for 1 minute 30 seconds-2 minutes or until the cheese has melted.

Macaroni cheese

ingredients

Serves 4

200 g macaroni
1 ltr boiling water
15 ml vegetable oil
40 g butter
1 small onion, finely chopped
100 g bacon, chopped
40 g plain flour
600 ml whole milk
5 ml French mustard
150 g cheddar cheese, grated
salt and pepper
25 g fresh brown breadcrumbs

Dish: 1 x Pyrex® dish, 2 litre +
1 x Pyrex® jug

Accessory: glass shelf in shelf
position 1

1. Place macaroni in a large dish and add 1 litre boiling water and the vegetable oil. Cover, place on the base of the oven and cook on MICROWAVE 1000 W for 13 minutes. Stand for 5 minutes until softened. Drain.
2. Place butter, onion and bacon in a jug. Cook on MICROWAVE 1000 W for 5 minutes or until onion is soft. Stir halfway through cooking.
3. Stir in flour and cook for 30 seconds on MICROWAVE 1000 W. Gradually add milk, stir well and season. Cook on MICROWAVE 1000 W for 5-6 minutes or until sauce is thick and bubbling. Whisk twice during cooking.
4. Add mustard and 100 g grated cheese. Add macaroni and season. Place the macaroni mixture in dish. Sprinkle with breadcrumbs and remaining cheese. Place dish on the glass shelf in shelf position 1 and cook on CONVECTION 230 °C + GRILL 3 + MICROWAVE 440 W for 10-15 minutes or until cheese starts to melt.

Cheese and red pesto tartlets

ingredients

Serves 24

300 g readymade short crust pastry
 90 g red pesto or sundried tomato puree
 2 medium sized tomatoes, peeled, seeded and chopped
 1 garlic clove, crushed
 25 g black olives, chopped
 125 g mozzarella cheese grated
 25 g Parmesan cheese, grated
 5 ml dried oregano

Dish: 2 x 32 cm x 24 cm bun tins
 + 1 x Pyrex® bowl

Accessory: enamel shelf in shelf position 1 + wire shelf in shelf position 3

1. Roll out the shortcrust pastry to a thickness of approximately 3 mm. Cut out 24 circles using a 7.5 cm pastry cutter.
2. Place in two lightly greased bun tins. Chill pastry for 30 minutes.
3. Preheat oven on CONVECTION 200 °C with enamel shelf in shelf position 1 and wire shelf in shelf position 3. Mix the red pesto, tomatoes, garlic, black olives and mozzarella together in a bowl. Fill the tartlet shells with mixture. Sprinkle the Parmesan and oregano over the tartlets. Bake tartlets on CONVECTION 200 °C for 15-20 minutes or until golden brown.

Courgette, pine nut and ricotta tart

ingredients

Serves 4-6

2 large (approx. 400 g) courgettes, thinly sliced
 250 g tub of ricotta
 2 eggs
 basil leaves
 2.5 ml nutmeg
 50 g Parmesan, grated
 1 garlic clove, crushed
 320 g ready rolled puff pastry
 25 g pine nuts

Dish: 1 x medium Pyrex® bowl

Accessory: plastic trivet, glass shelf in shelf position 3 then enamel shelf in shelf position 1, greased
Fill water tank

1. Place courgettes on the plastic trivet and place on glass shelf, in shelf position 3 and cook on STEAM 1 + MICROWAVE 440 W for 8 minutes.
2. In a separate bowl, beat the ricotta with the eggs, basil, nutmeg, half the Parmesan and garlic. Set aside.
3. Roll out pastry onto greased enamel shelf, spread the ricotta mix onto the pastry, leaving a 2 cm border. Preheat oven CONVECTION 200 °C.
4. Press the courgette slices into the ricotta, then scatter over the pine nuts and remaining Parmesan. Place enamel shelf in shelf position 1 and cook on CONVECTION 200 °C for 25 minutes.

Quiche lorraine

ingredients

Serves 4

300 g shortcrust pastry
100 g back, smoked bacon
100 g Gruyère, grated
150 ml whole milk
3 eggs
150 ml single cream
salt and pepper
grated nutmeg

Dish: 1 x plate + 1 x 23 cm flan dish

Accessory: glass shelf in shelf position 1

1. Roll out the pastry and line the flan dish. Chill for 20 minutes. Preheat oven on CONVECTION 180 °C. Cover pastry with parchment and baking beans and cook for 7 minutes in shelf position 1. Remove the paper and beans and cook for further 7 minutes.
2. Cut bacon into small pieces. Place on a covered plate on the base of the oven on MICROWAVE 1000 W for 1 minute. Drain.
3. Place the bacon and grated Gruyère onto the pastry base.
4. Mix together the seasoned milk, eggs, cream and grated nutmeg with an electric whisk. Pour into the pastry case. Cook on glass shelf in shelf position 1 on CONVECTION 210 °C + MICROWAVE 100 W for 20 minutes.

Swiss cheese flan

ingredients

Serves 4

50 g butter or margarine
100 g plain flour
water to mix

Filling:

250 g Gruyère cheese, grated
30 ml flour
2 eggs
300 ml whole milk
60 ml white wine
1 clove garlic, crushed
3 ml celery
salt
nutmeg to sprinkle

Dish: 1 x 21 cm shallow Pyrex® dish
+ 1 x large Pyrex® bowl

Accessory: wire shelf in shelf position 2

1. Rub butter into flour until it resembles fine breadcrumbs. Add water to form a dough. Roll out and line dish. Prick base all over with a fork. Chill for 15 minutes.
2. Preheat oven on CONVECTION 180 °C. Cover pastry with parchment and baking beans and cook for 7 minutes on wire shelf in shelf position 2. Remove the paper and beans and cook for a further 7 minutes.
3. Mix together the grated cheese and flour in a plastic bag. Mix remaining ingredients in a large bowl. Add the cheese and stir well. Pour into flan case and sprinkle with nutmeg. Cook on CONVECTION 200 °C + MICROWAVE 100 W for 20-25 minutes or until set and brown.

White sauce

ingredients

Makes approx. 500 ml

35 g butter
35 g flour
500 ml whole milk
salt and pepper
grated nutmeg

Dish: 1 x Pyrex® bowl, 1.5 litre +
1 x Pyrex® jug, 1 litre

Accessory: none

1. In a 1.5 litre Pyrex® bowl melt the butter for 1 minute, covered, on MICROWAVE 600 W on base of oven. Add the flour, stir, and cook for a further 1 minute on MICROWAVE 600 W. Set aside.
2. Heat the milk in a jug on MICROWAVE 1000 W for 2 minutes 30 seconds-3 minutes. Pour the milk over the butter and flour mixture, whisking all the time.
3. Cook again for 3-6 minutes on MICROWAVE 1000 W, whisking vigorously several times and paying close attention to ensure that the sauce doesn't overflow.
4. Check the seasoning and add a pinch of grated nutmeg. You can add 2 egg yolks and 80 g of grated cheese to make it into a Mornay sauce.

Pepper sauce

ingredients

Makes approx. 600 ml

1 onion
65 g butter
30 g flour
400 ml of hot stock made from
2 stock cubes
15 ml vinegar
10 ml white pepper,
cognac
200 ml crème fraîche

Dish: 1 x large Pyrex® bowl

Accessory: none

1. Chop the onion and cook in a large Pyrex® bowl with 40 g butter for 2-3 minutes on MICROWAVE 1000 W.
2. Add flour, mix, cook again for 1 minute on MICROWAVE 1000 W and add stock, 15 ml vinegar and 10 ml of white pepper.
3. Cook uncovered on MICROWAVE 1000 W for 3 minutes. Remove from the oven and add a dash of cognac, 25 g butter and crème fraîche. Mix well before serving.

Chocolate sauce

ingredients

Makes approx. 500 ml

25 g butter
75 g caster sugar
75 g brown sugar
50 g cocoa powder, sieved
3 ml vanilla essence
300 ml whole milk

Dish: 1 x Pyrex® jug, 1 litre

Accessory: none

1. Place butter in a 1 litre Pyrex® jug on base of oven and melt on MICROWAVE 1000 W for 40-50 seconds.
2. Stir in sugars, cocoa powder and vanilla essence. Gradually add milk, stirring well. Cook on MICROWAVE 1000 W for 2 minutes. Stir well.
3. Cook on MICROWAVE 1000 W for 1 minute. Stir and continue to cook in 30 second stages until you achieve a smooth and glossy consistency that coats the back of the spoon.

Hollandaise sauce

ingredients

Makes approx. 200 ml

3 egg yolks
30 ml white wine vinegar
150 g chilled, unsalted butter cut into
cubes
pepper

Dish: 1 x Pyrex® jug, 1 litre

Accessory: none

1. Place egg yolks and vinegar in a jug. Beat well. Drop cubes of butter on top. Place jug on the base of the oven and cook on MICROWAVE 1000 W for 30 seconds. Whisk.
2. Cook on MICROWAVE 1000 W for 10 seconds.
3. Whisk again and cook on MICROWAVE 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.

Tomato sauce

ingredients

Makes approx. 1 Litre

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 canned tomatoes, chopped
 3 ml each of basil, oregano and ground bay leaves
 150 ml red wine or vegetable stock
 salt and pepper

Dish: 1 x Pyrex® casserole dish

Accessory: none

1. Place onion, celery, carrot, butter and garlic in a casserole dish. Place on the base of the oven and cook on MICROWAVE 1000 W for 4 minutes. Add the tomatoes, herbs and wine or stock. Cover and cook on STEAM 1 + MICROWAVE 440 W for 15 minutes. Liquidise then press through a sieve for a smooth sauce. Season to taste.

Custard sauce

ingredients

Makes approx. 275 ml

250 ml whole milk
 2 egg yolks
 25 g caster sugar
 10 ml cornflour
 5 ml vanilla essence

Dish: 1 x Pyrex® jug, 1 litre

+ 1 x medium bowl

Accessory: none

1. Place milk in a 1 litre Pyrex® jug, put it on the base of the oven, bring to the boil on MICROWAVE 1000 W for 2 minutes.
2. Beat yolks with sugar, cornflour and vanilla essence with a whisk in a medium bowl.
3. Gradually pour the scalded milk onto the egg mixture stirring constantly with a whisk. Return milk mixture to glass jug, cook on MICROWAVE 600 W for 1 minute on the base of the oven, whisk well, and continue to cook on MICROWAVE 600 W for 1 minute and stir.

Butterscotch sauce

ingredients

Makes approx. 300 ml

150 g soft muscovado sugar
 75 ml double cream
 75 g butter

Dish: 1 x Pyrex® jug, 1 litre

Accessory: none

1. Put all ingredients in a Pyrex® jug. Place on the base of the oven and cook on MICROWAVE 1000 W for 1 minute.
2. Stir and continue cooking on MICROWAVE 1000 W for 1 minute intervals until smooth and hot.

Gravy

ingredients

Makes approx. 500 ml

200 g meat or poultry dripping with sediment
 25 g plain flour
 300 ml stock
 salt and pepper

Dish: 1 x Pyrex® jug, 1 litre

Accessory: none

1. Scrape dripping and sediment from roasting dish into a 1 litre Pyrex® jug. Stir flour into dripping and then gradually blend in stock.
2. Place on the base of the oven and cook on MICROWAVE 1000 W for 2-3 minutes stirring halfway through. Season and serve.

Rice pudding

ingredients

Serves 4

100 g short grain rice
1000 ml whole milk
80 g caster sugar
small piece of cinnamon stick
1 vanilla pod

Dish: 1 x Pyrex® bowl, 2.5 litres

Accessory: none

Fill water tank and refill after 30 minutes cooking

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 MICROWAVE 1000 W for 11-12 minutes on the base of the oven, paying close attention to ensure that the milk does not boil over, then cook on STEAM 1 + MICROWAVE 300 W for 30 minutes.
2. Refill the water tank and cook for a further 30 minutes on STEAM 1 + MICROWAVE 300 W. Remove the cinnamon stick and vanilla pod. Leave to cool down.

Sticky pudding with toffee sauce

ingredients

Serves 4

150 g fresh or ready to eat dates stoned and finely chopped
100 g butter (room temperature)
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

Dish: 1 x Pyrex® pudding basin, 1.2 litre + 1 x Pyrex® large jug

Accessory: none

1. Pour 150 ml boiling water over the chopped dates and set aside to cool. Cream the butter and sugar until light and fluffy.
2. Beat in the eggs a little at a time. Fold in the flour, spices and the dates with the liquid. Pour mixture into basin and cook on MICROWAVE 600 W for 8-10 minutes or until cooked.
3. To make the sauce, place all the ingredients in a large Pyrex® jug and cook on MICROWAVE 1000 W for 1 minute or until the sugar has dissolved. Stir and continue to cook on MICROWAVE 1000 W for 1-2 minutes or until smooth and hot. Take care that sauce does not boil over. Drizzle the hot sauce over the sponge and serve with whipped cream.

Crème caramel

ingredients

Serves 4

500 ml whole milk
1 vanilla pod, split lengthways
4 eggs
50 g caster sugar

Caramel:

50 g sugar
15 ml water

Dish: 1 x small Pyrex® bowl + 1 x Pyrex® bowl, 3 litre + 4 x ramekins

Accessory: glass shelf in shelf position 3

Fill water tank

1. Put the milk and vanilla pod into a bowl and cook on MICROWAVE 1000 W for 5 minutes.
2. Take out of the microwave and leave to infuse for 5 minutes.
3. Put the eggs and sugar in a bowl and whisk until thoroughly combined. Discard the vanilla pod and whisk the milk into the egg and sugar mixture.
4. Make the caramel. Put the water and sugar in a small bowl and cook on MICROWAVE 1000 W for 2 minutes-2 minutes 30 seconds. **Watch all the time.** As soon as it turns light golden brown, stop.
5. Pour the caramel into four ramekins. Rotate the ramekins quickly so that it coats the bottom and sides of the ramekins.
6. Strain the custard through a sieve and pour into the ramekins. Place on the glass shelf, shelf position 3 and cook on STEAM 1 for 20 minutes. Allow to cool slightly, then chill in the refrigerator (approx. 3 hours) before turning out of the ramekins.

Strawberry pavlova

ingredients

Serves 6

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

Dish: 1 x Pyrex® bowl

Accessory: enamel shelf + baking parchment in shelf position 1

1. Preheat the oven on CONVECTION 150 °C. Mark a 25 cm circle on a sheet of parchment paper and line the enamel shelf.
2. Whisk the egg whites until stiff but not dry. Slowly whisk in the sugar until the mixture is thick and glossy.
3. In a separate bowl blend the cornflour, vinegar and vanilla extract to a smooth paste, and then whisk into egg whites.
4. Spread the mixture inside the circle on the parchment paper. Place enamel shelf in shelf position 1 and cook pavlova on CONVECTION 150 °C for 1 hour.
5. 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.

Coconut tart

ingredients

Serves 8

3 ml ground cinnamon
175 g desiccated coconut
225 g caster sugar
375 g short crust pastry
1 egg, beaten

Dish: 1 x large Pyrex® bowl + 1 x 23 cm flan tin

Accessory: enamel shelf in shelf position 2 then shelf position 1

1. Place cinnamon, coconut and sugar into a large bowl with 150 ml water and cook on MICROWAVE 440 W for 5 minutes, stirring frequently. Set aside to cool.
2. Preheat oven on CONVECTION 180 °C. Roll out the pastry on a lightly floured surface and use it to line a 23 cm flan tin. Fill the tart with baking paper and baking beans, ensuring the baking paper covers the edges of the pastry.
3. Place on enamel shelf in shelf position 2, bake on CONVECTION 180 °C for 20 minutes, then remove the baking paper and beans, and continue to bake for 10 minutes. Remove from the oven.
4. Beat the egg into the cooled coconut mixture, then spoon into the pastry case and smooth the top. Place tart on enamel shelf in shelf position 1, bake on CONVECTION 180 °C for 18-20 minutes.

Fruit crumble

ingredients

Serves 4

700 g fresh fruit, peeled and sliced
(e.g. apples, plums, rhubarb,
gooseberries, blackcurrants)

Sugar to taste

Crumble topping:

75 g butter
175 g plain flour
100 g granulated sugar

Dish: 1 x large Pyrex® dish

Accessory: glass shelf in shelf position 2 then shelf position 1
Fill water tank

1. Layer prepared fruit in the Pyrex® dish. Add sugar to taste, depending on the sharpness of the fruit. Place dish on glass shelf in shelf position 2, cook on STEAM 1 + MICROWAVE 440 W for 3 minutes.
2. Rub butter into the flour until mixture resembles fine breadcrumbs. Stir in the sugar. Sprinkle the crumble over the fruit, so that it is completely covered.
3. Place dish on glass shelf in shelf position 1 and cook on CONVECTION 230 °C + MICROWAVE 300 W for 16-18 minutes, or until golden brown.

Red fruit compote

ingredients

Serves 4

225 g plums, halved, stones removed
 225 g cherries, stoned
 225 g blueberries
 225 g strawberries
 225 g raspberries
 50 g golden caster sugar

Dish: 1 x large shallow Pyrex® dish

Accessory: none

Fill water tank

1. Place the plums, cherries and blueberries in dish. Place on the base of the oven and cook uncovered on STEAM 1 + MICROWAVE 440 W for 10 minutes. Stir in the strawberries and cook on STEAM 1 + MICROWAVE 440 W for a further 5 minutes. Stir the raspberries and sugar into the hot fruit and allow to cool before serving.

Christmas pudding

ingredients

Serves 6-8

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

Dish: 1 x large Pyrex® bowl +
 1 x pudding basin, 1.3 litre lightly
 greased

Accessory: glass shelf in shelf
 position 1

Fill water tank

1. Place apple and carrot in a large bowl. Place on the base of the oven and cook uncovered on MICROWAVE 1000 W for 5 minutes.
2. Beat well to make a thick puree. Stir in orange juice, rind and mixed fruit. Cook on MICROWAVE 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. Place pudding basin on glass shelf in shelf position 1. Cook on STEAM 1 + MICROWAVE 440 W for 6 minutes. Stand for 5 minutes.
4. Cook on STEAM 1 + MICROWAVE 440 W for 14 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 cheesecake

ingredients

Serves 6

100 g butter
 250 g digestive biscuits, crushed
 150 g plain chocolate
 30 ml whole milk
 450 g soft cheese
 100 g soft brown sugar
 2 large eggs
 5 ml vanilla essence

Dish: 1 x small Pyrex® bowl +
 1 x 21-23 cm round deep tin, greased

Accessory: enamel shelf in shelf
 position 1

1. Place butter in bowl on the base of the oven and melt on MICROWAVE 1000 W for 50-60 seconds.
2. Stir in biscuits and press into base of flan. Melt chocolate on MICROWAVE 600 W for 1-2 minutes. Leave to cool slightly.
3. Preheat oven on CONVECTION 150 °C. Mix all the remaining ingredients and stir in chocolate. Whisk to ensure there are no lumps in mixture. Pour over biscuit base. Place tin on enamel shelf in shelf position 1 and cook on CONVECTION 150 °C for 40-45 minutes. Allow to cool slightly then chill before serving.

Lemon meringue pie

ingredients

Serves 6

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 caster sugar
3 egg yolks

Meringue:

225 g caster sugar
4 egg whites

Dish: 1 x 25 cm flan dish

Accessory: wire shelf in lower shelf position 1

1. Rub butter into the flour until the mixture resembles fine breadcrumbs and stir in icing 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 the flan dish with the pastry, prick the base with a fork and chill for 15 minutes in the fridge. Preheat oven on CONVECTION 210 °C.
2. Line pastry with greaseproof paper and baking beans, place flan dish on enamel shelf in shelf position 1, bake blind on CONVECTION 210 °C for 7 minutes, remove the beans and bake for another 7 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 MICROWAVE 1000 W for 2 minutes.
4. Stir and cook on MICROWAVE 1000 W for 2 minutes or until smooth, glossy and thickened. Add sugar. Cool slightly. Add egg yolks. Mix well. Pour into pastry case.
5. Preheat oven on CONVECTION 150 °C. Whisk egg whites stiffly. Add sugar gradually – whisking after each addition. Pile meringue onto lemon filling. Place flan on wire shelf in shelf position 1 and cook on CONVECTION 150 °C for 40-45 minutes or until lightly browned.

Steamed jam roly poly pudding

ingredients

Serves 4

200 g plain flour
13 ml baking powder
3 ml salt
100 g suet
30 g caster sugar
160 ml whole milk
100 ml seedless raspberry jam
Milk to glaze

Dish: none

Accessory: plastic trivet, glass shelf in shelf position 2

Fill water tank and refill after 30 minutes cooking

1. Mix flour, baking powder, salt, suet and sugar together. Mix to a dough with the milk
2. Roll out pastry to approx. 23 cm x 32 cm. Spread the jam over the pastry leaving 1.5 cm border all round. Brush the edges with milk and roll the pastry up evenly, starting at one short side and sealing the edges well.
3. Brush top with milk and wrap loosely in baking parchment and secure top and sides. Place on plastic trivet on glass shelf in shelf position 2 and cook on STEAM 1 for 55 minutes. Refill water tank after 30 minutes.

Apple tart

ingredients

Serves 8-10

1 x roll of sweet short crust pastry
220 g apple compote
2-3 apples, peeled, cored and thinly sliced
Apricot jam

Dish: 1 x 23 cm diameter flan tin + 1 x small Pyrex® bowl

Accessory: enamel shelf in shelf position 2 then shelf position 1

1. Preheat oven on CONVECTION 180 °C. Line the flan tin with the pastry. Fill the tart with baking paper and baking beans, ensuring the baking paper covers the pastry edges. Place on enamel shelf in shelf position 2, bake on CONVECTION 180 °C for 20 minutes. Remove the baking paper and beans, and continue to bake for 10 minutes. Remove from oven.
2. Pour in the apple compote and place sliced apples in a rosette shape. Place on the enamel shelf in shelf position 1 and bake for about 22 minutes on CONVECTION 210 °C.
3. Remove from dish and allow to cool on a wire rack. Mix 3 tablespoons of apricot jam and a tablespoon of water in a bowl and cook on MICROWAVE 1000 W for 1 minute and brush over the apple.

Strudel

ingredients

Serves 4

600 g apples, preferably Granny Smith, cores removed, cut into rough pieces,
1 lemon, juiced
45 ml brown sugar
50 g walnuts, roughly chopped
60 ml sultanas
15 ml cinnamon
50 g almonds sliced
225 g filo pastry
50 g butter, melted
icing sugar to serve

Dish: 1 x medium Pyrex® bowl
Accessory: enamel shelf in shelf position 1

1. Preheat oven on CONVECTION 180 °C. Mix the apples and lemon juice in a bowl. Add the sugar, walnuts, sultanas, cinnamon and almonds and mix.
2. Take three sheets of filo pastry and brush them with melted butter. Lay the sheet with the shortest side nearest you. Lay the second 5-6 cm over the longest side of the first sheet, overlapping the third sheet over the second. Lay three more sheets of filo pastry on top of each other.
3. Pour the apple filling over the filo pastry, but leave around 2.5 cm free around one sheet of pastry. Fold the sides over the filling and brush with melted butter.
4. Roll the pastry from the long side and butter the last long sheet in to seal the strudel. Place the strudel with the seam towards you on enamel shelf and place in shelf position 1. Brush with melted butter. Bake the strudel for 30-35 minutes on CONVECTION 180 °C. Sprinkle with icing sugar before serving.

Streusel muffins

ingredients

Makes 6

Streusel topping:

50 g butter
75 g plain flour
30 ml granulated sugar
15 ml ground mixed spice

Muffins:

200 g plain flour
3 ml bicarbonate of soda
10 ml baking powder
pinch of salt
75 g caster sugar
75 g butter
200 ml buttermilk
1 medium egg, beaten
100 g fresh berries

Dish: 2 x small Pyrex® bowl +
1 x 6 hole muffin tin + 6 paper muffin cases

Accessory: enamel shelf in shelf position 1

1. Make streusel topping by melting the butter on the base of oven MICROWAVE 1000 W for 30 seconds-1 minute, or until melted.
2. Add the remaining topping ingredients and combine to make a soft dough. Chill.
3. Sift together the flour, bicarbonate, baking powder and salt. Stir in the sugar.
4. Melt butter for the muffins on MICROWAVE 1000 W for 30 seconds-1 minute. Cool slightly then mix in the buttermilk and egg.
5. Preheat oven on CONVECTION 170 °C with the enamel shelf in shelf position 1. Lightly stir the buttermilk mixture into the flour mixture. Fold fruit in gently.
6. Divide mixture equally between 6 muffin cases. Crumble small amounts of streusel topping over each muffin. Place muffin tin on enamel shelf and cook on shelf position 1, CONVECTION 170 °C for 25-30 minutes or until golden and well risen.

Steamed chocolate and orange pudding

ingredients

Serves 4

6 small oranges (approx.)
120 g soft brown sugar
2 medium eggs, lightly beaten
85 g self raising flour
35 g cocoa powder
2.5 ml baking powder
2.5 ml vanilla essence
pinch of salt
40 g chocolate chips

Dish: 1 x Pyrex® pudding basin, 1 litre

Accessory: Glass shelf in shelf position 1

Fill water tank

1. Grease a 1 litre pudding basin with butter. Cut skin from oranges and cut into thick slices. Pat dry with kitchen towel then line the buttered Pyrex® bowl with the orange slices.
2. Place all remaining ingredients, except chocolate chips into mixing bowl. Beat until light and fluffy.
3. Stir in chocolate chips. Spoon mixture into prepared bowl. Place on glass shelf in shelf position 1, cook on STEAM 1 + MICROWAVE 300 W for approx. 22 minutes.
4. Allow to stand for 5-10 minutes before serving. Serve with chocolate sauce.

Steamed vanilla Sponge with custard

ingredients

Serves 4

125 g butter (room temperature), plus extra for greasing
125 g caster sugar
2 eggs
3 ml vanilla extract
125 g plain flour
3 ml baking powder
25 ml milk

Custard:

250 ml whole milk
2 egg yolks
25 g caster sugar
10 ml cornflour
Few drops vanilla extract

Dish 2 x Pyrex® bowl, 1 litre

Accessory: glass shelf in shelf position 1

Fill water tank

1. Grease a 1 litre pudding basin with butter. To make the sponge, cream the butter and the sugar in a mixing bowl until pale and fluffy.
2. Add the eggs, one at a time, mixing well between each addition, then add the vanilla extract and mix.
3. Sift the flour and baking powder in the bowl and fold into the sponge mixture.
4. Finally, stir the milk into the mixture. Fill the greased basin with the sponge mixture.
5. Place basin on glass shelf in shelf position 1 on STEAM 1 + MICROWAVE 300 W for 10-12 minutes.
6. Allow to stand for a few minutes before turning out.
7. To make the custard, bring the milk to the boil. Cook on MICROWAVE 1000 W for 3-4 minutes. Ensure the mixture does not boil over.
8. In a bowl, beat together the yolks, sugar, cornflour and vanilla extract. Pour the boiled milk over the egg mix and whisk well. Cook on MICROWAVE 600 W, uncovered for 1 minute, whisk, then cook for another 1 minute, the mix should have thickened. Serve over the sponge.

Chocolate brownies

ingredients

Serves 10

250 g plain chocolate
250 g unsalted butter
175 g plain flour
5 ml baking powder
300 g caster sugar
4 large eggs, lightly beaten
5 ml vanilla essence
75 g milk chocolate, cut into large chunks
75 g white chocolate, cut into large chunks

Dish: 1 x large Pyrex® bowl + 1 x 20 x 20 x 4 cm tin lined with lightly buttered greaseproof paper

Accessory: glass shelf in shelf position 1

1. Put the plain chocolate and butter in a large bowl. Place on the base of the oven uncovered and cook on MICROWAVE 1000 W for 3 minutes. Stir and leave to cool slightly.
2. Sieve the flour and baking powder into a bowl and set aside. Stir the sugar into the chocolate. Add the eggs and vanilla essence, ensuring this is well mixed.
3. Fold in the flour and chocolate. Pour the chocolate mixture into the prepared cake tin. Place on glass shelf in shelf position 1 and cook on CONVECTION 180 °C + MICROWAVE 300 W for 18-20 minutes or until cooked.
4. The middle should feel soft when cooked. Allow to cool in the tin. Remove the brownies from the tin and cut into squares.

Celebration cake

ingredients

Serves 8

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

Dish: 1 x 20 cm round tin, greased and lined

Accessory: enamel shelf in shelf position 1

1. Prepare the tin by lining with a double layer of greaseproof paper on the inside.
2. 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.
3. Mix together the almonds, baking powder and mixed spice and stir into the mixture.
4. Mix in the sherry and then add the peel, cherries, raisins, currants, nuts, lemon zest, and vanilla.
5. Spoon mixture into the tin and spread evenly, removing all air pockets. Make a small dip in the centre.
6. Preheat oven on CONVECTION 140 °C. Place tin on enamel shelf in shelf position 1 and cook on CONVECTION 140 °C for 2 hours-2 hours 20 minutes or until a skewer inserted in the middle comes out clean. Leave cake to cool in tin. When completely cold, wrap well in baking paper and foil to store until ready to decorate. The cake will keep for several months.

Small cakes

ingredients

Makes 12 little cakes

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

Dish: 1 x 32 cm x 24 cm baking tray, each with 12 holes +

12 x individual paper cases

Accessory: wire shelf in shelf position 1

Fill water tank

1. Preheat on CONVECTION 170 °C with the wire shelf in the shelf position 1. Beat the butter, which has been kept at room temperature, and the sugar until a light and fluffy consistency is achieved.
2. Add the eggs one at a time, beating well after each egg is added. Mix in the flour. Fill individual paper cases two thirds full with the mixture.
3. Place baking tray on wire shelf in shelf position 1. Cook on CONVECTION 170 °C for 18-20 minutes, with a STEAM SHOT halfway through cooking.

Cookies

ingredients

Serves 12

Basic Cookie Dough:

100 g butter
100 g caster sugar
1 egg, beaten
175 g plain flour

Variations:

White Chocolate and Pistachio Nut

75 g white chocolate, chopped
50 g pistachio nuts, chopped

Chocolate Chunk:

50 g white chocolate, chopped
50 g dark chocolate, chopped

Dish: 1 x 30 cm x 21.5 cm baking tray

Accessory: enamel shelf in shelf position 1 + wire shelf in shelf position 3

1. Preheat oven on CONVECTION 170 °C with wire shelf in shelf position 3 and enamel shelf in shelf position 1.
2. Cream together the butter and sugar until pale, then beat in the egg. Mix in the flour until well combined and add the chosen additions.
3. Place walnut-sized spoonful's of dough well apart on greased baking tray and enamel shelf, flatten slightly with a fork. Place one baking tray onto the wire shelf in the shelf position 3 and the enamel shelf in the shelf position 1 and cook for 15-20 minutes or until golden. Remove cookies from baking tray and enamel shelf and allow to cool on a wire rack.

Victoria sandwich

ingredients

Serves 6

175 g butter or margarine
175 g caster sugar
3 eggs
175 g self raising flour

Filling:

jam
cream
icing sugar

Dish: 2 x 18 cm cake tins, greased and lined

Accessory: enamel shelf in shelf position 1 + wire shelf in shelf position 3

Fill water tank

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. Spoon the mixture into the tins and level with a knife.
2. Preheat oven on CONVECTION 180 °C. Place one tin in the centre of the enamel shelf and one tin in the centre of the wire shelf. Cook on CONVECTION 180 °C for 22-28 minutes or until cooked.
3. Add STEAM SHOT for 3 minutes two thirds of the way through cooking time. Sandwich together with cream and jam and dust with icing sugar or with a filling of your choice.

Chocolate cake

ingredients

Serves 8

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 whole milk
225 g icing sugar

Dish: 2 x Pyrex® bowl + 1 x 23 cm round tin, greased and lined + 1 x small Pyrex® bowl

Accessory: enamel shelf in shelf position 1

1. Place chocolate and butter in a bowl. Place on the base of the oven and melt on MICROWAVE 1000 W for 1-2 minutes. Cool slightly. Preheat oven on CONVECTION 180 °C. Using an electric whisk, whisk eggs and sugar until thick, pale and fluffy and then using a spatula fold in the chocolate mixture. Fold in the flour and almonds. Spoon the mixture into the tin. Place tin on enamel shelf in shelf position 1 and cook on CONVECTION 180 °C for 40 minutes or until cooked. Leave to cool.
2. To make the topping, place butter in a bowl on the base of the oven and melt on MICROWAVE 1000 W for 30-40 seconds. Stir in the remaining ingredients and beat well until smooth. Spread the topping over the top of the cake.

Swiss roll

ingredients

Serves 8

3 medium eggs, beaten
125 g caster sugar
125 g plain flour

Filling:

jam
cream
icing sugar

Dish: 1 x 33 x 23 cm swiss roll tin, greased and lined with baking parchment

Accessory: wire shelf in shelf position 1

1. Whisk eggs and sugar together in a bowl until pale and creamy, the mixture should leave a trail on the surface when the whisk is lifted.
2. Carefully fold in half of the sifted flour, and then fold in the other half. Fold in 15 ml of hot water.
3. Preheat oven on CONVECTION 200 °C with wire shelf in shelf position 1. Spoon mixture into the prepared tin. Tip the tin to allow mixture to run into corners.
4. Place tin on wire shelf and cook on CONVECTION 200 °C for 10 minutes.
5. Place sheet of greaseproof paper on a damp tea towel and dredge paper with caster sugar. Quickly turn the Swiss roll out onto the greaseproof and carefully remove the baking parchment. Spread with jam or desired filling. Roll up from short side with the aid of the greaseproof paper. Dredge with icing sugar.

Banana loaf cake

ingredients

Serves 8

1 banana, large
2.5 ml vanilla essence
75 g butter
100 g granulated sugar
2 eggs
150 g self raising flour
2.5 ml salt
1.25 ml bicarbonate of soda

Dish: 1 x 20 cm glass loaf dish, lined with greaseproof paper

Accessory: glass shelf in shelf position 1

1. Peel the banana and mash until smooth with the vanilla essence. Cream butter and sugar until pale and fluffy. Add the eggs a little at a time beating well after each addition, then add the mashed banana. Stir in the flour, salt and bicarbonate of soda. Spoon into the prepared loaf dish.
2. Preheat oven. Place loaf dish on glass shelf in shelf position 1 and cook on CONVECTION 160 °C + MICROWAVE 100 W for 18-20 minutes. or until cooked.

Coffee walnut cake

ingredients

Serves 8

175 g soft margarine
175 g caster sugar
3 eggs, beaten
175 g self raising flour
5 ml mixed spice
5 ml coffee extract
40 g chopped walnuts

Icing:

50 g soft margarine
225 g icing sugar
2.5 ml coffee extract
30 ml water
8 half walnuts for decoration

Dish: 1 x 18 cm round cake tin, greased and lined

Accessory: glass shelf in shelf position 1

1. Preheat oven CONVECTION 160 °C. Cream margarine and sugar until light and fluffy. Gradually beat in the eggs. Fold in the flour and mixed spice. Add coffee extract and walnuts to the mixture and stir well. Spoon into tin.
2. Place tin on glass shelf on shelf position 1. Cook on CONVECTION 160 °C + MICROWAVE 100 W for 27-30 minutes. or until cooked. Cool and cut in half.
3. Beat all icing ingredients together until smooth. Sandwich cake together with half the icing and spread the remainder over the top. Decorate with walnut halves.

Fruit scones

ingredients

Serves 8

225 g self raising flour
pinch of salt
5 ml baking powder
50 g butter
25 g caster sugar
50 g sultanas
100-110 ml whole milk
beaten egg to glaze

Dish: 1 x bowl + 1 x baking sheet,
32 x 23 cm greased

Accessory: wire shelf in shelf
position 2

1. Sift the flour, salt and baking powder together. Rub in butter 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.
2. Pat out to 2 cm thick and cut into 8 rounds with a 5 cm cutter.
3. Preheat oven on CONVECTION 210 °C with wire shelf in shelf position 2. Place the rounds on the baking sheet and brush with beaten egg. Place the baking sheet on wire shelf. Cook on CONVECTION 210 °C for 12-15 minutes or until cooked and golden brown.

Millionaires shortbread

ingredients

Serves 10

Shortbread:

225 g plain flour
75 g caster sugar
175 g unsalted butter

Caramel:

200 g butter
397 g unsweetened condensed milk
60 ml golden syrup

Topping:

300 g milk or dark chocolate in chunks
30 ml vegetable oil

Dish: 1 x bowl + 1 x 28 x 17 cm cake
tin, greased and lined

Accessory: wire shelf in shelf
position 1

1. Place flour and sugar in a bowl and rub in butter. Press dough into tin. Preheat oven on CONVECTION 170 °C with wire shelf in shelf position 1.
2. Prick shortbread with a fork and cook on CONVECTION 170 °C for 5 minutes, then reduce temperature to 150 °C for 30-40 minutes.
3. Remove from oven when shortbread has a golden colour and leave to cool in tin. Remove shelf.
4. Place butter for caramel in a bowl and melt on MICROWAVE 1000 W for 1-2 minutes. Add condensed milk and syrup. Whisk until thoroughly mixed and cook on 1 MICROWAVE 1000 W for 5-6 minutes. Stir mixture every minute to prevent burning. Caramel should have thickened, allow to cool slightly.
5. Pour caramel over shortbread. Place chocolate and oil in a large bowl and melt on MICROWAVE 1000 W for 1-2 minutes. Stir, allow to cool slightly. Pour chocolate on caramel and chill.

Madeira cake

ingredients

Serves 6-8

175 g butter
175 g caster sugar
5 ml vanilla essence
3 eggs
100 g plain flour, sifted
100 g self raising flour, sifted
45 ml whole milk

Dish: 1 x cake tin, 18 cm lined with
greaseproof

Accessory: glass shelf in shelf
position 1

1. Cream butter, sugar and essence until pale and fluffy. Beat in the eggs a little at a time.
2. Fold in the flour, adding a little milk if necessary to give a dropping consistency. Pour into the tin and cook on glass shelf on CONVECTION 160 °C + MICROWAVE 100 W for 40-45 minutes in shelf position 1.

Spicy apple cake

ingredients

Serves 10-12

175 g margarine
175 g brown sugar
3 eggs
150 g wholemeal self raising flour
100 g self raising flour
few drops of almond essence
450 g cooking apples, peeled, cored and thinly sliced
½ lemon, juiced
25 g brown sugar
2 ml nutmeg
3 ml cinnamon
slivered almonds

Dish: 2 x Pyrex® bowl +

1 x diameter cake tin, 20 cm lined

Accessory: glass shelf in shelf position 1

1. Cream together margarine and sugar until light and fluffy, gradually add the beaten eggs.
2. Fold in the flours and a few drops of almond essence. In a separate bowl combine apple slices, lemon juice, sugar, nutmeg and cinnamon. Mix well.
3. Place two thirds of cake mixture into prepared tin. Arrange the drained apple mixture on top, leaving a space around the edge.
4. Top with remaining cake mixture, sprinkle with almonds, place on glass shelf in the shelf position 1. Cook on COMBINATION: CONVECTION 160 °C + MICROWAVE 100 W for 45-50 minutes or until cooked.

Basque custard cake

ingredients

Serves 6

Crème Patissiere:

5 egg yolks
75 g caster sugar
40 ml plain flour
40 ml cornflour
625 ml whole milk
5 ml vanilla extract

Dough:

200 g butter
200 g golden caster sugar
2 eggs
1 lemon, finely zested
2 oranges, finely zested
240 g plain flour
80 g self raising flour
1 egg yolk, beaten to glaze
icing sugar for dusting

Dish: 1 x springform tin, 23 cm deep greased and lined + 2 x Pyrex® bowls

Accessory: enamel shelf in shelf position 1

1. Butter a deep springform tin and line with baking paper. To make the crème patissiere, beat the yolks and sugar in a bowl until lighter in colour.
2. Add the flours and mix well. Gradually add the milk. Place bowl on the base of the oven and cook on MICROWAVE 1000 W 2-3 minutes, stirring every 30 seconds until the mixture thickens. Mix in the vanilla extract. Cover with cling film to prevent a skin from forming. Set aside to cool.
3. To make the dough, cream the butter and sugar together until smooth. Then beat in the egg and zest. Add the flours and mix together gently, using a spatula, until a soft dough is formed. Wrap in cling film and chill for 1 hour.
4. To assemble the cake, place two thirds of the dough between 2 sheets of cling film and roll to a large circle – this will line the base and side of the tin. Peel off the top sheet of cling film, and lift pastry into the tin. Press the pastry into place and allow a little overhang. Remove all cling film. Roll the remaining pastry again between 2 sheets of cling film to form a lid large enough to cover. Set aside.
5. Preheat oven on CONVECTION 200 °C.
6. Fill the case with crème patissiere.
7. Peel off the top piece of cling film and lift the dough onto the tin. Peel off cling film, press the edges to seal and trim. Brush with beaten egg.
8. Bake on enamel shelf in shelf position 1, on CONVECTION 200 °C for 40-45 minutes. or until golden brown on top and edges are starting to brown. Cool completely in tin. Dust with icing sugar.

Standard bread / bread rolls

ingredients

Makes 1 loaf or approx. 6-8 rolls

450 g strong bread flour
 1 sachet dried yeast
 5 g 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

Dish: 1 x Pyrex® bowl

Accessory: enamel shelf in shelf position 1

Fill water tank

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 enamel shelf. For rolls, divide into 8 and shape into rolls. Place on the greased enamel shelf.
3. Cover with cling film and prove until the dough has doubled in size in a warm place or place in shelf position 1 on CONVECTION 40 °C for 40 minutes.
4. Preheat on CONVECTION 200 °C.
5. Glaze bread with beaten egg and sprinkle with seeds, if desired. Place enamel shelf in shelf position 1 and cook on CONVECTION 200 °C for 25-30 minutes with a STEAM SHOT for 3 minutes, two thirds of the way through the cooking time for a loaf or 15-20 minutes with a STEAM SHOT for 3 minutes two thirds of the way through cooking time for rolls or until golden.

Pizza

ingredients

Serves 2-4

2 onions, finely chopped
 3 garlic cloves, crushed
 15 ml olive oil
 1 roll of pizza dough
 100 ml tomato sauce
 15 ml oregano
 100 g grated mozzarella
 salt and pepper

Variations:

anchovies, olives, bacon pieces, mushrooms etc.

Dish: 1 x Pyrex® bowl

Accessory: enamel shelf in shelf position 2

Fill water tank

1. Cook the finely chopped onions and garlic in a bowl, with the olive oil, for 3-4 minutes on the base of the oven on MICROWAVE 1000 W. Leave to cool.
2. Place the dough onto lightly floured surface and roll out into a thin round. Place on the greased enamel shelf. Spread on the sauce, onions, oregano and season, covering all the dough well.
3. Preheat on CONVECTION 220 °C. Cook on shelf position 2 on CONVECTION 220 °C for 15 minutes. Then add other ingredients according to taste, cheese, anchovies, olives, bacon pieces etc. and continue cooking on CONVECTION 220 °C for 8-10 minutes with a STEAM SHOT for 3 minutes at the start of this cooking stage.

Focaccia

ingredients

Makes 1 loaf

400 g strong bread flour
1 sachet dried yeast
10 g salt
75 ml olive oil
170 ml warm water
10 g coarse sea salt

Dish: 1 x large Pyrex® bowl +
1 x 25 cm round tin

Accessory: enamel shelf in shelf
position 1

Fill water tank

1. In a large bowl, combine the flour, yeast and salt. Gradually add the olive oil and 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 the base of the oven 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. Preheat on CONVECTION 190 °C with the enamel shelf in shelf position 1. Dimple the surface of the dough. Drizzle with a little extra olive oil and sprinkle with coarse sea salt.
5. Cook on CONVECTION 190 °C for 20-25 minutes with a STEAM SHOT for 3 minutes two thirds of the way through cooking time.
6. Carefully remove from the tin and leave to cool on a wire rack.

Sun dried tomato rolls

ingredients

Makes 6 rolls

250 g strong bread flour
7 g sachet dried yeast
5 g salt
25 g sun-dried tomatoes, roughly
chopped
45 ml olive oil
75 ml passata
75 ml warm water
5 ml olive oil
coarse sea salt

Dish: 1 x large bowl

Accessory: enamel shelf in shelf
position 1

1. In a large bowl, combine the flour, yeast and salt, stir in the tomatoes. Gradually add the olive oil, passata and 45-75 ml 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 the greased enamel shelf. Prove until dough has doubled in size in a warm place or in shelf position 1 on CONVECTION 40 °C.
3. Preheat on CONVECTION 220 °C. Drizzle with a little extra olive oil and sprinkle with coarse sea salt. Cook on CONVECTION 220 °C for 15-20 minutes or until golden.

Guidelines

Making jams, marmalades and chutneys by microwave is much quicker and cleaner than using a large pan on the hob. One of the main advantages is that preserves can be made in small batches, using fresh or frozen fruit exactly when it suits you.

Dish size

Always use a very large glass bowl.
Do not attempt to use jam pans or saucepans in your microwave.

Covering

Do not cover preserves whilst cooking.

Sterilising jars

Jam jars can be sterilised by microwave ready for your jams. Half fill with water and heat them on 1000 W until water boils (approx. 3 minutes for 2 jars). Empty and

drain upside down on kitchen paper. The jars should be warm when filled with jam.

Do not use your microwave to sterilise babies' bottles.

Do not seal preserving jars in your microwave.

Stirring

Keep a wooden spoon handy for stirring the jams/preserves, but **do not** leave the spoon in the oven whilst cooking.

Setting point

Place a couple of drops of jam or marmalade on a cold saucer (put one in the fridge whilst making the jam). Leave to cool. The jam should wrinkle on the surface when your finger pushes across the top.

Plum jam

ingredients

Makes approx. 1.5 Kg
675 g plums or damsons
200 ml water
675 g jam sugar
30 ml lemon juice
5 ml butter

Dish: 1 x Pyrex® bowl
Accessory: none

1. Prick the plums and place in a large bowl with the water. Place on base of oven and cook on MICROWAVE 600 W for 10 minutes or until the fruit is soft.
2. Add the rest of the ingredients and cook on MICROWAVE 1000 W for 5 minutes stirring frequently.
3. Wash down any sugar crystals from around the bowl and bring to the boil on MICROWAVE 1000 W. Continue to cook on MICROWAVE 1000 W for 12-18 minutes or until setting point is reached. Leave to cool slightly, remove the stones, then pot, seal and label.

Tomato chutney

ingredients

Makes approx. 1 Kg
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
pinch cayenne pepper
3 ml mustard powder

Dish: 1 x large Pyrex® bowl
Accessory: none

1. Prick the tomatoes and place in a bowl. Cover with boiling water and leave for 5 minutes. Drain. Peel off skin and roughly chop flesh. Blend apple and onion in a food processor to a thick puree.
2. Combine all ingredients together in a large Pyrex® bowl. Cover, place on base of oven and cook on MICROWAVE 1000 W for 25-30 minutes. Stirring occasionally, or until the mixture is thick with no excess liquid.
3. Leave to stand for 10 minutes then stir and pour into sterilised jars. Cover and label.

Red onion marmalade

ingredients

Makes approx. 500 g

25 ml olive oil
2 large red onions halved and thinly sliced
25 g demerara sugar
50 g sultanas
150 ml red wine
70 ml red wine vinegar

Dish: 1 x large Pyrex® bowl with lid

Accessory: none

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 MICROWAVE 600 W for 10 minutes stirring halfway.
2. Add all other ingredients and mix well. Cover and cook on MICROWAVE 600 W for 15-20 minutes. Cool slightly, then pour into a clean, sterilised jar. Allow to cool thoroughly before chilling.

Soft fruit jam

ingredients

Makes approx. 800 g

450 g soft fruit, washed
450 g jam sugar
3 ml lemon juice
5 ml butter

Dish: 1 x large Pyrex® bowl

Accessory: none

1. Place all ingredients in a large bowl. Place on the base of the oven and cook on MICROWAVE 1000 W for 5 minutes (10-15 minutes if using frozen fruit). Stir occasionally.
2. Continue to cook until sugar has dissolved. Wash down any sugar crystals from around the bowl. Bring mixture to the boil on MICROWAVE 1000 W.
3. Continue to cook until setting point is reached - approx. 5-10 minutes. Leave to cool slightly, stir, pot, seal and label.

Lemon curd

ingredients

Makes approx. 750 g

4 untreated lemons, the juice and zest of
400 g crystallised sugar
4 beaten eggs
100 g butter

Dish: 1 x Pyrex® bowl

Accessory: none

1. Place all the ingredients in the bowl and mix together well. Cook on the base of the oven on MICROWAVE 1000 W for 5-6 minutes stirring every minute to begin with then every 30 seconds once the mixture starts to thicken.
2. 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. Fill the jars while the curd is hot, close them and turn them over. Keep the lemon curd in the fridge.





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